

CookSmart

營廚

我們推介！





蔬果之選

Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類的2倍或以上。

Means that either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat present in the dish.



3少之選 3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，符合「3少之選」的要求。

Means that the dish has less fat or oil, salt and sugar, meeting the "3 less" requirement.



常用分量換算

Conversion of Common Measurement Units

1兩 = 37.5 克	1 tael = 37.5 gm
1茶匙 = 5 毫升	1 teaspoon = 5 ml
1湯匙 = 15 毫升	1 tablespoon = 15 ml
1量杯 = 240 毫升	1 cup = 240 ml
1中號碗 = 240 毫升	1 medium bowl = 240 ml



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CookSmart

有營食肆

營廚

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秋話

Words from the Editor

由衛生署舉辦的「2009有『營』廚藝大比併」已圓滿結束。今次比賽分為「蔬果組」、「海鮮組」、「家禽組」和「鮮肉組」4個組別進行，所有參賽「有『營』菜式」均須符合「3少之選」或「蔬果之選」的要求。

是次比賽反應熱烈，共收到超過110 道菜式參賽。經衛生署審核及公眾投票後，最終由名人評判團親自品嚐各道菜式，並按各食物的味道、外觀、材料配搭及創意來決定各組別的冠、亞、季及優異獎。

所有得獎食肆已於8月22日舉行的頒獎禮上接受嘉許。想知道當日盛況？今期《營廚》特意和大家一同重溫當日精彩片段和得獎菜式。各位亦可瀏覽「有『營』食肆」主題網頁<http://restaurant.eatsmart.gov.hk>觀看詳情。

"EatSmart Restaurant Cooking Competition 2009" has been successfully held by the Department of Health (DH). Response from the industry was overwhelming and more than 110 entries were received. The entries, categorised into "Fruit and Vegetables", "Seafood", "Poultry" and "Meat" groups, had to fulfill the criteria of "Dish with More Fruit and Vegetables" or "3 Less Dish".

After DH's assessment and an open election by the public, eight renowned celebrities tried the dishes and selected the champion, first, second and third runners-up of each category according to the taste, appearance, ingredient combination and creativity of dishes.

This issue of *CookSmart* reviews the highlights of the event and introduces the winning dishes. You can also visit the EatSmart Thematic Website (<http://restaurant.eatsmart.gov.hk>) to experience the fun of the competition.



海鮮營

名廚美饌 挑戰評判味覺

八位嘉賓評判包括立法會余若薇和何秀蘭議員、香港中文大學逸夫書院院長沈祖堯教授、前警務處處長李明達先生、「少年食神」林澄光先生、飲食專欄作家關琬潼小姐、著名美食家紀曉華先生和影視名人袁彩雲小姐。他們每兩人一組，於七月間分別品嚐十六道入圍的「有『營』菜式」。

海鮮組的評判是余若薇議員(Audrey)和林澄光先生(Michael)。人稱「少年食神」的Michael 對各國食品均甚有認識，不過他這天的第一個難題是如何把「焗南瓜海鮮糙米飯」的南瓜切開；至於Audrey則幾乎被那款蒸得極滑溜的「蟹之蛋」考起，她笑說這款菜式最考「筷子功」！他倆雖然甚為欣賞那款高纖兼且健康的糙米飯，但「湖海飄雪龍飛舞」一蝦兩吃，一冷一熱亦見心思。同組另一道「鮮蟹肉芙蓉豆腐」，平凡中亦見特色，結果要經過再三討論才能評定分數。

蔬果組由影視名人袁彩雲小姐和沈祖堯教授擔任評判。沈教授尤其鍾情「杞子圓肉浸菠菜」和「雪山土豆」兩款蔬菜類菜式，前者味道清甜卻全無藥味，後者的番薯絲色彩豐富之餘，亦盡顯廚師的手藝。至於以低脂芝士做成的

「YOHO蔬果千層」則清新可口，二人亦吃了不少。袁彩雲一口一件品嚐最後那道帶酸甜的「墨西哥卷配西檸杏脯汁」，最後她更索性放下刀叉用手來吃。

家禽組評判由何秀蘭議員(Cyd)和紀曉華先生(Walter)組成，二人都被美得像藝術品的菜式造型吸引。面對「鮮露筍叉子燒餅」，Cyd主動分菜，Walter亦不甘後人，為Cyd的燒餅盛滿餡料。乾杯！又來一道「山珍鳳凰」，這款菜式以去皮雞髀肉代替傳統的豬肉，配上蘆筍、蓮藕，味道清甜。兩位選出了「五色野米雞卷」為冠軍，這道越南春卷皮以米飯作餡料，創新之餘同樣可口。該組另外一款入圍菜式是「野菌釀雞胸配甜紅椒汁」，芳香十足。



蔬果營



家禽營

The Adjudicators' Challenge

Eight celebrities were invited to be the adjudicators for this cooking competition. They were Legislative Councillors Ms Audrey EU and Ms Cyd HO; Professor Joseph SUNG, Head of Shaw College of The Chinese University of Hong Kong; Mr Dick LEE, former Commissioner of Police; Mr Michael LAM, renowned gourmet; Ms Shadow KWAN, food columnist; Mr Walter KEI, famous food connoisseur; and actress Ms Fiona YUEN. They paired up and tasted the 16 finalists' EatSmart Dishes in July.

Audrey and Michael were the adjudicators of the Seafood Category. Although Michael is familiar with cuisines of various countries, his greatest challenge of the day was how to cut up the whole pumpkin in "Baked Brown Rice with Pumpkin and Seafood". Audrey, on the other hand, had a problem in handling "Steamed Egg White with Crab Claws", which was so flimsy. Although their favourite was baked brown rice which was high in dietary-fibre, they found that "Lobster with Asparagus" was equally outstanding, which was served chilled and hot. "Crab Meat in Scrambled Egg White and Bean Curd", however, used simple ingredients to make a tasty dish. Audrey and Michael discussed in details before making their final decision.

Ms Fiona YUEN and Professor SUNG tried out EatSmart dishes in the Fruit and Vegetables Category. Professor SUNG was very fond of "Spinach with Chinese Wolfberries and Dried Longans in Chicken Broth" and "Assorted Sweet Potatoes with Sushi Vinegar". The former was sweet and fresh with no Chinese herbal flavour, while the latter was so delicious and colourful, and the skills of the chef has been well demonstrated. "Baked Lasagne with Pumpkin and Bell Pepper" was also a fabulous low-fat cheese dish. Fiona ate a couple pieces of "Mexican Roll and Mango with Lemon and Apricot Sauce", which was served in small pieces. Our panelists were so excited with the dishes that they put aside their knives and forks and used their hands to eat.

The panelists for the Poultry Category were Ms Cyd HO and Mr Walter KEI. Both of them were impressed by the appearance

of the dishes. When "Chicken Cubes with Fresh Asparagus, Pine Seed and Homemade Bread" was ready, Cyd could not wait to get her hands on the dish, while Walter in turn filled up homemade bread for Cyd. Cheers! Next came "Steamed Chicken with Assorted Mushrooms and Asparagus". This tasty dish was made with chicken instead of pork as usually were, which was mixed with asparagus and lotus root. Their choice for this group was "Chicken Roll with Assorted Wild Rice". The innovative dish stuffed Vietnamese spring roll sheets with wild rice and was appetising. The last finalist for this group was the "Roasted Stuffed Chicken with Red Bell Pepper Sauce", which was juicy and delicious.



鮮肉營

Mr Dick LEE and Ms Shadow KWAN took charge of the Meat Category. Being well versed in cooking, Dick listened attentively to the introduction by the chefs and discussed with Shadow about the cooking methods of different dishes. While Dick was tasting his food seriously, he at times made a few humorous comments which made Shadow and the crowd burst into laughter. They were highly appreciative of the appearance of the champion dish, namely "Steamed Meatballs with Lilies and Soybean Sheets". Other dishes in this category were "Lamb Leg and Broccoli in Red Wine", "Lamb Racks with Italian White Sauce" and "Braised Beef Cubes with Pumpkin, Mango and Green Bell Pepper". The chefs chose to braise or stew meat and added plenty of vegetables, which made their dishes juicy and still full of flavour.



2009有營廚藝大比拼

EatSmart Restaurant Cooking Competition Prize Presentation Ceremony 2009

衛生署舉辦的「2009有『營』廚藝大比拼」，經過公開投票和名人評選後，終於圓滿結束，頒獎禮亦於2009年8月22日舉行，出席的名人評判包括余若薇議員、何秀蘭議員、沈祖堯教授、袁彩雲小姐、關琬潼小姐、林澄光先生和紀曉華先生。

是次比賽共收到超過110道菜式，分別參選4個組別：蔬果「營」、海鮮「營」、家禽「營」和鮮肉「營」，參選的菜式均別出心裁，鮮味與健康兼備。

雖然各參賽的食肆均悉力以赴，但比賽始終要分出勝負，各名人評判經細心評選後，分別選出「杞子圓肉浸菠菜」、「焗南瓜海鮮糙米飯」、「五色野米雞卷」和「幻彩玉蓮台」為各組冠軍。

評判除頒獎予各得獎食肆外，亦即場分享飲食心得，更與現場觀眾大玩遊戲。

"EatSmart Restaurant Cooking Competition 2009" has been successfully held by the Department of Health. In the prize presentation ceremony held on 22 August 2009, celebrity guests namely The Honourable Audrey EU and Cyd HO, Mr Dick LEE, Professor Joseph SUNG, Mr Walter KEI, Ms Shadow KWAN, Mr Michael LAM and Ms Fiona YUEN shared their tips on healthy eating and played games with the audience.

With the overwhelming support of EatSmart Restaurants, more than 110 entries have been received. The entries were grouped into 4 categories, namely "Fruit and Vegetables", "Seafood", "Poultry" and "Meat".

It was a tough job for the celebrity adjudicators to choose the winners from the tasty and healthy recipes. In the end, they selected "Spinach with Chinese Wolfberries and Dried Longans in Chicken Broth", "Baked Brown Rice with Pumpkin and Seafood", "Chicken Roll with Assorted Wild Rice" and "Steamed Meatballs with Lilies and Soybean Sheets" as the champions of the four categories.



在各參賽食肆中，表現較佳的可說是由社會企業經營的新生餐廳，他們在家禽組和鮮肉組分別奪得一金和一銅，成績不亞於其他名牌食肆，而富臨漁港除憑著「烈火戰羊」獲得票王大獎外，亦同時獲得海鮮營銅獎。《營廚》誠心恭賀各得獎食肆之餘，更希望他們精益求精，製作更滋味健康的「有『營』菜式」以饗大眾。

In this year's competition, New Life Restaurant, a social enterprise, stands out among the entrants. They come first in the Poultry Category and were the 2nd Runner-up of the Meat Category. Foo Lam Fishermen's Wharf Restaurant wins "The Most Popular Dish Award" with "Lamb Racks with Italian White Sauce" and also ranks third in the Seafood Category.

CookSmart congratulates all the winners and encourages them to strive for excellence by making more tasty and healthy EatSmart Dishes for their customers.





冠軍有「營」菜式

Champion EatSmart Dishes



廣發餐廳

Kwong Fat Restaurant

杞子圓肉浸菠菜

Spinach with Chinese Wolfberries and Dried Longans in Chicken Broth



創意靈感

Inspiration

廣發餐廳負責人馬健亮先生：「我素來對藥膳甚感興趣，有一次在報章閱讀相關資料後，便與大廚蔡師傅商量，創製了這道菜式。」

大廚蔡師傅特別改變了傳統煮法，改以少鹽、少油的雞湯浸菠菜，並加入圓肉帶出甜味，再以杞子提升健康質素。

馬先生表示，杞子帶點酸味，與圓肉的甜味相當配合，「年輕一輩不太喜歡草藥的味道，這道菜式勝在藥味不重，所以很受落。」

食家之言

Gourmet's Comments



“非常美味可口”

“色彩豐富又健康”

Mr MA Kin-leong, the owner of Kwong Fat Restaurant, said, "I am very interested in Chinese herbal cuisine. After reading a newspaper article about Chinese wolfberries and dried longans, I suggested Mr CHOI, our Head Chef, to try out the dish."

Mr CHOI uses chicken broth with only a small amount of salt and sugar, and uses dried longans to bring out the sweetness of spinach. Chinese wolfberries add a healthy element to the dish.

Chinese wolfberries taste a little bit sour, which match perfectly well with dried longans. Mr MA said, "The younger generation doesn't like the Chinese herbal flavour. This dish doesn't have a strong herbal taste, that's why it is popular."

沈祖堯教授：「非常美味可口！這道菜式以草藥入饌，很有心思。杞子和圓肉跟菠菜配合得宜，賣相更是賞心悅目，可謂色、香、味俱全。」

袁彩雲小姐：「味道適中，少鹽、少油兼可口，色彩豐富又健康。」

Prof. Joseph SUNG: "The dish is palatable. It is an innovative idea to use Chinese herbs, which mix well with vegetables. This delightful dish is full of flavour, colour and taste."

Ms Fiona YUEN: "The taste is just right. Without salt and oil, the dish is still very tasty. This healthy dish is also colourful."





經「營」之道

Tips of Running an EatSmart Restaurant

廣發餐廳主要做街坊生意，光顧的大多是常客，「普羅坊眾和學生較喜歡肉類，咕嚕肉、生炒排骨等是很受歡迎的菜式，但我們改良了慣吃的菜式，加入長椰菜、小棠菜等蔬菜，令顧客吃得較為健康。」

馬先生又說，他們使用鮮雞和鮮肉來取代味精和雞粉這類增味劑，雖然以新鮮材料做菜增加了成本，但最重要的還是廚師經驗和技藝，只要善用食材，同樣能烹製出健康美味的菜式。

廣發餐廳約於兩年前加入「有『營』食肆」計劃。馬先生說：「我從事飲食業數十年，得知市面不少食肆提供的食品實在很不健康。現今資訊發達，大家知道健康飲食的重要性，我希望業界能多盡點力，共同推動良好的飲食習慣。」主廚亦十分認同健康飲食原則，故此與同事合力研製一些既美味又符合「蔬果之選」和「3少之選」的菜式，除了杞子圓肉浸菠菜外，葡汁四寶蔬和海鮮雜菜煲亦是他們自家的創作。

Kwong Fat Restaurant is situated in Kwai Chung. Mr MA pointed out that customers from the neighbourhood like meat dishes, e.g. sweet and sour pork as well as deep-fried ribs, but they put in more vegetables to make the dishes healthier.

Mr MA said, "We use fresh ingredients instead of flavour enhancers and chicken powder, and the food cost has been increased. Capitalizing on their skills and experiences, our chefs make good use of food ingredients to create healthy and delicious dishes."

Kwong Fat Restaurant has been an EatSmart Restaurant for two years. Having been in the business for several decades, Mr MA observes that many local restaurateurs are adopting unhealthy cooking methods. Noticing the situation, he works closely with his Head Chef, who shares his dining philosophy to make numerous healthy dishes fulfilling the "More Fruit and Vegetables" and "3 Less" requirements. Apart from the award-winning spinach dish, "Mixed Vegetables in Portuguese Sauce" and "Seafood Hot Pot with Vegetables" are also their signature dishes.





有營食肆



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“大廚改良了一般的煮法，運用圓肉和薑片去除菠菜的澀味，不用食油，清淡而不覺素，而且全是蔬菜，故能適合任何年齡的人士食用。

Use of longan and ginger can remove the astringency of spinach. Even without the use of oil, the dish is light but not plain. This vegetable dish is suitable for persons of all ages.

”



材料：(4人分量)

杞子 2 湯匙
圓肉 8 粒
薑片 數片
鮮冬菇片 數片
菠菜(去頭) 450 克(約11兩)

清雞湯 約1 1/2 碗

調味料：
鹽 1/3 茶匙

Ingredients: (Serves 4)

Chinese Wolfberry 2 tablespoons
Dried Longan 8 pieces
Ginger (sliced) some
Fresh Shiitake Mushroom (sliced) some
Spinach (trimmed) 450 gm
(about 11 taels)

Chicken Broth about 1 1/2 bowls

Seasonings:
Salt 1/3 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	47
碳水化合物 (克) Carbohydrate (gm)	9
蛋白質 (克) Protein (gm)	4
脂肪 (克) Fat (gm)	1
糖 (克) Sugar (gm)	0
鈉質 (毫克) Sodium (mg)	294

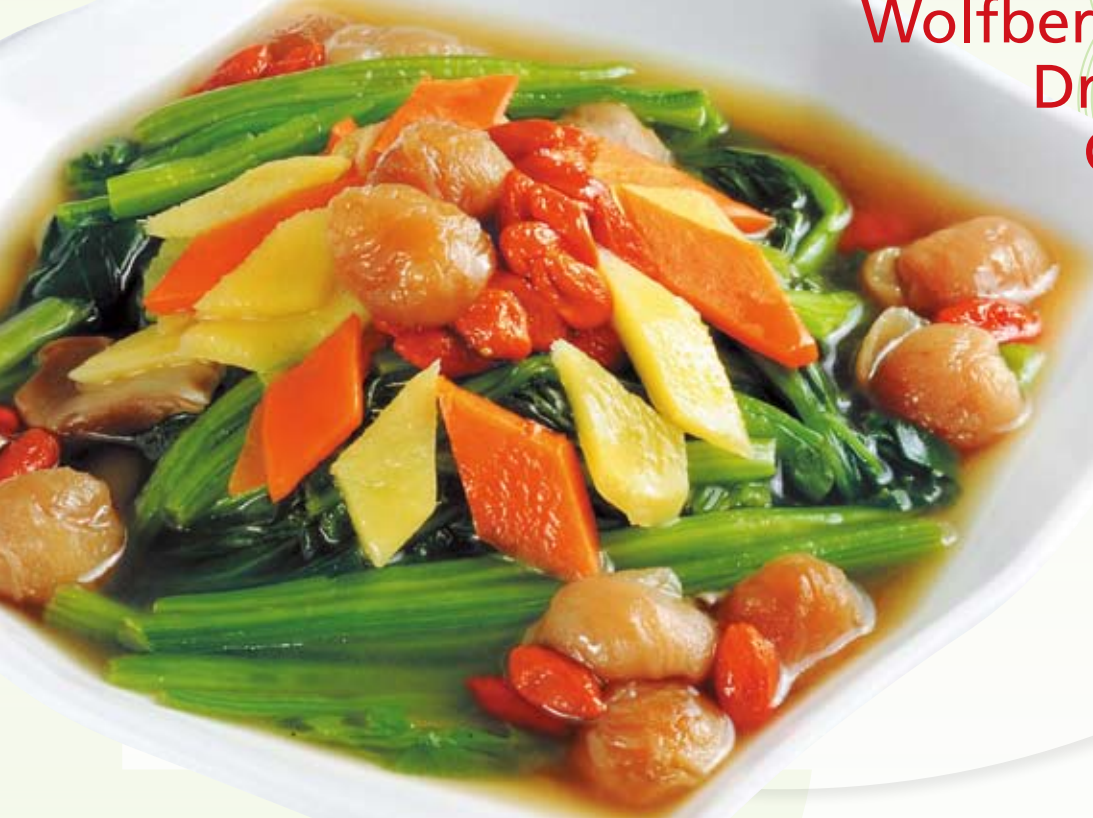
熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



杞子圓肉浸菠菜

Spinach with Chinese
Wolfberries and
Dried Longans in
Chicken Broth



步驟：

1. 杞子、圓肉、薑片、鮮菇片一同汆水備用。
2. 菠菜洗淨，切段，汆水備用。
3. 於鑊內注入清雞湯，放入杞子、圓肉等材料滾起。
4. 加入菠菜，然後加鹽調味滾1/2分鐘後，即可上碟。

Cooking method:

1. Blanch Chinese wolfberries, longans, gingers and mushrooms. Set aside.
2. Rinse and cut spinach into sections. Blanch and set aside.
3. Pour chicken broth in a wok. Add Chinese wolfberries, dried longans, gingers and mushrooms and bring to boil.
4. Add spinach. Season with salt and boil for 1/2 minute. Serve.



本食譜由廣發餐廳提供
This recipe is provided by
Kwong Fat Restaurant



城軒飲食集團一城峰閣西餐廳

Shing Hin Catering Group - City Top

焗南瓜海鮮糙米飯
Baked Brown Rice with Pumpkin
and Seafood



創意靈感

Inspiration

這道菜式原是特別設計的菜式，以配合香港城市大學「邁向康盛人生」活動(Wellness March)。城大每年三月均會舉辦這項大型活動，推出一系列與健康有關的項目，讓全校學生、教職員和校友參加，助其達至身心康盛的境界，這些項目包括遠足、體育活動、保健講座、工作坊、書展和個人體能評估。校內各食肆在活動期間，均推出不同的健康食譜。

城峰閣西餐廳經理鄧紹恒先生(Thomas)表示：「這道菜式先以菜油略為炒熟海鮮，放入原隻的南瓜以糙米來焗，糙米吸收了南瓜的甜味和海鮮的鮮味，所以非常可口。」Thomas補充說，南瓜味道香甜、營養豐富，是一種十分實用的食材。糙米纖維含量高，可混合白米食用，用以做意大利焗飯等亦很合適。

The dish is especially designed for City University of Hong Kong's Wellness Programme — Wellness March, which is an annual event promoting healthy living. The event, conventionally held in March each year, includes hiking, sports games, seminars, workshops, book exhibitions and physical fitness assessment. The restaurants in the campus support the event by introducing various healthy dishes.

Mr Thomas TANG, Manager of City Top, said, "Seafood is lightly stir-fried with vegetable oil and then placed in a pumpkin with the brown rice. Pumpkin is a very popular ingredient and can be cooked in many ways. Its sweetness blends well with the aroma of seafood, making the dish delicious. High-fibre brown rice can be cooked with plain rice and is also ideal for Italian rice dishes."

余若薇議員：「海鮮與飯都非常入味；顏色配搭令人開胃。」

林澄光先生：「材料配搭得宜，整體亦富創意。」

Ms Audrey EU: "The seafood, with its fresh taste, blends well with the brown rice. Various ingredients make the dish very colourful."

Mr Michael LAM: "The ingredients are perfectly matched in this innovative dish".

食家之言 Gourmet's Comments



“整體富創意”

“海鮮與飯
非常入味”

經「營」之道

Tips of Running an EatSmart Restaurant

年多前加入城峰閣的Thomas稱：「城軒集團除了經營城峰閣外，亦管理城大的城軒海鮮酒家和學生飯堂，顧客包括校內的中外師生和附近坊眾。集團委聘合資格的營養師長駐城大校園，就各食肆的營養餐單提供意見。」他說，管理層亦製備各款餐單供各廚師參考，確保菜式品質優良和符合健康飲食原則。

「校內師生一般奉行健康飲食原則，「有『營』食肆」的概念正好配合他們的要求。」店方除依循三少一多的烹煮原則外，每天午市套餐均供應至少一款有「營」套餐，例如菠菜焗彩虹魚、雜菌螺絲粉等，亦提供牛油果番茄烩蛋三文治等健康菜式，同樣備受歡迎。

Shing Hin Catering Group runs City Top, City Chinese Restaurant and student canteen to serve the staff and students of the University as well as nearby residents. The group's in-house dietitian gives expert advice to ensure that their food meet the requirements of "3 Less" and "More Fruit and Vegetables".

Thomas added, "3 Less" and "More Fruit and Vegetables" dishes are well received in the University community, as many of the staff and students practise healthy eating. The restaurant serves at least one set of EatSmart Dish in the daily menu. "Grilled Rainbow Trout with Spinach", "Spaghetti with Assorted Mushrooms", and "Boiled Egg Sandwiches with Avocado and Tomato" are some of the most popular healthy dishes.





吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“糙米和南瓜可以增加膳食纖維。蒜蓉和鮮紫蘇能帶出海鮮的鮮甜味，不加奶油和忌廉，也可以煮出香味十足的焗飯。”

Brown rice and pumpkin increases dietary fibre in the dish. Flavourful baked rice can be prepared with the use of garlic and fresh basil; instead of cream and butter which add to fat intake.



材料：(1人分量)

南瓜 1個(約800克
或1斤4兩)
糙米 約1/2碗
橄欖油 2茶匙
蒜蓉 適量
清魚湯 5湯匙
秀珍菇 2隻
海蝦 2隻
鮮魷魚 2片
藍貽貝 2隻

魚柳
菜粒
鮮紫蘇葉

調味料：
鹽
白酒

2小塊
2湯匙
6片

1/4茶匙
適量

Ingredients: (Serves 1)

Pumpkin 1 piece (about
800 gm/1 catty
and 4 taels)
Brown Rice about 1/2 bowl
Olive Oil 2 teaspoons
Minced Garlic some
Fish Broth 5 tablespoons
Oyster Mushroom 2 pieces
Prawn 2 pieces

Fresh Squid 2 slices
Blue Mussel 2 pieces
Fish Fillet 2 small pieces
Vegetable (diced) 2 tablespoons
Fresh Basil 6 leaves

Seasonings:

Salt 1/4 teaspoon
White Wine some

每一份 Per serving:

熱量 (千卡) Energy (kcal)	626
碳水化合物 (克) Carbohydrate (gm)	99
蛋白質 (克) Protein (gm)	30
脂肪 (克) Fat (gm)	15
糖 (克) Sugar (gm)	9
鈉質 (毫克) Sodium (mg)	750

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



焗南瓜 海鮮糙米飯

Baked Brown Rice with Pumpkin and Seafood



步驟：

1. 將南瓜清洗起蓋、挖芯，然後把南瓜放進焗爐，焗約15分鐘備用。
2. 糙米洗淨隔起，下1茶匙油、蒜蓉及適量的清魚湯，把糙米煮至7成熟備用。
3. 秀珍菇用火焗至乾身及有香味後，備用。
4. 將海鮮洗淨並隔起。
5. 燒暖餘下的油，放入蒜蓉、海鮮、白酒、清魚湯，煮至7成熟。
6. 加入鹽、菜粒、鮮紫蘇葉、秀珍菇及糙米飯，1分鐘後，將海鮮及糙米飯放入南瓜裡面，然後放入焗爐，焗5分鐘後即可。

Cooking method:

1. Rinse pumpkin. Cut off top of pumpkin and discard the seeds. Bake for about 15 minutes. Set aside.
2. Rinse and drain brown rice. Add 1 teaspoon of oil, minced garlic and some fish broth in a pot. Cook brown rice until 70% done. Set aside.
3. Roast oyster mushrooms till dry and aromatic. Set aside.
4. Rinse and drain seafood.
5. Heat the remaining oil. Add minced garlic, seafood, white wine and fish broth. Cook the ingredients until 70% done.
6. Add salt, vegetable dices, fresh basil, oyster mushrooms and brown rice. Cook for 1 minute. Transfer seafood and brown rice into the pumpkin. Bake the pumpkin for 5 minutes and serve.



本食譜由城軒飲食集團 — 城峰閣西餐廳提供

This recipe is provided by Shing Hin Catering Group — City Top



新生餐廳
New Life Restaurant

五色野米雞卷
Chicken Roll with Assorted Wild Rice



創意靈感

Inspiration

新生餐廳的大廚梁寶南先生曾任職越南菜館多年，熟悉越菜的煮法。在這個得獎菜式中，大廚改良了傳統越南春卷的做法，在春卷皮內加入五色米飯、唐生菜和雞肉作為餡料，令雞卷更加健康。據梁先生所講，這道雞卷甚受食客歡迎，是該店的熱門菜式之一！

Mr LEUNG Po-lam, Head Chef of New Life Restaurant, has worked in a Vietnamese restaurant and is very familiar with Vietnamese cuisine. He modified Vietnamese spring rolls by using healthier stuffing such as assorted wild rice, Chinese lettuce and chicken meat. Mr LEUNG said that the dish has become a very popular dish in their restaurant.

何秀蘭議員：「這味雞卷用越式春卷皮加唐生菜，爽脆柔韌兼而有之，酸辣汁更加醒神；加上滿盆翠綠，十分清新。配搭出人意料，但味道卻極之配合。值得讚賞！」

紀曉華先生：「這是一款很有特色的菜式，用料平衡、細緻、味道鮮美，富田園色彩，創意亦在意料之外。」

Ms Cyd HO: "The stuffing is wrapped in Vietnamese spring roll sheet and Chinese lettuce, which makes the roll both crispy and yet chewy. Sweet and sour sauce is fresh, while vegetables add colour to the whole dish. It offers a new combination of ingredients yet they blend well. What a delicious dish!"

Mr Walter KEI: "It is a very innovative dish. It offers a balanced, delicate and fresh flavour. The dish really comes out of the box."

食家之言

Gourmet's Comments



“配搭出人意料” “很有特色的菜式”



經「營」之道

Tips of Running an EatSmart Restaurant

新生餐廳是「新生精神康復會」屬下的社會企業之一，致力為精神病康復者提供工作訓練及就業機會，屬下的新生農場出產有機蔬果和香草等，供應本地市場。

新生餐廳行政經理洪素嬌(Celia)表示，作為一家社會企業，餐廳以提供健康食品為宗旨，屬下兩家食肆均採用新鮮和有機食材煮製食物，絕不使用味精。餐廳在去年中加入「有『營』食肆」計劃後，便不斷研製「3少之選」和「蔬果之選」為主的「有『營』菜式」，至今已有31款之多。Celia 特別推介「南瓜系列」，菜式採用本地或入口的有機南瓜烹煮，其中包括「南瓜鮮果西芹炒雞粒」和「南瓜薄荷鴛鴦菌伴豬扒」等；海鮮方面，「香草三色椒老虎蝦」亦很受歡迎。

Celia 續說：「顧客對『有『營』菜式』很感興趣，上班一族特別喜歡點選。為了令更多食客認識這些健康菜式，我們除了在菜牌註明外，還印製宣傳海報並張貼在餐廳當眼處，方便員工向顧客推廣。」

New Life Restaurant is a social enterprise run by New Life Psychiatric Rehabilitation Association with the aim of providing vocational training and job opportunities for ex-mentally ill persons. The organisation also runs an organic farm which supplies vegetables and herbs to the local market.

Celia HUNG, Administrative Manager of the restaurant, said, "As a social enterprise, our mission is to provide healthy food for our customers. Both of our restaurants use fresh or organic vegetables and refrain from using flavour enhancers. "Since joining the "EatSmart@Restaurant.hk" Campaign in the middle of last year, the restaurant has created 31 "3 Less Dishes" and "Dishes with More Fruit and Vegetables". Celia recommends the pumpkin series, which are cooked with local or imported organic pumpkins. Among the best of the series are "Stired-fried Chicken Cube with Pumpkins, Celery and Mixed Fruits" and "Pork Chop with Pumpkin, Mint and Mushrooms". In addition, "Tiger Prawn with Herbs and Assorted Bell Peppers" is also a popular seafood dish.

Celia added, "Many customers, particularly working people, have expressed interests in EatSmart Dishes. Apart from the daily menu, the restaurant has produced a number of posters and leaflets to let the customers know more about EatSmart Dishes".





有營食肆



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“蔬菜和五色野米的膳食纖維豐富，而且蔬菜的爽脆和五色野米的軟綿構成對比。加上顏色繽紛，蘸了酸辣醬汁，很容易多吸收了膳食纖維。”

Vegetables and assorted wild rice are rich in dietary fibre. The crispiness of vegetables and softness of assorted wild rice create a textural contrast. One can easily increase the intake of dietary fibre with the colourful dish and the sour and spicy sauce. ”



材料：(2人分量)

五色野米 1/4 碗
(紅糙香米、粉紅茉莉糙香米、茉莉糙香米、紫糙糯米、糙香米及茉莉香米)
甘筍 1/2 個
青瓜 1/6 個
乾蔥 1 粒
花生 2湯匙
蔥 1條
菜籽油 2茶匙
去皮雞肉 50克(約1 1/2 兩)
越式春卷皮 3塊
清水 3茶匙

唐生菜 6片
芽菜 20克(約1/2 兩)
九層塔葉 9片

酸辣醬汁材料

蒜肉 1粒
指天椒 1隻
青檸 2個

調味料：

鹽 1/5茶匙
糖 1茶匙
米醋 1茶匙
白開水 3茶匙

Ingredients: (Serves 2)

Assorted Wild Rice 1/4 bowl
(Red Hom Mali Rice, Kam Doi Muzer Rice, Thai Brown Hom Mali Rice, Hom Kularp Rice, Thai Brown Glutinous Rice and Thai Hom Mali Rice)
Carrot 1/2 piece
Cucumber 1/6 piece
Shallot 1 piece
Peanut 2 tablespoons
Spring Onion 1 stalk
Canola Oil 2 teaspoons
Skinless Chicken 50 gm
(about 1 1/2 tael)

Vietnamese Spring Roll Sheet 3 sheets
Water 3 teaspoons
Chinese Lettuce 6 pieces
Mung Bean Sprouts 20 gm (about 1/2 tael)
Basil 9 leaves

Sour and Spicy Sauce Ingredients:

Garlic 1 clove
Chilli 1 piece
Lime 2 pieces

Seasonings:

Salt 1/5 teaspoon
Sugar 1 teaspoon
Rice vinegar 1 teaspoon
Boiled water 3 teaspoons

每一份 Per serving:

熱量 (千卡)
Energy (kcal) 281
碳水化合物 (克)
Carbohydrate (gm) 34
蛋白質 (克)
Protein (gm) 13
脂肪 (克)
Fat (gm) 12
糖 (克)
Sugar (gm) 6
鈉質 (毫克)
Sodium (mg) 282

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



五色

野米雞卷

Chicken Roll with Assorted Wild Rice

步驟：

1. 五色米洗淨，浸約1小時、加適量水蒸熟。
2. 甘荀、青瓜切絲備用。
3. 乾蔥切片，將乾蔥及花生放焗爐焗香，將花生壓碎備用。
4. 蔥切粒後，將油燒熱淋上蔥花，備用。
5. 將雞焗熟，切絲備用。
6. 春卷皮掃水待軟，放上2塊唐生菜，之後平均鋪上五色飯、甘荀絲、青瓜絲、芽菜、花生碎、乾蔥片、蔥花油和九層塔葉。
7. 用力從外皮卷起，切走頭尾，一開為二，伴上酸辣醬汁即可。

酸辣醬汁做法：

將蒜肉及指天椒切碎，青檸榨汁加入米醋、糖、鹽及白開水混合攪溶即可。



本食譜由新生餐廳提供
This recipe is provided by
New Life Restaurant

Cooking method:

1. Rinse rice and soak for 1 hour. Add water and steam until done.
2. Shred carrot and cucumber. Set aside.
3. Slice shallot. Roast peanuts and shallot till aromatic. Crush peanuts and set aside.
4. Dice spring onion. Add heated canola oil over the chopped spring onion and set aside.
5. Cook chicken in boiling water. Cut them into strips and set aside.
6. Spread water on the spring roll sheet to soften. Place 2 pieces of Chinese lettuce on the sheet. Then evenly place assorted rice, cucumbers, carrots, mung bean sprouts, peanuts, shallots, spring onion and basil.
7. Roll up and trim the two ends. Cut the roll in half and serve with sour and spicy sauce.

Method (Sour and Spicy Sauce) :

Mince garlic and chilli. Add squeezed lime juice, rice vinegar, sugar, salt and boiled water. Mix well.



御苑皇宴
The Banqueting House

幻彩玉蓮台
Steamed Meatballs with Lilies
and Soybean Sheets



創意靈感

Inspiration



御苑皇宴的大廚林勸飛師傅花盡心思研究參賽菜式，他留意到食客近年趨向多菜少肉的飲食習慣，加上他本人在家裡也奉行「三少一多」的健康飲食原則，於是創製出這款低卡路里、無汁無醬兼無油的菜式。師傅只在蓮台上略加數滴芡汁作為點綴，而芡汁並不含油分。

該酒樓所屬的敘福樓集團執行董事黃傑龍先生補充說：「同事特別著重這款菜式的構圖，以腐竹疊成酥皮狀，加強了立體感，再用上彩椒點綴，令色彩更豐富。」

Mr LAM Huen-fai, Head Chef of The Banqueting House, has put a lot of effort into creating this dish. Mr Lam himself practises principles of healthy eating. He also notices that customers nowadays are consuming more vegetables and less meat. He thus created this low-calorie dish which has no oil and sauce. The dish is only garnished with a few drops of dressing, which is also oil-free.

Mr Simon WONG, Managing Director of The Banqueting House, said, "Our colleagues focused on the presentation of the dish. We use soybean sheets to make a *mille-feuille*, which gives the dish a stereoscopic view. The assorted bell peppers also add colours to the dish."

食家之言

Gourmet's Comments



李明達先生：「各種材料都以清淡為主。利用豬肉、蝦膠製成的肉丸，味美有彈力，蛋用雞湯蒸熟，十分美味。菜式賣相討好，綠葉設計非常突出，加以黃色的蒸蛋作底，更是悅目。整體極具創意，有「營」有益。」

關琬潼小姐：「清雅簡約，濃淡得宜！腐竹清淡，配上肉香剛好，與中式水蒸蛋、菜葉配搭，增加立體感。蝦肉加入肉丸中，中和了豬肉的油膩感，配上腐竹更是濃淡適中；腐竹層疊成酥皮狀，百合猶如蓮台，令人印象深刻。」

Mr Dick LEE: "The *al dente* meat balls are made with pork and minced shrimp, together with egg steamed with chicken broth, they make this dish fresh and tasty. With vegetables as garnish, this innovative dish is both healthy and delicious."

Ms Shadow KWAN: "The dish is simple and fresh, yet balanced in flavour. The delicate soybean sheets matches perfectly with meatballs. Steamed egg also goes well with vegetables. Minced shrimp moderates the greasy texture of pork."

“清雅簡約

濃淡得宜”

“肉丸味美
有彈力”

經「營」之道

Tips of Running an EatSmart Restaurant

御苑皇宴今年才加入「有『營』食肆」行列，即憑幻彩玉蓮台這款菜式奪得鮮肉組別冠軍，黃傑龍先生表示：「健康飲食已是大勢所趨，所以該酒樓一直有設計以菜蔬為主的菜式，加入「有『營』食肆」計劃，更加凸顯了他們的優勢。」

黃先生說，現時顧客點菜時，多會選擇一兩道蔬菜；該酒樓除了提供「有『營』菜式」外，每兩個月更會推出五款特別的健康菜式，讓顧客有更多選擇。正屆盛夏，該酒樓特別推出翠塘豆腐和銀杏魚塘浸雙鮮這兩道「有『營』菜式」，前者是一道湯羹，清新易於入口；後者採用白果、腐竹與豆苗等材料，滋補清熱。該店會利用海報、枱牌等進行宣傳，同事亦積極向顧客介紹這些健康菜式。

The Banqueting House, which joined the "EatSmart@restaurant.hk" Campaign early this year, achieves first place in the Meat Category in this competition. Mr WONG said, "To follow the trend of healthy eating, we have been preparing dishes with plenty of vegetables. We have further strengthened our competitive advantage by enrolling as an EatSmart Restaurant."

Mr WONG added that customers nowadays tend to choose one or two vegetable dish. Apart from EatSmart Dishes, The Banqueting House has been promoting five additional healthy dishes once every two months. Their special promotion for this summer includes "Vegetables and Bean Curd Soup", and "Double Steamed Fishes with Ginkgo". The former is a soup dish whilst the latter is made with ginkgo, soybean sheet and pea shoots. Both dishes are good for the hot summer. The restaurant has been actively promoting their healthy dishes using posters and table menu. Frontline staff also actively recommend healthy dishes to customers.





冠軍有「營」菜式 | Champion EatSmart Dishes



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“這菜式有多元化的蛋白質來源，烹調以蒸和焗為主，沒有添加額外油分。運用蔬菜類配搭，令肉類清淡而帶有鮮味。

Made up of protein-rich ingredients, the dish is mainly cooked by steaming and boiling with no oil added. Vegetables bring out the freshness and lightness of meat.”



材料：(6人分量)

雞蛋	2隻	青椒(切粒)	1/2湯匙
清水	1/2中號碗 (約110毫升)	紅椒(切粒)	1/2湯匙
鮮腐竹	150克(4兩)	黃椒(切粒)	1/2湯匙
鮮百合	75克(約2兩)	調味料：	
豬肉	30克(約3/4兩)	鹽	3/4茶匙
蝦肉	20克(約1/2兩)	糖	1/2茶匙
韮菜花	1條		
菜葉	4片		
清雞湯	2湯匙		

Ingredients: (Serves 6)

Egg	2 pieces	Vegetables Leaves	4 pieces
Water	1/2 medium sized bowl (about 110ml)	Chicken Broth	2 tablespoons
Soybean Sheet	150 gm (4 taels)	Green Bell	1/2 tablespoon
Fresh Lily	75 gm (about 2 taels)	Pepper (chopped)	
Pork	30 gm (about 3/4 taels)	Red Bell	1/2 tablespoon
Prawn	20 gm (about 1/2 taels)	Pepper (chopped)	
Chinese Chive (flower stalk)	1 stalk	Yellow Bell	1/2 tablespoon
		Pepper (chopped)	
		Seasonings:	
		Salt	3/4 teaspoon
		Sugar	1/2 teaspoon

每一份 Per serving:

熱量(千卡) Energy (kcal)	120
碳水化合物(克) Carbohydrate (gm)	8
蛋白質(克) Protein (gm)	10
脂肪(克) Fat (gm)	5
糖(克) Sugar (gm)	1
鈉質(毫克) Sodium (mg)	328

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.

幻彩 Steamed Meatballs with 玉蓮台 Lilies and Soybean Sheets



步驟:

1. 雞蛋加清水及鹽(1/4茶匙)拌勻，蒸熟備用。
2. 腐竹用梅花形印模壓出形狀，百合剪成大小相若的形狀
3. 豬肉剁碎，蝦肉拍碎，下1/4茶匙鹽及糖攪勻，再分成小肉丸。
4. 再把肉丸放在腐竹上，旁邊插入已剪好的鮮百合蒸5分鐘。
5. 焯熟韮菜花、菜葉備用。
6. 將蒸好鮮肉放在蛋面上，用清雞湯、1/4茶匙鹽及糖煮成芡汁，滴數滴於面上，旁邊加上韮菜花及菜葉。
7. 最後將三色椒拖水，放上肉丸面即可。

Cooking method:

1. Beat eggs with water and salt (1/4 teaspoon). Steam egg until just done and set aside.
2. Mould soybean sheets into plum flower shape. Cut lily to similar shape and size.
3. Mince pork and prawn, add 1/4 teaspoon of salt and sugar. Mix well, divide into small meatballs.
4. Set the meatballs on top of soybean sheets, and then adhere lily along the side of the meatballs. Steam for 5 minutes.
5. Boil the Chinese chive flower stalk and vegetable leaves. Set aside.
6. Place the steamed meat balls on the top of the steamed egg. Bring chicken broth to boil, add 1/4 teaspoon of salt and sugar. Add a few drops of broth over the steamed egg. Garnish with Chinese chive and vegetable leaves aside.
7. Blanch the green, red and yellow bell peppers in boiling water and sprinkle on the top of the steamed egg.



本食譜由御苑皇宴提供
This recipe is provided by
The Banqueting House



富臨漁港

Foo Lum Fishermen's Wharf Restaurant

烈火戰羊

Lamb Racks with Italian White Sauce



創意靈感

Inspiration



當主廚決定要參加鮮肉組比賽時，第一時間已決定構思一款以羊為主的菜式，因為「羊」予人溫暖的感覺。為了符合「有『營』菜式」的要求，主廚加入多款菜蔬，為菜式注入田園的感覺，同時加強色彩的對比。

烹調方法方面，以健康的南瓜盛載羊鞍，加上火焰，保持羊鞍的溫度和口感。但最棘手的問題是如何控制火勢的強弱度，出品總監、總廚等等就此給予許多寶貴意見，店方花了接近一個月的時間反覆試驗，始將菜式創造出來。

When Foo Lum Fishermen's Wharf Restaurant decided to participate in the cooking competition, the Head Chef for the first instance considered that it was a good idea to make a mutton dish, as mutton gives a sense of freshness. To meet the requirements of an EatSmart Dish, the chef added a lot of vegetables to the dish. Vegetables create a country feeling and adds colours to the dish.

The lamb rack is put into an emptied pumpkin, which is heated over a flame. The flame keeps lamb rack warm and chewy. Yet the biggest challenge is how to control the heat. With input from the Director of the Product Department and Head Chef, the team finally worked out the recipe after numerous attempts.

食家之言 Gourmet's Comments

李明達先生:「菜式中西合璧，但較接近中菜味道及性質。賣相不錯，食物顏色悅目。羊架配上多種蔬果主意不錯，創意十足。」

關琬潼小姐:「羊肉以中式味道醃製，配搭西式汁料是新嘗試；水果沙律中和了羊肉的油膩感，令整道菜色彩更鮮艷，用清新的南瓜作盛器亦令人耳目一新。」

Mr Dick LEE: "This fusion dish combines the eastern and western ways of cookery. It looks nice and colourful. Lamb rack is mixed with plenty of vegetables."

Ms Shadow KWAN: "Lamb rack is marinated with Chinese seasonings and served with Italian white sauce, and such preparation method is a good attempt. Fruit salad balances the greasy taste of mutton and adds colours to the dish. It is very creative to put lamb rack inside an emptied pumpkin"



“中西合璧
賣相不錯”

“整道菜式色
彩鮮艷”

經「營」之道

Tips of Running an EatSmart Restaurant

現時客人的口味已明顯地改變了，他們較為注重健康，並傾向選擇較清淡的菜式。富臨漁港於二零零八年年底參與「有『營』食肆」運動，目標是提供更多元化的健康美食。

為了符合「有『營』食肆」少油鹽糖和多蔬果的要求，富臨漁港積極鼓勵大廚們多鑽研健康菜式；在設計方面，除色、香、味外，大廚更着重食材本身的營養價值，並探討何種烹調方法最能保留食物的營養。該店亦會留意如何妥善處理食物，以保持食物新鮮和保存營養。現時推出的五款「有『營』菜式」，整體反應都令人滿意。

要確保出品的標準和一致性，該集團出品部定期召開專題培訓會，講解製作方法和技巧。集團亦特別製作培訓光碟，以視訊教材，配合實際操作，務求各店的出品達到一致的標準和效果，管理層亦定期抽查和提供意見。經過一段時間的溝通和實踐，師傅們都認同客人要食得健康，他們全心全意為顧客烹煮健康的菜式，努力落實「有『營』食肆」的理念。

事實上，現時客人在點菜時，會考慮各種菜式的配搭，例如一款肉類、一款海鮮配一款菜蔬，同事們會在過程中，主動建議客人點選一些「有『營』菜式」。

The eating habit of customers have been changing. They pay more attention to their health and tend to select lighter dishes. Foo Lum Fishermen's Wharf Restaurant is committed to providing a variety of healthy and delicious dishes to customers and joining the "EatSmart@restaurant.hk" Campaign at the end of 2008.

To meet the requirements of "Less salt, Sugar and Oil" and "More Fruit and Vegetables", the management actively encourages our chefs to create more healthy dishes. Not only do they design dishes with a balance of taste, aroma and appearance, but also focus on the nutritional value of food. Our chefs continuously explore proper ways of cooking and storing food so as to preserve the nutritional value of food. The restaurant has developed 5 different EatSmart Dishes and they are well received by customers.

To ensure the quality and consistency of products, the Product Department holds regular training seminars with colleagues to exchange cooking skills and technique. The management also produced training materials and conducted spot checks on food products. Recognising customers' preference for healthy eating, the chefs have put in more effort to make healthy dishes for the customers.

In fact, it is observed that customers tend to select a more balanced meal, which comprises of a meat dish, a seafood dish and a vegetable dish. Our restaurant staff often recommend EatSmart Dishes.





票王有「營」菜式 | Most Popular EatSmart Dish



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“大廚選用脂肪比例較低的羊架，並以低脂奶類烹調白汁，減少了脂肪含量。以水果入饌，更可減低菜式的油膩感。”

Use of lean meat and low-fat milk products has reduced the fat content of lamb and white sauce. Adding fruit can lessen the fatty feeling of the dish.



材料：(6人分量)

日本南瓜	1個(約600克, 15兩)
青瓜(作支架用)	2條
哈密瓜(切粒)	約1/5碗
啤梨(切粒)	約1/5碗
番石榴(切粒)	約1/5碗
番茄(小)	6個
羊架	3件(約150克, 4兩)
九牙菜(切碎)	小量, 伴碟用
紫椰菜(切碎)	小量, 伴碟用

調味料：

鹽	1/2茶匙
糖	1/2茶匙

意大利白汁材料：

糖	1/3茶匙
白酒	1湯匙
蕃茜碎	適量
低脂忌廉	300毫升
低脂花奶	1湯匙

Ingredients: (Serves 6)

Japanese Pumpkin	1 piece (about 600 gm, 15 taels)	Red Cabbage	small amount (thinly shredded) as garnish
Cucumber (as the supporting frame)	2 pieces	Seasonings:	
Honeydew	About 1/5 bowl	Salt	1/2 teaspoon
Melon (diced)	About 1/5 bowl	Sugar	1/2 teaspoon
Pear (diced)	About 1/5 bowl	Italian White Sauce Ingredients:	
Guava (diced)	About 1/5 bowl	Sugar	1/3 teaspoon
Tomato (small)	6 pieces	White wine	1 tablespoon
Lamb Rack	3 pieces (about 150 gm, 4 taels)	Parsley (chopped)	some
Curly Endive (thinly shredded)	small amount as garnish	Low-fat cream	300 ml
		Low-fat evaporated milk	1 tablespoon

每一份 Per serving:

熱量(千卡) Energy (kcal)	138
碳水化合物(克) Carbohydrate (gm)	15
蛋白質(克) Protein (gm)	10
脂肪(克) Fat (gm)	7
糖(克) Sugar (gm)	5
鈉質(毫克) Sodium (mg)	238

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



烈火戰羊

Lamb Racks with Italian White Sauce



步驟：

1. 南瓜起蓋、挖芯，蒸至六成熟，備用。
2. 青瓜切半，以竹籤把青瓜連在南瓜底部以作支架。
3. 將水果粒加入意大利白汁內。
4. 番茄起蓋，挖芯，加入伴上意大利白汁的水果粒。
5. 加入調味料將羊架醃過，蒸2分鐘，再焗4-5分鐘，放入南瓜內。將意大利白汁倒進南瓜內。
6. 放上切碎的九牙菜及紫椰菜作伴碟。

意大利白汁做法：

將所有材料放進鍋中煮熟，做成意大利白汁。

Cooking method:

1. Cut off top of pumpkin and discard the seeds. Steam the pumpkin until 60% done. Set aside.
2. Cut cucumbers into two halves. Make a supporting frame by adhering them to the bottom of the pumpkin with bamboo skewers.
3. Add the fruit dices into the Italian white sauce.
4. Cut off top of tomatoes and discard the seeds. Place the fruit dice mixture into the tomato cups.
5. Marinate lamb racks with the seasonings. Steam for 2 minutes and then roast for 4-5 minutes. Transfer the racks into the pumpkin cup and then pour in Italian white sauce.
6. Place shredded curly endive and red cabbage on the plate as garnish.

Method (Italian White Sauce)

Heat up all the ingredients in a sauce pan to make the Italian white sauce.



本食譜由富臨漁港提供
This recipe is provided by
The Fook Lam Fishman's Wharf Restaurant



【亞軍】墨西哥卷配西檸杏脯汁

Mexican Roll and Mango with Lemon and Apricot Sauce



香脆墨西哥卷和多種高纖菜蔬，加上自家秘製的西檸蜜糖杏脯汁，有營有味。

Crispy tortilla with assorted vegetables is served with homemade lemon and apricot sauce. A tasty and high dietary fibre dish.

【季軍】雪山土豆

Assorted Sweet Potatoes with Sushi Vinegar

以優質的黃、紅芯番薯刨絲，下少量壽司醋、蒜蓉，帶出番薯的甜味。番薯是亞洲地區一種普通的食材，配上西式煮法，可謂中西合璧。

Shredded red and yellow-coloured sweet potatoes are served with sushi vinegar and minced garlic. The fusion dish, prepared in western style, features sweet potato which is commonly used in Asian cuisines.



【優異獎】YOHO蔬果千層

Baked Lasagne with Pumpkin and Bell Pepper



用南瓜、甘筍和甜椒等烹製的全素千層麵，特別選用了低脂奶來製作鮮奶醬，味道清新帶甜，顏色鮮豔。

The vegetarian lasagne is cooked with pumpkin, carrot, bell pepper and cream sauce made with low-fat milk. It tastes fresh and sweet.

【亞軍】蟹之蛋

Steamed Egg White with Crab Claws



以蒸蟹的鮮汁與蛋白同蒸，上鋪拆肉的蟹筍。淡香的蛋白再鋪上青葉、甜紅椒點綴，極富味覺和視覺享受。

Crab claw meat is placed on the top of steamed egg white mixed with fresh crab sauce. Egg white is garnished with green leaves and red bell pepper, making a dish rich in taste and color.

【季軍】湖海飄雪龍飛舞

Lobster with Asparagus



龍蝦一蝦兩煮，冷熱同吃，冷盤龍蝦球用鹽氽水，放入已冰鎮的車厘茄內；另一半龍蝦球與蘆筍下鑊快炒，放上碟砌成船的形狀。

Lobster meat is cooked in two ways. Some of the lobster meat is blanched and served with chilled cherry tomato, while some is stir-fried and served with asparagus.

【優異獎】鮮蟹肉芙蓉豆腐

Crab Meat in Scrambled Egg White and Bean Curd



豆腐先用鹽水浸透，再以猛鑊陰油不斷翻炒；蛋白炒後再淋水，亦可減低用油的分量。菜式營養豐富，平凡中見特色。

Bean curd is soaked in brine and stir-fried with egg white. An extraordinary dish made from common ingredients!

【亞軍】山珍鳳凰

Steamed Chicken with Assorted Mushrooms and Asparagus



雞髀肉去皮，以純粹清蒸的煮法減低脂肪攝取量，配以雜菜汁和紅椒、黃椒、多款雜菌等，清香甜美。

Chicken thigh meat, is deskinning and steamed to reduce the amount of fat. The meat is then mixed with assorted vegetables sauce, yellow and red bell peppers and mushrooms, giving it a pleasant and sweet taste.

【季軍】野菌釀雞胸配甜紅椒汁

Roasted Stuffed Chicken with Red Bell Pepper Sauce

野菌釀入雞肉，以錫紙包裹焗熟，保留了雞肉和野菌的鮮味，配上紅椒汁，芳香四溢。

Chicken meat stuffed with mushrooms is wrapped in foil and and grilled. The aroma of the ingredients can be retained. Red bell pepper sauce adds flavour to the dish.



【優異獎】鮮露筍叉子燒餅

Chicken Cubes with Fresh Asparagus, Pine Seed and Homemade Bread



保留了叉子燒餅的傳統吃法，但改用了露筍、肉鬆、免治雞肉等作餡料，古法新吃，健康又富創意。

Traditional sesame pockets are served with lighter and healthier fillings, blending tradition and trendiness well.

【亞軍】紅酒燴羊仔髀肉伴西蘭花

Lamb Leg and Broccoli in Red Wine



羊仔髀肉質鮮嫩，經烤焗除去部分脂肪，配以西蘭花、西芹等雜菜，美味健康。

Lamb leg is grilled to get rid of excessive fat and then served with broccoli, celery and other vegetables. It is a great choice for healthy diet.

【季軍】南瓜香芒青椒燴牛仔粒

Braised Beef Cubes with Pumpkin, Mango and Green Bell Pepper

牛仔粒香滑可口，配以南瓜和芒果兩種水果，含豐富膳食纖維和維他命外，又惹味十足。

Tender beef cubes are mixed with pumpkin and mango. The dish is rich in dietary fibre and vitamins, and is healthy and delicious!



【優異獎】烈火戰羊

Lamb Racks with Italian White Sauce



將日本南瓜起蓋、挖芯，蒸至六成熟，用火在南瓜底部直接加熱，將連骨的羊鞍放入南瓜內，再配以八寶蔬果，纖維豐富。

Lamb rack is stewed in an emptied pumpkin shell with various fruit and vegetables. The dish is rich in dietary fibre and full of flavour.

有營食肆 2010

現正接受報名!

Enroll as EatSmart Restaurant!



「有『營』食肆」除了提供「有『營』菜式」外，亦代表本身為一間關心大眾健康的食肆。想加入「有『營』行列」？請立即報名參加！欲知報名詳情，請致電2572 1476查詢！

舊會員方面，食肆負責人由即日起可向「有『營』食肆」秘書處遞交續期申請表和最少5款「有『營』菜式」食譜。申請表可從「有『營』食肆」網站下載 (<http://restaurant.eatsmart.gov.hk>)。別忘記於今年十二月三十一日前辦理續期手續啊！

Restaurants are now cordially invited to enroll as EatSmart Restaurants, which are determined to improve the public health by offering EatSmart Dishes! For application details, please contact us (telephone no.: 2572 1476).

From now on, persons-in-charge of existing member restaurants can submit the renewal application form and at least 5 EatSmart Dish recipes to the "EatSmart@restaurant.hk" Campaign Secretariat. The application form can be downloaded from the EatSmart@restaurant.hk website: <http://restaurant.eatsmart.gov.hk>. **Do remember to submit the renewal application before 31 December 2009!**



1. 「有『營』食肆」在畢打自己人 EatSmart Restaurants@"Offpedder"

透過二十五集電視處境喜劇《畢打自己人》，帶出「有『營』食肆」的訊息，並於「有『營』食肆」取景拍攝。
Promoted EatSmart Restaurants in 25 episodes of situation comedy "Offpedder".

2. 「有『營』食肆」巨型宣傳海報 EatSmart Restaurant Giant Wall Banner

在繁忙的灣仔區宣傳「有『營』食肆」。
Publicised EatSmart Restaurant in the busy Wan Chai District.

3. 「有『營』食肆」宣傳橫額 EatSmart Restaurant Street Banner

由今年五月至十月期間，在十八區都可以看到「有『營』食肆」宣傳橫額共九十九張。
Ninety-nine EatSmart Street banners were posted up in 18 Districts from May to October 2009.

4. 開心廚神 Happy Chef

李明達先生應香港電台第一台邀請，客席主持十一集《開心廚神》，教大家怎樣吃得健康。他同時也在成報《區區心連心》一連十期圖文並茂向讀者推介「有『營』菜式」。
Mr Dick LEE served as a guest host in 11 episodes of "Happy Daily" (RTHK Radio 1) and taught the programme audiences about healthy eating. He has also introduced EatSmart Dishes in 10 column articles of Sing Pao Newspaper.

5. 「有『營』食肆」走進小學 EatSmart Restaurant in Primary School

現在小學生也懂得吃得健康。
From now on, primary students also know how to EatSmart.

6. 有『營』通訊 EatSmart Newsletter

向業界提供「有『營』食肆」運動最新資訊及動向的通訊。
Update you with the latest movements of the "EatSmart@restaurant.hk" Campaign.



有「營」廚藝大比併・試菜之旅 2009

EatSmart Restaurant Cooking Competition 2009 - Tasting Session

今次「2009有『營』廚藝大比併」得已圓滿舉行，真的十分感謝八位名人評判不辭勞苦走訪各間候選「有『營』食肆」去試菜。這個試菜之旅的激烈討論和評審過程，實在令人津津樂道。想與八位名人一同重溫試食的精采片段，請立即登入「有『營』食肆」網站<http://restaurant.eatsmart.gov.hk>觀看！

EatSmart Restaurant Cooking Competition 2009 has been successfully completed. We would like to express our gratitude to eight celebrity adjudicators who busily visited various EatSmart Restaurants to taste short-listed dishes. The discussion and adjudication process has been intense. Please browse <http://restaurant.eatsmart.gov.hk> for the highlights of the tasting session.



「有『營』食肆」 @美食博覽

EatSmart Restaurants @ Food Expo

一年一度的美食博覽不但吸引本地愛吃一族，連外地遊客亦聞風而至。我們也像往年一樣，藉着這個大好機會在8月16日舉行講座，向各位推介「有『營』食肆」，以及解說「蔬果之選」和「3少之選」的特色。

參加是次講座的人士非常投入，他們不但留心營養師所講解的營養知識，還十分踴躍參與答問遊戲！

Food Expo 2009 has attracted local and overseas gourmets. Just as last year, we took this opportunity to hold a seminar on 16 August 2009 to introduce EatSmart Restaurants and promote "Dishes with More Fruit and Vegetables" and "3 Less Dishes".

The seminar received a lot of encouraging support. Attendees listened attentively to the talk on nutrition knowledge given by our dietitians and actively participated in the quiz!





有營食肆

EatSmart Restaurants

以下資料截至二零零九年九月十日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署「有『營』食肆」專題網站<http://restaurant.eatsmart.gov.hk>。

Last updated on 10 September 2009. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>

東區 Eastern District

大家樂	Café de Coral	
(小西灣店)	(Siu Sai Wan Shop)	2889 0672
(太古城中心店)	(Cityplaza Shop)	2885 3713
(太安樓店)	(Tai On Building Shop)	2567 9872
(北角城中心店)	(Fortress Tower Shop)	2571 6446
(百利大廈店)	(Pak Lee Building Shop)	2807 3864
(城市花園店)	(City Garden Shop)	2887 2802
(英皇道店)	(King's Road Shop)	2911 4485
(健威坊店)	(Fit Fort Shop)	2562 9776
(愛東商場店)	(Oi Tung Shopping Centre Shop)	3156 1116
(新都城大廈店)	(Metropole Building Shop)	2565 0222
(樂基行店)	(Stanhope House Shop)	2811 0689
(糖廠街店)	(Tong Chong Street Shop)	2564 3144
(環翠商場店)	(Wan Tsui Shopping Centre Shop)	2515 9548
(耀東商場店)	(Yiu Tung Shopping Centre Shop)	2569 8653
太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
江南美廚	Kong Nam Kitchen	3971 0271
有機草本園	Organic Herbarry	3619 3609
金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	2560 9666
美心MX	Maxim's MX	
(友邦廣場店)	(AIA Tower Shop)	2219 7223
(杏花新城店)	(Heng Fa Chuen Shop)	2558 8541
(南天大廈店)	(Nam Tin Building Shop)	2578 9629
(英皇大樓店)	(King's House Shop)	2561 5760
(康怡商場店)	(Kornhill Plaza Shop)	2885 5095
(新翠商場店)	(New Jade Shopping Arcade Shop)	2897 7513
(藍灣廣場店)	(Island Resort Mall Shop)	2248 5370
迎禧大酒樓	Cheers Restaurant	3520 1268
海星粥店	Ocean Empire	2887 5879
柴灣東區醫院職員餐廳 (只供職員)	Pamela Youde Nethersole Eastern Hospital Staff Canteen (Staff only)	2595 6505
彩福海鮮酒家	Choi Fook Seafood Restaurant	2566 8289
彩臨門酒家	Superior Choice Restaurant	2811 9668
稻香超級魚港	Tao Heung Super 88	3520 1288
鍾菜	Chung's Cuisine	3691 9818
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
藝術·家	Les Artistes Cafe	3426 8918
Bistro Délifrance	Bistro Délifrance	2143 5722
Délifrance	Délifrance	
(太古城店)	(Taikoo Shing Shop)	2904 8603
(港運城店)	(Island Place Shop)	2565 1335
(嘉樂大廈店)	(Ka Wing Building Shop)	2904 8609

南區 Southern District

大家樂	Café de Coral	
(石排灣商場店)	(Shek Pai Wan Shopping Centre Shop)	2294 9100
(利東商場店)	(Lei Tung Commercial Centre Shop)	2871 2681
(香港仔店)	(Aberdeen Centre Shop)	2553 7867
(華貴邨商場店)	(Wah Kwai Shopping Centre Shop)	2550 8056
中華廚藝學院 (英語餐飲學會) (只供會員)	Chinese Cuisine Training Institute (The English-Speaking Dining Society) (Members only)	2550 6683
太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
生活知味	The Taste of Living	2538 9338
美心MX	Maxim's MX	2580 7364
海星粥店	Ocean Empire	2870 3884
旅遊服務業培訓發展中心(英語餐飲學會) (只供會員)	Hospitality Industry Training and Development Centre(The English-Speaking Dining Society) (Members only)	2550 6683
富臨漁港臨門	Pleasant Palace	2553 0699
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
嘉豪酒樓	Ka Ho Restaurant	2551 1228
瑪麗醫院職員餐廳 (只供職員)	Queen Mary Hospital Staff Canteen (Staff only)	2818 0070
Délifrance	Délifrance	2813 1368

中西區 Central & Western District

力寶軒	Lippo Chiuchow Restaurant	2526 1168
大家樂	Café de Coral	
(八達大廈店)	(Federate Building Shop)	2858 6627
(中信大廈店)	(Citic Tower Shop)	2104 5838
(長江中心店)	(Cheung Kong Centre Shop)	2186 7068
(東亞安泰中心店)	(East Asia Aetna Tower Shop)	2542 2958
(香港商業中心店)	(Hong Kong Plaza Shop)	2548 5601
(香港站預辦登機大堂店)	(Hong Kong Station In-Town Check-in Concourse Shop)	2801 5285
(香港機鐵站店)	(Hong Kong Station Shop)	2537 6515
(海富中心商場店)	(Admiralty Centre Shop)	2866 2750
(萬邦行店)	(Melbourne Plaza Shop)	2162 8020
(建隆樓店)	(Kin Loun Mansion Shop)	2986 4461
(新紀元廣場店)	(Grand Millennium Plaza Shop)	2137 8687
(華懋大廈店)	(Chinachem Tower Shop)	2104 7092
(遠東金融中心店)	(Far East Finance Centre Shop)	2861 2852
(維德廣場店)	(Vicwood Plaza Shop)	2541 0293
(勵精中心店)	(Regent Centre Shop)	2525 1609
北京拉麵店	Peking Noodles	2537 6320
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	2857 2910
港式餐廳	Hong Kong Style Restaurant	2542 2288
富臨味之道	Foo Lum	2815 1088
富臨漁港臨門	Pleasant Palace	2803 0182
翠華餐廳	Tsui Wah Restaurant	2525 6338
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
Bistro Délifrance	Bistro Délifrance	2865 7421
Délifrance	Délifrance	
(山頂廣場店)	(The Peak Galleria Shop)	2849 2613
(華懋廣場店)	(Chinachem Plaza Shop)	2581 4391
(維德廣場店)	(Vicwood Plaza Shop)	2854 9282
(環球大廈店)	(World-wide Plaza Shop)	2868 1355
Madison's Restaurant & Bar	Madison's Restaurant & Bar	2523 4772

灣仔區

Wanchai District

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2511 1228
中	川居雲南風味線專門店	Chuan Ju Restaurant	2575 7700
法	大家樂	Café de Coral	
	(京華中心店)	(Capitol Centre Shop)	2241 4545
	(胡忠大廈店)	(Wu Chung House Shop)	2575 4300
	(海港中心店)	(Harbour Centre Shop)	2827 1236
	(新世紀廣場店)	(New Century Plaza Shop)	2836 0897
	(瑞安中心店)	(Shui On Centre Shop)	2511 9891
	(駱克道店)	(Lockhart Road Shop)	2507 3262
法	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
中	百樂門宴會廳	Paramount Banquet Hall	2798 8332
法	有機地	Organic Land	2850 6166
西	利景酒店 - 蒲點美式酒吧	The Charterhouse - Champs Bar	2833 9086
法	美心MX	Maxim's MX	
	(波斯富街店)	(Percival Street Shop)	2838 6173
	(軒尼詩道店)	(Hennessy Road Shop)	2893 7867
西	風月堂	Orchard Garden Café & Restaurant	2891 2881
中	美味廚	Megan's Kitchen	2866 8305
亞	客家好棧	Hakka Hut	2881 8578
中	香港港安醫院食堂 (只供職員)	Hong Kong Adventist Hospital Canteen (Staff only)	2835 0634
中	迎禧大酒樓	Cheers Restaurant	3167 7288
亞	泰式食	Thai Perfect	2890 4899
法	海皇粥店	Ocean Empire	
	(東角道店)	(East Point Road Shop)	2890 8717
	(莊士敦道店)	(Johnston Road Shop)	2591 9003
亞	菊月日本料理	Kiku Tsuki Japanese Restaurant	2577 0803
中	粵軒	Canton Room	2866 2166
中	彩福皇宴	Choi Fook Royal Banquet	2811 9181
中	富豪香港酒店 - 富豪金殿中菜廳	Regal Hong Kong Hotel - Regal Palace Restaurant	2837 1773
中	富臨酒家	Foo Lum Restaurant	2528 2468
中	新海鮮酒家	New Star Seafood Restaurant	2838 2186
法	新森林焗之專門店	New Forest Restaurant	2573 0558
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2572 6938
中	翠華餐廳	Tsui Wah Restaurant	
	(景隆街店)	(Cannon Street Shop)	2573 4338
	(謝斐道店)	(Jaffe Road Shop)	2892 2633
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
	(大有商場店)	(Tai Yau Plaza Shop)	2573 8844
	(世貿中心店)	(World Trade Centre Shop)	2915 6988
	(時代廣場店)	(Times Square Shop)	2506 0080
中	稻香	Tao Heung	2838 3097
中	稻香超級漁港	Tao Heung Super 88	2831 9155
中	潮樓	Chao Inn	2892 0988
中	橋底辣蟹	Under Bridge Spicy Crab	
	(華發大廈店)	(Wah Fat Mansion Shop)	2893 1289
	(榮華商業大廈店)	(Winner Commercial Building Shop)	2834 6818
	(駱克道店)	(Lockhart Road Shop)	2573 7698
	(謝斐道店)	(Jaffe Road Shop)	2834 6268
亞	鍾菜	Chung's Cuisine	2506 9128
中	麗都總廚	New Capital Worldwide kitchen	2893 1238
中	警察總部雅膳中菜廳 (只供職員)	Arsenal Place Police Headquarters (Staff Only)	2860 2688
西	警察總部匯叙西餐廳 (只供職員)	Cafe Rendezvous Police Headquarters (Staff Only)	2860 2299
法	警察總部職員餐廳 (只供職員)	Staff Canteen Police Headquarters (Staff Only)	2860 5878
西	灣景	Bayview Café Dessert Restaurant Bar	3427 3726
法	CEO	CEO	2137 9777
西	Bistro Délifrance	Bistro Délifrance	2506 3022
西	Délifrance	Délifrance	
	(大有廣場店)	(Tai Yau Plaza Shop)	2591 1600
	(告士打道店)	(Gloucester Road Shop)	2865 5848
	(香港中央圖書館店)	(Hong Kong Central Library Shop)	2504 0115
	(美國萬通大廈店)	(Massmutual Tower Shop)	2527 7201
	(集成中心店)	(CC Wu Building Shop)	2834 1949
	(瑞安中心G04店)	(G04, Shui On Centre Shop)	2923 1002
	(瑞安中心1樓店)	(1/F, Shui On Centre Shop)	2802 4465

觀塘區

Kwun Tong District

法	大家樂	Café de Coral	
	(秀茂坪商場店)	(Sau Mau Ping Shopping Centre Shop)	2354 8680
	(威明中心店)	(Spectrum Tower Shop)	2344 0244
	(順利邨店)	(Shun Lee House Shop)	2790 8209
	(淘大花園店)	(Amoy Garden Shop)	2750 3496
	(康寧道店)	(Hong Ning Road Shop)	2790 5295
	(創紀之城店)	(Millennium City Shop)	2267 2300
	(廣田商場店)	(Kwong Tin Shopping Centre Shop)	2717 0619
	(德田商場店)	(Tak Tin Shopping Centre Shop)	2772 5695
	(樂華商場店)	(Lok Wah North Commercial Centre Shop)	2751 9726
	(德福商場店)	(Telford Plaza Shop)	2148 6424
	(寶達商場店)	(Po Tat Shopping Centre Shop)	2190 4626
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2142 5905
	(MegaBox 店)	(MegaBox Shop)	2750 9925
中	太興新世代	Tai Hing New Century	2535 9831
中	北京拉麵店	Peking Noodles	2345 7360
中	百樂門宴會廳	Paramount Banquet Hall	2798 8332
中	沁園春	Cheerful Restaurant	2251 3612
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671
法	美心MX	Maxim's MX	
	(啟田商場店)	(Kai Tin Shopping Centre Shop)	2348 9545
	(彩雲邨商場店)	(Choi Wan Commercial Complex Shop)	2796 3911
	(翠屏商場店)	(Tsui Ping Shopping Circuit Shop)	2763 4180
	(麗港城商場店)	(Laguna City Shop)	2772 3314
中	索迪斯(香港)有限公司 - 渣打銀行(香港) 有限公司職員餐廳 (只供職員)	Sodexho (Hong Kong) Limited - Staff Cafeteria of Standard Chartered Bank (HK) Ltd. (Staff Only)	2388 8682
法	海皇粥店	Ocean Empire	
	(物華街店)	(Mut Wah Street Shop)	2304 7468
	(淘大商場店)	(Amoy Plaza Shop)	2759 6537
	(輔仁街店)	(Fu Yan Street Shop)	2172 4558
西	旅遊服務業培訓發展中心(英語餐飲學會) (只供會員)	Hospitality Industry Training and Development Centre(The English- Speaking Dining Society) (Members only)	2750 6919
中	御苑皇宴	The Banqueting House	2798 8866
中	御苑酒家	The China House	2798 8110
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	
	(企業廣場店)	(Enterprise Square Shop)	2759 1818
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2342 4252
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
中	維港藝廚酒家	Victoria Harbour Seafood Restaurant	2827 2626
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
中	嘉豪酒樓	Ka Ho Restaurant	2755 2982
中	稻香	Tao Heung	3582 4028
中	稻香超級漁港	Tao Heung Super 88	
	(德福商場店)	(Telford Plaza Shop)	2243 3855
	(麗港城商場店)	(Laguna Plaza Shop)	2717 6860
中	潮篇	Chaozhou Cuisine	2779 1919
亞	潮館	Chao Inn	3542 5788
亞	鍾菜	Chung's Cuisine	2995 3038
法	聯合醫院職員餐廳 (只供職員)	United Christian Hospital Staff Canteen (Staff only)	3513 4065
西	Bistro Délifrance	Bistro Délifrance	2756 9565
西	Délifrance	Délifrance	2757 4518
西	Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638

中	中菜 Chinese
西	西餐 Western
法	快餐店 Fast Food Restaurant
亞	亞洲菜 Asian
茶	茶餐廳 Chinese Style Tea Restaurant
其	其他 Others

油尖旺區 Yau Tsim Mong District

中	川居雲南風味專線專門店 (花園街110號店) (花園街113號店)	Chuan Ju Restaurant (110 Fa Yuen Street Shop) (113 Fa Yuen Street Shop)	2381 5613 2789 2223
快	大家樂 (九龍機鐵站店) (友誠商業中心店) (百誠大廈店) (希爾頓中心店) (旺角中心店) (星光行店) (重慶大廈店) (海港城店) (奧海城店) (富達大廈店) (雅蘭商場店) (新世紀廣場店) (康寧大廈店) (愛賓商業大廈店) (中港城店)	Café de Coral (Kowloon Station Shop) (Yau Shing Commercial Centre Shop) (Pak Shing Building Shop) (Hilton Tower Shop) (Argyle Centre Shop) (Star House Shop) (Chungking Mansion Shop) (Gateway Arcade Harbour City Shop) (Olympian City Shop) (Foo Tat Building Shop) (Grand Tower Shop) (Grand Century Place Shop) (Honland Building Shop) (Albion Plaza Shop) (China Hong Kong City Shop)	2376 2315 2390 9694 2782 3115 2311 6031 2396 8797 2736 4900 2367 0802 2175 0181 2271 4165 2770 5339 2393 2667 2142 3679 2397 1252 2369 1210 2957 8779
亞	上樓	Shanghai Inn	2780 8138
中	月滿坊	Full Moon	2955 5113
中	北京拉麵店	Peking Noodles	2380 2183
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
快	伊利沙伯醫院職員 飯堂 (只供職員)	Queen Elizabeth Hospital Staff Canteen (Staff only)	2384 2656
中	百樂門宴會廳	Paramount Banquet Hall	2798 8332
西	旺角維景酒店 - 雅叙閣西餐廳	Metropark Hotel Mongkok - Cafe Concourse	2397 9612
中	金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
亞	青葉日本料理	AOBA Japanese Restaurant	2300 1985
中	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	3188 2555
中	花滿樓京川滬菜	Flower Trump Restaurant	3749 9318
其	波羅密素食 (海防道店) (廣東道店)	Paramita Vegetarian Restaurant (Haiphong Road Shop) (Canton Road Shop)	2736 3939 2317 6908
中	迎囍大酒樓 (雅蘭中心店) (彌敦酒店店)	Cheers Restaurant (Grand Tower Shop) (Nathan Hotel Shop)	2308 1668 2770 3323
快	美心MX (友誠商業大廈店) (太興廣場店) (金巴利道店) (港鐵旺角東站店) (新文華中心店)	Maxim's MX (Yau Shing Commercial Centre Shop) (Tern Plaza Shop) (Kimberley Road Shop) (Mong Kok East Station Shop) (New Mandarin Plaza Shop)	2390 7530 3523 0350 2311 5006 2397 6303 2311 8589
西	風月堂 (亞皆老街店) (奧海城店)	Orchard Garden Cafe & Restaurant (Argyle Street Shop) (Olympian City Shop)	2699 3002 2393 3959
中	帝苑酒店 (東來順) (帝苑軒) (雅苑座) (Le Soleil 越南餐廳)	The Royal Garden (Dong Lai Shun) (The Royal Garden Chinese Restaurant) (The Greenery) (Le Soleil)	2733 2020 2724 2666 2733 2030 2733 2033
中	欣宴	Eky 's Banquet	2332 2698
西	皇家太平洋酒店 - 柏景餐廳	The Royal Pacific Hotel & Towers - Cafe on the Park	2738 2322
西	查理布朗咖啡室專門店	Charlie Brown Café	2366 6325
西	紅葱頭 (始創中心店) (朗豪坊店) (通菜街店)	Cafe Med (Pioneer Centre Shop) (Langham Place Shop) (Tung Choi Street Shop)	2626 0596 3514 9322 3514 9223
快	海皇粥店 (油麻地店) (旺角道店)	Ocean Empire (Yau Ma Tei Shop) (Mong Kok Shop)	2385 6732 2396 0126
中	荔軒中菜廳	Lychee Garden Chinese Restaurant	2397 9609
其	茶禪	Cafe Zen	9606 2086

油尖旺區 Yau Tsim Mong District

中	御苑皇宴	The Banqueting House	3962 1188
西	甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
中	彩福皇宴 (始創中心店) (莊士倫敦廣場店) (彌敦道店)	Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuang's London Plaza Shop) (Nathan Road Shop)	2766 0886 2142 8898 2332 2698
其	普光齋	Light Vegetarian Restaurant	2384 2833
西	富豪機場酒店 (風情畫意意大利餐廳) (雅廊咖啡室)	Regal Kowloon Hotel (Zeffirino Ristorante) (Cafe Allegro)	2313 8612 2313 8718
亞	超壽司	Super Sushi	2398 2006
中	富臨酒家 (協成行店) (創興廣場店)	Foo Lum Restaurant (HSH Mongkok Plaza Shop) (Chong Hing Square Shop)	2396 2980 2770 3386
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2148 2188
中	富臨漁港薈臨門 (百誠大廈店) (安達中心店)	Pleasant Palace (Pak Shing Building Road Shop) (Auto Plaza Shop)	2770 6883 2723 8132
亞	鉄板超純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
茶	新松園茶餐廳	New Chung Yuen Restaurant	2782 6334
中	新星海鮮酒家 (赫德道店) (廣華街店)	New Star Seafood Restaurant (Hart Avenue Shop) (Kwong Wa Street Shop)	2366 1428 2780 2226
中	福苑海鮮酒家	Fuk Yuen Seafood Restaurant	3422 8222
其	新森林焗之專門店 (庇利金街店) (通菜街店)	New Forest Restaurant (Pilkem Street Shop) (Tung Choi Street Shop)	2575 5237 2332 5233
茶	翠華餐廳 (白加士街店) (北海街店) (加拿芬道店)	Tsui Wah Restaurant (Parkes Street Shop) (Pak Hoi Street Shop) (Carnarvon Road Shop)	2384 8388 2780 8328 2366 8250
亞	靚煲皇	Supreme Hot Pot	2399 0812
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
中	稻香 (加拿芬廣場店) (新九龍廣場店)	Tao Heung (Carnarvon Plaza Shop) (New Kowloon Plaza Shop)	2367 1328 3529 1282
中	稻香超級漁港 (雅蘭中心店) (新港中心店) (彌敦道店)	Tao Heung Super 88 (Grand Tower Shop) (Silvercord Shop) (Nathan Road Shop)	2390 0882 2375 9128 2771 3922
亞	潮樓	Chao Inn	2780 8193
亞	潮館	Chao Inn	2628 3728
中	聯邦大酒樓	Federal Restaurant	2626 0033
中	聯邦金閣酒家	Golden Federal Restaurant	2628 0823
中	聯邦皇宮大酒樓	Federal Palace Restaurant	2626 0022
西	Bistro Défrance	Bistro Défrance	2388 4072
西	Défrance (尖沙咀中心店) (其士大廈店) (亞皆老街店) (朗豪坊店) (漢興大廈店)	Défrance (Tsim Sha Tsui Centre Shop) (Chevalier House Shop) (Argyle Street Shop) (Langham Place Shop) (Han Hing Mansion Shop)	2367 7523 2316 2602 2396 6257 3514 9055 2368 3120
西	Marco's	Marco's	2375 2352
西	Mezzo Grill	Mezzo Grill	2313 8788
西	MUNCH	MUNCH	2952 9991

- 中 中菜 Chinese
- 西 西餐 Western
- 快 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others

九龍城區 Kowloon City District

又一居會所餐廳 (只供會員)	Club Oasis Restaurant (Members only)	2788 3881
大家樂 (又一城店)	Café de Coral (Festival Walk Shop)	2265 8225
(九龍城廣場店)	(Kowloon City Plaza Shop)	2383 5322
(北帝街店)	(Pak Tai Street Shop)	2713 8150
(昌景閣店)	(Chong Chien Court Shop)	2774 4823
(黃埔花園百合苑店)	(Commercial Podium Whampoa Garden Shop)	2994 5253
(黃埔花園第一期商場店)	(Site 1 Whampoa Garden Shop)	2363 7435
(寶怡大廈店)	(Bowie Mansion Shop)	2764 7131
生果報社	Fruit Magazine	2713 8319
江南美廚	Kong Nam Kitchen	2798 8921
美心MX (馬頭涌道店)	Maxim's MX (Ma Tau Chung Road Shop)	2712 2917
(黃埔花園店)	(Whampoa Garden Shop)	2333 7136
紅磡香港理工大學學生飯堂及教職員飯堂 (只供學生及職員)	Hung Hom Hong Kong Polytechnic University Student & Staff Canteen (Students & staff only)	2766 6979
香港公開大學大學會所 (只供學生及職員)	Hong Kong Open University Canteen (Students & staff only)	2712 5447
香港城市大學 (城軒海鮮酒家)	City University of Hong Kong (City Chinese Restaurant)	2788 8163
(城峰閣西餐廳)	(City Top Restaurant)	2788 8139
香港理工大學聚賢樓中餐廳	The Hong Kong Polytechnic University Four Seas Restaurant	2766 4778
浸信會醫院餐廳	Hong Kong Baptist Hospital Canteen	2337 6976
海皇粥店 (黃埔花園店)	Ocean Empire (Whampoa Garden Shop)	2330 2389
(馬頭圍道店)	(Ma Tau Wai Road Shop)	2330 3200
彩福皇宴	Choi Fook Royal Banquet	2811 1983
富豪東方酒店 - 五洲餐廳	Regal Oriental Hotel - Five Continents Restaurant	2132 3388
富臨漁港 (明安街店)	Foo Lum Fishman's Wharf Restaurant (Ming On Street Shop)	2363 2883
(馬頭圍道店)	(Ma Tau Kok Road Shop)	2768 8618
富臨漁港薈臨門	Pleasant Palace	2365 2881
新星海鮮酒家	New Star Seafood Restaurant	2362 7645
榆豐餐廳	Elmgancy Café	3162 8773
豪苑海鮮酒家 - 富豪東方酒店	Regal Seafood Restaurant - Regal Oriental Hotel	2132 3456
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
醫管局大樓職員餐廳 (只供職員)	Hospital Authority Building Staff Canteen (Staff only)	2194 6801
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
蕙慶藝廚酒家	Happiness Cuisine	2712 8168
Bistro Délifrance (又一城店)	Bistro Délifrance (Festival Walk Shop)	2265 7072
(黃埔花園商場店)	(Whampoa Garden Shop)	2330 3933

大埔區 Tai Po District

大家樂 (大埔中心店)	Café de Coral (Tai Po Centre Shop)	2665 2731
(太和商場店)	(Tai Wo Shopping Centre Shop)	2653 8336
(富亨商場店)	(Fu Hang Shopping Centre Shop)	2660 6295
(新達廣場店)	(Uptown Plaza Shop)	2657 6908
(廣福商場店)	(Kwong Fuk Shop)	2650 6823
迎囍大酒樓	Cheers Restaurant	2144 0889
美心MX	Maxim's MX	2638 8239
香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
彩福海鮮酒家	Choi Fook Seafood Restaurant	2766 3788
稻香	Tao Heung	2666 9923

黃大仙區 Wong Tai Sin District

大家樂 (黃大仙中心店)	Café de Coral (Wong Tai Sin shopping Centre Shop)	2352 2032
(華興工業大廈店)	(Wah Hing Industrial Mansions Shop)	2352 2117
(慈雲山中心店)	(Tsz Wan Shan Shopping Centre Shop)	2194 7376
(鳳德商場店)	(Fung Tak Shopping Centre Shop)	2327 8486
(龍翔中心店)	(Lung Cheung Mall Shop)	2320 7441
金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
美心MX (竹園中心店)	Maxim's MX (Chuk Yuen Shopping Centre Shop)	2327 8551
(黃大仙中心店)	(Wong Tai Sin Shopping Centre Shop)	2321 9331
海皇粥店	Ocean Empire	2339 3365
御苑酒家	The China House	3162 3788
富臨漁港薈臨門	Pleasant Palace	2320 9080
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
翠華餐廳	Tsui Wah Restaurant	2324 6486
聯邦大酒樓	Federal Restaurant	2626 0011
麗都軒	Nice Capital Restaurant	2827 1168

深水埗區 Sham Shui Po District

大家樂 (元州街店)	Café de Coral (Un Chau Street Shop)	2725 6403
(百老匯街店)	(Broadway Shop)	2785 4103
(李鄭屋邨商場店)	(Lei Cheng Uk Shopping Centre Shop)	2958 1671
(長沙灣道店)	(Cheung Sha Wan Road Shop)	2728 3007
(萬事達廣場店)	(Mount Sterling Mall Shop)	2785 5821
(億利工業大廈中心店)	(Elite Industrial Centre Shop)	2741 2705
北京拉麵店	Peking Noodles	2361 9069
江南美廚	Kong Nam Kitchen	3575 9222
美心MX	Maxim's MX	2742 4679
海皇粥店	Ocean Empire	2307 6184
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港薈臨門 (長沙灣廣場店)	Pleasant Palace (Cheung Sha Wan Plaza Shop)	2310 8880
(富華廣場店)	(Florence Plaza Shop)	2370 3262
新生餐廳	New Life Restaurant	2777 4726
新星海鮮酒家	New Star Seafood Restaurant	2991 4903
Délifrance	Délifrance	2242 6669

北區 North District

大家樂 (名都商場店)	Café de Coral (Fanling Town Centre Shop)	2144 4657
(雍盛商場店)	(Yung Shing Shopping Centre Shop)	2278 2575
(新都廣場店)	(Metropolis Plaza Shop)	2649 3498
(新豐路店)	(San Fung Avenue Shop)	2673 5005
金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
金裝嫩奶佬	Daniel's Restaurant	2639 0886
客家好棧	Hakka Hut	2639 5088
海皇粥店	Ocean Empire	2682 3798
稻香	Tao Heung	2682 5889
潮興明記食品屋	Chiu Hing Ming Kee Food House	N/A
闔府統請(禾穗子)餐廳	Hop Fu Tong Ching	2256 1335
Bistro Délifrance	Bistro Délifrance	2672 5256

元朗區 Yuen Long District

亞	千味和食	Sen Aji Dining	2445 6821
法	大家樂	Café de Coral	
	(天慈商場店)	(Tin Tsz Shopping Centre Shop)	2446 6165
	(天澤商場店)	(Tin Chak Shopping Centre Shop)	2486 3039
	(香港濕地公園店)	(Hong Kong Wetland Park Shop)	2617 2652
	(頌富商場店)	(Chung Fu Shopping Centre Shop)	2253 0441
	(豐裕軒店)	(Opulene Height Shop)	2475 9549
中	太興新世代	Tai Hing New Century	2443 4410
茶	叻哥茶餐廳	Daniel's Restaurant	2446 2345
中	多福居酒家	Tremendous Luck Restaurant	3690 2738
茶	金裝嫩奶佬	Daniel's Restaurant	
	(千色廣場店)	(Citimall Shop)	2477 0708
	(俊宏軒商場L08號舖店)	(L08, G/F, Grandeur Terrace Shop)	3401 1266
	(俊宏軒商場L11號舖店)	(L11, G/F, Grandeur Terrace Shop)	3401 1255
	(嘉湖山莊1期店)	(Kingswood Richly Plaza Shop)	2445 6321
法	美心MX	Maxim's MX	
	(天晴商場店)	(Tin Ching Commercial Centre Shop)	2351 5772
	(天盛商場店)	(Tin Shing Shopping Centre Shop)	2254 2736
	(天耀商場店)	(Tin Yiu Shopping Centre Shop)	2445 2527
	(元朗廣場店)	(Yuen Long Plaza Shop)	2476 6300
中	叙福大酒樓	Lucky House Restaurant	3156 1283
法	海皇粥店	Ocean Empire	2477 8050
法	博愛醫院餐廳	Pok Oi Hospital Canteen	2486 8822
	(只供職員)	(Staff only)	
中	新皇海鮮酒家	New Star Seafood Restaurant	2478 2011
中	稻香	Tao Heung	2475 9251
亞	潮樓	Chao Inn	2478 0628
中	麗都識客	Nice Invitation	2479 9908
中	囍慶大酒樓	Happiness Restaurant	2827 6668
中	YoHo 會所 (只供會員)	YoHo Club (Members only)	2470 1550

西貢區 Sai Kung District

法	大家樂	Café de Coral	
	(尚德商場店)	(Sheung Tak Shopping Centre Shop)	2178 4070
	(東港城店)	(East Point City Shop)	2628 4535
	(清水灣道店)	(Clear Water Bay Road Shop)	2325 1250
	(彩明商場店)	(Choi Ming Shopping Centre Shop)	3409 5070
	(景林商場店)	(King Lam Shopping Centre Shop)	2177 0935
	(新都城店)	(Metro City Plaza Shop)	3194 3539
	(翠林邨商場店)	(Tsui Lam Shopping Centre Shop)	2702 0118
亞	上樓	Shanghai Inn	2623 2811
中	太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
中	北京拉麵店	Peking Noodles	2266 6157
中	百份百餐廳	Hundred Percent Restaurant	2271 9100
法	美心MX	Maxim's MX	
	(君薈坊店)	(The Edge Shop)	2752 1061
	(東港城店)	(East Point City Shop)	2628 5010
	(新都城店)	(Metro City Plaza Shop)	3194 4210
法	香港科技大學學生飯堂	Hong Kong University of Science & Technology Student Canteen	2243 1287
	(只供學生及職員)	(Students & staff only)	
亞	客家好棧	Hakka Hut	3194 6648
法	海皇JP one	Ocean Empire JP One	2628 5225
法	海皇粥店	Ocean Empire	3417 4059
法	將軍澳醫院職員餐廳	Tsuen Wan O Hospital Staff Canteen (Staff only)	2208 0063
法	壹蘋果大樓員工餐廳	Next Media Apple Dairy Canteen (Staff only)	2990 7885
中	新一派·味道	New Taste	2701 9188
茶	翠華餐廳	Tsui Wah Restaurant	2525 5882
中	稻香	Tao Heung	3157 1198
中	稻香超級漁港	Tao Heung Super 88	2701 3800
亞	潮館	Chao Inn	2191 0788
西	Délifrance	Délifrance	3417 4247

沙田區 Shatin District

法	大家樂	Café de Coral	
	(好運中心店)	(Lucky Plaza Shop)	2697 4114
	(金禧花園商場店)	(Grandeur Garden Shop)	2605 8112
	(威力工業中心店)	(Valiant Industrial Centre Shop)	2145 4619
	(恒安邨店)	(Hang On Estate Shop)	2642 0488
	(美林商場店)	(Mei Lam Shopping Centre Shop)	2605 0772
	(泰石商場店)	(Chun Shek Shopping Centre Shop)	2604 0770
	(第一城中心店)	(City One Plaza Shop)	2145 8871
	(頌安邨商場店)	(Chung On Shopping Centre Shop)	2683 5653
	(新城市廣場店)	(New Town Plaza Shop)	2692 7563
	(新港城中心店)	(Sunshine City Plaza Shop)	2631 6055
	(錦英商場店)	(Kam Ying Shopping Centre Shop)	2640 4376
	(耀安商場店)	(Yiu On Shopping Centre Shop)	2642 4204
	(瀝源商場店)	(Lek Yuen Shopping Centre Shop)	2607 0276
	(顯徑商場店)	(Hin Keng Shopping Centre Shop)	2687 3704
茶	王廚咖啡	Wong's Kitchen and Café	2601 3218
中	太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
茶	叻哥茶餐廳	Daniel's Restaurant	2648 6778
中	江南美廚	Kong Nam Kitchen	3580 1608
西	老爹茶居	Daddy's Kitchen	2640 3878
法	沙田醫院職員餐廳	Shatin Hospital Staff Canteen	2686 8223
	(只供職員)	(Staff Only)	
中	君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
中	金都海鮮酒家	Golden City Seafood Restaurant	2633 8899
中	金福酒家	Golden Fortune Restaurant	2698 8288
茶	金裝嫩奶佬	Daniel's Restaurant	
	(馬鞍山廣場店)	(Ma On Shan Plaza Shop)	2630 5533
	(第一城中心店)	(City One Plaza Shop)	2648 6111
	(積福街店)	(Chik Fuk Street Shop)	2608 1331
法	美心MX	Maxim's MX	
	(禾輦商場店)	(Wo Che Commercial Complex Shop)	2694 7608
	(利安邨商場店)	(Lee On Shopping Centre Shop)	2640 8926
	(新城市廣場店)	(New Town Plaza Shop)	2693 0906
	(新港城中心店)	(Sunshine City Plaza Shop)	2144 9610
其	突破青年村	Breakthrough Youth Village	2632 0725
中	皇都星級漁港	Royal Capital Harbour Restaurant	2607 0168
法	威爾斯親王醫院飯堂	Prince of Wales Hospital Canteen	2646 1132
	(只供職員)	(Staff only)	
中	峰山美食	Fung Shan Canteen	2947 7589
法	海皇JP one	Ocean Empire JP One	2607 1693
法	海皇粥店	Ocean Empire	
	(好運中心店)	(Shatin Lucky Plaza Shop)	2692 4150
	(頌安廣場店)	(Chung On Shopping Centre Shop)	2633 5715
中	悅翠小廚	C-Jade Kitchen	2602 7199
中	廣東館	Canton Koon	2696 9268
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
中	嘉豪酒樓	Ka Ho Restaurant	2602 3228
中	稻香超級漁港	Tao Heung Super 88	2681 3828
中	麗都總廚	New Capital Worldwide kitchen	2693 9088
中	囍慶酒樓	Happiness Cuisine	2827 8803
西	Délifrance	Délifrance	2606 4881

- 中 中菜 Chinese
- 西 西餐 Western
- 法 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others

荃灣區 Tsuen Wan District

大家樂 (昌耀大廈店) (南豐中心店) (海濱花園店) (荃新天地店) (荃灣中心店) (荃灣廣場店) (麗城廣場店)	Café de Coral (Cheong Yiu Mansion Shop) (Nam Fung Centre Shop) (Riviera Garden Shop) (Citywalk Shop) (Tsuen Wan Centre Shop) (Tsuen Wan Plaza Shop) (Belvedere Square Shop)	2499 8518 2413 6314 2408 9941 2941 0172 2411 0128 2499 3515 2417 3959
北京拉麵店	Peking Noodles	2944 8282
合發(翠華)餐廳	Hop Fat (Tsui Wah) Restaurant	2490 0723
金裝嫩奶佬 (大壩街63號地舖店) (大壩街65號地舖店)	Daniel's Restaurant (63 Tai Pa Street Shop) (65 Tai Pa Street Shop)	2414 7639 2498 5662
迎禧大酒樓	Cheers Restaurant	2405 3928
美心MX (東亞商場店) (荃錦中心店) (愉景新城商場店) (綠楊坊店) (樂悠居店)	Maxim's MX (East Asia Commercial Centre Shop) (Tsuen Kam Centre Shop) (Discovery Park Shop) (Luk Yeung Galleria Shop) (Indihome Shop)	2499 9595 2498 9401 2940 5821 2498 0283 2439 1070
客家好棧	Hakka Hut	2406 9338
皇都漁港酒家	Royal Chinese Restaurant	2191 9288
海皇粥店	Ocean Empire	2740 4232
荃灣港安醫院職員餐廳(只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff only)	2276 7338
新星海鮮酒家	New Star Seafood Restaurant	2402 8866
翠華餐廳	Tsui Wah Restaurant	2419 7738
富臨漁港臨門	Pleasant Palace	2409 0883
稻香	Tao Heung	2940 6233
稻香超級漁港	Tao Heung Super 88	2499 0032
聯邦大酒樓	Federal Restaurant	2626 0883
爵悅庭住客會所(只供會員)	Club Chelsea (Members only)	2480 6022
Délices	Délices	2940 4830

葵青區 Kwai Tsing District

大家樂 (青衣城店) (梨木樹商場店) (葵涌商場店) (葵涌廣場店) (藍澄灣商場店)	Café de Coral (Martime Square Shop) (Lei Muk Shue Shopping Centre Shop) (Kwai Chung Shopping Centre Shop) (Kwai Chung Plaza Shop) (Rambler Plaza Shop)	2436 1025 2401 3192 2279 4102 2410 0313 2495 0379
生活知味	The Taste of Living	2435 6966
美心MX (石蔭商場店) (石籬商場店) (新葵興商場店) (賢麗苑商場店)	Maxim's MX (Shek Yam Shopping Centre Shop) (Shek Lei Shopping Centre Shop) (Sun Kwai Hing Shopping Mall Shop) (Yin Lai Court Shopping Centre Shop)	2276 0119 2425 0230 2428 0636 2743 8651
風月堂	Orchard Garden Café & Restaurant	2421 4817
葵涌醫院職員餐廳(只供職員)	Kwai Chung Hospital Staff Canteen (Staff only)	2959 0474
新生餐廳	New Life Restaurant	2435 1077
新星海鮮酒家	New Star Seafood Restaurant	2149 0819
廣發餐廳	Kong Fat Restaurant	2612 1842
漢福海鮮酒家	Hon Fook Seafood Restaurant	2827 8338
瑪嘉烈醫院職員飯堂(只供職員)	Princess Margaret Hospital Staff Canteen (Staff only)	2741 1185
稻香 (青衣城店) (寶星廣場店)	Tao Heung (Martime Square Shop) (Po Sing Plaza Shop)	2433 1103 2487 2999
潮樓	Chao Inn	2189 7638
潮篇	Chaozhou Cuisine	2827 2789
潮館	Chao Inn	3521 0018
聯邦皇宮大酒樓	Federal Palace	2626 0618
Bistro Délices	Bistro Délices	2429 8936

屯門區 Tuen Mun District

二宜樓客家菜	Eryi Tower Southern China Provinces	2613 1386
大姆指茶餐廳	Big Top Restaurant	2440 4321
大家樂 (山景邨商場店) (屯門市廣場店) (安定商場店) (啟民徑店) (新屯門中心店) (蝴蝶商場店) (錦薈坊店)	Café de Coral (Shan King Commercial Centre Shop) (Tuen Mun Town Plaza Shop) (On Ting Shopping Centre Shop) (Kai Man Path Shop) (Sun Tuen Mun Centre Shop) (Butterfly Shopping Centre Shop) (Kam Wah Garden Shop)	2456 0068 2451 2431 2441 9702 2441 7035 2454 7520 2455 7980 2458 4860
生果報社	Fruit Magazine	2458 5291
青山醫院餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff only)	2456 7090
金裝嫩奶佬 (屯門時代廣場店) (華都花園商場店)	Daniel's Restaurant (Tuen Mun Trend Plaza Shop) (Waldorf Garden Shop)	2451 2408 2441 5863
美心MX (卓爾廣場店) (屯門市廣場店) (華都花園商場店)	Maxim's MX (Chelsea Heights Shop) (Tuen Mun Town Plaza Shop) (Waldorf Garden Shopping Arcade Shop)	2465 5769 2618 2952 2618 7458
客家好棧	Hakka Hut	2618 7008
海皇粥店	Ocean Empire	2450 5938
悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
新星海鮮酒家	New Star Seafood Restaurant	2613 1919
愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members only)	2949 5333
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2462 8898
翠華餐廳	Tsui Wah Restaurant	2463 7511
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
稻香超級漁港	Tao Heung Super 88	2449 2822
潮館	Chao Inn	2404 0892
樂融融餐廳	Cafe Fusion	3511 0748
聯邦大酒樓	Federal Restaurant	2626 0088
麗都總廚	New Capital Worldwide Kitchen	2456 4888
Bistro Délices	Bistro Délices	2452 4307

離島區 Islands District

大家樂 (逸東商場店) (富東商場店) (機場離港層店)	Café de Coral (Yat Tung Shopping Centre Shop) (Fu Tung Shopping Centre Shop) (Hong Kong International Airport Departures East Hall Shop)	3141 7097 2109 0726 2261 0879
東薈軒海鮮酒家	Eastern Gate Seafood Restaurant	2955 5188
香港國際機場超級一號貨站飯堂 (只供職員)	Hong Kong International Airport Super Terminal 1 (Staff only)	2286 0305
索迪斯(香港)有限公司 - 香港電燈有限公司 - 南丫發電廠職員餐廳(只供職員)	Sodexo(Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, The Hongkong Electric Co. Ltd. (Staff Only)	2388 8682
浪濤軒	Concerto Inn	2982 1668
富豪機場酒店 (空港居酒屋)	Regal Airport Hotel (Airport Izakaya)	2286 6668
(紅軒中菜廳)	(Rouge)	2286 6868
(藝廊咖啡室)	(Cafe Aficionada)	2286 6868
潮樓	Chao Inn	3197 9098
龍門客棧	Dragon Inn	2286 6878
聯邦皇宮大酒樓	Federal Palace	2626 0181
Délices	Délices	2109 4187

