



海鮮大酒樓

IRONCHEF

CHINESE SEAFOOD RESTAURANT



稻

香

稻香 Bonnyrigg. 电话: 88490000

地址: shop-8, 37 Bonnyrigg  
avenue Bonnyrigg 2177

# 廚師推薦

## CHEF'S SPECIAL



### A1 松鼠魚

38.80

SWEET AND SOUR SQUIRREL FISH

松鼠魚因其獨特的造型而得名。炸好的魚外殼金黃酥脆，魚肉翹起，形態生動逼真，猶如松鼠的尾巴，再加上酸甜醬汁的裝飾，更顯生動。外皮炸至金黃酥脆，內裏魚肉嫩滑多汁，搭配酸甜的紅色糖醋汁，酥脆甘香，微酸微甜，醒胃可口。



### A2 紅燒圓蹄

BRAISED PORK KNUCKLE

42.80

### A3 特色毛血旺

SIGNATURE SPICY HOT POT  
WITH BLOOD CURD AND OFFAL

38.80





### A4 锅包肉

CRISPY SWEET AND SOUR PORK

28.80



### A5 稻香小炒肉

IRON CHEF WOK-FRIED PORK

28.80



### A6 稻香南瓜八宝饭

TRADITIONAL PUMPKIN  
EIGHT TREASURES RICE

38.80



### A7 京酱肉丝 (加饼 6 片)

PEKING SHREDDED PORK WITH PANCAKES

32.80



# 生猛海鮮

## LIVE SEAFOOD



海鮮不但味道鮮美，而且含有豐富的营养成分为人们所喜爱。海鮮其富含蛋白质、钙、牛磺酸、磷、维生素B<sub>12</sub>等多种人体所需的营养成分，且含量极高。此外，脂肪含量极低。胆固醇含量较高。海鮮含有人体不可缺少的二十碳五烯酸(EPA)、二十二碳六烯酸(DHA)等不饱和脂肪酸。EPA、DHA有抑制高血压、心肌梗塞、动脉硬化的作用。

B1 龍蝦

LOBSTER

時價 market price



## B2 姜蔥龍蝦

GINGER SHALLOT LOBSTER

時價 market price

## B3 龙虾刺身

LOBSTER SASHIMI

時價 market price



## B4 金衣龍蝦

LOBSTER WITH SALTED EGG YOLK

時價 market price



龍蝦，是一場味覺的盛宴，讓你盡情享受舌尖的奇妙之旅。龍蝦作為一種海鮮，不僅口感鮮嫩可口，而且具有豐富的營養價值與多種養生功效，不僅是優質蛋白質的重要來源，還富含多不飽和脂肪酸，富含鉀、鎂、鋅、鐵、鈣、鈉、磷以及硫、銅等多種礦物質，更含有豐富的維生素。





## B5 帶子粉絲

STEAM SCALLOP WITH XO SAUCE AND VERMICELLI

時價 market price



## B6 XO pipi 煎米底

PIPI WITH XO SAUCE AND RICE NOODLES

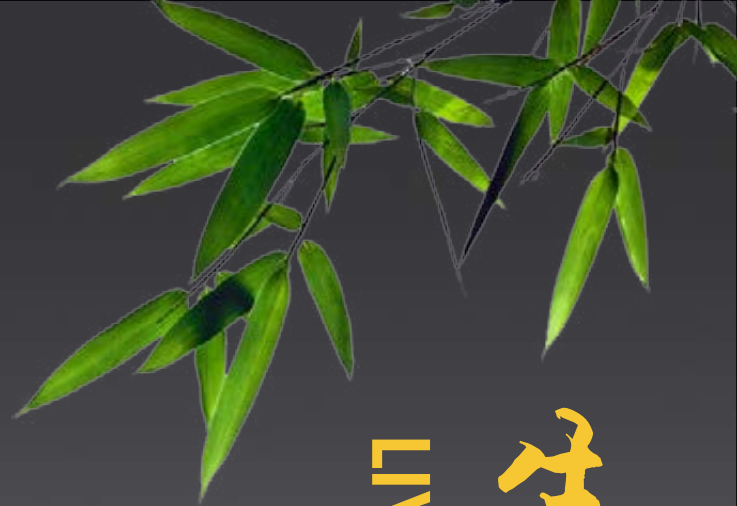
時價 market price



## B7 清蒸生蠔

STEAMED OYSTERS

時價 market price



# 生猛海鮮

LIVE SEAFOOD



B8 油泡鮑魚

STIR-FRIED ABALONE

時價 market price



B9 星斑

CORAL TROUT

時價 market price

B10 剁椒蒸魚

STEAMED FISH WITH  
DOUBLE CHILLI SAUCE

時價 market price





### B11 粉絲蟹煲

CRAB VERMICELLI HOT POT

時價 market price

螃蟹具有较高的营养价值，含有蛋白质、维生素、矿物质、Omega-3 脂肪酸、胆固醇等营养物质，具有清热解毒、养筋活血、增强体质、预防贫血等功效。



### B12 姜葱皇帝蟹

GINGER SHALLOT KING CRAB

時價 market price

### B13 姜葱肉蟹

GINGER SHALLOT CRAB

時價 market price

# 生猛海鮮

## LIVE SEAFOOD



C1 水晶蝦餃皇  
PRAWN DUMPLINGS (4 PIECES)

13.80

C2 燒賣  
PORK DIM SIM (4 PIECES)

12.80



C3 雞肉春卷  
CHICKEN SPRING ROLL (4 PIECES)  
12.80

C4 齋春卷  
CHICKEN SPRING ROLL (4 PIECES)  
12.80



C5 三色炸盤  
MIX ENTREE WITH SPING ROLL,  
DIM SIM AND PRAWN TOAST  
12.80

C6 生菜包 (上素 / 雞茸 / 豬肉)

SANG CHOY BOW WITH LETTUCE CUP (4 CUPS)  
(VEGETABLES, CHICKEN MINCE OR PORK MINCE)

25.80

C7 海鮮生菜包

SANG CHOY BOW WITH SEAFOOD (4 CUPS)

28.80

# 頭盤類

## ENTREES





# 福香特色菜

## SPECIAL DISHES



D1 XO pipi 煎米底

PIPI WITH XO SAUCE AND RICE NOODLES

時價 market price



D2 脆炸蝦枣

DEEP FRIED PRAWN DATE

35.80



D3 川味辣子雞丁

SICHUN STYLE DICED CHICKEN  
WOK FRIED WITH DRY CHILLI

25.80

D4

### 夏日翠塘豆腐

SAUTEED HOME MADE TOFU WITH  
DICES OF ASSORTED SEAFOOD FISH  
ROE AND SNOW PEAS

28.80



D5

### 招牌小炒皇

IRON CHEF STYLE STIR FRIED WITH PORK,  
BEAN SPROUTS, DRIED BEAN CURD,  
AND DRIED SHREDDED SCALLOPS

32.80

D6

### 稻香特色秘製羊扒

LAMB CUTLET PAN FRIED IN  
HOMEMADE SPICES ( 4 pieces )

36.00



D7

### 秘製牛柳粒

IRON CHEF WASABI DICED  
FILLET STEAK

32.80





£1 荷豆蒜蓉蝦球 38.80  
GARLIC KING PRAWNS WITH SNOW PEAS



£2 椒鹽蝦球 38.80  
SALT AND PEPPER KING PRAWNS

£3 沙爹蝦球 38.80  
SATAY KING PRAWNS

£4 金衣蝦球 39.80  
WOK FRIED KING PRAWNS COATED WITH DUCK EGG YOLK

£5 蜜糖蝦球 38.80  
HONEY KING PRAWNS

£6 椒鹽白飯魚 32.80  
SALT AND PEPPER WHITE BAIT

海鮮類  
SEAFOOD



£7 椒鹽鮮魷 32.80  
SALT AND PEPPER SQUID



温馨提示：菜谱图片仅供参考，出品请以实物为准。 Photos provided in the menu may not represent the exact dishes.



£8

### 紅燒蟹肉翅

BRAISED SHARK'S FIN SOUP  
WITH CRAB MEAT

50.80

£9

### 紅燒雞絲翅

BRAISED SHARK'S FIN SOUP  
WITH SHREDDED CHICKEN

48.80



£10

### 碧綠蠔皇鮑片

BRAISED SLICED ABALONE  
WITH GREEN VEGETABLE

62.80



£11

### 原只蠔皇鮑魚

BRAISED WHOLE ABALONE  
WITH OYSTER SAUCE

時價 market price





# £12 金瑤海參粒粒煲

BRASIED DICED SEA CUCUMBER WITH SEAFOOD, MUSHROOM AND XO SAUCE

42.80



# 海鮮類

## SEAFOOD



# £13 XO 干爆海參

WOK FRIED SEA CUCUMBER WITH XO SAUCE

42.80



# £14 紅燒蝦子海參

WOK FRIED SEA CUCUMBER WITH DRY PRAWN ROE

42.80



# £15

# 荷兰豆带子

SCALLOPS WITH SNOW PEAS

46.80



# 福香精選

## IRON CHEF SPECIALS



### F1 富貴金菠蘿

SEAFOOD TOM YUM GOONG  
SERVED IN PUMPKIN

42.80

精心烹制的精装菜肴，每一个都是传统、技术、智慧的结晶。

经过长期的锤炼的独门秘方，加上适时的创新改良，使得特色

美味鲜活呈现。或炸、或炒、或炖、或煮，都浓郁醇厚，秘香诱人，别有一番独特风味……

### F2 一桶金

A POT OF GOLD -- TOFU  
STEAMED WITH MASH  
PUMPKIN AND SEAFOOD

28.80



# 東北菜

## DONGBEI CUISINE

### Q1 地三鮮

STIR-FRIED POTATO,  
EGGPLANT AND CAPSICUM

18.80



### Q2 尖椒幹豆腐

STIR-FRIED TOFU  
AND CAPSICUM

28.80



### Q3 锅包肉

CRISPY SWEET AND  
SOUR PORK

28.80







H1

辣味卤牛展

SPICY DOUBLE COOKED BEEF SLICES

24.80

# 特色冷盆小食

## COLD APPETISERS

H2 卤水熏蹄

24.80

MARINATED PORK KNUCKLE SLICES AND JELLYFISH

H3 麻辣鲜掌

32.80

MARINATED SPICY DUCK'S FEET DEBONED



H4 凉拌海蜇

24.80

MARINATED SPICY JELLY FISH

# 燒味

## IN-HOUSE BBQ



### D1 稻香燒味拼盤

IRON CHEF BBQ PLATTER WITH BBQ PORK,  
ROAST DUCK, SOY SAUCE CHICKEN AND JELLY FISH

L: 60.00 M: 50.00 S: 36.00

燒味是广东传统美食文化中的代表之一，主要指的是各种烤制或烧制的肉类和禽类，选用的食材以鲜嫩、肥瘦相间、口感细腻为主。如叉烧、蜜汁烤翅、烧鹅、脆皮烧肉等等。这些烧制出的肉类和禽类口感鲜美、香气扑鼻，成为广东美食中备受推崇的特色菜肴。



### D2 稻香第一雞

STEAMED FREE RANGE CHICKEN

W: 58.80 H: 32.80



PEKING DUCK  
招牌北京烤鴨

烤鸭是具有世界声誉的北京著名菜式，起源于中国南北朝时期，《食珍录》中已记有炙鸭，在当时是宫廷食品。用料为优质肉食鸭北京鸭，果木炭火烤制，色泽红润，肉质肥而不腻，外脆里嫩。味道醇厚，被誉为：「天下美味」。



03 京式烤鴨 (兩食)

一隻 W: 69.80

WHOLE PEKING DUCK (2 COURSES)

FIRST COURSE, CARVED DUCK SLICES WRAPPED IN A THIN PANCAKE WITH CUCUMBER, SHALLOTS AND HOI SIN (SWEET) SAUCE

SECOND COURSE, SANG CHOY BOW WITH SHREDDED DUCK MEAT SERVED WITH LETTUCE CUPS

HALF PEKING DUCK (2 COURSES)

半隻 W: 36.80

FIRST COURSE, CARVED DUCK SLICES WRAPPED IN A THIN PANCAKE WITH CUCUMBER, SHALLOTS AND HOI SIN (SWEET) SAUCE

SECOND COURSE ONLY SERVED IN CHOPPING PIECES

# 燒味

## IN-HOUSE BBQ

### 04 鴻圖乳豬拼盤

CRISPY SKIN SUCKLING PIG WITH BBQ PORK, ROAST DUCK,  
SOY SAUCE CHICKEN AND JELLY FISH

L: 96.00 M: 72.00

S: 48.00

### 05 大紅乳豬件拼盤

SUCKLING PIG PLATTER

L: 98.00 M: 78.00

S: 58.00

### 06 稻香醬燒琵琶鴨

IRON CHEF DUCK ROASTED  
WITH HOI SIN SAUCE

W: 62.80 H: 32.80

### 07 招牌老媽肥叉燒

HONEY GLAZED BBQ PORK

28.80



### 08 明爐燒鴨

CANTONESE STYLE ROAST DUCK

W: 53.80 H: 28.80



# 家禽

## POULTRY

### 01 蜜糖雞球

HONEY CHICKEN

25.80



### 02 招牌紅燒乳鴿

38.80/each

ROAST YOUNG PIGEON (ORDER IN ADVANCE)



### 03 檸檬煎軟雞

25.80

LEMON CHICKEN



### 04 荔芋香酥鴨

32.80

DEEP FRIED ROAST DUCK DEBONED AND COATED WITH MINCED TARO



K1 干燒牛柳絲

RAINBOW SHREDDED BEEF

30.80



K2 黑椒牛柳粒

WOK FRIED DICED BEEF FILLET  
WITH BLACK PEPPER SAUCE

30.80

# 牛羊 BEEF AND LAMB

K3 中式牛柳

CHINESE STYLE BEEF FILLET WITH OYSTER SAUCE

30.80

K4 西式牛柳

WESTERN STYLE BEEF FILLET WITH TOMATO AND WATERSHIRE SAUCE

30.80

K5 碧綠蠔皇牛肉

WOK FRIED BEEF SLICE WITH VEGETABLES IN OYSTER SAUCE

26.80

K6 蒙古牛肉

MANGOLIAN BEEF WITH HOI SIN SAUCE

30.80

K7 蒙古羊肉

MONGOLIAN LAMB WITH HOI SIN SAUCE

30.80



# 猪 PORK



## L1 京都焗排骨

BEIJING STYLE PORK RIBS WITH SPICY AND SWEET SAUCE

26.80

## L2 鎮江焗排骨

PORK RIBS WITH ZHENGJING VINEGAR SAUCE

26.80



## L3 梅菜扣肉

SLOW COOKED PORK BELLY WITH PRESERVED MUSTARD VEGETABLES

26.80



## L4 椒鹽焗排骨

SALT AND PEPPER PORK SPARE RIBS

26.80

## L5 港式咕嚕肉

HONG KONG STYLE SWEET AND SOUR PORK

26.80



# 和味煲仔

## STEAMING HOTPOT

### M1 潮流胡椒豬肚煲

PORK STOMACH WITH PRESERVED MUSTARD AND WHITE PEPPER

26.80

### M2 鹹魚雞粒豆腐煲

BRAISED DICED CHICKEN WITH SALTY FISH AND TOFU

26.80

### M3 羅漢齋煲

BUDDHA'S STYLE MIX VEGETABLE WITH FUNGERS

25.80



### M4 海鮮豆腐煲

BRAISED SEAFOOD AND TOFU  
WITH CHICKEN BROTH

30.80



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羊肉中富含蛋白质、脂肪、脂肪酸、维生素A、钙、磷、钾、铁、镁等营养物质，适量食用能够提供机体所需的多种营养。羊肉中的蛋白质是人体组织形成和生长的主要营养素。

## M5 羊肉煲

BRAISED LAMB CLAY POT

38.80



## M6 羊腩煲

LAMB BRISKET IN STEAMED BOAT

58.80



# 菜 & 豆腐

## VEGETABLES AND TOFU

N1 避風塘茄子條 24.80  
WOK FRIED EGGPLANT WITH CHILLI AND GARLIC

N2 籠仔荷香四寶蔬 26.80  
STEAMED MIXED VEGETABLES IN BAMBOO BASKET

N3 金銀蛋浸時蔬 26.80  
GOLD AND SILVER EGGS WITH MIXED VEGETABLES IN MASTER STOCK

N4 蠔油郊外油菜 20.80  
VEGETABLE WITH OYSTER SAUCE

N5 紅燒豆腐 23.80  
BRAISED TOFU WITH MUSHROOM AND VEGETABLE



N6 芥蘭炒臘肉臘腸 28.80  
STIR-FRIED CHINESE BROCCOLI WITH CURED PORK AND SAUSAGE

N7 梅菜肉松扒芥蘭 28.80  
STEAMED CHINESE BROCCOLI TOPPED WITH PORK MINCE AND PRESERVED VEGETABLE





N8 鮮雜菌扒時蔬  
FRESH MUSHROOM  
WITH VEGETABLE 28.80



N9 干燒雞腿菇  
BRAISED KING OYSTER MUSHROOM  
WITH ABALONE SAUCE 28.80



N10 XO 乾煸四季豆  
DEEP FRIED GREEN BEANS AND  
MINCED PORK WITH XO SAUCE 26.80

N11 脆竹扒雜菌  
FRY BEAN CURD SHEET  
WITH MIX MUSHROOM  
28.80



# 粉麵飯

## NOODLES AND RICE



### 01 稻香第一炒飯

25.80

IRON CHEF FRIED RICE WITH SEAFOOD AND SALMON ROE



### 02 乾炒牛河

FRIED FLAT RICE NOODLE  
WITH BEEF (DRY)

23.80

### 03 海鮮炒麵

SEAFOOD CHOW MEIN

28.80



# 粉麵飯

## NOODLES AND RICE

- 04 特色炒飯 23.80  
SPECIAL FRIED RICE WITH KING PRAWN, CHICKEN AND BEAN SPROUTS
- 05 福建炒飯 23.80  
HOKKIEN FRIED RICE GLAZED WITH DICED PORK, PRAWN AND MUSHROOMS
- 06 揚州炒飯 20.80  
YANGZHOU FRIED RICE WITH BBQ PORK AND SHRIMP
- 07 鹹魚雞粒炒飯 22.80  
FRICE RICE WITH SALTED FISH AND CHICKEN
- 08 雜燴炒麵 24.80  
COMBINATION CHOW MEIN
- 09 星洲炒米粉 21.80  
SINGAPORE FRIED RICE NOODLE
- 010 蝦子干燒伊麵 24.80  
BRAISED SOFT E-FU NOODLE
- 011 豉油皇炒麵 / 河粉 20.80  
FRIED FLAT RICE NOODLE/EGG NOODLE WITH SOY SAUCE
- 012 絲苗白飯 3.00/per head  
STEAMED JASMINE RICE



# 湯羹類

## SOUP



P1 海皇豆腐羹

IRON CHEF TOFU SOUP WITH SEAFOOD AND EGG WHITE

15.00

P2 瑤柱魚肚羹

TRADITIONAL DRIED SCALLOP AND FISH MAW SOUP

15.00

P3 京式酸辣湯

BEIJING STYLE HOT AND SOUR SOUP

10.00

P4 西湖牛肉羹

BEEF MINCE AND SHREDDED EGG WHITE SOUP

10.00

P5 蟹肉玉米羹

CRAB MEAT AND CREAMY SWEET CORN SOUP

10.00

P6 雞肉玉米羹

MARINATED SPICY DUCK'S FEET DEBONED

10.00

P7 鮮蝦雲吞湯

PRAWN WONTON (SHORT) SOUP (6 PIECES)

15.80

P8 雜燴海鮮雲吞湯

WONTON (SHORT) SOUP WITH MEATS AND SEAFOOD

26.80

P9

稻香第一湯

DAOXIANG SIGNATURE SOUP

68.00



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Q1 芒果班戟

MANGO PANCAKE

8.80

## 甜品

## DESSERT

Q2 稻香流沙飽

IRON CHEF'S STEAMED VOLCANO BUN

8.80

Q3 芒果布甸

MANGO PUDDING

8.80

Q4 中國茶

CHINESE TEA

2.00



Q5 炸雪糕

DEEP FRIED ICE CREAM

8.80

# 承接生日宴會

