

021

有營食肆

<http://restaurant.eatsmart.gov.hk>

CookSmart

營廚



Anjaylia's Four-Season Diary of Healthy Eating
陳嘉寶的四季美味日記

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蔬果之選 Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果或按體積計，
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、
鹽分和糖分烹調或製作，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 g
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 = 250-300毫升	1 medium bowl = 250-300 mL

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編者的話 Editor's Words

年尾將至，市民都會相約三五知己或親朋戚友歡聚一堂，出外用膳的次數也必會相應增加。美食當前，要吃得健康，除了好好選擇食材外，合適的烹調方法也是關鍵之一。

今期《營廚》為大家介紹多種蒸、炒、煮、焗(烤)的菜式，不但味道好，而且營養佳。我們邀請了營養師為大家分析以上各種煮食方法的好處，並且把食材相若但烹調方法不同的菜式逐一比較，看看營養價值的分別。

還有，從今期開始，我們推出「新店登場」，介紹新加盟「有『營』食肆」運動的食店，和「『適』飲『適』食」食譜，讓無論長者或兒童、健康或慢性病(如糖尿病、高血壓等)患者都「適」飲「適」食，吃得健康。內容精彩，萬勿錯過！

As the year is drawing to an end, most of us may meet up with family, friends or relatives in some restaurants for a hearty good time; that means we are dining out more often than before. To eat healthily away from home, we need to choose not only the best ingredients but also the most healthy ways of cooking.

This issue of CookSmart showcases a number of delicious and nutritious recipes with different cooking methods, such as steaming, stir-frying, braising and grilling. A dietitian will analyse the benefits of each cooking method and compare the nutritional value of various dishes that are made with similar ingredients but cook in different ways.

Also, new features added to CookSmart from this issue are profiles of "New EatSmart Restaurants", and "Diabetes-friendly Recipes" that are particularly suitable for diabetic patients, people with hypertension or other chronic diseases, as well for the healthy general public of all ages. Grab your copy and enjoy!



(上海)榮華川菜館

Shanghai Wing Wah (Sze Chuen) Restaurant



四十年来坚持用心做菜，並以革新的經營方式，配合現代化、科學化的新式烹調手法，創造出「榮華」式健康上海菜，同時不失老式上海菜特有的懷舊風味。

Having been in business for forty years, the staff at Shanghai Wing Wah still cook at their best. In a revolutionised business setting, and with the help of modern technology, they create the "Wing Wah" style of healthy Shanghai dishes, which at the same time retain the nostalgic air that is typical of traditional Shanghai cuisine.

📍 觀塘崇仁街15號地下
G/F, 15 Shung Yan Street, Kwun Tong

☎ 2341 0583

🌐 www.facebook.com/shwingwah

▶ 馳名菜式：時菜獅子頭
Signature dish: Braised Minced Pork Ball with Vegetable

中菜
Chinese Cuisine



亞洲菜
Asian Cuisine



納思比日本料理



餐廳特色是為顧客奉上「清新味美、製法正宗、風格獨特，品質上乘、精緻健康的大眾精品菜式」。
We aim to offer our customers quality dishes that are fresh, healthy, authentic, exquisite, unique and popular.

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▶ 馳名菜式：海鮮茄子燒
Signature dish: Grilled Eggplant with Seafood

Nasubi



Ka Ho Restaurant

嘉豪酒家

中菜
Chinese
Cuisine



 嘉豪酒家
Ka Ho Restaurant

嘉豪酒家集團的營運宗旨是「用心去做，做到最好」。該集團時常推出新菜式和套餐，並提供優惠，所以顧客不但可以享受多款有「營」菜式，而且還不時遇上驚喜！

The Ka Ho Restaurant group believes in achieving peak performance all the time. The group launches new dishes and set meals regularly, and offers concessions from time to time. Customers can always enjoy nutritious dishes; they may even be showered with surprise!

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Centre, Hin Keng Estate, Tai Wai, Shatin

 2602 3228

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越潮越南餐廳

Trend Vietnamese Restaurant



亞洲菜
Asian
Cuisine

本餐廳主要提供越南菜。所有菜式都選用新鮮和健康的食材，並用上獨特的烹調方法，務求讓顧客品嚐到清新、健康又美味的食物！

We specialise in Vietnamese cuisine. We use only fresh, healthy ingredients and special cooking methods. We aim to serve customers with light, fresh, healthy and delicious dishes.

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Shop 2, G/F, Rich Court, 31 Chik Fu Street, Tai Wai,
Shatin

 2602 3198

越潮越南餐廳



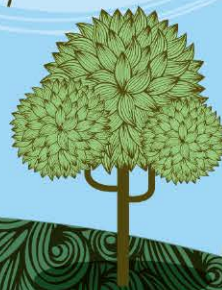


Anjaylia's Four-Season Diary of Healthy Eating 陳嘉寶的四季美味日記

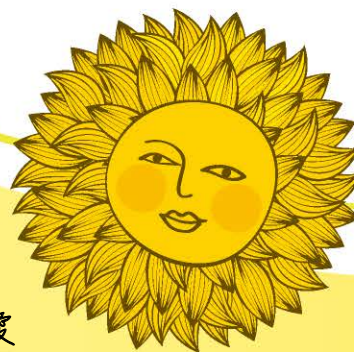


Anjaylia 因參與烹飪比賽節目而成為觀眾熟悉的人物。在現實生活中，她非常注重飲食健康，間時也會下廚，不愧是「美少女廚神」。

Anjaylia became a well-known celebrity after appearing in a TV cooking competition. Off stage, Anjaylia is very careful about healthy eating, and even cooks for herself occasionally.



春夏消暑 瓜果不能少 Juicy gourds and fruits in spring and summer



「要健康，最重要的是要保持飲食均衡。」Anjaylia愛吃，還懂得在美食與健康之間取得平衡。藝人工作繁忙，三餐多以外賣飯盒解決，少菜多肉，所以Anjaylia經常隨身帶備蘋果、奇異果和火龍果等水果，以補充膳食纖維和營養素。

Anjaylia保持健康的秘訣之一，是喝由媽媽炮製的時令靚湯。「媽媽於春、夏季間多以花旗參或冬瓜煮湯，清熱解暑。」



Anjaylia也注重運動。每天工作過後，她會抽時間做運動，如健身操、伸展運動、瑜伽等，以放鬆心情、紓解壓力。



"The key to health is a balanced diet," says Anjaylia. Enjoying eating as she does, Anjaylia makes a painstaking effort to strike a balance between eating for pleasure and eating for health. As Anjaylia resorts to ready-made meals all day because of a hectic schedule, her diet may contain too much meat and too few vegetables. To counter the lack of fibre intake and nutrients, she carries fruit such as apples, kiwi fruit and dragon fruit wherever she goes.

According to Anjaylia, the seasonal soups made by her mother are one of her secrets to health. "In spring and summer, my mother usually cooks soups with American ginseng or wax gourd to counter heat and thirst."



Exercising is also an important part of Anjaylia's life. She maintains a daily exercise routine to wind down after a stressful day. She does fitness exercises, stretching and yoga.



秋冬暖胃湯 滋潤祛寒
Nourishing soups to warm the stomach
in autumn and winter



秋、冬天氣乾燥，媽媽常給她煮滋潤的蘋果水或雪梨水。

日常做飯以少肉多菜、少油少鹽為原則，菜式也以蒸製居多，例如白切雞、蒸烏頭魚等，美味又健康。

踏入年終，中西節慶接踵而來，Anjaylia 會特別留意調整飲食。她說，「有『營』食肆」所提供的菜式，可以讓她和市民有更多健康選擇。

In the cold, dry seasons, Anjaylia's mother serves delicious and nourishing soups made with apples or pears. She also prepares meals with less meat and plenty of vegetables, and limits her use of sugar and salt. Steaming is the way she cooks most often because steamed dishes such as plain steamed chicken and steamed flathead mullet are both healthy and tasty.

As the year-end festive occasions approach, Anjaylia pays close attention to her diet to avoid overeating while partying. As Anjaylia says, the EatSmart Restaurants play an important role in providing healthy food choices to local diners.





Anjaylia的健康之選 Anjaylia's choice



**香草橄欖油
焗雜菜配紅椒汁**
Baked Vegetables with Olive Oil
and Red Pepper Sauce

用茄子、番茄、翠玉瓜疊成餅狀，「蔬菜不失原味，紅椒汁更溫潤清淡而不搶味。」

Sliced eggplant, tomato and zucchini are stacked in layers like a cake. "The vegetables retain their original flavours. The red pepper sauce is light and delicious without being overwhelming."



莧菜苗沙律
Baby Spinach Salad

「雞胸肉鮮美嫩滑，莧菜苗細嫩無滓，整體味道控制得恰到好處。」

"The chicken breast fillets are fresh and tender, while the baby spinach is smooth and completely free of hard fibre. The taste of the dish in general is well controlled."



墨西哥焗雜菜餅
Mixed Vegetables Quesadillas

以墨西哥粟米餅捲成長方條狀的雜菜卷，「含豐富蔬菜；水牛芝士惹味開胃。」

Wrapping healthy vegetables in a corn tortilla makes for a very different kind of quesadilla. "A generous treat of vegetables, and some tasty, appetising mozzarella cheese."



紅桑子乳酪
Raspberry Yogurt

「酸酸甜甜的紅桑子和幼滑的奶凍，口感清新、輕盈細緻。」

"This velvety mousse with sweet tangy raspberries is a refreshing, light dessert."

* 後記 Epilogue *

陳嘉寶（Anjaylia），中學時期在朋友介紹下成為模特兒，修讀大學期間一直當兼職模特兒，並參與電影工作。2013年完成學業後，正式投身演藝工作，入行轉眼已有七年。

別看Anjaylia還是一臉稚氣的，試菜時卻一本正經，不但仔細地品味，而且能夠娓娓道出各款菜式的特點。

While still in secondary school, Anjaylia landed her first modelling job about seven years ago at a friend's referral. In her college years, she continued working as a part-time model and appeared in a number of movies. On graduating in 2013, she has since then worked full-time in showbiz.

Despite her child-like appearance, she acted like a grown-up in the tasting session. She tasted each dish with great care, and dropped her comments like an experienced food critic!

蒸炒煮焗(烤)

Steaming, Frying, Blanching and
Grilling/Roasting

健康料理

Healthier Cooking Methods Explained

曾芷慧

Cherry
TSANG

美國註冊營養師暨
香港營養師協會
網頁助理主管

Registered Dietitian (USA)
and Assistant Webmaster
of the Hong Kong
Dietitians Association

中國人的烹調方法五花八門，較常見的有煎、炒、煮、炸、焗、燉、燉、蒸、烤(「焗」)等。不同烹調方法不但能影響食材的賣相及風味，而且還會影響食物的營養價值。註冊營養師曾芷慧(Cherry)表示，要煮得健康，關鍵在於烹調的溫度、時間及用油量。

There are many techniques in Chinese cooking, yet the most common methods are pan-frying, stir-frying, deep-frying, blanching/poaching, stewing, simmering, steaming and roasting/grilling. Cooking the same food ingredients using different methods not only creates different flavours and appearances, it can also affect the nutritional value of food. Cherry TSANG, a registered dietitian, tells of how you can maximise nutritional intake by controlling the cooking temperature, cooking time and the amount of oil to be used.

煎炸多油脂肪高

Pan-frying and deep-frying:
"culprit" of high fat content

Cherry指出，相同的食材採用「煎、炸」或「蒸、煮」的方式烹調，兩者的熱量和脂肪量可能相差很大(表1)。食物炸製前蘸上的麵漿或麵包糠含碳水化合物，會增加食物的熱量，例如100克的炸魚柳所含的熱量比蒸魚高出近一倍，總脂肪含量更高出40多倍；炸洋葱的總脂肪含量更是炒洋葱的80倍。

According to Cherry, pan-frying or deep-frying is different from steaming or blanching the same ingredients in terms of caloric value and fat content (Table 1). Moreover, most deep-fried foods have a coating of either batter or breadcrumbs, which significantly increases the overall caloric value of the foods. Deep-fried fish fillet at 100 g, for example, contains twice the calories and over 40 times the total fat of a steamed fish. A serving of deep-fried onion has a fat content 80 times that of stir-fried onion.

採用蒸、煮、烤、
少油快炒等低脂烹調方法。

Use low-fat cooking methods, such
as steaming, blanching/poaching,
stir-frying in a little oil, and
roasting/grilling.

植物油不會致胖？

Fact File -- Vegetable oils do not contribute to weight gain?

資料



無論任何食油所含的熱量基本上相若，所以無論是動物或植物油，多吃也會致胖。

中國營養學會建議，成年人每餐所含的食油(烹調用)不宜超過兩茶匙。其實每天只要額外攝取三茶匙的食油（即135千卡的熱量）而沒有相應消耗，任由留在體內轉化成脂肪，日積月累，四個月後體重便可能因而增加2.1公斤(約5磅)，所以別輕視飲食對身體的長遠影響。

Basically all types of cooking oil have roughly the same calorific value. Overconsumption of any fat – animal or vegetable – results in weight gain.

The Chinese Nutrition Society suggests that adults should limit their oil consumption of cooking oil to 2 teaspoons per meal. If 3 teaspoons of oil (135 Kcal) or its equivalent is consumed on a daily basis without additional exercise done, surplus fat will accumulate and the person can gain 2.1 kg (about 5 pounds) in 4 months. So don't overlook the long-term effect of excessive oil intake!

表1
Table

不同烹調方法製成的食品所含的熱量、碳水化合物、蛋白質和總脂肪的含量比較

Energy, carbohydrates, protein and total fat content of food cooked by different methods

食品類別 Food item (每100克 per100g)	製法 Cooking method	熱量 Calories (千卡kcal)	碳水化合物 Carbohydrates (克g)	蛋白質 Protein (克g)	總脂肪 Fat (克g)
鮮茄牛肉配炒飯 Fried rice with tomato and beef	炒飯 Stir-frying (rice)	150	22	5.2	4.9
鮮茄牛肉飯 Tomato and beef on rice	蒸飯 Steaming (rice)	120	21	4.6	1.8
炸洋蔥圈 Deep-fried onion rings	炸 Deep-frying	326	37.4	4.4	16.6
炒洋蔥 Stir-fried onions	炒 Stir-frying	50	7.6	2.7	0.2
炸蝦 Deep-fried prawns	炸 Stir-frying	242	11.47	21.39	12.28
濕煮蝦 Braised prawns	蒸 / 煮 Steaming/ braising	99	0	20.91	1.08
炸魚柳 Deep-fried fish fillets	炸 Deep-frying	248	18.0	17.0	11.6
蒸魚 Steamed fish	蒸 Steaming	126	0	30.3	0.2
炸雞腿 Deep-fried drumsticks	炸 Deep-frying	273	8.72	21.77	16.17
烤(焗)雞腿 Grilled drumsticks	烤 Grilling	184	0	24.03	8.99

資料來源: 食物安全中心
Source: Centre for Food Safety

蔬菜先焯後炒；
既可減少用油量，又可
縮短烹煮時間。
Blanch vegetables before
stir-frying to reduce oil and
cooking time.

清蒸快炒保營養

Quick stir-frying and steaming:
key to retention of nutrients

食物中的維他命B及C屬水溶性，經長時間烹煮後會大量流失；反觀清蒸食物，食物只與少量水分接觸，有助保存這些維他命。少油快炒也有助減少這些營養素的流失，例如炒菜可保存85%的維他命C和85%的葉酸，而焯菜只會保存55%的維他命C和60%的葉酸（表2）。

Vitamins B-complex and C are water-soluble and thus may be lost through leaching during prolonged cooking. Steaming, which minimises the food's contact with water, appears to be the best method for retaining the nutrients in vegetables. Quick stir-frying of vegetables in just a little oil also enables the retention of about 85% of their vitamin C and folic acid, while blanching of vegetables retains only 55% of their vitamin C and 60% of their folic acid (Table 2).

表2
Table

不同烹製方法對營養素的影響

Effects of different cooking methods on nutrient retention

類別 Food item	製法 Cooking method	維他命C保存率 (%) Amount of vitamin C retained (%)	葉酸保存率 (%) Amount of folic acid retained (%)
綠葉蔬菜 Leafy green vegetables (如：菜心 e.g. Chinese flowering cabbage)	焯熟，瀝乾 Blanching (and draining)	55	60
	炒熟 Stir-frying	85	85
根菜類 Root vegetables (如：番薯 e.g. sweet potato)	焯熟，瀝乾 Blanching (and draining)	65	65
	蒸熟 Steaming	75	80
	烤(焗)熟 Grilling	75	80
其他蔬菜 Other vegetables (如：茄子 e.g. eggplant)	焯熟，瀝乾 Blanching (and draining)	75	65
	蒸熟 Steaming	85	85
	烤(焗)熟 Grilling	85	85

資料來源：美國農業部 USDA Table of Nutrient Retention Factors, Release 6 (2007)

Source: USDA Table of Nutrient Retention Factors, Release 6 (2007)

健康料理新「煮」張

Cherry建議

Healthy cooking ideas from Cherry:

- 採用蒸、煮、烤、少油快炒等低脂烹調方法。
- 使用不沾鍋(「易潔鑊」)，以減少用油量。
- 蔬菜先焯後炒；既可減少用油量，又可縮短烹煮時間。
- 用水烹煮食物時，水的分量只能剛好蓋過食材，這樣避免營養素流失。
- 食品烤製前，先蘸上蛋白，再蘸上粟米片，模仿炸製食物的香脆口感。
- 肉類可先煎後烤，既有助保存肉質的嫩滑，又可減少用油量。

另外，清蒸食物時可加入薑、蔥、醋、果皮、花椒、八角等天然材料調味，以減低用鹽量。

- Use low-fat cooking methods, such as steaming, blanching/poaching, roasting/grilling and stir-frying in a little oil.
- Use non-stick pans to reduce the need for cooking oil.
- Blanch vegetables before stir-frying to reduce oil and cooking time.
- When blanching food, immerse the food in just enough liquid. This will help preserve the nutrients.
- Before roasting/grilling, dip the food in egg white, and then coat all sides with cornflakes. This will create a crispy texture without the need for deep-frying.
- Pan-fry meat first, and then transfer it to the oven to preserve the tenderness of the meat and reduce the need for oil.

When steaming food, do not forget that natural seasonings such as ginger, spring onion, vinegar, aged citrus peel, Sichuan pepper and star anise can all be used to boost flavours immensely, thus reducing the need for salt.

健康煮意
Healthy Cooking



「有營食肆」實錄

EatSmart
Restaurants
Snaps

梅花邨小館

梅花邨
小館

煮出
街坊情

Serving a Great
Neighbourhood Taste
Mui Fa Chuen Restaurant

人稱「四哥」的店主兼主廚謝苑君先生是客家人，於一九九一年入行，一九九七年接手打理梅花邨小館至今，廿多年來對下廚保持一貫熱情和堅持，凡事親力親為，深得下屬和顧客們讚賞。

Mr. TSE Yuen-kwan, also known as 'Fourth Brother', is of Hakka origin. He joined the catering industry in 1991 and took over Mui Fa Chuen Restaurant in 1997. All these two decades he has insisted on cooking with a passion and sticking to his principles, and his hands-on style of working never fails. For all these he has won accolade from both colleagues and customers.

開業逾三十年的梅花邨小館堪稱北角街坊老店，內部的特色陳設歷久常新，雲石和木材製成的桌椅，配合牆上的掛畫，環境樸實古雅。梅花邨小館主打潮州菜，也供應客家菜式和廣東小炒。人稱「四哥」的店主謝先生表示顧客甚為長情，不少已經移居外地的也不時回港光顧。

Situated in a residential neighbourhood in North Point, Mui Fa Chuen Restaurant is an old school restaurant that serves mainly Chiuchow food, and a mix of Hakka and Guangdong cuisine. Established some thirty years ago, the restaurant retains its original décor and vintage wall paintings alongside marble-top tables, and chairs with dark wood frames. The owner of the restaurant, Mr. TSE (also known as "Fourth Brother"), has a long-term rapport with his customers. According to him, some customers who now live overseas even continue to visit the restaurant from time to time.

蒸炒煮法 各有秘訣

The truth behind different cooking techniques

四哥掌廚多年，仍然事事親力親為，每天到街市採購新鮮食材，為顧客奉上健康佳餚，例如馳名的滷水汁，便用上十多種藥材和香料，加以上湯熬成；看似平凡的粟米肉粒飯用上新鮮上肉製作，肉質綿密可口。

他說，廣東小菜離不開蒸、煮或炒，但需因應食材的特性、分量和體積而調整烹煮的時間和火候。「簡單如蒸蛋，要用冷暖水各半打勻，滾水下鍋，其間要稍為透氣，才能蒸得綿滑」；時菜先用上湯焗，再用少油快炒，不但鮮甜爽口，更可減少用油。

Having been in the business for many years, Mr.TSE still enjoys getting his hands wet in the kitchen. In order to buy the freshest ingredients, he visits the district's wet market every day. His signature Chiuchow marinade is made with stock and a blend of over 10 Chinese herbs and spices. He uses quality pork even for a simple dish like "rice with creamy corn and pork"; the result is a dish that is succulent and tasty.

Although the Cantonese cuisine involves many cooking methods, the most widely used techniques remain steaming, stir-frying and braising. Mr.TSE explains, however, that the cooking time and temperature must be adjusted according to the characteristics of the ingredients, portion, and sizes. "The key to a smooth and creamy steamed egg is to beat the eggs with a mixture of hot and cool water, and to steam it over very hot water. Also, remove the cover briefly during steaming to allow the air to escape. What's more, blanch vegetables in broth before stir-frying them, as this adds flavour and crispness to them and cuts down on the use of oil."

鮮茄勝瓜煮魚滑

Braised Fish Paste with Sponge Gourd and Tomato

手打鯪魚滑鮮嫩彈牙，勝瓜(絲瓜)和鮮茄用上恰到好處的火候，味道清甜可口，配上嫩滑鮮豆腐，口感豐富。The hand-made dace fish paste is smooth but good for a chew. The sponge gourd and tomatoes, with a fresh, light taste, are cooked just right to the point. The silky smooth bean curd is another bonus.



雜菌鮮腐竹魚肚煲

Fish Maw Pot with Assorted Mushrooms and Fried Bean Curd

魚肚、雞腿菇、秀珍菇、唐芹、鮮腐竹加入鮮甜的上湯同煮，清新滋味，鮮中帶香。Fish maw, shaggy mane, small oyster mushroom, Chinese celery and fresh soybean sheets, all cooked in stock. Light, refreshing and delicious.



雲耳勝瓜洋葱炒肉片

Fried Pork Fillet with Spongy Gourd and Black Fungus

去皮後的勝瓜炒得清甜爽口，配以脆嫩的雲耳和稔滑的肉眼片，美味可口。The peeled spongy gourd, stir-fried to a crunchy texture, is mixed with the equally crunchy black fungus and tender pork slices. A delicious dish.



堅守廚德 待客如己

Upholding ethics in the kitchen

四哥說，廚師必須具備廚藝和廚德。「只要想像鍋中的菜餚是煮給自己吃的，自然便會格外用心，讓客人吃得安心滿意！」三言兩語，即道出入廚多年的成功秘訣。現時飲食業的經營環境挑戰重重，四哥希望能繼續營運下去，為街坊提供優質美食。

In addition to expert techniques, good ethics are essential to a successful chef, says Mr.TSE. "Simply imagine you are preparing a meal for yourself. Then you will give your best and leave your customers satisfied." In just a few words, Mr.TSE sums up the secret of his success.

Despite the current challenges to Hong Kong's restaurant scene, Mr.TSE hopes to continue providing customers with the highest quality food for many more years!



北菇鮮菇扒白菜仔

Braised Small Pakchoi with Fresh Mushrooms

鮮嫩的草菇和味道濃郁的北菇配上白菜仔(即小白菜)，營養豐富、嫩滑爽口。The small pakchoi, fresh straw mushrooms and flavoursome shiitake mushrooms are cooked together into a delicious and healthy treat.



「有營食肆」實錄

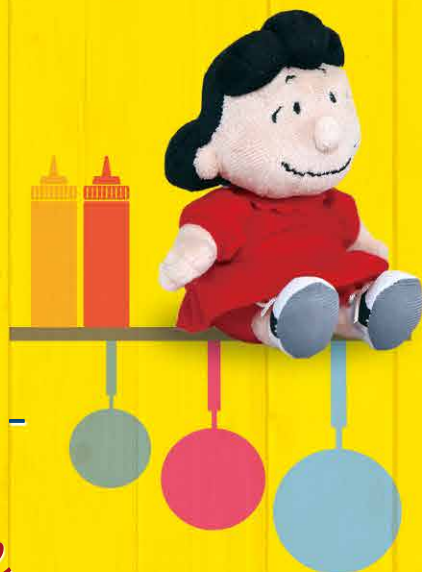
EatSmart
Restaurants
Snaps

走進喧鬧的金馬倫道，從遠處已經看見Charlie Brown、Snoopy和牠的紅色狗屋。餐廳由餐桌、牆壁到天花板都繪上「花生」漫畫人物和圖畫，洋溢一片愉悅的氣氛，令人一踏進就彷彿與「花生」家族的可愛成員共享餐點，重拾童真。

Amid the hustle and bustle of Cameron Road lies the refreshing sight of Charlie Brown, and Snoopy on top of his red doghouse. Inside the restaurant, there are pictures of Snoopy and his friends on the tables, walls and even ceilings. The atmosphere is so enjoyable, it will take you back to the days when you were young and dreaming of eating with the Peanuts gang together!

回味童真

查理布朗咖啡專門店
Flavours for the Young at Heart -
Charlie Brown Café



老少花生迷的天地
A fun place for young and
old "Peanuts" fans

「花生」漫畫的兩位主角一憨厚傻氣的Charlie Brown和聰明伶俐的Snoopy——陪伴無數人渡過成長歲月。Charlie Brown Café經理文嘉頤(Carol)表示，店東本來就是個「花生」漫畫迷，於大約九年前開設了這間主題餐廳，初期主打咖啡和甜點，後來才加入各類西式熱葷；除有一眾老少「花生」迷捧場外，還引來不少旅客登門「朝聖」。

Millions of people worldwide have grown up with the Peanuts comic strips starring the kind-hearted Charlie Brown and his cute and witty pet dog Snoopy. Carol, manager of Charlie Brown Café, explains that the owner of the restaurant, who opened the café some nine years ago, is also a big fan of Peanuts. The restaurant started out serving coffee and desserts, and then gradually introduced hot dishes to the menu. It attracts not only local Peanuts fans but also visitors from abroad.

查理布朗
咖啡專門店環境舒適，
不少人選擇在這裏舉行婚禮、
派對或藝人的「粉絲」聚會等。
The cosy environment of Charlie Brown
Café makes it an ideal choice for
wedding ceremonies, private parties
and fan-club gatherings.



從心出發 賓至如歸

Charlie Brown Café氣氛佳、環境美，食品還不乏驚喜。除漢堡包、意大利粉和咖哩飯等常見菜式外，更自創了不少以蔬果為主的特色餐食，少油少鹽，為顧客提供較健康的選擇。例如以三文魚或雜菜、蛋白等作配料的漢堡飯，賣相討好，營養豐富；原本作為扒類的配菜，給主廚師傅改成一炒雜菜，既可作為主食，又可搭配其他菜式。

Carol 謙虛的說，待客之道不外乎「待客如己」。「既然我們自己對健康有要求，我們也會把健康元素加到我們給顧客的菜式上，讓他們可以有良好和健康的餐飲體驗。」

經理文嘉頤(Carol) 在加拿大修讀酒店和餐飲課程，於九年前加盟。她覺得店裏的工作環境輕鬆有活力，各同事都能夠發揮所長。The manager, Carol MAN, who studied in Canada where she obtained qualifications in hotel and catering management, joined the restaurant nine years ago. She thinks the restaurant has an atmosphere that is relaxing and energetic, allowing her team members to use their talent to the full.

Serving customers with sincere hospitality

Charlie Brown Café has a charming environment and atmosphere. Most importantly, the food is superb. The menu features hamburgers, pasta, and rice with curry, and special dishes serving plenty of fruit and vegetables and containing less oil or salt. The special rice dish, for example, is topped with cooked egg white, assorted vegetables and salmon to make it healthier and more attractive.

The in-house chef, can even turn a vegetable side dish into a dish of pan-fried vegetables that is good enough to be a main course on its own, even though it is equally good as a side dish for other dishes.

With humility, Carol says, "We treat our customers the way we treat ourselves. We value our health, and we want our customers to become healthy too by eating the food we serve them. We want to give them a pleasant and healthy dining experience."



焗百汁西蘭花

Baked Broccoli in Cream Sauce

翠綠爽口的西蘭花，配上以牛奶、忌廉、芝士粉、洋芫荽做成的白汁，香濃滋味。

Fresh, crunchy broccoli is served with a cream sauce made with milk, cream, grated parmesan and parsley to create a rich, sophisticated taste.



雜菜蛋白 十穀飯配南瓜汁

Assorted Veggies and Egg White with 10-Grain Rice in Pumpkin Sauce

先以十穀飯煮成漢堡飯，然後鋪上蒸蛋白和雜菜，佐以甜美香滑的南瓜汁，嚼感韌中帶柔。

"10-grain rice" (rice and several other grains) is topped with steamed egg white and assorted vegetables. Good to chew without being chewy. Served with a savoury and creamy pumpkin sauce.

意式香草雜菜 十穀包

Sandwich with Grilled Veggies and 10-Grain Bread

紅椒、番茄、雞腿菇、意大利青瓜等餡料略為煎香、濃而不膩；塗上香草醬的十穀包，素而不淡，口感豐富。

Red pepper, tomato and Italian zucchini, all slightly pan-fried, are placed between two slices of 10-grain bread spread with pesto sauce. Light but delicious, and pleasant in the mouth.



意大利雜菜湯

Minestrone

以紅蘿蔔、西芹、番茄、洋葱、翠玉瓜等多種蔬菜煮成雜菜湯，清新健康。

This lovely vegetable soup features carrot, celery, tomato, onion and zucchini. Refreshing and healthy.

炮製色香味
EatSmart
Recipes

有營食肆

REGAL
KOWLOON HOTEL
TSIMSHATSUI • HONG KONG
富豪九龍酒店



潘仕寶
Sally Shi-Po POON

香港營養學會
英國註冊營養師
Hong Kong Nutrition
Association, Registered
Dietitian (UK)



蘑菇意大利飯
配軟芝士

Mushroom Risotto with Ricotta Cheese



每一份 Per Serving

脂肪
Fat
3
克(g)

蛋白質
Protein
7
克(g)

碳水化合物
Carbohydrate
45
克(g)

鈉質
Sodium
26
毫克(mg)

糖
Sugar
3
克(g)

熱量
Energy
239
千卡(kcal)



本食譜由富豪九龍酒店Mezzo餐廳提供。
This recipe is provided by Mezzo, Regal
Kowloon Hotel.

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.

試食兵團話你知 Message from Tasting Team

以雜菜湯煮成的
意大利飯，軟硬適中、清甜
不膩；配上意大利青瓜和蘑菇，
味道層次豐富。

The risotto, cooked in minestrone, is
al dente, with a refreshing note. The other
ingredients, such as the zucchinis and
mushrooms, give this dish a
multi-layer sensation on the
taste-buds.

特色 Feature

to serve
1
人分量

蔬菜高湯用多種不同的新鮮蔬菜製成，含豐富鉀質，足夠的鉀攝取量有助維持血壓於理想水平。另外，蔬菜高湯沒有放鹽，比加鹽的罐頭湯更健康。菇菌類含豐富的膳食纖維，有助暢通腸道。

Vegetable stock is made with a variety of fresh vegetables. It is rich in potassium, which can help maintain blood pressure in a normal range. In addition, as the vegetable stock is salt-free, it is healthier than canned soups, which are often seasoned with salt. Mushrooms are rich in.

材料 Ingredients

意大利米	50 克	50 g risotto
蔬菜高湯	200 毫升	200 mL vegetable stock
青意瓜(切粒)	20 克	20 g green zucchini, diced
黃意瓜(切粒)	20 克	20 g yellow zucchini, diced
番茄(切粒)	10 克	10 g tomato, diced
普通蘑菇(切粒)	30 克	30 g button mushroom, diced
冬菇(切粒)	30 克	30 g shiitake mushroom, diced
「里考塔」芝士(奶酪)(低脂)	10 克	10 g ricotta cheese (low fat)
洋芫荽(切碎)	5 克	5 g parsley, chopped

調味料 Seasonings

橄欖油	2 克	2 g olive oil
胡椒	1.5 克	1.5 g pepper

步驟 Cooking Method

蔬菜高湯

材料：(可製2公升)

芹菜	300 克	月桂葉	1 克
胡蘿蔔	300 克	新鮮百里香	3 克
洋葱	300 克	蒜頭	5 克
韭葱	200 克	歐芹	10 克
番茄	300 克	清水	3 公升

蔬菜高湯做法 Cooking Method:

1. 洗淨蔬菜，切成一吋長的小段。
2. 把水煮沸，加入芹菜、胡蘿蔔、洋葱、韭葱、番茄、月桂葉、新鮮百里香、蒜頭和歐芹。
3. 用高火煮5至10分鐘，其間不停攪拌，至溢出香氣為止。
4. 之後改用低火煮20分鐘，然後揭開鍋蓋再煮1.5小時。熄火後把高湯隔去湯料備用。
1. Clean the vegetables and cut into 1-inch sections.
2. Bring the water to the boil and add the celery, carrot, onion, leek, tomato, bay leave, fresh thyme, garlic and parsley.
3. Cook the vegetables on high flame for 5 to 10 minutes, stir frequently until the smell comes out.
4. Afterwards, switch to low flame and let simmer for 20 minutes, then uncover the pot and let simmer another 1.5 hours. Strain and discard the vegetables. Set the stock aside.

Vegetable stock

Ingredients: (to make 2 L)

300 g celery	1 g bay leave
300 g carrot	3 g fresh thyme
300 g onion	5 g garlic
200 g leek	10 g parsley
300 g tomato	3 L water

1. 用蔬菜高湯煮意大利米約10分鐘，備用。
2. 把青意瓜、黃意瓜、番茄、蘑菇、冬菇放在煎鍋上，以橄欖油煎1至2分鐘。
3. 加入煮好的意大利米再同煮5分鐘。
4. 加入一半的「里考塔」芝士，與意大利飯一同拌勻。
5. 在意大利飯上倒上餘下的芝士，並灑上切碎的百里香裝飾，即成。
1. Cook the risotto in vegetable stock for about 10 minutes. Set aside.
2. Cook the green and yellow zucchinis, tomato, button mushrooms and shiitake mushrooms with olive oil in a sauté pan for 1-2 minutes.
3. Add the risotto and cook for 5 minutes.
4. Mix the risotto with half of ricotta cheese.
5. Put the remaining cheese on top of the risotto and garnish with chopped parsley. Serve.

炮製色香味
EatSmart
Recipes

有營食肆

梅花邨小館

潘仕寶
Sally Shi-Po POON

香港營養學會
英國註冊營養師
Hong Kong Nutrition
Association, Registered
Dietitian (UK)



翠塘豆腐

Tofu in Broth with Seafood



每一份 Per Serving

脂肪
Fat
4
克(g)

蛋白質
Protein
7
克(g)

碳水化合物
Carbohydrate
1
克(g)

鈉質
Sodium
363
毫克(mg)

糖
Sugar
0
克(g)

熱量
Energy
71
千卡(kcal)



本食譜由梅花邨小館提供。
This recipe is provided by Mui Fa Chuen
Restaurant.

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。

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試食兵團話你知道
Message from Tasting Team

滑溜的蒸水蛋，澆上豆腐、龍脷(比目)魚粒、蝦粒、瑤柱粒、鮮魷和芥蘭粒等，健康美味，老少咸宜。

The silky smooth steamed egg, topped with bean curd (tofu), sole, shrimps, conpoy, cuttlefish and Chinese kale (all diced), makes a healthy dish for people of all ages.

特色 Feature

本食譜含豐富蛋白質，不用紅肉，以海鮮、雞蛋和豆腐代替。豆腐含有豐富的鈣質，有助鞏固骨骼和促進牙齒健康。此外，豆腐所含的大豆蛋白有益心臟健康。菜式採用蒸和(湯)煮的烹調方法，無須使用食油，有助減低熱量攝取，控制體重。

Using seafood, egg and tofu (bean curd) in lieu of red meat, this recipe is rich in protein all the same. Tofu is rich in calcium, which is vital for bones and teeth. Tofu also contains soy protein, which is beneficial to the heart. As the ingredients are mostly steamed and cooked in stock, no cooking oil is needed for this recipe, thus the dish counts less towards energy intake. A welcome among weight-watchers.

to serve
4
人分量

材料 Ingredients

雞蛋	2 隻	2 eggs
清湯	500 毫升	500 mL stock
元貝(切碎)	5克	5 g conpoy, diced
龍利魚肉(切粒)	10克	10 g sole (fish), boned and diced
鮮魷(切粒)	5克	5 g fresh cuttlefish, diced
鮮蝦(切粒)	10克	10 g fresh prawns, diced
芥蘭(切粒)	10克	10 g Chinese kale, diced
鮮草菇(切粒)	10克	10 g fresh straw mushrooms, diced
豆腐(切粒)	1/4塊	1/4 piece tofu, diced

調味料 Seasonings

鹽	1/2 茶匙	1/2 teaspoon salt
生粉水	適量	Some cornstarch mixture

步驟 Cooking Method

1. 先用雞蛋和250毫升清湯做成蒸水蛋，備用。
2. 把元貝、龍利魚肉、鮮魷、鮮蝦、芥蘭和鮮草菇汆水，備用。
3. 將豆腐、已汆水的食材和餘下的清湯煮沸，加鹽調味，再勾生粉芡，然後放在蒸水蛋上即成。
1. Mix the eggs and 250 mL of the stock. Steam and set aside.
2. Blanch the conpoy, sole, cuttlefish, prawns, Chinese kale and straw mushrooms in water briefly. Set aside.
3. Bring the remaining stock, tofu and blanched ingredients to the boil. Season with salt and thicken with the cornstarch mixture. Pour over the steamed egg and serve.

炮製色香味
EatSmart
Recipes

有營食肆



雞絲雜菜闊條 麵配意式茄醬

Shredded Vegetables and
Chicken in Italian Tomato Sauce

潘仕寶
Sally Shi-Po POON

香港營養學會
英國註冊營養師
Hong Kong Nutrition
Association, Registered
Dietitian (UK)



每一份 Per Serving

脂肪
Fat
6
克(g)

蛋白質
Protein
11
克(g)

碳水化合物
Carbohydrate
17
克(g)

鈉質
Sodium
272
毫克(mg)

糖
Sugar
11
克(g)

熱量
Energy
153
千卡(kcal)



本食譜查理布朗咖啡專門店
提供。
This recipe is provided by
Charlie Brown Café.

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試食兵團話你知 Message from Tasting Team

闊條麵為名，以意大利青、黃瓜、翠玉瓜和甘筍切成闊條為實，加入雞絲、蘆筍等材料炒成，鮮香可口，爽脆味美，營養豐富。

Zucchini, of both Italian and local origins, are cut into shreds to mimic fettuccine, and then pan-fried with chicken strips and asparagus to become a delicious, refreshing and nutritious dish.

特色 Feature

瓜類、番茄、甘筍、露筍這些蔬菜不但含豐富的維生素、礦物質和膳食纖維，更含有具抗氧化作用的植物性化合物，例如番茄中的茄紅素，能保護細胞免受破壞，有稱能減低患病的風險。建議成人每天進食最少1½碗熟菜。

Vegetables like zucchini, tomato, carrot and asparagus are not only rich in vitamins, minerals and dietary fibre, they also contain phytochemicals that are antioxidative by nature; one such example is the lycopene in tomato. Phytochemicals protect body cells against damage and are believed to reduce risk of disease. Adults are recommended to consume at least 1½ bowls of cooked vegetables every day.

to serve
1
人分量

材料 Ingredients

青意瓜	60克
黃意瓜	60克
本地翠玉瓜	60克
甘筍	60克
番茄(去皮、切條)	20克
泰國露筍(切段)	15克
雞肉(去皮、焯熟、切絲)	25克
意大利番茄醬	1份

60 g green zucchini
60 g yellow zucchini
60 g local zucchini
60 g carrot
20 g tomato, peeled and shredded
15 g asparagus from Thailand, sectioned
25 g chicken; skinned, blanched and shredded
1 portion Italian tomato sauce

調味料 Seasonings

橄欖油 3克 3 g olive oil

意大利番茄醬

材料：

(可製2份)

洋蔥(切碎)	10克
蒜蓉	1克
百里香	0.15克
牛至	0.1克
羅勒	0.1克
番茄膏	5克
白酒	4克
番茄(去皮、去籽、切碎)	90克

調味料：

鹽	1克
糖	2.5克

Italian tomato sauce

Ingredients:

(to make 2 portions)

10 g onion, chopped
1 g garlic, crushed
0.15 g thyme
0.1 g oregano
0.1 g basil
5 g tomato paste
4 g white wine
90 g tomato; skinned, seeded, chopped

Seasonings:

1 g salt
2.5 g sugar

步驟 Cooking Method

1. 把青意瓜、黃意瓜、翠玉瓜和甘筍刨成闊條麵形狀，汆水後用冰水沖洗，備用。
2. 番茄去皮、切條。
3. 泰國露筍切段，汆熟後用冰水沖洗，備用。
4. 雞肉汆熟後切絲備用。
5. 把意大利番茄醬材料煮熟，備用。
6. 在鍋上放橄欖，再放雜菜條，炒熟後再澆上意大利番茄醬，上碟。
7. 把番茄條、露筍和雞絲炒熟，放在雜菜條上，完成。

1. Peel the zucchinis and carrot into fettuccine like shape. Blanch, run in iced water and set aside.
2. Peel and cut the tomato into strips.
3. Section the asparagus. Blanch, run it in iced water and set aside.
4. Blanch the chicken until done, cut into thin strips and set aside.
5. Cook all the ingredients of the Italian tomato sauce until done; set aside.
6. Heat the olive oil. Stir-fry the vegetables until heated, pour the Italian tomato sauce over and transfer to a plate.
7. Stir-fry the tomato, asparagus and chicken until heated. Spread on top of the vegetables and serve.

炮製色香味
EatSmart
Recipes

有營食肆

산골마을 생뽕
新吉洞 蔴辛辣麵

潘仕寶
Sally Shi-Po POON

香港營養學會
英國註冊營養師
Hong Kong Nutrition
Association, Registered
Dietitian (UK)

韓式鮮茄 蘑菇 Pizza

Tomato and Mushroom
"pizza" in Korean Style



每一份 Per Serving

脂肪
Fat
4
克(g)

蛋白質
Protein
7
克(g)

碳水化合物
Carbohydrate
31
克(g)

鈉質
Sodium
682
毫克(mg)

糖
Sugar
6
克(g)

熱量
Energy
177
千卡(kcal)



本食譜由新吉洞蔴辛辣麵提供。
This recipe is provided by
Shingrildong Super Spicy
Jjambong.

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.

試食兵團話你知 Message from Tasting Team

「韓式年糕」用上
洋蔥、蒜頭、低脂芝士等
材料，氣味香濃；以紅椒、番茄
和白蘑菇等素菜作配料，清新又
不失風味。

The onion, garlic and grated low-fat cheese
create a buttery smell for the Korean rice
cakes. Topped with tomato, red chilli
and white mushrooms, the dish
offers a spectacular fresh
flavour.

特色 Feature

本食譜比傳統意大利披薩用了更多蔬菜，也改用低脂芝士碎，大幅減低了飽和脂肪攝取量，有助維持心血管健康。此外，採用辣椒、蒜頭和羅勒等天然食材能提升菜式味道，與一般烹煮年糕用的韓式醬料相比，鹽分較少。

Compared with the traditional pizza, this recipe uses more vegetables. It also uses low-fat cheese to cut down saturated fat intake, which is good for cardiovascular health. In addition, the natural ingredients such as chilli, garlic and basil not only enhance the flavour of the dish, they also reduce the use of salt, the content of which is otherwise significant in traditional Korean sauces.

to serve
2
人分量

材料 Ingredients

韓式年糕	12條 (約110克)	12 (about 110g) Korean (glutinous) rice cake rolls
紅尖椒	1條	1 red chilli
白洋蔥	1/2個	1/2 white onion
番茄	1個	1 tomato
白蘑菇 (2隻切粒、3隻切片)	5隻	5 white mushrooms (2 cubed; 3 sliced)
蒜頭 (切碎)	6粒	6 cloves of garlic, crushed
低脂芝士碎	20克	20 g low-fat cheese, grated

調味料 Seasonings

橄欖油	1茶匙	1 teaspoon olive oil
鹽	1/2 茶匙	1/2 teaspoon salt
黑糖	1茶匙	1 teaspoon muscovado (dark brown sugar)
羅勒	10克	10 g basil

步驟 Cooking Method

1. 將年糕放入沸水中，煮至軟身後撈起，備用。
2. 將紅尖椒、白洋蔥、番茄、切粒白蘑菇、蒜肉、橄欖油、鹽、黑糖和羅勒用攪拌器打成「蘑菇番茄蓉」備用。
3. 在烤盤上鋪上烤盤紙(「牛油紙」)，然後放上12條年糕，分成三份，每份4條並排，再把「蘑菇番茄蓉」輕輕抹在年糕上，放上切片白蘑菇和低脂芝士碎，然後放入烤箱烤大約4分鐘至芝士溶化為止，即成。
1. Cook the rice cakes in boiling water until softened. Drain and set aside.
2. Blend the red chilli, white onion, tomato, cubed white mushrooms, garlic, olive oil, salt, muscovado and basil into a paste, and set aside.
3. On a baking tray covered by a piece of baking paper put the 12 rice cake rolls. Divide them into 3 groups, with each group having 4 rice cake rolls side by side. Spread a thin layer of the vegetable paste on the rice cakes, top with the sliced mushrooms and grated low-fat cheese, then bake for another 4 minutes until the cheese melts. Serve.

潘仕寶
Sally Shi-Po POON

香港營養學會
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Hong Kong Nutrition
Association, Registered
Dietitian (UK)



香焗陳皮 鳳梨骨

Grilled Ribs with Pineapple and
Mandarin Orange Peel

每一份 Per Serving

脂肪
Fat
4
克(g)

蛋白質
Protein
13
克(g)

碳水化合物
Carbohydrate
14
克(g)

鈉質
Sodium
144
毫克(mg)

糖
Sugar
10
克(g)

熱量
Energy
137
千卡(kcal)



本食譜由君滙港會所餐廳提供。
This recipe is provided by Harbour Green Club
Banquet Room.

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.

試食兵團話你知道
Message from Tasting Team

瘦排骨烤得外脆內嫩，加入清甜的菠蘿和辛香的老陳皮，十分可口，鋪上幾片羅勒葉點綴，為菜式增添一抹色和香。
Lean pork ribs, tender inside and crisp outside, taste even nicer in the sweetish flavour of pineapple slices and the tangy fragrance of mandarin orange peel. The addition of basil leaves brings colour and a subtle aroma to this lovely dish.

特色 Feature

菠蘿可釋出天然甜味，烹調時可減少使用糖或蜜糖。購買排骨時，應選擇瘦排骨，並於烹調之前除去肥肉，以減少飽和脂肪的攝取。烤是一種低脂肪的烹調方法，可減少用油量。

The natural sweet flavour coming from pineapple can reduce the use of sugar or honey in cooking. When buying ribs, choose the lean ones. Trim away animal fat before cooking to reduce intake of saturated fat. Grilling is a low-fat cooking method which can reduce the amount of cooking oil to be used.

材料 Ingredients

瘦排骨 (切成約3吋長) 240克 (約6兩)
陳皮 (切碎) 3片
新鮮菠蘿 (切塊) (約1吋x 3吋) 400克 (約10兩)
金不換 8片

240 g (about 6 taels) lean ribs, cut into 3-inch sections
3 pieces dried mandarin orange peel, chopped fine
400g (about 10 taels) fresh pineapples, cut into small chunks of about 1 x 3 inches
8 basil leaves

調味料 Seasonings

生抽 1茶匙 1 teaspoon light soya sauce
砂糖 1/2茶匙 1/2 teaspoon granulated sugar
生粉 少許 Some (corn) starch
古月粉 少許 Some white pepper powder

步驟 Cooking Method

1. 把瘦排骨加入陳皮碎和調味料醃約兩小時備用。
2. 把醃好的排骨和菠蘿放在烤盤上，放進烤箱烤約20分鐘。
3. 把菠蘿塊排放在碟上，排骨排放在菠蘿塊之上。
4. 最後將金不換鋪在排骨上作點綴即成。

1. Marinate the lean ribs with the chopped mandarin orange peel and seasonings for two hours. Set aside.
2. Place the marinated ribs and pineapple chunks on a baking tray. Grill in the oven for about 20 minutes.
3. Transfer the pineapple chunks to a plate. Place the ribs on top of the pineapple chunks.
4. Put the basil leaves on the ribs to garnish, and serve.



香茅蒜片焗雞 Baked Chicken with Lemongrass and Garlic

特色 Feature

雞上腿肉質較嫩滑，口感更佳。進食前除去雞皮，可減少脂肪的攝取。「烤」比「煎」用油較少，更為健康。
The tender chicken thighs are tasty. Remove the skin before eating to reduce fat intake. Baking in an oven is a more healthy way of cooking than pan-frying as less cooking oil is needed.

衛生署營養師
Dietitian of Department of Health



材料 Ingredients

雞上腿	2隻(約320克)	2 chicken thighs (approx. 320 g)
蒜頭	5 瓣	5 cloves garlic
粟米油	1/4茶匙	1/4 teaspoon corn oil

雞肉醃料

Marinade for chicken

香茅	1 枝(切碎)	1 stalk lemongrass, finely chopped
鹽	1/2 茶匙	1/2 teaspoon salt
糖	1/2 茶匙	1/2 teaspoon sugar
粟粉	1茶匙	1 teaspoon cornstarch
紹酒	2茶匙	2 teaspoons shaoxing wine

步驟 Cooking Method

1. 雞腿洗淨，去除皮脂，加入醃料拌勻，醃約30分鐘。
1. Rinse the chicken thighs, and remove the fat. Mix well with the marinade and let stand for about 30 minutes.
2. 預設烤爐至攝氏200 度。
2. Preheat the oven to 200 °C.
3. 蒜頭洗淨後切片，鋪於烤盤上。
3. Rinse and slice the garlic, and layer the garlic slices in a cooking pan.
4. 雞腿搽上粟米油，然後放於鋪滿蒜片的烤盤上，烤約30分鐘。
4. Brush corn oil on the chicken thighs. Place them on top of the garlic. Bake for about 30 minutes.
5. 把烤盤取出，將雞腿反轉，然後再將雞腿烤至熟透。
5. Remove the pan from the oven and turn the chicken thighs over. Then continue baking until the chicken thighs are well done.
6. 把烤盤取出，隔去油分。用蒜片鋪碟，並將雞去皮、去骨和斬件，放於蒜片上即成。
6. Remove the pan from the oven and skim the fat off the chicken thighs. Layer a plate with garlic slices. Remove the skin and the bone, and chop the thighs into smaller pieces, then put the chicken pieces on top of the garlic slices and serve.

用油知識

Tips on Use of Oil

油的種類可選擇植物油如粟米油、花生油、芥花籽油或橄欖油等，應避免選用含高飽和脂肪的椰子油和棕櫚油。

Use vegetable oils such as corn oil, peanut oil, canola oil or olive oil.

Avoid using coconut oil and palm oil which are high in saturated fat.

試食兵團話你知

Message from Tasting Team

鮮嫩的雞肉和香茅十分配合，加上陣陣蒜香，非常美味。

The tender chicken thighs and the aromatic lemongrass form a perfect match. This together with aroma of the garlic can produce an appetizing dish.



本食譜由衛生署長者健康服務提供
This recipe is provided by Elderly Health Service,
Department of Health

熱量
Energy 75 千卡(kcal)

碳水化合物
Carbohydrate 3 克(g)

蛋白質
Protein 10 克(g)

脂肪
Fat 2 克(g)

糖
Sugar 0.6 克(g)

鈉質
Sodium 334 毫克(mg)

每一份
Per Serving



洋葱番茄汁炒蝦球

Prawn and Onion in Tomato Sauce

【特色 Feature】

蝦含豐富的蛋白質，而且低脂，是健康食品。配以番茄、蒜頭和洋葱這些味道較濃的食材，能減少用鹽，有助維持健康的血壓水平。

Rich in protein and low in fat, the prawn is a healthy kind of seafood. Cooking with particularly flavoursome ingredients like tomato, garlic and onion can cut down on the use of salt. Reduced salt intake helps maintain healthy blood pressure.

衛生署營養師

Dietitian of Department of Health



【材料 Ingredients】

大蝦	4隻 (約240克)	4 large prawns (approx. 240 g)
番茄 (中)	1個 (約130克)	1 medium tomato (approx. 130 g)
蒜蓉	1 湯匙	1 tablespoon garlic, finely chopped
洋葱 (大)	1個 (約170克)	1 large onion (approx. 170 g)
粟米油	3茶匙	3 teaspoons corn oil
紹酒	2湯匙	2 tablespoons Shaoxing wine

【番茄汁調味料 Seasonings for tomato sauce】

鹽	1/2 茶匙	1/2 teaspoon salt
糖	1 茶匙	1 teaspoon sugar
粟粉	1 茶匙	1 teaspoon cornstarch
紹酒	2 茶匙	2 teaspoons Shaoxing wine
清水	3湯匙	3 tablespoons water

【大蝦醃料 Marinade for prawns】

鹽	1/4 茶匙	1/4 teaspoon salt
糖	1/2 茶匙	1/2 teaspoon sugar
粟粉	1/2 茶匙	1/2 teaspoon cornstarch
紹酒	1 茶匙	1 teaspoon Shaoxing wine
白胡椒粉	少許	a pinch of white pepper

步驟 Cooking Method

1. 蝦洗淨後去腸、頭、腳、尾端、殼及尖的部份後，蝦肉從背部切開成蝴蝶狀，加入醃料拌勻，醃約30分鐘。
 2. 番茄洗淨後切小塊，用不沾鍋(易潔鑊)煮至軟身，然後放入碗中，把番茄去皮，用湯匙壓成泥，加入蒜蓉和調味料製成番茄汁備用。
 3. 洋葱洗淨、去皮，然後切片。
 4. 把1½茶匙粟米油放進不沾鍋裏，然後放入大蝦炒約3分鐘，盛起備用。
 5. 用鍋燒開餘下的油，放入洋葱拋炒至軟身，然後讓大蝦回鍋，沿鍋邊釐酒，再加入已拌勻的番茄汁，把蝦肉炒至全熟，即可上碟。
1. Rinse the prawns, remove the intestines, heads, legs, tails, shells and sharp parts. Cut the prawns open along the back, mix well with the marinade and let stand for about 30 minutes.
 2. Rinse the tomato and cut into small chunks. Put them in a non-stick pan and cook until softened. Remove from the pan and discard the skin. Press into a paste with the help of a spoon; add the chopped garlic and other seasonings to make a tomato sauce.
 3. Rinse, peel, and slice the onion.
 4. Stir-fry the prawns in a non-stick pan with 1 ½ teaspoons of oil for about 3 minutes. Set aside.
 5. Heat the remaining oil until it sizzles, then toss and stir-fry the onion. Return the prawns to the pan and pour the wine down the side of the pan. Then add the tomato sauce, stir-fry until the prawns are well done and are ready to serve.

用油知識

Tips on Use of Oil

油的種類可選擇植物油如粟米油、花生油、芥花籽油或橄欖油等，應避免選用含高飽和脂肪的椰子油和棕櫚油。

Use vegetable oils such as corn oil, peanut oil, canola oil or olive oil.

Avoid using coconut oil and palm oil which are high in saturated fat.

試食兵團話你知

Message from Tasting Team

蝦球爽口味美，番茄汁開胃有益，是一道清爽又滋味的佳餚美饌。

The prawns are delicious and crunchy, while the tomato sauce and the savoury onion are appetising. A refreshing great treat for the taste buds.



本食譜由衛生署長者健康服務提供
This recipe is provided by Elderly Health Service,
Department of Health

熱量
Energy 109 千卡(kcal)

碳水化合物
Carbohydrate 8 克(g)

蛋白質
Protein 7 克(g)

每一份
Per Serving

脂肪
Fat 5 克(g)

糖
Sugar 4 克(g)

鈉質
Sodium 507 毫克(mg)



以下資料截至二零一四年十月二十日，
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 20 October 2014.
Names are listed in a random order.
For the latest EatSmart Restaurant list,
please visit the "EatSmart Restaurant"
thematic website at <http://restaurant.eatsmart.gov.hk>



有營食肆

EatSmart Restaurants

灣仔區

Wanchai District

一壽司	Sushi One	3188 0083
大自然素食	Gaia Veggie Shop	2808 1386
大喜屋日本料理	Daikiya Japanese Restaurant	3622 2182
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
金皇廷筵宴	Banquet Place	2832 6628
金裝嫩奶佬餐廳	Daniel's Restaurant	
(太和街)	(Tai Wo Street)	2574 4866
(活道)	(Wood Road)	2838 6500
(景隆街)	(Cannon Street)	2838 6151
迎囍大酒樓	Cheers Restaurant	8300 8198
美心MX	Maxim's MX	
(波斯富街)	(Percival Street)	2838 6173
(堅拿道西)	(Canal Road West)	2838 5075
美味廚	Megan's Kitchen	2866 8305
泰式食	Thai Perfect	2890 4899
納思比日本料理	Nasubi Japanese Restaurant	2670 0662
索迪斯(香港)有限公司 - 友邦軒	Sodexo (Hong Kong) Limited - AIA Gourmet	2832 1326
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
警察總部匯敘西餐廳		
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
警察總部雅膳中餐廳		
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
警察總部匯敘快餐		
海皇粥店	Ocean Empire Food Shop	
(新誠商業大廈)	(Simmons Commercial Building)	2575 0417
(糖街)	(Sugar Street)	2894 8848
(駱克道)	(Lockhart Road)	2891 1902
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778
粵軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
富豪金殿 - 富豪香港酒店	Regal Palace Restaurant - Regal Hongkong Hotel	2837 1773
富臨酒家	Foo Lum Restaurant	2528 2468
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
新星海鮮酒家	New Star Seafood Restaurant	
(駱克大廈)	(Lockhart House)	2838 2186
(聯合鹿島大廈)	(Allied Kajima Building)	2511 1228
壽司翔太	Sushi Shota	2834 3031
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳	Tsui Wah Restaurant	
(景隆街)	(Cannon Street)	2573 4338
(博匯大廈)	(The Broadway)	2542 2288
(駱克道)	(Lockhart Road)	2838 9086
(謝斐道)	(Jaffe Road)	2892 2633
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
(大有廣場)	(Tai Yau Plaza)	2573 8844
(世貿中心)	(World Trade Centre)	2915 6988
(時代廣場)	(Times Square)	2506 0080
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
蒲點美式酒吧 - 銅鑼灣利景酒店	Champs Bar - The Charterhouse Causeway Bay	2892 3386
稻香	Tao Heung	8300 8121
稻香超級漁港	Tao Heung Super 88	8300 8162

樂農	Happy Veggies	2529 3338
築地日本料理	Tsukiji Japanese Restaurant	2504 3338
橋底辣蟹	Under Bridge Spicy Crab	
(駱克道421-425號)	(421-425 Lockhart Road)	2834 6818
(駱克道429號)	(429 Lockhart Road)	2573 7698
(謝斐道)	(Jaffe Road)	2834 6268
龍皇酒家	Dragon King Restaurant	2895 2288
禮頓會	Club Leighton	3198 9805
鐘廚	Chung's Kitchen	8300 8005
薯仔屋	Small Potato	
(富明街)	(Foo Ming Street)	2882 7278
(新會道)	(Sun Wui Road)	2890 4884
麗姐廚房	Liza Veggies	2575 6060
饕宴	U-Banquet	
(利舞臺廣場)	(Lee Theatre Plaza)	2811 9181
(信和廣場)	(Sino Plaza)	2811 9628
CEO Karaoke Box	CEO Karaoke Box	2137 9777
Délices (Café)	Délices (Café)	
(大有廣場)	(Tai Yau Plaza)	2591 1600
(美國萬通大廈)	(Massmutual Tower)	2527 7201
(香港中央圖書館)	(Hong Kong Central Library)	2504 0115
(瑞安中心1樓)	(1/F Shui On Centre)	2802 4465
(駱克道)	(Lockhart Road)	2520 6622
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(新鴻基中心)	(Sun Hung Kai Centre)	2877 7327
(銅鑼灣廣場第一期)	(Causeway Bay Plaza I)	2573 7811
The Herbivores	The Herbivores	2613 2920

中西區

Central & Western District

力寶軒	Lippo Chiuchow Restaurant	2526 1168
大喜屋日本料理	Daikiya Japanese Restaurant	3107 1117
心齋	Pure Veggie House	2530 0778
北園酒家	North Garden Restaurant	2526 3163
西港城 - 大舞臺	The Grand Stage	8202 2809
西環碼頭餐廳	Harbour Restaurant	2818 0101
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
帝景園會所(只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited -	2843 3111
香港電燈有限公司職員餐廳	the Hongkong Electric Company Limited (Staff Canteen)	
富臨粵之味	Foo Lum	2815 1088
翠華餐廳	Tsui Wah Restaurant	
(山頂廣場)	(The Peak Galleria)	2849 2345
(威靈頓街)	(Wellington Street)	2525 6338
(德輔道中)	(Des Voeux Road)	2815 3000
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
(金鐘廊)	(Queensway Plaza)	2529 9908
(國際金融中心)	(IFC Mall)	2295 3811
嘉豪酒家	Ka Ho Restaurant	2815 8133
稻香	Tao Heung	8300 8086
Café O	Café O	
(亞畢諾道)	(Arbutnot Road)	2868 0450
(皇后大道中)	(Queen's Road Central)	2851 0890
(般咸道)	(Bonham Road)	2547 8819
Délices (Café)	Délices (Café)	
(力寶中心)	(Lippo Centre)	2147 3798
(山頂廣場)	(The Peak Galleria)	2849 2613
(華懋廣場)	(Chinachem Plaza)	2581 4391
(環球大廈)	(World Wide Plaza)	2868 1355
Mr. Taco Truck	Mr. Taco Truck	2810 0888
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(香港機鐵站)	(Hong Kong Station)	2530 2311
(長江中心)	(Cheung Kong Centre)	2185 7080
(中信大廈)	(Citic Tower)	2104 6333
(信德中心)	(Shun Tak Centre)	2511 9178
(無極限廣場)	(Infinitus Plaza)	2544 3369
(海富中心)	(Admiralty Centre)	2866 8707
(萬邦行)	(Melbourne Plaza)	2526 2685
The Herbivores	The Herbivores	2613 2909

南區

Southern District

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	Tai Hing	2552 9820
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2523 7378
百份百餐廳	Hundred Percent Restaurant	2645 9100
美心MX	Maxim's MX	2580 5133
珍寶王國	Jumbo Kingdom	2553 9111
南灣會所	Club Voyage	2922 2988
旅遊服務業培訓發展中心 (英語餐飲學會 - 蒲扶林) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Pokfulam) (Members Only)	2550 6683
泰國	Koon Thai Cuisine	2878 8282
富臨漁港藍臨門	Foo Lum Fishman's Wharf Restaurant	2553 0699
綠野仙踪	Greenland Comer	2552 4022
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
嘉豪酒家	Ka Ho Restaurant	2551 1228
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
緣禾素食	Destine Vegetarian Restaurant	2554 5837
稻香	Tao Heung	8300 8136
稻香超級漁港	Tao Heung Super 88	8300 8173
鍾菜	Chung's Cuisine	8300 8006
Délifrance (Café)	Délifrance (Café)	2813 1368
Subway	Subway	2550 1661

東區

Eastern District

一鍋	Ipot	2111 1241
太興	Tai Hing	2567 7362
甘味讚岐手打烏冬專門店 (杏花邨)	Yummy Handmade Sanuki Udon Restaurant (Heng Fa Chuen)	2896 7489
(藍灣半島廣場)	(Island Resort Mall)	2812 9689
百份百餐廳	Hundred Percent Restaurant	2469 8100
人和平小飯店	Ren Ren Heping Restaurant	2570 8616
京城膳膳	King Shing Chinese Cuisine	2872 6228
阿福米線	A Hu Mi Xian	2660 6668
迎禧大酒樓	Cheers Restaurant	8300 8199
美心MX	Maxim's MX	
(杏花新城)	(Paradise Mall)	2558 8541
(城市中心)	(City Garden)	2566 4556
(康怡廣場)	(Kornhill Plaza)	2885 5095
(新翠商場)	(New Jade Shopping Arcade)	2897 7513
(樂基中心)	(Stanhope House)	2679 8229
(藍灣廣場)	(Island Resort Mall)	2248 5370
(鯉魚涌)	(Quarry Bay)	2561 5760
星級味皇餐廳小廚	Delicious Café	2802 6622
香港專業教育學院(柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
海皇粥店	Ocean Empire Food Shop	2887 5879
茗館小廚燒味皇	Ming Guan	2886 1987
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
御名軒	Royal Legend	2578 9983
曼谷泰菜	Bangkok Thai Restaurant	2856 0818
(珠璣大廈)	(Chu Kee Building)	
(留仙街)	(Lau Sin Street)	2566 9966
(藍灣廣場)	(Island Resort Mall)	2568 6800
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
彩福酒家	Choi Fook Restaurant	2566 8289
富臨皇宮	Foo Lum Palace	2889 2200
福岡拉麵	Fukuoka Noodle Restaurant	3488 7550
綠野仙踪	Greenland Comer	3100 0076
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2897 7669
嘉豪酒家	Ka Ho Restaurant	2884 1022
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2539 0077
稻香	Tao Heung	
(筲箕灣)	(Shau Kei Wan)	8300 8138
(和富中心家居庭商場)	(Home World Provident Centre)	8300 8132
養珍品牛肉麵	Hu Hu Beef Noodles	3462 2000
稻香超級漁港	Tao Heung Super 88	8300 8161
錦江軒食府	Kum Gang Hin Cuisine	2887 3281
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
簡約煮意廚坊	Minimal Gourmet	2331 3161

藝術·家	Les Artistes Café	3426 8918
饗宴	U-Banquet	2811 9668
權發海鮮酒家	Kuen Fat Restaurant	2897 0688
Délifrance (Café) (太古城)	Délifrance (Café) (TaiKoo Shing)	2904 8603
(港運城)	(Café) (Island Place)	2565 1335
Oliver's Super Sandwiches (杏花邨)	Oliver's Super Sandwiches (Heng Fa Chuen)	2898 1707
(英皇道)	(King's Road)	2510 0255
(康怡花園)	(Kornhill Plaza)	2513 9266

九龍城區

Kowloon City District

好味廚	Honey Kitchen	2366 0701
金裝嫩奶佬餐廳	Daniel's Restaurant	2712 6900
美心MX (土瓜灣)	Maxim's MX (To Kwa Wan)	2712 2917
(半山壹號)	(Celestial Place)	3695 0899
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)	2713 4717
浸信會醫院餐廳	Baptist Hospital Restaurant	2337 6976
富臨漁港 (明安街)	Foo Lum Fishman's Wharf Restaurant (Ming On Street)	2363 2883
(馬頭角道)	(Ma Tau Kok Road)	2768 8618
(九龍城)	(Kowloon City)	2718 3318
富臨漁港藍臨門	Foo Lum Fishman's Wharf Restaurant	2365 2881
博藝會	Spotlight Recreation Club	8202 8606
煌府庭宴專門店	Wedding Banquet Specialist	2180 6198
新香城餐廳	Sun Heung Shing Restaurant	2334 0335
渝瀾烤魚	Yu Heung Grilled Fish	2382 4168
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
翠華餐廳	Tsui Wah Restaurant	2760 9828
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2402 4422
稻香超級漁港	Tao Heung Super 88	8300 8177
潮家	Chiu Ka	2338 3112
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2762 2986
華慶藝術酒家	Happiness Cusine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

深水埗區

Sham Shui Po District

北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
好·廚房	Good Kitchen	2541 7031
西龍傳香飯糰	QQ Rice	2387 9838
金裝嫩奶佬餐廳 (美孚新邨)	Daniel's Restaurant (Mei Foo Sun Chuen)	2959 1126
(順寧道)	(Shun Ning Road)	2729 6111
美心MX (青山道)	Maxim's MX (Castle Peak Road)	2742 4679
(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
紅蔥頭	Café Med	2361 0813
海皇粥店	Ocean Empire Food Shop	2307 6184
富臨酒家	Foo Lum Restaurant	2361 2213
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
富臨漁港藍臨門 (長沙灣廣場)	Foo Lum Fishman's Wharf Restaurant (Cheung Sha Wan Plaza)	2310 8880
(富華廣場)	(Florence Plaza)	2370 3262
新生餐廳	New Life Restaurant	2777 4726
新皇海鮮酒家	New Star Seafood Restaurant	2991 4903
新嘉華	New Ka Wah	2148 3131
寶隆餐廳	Bun Hui Restaurant	2204 1318
嘉豪酒家	Ka Ho Restaurant	2708 1888
稻坊	Tao Square	8300 8140
稻香	Tao Heung	8300 8139
稻香超級漁港	Tao Heung Super 88	8300 8171
Délifrance (Café)	Délifrance (Café)	2242 6669

油尖旺區 Yau Tsim Mong District

一壽司 (金馬倫道) (雅蘭中心)	Sushi One (Cameron Road) (Grand Tower)	3575 9898 3583 1100
八王子拉麵館 (通菜街) (白加士街)	Prince Ramen (Tung Choi Street) (Parkes Street)	2668 3937 2771 6939
大自然素食 (始創中心) (美麗華商場)	Gaia Veggie Shop (Pioneer Centre) (Miramar Shopping Centre)	2148 1163 2376 1186
大喜屋日本料理	Daikiya Japanese Restaurant	2739 0086
北京拉麵店	Peking Handmade Noodles Restaurant	2380 2183
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
百份百餐廳	Hundred Percent Restaurant	2703 9100
伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
百樂門宴會廳	Paramount Banquet Hall	2721 8821
百樂門廳宴	Joy Cuisine	3910 8388
男爵大排檔 (炮台街) (德利大廈)	Baron Cuisine (Battery Street) (Tak Lee Building)	2369 1959 2369 1959
住家菜	Home Feel	3105 0515
君滙港會所餐廳 (只供會員)	Harbour Green Club Banquet Room (Members only)	3516 1121
迎	Joyous One	8300 8001
金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
金都國宴	Golden City Banquet	2633 8866
金陶軒	Kum Tao Heen	2730 8668
阿糊米線	A Hu Mi Xian	2556 6893
迎龍大酒樓 (雅蘭中心) (彌敦道)	Cheers Restaurant (Grand Tower) (Nathan Hotel)	8300 8191 8300 8163
美心MX (百匯軒) (西洋菜街) (旺角東港鐵站) (花園街) (新文華中心)	Maxim's MX (Cite 33) (Sai Yeung Choi Street) (Mong Kok East MTR Station) (Fa Yuen Street) (New Mandarin Plaza)	2395 8850 2390 7530 2397 6303 2782 1669 2311 8589
風月堂	Orchard Garden Café & Restaurant	2421 4817
帝京軒 - 帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
客家好棧	Hakka Hut	8300 8103
查理布朗咖啡專門店	Charlie Brown Café	2366 6325
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel and Towers	2738 2322
紅廚房	GM Kitchen	2625 1986
紅意頭 (始創中心) (朗豪坊)	Café Med (Pioneer Centre) (Langham Place)	2626 0596 3514 9322
海皇粥店	Ocean Empire Food Shop	2385 6732
荔枝中菜廳	Lychee Garden Chinese Restaurant	2397 9609
骨煲皇 (金基大廈1樓) (金基大廈地下1-2號)	King of Hot Pot (1/F Kamga Mansion) (1-2, G/F, Kamga Mansion)	2380 4441 2380 4441
泰閣 (中港城) (彌敦道)	Koon Thai Cuisine (China Hong Kong City) (Nathan Road)	2878 7666 2393 3068
御苑皇宴 (尖沙咀加拿分) (尖東帝國中心)	The Banqueting House (TST Camarvon) (ETST Empire Centre)	2722 6768 3962 1188
常悅素食	M Garden Vegetarian	2787 3128
彩福欣宴	Eky's Banquet	2332 2698
彩福皇宴	Choi Fook Royal Banquet	2766 0886
甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
雅廊咖啡室 - 富豪九龍酒店	Café Allegro - Regal Kowloon Hotel	2313 8718
朝陽飯莊	Chao Yang Restaurant	2369 8202
富臨酒家 (協成行) (創興廣場)	Foo Lum Restaurant (HSH Mongkok Plaza) (Chong Hing Square)	2396 2880 2770 3386

富臨漁港臨門 (安達中心) (百誠大廈)	Foo Lum Fishman's Wharf Restaurant (Auto Plaza) (Pak Shing Building)	2723 8132 2770 6883
蜀一燒	Sichuan BBQ Restaurant	2780 2889
新吉洞激辛辣麵	Shingildong Super Spicy Jjambong	2388 2129
極尚大喜屋日本料理	Deluxe Daikiya Japanese Restaurant	3188 2882/ 3188 1998
煌府婚宴專門店 (The One) (始創中心) (旺角道) (港景匯商場)	Wedding Banquet Specialist (The One) (Pioneer Centre) (Mongkok Road) (Victoria Mall)	2180 6178 2180 6128 2180 6138 3520 1888
福苑火鍋海鮮酒家	Fuk Yuen Hot Pot Seafood Restaurant	3422 8222
新星海鮮酒家	New Star Seafood Restaurant	2780 2226
新發茶餐廳	Sun Fat Cafe	2388 1713
漁民樂·魚湯米線專門店	Happy Fisherman Restaurant	3486 4642
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠茵閣餐廳 (旺角道) (油麻地)	Green Land Court Restaurant (Mongkok Road) (Yau Ma Tei)	2104 7918 2104 1118
綠野仙踪	Greenland Corner	2336 6001
翠華餐廳 (加拿芬道) (北海街) (白加士街) (砵蘭街) (港島中心) (碧街)	Tsui Wah Restaurant (Carnarvon Road) (Pak Hoi Street) (Parkes Street) (Portland Street) (Harbour Crystal Centre) (Pitt Street)	2366 8250 2780 8328 2384 8388 2392 3889 2722 6600 2771 8080
靚煲皇	Supreme Hot Pot	2399 0812
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍粉麵茶餐廳 (恆隆大廈) (通菜街) (集友大廈)	Ngan Lung Restaurant (Hang Lung Mansion) (Tung Choi Street) (Friend's House)	2384 4600 2380 2566 2721 1155
稻坊	Tao Square	8300 8151
稻香 (恒星樓) (荷里活商業中心) (愛民商場) (新九龍廣場)	Tao Heung (Star Mansion) (Hollywood Plaza) (Oi Man Shopping Centre) (New Kowloon Plaza)	8300 8084 8300 8142 8300 8082 8300 8123
稻香超級漁港 (雅蘭中心) (彌敦道)	Tao Heung Super 88 (Grand Tower) (Nathan Hotel)	8300 8168 8300 8163
橫綱日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
點一龍	Dim Sum Bar	2175 3100
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
聯邦皇宮	Federal Palace Restaurant	2626 0022
譽宴 (始創中心) (莊士頓敦敦廣場)	U-Banquet (Pioneer Centre) (Chuang's London Plaza)	2811 1983 2142 8898
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
3106 餐廳	Carat 3106	3904 1328
California Pizza Kitchen	California Pizza Kitchen	2374 0032
Délices (Café)	Délices (Café)	2311 1320
Good Place	Good Place	3118 8066
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2375 2352
Maroon Café - 香港西九龍絲麗酒店	Maroon Café - Silka West Kowloon Hotel Hong Kong	2789 6838
Mezzo - 富豪九龍酒店	Mezzo - Regal Kowloon Hotel	2313 8788
Munch	Munch	2317 7887
Oliver's Super Sandwiches (奧海城) (新世紀廣場)	Oliver's Super Sandwiches (Olympian City) (Grand Century Place)	2272 4220 2264 3737

觀塘區

Kwun Tong District

中	二宜樓	Eryi Tower Restaurant	2346 9288
其	三和食堂		2342 2141
中	(上海)榮華川菜館	Shanghai Wing Wah (Sze Chuen) Restaurant	2341 0583
太	太興	Tai Hing	2359 0138
中	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2389 7409
中	百份百餐廳 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
	(寶達商場)	(Po Tat Shopping Centre)	2697 8100
中	百樂門宴會廳 (企業廣場5期)	Paramount Banquet Hall (MegaBox)	2798 8332
	(鱸魚恤中心)	(Crocodile Centre)	3910 8368
中	沁園春	Cheerful Restaurant	2251 3612
西	帕爾馬	La Trattoria di Parma	2111 1370
中	迎禧大酒樓	Cheers Restaurant	8300 8189
快	美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
	(康寧道)	(Hong Ning Road)	2793 9239
	(翠屏商場)	(Tsui Ping Shopping Circuit)	2763 4180
	(麗港城商場)	(Laguna City)	2772 3314
	(觀塘廣場)	(Kwun Tong Plaza)	2793 9225
中	客家好棧	Hakka Hut	8300 8109
快	香港專業教育學院 [觀塘分校] (學生飯堂) (只供學生)	Hong Kong Institute of Vocational Education - Kwun Tong (Student Canteen) (Student Only)	2346 8990
快	海皇粥店 (物華街)	Ocean Empire Food Shop (Mut Wah Street)	2304 7468
	(海大商場)	(Amoy Plaza)	2759 6537
西	旅遊服務業培訓發展中心 (英語餐飲學會 - 九龍灣) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
中	御苑皇宴	The Banqueting House	2798 8110/ 2798 8866
中	富臨漁港 (企業廣場)	Foo Lum Fishman's Wharf Restaurant (Enterprise Square)	2759 1808
	(觀塘廣場)	(Kwun Tong Plaza)	2342 4252
中	會所1号 (九龍東)	Club One (Kowloon East)	8202 9298
	(郵輪堤岸)	(Harbourfront)	8209 9223
中	煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
茶	翠華餐廳	Tsui Wah Restaurant	2343 3866
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
中	嘉豪酒家	Ka Ho Restaurant	2755 2982
茶	銀龍粉麵茶餐廳 (彩德商場)	Ngan Lung Restaurant (Choi Tak Shopping Centre)	2679 7388
	(鯉魚門廣場)	(Lei Yue Mun Plaza)	2709 3344
中	稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
	(海大商場)	(Amoy Plaza)	8300 8124
中	稻香超級漁港 (德福廣場)	Tao Heung Super 88 (Telford Plaza)	8300 8175
	(麗港城商場)	(Laguna Plaza)	8300 8176
中	潮館	Chao Inn	8300 8145
中	德藝會	Telford Recreation Club	8202 2892
中	龍皇酒家	Dragon King Restaurant	2955 0668
中	鍾菜	Chung's Cuisine	8300 8010
快	聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3513 4065
中	譽宴 (鱸魚恤中心)	U-Banquet (Crocodile Centre)	2811 9788
	(Megabox)	(Megabox)	2811 9323
中	禧雲天	Cheerful Sky Cuisine	2827 2886
中	禧儀 (國際展貿中心)	Happiness Gastronomy (Hong Kong International Trade & Exhibition Centre)	2827 1811
中	禧儀自家菜 (偉業街)	Happiness Gastronomy (Wai Yip Street)	2827 2688
西	California Pizza Kitchen	California Pizza Kitchen	3421 2351
西	Délifrance (Café) (企業廣場5期)	Délifrance (Café) (MegaBox)	2359 0348
	(海大商場)	(Amoy Plaza)	2757 4518
	(德福廣場)	(Telford Plaza)	2756 9565
快	Oliver's Super Sandwiches (企業廣場)	Oliver's Super Sandwiches (Enterprise Square Three)	2749 7561
	(德福廣場)	(Telford Plaza)	2757 2662
	(APM, 創紀之城)	(APM, Millennium City 5)	3148 1101
西	Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
西	Studio City Bar & Café	Studio City Bar & Café	3543 5638

黃大仙區

Wong Tai Sin District

其	大自然素食	Gaia Veggie Shop	2887 3363
西	友邦薈翠	AIA Cafe	2895 8816
中	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
茶	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
快	美心MX (竹園南邨)	Maxim's MX (Chuk Yuen Shopping Centre)	2327 8551
	(黃大仙中心)	(Wong Tai Sin Shopping Centre)	2321 9331
中	客家好棧	Hakka Hut	8300 8104
西	紅蔥頭	Café Med	2955 4988
中	順德經典	Classic in Shun Tak	2997 8866
中	富臨皇宮	Foo Lum Palace	2794 3883
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
中	富臨漁港薈臨門	Foo Lum Fishman's Wharf Restaurant	2320 9080
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
茶	翠華餐廳	Tsui Wah Restaurant	2324 6486
中	龍皇酒家	Dragon King Restaurant	2711 8233
中	聯邦皇宮	Federal Restaurant	2626 0011
中	麗都軒	Nice Capital Restaurant	2827 1168
中	譽宴	U-Banquet	2811 3281
西	California Pizza Kitchen	California Pizza Kitchen	3105 0352

荃灣區

Tsuen Wan District

中	八麵玲瓏	The Noodle House	2408 3298
其	大自然素食	Gaia Veggie Shop	2148 1819
中	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
中	百樂門宴會廳	Paramount Banquet Hall	2419 0348
茶	季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
茶	金裝嫩奶佬餐廳 (99廣場)	Daniel's Restaurant (99 Plaza)	2439 9728
	(大壩街)	(Tai Pa Street)	2498 5662
中	迎禧大酒樓	Cheers Restaurant	8300 8196
快	美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
	(荃錦中心)	(Tsuen Kam Centre)	2498 9401
	(樂悠居)	(Indihome)	2439 1070
西	紅蔥頭	Café Med	2116 1235
其	珀麗灣藍色會所餐飲部 (啟勝 管理服務有限公司) (只供會員)	Park Island Blue Blue Club F & B (Kai Shing Management Services Ltd.) (Members Only)	2296 4000
快	海皇粥店	Ocean Empire Food Shop	2439 4510
中	荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
中	雲貴軒	The Vermicelli House	2402 2220
中	富臨漁港薈臨門	Foo Lum Fishman's Wharf Restaurant	2409 0883
中	煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
中	新星海鮮酒	New Star Seafood Restaurant	2402 8866
中	漁川米線	Shunde Cuisine	2614 2628
茶	翠華餐廳 (兆和街)	Tsui Wah Restaurant (Shiu Wo Street)	2419 7738
	(眾安街)	(Chung On Street)	3126 9233
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2363 8698
茶	銀龍粉麵茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0270
	(眾安街122號)	(122 Chung On Street)	2416 1922
	(眾安街22號)	(22 Chung On Street)	2416 6990
中	稻香	Tao Heung	8300 8125
中	稻香超級漁港	Tao Heung Super 88	8300 8164
中	潮館	Chao Inn	8300 8149
其	爵悅庭住客會所 (只供住客)	Club Chelsea (Resident Only)	2480 6022
中	聯邦皇宮	Federal Restaurant	2626 0883
中	麗都盛客	Nice Invitation	2827 2699
西	Délifrance (Café)	Délifrance (Café)	2940 4830

元朗區 Yuen Long District

八斗鍋粥茶餐廳	Eight Ladle Restaurant	2442 9001
元朗茶記	Yuen Long Restaurant	2470 5386
加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Resident Only)	2482 3100
迎	Joyous One	8300 8002
金裝嫩奶佬餐廳	Daniel's Restaurant	2445 6321
美心MX	Maxim's MX	
(天盛商場)	(Tin Shing Shopping Centre)	2254 2736
(天晴商場)	(Tin Ching Commercial Centre)	2351 5772
客家好棧	Hakka Hut	8300 8107
叙福樓海鮮酒家	Lucky House Seafood Restaurant	3156 1283
海皇粥店	Ocean Empire Food Shop	2415 6780
茶魚飯后	Ngan Lung Restaurant	2254 2188
雲貴軒	The Vermicelli House	2442 1000
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
銀龍麵茶餐廳	Ngan Lung Restaurant	
(天恩商場)	(Tin Yan Shopping Centre)	2254 4999
(天慈商場)	(Tin Tsz Shopping Centre)	2617 7817
(頤富廣場)	(Chung Fu Shopping Centre)	3156 1668
緣來素食	Destine Vegetarian Restaurant	3489 6428
稻香	Tao Heung	8300 8137
稻香超級漁港	Tao Heung Super 88	8300 8170
潮樓	Chao Inn	8300 8148
錦綉花園鄉村俱樂部	Fairview Park Country Club (Country Café)	2471 6333
(亭林閣餐廳) (只供會員)	(Members Only)	
錦綉花園鄉村俱樂部 (錦綉樓)	Fairview Park Country Club (Chinese Restaurant)	2471 6333
(只供會員)	(Members Only)	
麗都饌客	Nice Invitation	2479 9908
YOH Midtown 住客會所 (只供會員)	YOH Midtown Club Midtown (Members Only)	2443 2226
YOH 會所 (只供會員)	YOH Club (Members Only)	2470 1550

屯門區 Tuen Mun District

一壽司	Sushi One	2155 2233
生果報社	Fruit Magazine	2458 5291
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2618 7499
百份百餐廳	Hundred Percent Restaurant	2527 8100
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
季季紅風味酒家	Red Seasons Aroma Restaurant	
(華都花園)	(Waldorf Garden)	2404 6663
(藍地大街)	(Lam Tei Main Street)	2462 7038
金裝嫩奶佬餐廳	Daniel's Restaurant	2459 3481
迎龍大酒樓	Cheers Restaurant	8300 8194
美食坊	Food Hall	2465 3817
客家好棧	Hakka Hut	8300 8102
海皇粥店	Ocean Empire Food Shop	2450 5938
悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
「粵」中菜廳 - 香港黃金海岸酒店	Yue - Hong Kong Gold Coast Hotel	2452 8668
曼谷泰菜	Bangkok Thai Restaurant	2459 1883
雲貴軒	The Vermicelli House	
(山景商場)	(Shan King Shopping Centre)	2442 7700
(蝴蝶廣場)	(Butterfly Plaza)	2454 2200
(龍門居)	(Lung Mun Oasis)	2449 8800
富臨皇宮	Foo Lum Palace	2404 5688
愛琴會悠閒廊 (只供會員)	La Fantasia Leisure Lounge (Members Only)	2949 5333
煮樓餐廳	Cooking Restaurant	2613 2380
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	Tao Heung	
(屯門海邊坊)	(Tuen Mun Ocean Walk)	8300 8135
(建生商場)	(Kin Sang Commercial Centre)	8300 8081
稻香超級漁港	Tao Heung Super 88	8300 8166
樂融融餐廳	Café Fusion	3511 0702
聯邦皇宮	Federal Palace	2626 0088
Delifrance (Café)	Delifrance (Café)	2613 9755
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2205 0183

西貢區 Sai Kung District

一壽司	Sushi One	3622 2322
太興	Tai Hing	2628 6072
百份百餐廳	Hundred Percent Restaurant	
(明德商場)	(Ming Tak Shopping Centre)	2271 9100
(景林商場)	(King Lam Shopping Centre)	2845 8100
百好宴會廳	Very good Banquet Hall	2701 9998
迎龍大酒樓	Cheers Restaurant	8300 8193
美心MX	Maxim's MX	
(東港城)	(East Point City)	2628 5010
(將軍澳中心)	(Park Central)	3417 4970
客家好棧	Hakka Hut	8300 8106
香港科技大學學生飯堂	Hong Kong University of Science & Technology	2243 1287
(只供學生及職員)	Student Canteen (Students & Staff Only)	
香港專業教育學院 [李惠利]	Hong Kong Institute of Vocational Education -	2706 1500
(學生飯堂)	Lee Wai Lee (Student Canteen)	
海皇粥店	Ocean Empire Food Shop	3417 4059
將軍澳醫院職員飯堂 (只供職員)	Tsuen Wan O Hospital Staff Canteen (Staff Only)	2208 0063
富臨皇宮	Foo Lum Palace	2207 4798
新一派·味道	New Taste	2701 9188
翠華餐廳	Tsui Wah Restaurant	2760 8882
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2673 3108
稻香	Tao Heung	
(尚德商場)	(Sheung Tak Shopping Centre)	8300 8083
(新都城)	(Metro City)	8300 8129
稻香超級漁港	Tao Heung Super 88	8300 8167
潮家	Chiu Ka	
(君薈坊)	(The Edge)	2331 2155
(彩明商場)	(Choi Ming Shopping Centre)	3143 9002
蘋果日報印刷有限公司	Apple Daily Printing Limited (Staff Canteen)	2623 9833
(職員餐廳)		
California Pizza Kitchen	California Pizza Kitchen	3902 3875
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

北區 North District

百份百餐廳	Hundred Percent Restaurant	
(天明樓)	(Ting Ming House)	2656 9100
(粉嶺中心)	(Fanling Centre)	2554 9100
(華心商場)	(Wah Sum Shopping Centre)	2445 8100
金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
金裝嫩奶佬餐廳	Daniel's Restaurant	2639 0886
海皇粥店	Ocean Empire Food Shop	
(名都商場)	(Sheung Shui Town Centre)	2698 3699
(名都廣場)	(Fanling Town Centre)	2682 3798
桃園粥麵·小廚	Tao Yuen	
(華心商場)	(Wah Sum Shopping Centre)	2452 1200
(嘉福商場)	(Ka Fuk Shopping Centre)	2642 1200
蘭府統請	Hop Fu Tong Ching	2256 1335
銀龍麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級漁港	Tao Heung Super 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
麗都饌客	Nice Invitation	2673 8829

沙田區

Sha Tin District

茶	太興	Tai Hing	2693 2782
中	甘味讚岐手打烏冬專門店 (沙田第一城) (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin) (New Town Plaza)	2637 6011 2607 0668
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
中	百份百餐廳	Hundred Percent Restaurant	2975 8100
西	老爹茶居	Daddy's Kitchen	2640 3878
其	突破青年村	Breakthrough Youth Village	2632 0100
中	沙龍會	Salem Club	2696 2112
中	君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6338
中	李季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
茶	金裝嫩奶佬餐廳 (天貴樓) (馬鞍山廣場) (頌安商場)	Daniel's Restaurant (Tin Po Building) (Ma On Shan Plaza) (Chung On Shopping Centre)	2608 1331 2630 5533 2631 0225
快	美心MX (禾輦商場) (沙田中心)	Maxim's MX (Wo Che Shopping Centre) (Shatin Centre)	2694 7608 2605 5873
快	香港中文大學 - 和聲書院 (學生飯堂)	The Chinese University of Hong Kong - LWS (Student Canteen)	3943 1504
快	香港科學園 - Park Gourment	Hong Kong Science Park - Park Gourment	2607 4080
快	威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
快	峰山美食	Fung Shan Canteen	2947 7589
快	海皇粥店	Ocean Empire Food Shop	2692 4150
中	盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
中	曼谷泰菜	Bangkok Thai Restaurant	2606 3882
中	順德經典	Classic in Shun Tak	2330 0023
其	雅典居住客會所	Villa Athena Club House	2633 4318
中	越南越南餐廳	Trend Vietnamese Restaurant	2602 3198
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
中	會所1号 - 萬壽	Club One - Riverview	8209 9288
茶	翠華餐廳	Tsui Wah Restaurant	2601 9292
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
中	嘉豪酒家	Ka Ho Restaurant	2602 3228
中	醉月樓	Dream Catering Limited	2697 7832
中	稻香	Tao Heung	8300 8134
中	稻香超級漁港 (馬鞍山) (沙田正街)	Tao Heung Super 88 (Ma On Sha) (Sha Tin Centre Street)	8300 8179 8300 8178
中	潮家	Chiu Ka	2693 2321
茶	嚕味	Taste	2606 5588
中	麗都講客	Nice Invitation	2693 9088
其	麵軒	Mian Café	2640 8200
中	福慶酒樓	Happiness Cuisine	2827 8803
西	Délifrance (Café)	Délifrance (Café)	2606 4881
快	Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911

大埔區

Tai Po District

中	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2481 4989
中	百份百餐廳	Hundred Percent Restaurant	2557 9100
中	迎龍大酒樓	Cheers Restaurant	8300 8190
快	美心MX	Maxim's MX	2638 8239
快	味走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
中	茗苑酒家	Ming Yuen Restaurant	2650 6388
中	海皇粥店	Ocean Empire Food Shop	2638 7865
茶	桃園粥麵·小廚	Tao Yuen	2834 1200
中	彩福酒家	Choi Fook Restaurant	2766 3788
茶	翠華餐廳	Tsui Wah Restaurant	2660 8028
中	稻香	Tao Heung	8300 8127

葵青區

Kwai Tsing District

中	山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
中	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
中	百份百餐廳 (長亨商場) (長康邨) (華景商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre) (Cheung Hong Estate) (Wonderland Villas)	2547 9100 2954 9100 2574 8100
中	百樂門宴會廳	Paramount Banquet Hall	2496 8068
茶	金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
快	迎龍大酒樓	Cheers Restaurant	8300 8195
快	美心MX (石蔭商場) (石籬商場) (長發商場) (新葵興) (賢麗苑商場)	Maxim's MX (Shek Yam Shopping Centre) (Shek Lei Shopping Centre) (Cheung Fat Shopping Centre) (Sun Kwai Hing) (Yin Lai Court Shopping Centre)	2276 0119 2425 0230 2436 9353 2428 0636 2743 8651
快	香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	Hong Kong International Terminals Ltd (Staff Canteen) (Staff Only)	2614 4527
中	茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
快	茗苑酒家	Ming Yuen Restaurant	2716 6988
快	葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
中	雲貴軒	The Vermicelli House	2442 3388
中	富臨酒家	Foo Lum Restaurant	2416 1886
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
茶	廣發餐廳	Kong Fat Restaurant	2612 1842
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2497 3818
快	瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
快	銀龍麵粉茶餐廳 (石蔭商場) (葵芳廣場) (葵盛東商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre) (Kwai Fong Shopping Centre) (Kwai Shing East Shopping Centre)	2276 5888 3156 1112 2408 2315
中	稻香 (青衣城) (寶星廣場)	Tao Heung (Maritime Square) (Po Sing Plaza)	8300 8126 8300 8130
中	稻香超級漁港 (葵芳) (青衣)	Tao Heung Super 88 (Kwai Fong) (Tsing Yi)	8300 8165 8300 8183
中	潮篇	Chaozhou Cuisine	2827 2789
中	聯邦皇宮	Federal Palace	2626 0618
西	Bistro Délifrance	Bistro Délifrance	2429 8936

離島區

Islands District

中	天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
快	西龍傳香飯糰 (香港國際機場T1) (香港國際機場T2)	QQ Rice (Hong Kong International Airport T1) (Hong Kong International Airport T2)	2107 9989 2261 0622
中	空港居酒屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
中	紅軒中菜館 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
西	南島書蟲	Bookworm Café	2982 4838
快	香港飛機工程有限公司基地維修 3A機庫 (職員餐廳)	Hong Kong Aircraft Engineering Company Limited (Aircraft Hanger No.3) (Staff Canteen)	2286 0238
中	索迪斯 (香港) 有限公司 - 香港電燈南丫島發電廠職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, the Hongkong Electric Company Limited (Staff Only)	2388 8682
中	凱星軒	Winsea Seafood Restaurant	2982 8338
茶	翠華餐廳 (富東廣場) (機場)	Tsui Wah Restaurant (Fu Tung Plaza) (Airport)	2811 2877 2261 0306
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
中	稻香	Tao Heung	8300 8133
中	潮樓	Chao Inn	8300 8141
中	龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
中	聯邦皇宮	Federal Palace	2626 0181
西	藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
西	Bistro Délifrance	Bistro Délifrance	2109 4187
西	Délifrance (Café)	Délifrance (Café)	2261 2056



「有營食肆」運動 「特快審批簡介會」現已接受報名

"EatSmart Restaurant Express Registration Session"
("EatSmart@Restaurant.hk" Campaign) are back in town!
Sign up now!

衛生署將於2015年2月5日在第一屆亞洲素食展中舉辦「有營食肆」特快審批簡介會。有意參加的食肆必須參考本署提供的營養準則資料設計「有營菜式」食譜，並於簡介會前提交最少五款食譜至「有營食肆」運動秘書處作預先審批。審批簡介會當天，食肆必須指派最少兩名職員（包括負責食肆營運和食譜設計的員工，如餐廳經理及廚師）出席簡介會。如食肆所提交的食譜已符合相關的營養要求，便可於簡介會後立即認證為「有營食肆」。欲知更多有關「特快審批簡介會」的詳情或有意加入成為「有營食肆」的一分子，請立即登入<http://restaurant.eatsmart.gov.hk>，填妥報名表格交回「有營食肆」運動秘書處，勿失良機！

In the first "Vegetarian Food Asia", an event scheduled for 5 February 2015, the Department of Health (DH) will organise an "EatSmart Restaurant Express Registration Session" (the Session). Restaurants who are interested in signing up as ESRs must devise several "EatSmart" recipes in accordance with the nutritional guidelines provided by DH, and then submit at least five recipes to the Campaign Secretariat before the Session for preliminary vetting. On the day of the Session, at least two staff members (in charge of shop operation and/or recipe design; e.g. managers and chefs) nominated by each entering restaurant must attend the Session. **If the recipes submitted meet the relevant nutritional requirements, the attending restaurants will be qualified as ESRs right after the Session.** To find out more about the Session, or if you want to become an ESR, please log on to <http://restaurant.eatsmart.gov.hk>; complete the application form and return it to the Campaign Secretariat.





大廚出場 Chefs on Assignment

在本年12月舉行的「第49屆工展會」中，我們將會舉辦「有營食肆，我推介！」活動。我們會從多款別具匠心的「有營菜式」中選出最優異的兩款，並邀請負責設計的「有營食肆」分別於2014年12月17和19日的活動中主持烹飪示範。歡迎業界各位朋友和廣大市民到場參觀，親身品嚐他們別出心裁的「有營菜式」。

In December this year, at the 49th Hong Kong Brands and Products Expo, we will organise the "EatSmart Restaurants, We Like!" event. We will pick the best two EatSmart dishes and ask their creators (ESRs) to demonstrate the cooking of them on 17 and 19 December 2014. Whether you are from related industries or a member of the public, do drop by and taste the fabulous dishes!



2015年度「有營食肆」 繼續接受報名！ ESR membership 2015

每年十月初，「有營食肆」運動開始招募來年新會員，歡迎各食肆踴躍參加。報名詳情可致電「有營食肆」秘書處2572 1476查詢，或瀏覽「有營食肆」專題網站(<http://restaurant.eatsmart.gov.hk>)。

至於現時的「有營食肆」商戶，已經自動確認成為2015年度的「有營食肆」。

Recruitment of ESRs begins in early October each year. Sign up to enrol at once! For more details of enrolment, please call "EatSmart@restaurant.hk" Campaign Secretariat on 2572 1476, or log on to our thematic site at <http://restaurant.eatsmart.gov.hk>.

As for current ESRs, your membership will be automatically renewed for 2015.



