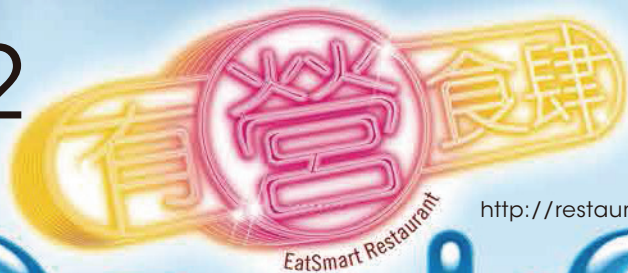


022



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

CookSmart

廚營

「魚」我同樂
蔡思貝

Having Fun with Fish -
Sisley CHOI





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.

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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



022


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

CookSmart

營廚



編者的話 Editor's Words



香港人一向愛吃海鮮，尤其是魚類。魚除了含有豐富蛋白質外，其整體營養價值如何？對人身體有多重要？吃什麼魚才能吸收最多的營養素？什麼烹調方法才最能保全營養素？吃魚要注意什麼地方？今期《營廚》有營養師為大家解答以上問題並且分析吃魚的好處，又介紹多款用各種魚類烹製的菜式。此外，「有營食肆」 - 新店登場專欄繼續介紹多間新加盟的餐廳，而「適」飲「適」食專欄亦為大家提供兩款魚類菜式，為讀者帶來更多有「營」的選擇和資訊。內容精彩，萬勿錯過！



Seafood, in particular the fish, has always been a favourite among Hong Kong people. Apart from being a rich source of protein, what nutritional value in general does fish have? How important is it for the human body? What kinds of fish provide the widest range of nutrients to us? What cooking methods can keep the nutrients of fish intact? What should we note when eating fish? In this issue, dietitians will tell you everything you need to know about eating fish, in particular the benefits of eating fish, with additional information on various fish dishes. In the same issue, we will also present several new EatSmart Restaurants and provide two diabetes-friendly fish recipes. Read and have fun!





豐盛閣 - 挪亞方舟度假酒店

Harvest Restaurant - Noah's Ark Hotel and Resort



有營菜式推介
Recommended ESR dishes



香煎大西洋鮮鱸魚配清炒野菌露筍
Pan-fried Atlantic Sea Bass with
Sauteed Wild Mushroom and
Asparagus



焗鮮雞胸伴粟米菠蘿沙律
Poached Chicken Breast with Sweet
Corn, Pineapple and Green Salad



多國菜
International
Cuisine

豐盛閣餐廳供應各式自助美食，菜式種類繁多，精緻美味。顧客在品嚐佳餚的同時，又能在這間餐廳近距離觀看青馬大橋，的確是賞心樂事。

Harvest Restaurant serves a wide variety of delicacies in self-service style. Diners also enjoy the panoramic view of Tsing Ma Bridge in near distance from the restaurant.

馬灣珀欣路33號挪亞方舟度假酒店
Noah's Ark Hotel and Resort, 33 Pak Yan Road,
Ma Wan

3411 8836 / 3411 8837



牧羊少年咖啡·茶·酒館

The Alchemist Cafe Bistro



有營菜式推介
Recommended ESR dishes



素食薄餅
Veggie Pizza



煙三文魚、葡萄、核桃沙律
Smoked Salmon, Grape, Walnut Salad



西餐
Western
Cuisine

牧羊少年咖啡·茶·酒館是一間以旅遊為題的餐廳，集美食、文化、藝術和音樂於一身。我們提倡健康飲食文化，希望顧客吃得有「型」又有「營」。

The Alchemist Cafe Bistro is a travel-themed restaurant offering gastronomic, cultural, artistic and musical delights. We promote healthy gastronomic culture and expect customers to enjoy our nutritious dishes in style.

葵芳興寧路12號葵青劇院地下2號舖
Shop 2, G/F Kwai Tsing Theatre,
12 Hing Ning Road, Kwai Fong

2439 5669



金飯碗美食

Gold Rice Bowl Delicious Food



有營菜式推介
Recommended ESR dishes



什菜排骨飯
Spare Ribs and Mixed
Vegetables Rice



豆腐什菜湯飯
Bean Curd and
Vegetables Rice in Soup



亞洲菜
Asian
Cuisine

金飯碗美食提供多款中外美食，最近更推出多款少油少鹽的健康菜式，務求令客人享受美食之餘，亦能加倍注重均衡飲食。

Gold Rice Bowl Delicious Food offers a variety of Chinese and international cuisines. To allow patrons to enjoy gourmet food while focusing more on balanced diet, we have recently offered numerous healthy dishes prepared with less oil and salt.

西貢清水灣香港科技大學LG7
LG7 HKUST, Clearwater Bay, Sai Kung

2325 2533



龍璽

Dragon Seal Restaurant & Bar



有營菜式推介
Recommended ESR dishes



現炒斑球
Stir-fried Grouper with Green Apple
and Wax Apple



黑松露蟹肉三色地瓜
Steamed Three Potatoes with Crab
Meat in Black Truffles Sauce



DRAGON SEAL

RESTAURANT & BAR

中菜
Chinese
Cuisine

龍璽選址於環球貿易廣場的101層別具意義。我們認為食物和服務都要做到101分，多出來的1分是自我要求，使我們時刻保持謙虛和進步狀態中。

Dragon Seal Restaurant & Bar situates on the 101th floor at International Commercial Centre. This floor number is meaningful because we determine to achieve 101 marks for our food and service. The extra 1 mark implies our strive to uphold modesty and make improvement continuously.

尖沙咀柯士甸道西1號環球貿易廣場101樓C舖
Shop C, 101/F, International Commerce Centre,
1 Austin Road West, Tsim Sha Tsui

2568 9886



西龍纤味

Slim Taste



有營菜式推介
Recommended ESR dishes



雪裡紅拌四季豆
Green Beans with
Salted Vegetables



紅米菜飯
Red Rice with
Vegetables



亞洲菜
Asian
Cuisine

西龍纤味主要提供高纖和健康的融合菜。我們採用不含化學醃料和以自製醬料調配的食材，菜式味道好、不油膩，使顧客食得健康。

Slim Taste mainly serves high fiber and healthy fusion cuisine. We use marinades free of chemicals and ingredients seasoned with home-made sauces. Our dishes are tasty, non-greasy and healthy.



樂富樂富廣場A區平台1樓1104號舖
Shop 1104, 1/F, Zone A, Lok Fu Plaza,
Lok Fu

3105 5303



浪濤軒

Concerto Inn



有營菜式推介
Recommended ESR dishes



鮮茄彩椒意粉
Pasta with Fresh Tomatoes
and Assorted Bell Peppers



凱撒沙律
Caesar Salad



中西式
Asian and
Western
Cuisine

浪濤軒於1989年由林佩英女士創立。本酒店除了為客人提供房間及獨立單位住宿外，還提供一間供應高級餐飲及國際美食的臨海餐廳，讓顧客一邊享受陽光海灘，一邊品嚐美食飲料。

Concerto Inn was founded in 1989 by Ms. Susan LAM. Besides guest rooms and apartments for accommodation, we also provide our guests with a beachside cafe for fine dining and international cuisines, where they can enjoy the sunshine and beach, as well as gourmet food and beverages.



南丫島榕樹灣洪聖爺灣28號
28 Hung Shing Ye Beach, Yung Shue Wan,
Lamma Island

2982 1668



嘉彩漁村酒家有限公司

Kar Choi Fish Village Restaurant Co. Ltd.



有營菜式推介
Recommended ESR dishes



鮮白果鮮腐竹浸水耕芥菜
Fresh Ginkgoes and Tofu Skins with
Hydroponic Leaf Mustards in Soup



木耳浸水耕生菜
Fungi with Hydroponic Lettuce in Soup



中菜
Chinese
Cuisine

本酒家本著「嘉彩精神，誠信先行」為宗旨，於國內設有水耕蔬果園，讓客人「食得健康，食得安心」。

Based on our motto "Kar Choi spirit, veracity comes first", we set up a hydroponic farm for vegetables and fruit in Mainland China so as to let our patrons "eat healthily with peace of mind".

屯門三聖邨商場大廈2樓
2/F, Sam Shing Shopping Center,
Sam Shing Estate, Tuen Mun

2450 6333



Jimmy's Coffee



有營菜式推介
Recommended ESR dishes



雜菌炒意粉
Pasta with Sauteed
Assorted Mushrooms



奇異果沙拉
Kiwi Fruit Salad



西餐
Western
Cuisine

本餐廳的宗旨是提供一個舒適的環境，讓顧客享受我們既健康美味，又原汁原味的菜式。

It is our goal to provide our patrons with a comfortable environment to enjoy healthful and savoury dishes with original flavours.

太子洗衣街203號耀昌大廈1樓203室
Room 203, 1/F, Yiu Cheong Building,
203 Sai Yee Street, Prince Edward

2380 2387



鐵板超

Teppan Chiu Teppanyaki



亞洲菜
Asian
Cuisine

鐵板超創立於1995年，重質重量，食品一直保持水準。鐵板燒是一種表演，為客人帶來五官享受，我們用心烹調各種食材給客人，目的就是為了令客人滿足開心。

Teppan Chiu Teppanyaki, established in 1995, places emphases on both quality and quantity. We have always been maintaining a high standard of food. Teppanyaki is a kind of show that brings enjoyment to customers' five senses. We prepare ingredients with heart in order to satisfy and please our customers.

尖沙咀山林道17-19號山林中心17-19號舖
Shop No 17-19, G/F, Hillwood Centre, 17-19
Hillwood Road, Tsim Sha Tsui

2787 5135



亞洲菜
Asian
Cuisine

「大姆指(亞洲)餐廳」於1996年創立，為「金裝燉奶佬」集團旗下品牌。本集團自設中央工場，對食品要求及處理都非常嚴謹，近年已獲取了ISO 22000:2005 認證。本餐廳的餐牌融合中外菜式，切合大眾口味。

藉著參加「有『營』食肆」計劃，我們希望能向每一位食客傳揚香港的健康飲食文化。

Established in 1996, Big Top Restaurant is a brand under the Daniel's Group Holdings Limited. Our group has set up a central plant with stringent requirements on food ingredients and processing procedures. We have been awarded ISO 22000:2005 in recent years. Our menu encompasses Chinese and international dishes to suit people with different tastes.

By taking part in the Eat Smart Restaurant campaign, we wish to promote Hong Kong's healthful diet culture to all our patrons.

太子彌敦道726號地下1-2號舖
Shop 1-2, G/F, Nathan Road, Prince Edward

2391 0888

其他店舖資料可參閱第38頁。
For other restaurant information, please refer to page 38.

有營菜式推介
Recommended ESR dishes



冰鎮秋葵
Iced Okra



鐵板牛柳
Grilled U.S. Prime Tenderloin Steak



大姆指

Big Top Restaurant

有營菜式推介
Recommended ESR dishes



野菌大蝦海鮮炒意粉
Stir-fly Spaghetti with Shrimp,
Mushroom and Seafood



瑤柱鮮菇蘭花豆腐飯
Braised Broccoli, Mushroom,
Scallop and Tofu with Rice





浪琴園住客會所 (只供住客) Pacific View (Residents Only)



浪琴園

中菜
Chinese
Cuisine



有營菜式推介
Recommended ESR dishes



鮮冬菇秀珍菇炒雞片
Stir-fried Chicken with Mixed
Mushroom



松子西芹炒魚丁
Stir-fried Fish Fillet with
Celery and Pine Nut



浪琴園住客會所餐廳在編寫菜單、選用食材、烹調煮食，以至顧客服務方面均一絲不苟。為保證質素和令住戶安心，本餐廳嚴格檢查所有食材及食品。本餐廳嚴控品質，精心挑選和培訓員工，因此我們的廚師以至服務員皆經驗豐富，技巧嫺熟。

本餐廳走大眾化路線，定價超值實惠，讓各浪琴園住客「以最實惠價錢享用最高質素食物」。

Pacific View Residents Clubhouse Restaurant never compromises on ingredient, cooking and service qualities, as well as menu choices. To guarantee quality and give our customers peace of mind, we conduct intensive and regular check-ups on all our ingredients and food served. We apply stringent quality control at every level of operations and carefully select and train our personnel. All our staff, from chefs to frontline staff, are therefore very experienced and skillful.

Our restaurant is run in a popular style offering good value for money. We strive to let the Pacific View residents "enjoy the highest quality food with the lowest price".

📍 大潭道38號浪琴園
Pacific View, 38 Tai Tam Road
☎ 2813 9336



哈佛提素 Harvester



有營菜式推介
Recommended ESR dishes



哈佛素炒麵
Harvester Vegetarian
Fried Noodles



哈佛一品刀削麵
Harvester Premium Pared Noodles



素菜
Vegetarian
Cuisine

哈佛提素以創意烹調為原則，供應時令健康素菜。我們希望顧客吃得開心又健康。

Harvester offers healthy seasonal vegetables in a creative culinary style. We expect customers to enjoy the delights of healthy dishes.

📍 上環新街市街億利商業大廈A-B舖
Shop A & B, G/F Yardley Commercial Building,
New Market Street, Sheung Wan
☎ 2542 4788



新店登場內食肆排名不分先後。
The restaurants in Newly Registered ESR are in no particular order.



「魚」我同樂

蔡思貝

Having Fun with Fish - Sisley CHOI

蔡思貝 (Sisley) 雖然在海外留學多年，但談起本地的魚鮮卻意外地話題不斷。原來她自幼與魚結緣，曾嚐過不少本地出產的魚鮮，對吃魚情有獨鍾。

Despite years of overseas study, Sisley CHOI can still speak eloquently on the wide variety of local fish. She has a passion for the subject because of her special preference on it since childhood.

與魚有緣 嚐盡魚鮮

「爸爸喜歡釣魚，小時候的我經常跟爸爸及世伯們到長洲嬉水及釣魚，吃到他們釣獲的石斑和泥鯚等本地魚鮮。」Sisley覺得以清蒸來烹調魚最能帶出其鮮味，不論是肉質鮮甜的石斑魚，還是嫩滑肥美的鮫魚腩，也同樣可口。

「雖然現時我已較少機會到長洲遊玩，但世伯們仍不時送來魚獲，近日就送了一籮貓魚(狗棍魚)，媽媽用它們做湯，非常美味。」蔡媽媽的魚湯是Sisley至愛。因工作關係，她有時未能回家吃晚飯，但媽媽一定會預留「愛心靚湯」給Sisley回家品嚐。

Early Encounters with Fish

"My father is very fond of fishing. When I was small, he and my uncles often took me to fish and dabble in Cheung Chau," Sisley explains. "I also had the chance to taste the local fish they caught, such as star snapper and siganidae." She adds that steaming is the best way to bring out the delicate flavour of fish, including the savoury star snapper and unctuous grass carp belly.

"Though I seldom go to Cheung Chau for pleasure these days, my uncles keep sending us the fish they caught. Not long ago they brought us a basket of lizardfish. My mother used them to boil fish soup, which was really delicious." Indeed, Sisley says that her most favourite dish is her mother's homemade fish soup. Her mother always boils and retains hearty soup for her when she is too busy to return home for dinner.





Caring Mom Keeps Family Healthy

蔡媽媽不但精於廚藝，更著重家人的飲食健康，多年前已加入燕麥和糙米等煮成十穀飯，間中亦以番薯代飯，並以多菜少肉，少油少鹽為原則，為家人烹調營養豐富的美食。

Sisley曾留學新西蘭，嚐過不同風味的海鮮菜式，Sisley留學時，為了節省生活費和吃得健康，多會自己煮食，例如焗一塊三文魚扒，配以意大利粉及蔬菜，就成了一頓健康又美味的晚餐。

Sisley's mother is good at cooking and always ensures healthy diet for her family. Years ago, she already started to cook 10-grain rice with oatmeal and brown rice, and started making dietary changes such as substituting rice with sweet potato. She prepares meals with less meat and more vegetables, and limits her use of oil and salt.

While studying in New Zealand, Sisley had the chance to try out different types of seafood. As a foreign student, Sisley usually cooked her own food, e.g. baked salmon fillet with spaghetti and vegetables, to save cost and maintain a healthy diet.





自小運動 父女同跑 Inspiring Her Father to Exercise

Sisley自小練習長跑、游泳和學習芭蕾舞等。現時雖然工作繁忙，但仍不忘爭取時間做運動，例如多走樓梯，早一個車站下車繼而步行等，把運動融入生活。在演出前後的空檔時間，她會做一些伸展運動來緩和心情。

Sisley不但酷愛運動，還影響了她的爸爸。「我从小就經常由爸爸接送運動場練習。他在等候期間閒著無聊，於是便跟著我練跑，漸漸地也愛上了跑步。」

Sisley has been practising ballet, swimming and long distance running since she was very young. Apart from sneaking exercise into her busy schedule, she also tries to fit physical activities into her everyday life, such as taking the stairs, getting off the public transport one stop earlier to walk the rest of the way, etc. She also does some stretching at breaks between filming sessions to relax her mind.

Her fondness of physical activity has inspired her father to take up sports. "My father used to take me to training sessions and bring me back. Rather than just waiting for me to finish, he followed me to run and gradually developed a liking for it."

清淡飲食 健康之選 The Choice of Health - Plain Food

Sisley投身演藝工作後，定時進食變得不容易，午飯通常是外賣飯盒。因此，她會多吃沙律菜，以補充纖維和其他營養素，有時亦會選擇較清淡的湯粉或麵。此外，Sisley亦喜歡嘗試不同的健康菜色。

After becoming a full-time actor, Sisley rarely eats regular meals and eats takeaway lunchbox for lunch most of the time. To supplement dietary fibre and other nutrients, she consumes plenty of vegetables. She also opts for light-flavoured vermicelli and noodles in soup at times. Besides, Sisley likes to try different kinds of healthy dishes.



Sisley's
健康之選

Sisley's
Healthy Choices

蒜香雞絲天使麵



Angel Hair Pasta with Chicken and Garlic

「天使麵以蒜片作調味，香味十足，雞絲亦鮮嫩可口。」

"Simply tossed with sliced garlic, this angel hair pasta has a pleasing aroma. The chicken is succulent and delicious."



菠菜雞肉湯



Chicken and Spinach Puree Soup

「以焗雞肉和菠菜打蓉後煮成的忌廉湯，芳香鮮美，清甜不膩。」

"The cream soup of pureed chicken and spinach is fragrant and refreshing, as well as delicately savoury."



蒜香雜菜雞胸長通粉



Penne Rigate with Chicken Breast and Garlic

「長通粉煮得軟硬適中，加入磨菇、紅椒、洋葱和蒜片等調味，濃郁美味。」

"Penne rigate, cooked just right, is topped with mushrooms, red bell pepper, onion and, sliced garlic, creating a dish that is rich in flavour."

乳酪鮮果蝦沙律



Prawn and Fruit Salad with Yogurt Dressing

「鮮蝦爽甜彈牙，醬汁酸中帶甜，配上多種新鮮水果，清新開胃。」

"The prawn flesh is firm and flavourful. Complemented by fresh fruit and a sweet tangy salad dressing, the dish is both refreshing and appetizing."



冼錦鈴
澳洲註冊營養師
暨香港營養學會編輯主任
Candy SIN
Accredited Practising Dietitian
(DAA, AUS) and Editor of Hong
Kong Nutrition Association

海上尋寶大發現

Discover the Benefits of Fish

香港人愛吃魚，在市場上除有海魚和養殖魚供應外，亦有龍躑、鯖魚和三文魚等進口魚。能作食用的魚種類繁多，營養師冼錦鈴 (Candy) 跟大家分享吃魚吃得精明健康的心得。

魚類低脂 蛋白質高

Candy表示，魚、豬、牛、羊、雞等肉食，都是動物性蛋白質的主要來源。其中，脂肪比例高的魚類更含有多元不飽和奧米加三脂肪酸，包括是胎兒和嬰兒出生頭兩年視力和腦部正常發育關鍵元素的DHA (二十二碳六烯酸)和可預防心血管疾病的EPA (二十碳五烯酸)等。

除脂肪比例高的魚外，一般魚肉的熱量、總脂肪和膽固醇的含量均較其他肉類為低，例如100克石斑魚和牛肉的總脂肪含量分別是1.02克和7.37克，飽和脂肪含量則分別是0.23克和2.59克。但是，魚肉的鐵質和鋅質含量卻較其他肉類為低(表1)。鐵質是製造紅血球的主要元素，而鋅質對於傷口癒合和維持人體的免疫系統十分重要。因此，健康飲食的關鍵是飲食多元化，均衡地進食不同的食物。

Hong Kong Chinese are very fond of eating fish. There is certainly no shortage of fish on offer like wild and farmed fish, it is also easy to find imported fish such as sole, mackerel and salmon. To help you make choices, dietitian Candy SIN offers some tips on smart and healthy ways to enjoy fish.

Low Fat, High Protein

Candy explains that fish, similar to pork, beef, mutton and chicken meat, is a major source of animal protein. Oily fish is also particularly rich in polyunsaturated fat omega-3 fatty acids, including DHA (Docosahexaenoic Acid) that has a critical role in normal retinal and brain development of foetus in the first two years of life and EPA (Eicosapentaenoic Acid) that helps prevent cardiovascular diseases.

With the exception of oily fishes, fish generally contains lower calorie, total fats and cholesterol than other animals. For instance, a 100g serving of grouper contains 1.02g of total fat and 0.23g of saturated fat, as compared to beef which contains 7.37g and 2.59g respectively. On the other hand, fish has a lower iron and zinc content than that of other animal meats (Table 1). Iron is an essential elements for red blood cell production and zinc is important for wound healing and maintenance of the body's immune system. Therefore, having a wide variety of food and a balanced diet are the keys to healthy eating.

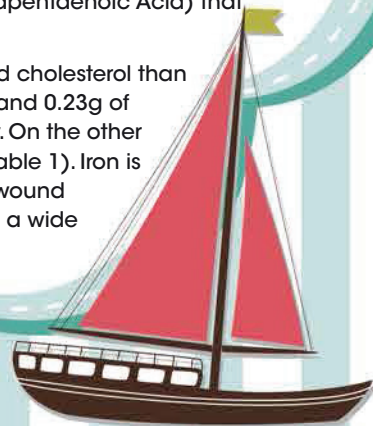


表1
Table

不同肉類所含的熱量、蛋白質、總脂肪、膽固醇、飽和脂肪、鐵質和鋅質的比較

Comparisons on calories, protein, total fat, cholesterol, saturated fat, iron and zinc among different meats

肉食種類 Type of Meat (每100克 per 100g)	熱量 (千卡kcal)	蛋白質 Protein (克g)	總脂肪 Total Fat (克g)	膽固醇 Cholesterol (毫克mg)	飽和脂肪 Saturated Fat (克g)	鐵質 Iron (毫克mg)	鋅質 Zinc (毫克mg)
魚(石斑) Fish(grouper)	92	19.38	1.02	37	0.23	0.89	0.48
豬肉 Pork	109	20.95	2.17	65	0.7	0.98	1.89
牛肉 Beef	155	20.72	7.37	62	2.59	1.92	4.31
羊肉 Lamb	138	20.48	5.64	63	2.31	1.75	3.5
雞肉 Chicken	109	22.2	1.63	57	0.37	0.89	0.66

資料來源：美國農業部轄下的營養素資料實驗室

Source of data: The Nutrient Data Laboratory, United States Department of Agriculture

蒸焗魚類 美味健康

香港人愛吃魚生。Candy表示，生魚肉跟熟魚肉在熱量、蛋白質和總脂肪含量的分別其實不大(表2)，但未經烹煮的食物安全風險較高。不過，大家應避免進食加工製造的魚產品，例如100克魚手指的總脂肪已達16.23克。同時，大家應少用煎和炸等方式烹調，以免增加熟魚的脂肪含量。用蒸、湯浸、焗等烹調方法，都是製作健康魚類菜式的好選擇。

Steaming and Grilling: Healthy Ways to Cook Fish

In Hong Kong, many people like to eat raw fish, but Candy explains that the nutritional benefits of raw fish differ little from cooked fish as there is no substantial change in the calorie, protein and total fat content (Table 2) but uncooked food have higher risk of food safety. It is important, however, to be aware of processed fish products. A 100g serving of fish fingers, for example, contains 16.23g of total fat. It is likewise important to avoid fried or deep-fried fish, which greatly increases the fat content. Low-fat cooking methods such as steaming, cooking in soup, baking, etc. are healthier ways of preparing fish dishes.

表2

常見魚類所含的熱量、蛋白質、總脂肪和膽固醇的比較

Comparisons on calories, protein, total fat and cholesterol among commonly seen fishes

魚類 Fish Items (每100克 per 100g)	熱量 Calories (千卡kcal)	蛋白質 Protein (克g)	總脂肪 Total Fat (克g)	膽固醇 Cholesterol (毫克mg)
三文魚，野生，生 Salmon, Atlantic, wild, raw	142	19.84	6.34	55
三文魚，野生，熟 Salmon, Atlantic, wild, cooked, dry heat	182	25.44	8.13	71
石斑，生 Grouper, mixed species, raw	92	19.38	1.02	37
石斑，熟 Grouper, mixed species, cooked, dry heat	118	24.84	1.3	47
雪藏魚手指 Fish sticks, frozen, prepared	277	11	16.23	28
罐頭油浸白吞拿魚 Tuna, white, canned in oil, drained solids	186	26.53	8.08	31
罐頭水浸白吞拿魚 Tuna, white, canned in water, drained solids	128	23.62	2.97	42

資料來源：美國農業部轄下的營養素資料實驗室

Source of data: The Nutrient Data Laboratory, United States Department of Agriculture



吃魚宜忌

1. 一般成年人每天的肉類攝取量約為5至8兩（生計，大約200克至320克）。進餐時，大家可選擇較大比例的魚肉及適量的其他肉類，以維持飲食均衡。
2. 宜選天然調味 - 可選擇蔥、蒜、果皮或新鮮果汁等作調味，避免以醃製調味料（例如梅菜）或增味劑（例如味精）烹調魚類。
3. 罐頭沙甸魚和鯪魚因為可以連骨進食，所以能提供鈣質，然而這些產品大多是油浸、經油炸或浸於茄汁中，令脂肪和鈉質含量較高，所以不宜多吃。
4. 罐頭吞拿魚是一個方便的選擇，但宜選購水浸吞拿魚，因為它們的總脂肪含量較低，100克油浸吞拿魚的總脂肪含量較水浸的高出數倍（表2）。

Dos and Don'ts of Eating Fish

1. An adult's recommended daily intake of meat is approximately 5 to 8 taels (uncooked, approximately 200g to 320g). She suggests choosing a larger portion of fish and a moderate portion of other meats to keep one's diet balanced.
2. Use natural seasonings such as spring onion, garlic, dried tangerine peels and fresh juice, and limit the use of preserved ingredients (e.g. preserved mustard) and flavour enhancers (e.g. MSG).
3. The bone of canned sardines and mud carp is edible and thus can provide calcium, however, they are not recommended since most of these products are oil-packed, fried or in tomato sauce that increases their fat and sodium content.
4. Canned tuna is a convenient choice. Choose water-packed tuna which has a lower total fat content. The oil-packed one contains several times the total fat of the water-packed one (Table 2).



Good Place 位處商場一隅，旺中帶靜，店面素淨明亮，配上原木枱椅，植物及精緻擺設，營造出簡約優雅的空間，讓顧客們享受閒適的家庭料理。

小巧日式家常菜

Good Place 創辦人關志強(Adrian)說：「我很嚮往日本文化，尤其是喜歡日式家庭料理，即是以米飯、味噌湯、涼拌菜和一款魚或肉類菜式的組合。這樣的配搭營養均衡，份量剛好，讓顧客感受到像在家裡的愜意溫馨。」

「這裏供應的菜，就像是我們平日在家裏吃的一樣。」在Good Place，Adrian就像開放了家中的餐桌，與顧客分享他的家庭食譜。

美食盼有知音人

Good Place 的餐食精緻，食材講究。Adrian表示，他採用挪威進口的原條三文魚，東南亞進口的有機農場雞肉，頂級的安格斯牛肉，以及本地水耕農場蔬菜作食材。烹調主要以蒸、烤或煮的方法，並以少油、鹽和糖調味，讓「知音人」一同感受食材的天然風味。

為提供優質的用餐體驗，Adrian堅持所有食物均即叫即製。顧客雖要稍作等候，但就能體驗到慢食用餐的哲學 - 「顧客就坐後，可稍微休息和喝點水，然後才點菜。在細意品嚐所點的菜後，再喝一杯茶或咖啡」，繁忙中享受一刻輕鬆。

Good Place is a tranquil and elegant restaurant situated in the quiet corner of a busy shopping mall. The light and bright dining area is minimally decorated with wooden dining tables and chairs, and a selection of potted plants. This natural and simple decor offers a relaxing atmosphere in which customers can enjoy home-style meals.

Simple Yet Elegant Japanese Home Cooking

"I am an admirer of Japanese culture, in particular its home-made cuisine," explains Adrian, the founder of the restaurant. "It usually consists of a serving of plain white rice, miso soup, cold side dish, and a main dish of fish or meat. This combination offers balanced diet with good portion sizes, making our customers feel the comfort and warmth at home. To offer our customers the homely experience, I have put our favourite home-made dishes on the menu." At Good Place, Adrian shares his home-style recipes with customers as if he has opened up his own dining table at home.

Looking for Food Lovers

Good Place strives to serve elegant dishes made from good ingredients. Adrian explains that they use premium Angus beef, local water-grown vegetables, whole salmon imported from Norway and organic chicken from South East Asia. Almost all of their ingredients are marinated with less oil, sugar and salt, and cooked by steaming, grilling and blanching. This allows diners to savour the food with its original flavours.

To offer a high quality dining experience, Adrian insists on the principle of cooked-to-order. Although this means that customers may have to wait a bit longer, it enables them to experience the slow eating philosophy. "Once customers get seated, they can sit back and have a drink of water before placing orders. After fully savouring the taste of the food they ordered, they can have a cup of tea or coffee." In this way, food lovers at Adrian's Good Place are able to take a little time out from their busy schedules to relax and unwind.

Good Place

創辦人Adrian修畢紡織學課程後，曾從事成衣貿易多年。他於五、六年前開始涉足飲食業，與姊姊開設西式甜品店，然後在一年多前開辦了這家日式家庭料理店。

Adrian, who founded Good Place about one year ago, started his career in the textile industry after completing his textile studies. He first entered the food business five or six years ago when he started a dessert shop with his elder sister.



合伙人之一

Felix(王曦揚)與Adrian相識多年，他在澳洲修畢商業學士，回港後投身銀行工作，一年多前被Adrian邀請加入Good Place，負責店務管理及顧客服務。

Felix, a long-time friend of Adrian, completed his business degree in Australia. After graduation, he returned to Hong Kong and started his career in the banking sector. He was invited to join Adrian about one year ago, and is now responsible for shop management and customer service.

日本有機豆腐沙律

Organic Tofu Salad

產自日本的有機豆腐幼滑兼且豆香十足，配搭火箭菜、櫻桃小蘿蔔(波子蘿蔔)、紫椰菜及車厘茄，再拌上芝麻醬，入口帶有淡淡清香。

The organic tofu made in Japan is silky smooth and full of the aroma of soybeans. It adds a flavourful backdrop to the tofu after mixing with arugula, cherry radish, red cabbage, cherry tomatoes and Japanese sesame dressing.

凱撒沙律

Classic Caesar Salad

沙律菜新鮮清甜，以獨子蒜蓉及橄欖油製作的自家沙律醬，香味濃郁卻沒有大蒜的辛辣。

The fresh and green salad is topped with a home-made dressing of olive oil and ground solo garlic (single clove garlic) for a gentle but aromatic flavour.

安格斯牛肉 豆腐番茄湯烏冬

Angus Beef and Tofu Tomato Udon Soup

烏冬放入以澳洲、日本及本地番茄打成的濃湯，再鋪上安格斯牛肉薄片，紫椰菜、火箭菜等作配襯，賣相味道皆出色。

The udon is presented in a broth made from Australian, Japanese and homegrown tomatoes. Topped with Angus beef slices, red cabbage and arugula the udon becomes visually stunning and flavourful.

煙三文魚鮮橙柳沙律 伴特製莓子橙醋汁

Smoked Salmon and Orange Salad

以傳統方法炮製的蘇格蘭三文魚，嫩滑濃郁，配以橙、西柚片、莓子、橙汁及醋拌成的秘製醬汁，甜酸可口，開胃醒神。

Traditionally smoked Scottish salmon, succulent and flavoursome, is accompanied by orange and grapefruit. The home-made cranberry orange balsamic dressing adds a sweet and sour taste that makes this dish a wonderful appetizer.



「有營食肆」實錄

EatSmart
Restaurants
Snaps

窩心火鍋

一鍋

Heart-warming Hot Pots

iPot

Mini Pot Expert

台日式精緻小火鍋專門店



一鍋總廚周思甫(Steven)祖藉台灣，家族在台灣經營酒廠和食肆。五年前來香港創業，開設台式牛肉麵店，然後在兩年多前與兩名朋友一同開辦了這家台日式火鍋店。

Steven Chow, originally from Taiwan, was born into a family that has long been involving in the catering and brewery industries. He came to Hong Kong to start a Taiwanese noodle shop five years ago. Two and a half years ago, he launched iPot with two friends.

番茄雜菌鍋



Hot Pot with Tomato and Assorted Mushrooms

以木棉魚(大眼雞)熬製的湯底，配以番茄、冬菇、秀珍菇等，清甜味鮮。Tomatoes, black mushrooms and oyster mushrooms are perfect additions to the Kapok (Bigeye) fish soup base, creating a refreshing and sweet flavour.



一鍋一如其名，提供台灣盛行的「一人一鍋」特式菜，顧客可以按自己的喜好選擇湯底和食物，衛生舒適。顧客儘管一人用膳，亦能飽嚙多款美食。

有質素的火鍋放題

店內的冷凍櫃，放滿各類火鍋配料，供顧客隨意挑選。除了牛肉及魚鮮，店內還供應超過五十款按時更換的鍋物，還有藕片、茄子、芽菜等新鮮蔬菜及各種菇菌，為顧客提供有營養及多樣化的食品選擇。

一鍋尤其著重湯底，供應番茄、雜菜、牛乳及鯉魚等十一款不同口味的湯底，全部以新鮮食材烹調熬製，材料足、味道濃和少油鹽。店員還不時為客人加添上湯，讓湯底保持鮮味。

吃得多不如吃得精

不少人吃火鍋放題，總抱著要吃回本的態度，造成食物浪費。總廚周思甫(Steven)希望為顧客提供高質素的火鍋食材。店方採購的食材可謂「不計成本」，牛肉是頂級的安格斯牛肉，不少鍋物和飲料亦是專程由台灣進口。Steven表示：「香港的食客很精明，因此必須在食材上花點心思，才能留住食客和減少食物浪費。」

一鍋採用嵌入式電磁爐，爐面低於枱面，鍋具不易傾翻且方便使用。店面寬敞，餐桌距離適中，不但方便顧客離桌取食，而且可讓大家在不騷擾他人的情況下開懷暢聚，足見店主的體貼用意。Steven跟其他店員很樂於與客人聊天，更不時將台灣小店的人情味與熱鬧氣氛帶來香港與顧客分享。

As its name suggests, iPot serves a Taiwanese-style mini hot pot buffet. Each customer receives his or her own little pot of soup for cooking the ingredients of their choice, making it a relaxing and hygienic way to enjoy hot pot meals. Even customers coming alone can still enjoy a wide variety of food!

Quality Hot Pot Buffet

The customers can freely choose their own favourites at the fridges. In addition to its selection of meat and seafood, the restaurant's buffet offers unlimited servings of over 50 hot pot toppings, as well as fresh vegetables such as lotus roots, eggplants, bean sprouts and various mushrooms.

The restaurant places great emphasis on its soup bases and offers many choices, e.g. tomato soup, mixed vegetable soup, Hokkaido milky soup, and striped tuna (Oceanic bonito) soup. Its soups are made of fresh ingredients and prepared with less oil and salt than the traditional ones. All the soups at iPot have a rich and savoury flavour. Its servers regularly refill customers' pots with broth to maintain the savour of the soup base.

Eat Less, Eat Smart

Many people bear a "beat the buffet" mentality when patronising a buffet restaurant, but this often results in considerable food waste. Steven, the Head Chef at iPot, strives to offer quality buffet options "regardless of cost", such as premium Angus beef, and other ingredients and beverages imported from Taiwan, etc. "Hong Kong restaurant goers have pretty sensitive palates," he added, "so we need to stay attuned to their tastes to keep them coming back and avoiding food waste."

Tables at iPot are so well arranged that customers always have sufficient room to browse the buffet. Its interior design ensures that customers can chit chat freely without disturbing others. To enhance convenience and avoid the risk of tipping over, all its stoves were installed under table surface. Steven and other staff are always happy to chat with customers. Indeed, the homely and welcoming atmosphere of iPot is exactly what you would expect from a small family-run restaurant in Taiwan!



南瓜炒雞柳

Fried Chicken Fillets with Pumpkin

鮮嫩的雞脾肉、配上紅洋葱和炒得軟硬適中的南瓜，色香味全。

Tender chicken thigh meat is fried with pumpkin, which is soft rather than mushy, to create a dish full of colour and flavour.

涼拌青瓜

Chilled Cucumber

以蒜蓉、辣椒調味的青瓜條，惹味開胃，最適宜作為餐前小食。

Cucumber slices, marinated with chopped garlic and chilli, are a refreshing starter to any meal.

雜菜湯

Mixed Vegetable Soup

用瘦豬肉做湯底，加入番茄、薯仔、椰菜等，鮮甜美味，營養豐富。

This delicious soup features a rich pork-based stock mixed with tomatoes, potatoes, Chinese cabbage, etc. It is both healthy and nutritious.



炮製色香味
EatSmart
Recipes

有營食肆

簡約煮意
Minimal Gourmet

佛羅倫斯紅甜魚

Florentine Red Sweet Fish

潘德翹

Gabriel Tak-Kiu PUN

澳洲註冊營養師
香港營養師協會認可營養師
Accredited Practising Dietitian (Australia),
Dietitian of Hong Kong
Dietitians Association



每一份
Per
Serving

熱量
Energy
189
千卡(kcal)

碳水化合物
Carbohydrate
14
克(g)

蛋白質
Protein
27
克(g)

脂肪
Fat
3
克(g)

糖
Sugar
5
克(g)

鈉質
Sodium
484
毫克(mg)

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 the
information compiled from the USDA Nutrient Data Laboratory. Values
are for reference use only.



本食譜由簡約煮意廚坊提供。
This recipe is provided by
Minimal Gourmet.

特色 Feature

紅、黃甜椒不但含豐富抗氧化物，它們的維他命C更比橙高約2倍。甜椒及乾茄製成為的醬汁帶有天然甜味，毋須額外使用糖份調味。

Red and yellow peppers are not only rich in antioxidant, but also in vitamin C which the content is about 2 times of that in an orange. The sauce made with bell peppers and dried tomato is naturally sweet, so no sugar is needed.



To Serve
2
人分量



試食兵團話你知 Message from Tasting Team

比目魚扒以紅、黃椒和脫脂奶打成的醬汁調味 - 「魚扒嫩滑，醬汁甘甜清香，吃後有畫龍點睛的效果，令整道菜更添風味。」

The halibut steak is seasoned with a sauce made of red and yellow pepper and low fat milk - "The steak is delicate. The sweet and refreshing sauce gives a finishing touch to the steak and enhances its distinctive flavour."



材料 Ingredients

比目魚扒	8 安士 (約230 g)	8 oz (approx. 230 g) halibut steak
菠菜 (切段)	8 安士 (約230 g)	8 oz (approx. 230 g) spinach, sectioned
小露筍	2 條	2 pieces of baby asparagus

調味料 Seasonings

紅甜椒	2 安士 (約60 g)	2 oz (approx. 60 g) red pepper
黃甜椒	1 安士 (約30 g)	1 oz (approx. 30 g) yellow pepper
脫脂奶	2 湯匙	2 tablespoons skimmed milk
乾茄	1/2 安士 (約15 g)	1/2 oz (approx. 15 g) dried tomato
粟粉	適量	Some cornstarch
橄欖油	1/2 茶匙	1/2 teaspoon olive oil
鹽	1/4 茶匙	1/4 teaspoon salt
蒜片	1/2 安士 (約15 g)	1/2 oz (approx. 15 g) garlic slices
洋芫茜	少量	Small amount of parsley

步驟 Cooking Method

1. 把紅甜椒、黃甜椒切片放入180度烤箱，烤4-5分鐘，烤完去皮，備用。
2. 把烤熟的紅、黃甜椒加入脫脂奶和乾茄放入攪拌機中攪拌，製成為清甜帶酸的醬，備用。
3. 把比目魚扒先上粟粉，加1/8茶匙鹽調味。
4. 把平底鑊燒熱後加橄欖油，把比目魚扒放平底鑊，煎8分鐘，備用。
5. 把菠菜和小露筍焗熟，備用。
6. 把菠菜加入蒜片和1/8茶匙鹽炒香後上碟。
7. 把比目魚扒放在堆高的菠菜上，加上已製成的醬，再用小露筍裝飾即可。

1. Preheat the oven to 180°C. Slice the red and yellow peppers and bake them for 4-5 minutes. Peel the peppers and set aside.
2. Place the skimmed milk, dried tomatoes and the baked peppers in a blender and blend into a sweet and refreshing sauce with sour flavour. Set aside.
3. Coat the halibut steak with corn starch and season it with 1/8 teaspoon of salt.
4. Heat a fry pan and then film it with olive oil. Pan fry the halibut steak for 8 minutes. Set aside.
5. Cook the spinach and baby asparagus in boiling water. Set aside.
6. Stir-fry the spinach with garlic slices and 1/8 teaspoon of salt. Place onto a plate.
7. To serve, piled up the spinach on a plate. Place the halibut steak on the spinach. Add the sauce to the dish and decorate it with the baby asparagus.

炮製色香味
EatSmart
Recipes



Good Place
Home Cooking - Happy Gathering



潘德翹

Gabriel Tak-Kiu PUN

澳洲註冊營養師
香港營養師協會認可營養師
Accredited Practising Dietitian (Australia),
Dietitian of Hong Kong
Dietitians Association

檸香三文魚定食

Lemon Salmon Set Meal



每一份
Per
Serving

熱量
Energy
548
千卡(kcal)

碳水化合物
Carbohydrate
54
克(g)

蛋白質
Protein
30
克(g)

脂肪
Fat
23
克(g)

糖
Sugar
0
克(g)

鈉質
Sodium
466
毫克(mg)



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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由Good Place提供。
This recipe is provided by Good Place.

特色 Feature

脂肪比例高的魚類如三文魚蘊含奧米加三脂肪酸，糙米飯則含豐富膳食纖維，兩者皆有助改善血液中的血脂水平。

Oily fish such as salmon is rich in omega-3 fatty acids, and brown rice is rich in dietary fibre. Both ingredients help improve our blood lipid levels.

試食兵團話你知 Message from Tasting Team

以檸檬皮及橄欖油醃製的三文魚扒柔軟嫩滑，甘香可口，帶烤焗香味。主餐還有五穀飯和白米飯可供配搭，體貼客人需要。

The salmon fillet, which was marinated with lemon peel and olive oil, as well as baked to order, is tender, savoury and infused with a smoky fragrance. As part of its commitment to customer service, there is an option of five-grain rice or plain rice for its main course.

To Serve
1
人分量

材料 Ingredients

三文魚	120 克	120 g salmon fillet
羅馬生菜	10 克	10 g romaine lettuce
紅葉生菜	10 克	10 g red leaf lettuce
九芽菜	10 克	10 g endive
檸檬	1/8 個	1/8 lemon
糙米飯 (糙米、紅米、黑米) (煮熟)	1 碗	1 bowl of steamed brown rice (brown rice, red rice and black rice) (cooked)

調味料 Seasonings

岩鹽	1 克	1 g rock salt
胡椒粉	少許	A pinch of pepper
檸檬皮	3 克	3 g lemon peel
橄欖油	1 茶匙	1 teaspoon olive oil

步驟 Cooking Method

1. 把三文魚用岩鹽、胡椒粉、檸檬皮和橄欖油醃兩小時，備用。
2. 羅馬生菜、紅葉生菜和九芽菜洗淨，備用。
3. 把醃好的三文魚用錫紙包著放在烤盤上，並放進烤箱用200°C烤5分鐘。
4. 把烤好的三文魚放在碟上，加上羅馬生菜、紅葉生菜和九芽菜作配菜，配上檸檬及糙米飯即成。

1. Marinate the salmon fillet with salt, pepper, lemon peel and olive oil for 2 hours. Set aside.
2. Wash the romaine lettuce, red leaf lettuce and endive. Set aside.
3. Preheat the oven to 200°C. Wrap the marinated salmon with aluminum foil and bake for 5 minutes.
4. Serve the salmon with the romaine lettuce, red leaf lettuce, endive, the lemon wedge and brown rice.

炮製色香味
EatSmart
Recipes

有營食肆

一鍋

潘德翹

Gabriel Tak-Kiu PUN

澳洲註冊營養師
香港營養師協會認可營養師
Accredited Practising Dietitian (Australia),
Dietitian of Hong Kong
Dietitians Association

鮮鯪魚片粉絲雜菜鍋

Grass Carp Slices Hot Pot with Vermicelli and Assorted Vegetables



每一份
Per
Serving

熱量
Energy
159
千卡(kcal)

碳水化合物
Carbohydrate
13
克(g)

蛋白質
Protein
16
克(g)

脂肪
Fat
5
克(g)

糖
Sugar
1
克(g)

鈉質
Sodium
256
毫克(mg)

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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由一鍋提供。
This recipe is provided by Ipot.

特色 Feature

粉絲是低脂的食物，且一碗粉絲的熱量亦較一碗白飯或烏冬低；而低脂的鯪魚片則提供豐富的蛋白質，再配以湯煮這個低脂烹調方法，這個菜式十分適合關注體重人士。

Mung Bean vermicelli is low in fat, the energy content of a bowl of mung bean vermicelli is lower than a bowl of white rice or udon. Grass carp slices are low in fat yet rich in protein. Cooking in soup, a low-fat cooking method, makes this dish suitable for those who concern their body weight.



試食兵團話你知 Message from Tasting Team

新鮮的鯪魚片清甜爽脆，鮮味十足，魚湯湯底加上生菜、小棠菜、紅棗和杞子等，清新健怡。

Fresh and succulent slices of grass carp are perfectly complemented by fish soup, lettuce, Shanghai Cabbage, red dates, wolfberries, etc, to create a deliciously refreshing and light taste.



To Serve
4
人分量

材料 Ingredients

娃娃菜	160 克 (約4 兩)	160 g (approx. 4 taels)	baby Tientsin cabbage
小棠菜	160 克 (約4 兩)	160 g (approx. 4 taels)	baby pak choy
唐生菜	160 克 (約4 兩)	160 g (approx. 4 taels)	Chinese lettuce
粉絲	1 小紮		A small bunch of vermicelli
新鮮鯪魚片	320 克 (約8 兩)	320 g (approx. 8 taels)	fresh grass carp slices

湯底材料 Soup Ingredients

自製清雞湯	300 毫升	300 ml home made chicken broth
薑	3 片	3 slices ginger
紅棗	3 粒	3 red dates
杞子	3 克	3 g Chinese wolfberries

自製清雞湯：

材料：(約可製6 公升)

鮮雞 6 隻
水 8 公升

調味料：

鹽 2 湯匙

Home Made Chicken Broth:

Ingredients: (Make approx. 6 litres)

6 fresh chickens
8 litres water

Seasonings:

2 tablespoons salt

步驟 Preparation Method：

將鮮雞除去皮和內臟，加8公升水，用大火煲15分鐘後去油，轉用中火煲約1小時後再去油和下鹽即成。

Remove the chicken skin and giblets. Add 8 litres of water and boil over high heat for 15 minutes. Skim off the fat and then boil over medium heat for about 1 hour. Skim off the fat again and season with salt.

步驟 Cooking Method

1. 把娃娃菜、小棠菜和唐生菜洗淨，備用。
2. 把粉絲放在開水中浸軟。浸軟後取出，備用。
3. 把清雞湯煮沸後，加入薑片、紅棗和杞子同煮。
4. 加入娃娃菜、小棠菜、唐生菜和粉絲同煮5分鐘。加入鯪魚片再煮兩分鐘即成。

1. Wash the baby Tientsin cabbage, baby pak choy and Chinese lettuce. Set aside.
2. Soak the vermicelli in boiled water to soften it. Drain the softened vermicelli. Set aside.
3. Add the ginger slices, red dates and Chinese wolfberries into the boiling chicken broth and cook for a while.
4. Add the baby Tientsin cabbage, baby pak choy, Chinese lettuce and vermicelli and cook for 5 minutes. Add the grass carp slices and cook further for 2 minutes. Done.

炮製色香味
EatSmart
Recipes



sodexo



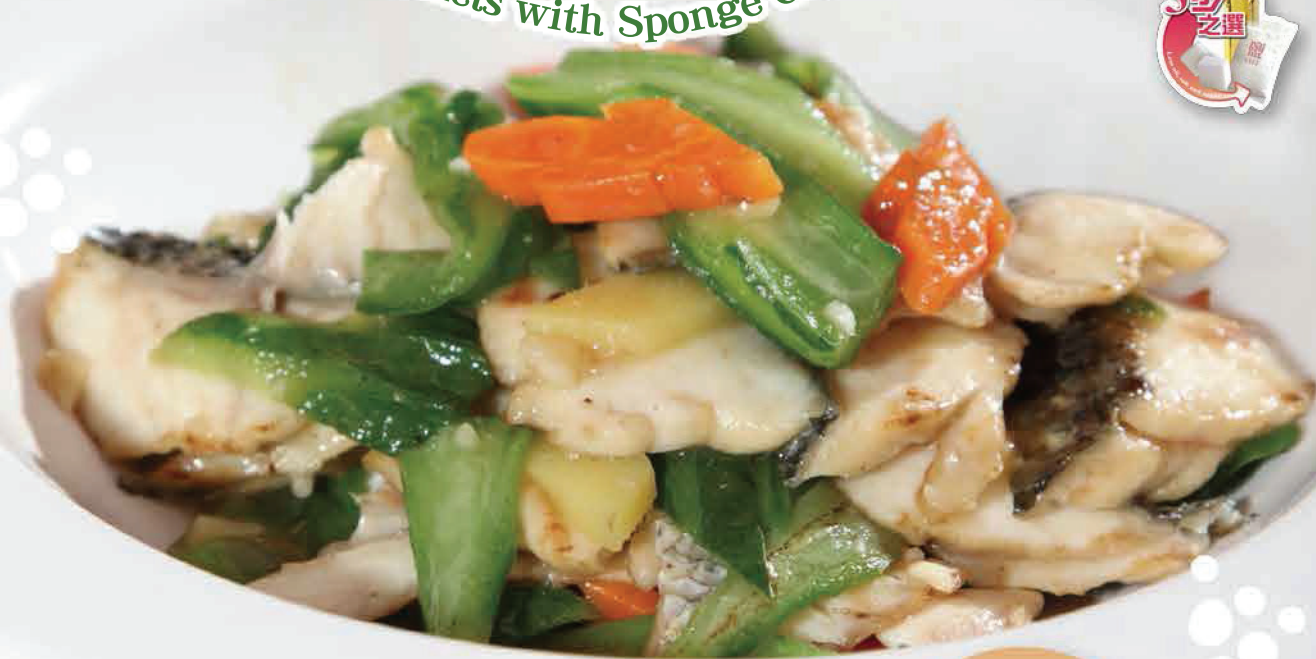
潘德翹

Gabriel Tak-Kiu PUN

澳洲註冊營養師
香港營養師協會認可營養師
Accredited Practising Dietitian (Australia),
Dietitian of Hong Kong
Dietitians Association

生魚片炒勝瓜

Saute Northern Snakehead Fillets with Sponge Gourd



每一份
Per
Serving

熱量
Energy
171
千卡 (kcal)

碳水化合物
Carbohydrate
7
克 (g)

蛋白質
Protein
24
克 (g)

脂肪
Fat
6
克 (g)

糖
Sugar
3
克 (g)

鈉質
Sodium
490
毫克 (mg)

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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由索迪斯(香港)有限公司提供。
This recipe is provided by Sodexo (Hong Kong) Limited.

特色 Feature

瓜類鉀質含量豐富，有助維持體液平衡及改善血壓。蒜頭含抗氧化的大蒜素，而且幾乎不含鈉質，是烹調低鹽菜式的健康調味品。

Gourds are rich in potassium which helps maintain body fluid balance and improve blood pressure. Garlic contains allicin which is antioxidative. It is also a virtually sodium-free seasoning and should not be missed out in cooking low salt dishes.

試食兵團話你知 Message from Tasting Team

勝瓜鮮嫩多汁，生魚片肉質鮮甜，與蒜蓉、薑片及甘筍片同炒，香味濃郁。

Juicy sponge gourd is fried with succulent snakehead slices. The rich flavor of this dish is further enhanced by stir-frying with the chopped garlic, and ginger and carrot slices.

To Serve

2

人分量

材料 Ingredients

生魚（起肉切成薄片）	240 克	240 g northern snakehead (bone the fish and slice it into thin slices)
大豆油	1 茶匙	1 teaspoon soybean oil
勝瓜	200 克	200 g dish cloth gourd
蒜頭（剁蓉）	半茶匙	half teaspoon garlic (chopped)
薑片	4 片	4 ginger slices
甘筍（切片）	8 片	8 carrot slices

芡汁材料

Ingredients for sauce

生抽	1/6 茶匙	1/6 teaspoon light soy sauce
生粉	1/4 茶匙	1/4 teaspoon cornstarch
鹽	1/6 茶匙	1/6 teaspoon salt
麻油	1/6 茶匙	1/6 teaspoon sesame oil
水	1 湯匙	1 tablespoon water

調味料 Seasonings

鹽	1/6 茶匙	1/6 teaspoon salt
生粉	1/4 茶匙	1/4 teaspoon cornstarch
胡椒粉	1/6 茶匙	1/6 teaspoon pepper
麻油	1/6 茶匙	1/6 teaspoon sesame oil
大豆油	1/2 茶匙	1/2 teaspoon soybean oil

步驟 Cooking Method

1. 生魚片加入調味料醃15分鐘，備用。
2. 燒熱鑊，下一半大豆油，把生魚片略煎。
3. 勝瓜去皮，切厚片，焗至半熟備用。
4. 燒熱鑊，下剩餘大豆油，爆香蒜蓉及薑片，放入甘筍和勝瓜，大火快炒。
5. 把生魚片回鑊，炒至熟透，埋芡即可。

1. Marinate the northern snakehead slices with the seasonings for 15 minutes. Set aside.
2. Heat wok. Add half of the soybean oil. Briefly pan-fry the northern snakehead slices.
3. Peel the dish cloth gourd and cut into thick slices. Parboil the slices and set aside.
4. Heat wok. Add the remaining soybean oil. Stir-fry the garlic and ginger slices until aromatic. Add the carrot and dish cloth gourd. Stir-fry over high heat.
5. Add the northern snakehead slices to the wok. Stir-fry until cooked. Add the sauce and cook till thicken. Done.

炮製色香味
EatSmart
Recipes



YOHO
MIDTOWN

潘德翹

Gabriel Tak-Kiu PUN

澳洲註冊營養師
香港營養師協會認可營養師
Accredited Practising Dietitian (Australia),
Dietitian of Hong Kong
Dietitians Association



蛤龍腩柳配炒菠菜忌廉汁

Poached Sole Fillet with Saute Spinach in Cream Sauce



每一份
Per
Serving

熱量
Energy
193
千卡 (kcal)

碳水化合物
Carbohydrate
24
克 (g)

蛋白質
Protein
15
克 (g)

脂肪
Fat
5
克 (g)

糖
Sugar
17
克 (g)

鈉質
Sodium
683
毫克 (mg)

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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由YOHO Midtown住客會所提供 (只供會員)。
This recipe is provided by YOHO Midtown Club Midtown (Members Only).

特色 Feature

以低脂奶調製的醬汁比傳統忌廉汁脂肪量低3倍以上，但又不失幼滑口感。白菌含較多穀氨酸，穀氨酸能提升菜式鮮味和減少下鹽調味的需要。 Compared with traditional cream sauce, the sauce made with low fat milk in this recipe contains at least 3 times less fat. Yet, it is still able to retain a smooth mouthfeel. White mushroom contains more glutamate which can enhance the 'umami' (savory) flavor of the dish, so less salt is needed for seasoning.



試食兵團話你知 Message from Tasting Team

肉質嫩滑的龍躑柳鋪在清甜的菠菜上，配以鮮白菌及番茄粒，以及用洋葱碎及低脂奶打成的醬汁，令口感份外香滑。 The delicate and moist fillet of sole is put on top of leafy and fresh spinach, and sided with mushrooms and diced tomato. The sauce made with diced onion and low-fat milk gives a creamy texture to the fillet.



To Serve

1

人分量

材料 Ingredients

龍躑柳	80 克	80 g sole fillet
菠菜	60 克	60 g spinach
鮮白菌	20 克	20 g fresh white mushroom
鮮番茄粒（去皮）	20 克	20 g fresh tomato dices (peeled)
鮮榨橙汁	30 克	30 g freshly squeezed orange juice
洋葱碎	10 克	10 g minced onion
低脂奶	20 克	20 g low-fat milk
橙肉	8 瓣	8 segments of an orange

調味料 Seasonings

鹽	1 克	1 g salt
菜籽油	3 克	3 g canola oil

步驟 Cooking Method

1. 用水焗熟龍躑柳，備用。
2. 燒熱鑊，將菠菜、鮮白菌和鮮番茄炒至熟透，備用。
3. 將鮮榨橙汁、洋葱碎和低脂奶加鹽煮熟，再用攪拌機製成醬汁，備用。
4. 將菠菜、鮮白菌、鮮番茄粒和橙肉放在龍躑柳上面，加入醬汁即成。

1. Poach the sole fillet with water. Set aside.
2. Heat wok. Stir-fry the spinach, fresh white mushroom and fresh tomato dices until done. Set aside.
3. Cook the freshly squeezed orange juice, minced onion and low-fat milk with salt. Blend to make a sauce. Set aside.
4. Top the sole fillet with spinach, fresh white mushroom, fresh tomato dices and orange flesh. Add the sauce and serve.

「適飲適食」話你知

適當的飲食調節對控制糖尿病情、預防或延緩併發症的出現都充當極其重要的角色。很多人將糖尿病的飲食治療錯誤理解為完全乏味而痛苦的「戒口」或「節食」，亦有不少患者雖然知道飲食治療的基本原則，卻感到難以在日常生活中實踐。事實上，糖尿病飲食也是一種健康的飲食習慣，它既不必是乏味，更可以是美味及充滿變化和驚喜的。本環節將提供實用的食譜，以供參考。

欲了解更多詳情，請參閱基層醫療統籌處網頁。

(http://www.pco.gov.hk/tc_chi/resource/diabetes-friendly_recipes.html)

Know more about "Diabetes-friendly Recipes"

Diet plays an important role in the control of the diabetes and prevention of complications whether medication is required or not. Many people misunderstood dietary management of diabetes as tedious and painful dietary control. Although many individuals with diabetes know the basic principles of dietary management, they find it difficult to apply in their daily lives. In fact, diet for people with diabetes is a healthy diet. It does not have to be boring, it can be delicious, full of variety and surprising. This section will provide practical recipes for reference.

For more details, please visit the website of Primary Care Office.

(http://www.pco.gov.hk/english/resource/diabetes-friendly_recipes.html)



彩蔬 拌魚柳

Fish Fillets with Vegetables



特色 Feature

此菜式腍滑，而且含豐富營養如蛋白質、維生素A等。

This dish is tender and nutritious with high content of protein and vitamin A, etc.

衛生署營養師

Dietitian of Department of Health

材料 Ingredients

魚柳	6 兩 (240 克)	240 g fish fillet
甘筍 (細)	1 條 (約 75 克)	1 piece carrot, small (approx. 75 g)
翠玉瓜 (細)	1/2 條 (約 75 克)	1/2 piece zucchini, small (approx. 75 g)
粟米油	3 茶匙	3 teaspoons vegetable oil
薑片	2 片	2 slices ginger
蒜蓉	1 湯匙	1 tablespoon garlic, finely chopped

魚柳醃料 Marinade for fish

鹽	1/4 茶匙	1/4 teaspoon salt
生粉	1/2 茶匙	1/4 teaspoon cornstarch
紹酒	1/2 湯匙	1/2 tablespoon Shaoxing wine
白胡椒粉	少許	A pinch white pepper

調味料 Seasonings

生抽	2 茶匙	2 teaspoons soy sauce
糖	1 茶匙	1 teaspoon sugar
生粉	1 茶匙	1 teaspoon cornstarch
紹酒	2½ 湯匙	2½ tablespoons Shaoxing wine
清水	3 湯匙	3 tablespoons water

To Serve
4
人分量



用油知識 Tips on Use of Oil

應選擇植物油如粟米油、花生油、芥花籽油或橄欖油等，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.

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

每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	膽固醇 Cholesterol	纖維素 Dietary Fibre	鈉質 Sodium
118 千卡(kcal)	5 克(g)	12 克(g)	4 克(g)	30 毫克(mg)	0.8 克(g)	405 毫克(mg)

步驟 Cooking Method

1. 魚柳洗淨後加醃料拌勻，醃約30分鐘。甘筍去皮、洗淨及切片。翠玉瓜洗淨及切片。
2. 於易潔鑊燒熱 2 茶匙油，將甘筍兜炒至脆，再加入翠玉瓜，炒至脆後盛起。
3. 洗淨鑊後，於鑊燒熱餘下的油，爆香薑片及蒜蓉，然後將魚柳煎至兩面金黃色，最後加入已拌勻的調味料煮滾。
4. 將魚柳放在甘筍及翠玉瓜上，然後淋上調味料即成。

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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.

1. Rinse the fish and marinate for about 30 minutes. Peel, rinse, and slice the carrot. Rinse and slice the zucchini.
2. Heat 2 teaspoons of oil in a non-stick pan and stir-fry the carrot slices first and then the zucchini until they are softened.
3. Clean the pan and use the remaining oil to fry the garlic and ginger. Add the fish, which has been pat dry, and pan-fry until the two sides are golden brown. Add the seasoning and bring the sauce to the boil.
4. Put the fish on top of the carrots and zucchini and pour the sauce over them and serve.

煎釀 燈籠椒

Stuffed Bell Peppers



特色 Feature

燈籠椒含豐富維生素C及其他抗氧化物質，有助增強抵抗力。
Bell peppers are rich in vitamin C and other antioxidants which help boost immune system.

衛生署營養師

Dietitian of Department of Health

材料 Ingredients

鯪魚肉	6 兩 (240 克)	6 tael dace fish paste (240 g)
芫茜 (切碎)	2 湯匙	2 tablespoons parsley, finely chopped
紅燈籠椒 (細)	1 個 (約 80 克)	1 piece red bell pepper, medium (approx. 80 g)
青燈籠椒 (細)	1 個 (約 80 克)	1 piece green bell pepper, medium (approx. 80 g)
黃燈籠椒 (細)	1 個 (約 80 克)	1 piece yellow bell pepper, medium (approx. 80 g)
生粉	1/2 茶匙	1/2 teaspoon cornstarch
粟米油	2½ 茶匙	2½ teaspoons corn oil
蒜頭 (切碎)	2 瓣	2 cloves garlic, finely chopped
紹酒	3 湯匙	3 tablespoons Shaoxing wine

To Serve
4
人分量

魚肉醃料 Marinade for fish

鹽	1/2 茶匙	1/2 teaspoon salt
糖	1/2 茶匙	1/2 teaspoon sugar
生粉	1/2 茶匙	1/2 teaspoon cornstarch

調味料 Seasonings

生抽	2 茶匙	2 teaspoons soy sauce
糖	1 茶匙	1 teaspoon sugar
麻油	1/2 茶匙	1/2 teaspoon sesame oil
生粉	1 茶匙	1 teaspoon cornstarch
白胡椒粉	少許	A pinch white pepper
清水	3 湯匙	3 tablespoons water



用油知識 Tips on Use of Oil

應選擇植物油如粟米油、花生油、芥花籽油或橄欖油等，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.

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

每一份 Per Serving

熱量 Energy	碳水化合物 Carbohydrate	蛋白質 Protein	脂肪 Fat	膽固醇 Cholesterol	纖維素 Dietary Fibre	鈉質 Sodium
117 千卡(kcal)	6 克(g)	11 克(g)	4 克(g)	34 毫克(mg)	1.1 克(g)	514 毫克(mg)

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 the information compiled from the USDA Nutrient Data Laboratory. Values are for reference use only.

步驟 Cooking Method

1. 把鯪魚肉打成膠，將芫茜及魚肉醃料放進魚膠中拌勻，醃約30分鐘後備用。
2. 把所有燈籠椒洗淨及去瓢後切件，於底部沾滿生粉，然後釀入魚膠。
3. 於易潔鑊燒熱油，爆香蒜頭，將釀好的燈籠椒（魚肉朝底）放於鑊中，以慢火煎約5分鐘，然後沿鑊邊贊酒，加入調味料，蓋上蓋煮約3分鐘或至魚肉全熟即成。

1. Finely mince the dace meat. Use a spatula to stir in one direction until the meat becomes a sticky, paste-like texture. Mix the parsley with fish paste and then marinade well for about 30 minutes. Set aside.
2. Rinse, core, and cut the bell peppers into wedges. Dust the inside with cornstarch and stuff with fish paste.
3. Heat oil in a non-stick pan. Fry the garlic and then pan-fry the stuffed bell peppers (fish meat face down) over low heat for about 5 minutes. Pour the wine down the side of the pan and add the seasonings. Cover and braise for about 3 minutes or until the fish is thoroughly cooked and serve.





有營食肆
EatSmart
Restaurants

以下資料截至二零一五年五月二十日，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 May 2015. 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

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
迎禧大酒樓	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
皇室1號龍門	Royal One Pleasant Palace	2351 9882
泰式食	Thai Perfect	2890 4899
納思日本料理	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
警察總部匯鈞西餐廳		
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
警察總部雅膳中菜廳		
索迪斯(香港)有限公司 -	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
警察總部匯鈞快餐		
海皇粥店	Ocean Empire Food Shop	
(新誠商業大廈)	(Simons 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
跑馬地萬興茶餐廳	Man Hing Restaurant	2574 9228
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
紫蘭花	Sawadika	2242 3000
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
新星海鮮酒家	New Star Seafood Restaurant	2838 2186
壽司邦太	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	
(金利文廣場)	(Richmond Plaza)	2413 1811
(富豪商業大廈)	(Prosperous Commercial Building)	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
鍾廚	Chung's Kitchen	8300 8005
韓廚麵	Chef's Noodle	3106 0233
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
饗宴	U-Banquet	
(利舞臺廣場)	(Lee Theatre Plaza)	2811 9181
(信和廣場)	(Sino Plaza)	2811 9628
權發海鮮酒家	Kuen Fat Restaurant	2893 8080
Amical Plus Co. Ltd	Amical Plus Co. Ltd	2788 0502
CEO Karaoke Box	CEO Karaoke Box	2137 9777
Délices	Délices	
(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

一念素食	Bijas Vegetarian Restaurant	2964 9011
力寶軒	Lippo Chiuchow Restaurant	2526 1168
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
阿蘭米線	A Hu Mi Xian	2393 0882
美心MX	Maxim's MX	
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
哈佛提素	Harvester	2542 4788
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)	
富臨酒家	Foo Lum Restaurant	2817 8969
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
嘉禧餐廳	Le Cleret Brasserie	2833 5667
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
(華康廣場)	(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	
(長江中心)	(Cheung Kong Centre)	2185 7080
(和記大廈)	(Hutchison House)	2466 6381
(信德中心)	(Shun Tak Centre)	2511 9178
(無限廣場)	(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)	3717 7388
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
百樂門酒家	Joy Cuisine	2580 8183
美心MX	Maxim's MX	2580 5133
珍寶王國	Jumbo Kingdom	2553 9111
南灣會所 (只供住客)	Club Voyage (Residents Only)	2922 0988
浪琴園住客會所 (只供住客)	Pacific View (Residents Only)	2813 9336
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)	3717 7388
泰閣	Koon Thai Cuisine	2878 8282
富臨皇宮	Fulum Palace	2553 0699
綠野仙踪	Greenland Corner	2552 4022
肇順名匯海鮮專門店	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
緣來素食	Destine Vegetarian Restaurant	2554 5837
稻香	Tao Heung	8300 8136
稻香超級漁港	Tao Heung Super 88	8300 8173
鐘菜	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
阿樹米線	A Hu Mi Xian	2660 6668
迎龍大酒樓	Cheers Restaurant	8300 8199
美心MX	Maxim's MX	
(杏花新城)	(Paradise Mall)	2558 8541
(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
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
茗苑漁港	Ming Yuen Fisherman's Wharf Restaurant	2556 2888
茗苑小廚燒味皇	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 (珠璣大廈)	Bangkok Thai Restaurant (Chu Kee Building)	2856 0818
(英皇道)	(King's Road)	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	Fulum Palace	
(英皇道)	(King's Road)	2563 0222
(藍灣半島廣場)	(Island Resort Mall)	2274 2473
富臨皇宮 (康翠台商業中心)	Fulum Palace (The Commercial Block of Greenwood Terrace)	2889 2200
福岡拉麵	Fukuoka Noodle Restaurant	3488 7550
綠野仙踪	Greenland Corner	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	8300 8136
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
豐宴	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)	(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

荃大仙區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
日昇餐廳	Sunrise Restaurant	3426 3266
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
西龍軒味	Slim Taste	3105 5303
金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
美心MX	Maxim's MX	
(竹園南邨)	(Chuk Yuen Shopping Centre)	2327 8551
(黃大仙中心)	(Wong Tai Sin Shopping Centre)	2321 9331
客家好棧	Hakka Hut	8300 8104
紅蔥頭	Cafe Med	2955 4988
順德經典	Classic in Shun Tak	2997 8866
富臨皇宮	Foo Lum Palace	2794 3883
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
富臨漁港臨臨門	Foo Lum Fishman's Wharf Restaurant	2320 9080
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2322 9932
翠華餐廳	Tsui Wah Restaurant	2324 6486
稻香超級漁港	Tao Heung Super 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
聯邦皇宮	Federal Restaurant	2626 0011
麗都軒	Nice Capital Restaurant	2827 1168
豐宴	U-Banquet	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352

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
百樂門宴會廳 (元州街)	Paramount Banquet Hall	2111 9833
百樂門酒家	Joy Cuisine	
(美孚)	(Mei Foo)	2741 1222
(海峰)	(Vista)	2728 8302
西龍傳香飯樓	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	Maxim's MX	
(青山道)	(Castle Peak Road)	2742 4679
(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
紅蔥頭	Cafe Med	2361 0813
海皇粥店 (元州商場)	Ocean Empire Food Shop (Un Chau Shopping Centre)	2760 0522
(美孚新邨)	(Mei Foo Sun Chuen)	2307 6184
富臨皇宮	Fulum Palace	2368 3738
富臨酒家	Foo Lum Restaurant	2361 2213
富臨漁港臨臨門 (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
寶壇餐廳 (幸福商場)	Bun Hui Restaurant (Fortune Shopping Centre)	2204 1318
(青山道)	(Castle Peak Road)	2142 1228
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

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	Prince Ramen	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
大媽指	Big Top Restaurant	2391 0888
大喜屋日本料理	Daikiya Japanese Restaurant	2739 0086
川燒	Chuan Shao	2311 1230
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
百樂門酒家	Joy Cuisine	3910 8388
男爵大排檔	Baron Cuisine	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
金飯碗餐廳	Gold Rice Bowl Restaurant	2897 0222
迎·潮	Joyous One	8300 8192
金皇廷酒樓	Banquet Palace	2770 2328
金陶軒	Kum Tao Heen	2730 8668
阿媽米線	A Hu Mi Xian	2556 8693
迎囍大酒樓 (雅蘭中心) (彌敦道酒店)	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
鳳凰堂 (福苑大廈) (佐敦道)	Orchard Garden Café & Restaurant (Fortune Crest) (Jordan Road)	2421 4817 2656 3316
帝京軒·帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
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
紅蔥頭 (始創中心) (朗豪坊) (海皇酒樓) (嘉軒中菜廳) (骨煲皇) (金基大廈1樓) (金基大廈地下1-2號)	Café Med (Pioneer Centre) (Langham Place) (Ocean Empire Food Shop) (Lychee Garden Chinese Restaurant) (King of Hot Pot) (1/F Kamga Mansion) (1-2, G/F, Kamga Mansion)	2626 0596 3514 9322 2385 6732 2397 9609 2380 4441 2380 4441
泰園 (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 Carnarvon) (ETST Empire Centre)	2722 6768 3962 1188
常悅素食 彩福欣宴 彩福皇宴	M Garden Vegetarian Eky's Banquet Choi Fook Royal Banquet	2787 3128 2332 2698 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	Foo Lum Restaurant	2770 3386
富臨漁港臨門 (安達中心) (百誠大廈) (協成行)	Foo Lum Fishman's Wharf Restaurant (Auto Plaza) (Pak Shing Building) (HSH Mongkok Plaza)	2723 8132 2770 6883 2396 2880
蜀一燒	Sichuan BBQ Restaurant	2780 2889
圓方王子飯店	Prince Restaurant	2577 4888
極尚大喜屋日本料理	Deluxe Daikiya Japanese Restaurant	3188 2882/3188 1988
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

鐵板超	Teppan Chiu Teppanyaki	2787 5135
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
瀟江飯店	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) (荷蘭街) (港島中心) (君街) (赫德道)	Tsui Wah Restaurant (Carnarvon Road) (Pak Hoi Street) (Parkes Street) (Portland Street) (Harbour Crystal Centre) (Pitt Street) (Hart Avenue)	2366 8250 2780 8328 2384 8388 2392 3889 2722 6600 2771 8080 2311 9288
靚煲皇小菜坊	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 (恒隆大廈) (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
樂天大喜屋日本料理	Joy Daikiya Japanese Restaurant	3188 8818/3188 8822
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	Tao Heung Super 88	8300 8168
樂農	Happy Veggies	2568 8181
橫綱日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
澳門丸記清湯腩王	Macau Yuen Kee Hotpot	2394 4128
龍鑾	Dragon Seal Restaurant & Bar	2568 9886
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
晉宴 (始創中心) (莊士倫敦廣場)	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 (只供住客)	Carat 3106 (Residents Only)	3904 1328
California Pizza Kitchen	California Pizza Kitchen	2374 0032
Délices (Café)	Délices (Café)	2311 1320
Good Place	Good Place	3118 8066
Jimmy's Coffee	Jimmy's Coffee	2380 2387
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 6805
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

二宜樓	Eryi Tower Restaurant	2346 9288
三和食堂		2342 2141
(上海) 榮華川菜館	Shanghai Wing Wah (Sze Chuen) Restaurant	2341 0583
太興	Tai Hing	2359 0138
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2389 7409
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
百樂門宴會廳 (MegaBox)	Paramount Banquet Hall (MegaBox)	2798 8332
(鱷魚恤中心)	(Crocodile Centre)	3910 8368
百樂門盛宴	Paramount Grand Banquet	2763 7922
百樂門國際宴會廳	Paramount International Banquet Hall	2806 8173
帕爾馬	La Trattoria di Parma	2111 1370
美心MX	Maxim's MX	
(牛頭角上村)	(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
客家好棧	Hakka Hut	
(大本型)	(Domain-mall)	8300 8109
(淘大商場)	(Amoy Plaza Phase 4)	8300 8110
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) (Students Only)	2346 8990
海皇粥店 (物華街)	Ocean Empire Food Shop (Mut Wah Street)	2304 7468
(淘大商場)	(Amoy Plaza)	2759 6537
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
御苑皇宴	The Banqueting House	2798 8110/2798 8866
富臨酒家	Foo Lum Restaurant	2379 1293
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(企業廣場)	(Enterprise Square)	2759 1808
(觀塘廣場)	(Kwun Tong Plaza)	2342 4252
會所1號 - 九龍東	Club One - Kowloon East	8202 9298
會所1號 - 郵輪堤岸	Club One - Harbourfront	8209 9223
煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
翠華名匯海鮮專門店	Siu Shun Village Cuisine	2798 9738
嘉華大酒樓	Ka Wah Restaurant	2795 3838
翠華餐廳	Tsui Wah Restaurant	2343 3866
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
嘉豪酒家	Ka Ho Restaurant	2755 2982
銀龍粉麵茶餐廳	Ngan Lung Restaurant	
(彩德商場)	(Choi Tak Shopping Centre)	2679 7388
(鯉魚門廣場)	(Lei Yue Mun Plaza)	2709 3344
稻香	Tao Heung	
(MegaBox)	(MegaBox)	8300 8085
(淘大商場)	(Amoy Plaza)	8300 8124
稻香超級漁港	Tao Heung Super 88	8300 8175
潮館	Chao Inn	8300 8145
德藝會	Telford Recreation Club	8202 2892
龍皇酒家	Dragon King Restaurant	2955 0668
鍾菜	Chung's Cuisine	8300 8010
聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3513 4065
譽宴	U-Banquet	
(鱷魚恤中心)	(Crocodile Centre)	2811 9788
(MegaBox)	(MegaBox)	2811 9323
譚雲天	Cheerful Sky Cuisine	2827 2886
譚侯自家菜	Happiness Gastronomy	2827 2688
California Pizza Kitchen	California Pizza Kitchen	3421 2351
Délifrance (Café)	Délifrance (Café)	
(MegaBox)	(MegaBox)	2359 0348
(淘大商場)	(Amoy Plaza)	2757 4518
(德福廣場)	(Telford Plaza)	2756 9565
Oliver's Super Sandwiches	Oliver's Super Sandwiches	
(企業廣場3期)	(Enterprise Square Three)	2749 7561
(德福廣場)	(Telford Plaza)	2757 2662
(APM, 創紀之城5期)	(APM, Millennium City 5)	3148 1101
Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
Studio City Bar & Café	Studio City Bar & Café	3543 5638

九龍城區

Kowloon City District

好味廚	Homey Kitchen	2336 0701
享膳酒家	Enjoy Dinig Restaurant	2362 7045
美心MX	Maxim's MX	
(土瓜灣)	(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
紅蔥頭	Cafe Med	2327 6320
富臨漁港	Foo Lum Fishman's Wharf Restaurant	
(明安街)	(Ming On Street)	2363 2883
(馬頭角道)	(Ma Tau Kok Road)	2768 8618
(九龍城)	(Kowloon City)	2718 3318
(萬基大廈)	(Man Kee Mansion)	3192 4788
富臨酒家	Foo Lum Fishman's Wharf Restaurant	2365 2881
博藝會	Spotlight Recreation Club	8202 8606
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
渝瀾烤魚	Yu Heung Grilled Fish	2382 4168
翠華餐廳	Tsui Wah Restaurant	2760 9828
稻香超級漁港	Tao Heung Super 88	8300 8177
潮家	Chiu Ka	2338 3112
龍皇酒家	Dragon King Restaurant	2774 6288
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
麗華藝廚酒家	Happiness Cuisine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

荃灣區

Tsuen Wan District

八麵玲瓏	The Noodle House	2408 3298
大自然素食	Gaia Veggie Shop	2148 1819
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
百樂門宴會廳	Paramount Banquet Hall	2419 0348
百樂門膳宴	Joy Cuisine	2813 6913
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金裝嫩奶佬餐廳 (99廣場)	Daniel's Restaurant (99 Plaza)	2439 9728
(大磡街)	(Tai Pa Street)	2498 5662
美心MX	Maxim's MX	
(悅來坊)	(Panda Place)	2887 7093
(荃錦中心)	(Tsuen Kam Centre)	2498 9401
(樂悠居)	(Indihome)	2439 1070
紅蔥頭	Cafe Med	2116 1235
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
海皇粥店	Ocean Empire Food Shop	2439 4510
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7337
雲貴軒	The Vermicelli House	2402 2220
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2409 0883
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳	Tsui Wah Restaurant	
(兆和街)	(Shiu Wo Street)	2419 7738
(眾安街)	(Chung On Street)	3126 9233
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2363 8698
銀龍粉麵茶餐廳	Ngan Lung Restaurant	
(眾安街122號)	(122 Chung On Street)	2416 1922
(眾安街22號)	(22 Chung On Street)	2416 6990
(328廣場)	(Plaza 328)	2439 0288
稻香	Tao Heung	8300 8125
稻香超級漁港	Tao Heung Super 88	8300 8164
樂農	Happy Veggies	2490 9882
潮館	Chao Inn	8300 8149
爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
豐盛閣 - 挪亞方舟度假酒店	Harvest Restaurant - Noah's Ark Hotel and Resort	3411 8836/3411 8837
麗都講客	Nice Invitation	2827 2699
Délifrance (Café)	Délifrance (Café)	2940 4830

元朗區

Yuen Long District

八斗非一般茶餐廳	Eight Ladle (Unique) Restaurant	2478 5485
八斗砂鍋粥茶餐廳	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 (Residents 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	2351 5772
客家好棧	Hakka Hut	8300 8107
叙樓海鮮酒家	Lucky House Seafood Restaurant	3156 1283
海皇粥店	Ocean Empire Food Shop	2415 6780
雲貴軒	The Vermicelli House	
(大棠路)	(Tai Tong Road)	2442 1000
(朗屏商場)	(Long Ping Commercial Complex)	2442 7744
(合益路)	(Hop Yick Road)	2442 7755
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
富臨皇宮	Fulum Palace	2470 9923
銀龍粉麵茶餐廳	Ngan Lung Restaurant	
(天恩商場)	(Tin Yan Shopping Centre)	2254 4999
(天慈商場)	(Tin Tsz Shopping Centre)	2617 7817
(瑞富廣場)	(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
潮館	Chao Inn	8300 8148
錦綉花園鄉村俱樂部 (亭林閣餐廳)	Fairview Park Country Club (Country Café) (Members Only)	2471 6333
(只供會員)		
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)	
麗都酒家	Nice Invitation	2479 9908
權發海鮮酒家	Kuen Fat Restaurant	2411 6188
YOHO Midtown 住客會所	YOHO Midtown Club Midtown (Members Only)	2443 2226
(只供會員)		
YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550

屯門區

Tuen Mun District

一壽司	Sushi One	2155 2233
大姆指	Big Top Restaurant	2440 4321
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
百樂門酒家	Joy Cuisine	2450 6338
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
四季紅風味酒家	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
迎禧大酒樓	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
富臨酒家	Foo Lum Restaurant	2457 5277
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
嘉彩漁村酒家有限公司	Kar Choi Fish Village Restaurant Co. Ltd.	2450 6333
翠華餐廳	Tsui Wah Restaurant	
(大興商場)	(Tai Hing Estate Commercial Centre)	2463 7511
(海逸坊)	(Ocean Walk)	2411 1700

翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
緣來素食	Destine Vegetarian Restaurant	2433 3968/2433 3861
稻香	Tao Heung	
(屯門海逸坊)	(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
樂融餐廳	Café Fusion	3511 0702
聯邦皇宮	Federal Palace	2626 0088
Délifrance (Café)	Délifrance (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
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 1298
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
金飯碗美食	Gold Rice Bowl Delicious Food	2325 2533
美心MX	Maxim's MX	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 Student Canteen (Students & Staff Only)	2243 1287
香港專業教育學院 [李惠利]	Hong Kong Institute of Vocational Education - Lee Wai Lee (Student Canteen)	2706 1500
(學生飯堂)		
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
富臨漁港	Fulum Fisherman's Wharf Restaurant	3143 9002
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	2331 2155
蘋果日報印刷有限公司 (職員餐廳)	Apple Daily Printing Limited (Staff Canteen)	2623 9833
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
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
園府統請	Hop Fu Tong Ching	2256 1335
銀龍粉麵茶餐廳	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
麗都酒家	Nice Invitation	2673 8829

沙田區

Sha Tin District

太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店 (沙田第一城)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin)	2637 6011
(新城廣場)	(New Town Plaza)	2607 0668
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2362 1911
百份百餐廳	Hundred Percent Restaurant	2975 8100
百樂門筵宴	Joy Cuisine	2692 8022
突破青年村	Breakthrough Youth Village	2632 0100
沙龍會	Salem Club	2696 2112
君臨宴會廳	King's Fortune Banquet Hall	2667 6388
季季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
金裝嫩奶佬餐廳 (天寶樓)	Daniel's Restaurant (Tin Po Building)	2608 1331
(頌安商場)	(Chung On Shopping Centre)	2631 0225
美心MX (禾輦商場)	Maxim's MX (Wo Che Shopping Centre)	2694 7608
(沙田中心)	(Shatin Centre)	2605 5873
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
香港科學園 - Park Gourmet	Hong Kong Science Park - Park Gourmet	2607 4080
威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
海皇粥店 (迎濤灣商場)	Ocean Empire Food Shop (Marbella)	2613 1262
(好運中心)	(Lucky Plaza)	2692 4150
盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
曼谷泰菜	Bangkok Thai Restaurant	2606 3882
順德經典	Classic in Shun Tak	2330 0023
雅典居住客會所 (只供住客)	Villa Athena Club House (Residents Only)	2633 4318
越南越南餐廳	Trend Vietnamese Restaurant	2602 3198
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
富臨皇宮	Fulum Palace	2310 4201
會所1號 - 萬濤	Club One - Riverview	8209 9288
綠野仙踪	Greenland Corner	3759 4668
翠華餐廳	Tsui Wah Restaurant	2601 9292
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
嘉豪酒家	Ka Ho Restaurant	2602 3228
醉月樓	Dream Catering Limited	2697 7832
稻香	Tao Heung	8300 8134
稻香超級漁港 (馬鞍山)	Tao Heung Super 88 (Ma On Sha)	8300 8179
(沙田正街)	(Sha Tin Centre Street)	8300 8178
潮家	Chiu Ka	2693 2321
嚟味	Taste	2606 5588
麗都滿客	Nice Invitation	2693 9088
福慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911

大埔區

Tai Po District

甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2481 4989
百份百餐廳	Hundred Percent Restaurant	2557 9100
美心MX	Maxim's MX	2638 8239
咪走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
茗苑酒家	Ming Yuen Restaurant	2650 6388
桃園粥麵・小廚	Tao Yuen	2834 1200
彩福酒家	Choi Fook Restaurant	2766 3788
翠華餐廳	Tsui Wah Restaurant	2660 8028
稻香	Tao Heung	8300 8127

葵青區

Kwai Tsing District

山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2484 1789
百份百餐廳 (長亨商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre)	2547 9100
(長康邨)	(Cheung Hong Estate)	2954 9100
(華景商場)	(Wonderland Villas)	2574 8100
百樂門宴會廳	Paramount Banquet Hall	2328 8398
牧羊少年咖啡館	The Alchemist Cafe Bistro	2439 5669
金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
美心MX (石蔭商場)	Maxim's MX (Shek Yam Shopping Centre)	2276 0119
(石籬商場)	(Shek Lei Shopping Centre)	2425 0230
(長發商場)	(Cheung Fat Shopping Centre)	2436 9353
(新葵興)	(Sun Kwai Hing)	2428 0636
(賢麗苑商場)	(Yin Lai Court Shopping Centre)	2743 8651
盈彩海鮮火鍋酒家	Ying Choi Seafood Restaurant	3188 3888
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
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
茗苑酒家	Ming Yuen Restaurant	2716 6988
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
雲貴軒	The Vermicelli House	2442 3388
富臨皇宮	Fulum Palace	2787 0183
富臨酒家	Foo Lum Restaurant	2416 1886
新星海鮮酒家	New Star Seafood Restaurant	2149 0819
廣發餐廳	Kong Fat Restaurant	2612 1842
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2497 3818
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍麵茶餐廳 (石蔭商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
(葵芳廣場)	(Kwai Fong Shopping Centre)	3156 1112
(葵盛東商場)	(Kwai Shing East Shopping Centre)	2408 2315
稻香 (青衣城)	Tao Heung (Maritime Square)	8300 8126
(寶星廣場)	(Po Sing Plaza)	8300 8130
稻香超級漁港	Tao Heung Super 88	8300 8183
聯邦皇宮	Federal Palace	2626 0618
Bistro Délifrance	Bistro Délifrance	2429 8936

離島區

Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
西龍傳香飯樓 (香港國際機場T1)	QQ Rice (Hong Kong International Airport T1)	2107 9989
空港居酒屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒中菜廳 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
南島書蟲	Bookworm Café	2982 4838
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
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
浪濤軒	Concerto Inn	2982 1668
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (富東廣場)	Tsui Wah Restaurant (Fu Tung Plaza)	2811 2877
(機場)	(Airport)	2261 0306
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
稻香	Tao Heung	8300 8133
潮樓	Chao Inn	8300 8141
龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
聯邦皇宮	Federal Palace	2626 0181
藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056

友善探訪 Courtesy Visit



「有營食肆」運動計劃於2008年推出，至今已踏入第八年，十分感謝大家的支持。我們會繼續派員走訪各「有營食肆」，就「有營菜式」的供應和宣傳品的使用情況給予支援，並且協助他們提供更多元化的「有營菜式」，讓市民有更多美味健康菜式可選擇。

以下是給各「有營食肆」的溫馨提示：

- 每天提供合共不少於5款「有營菜式」- 包括「蔬果之選」和「3少之選」菜式，並於指定時段內供應。
- 確保食肆善用產品資訊和推廣資料，包括展示「有營食肆」櫥窗膠貼，並在菜牌上貼上「有營菜式」標誌，以幫助顧客識別「有營菜式」。
- 確保食肆存放「顧客意見表」，為顧客提供表達意見的渠道。

This is the eighth year of the "EatSmart@restaurant.hk" Campaign after its first launch in 2008. Thank you all for your generous support throughout these years. In order to maintain rapport with EatSmart Restaurants (ESRs) and facilitate them to offer more varieties of EatSmart dishes to the public, we shall continue to send officers to visit each ESR for providing support in the supply of EatSmart dishes and the usage of promotional materials.

As a gentle reminder, ESRs are recommended to:

- Offer at least five EatSmart dishes (including "Dishes with More Fruit and Vegetables" and "3 Less Dishes") in designated business hours;
- Ensure good use of product information and promotional materials so that customers can recognise EatSmart dishes easily; this includes display of EatSmart Restaurant decals at entrances and attachment of EatSmart stickers on menus; and
- Ensure that copies of the "Customer Opinion Form" are available for customers' use.

全新<有營食肆>流動應用程式及 宣傳短片已隆重登場

Launches of the Brand New "EatSmart Restaurant" Mobile App and Attention of Public Interest (API)

為方便市民選擇「有營食肆」，衛生署剛推出了「有營食肆」流動應用程式以供下載。現在，市民可透過有關專題網站(<http://restaurant.eatsmart.gov.hk>)或流動應用程式搜尋心儀食肆，品嚐健康美味的「有營菜式」了。

此外，衛生署亦製作了一套新電視宣傳短片，以推廣「有營食肆」及其手機應用程式。詳情請登入<https://www.youtube.com/watch?v=ZCbJ5RZMMLA>

To facilitate the public to pick an ESR, the Department of Health (DH) has just launched the "EatSmart Restaurant" mobile app for downloading. Now, the public can search from our thematic webpage (<http://restaurant.eatsmart.gov.hk>) or mobile app for their desired ESRs and savour the nutritious and delicious EatSmart dishes.

Besides, DH has produced a new API to promote the "EatSmart Restaurant" campaign and its mobile app. Please visit <https://www.youtube.com/watch?v=9dusFRjJ3zM> for details.



請立即行動，下載「有營食肆」流動應用程式！

Act now and download our "EatSmart Restaurant" mobile app!

「開心果月」在「有營食肆」活動

"Joyful Fruit Month @ EatSmart Restaurants"

今年，由衛生署舉辦的「開心『果』月」活動首次與「有營食肆」運動合作，一起鼓勵市民養成進食水果的習慣。參與「開心『果』月」的在校學生或其家人，可於2015年4月到參與

此活動的「有營食肆」惠顧「有營菜式」時，憑優惠券換取一份水果。

由食物及衛生局高永文醫生主禮的「開心『果』月」在「有營食肆」啟動典禮已於2015年3月30日順利舉行。當日眾飲食業界代表及各推廣健康飲食機構組織聚首一堂，齊心在社區推動多吃水果的健康飲食文化，場面十分熱鬧。

是次活動有超過70間分佈於全港各區的「有營食肆」參與，反應十分踴躍。各參與的「有營食肆」亦獲頒發嘉許狀，期望各「有營食肆」得到鼓勵之餘，亦能繼續為市民的健康作出貢獻。

The "Joyful Fruit Month" event organised by the Department of Health unprecedently collaborates with the "EatSmart Restaurant" campaign this year, with an aim to encourage the public to make fruit eating a habit. In this joint event, the students or their family members of schools participating in the "Joyful Fruit Month" event are offered a serving of fruit upon ordering an EatSmart dish at a participating ESR with a coupon in April 2015.

Dr KO Wing-man, Secretary for Food and Health, officiated the "Kick Off Ceremony for Joyful Fruit Month @ EatSmart Restaurants" on 30 March 2015. The ceremony was livened up by the representatives from the food industry and organisations supporting the promotion for healthy diet, who gathered together to support fruit eating culture.

Over 70 ESRs across the territory joined the event with enthusiasm. The participating ESRs were awarded with certificates of appreciation. We hope that all ESRs would be encouraged to keep making efforts to promote the health of the public.



特別消息 Special News

《營廚》流動應用程式正式推出 "CookSmart" Mobile App is Now Released

《營廚》是「有營食肆」運動出版的刊物，以清新手法向市民推廣有「營」飲食文化和帶出健康飲食信息。為擴大讀者層面和帶給讀者全新閱讀體驗，我們已推出《營廚》流動應用程式，適用於iOS作業系統，而Android版本行將推出，請各位密切留意。

CookSmart, a periodical published under the "EatSmart@restaurant.hk" campaign, promotes "eat smart" culture and brings out messages about healthful diet to the public in a refreshing style. To expand our reader base and offer our readers new reading experience, the iOS mobile app for CookSmart is now available and we are going to release the Android version very soon. Keep an eye out for it!



