



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 例牌 £16.80 中牌	£19.80
Arrowroot, Lotus Root & Chicken Soup	

頭盤 STARTERS

四色蒸時餃	£7.30
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 ~ 1 piece	
Crab & Prawn Dumpling ~ 1 piece	
Prawn with Chives Dumpling ~ 1 piece	
Charcoal Har Gau ~ 1 piece	
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)		



涼拌小食 COLD STARTERS

冰鎮海蜇	£14.80
Spicy Jelly Fish Salad (V)	
涼拌牛腱海蜇	£16.80
Beef Shank & Jelly Fish Salad	
口水雞	£16.80
Mouth-Watering Chicken	
{Chicken in Chili Oil}	
特色拌秋葵	£11.80
Okra Salad (V)	

羊肚菌類 MOREL MUSHROOM

百合煎釀羊肚菌	£26.80
Pan Fried Stuffed Prawn Meat Morel Mushroom with Fresh Lily Bulb	
羊肚菌燴蹄筋	£26.80
Braise Tendons with Morel Mushroom	
百花蒸釀羊肚菌	£26.80
Steamed Morel Mushroom with Stuffed Prawn Meat	
羊肚菌鴨掌日本豆腐煲	£26.80
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	£28.80
Stir Fried Fresh Cuttlefish with XO Sauce	
豉汁百花釀尖椒	£20.80
Pan Fried Chillies with Stuffed Prawn Meats	
蒜蓉鳳尾蝦蒸勝瓜	£20.80
Steamed King Prawns with Loofah & Garlic	
金網千島蝦球	£21.80
King Prawns in Thousand Island Sauce	
蜂窩酥炸生蠔	£5.80 each
Deep Fried Crispy 'Beehive' Oyster	
鐵黑松露生蠔	£23.80
Sizzling Oyster with Black Truffle	
香煎生蠔	£21.80
Pan Fried Oyster	

特別推介 CHEF SPECIAL

韭菜煎蠔餅	£21.80
Pan Fried Oyster Omelette with Chinese Chives	
XO 三鮮玉子豆腐	£25.80
Seafood with Japanese Tofu in XO Sauce	
菌菇爆元貝肉	£25.80
Stir Fried Mixed Mushroom with Scallops	
西芹百合炒蝦柳	£21.80
Stir Fried Prawn Meat with Fresh Lily Bulbs & Celery	
黑松露脆瓜煎蝦餅	£21.80
Pan Fried Shrimp Cake with Black Truffle	
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	
螺片爆炒菜心	£18.80
Stir Fried Sliced Whelk with Choi Sum	
泡椒爆炒螺片	£18.80
Stir Fried Pickled Chili Pepper with Sliced Whelk	
豆豉鯪魚炒涼瓜	£18.80
Stir Fried Bitter Melon with Dace Fish in Salted Black Beans	
特色百花蒸水蛋	£16.80
Steamed Egg with Prawns Meat	
露笋炒蝦球	£21.80
Stir Fried King Prawns with Asparagus	
香煎韭菜蝦球	£21.80
Pan Fried Prawns with Chinese Chives	
豉汁南瓜蒸排骨	£17.80
Steamed Chopped ribs with Pumpkin	
香鍋魷魚鬚	£19.80
Squid Whiskers in Spicy Sauce	
味菜/尖椒炒大腸	£17.80
Stir Fried Pork Intestine with Preserved Vegetable or Peppers	
酥炸大腸	£17.80
Deep Fried Pork Intestine	



金沙類

Deep Fried Salted Egg Yolk {Golden Sand}

金沙蝦碌	£29.80
Jumbo King Prawn	
金沙百花魷魚	£23.80
Squid Stuffed with Prawn Meat	
金沙軟殼蟹	£23.80
Soft Shell Crab	
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	£56.00 each
Deep Fried Whole Lobster with Salted Egg	
芝士焗龍蝦	£56.00 each
Whole Lobster in Cheese Sauce	
薑蔥焗龍蝦	£53.00 each
Whole Lobster with Ginger & Spring Onion	
避風塘龍蝦	£53.00 each
Deep Fried Whole Lobster with Spicy Dried Chili	
Any Lobster Add Noodles + £8.00 each	

蝦類 Seafood

椒鹽蝦碌	£25.80
Salt & Pepper Jumbo Prawns in Shell	
避風塘蝦碌	£25.80
Spicy Dried Chilli Jumbo Prawns in Shell	

魚類 Fish

多寶魚 Turbot Fish 1000g	each
清蒸或香煎	£49.00
Steamed or Pan Fried	
兩食	£53.00
Two Ways	
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	

黃花魚 Yellow Croaker	each
清蒸	£32.80
Steamed	
香煎	£35.80
Pan Fried	
兩食	£37.80
Two Ways	

海鮮類 Seafood

蒜蓉粉絲蒸帶子	£4.80 each
Steamed Scallops with Garlic & Glass Noodles	
蒜蓉粉絲蒸魷魚	£19.80
Steamed Squid with Garlic & Glass Noodles	
雙色蒸魚頭	£19.80
Steamed Fish Heads	
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	
豉汁盤龍鱔 預定	



燒臘 CANTONESE ROAST

明爐燒鴨 Cantonese Roast Duck	半隻 half	£19.00
	去骨 Off bones	£21.00
燒味拼盤(三燒) Assorted Roast Meat Combination		£19.00
	去骨 Off bones	£21.00
豉油肥雞 Marinated Soya Chicken	半隻 half	£15.00
薑蔥霸王雞 Chicken in Ginger & Spring Onions Soya Sauce	半隻 half	£17.00
貴妃雞 Cold Marinated Chicken	半隻 half	£15.00
脆皮燒肉 Roast Crunchy Belly Pork		£15.00
蜜汁叉燒 Honey Roast Lean Pork (Char Siu)		£15.00
五指毛桃雞爪 'Ficus Hirta' Marinated Chicken Feet		£7.80

雞肉類 CHICKEN

避風塘香辣雞塊 Deep Fried Chicken with Dried Chili		£17.80
辣子雞無骨 Dry Fried Diced Chicken with Dried Red Chilli {boneless}		£17.80
孜然雞胗 Chicken Gizzard in Szechuan Cumin Style		£16.80
蜜汁檸檬雞 Deep Fried Sliced Chicken Fillet with Honey & Lemon Sauce		£16.80

鴨肉類 DUCK

百花鴨 Deep Fried Roast Duck Stuffed with Prawn Meat in Mushroom Sauce		£20.80
梅子火鴨片 Deep Fried Roast Duck in Plum Sauce		£17.80

牛肉類 BEEF

中式焗牛柳 Sizzling Fillet Steak Cantonese Style		£25.80
黑椒焗牛柳 Sizzling Fillet Steak in Black Pepper Sauce		£25.80
黑松露生炒牛柳 Stir Fried Beef Fillet with Black Truffle		£28.80
黑松露秋葵牛柳粒 Stir Fried Diced Beef Fillet with Okra		£28.80
乾蔥美極焗牛柳 Beef Fillet with Maggi Sauce		£28.80
水煮牛肉 Spicy Hot Poached Beef		£18.80
乾炒牛肉絲 Fried Shredded Beef with Chilli & Garlic		£16.80
時菜炒牛肉 Stir Fried Beef with Seasonal Vegetables		£16.80

豬肉類 PORK

椒鹽豬扒 Salt & Pepper Pork Chop		£17.80
西汁豬扒 Pork Chop in Cantonese Style		£17.80
避風塘豬扒 Pork Chop with Spicy Dried Chili		£17.80
鍋包肉 Deep Fried Sliced Pork with Honey		£17.80
四川麻婆豆腐 Mapo Tofu with Mince Pork		£16.80
水煮肉片 Spicy Hot Poached Pork		£18.80
香鍋花菜/手撕包菜 Spicy Sliced Pork Belly with Chinese Cabbage or Chinese Cauliflower		£18.80

羊肉類 LAMB

水煮羊肉 Spicy Hot Poached Lamb		£21.80
孜然羊肉 Lamb in Cumin Style		£21.80
香蔥爆羊肉 Lamb with Ginger & Spring Onion		£21.80



煲仔菜 CASSEROLE

特色一品煲	£27.80
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	
和尚魚豆腐煲	£20.80
Monkfish Fillet & Tofu Casserole	
生煎海鰻煲	£21.80
Pan Fried Eel Casserole	
乾蔥生蠔啫雞煲	£21.80
Oyster & Chicken with Shallot Casserole	
金菇蒜蓉生蠔煲	£21.80
Garlic Oyster & Enoki Mushroom Casserole	
咸魚茄子煲-中國茄子	£18.80
Chinese Aubergine, Minced Pork & Salted Fish Casserole	
蝦米勝瓜煲	£18.80
Dried Shrimp Loofah Casserole	
香鍋啫魷魚頭煲	£19.80
Deep Fried Spicy Squid Casserole	
板栗紅燒肉煲	£18.80
Braised Pork Belly with Chestnut Casserole	
梅菜扣肉煲	£16.80
Pork Belly with Preserved Vegetable Casserole	
蘿蔔牛腩煲	£16.80
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	
蒜蓉粉絲蒸勝瓜	£18.80
Steamed Loofah Melon & Glass Noodles with Garlic	
蒜蓉爆炒絲瓜	£18.80
Stir Fried Loofah Melon in Garlic sauce	
素豉汁虎皮尖椒	£16.80
Stir Fried Pepper in Black Bean Sauce	
蒜蓉爆炒萬筍	£16.80
Chinese Celtuce in Garlic Sauce	
豉汁炒涼瓜	£16.80
Bitter Melon in Black Bean Sauce	



素菜 VEGETABLES

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

with:

蒜茸	上湯
Garlic Sauce	Broth
蠔油	薑汁
Oyster Sauce	Ginger Sauce

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

SIDES

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

Please ask for other seasonal vegetables available