



湯羹類 SOUP

雞肉粟米湯	£5.80
Minced Chicken & Sweet Corn Soup	
蟹肉粟米湯	£6.80
Crab Meat & Sweet Corn Soup	
雜菜粟米羹	£5.80
Mixed Vegetables & Sweet Corn Soup (V)	
京都酸辣湯	£5.80
Peking Hot & Sour Soup	
齋酸辣湯	£5.80
Vegetables Hot & Sour Soup (V)	
鮮蝦雲吞湯	£6.80
Won Ton Soup	
海鮮豆腐羹	£6.80
Seafood Tofu Soup	
咸蛋白菜豆腐湯	£5.80
Salted Egg, Pak Choi & Tofu Soup	
西湖牛肉羹	£6.80
Beef & Tomato Soup	
四寶瑤柱羹	£6.80
Dried Scallops Four Treasure Soup	
粉葛蓮藕老雞湯 小 £16.80 大 £19.80	
Arrowroot, Lotus Root & Chicken Soup	

頭盤 STARTERS

四色蒸時餃	£7.60
Steamed Dim Sum Platter ~ 4 pieces	
蝦餃,蟹肉餃,韭菜餃及蟲草花蝦餃各一粒	
Har Gau, Crab & Prawn Dumpling,	
Prawn with Chives Dumpling and	
Charcoal Har Gau	
小食拼盤-兩位起 每位 £9.80ph	
Appetiser Platter – minimum 2 person	
椒鹽雞翼	
Salt & Pepper Chicken Wings ~ 1 piece	
椒鹽排骨	
Salt & Pepper Ribs ~ 1 piece	
串燒沙爹雞柳	
Skewered Chicken with Satay Sauce ~ 1 piece	
海草	
Crispy Seaweed with Fish Floss	
鮮蝦多士	
Sesame Prawn on Toast ~ 1 piece	

頭盤 STARTERS

北京香酥鴨		
Peking Aromatic Crispy Duck with Pancakes		
	Quarter	£13.80
	Half	£22.80
	Whole	£40.80
蝦片		£4.00
Prawn Crackers		
海草		£4.00
Crispy Seaweed with Fish Floss		
齋海草		£4.00
Crispy Seaweed (V)		
酥炸鮮魷		£9.80
Deep Fried Squid (with Sweet & Sour Dip)		
椒鹽鮮魷		£9.80
Salt & Pepper Squid		
椒鹽豆腐		£9.80
Salt & Pepper Tofu (V)		
串燒沙爹雞柳 ~ 3 pieces		£9.80
Skewered Chicken Fillet with Satay Sauce		
椒鹽雞翼 ~ 6 pieces		£9.80
Salt & Pepper Chicken Wings		
椒鹽排骨 ~ 4 pieces		£9.80
Salt & Pepper Ribs		
中式排骨 ~ 4 pieces		£9.80
Cantonese Style Rib in Peking Sauce		
生炒排骨		£15.80
Chopped Spare Rib in Sweet & Sour Sauce		
鮮蝦多士 ~ 6 pieces		£10.80
Sesame Prawn on Toast		
雞米生菜包 ~ 3 pieces		£10.80
Minced Chicken with Lettuce Wrap		
齋生菜包 ~ 3 pieces		£10.80
Diced Mixed Vegetables Lettuce Wrap (V)		
椒鹽軟殼蟹 ~ 2 crabs		£18.80
Salt & Pepper Ribs Soft Shell Crab		



涼拌小食 COLD STARTERS

冰鎮海蜇	£14.80
Spicy Jelly Fish Salad (V)	
涼拌牛腩海蜇	£18.80
Beef Shank & Jelly Fish Salad	
口水雞	£16.80
Mouth-Watering Chicken {Chicken in Chili Oil}	
海蜇燻蹄	£18.80
Sliced Marinated Pork Hock with Jelly Fish	
特色拌秋葵	£11.80
Okra Salad (V)	

羊肚菌類 MOREL MUSHROOM

百合煎釀羊肚菌	£28.80
Pan Fried Stuffed Prawn Meat Morel Mushroom with Fresh Lily Bulb	
羊肚菌燴蹄筋	£28.80
Braise Tendons with Morel Mushroom	
百花蒸釀羊肚菌	£28.80
Steamed Morel Mushroom with Stuffed Prawn Meat	
羊肚菌鴨掌日本豆腐煲	£28.80
Morel Mushroom, Duck Feet & Japanese Egg Tofu Casserole	

特別推介 CHEF SPECIAL

白灼大墨魚	£25.80
Poached Fresh Cuttlefish	
XO 醬炒大墨魚	£32.80
Stir Fried Fresh Cuttlefish with XO Sauce	
豉汁/美極百花釀尖椒	£25.80
Pan Fried Chillies with Stuffed Prawn Meats in Black Beans Sauce or Maggi Soy Sauce	
蜂窩酥炸/蒜蓉粉絲蒸新鮮生蠔	£9.80 each
Deep Fried / Steamed with Garlic Fresh Oyster	
鐵黑松露生蠔	£26.80
Sizzling Oyster with Black Truffle	
韭菜煎蠔餅	£23.80
Pan Fried Oyster Omelette with Chinese Chives	

特別推介 CHEF SPECIAL

XO 三鮮玉子豆腐	£32.80
Seafood with Japanese Tofu in XO Sauce	
菌菇爆元貝肉	£32.80
Stir Fried Mixed Mushroom with Scallops	
螺片爆炒菜心	£26.80
Stir Fried Sliced Whelk with Choi Sum	
泡椒爆炒螺片	£20.80
Stir Fried Pickled Chili Pepper with Sliced Whelk	
美極煎釀魷魚仔 {吹筒仔}	£26.80
Baby Squid Stuffed with Prawn Meats in Maggi Soy Sauce	
黑松露生炒班球	£25.80
Stir Fried Fish Fillets with Black Truffle	
黑松露蚧肉滑蛋	£18.80
Scrambled Eggs with Crab Meat & Black Truffle	
豉汁南瓜蒸排骨	£18.80
Steamed Chopped Ribs with Pumpkin	
豉汁煎釀三寶	£22.80
'Three Treasures' in Black Beans Sauce	
豆豉鯪魚炒涼瓜	£19.80
Stir Fried Bitter Melon with Dace Fish in Salted Black Beans	
特色百花蒸水蛋	£18.80
Steamed Egg with Prawns Meat	
豉汁涼瓜炒牛肉	£21.80
Stir Fried Bitter Melon with Beef In Black Bean Sauce	
酥炸大腸	£17.80
Deep Fried Pork Intestine	
味菜/尖椒炒大腸	£19.80
Stir Fried Pork Intestine with Preserved Vegetable or Peppers	



金沙類

Deep Fried Salted Egg Yolk {Golden Sand}

金沙蝦碌	£35.80
Jumbo King Prawn	
金沙百花魷魚	£26.80
Squid Stuffed with Prawn Meat	
金沙軟殼蟹	£23.80
Soft Shell Crab	
金沙蝦球	£23.80
King Prawn	
金沙焗豬扒	£21.80
Pork Chop	
金沙玉子豆腐	£21.80
Japanese Tofu	
金沙焗南瓜	£21.80
Pumpkin	
金沙焗豆腐	£20.80
Tofu	

龍蝦類 LOBSTER

金沙龍蝦	£65.00 each
Deep Fried Whole Lobster with Salted Egg	
芝士焗龍蝦	£65.00 each
Whole Lobster in Cheese Sauce	
薑蔥焗龍蝦	£59.00 each
Whole Lobster with Ginger & Spring Onion	
避風塘龍蝦	£59.00 each
Deep Fried Whole Lobster with Spicy Dried Chili	
<i>Any Lobster Add Noodles + £8.00 each</i>	

蝦類 Seafood

椒鹽蝦碌	£29.80
Salt & Pepper Jumbo Prawns in Shell	
避風塘蝦碌	£29.80
Spicy Dried Chilli Jumbo Prawns in Shell	
露笋炒蝦球	£23.80
Stir Fried King Prawns with Asparagus	
香煎韭菜蝦球	£23.80
Pan Fried Prawns with Chinese Chives	
金網千島蝦球	£25.80
King Prawns in Thousand Island Sauce	

魚類 Fish

多寶魚 Turbot Fish 1000g	Each
清蒸	£49.00
Steamed	
香煎	£52.00
Pan Fried	
石斑魚 Grouper 700g	Each
清蒸	£39.80
Steamed	
兩食	£49.80
Two Ways	
鱸魚 Seabass	Each
清蒸 / 糖醋 / 干燒 / 紅燒	£27.80
Steamed / Spicy sweet & Sour / Braised / Pan Fried in Chili Red Beans Sauce	
水煮鱸魚	each £27.80
Poached Seabass in Sichuan Spicy Oil	
酸菜水煮鱸魚	each £27.80
Poached Seabass with Pickled Cabbage	
海鮮類 Seafood	
蒜蓉粉絲蒸帶子	£5.80 each
Steamed Scallops with Garlic & Glass Noodles	
蒜蓉粉絲蒸魷魚	£21.80
Steamed Squid with Garlic & Glass Noodles	
雙色蒸魚頭	£25.80
Steamed Fish Heads	
豉汁盤龍鱧 預定	
香鍋魷魚鬚	£21.80
Squid Whiskers in Spicy Sauce	
羊肉類 LAMB	
水煮羊肉	£25.80
Spicy Hot Poached Lamb	
孜然羊肉	£25.80
Lamb in Cumin Style	
香蔥爆羊肉	£25.80
Lamb with Ginger & Spring Onion	



燒臘 CANTONESE ROAST

燒味拼盤(三燒) £21.00

Assorted Roast Meat Combination
去骨 Off bones £23.00

明爐燒鴨 ~ 半隻 £19.00

Cantonese Roast Duck - half
去骨 Off bones £21.00

豉油肥雞 ~ 半隻 £15.00

Marinated Soya Chicken ~ half

薑蔥霸王雞 ~ 半隻 £17.00

Chicken in Ginger & Spring Onions Soya Sauce

貴妃雞 ~ 半隻 £15.00

Cold Marinated Chicken ~ half

脆皮燒肉 £15.00

Roast Crunchy Belly Pork

蜜汁叉燒 £15.00

Honey Roast Lean Pork (Char Siu)

雞肉類 CHICKEN

避風塘香辣雞塊 £19.80

Deep Fried Chicken with Dried Chili

辣子雞無骨 £19.80

Dry Fried Diced Chicken with

Dried Red Chilli {boneless}

孜然雞胗 £16.80

Chicken Gizzard in Szechuan Cumin Style

蜜汁檸檬雞 £16.80

Deep Fried Sliced Chicken Fillet with
Honey & Lemon Sauce

鴨肉類 DUCK

百花鴨 £20.80

Deep Fried Roast Duck Stuffed with
Prawn Meat in Mushroom Sauce

梅子火鴨片 £17.80

Deep Fried Roast Duck in Plum Sauce

牛肉類 BEEF

中式焗牛柳 £25.80

Sizzling Fillet Steak Cantonese Style

黑椒焗牛柳 £25.80

Sizzling Fillet Steak in Black Pepper Sauce

黑松露生炒牛柳 £28.80

Stir Fried Beef Fillet with Black Truffle

黑松露秋葵牛柳粒 £28.80

Stir Fried Diced Beef Fillet with Okra

乾蔥美極焗牛柳 £28.80

Beef Fillet with Maggi Sauce

水煮牛肉 £20.80

Spicy Hot Poached Beef

乾炒牛肉絲 £16.80

Fried Shredded Beef with Chilli & Garlic

時菜炒牛肉 £20.80

Stir Fried Beef with Seasonal Vegetables

豬肉類 PORK

椒鹽豬扒 £17.80

Salt & Pepper Pork Chop

西汁豬扒 £17.80

Pork Chop in Cantonese Style

避風塘豬扒 £17.80

Pork Chop with Spicy Dried Chili

鍋包肉 £17.80

Deep Fried Sliced Pork with Honey

四川麻婆豆腐 £16.80

Mapo Tofu with Mince Pork

水煮肉片 £20.80

Spicy Hot Poached Pork

香鍋花菜/手撕包菜 £18.80

Spicy Sliced Pork Belly with Chinese
Cabbage or Chinese Cauliflower



煲仔菜 CASSEROLE

特色一品煲	£32.80
Only Yu House Special Casserole	
腐竹羊腩煲	£21.80
Lamb Breast Casserole	
沙爹金菇肥牛煲	£20.80
Satay Sauce Sliced Fatty Beef & Enoki Mushroom Casserole	
和尚魚火腩豆腐煲 {可以免火腩}	£23.80
Monkfish Fillet & Tofu Casserole {with or without Pork Belly}	
生煎海鰻煲	£21.80
Pan Fried Eel Casserole	
乾蔥生蠔啫雞煲	£23.80
Oyster & Chicken with Shallot Casserole	
金菇蒜蓉生蠔煲	£23.80
Garlic Oyster & Enoki Mushroom Casserole	
咸魚茄子煲-中國茄子	£18.80
Chinese Aubergine, Minced Pork & Salted Fish Casserole	
板栗紅燒肉煲	£18.80
Braised Pork Belly with Chestnut Casserole	
梅菜扣肉煲	£18.80
Pork Belly with Preserved Vegetable Casserole	
蘿蔔牛腩煲	£18.80
Beef Brisket Casserole	
南乳素齋豆腐煲	£15.80
Vegetables & Tofu with Red Beancurd Casserole (V)	

健怡素食

VEGETABLES DISHES (V)

蜜汁山藥	£16.80
Chinese Yam in Honey Sauce	
素香鍋雞菌	£16.80
Stir Fried Termite Mushroom in Spicy Sauce	
素尖椒炒豆腐皮	£16.80
Stir Fried Tofu Skin with Pepper	
素香鍋脆茄子盒	£16.80
Crispy Aubergine in Spicy Sauce	
素家香燒茄子	£16.80
Stir Fried Aubergine with Tomato	
養生小炒	£15.80
Mixed Root Vegetables & Squash	
素香辣什菜豆腐	£15.80
Vegetables & Tofu in Spicy Sauce	
素豉汁虎皮尖椒	£16.80
Stir Fried Pepper in Black Bean Sauce	
蒜蓉爆炒萵筍	£16.80
Chinese Celtuce in Garlic Sauce	
豉汁炒涼瓜	£16.80
Bitter Melon in Black Bean Sauce	



素菜 VEGETABLES

中國豆苗 Tou Mui	£18.80
中國包菜 Chinese Cabbage	£17.80
中國芥蘭 Kai Lan	£16.80
中國菜心 Choi Sum	£16.80
雜菜 Mixed Vegetables	£16.80
露荀 Asparagus	£16.80
通菜 Tung Choi	£15.80
大白菜 Chinese Leaves	£15.80
菠菜 Bor Choi (Spinach)	£13.80
西蘭花 Broccoli	£13.80
西生菜 Iceberg Lettuce	£13.80
小白菜 Pak Choi	£13.80
豆角 Green Beans	£13.80

with:

蒜茸 Garlic Sauce	上湯 Broth
蠔油 Oyster Sauce	薑汁 Ginger Sauce

椒絲腐乳 Preserved Chilli Beancurd	
百花或海鮮 Prawn Meat Cake or Seafood	+ £8.00
肉類 Meat	+ £5.00
金銀蛋肉松 Mince Pork Salted Egg	+ £3.00
馬拉盞 Belacan Sauce	+ £3.00

SIDES

白飯 Boiled Rice	£3.90
炒飯 Egg Fried Rice	£4.30
淨炒麵 Stir Fried Noodles with or without Bean Sprouts	£8.80
淨炒米 Stir Fried Vermicelli with or without Bean Sprouts	£8.80
淨炒河 Stir Fried Rice Stick (Ho Fan)	£8.80
薯條 Chips	£3.90
椒鹽薯條 Salt & Chilli Pepper Chips	£4.90
辣椒絲豉油 Soya Sauce with Fresh Chillies, Spring Onions & Ginger	£4.90

Please ask for other seasonal vegetables available

