

023

有營食肆  
EatSmart Restaurant

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

# CookSmart

營廚







## 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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023

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

# CookSmart

## 營廚

### 編者的話 Editor's Words

元旦和農曆新年接踵而來，大家與良朋親友歡聚，少不免開懷大嚼。大吃大喝後，是否想平衡一下，選擇一些味道清新，又以蔬菜為主的健康菜式？今期《營廚》邀請了營養師為大家介紹不同種類的蔬菜及其營養價值，而且還會告訴你如何吃得健康。當然少不了介紹多款用蔬菜烹製的有營菜式。此外，「有營食肆 - 新店登場」專欄會繼續為大家介紹多間新加盟的餐廳，而「『適』飲『適』食」專欄則會為大家提供兩款適合糖尿病人進食的菜式，藉此分享窩心健康滋味。

During the New Year and Lunar New Year, most of us will have multiple feasts with family members and friends for happy gatherings. To strike a balance after feasts, do you want to have something healthy and refreshing prepared mainly with vegetables? In this issue, we invited dietitians to introduce us different kinds of vegetables and their nutritional values, as well as to give us advice on healthy diets. Besides covering information on EatSmart Dishes prepared with vegetables, this issue continues to feature new EatSmart Restaurants in the column "Newly Registered EatSmart Restaurants" and present two diabetes-friendly recipes in the column "Diabetes-friendly Recipes". We expect to share our care and thoughtfulness through these healthy delicacies.





## 韓廚麵

Chef's Noodle



有營菜式推介  
Recommended ESR Dishes



牛肉伴菜  
Stir-Fried Beef and Vegetables



雜菜年糕麵  
Hot Pink Noodles in Beef Broth  
with Rice Cakes



韓廚麵為南韓三大連鎖餐飲品牌之一，在韓國擁有逾60間特許經營店。香港善導會社會企業－明朗服務有限公司取得特許經營權，在灣仔開設首間香港特許經營店，以社會企業形式運作，不但為香港帶來嶄新韓式飲食文化，還以栽培年青人及更生人士成為專業廚師及餐飲業人員為目標，讓他們自創未來。

Named as one of the three largest restaurant chains in South Korea, Chef's Noodle is a popular Korean chain restaurant with more than 60 franchise stores in the country. At Chef's Noodle, you can experience traditional Korean culinary culture with a modern twist.

Bright Services Company Ltd, a social enterprise of the Society of Rehabilitation and Crime Prevention, has obtained the Master Franchise from Chef's Noodle and set up the first franchise store in Wan Chai, aiming at nurturing youngsters and ex-offenders to be professional chefs and caterers in the food and beverage industry.

- 灣仔駱克道128號麗駿酒店2樓  
2/F, Brighton Hotel, 128 Lockhart Road,  
Wan Chai
- 3106 0233

亞洲菜  
Asian  
Cuisine



## 海港酒家

Victoria Harbour Restaurant



有營菜式推介  
Recommended ESR Dishes



鮮果桂花明蝦球  
Fried Shrimp Ball with Fresh Fruit &  
Sweet Olive



翠塘滑豆腐  
Steamed Tofu with Seafood & Veggie



中菜  
Chinese  
Cuisine

海港酒家巧手烹製各樣優質食材，並嚴控成本回饋顧客，務求出品新鮮精良和物超所值。

Employing top quality food ingredients and fine cookery skills, Victoria Harbour Restaurant is committed to serving you.

- 天水圍天華路30號天頌苑頌富廣場第1期2樓  
L224 號舖  
Shop No. L224, Second Floor, Phase 1, Chung  
Fu Plaza, Tin Chung Court, 30 Tin Wah Road, Tin  
Shui Wai
- 2408 0010

其他店舖資料可參閱第34頁及第36至39頁。  
For information of other restaurants, please refer to  
page 34 and page 36 to 39.





## 泰國人海南雞 Koon Thai Hai Nam Chicken



泰國菜  
Thai  
Cuisine



有營菜式推介  
Recommended ESR Dishes



手撕雞沙律  
Shredded Chicken Salad



青木瓜絲沙律  
Green Papaya Salad



泰國人海南雞在香港屹立多年，是泰式海南雞專門店，所有食材均由泰國新鮮空運入口，品質控制更由泰廚親自主理，使食物質素保持水準，更添泰式風味。

Koon Thai Hai Nam Chicken, being a specialty restaurant for Thai-style Hai Nam Chicken, has already been established in Hong Kong for more than 10 years. The restaurant's food quality has been maintained over the past years for their Thai chefs take charge of the quality control with all their ingredients imported from Thailand by air. All these have contributed to the special taste of Thai in their dishes.

📍 深水埗福榮街70號地下  
G/F, 70 Fuk Wing Street, Sham Shui Po

☎ 2668 8606

其他店舖資料可參閱第34至36頁及第39頁。  
For information of other restaurants, please refer to page 34 to 36 and page 39.

多國菜  
International  
Cuisine



## 薈景 Congress Plus



有營菜式推介  
Recommended ESR Dishes



鮮雜果海鮮沙律  
Tropical Fruit with Seafood Salad



有機田園沙律  
Organic Garden Green Salad



薈景為一家大小和講究的食家提供難以匹敵的自助餐體驗。本餐廳由會展中心多位獲獎大廚嚴選健康「環保」的食材，並於餐廳內即席為賓客烹調各種創新的環球菜式。

薈景可同時容納約300位賓客。餐廳設有貴賓房讓賓客可一邊享用美食，一邊透過偌大窗戶盡情欣賞維港景致。以城市景觀為題的現代設計更巧妙地利用了不少綠色物料，當中包括以循環再用餐酒瓶製成的屏幕及竹地板。薈景提供自助午餐及行政商務午餐。歡迎預訂海景貴賓房舉行私人宴會，讓專人為你設計特色菜單。

Congress Plus offers an unrivalled buffet dining experience for families and sophisticated gourmets. Congress Plus features an extensive variety of international cuisines that are creatively designed using a selection of healthy and sustainable "green" ingredients presented at "live cooking" stations by award winning chefs.

The restaurant seats about 300 persons with harbour view private rooms overlooking the lights of Victoria harbour from expansive windows. The contemporary cityscape decor utilises "green" materials, such as re-used wine bottle screens for decorations and bamboo flooring. Light buffet lunch and executive lunch sets are available. Tailor made private dining is also welcome.

📍 灣仔港灣道1號香港會議展覽中心4樓  
4/F Hong Kong Convention and Exhibition Centre, 1 Harbour Road, Wan Chai

☎ 2582 7250





## 歐陸餐廳

Balcony



西餐  
Western  
Cuisine



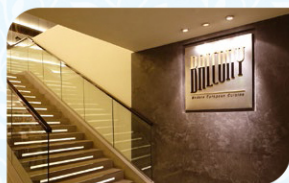
有營菜式推介  
Recommended ESR Dishes



香草蒜蓉扒美國大蘑菇配烤番茄及藜麥  
Grilled Portabello Mushroom with Herbs,  
Garlic and Oven Roast Tomato and  
Quinoa



鮮蝦茄汁長通粉配紅洋蔥及甜燈籠椒  
Penne with Prawns, Spanish Onion and  
Sweet Bell Pepper in Tomato Sauce



📍 荃灣荃華街3號悅來酒店3樓  
3/F Panda Hotel, 3 Tsuen Wah Street,  
Tsuen Wan

☎ 2409 3226

\* \* \* \* \*



## 悅來酒店咖啡室

Panda Café



多國菜  
International  
Cuisine



有營菜式推介  
Recommended ESR Dishes



西班牙菠菜番茄奄列  
Spinach and Tomato Frittata



香煎吞拿魚沙律  
Seared Tuna Salad



📍 荃灣荃華街3號悅來酒店3樓  
3/F Panda Hotel, 3 Tsuen Wah Street,  
Tsuen Wan

☎ 2409 3218





**亞洲菜**  
Asian  
Cuisine



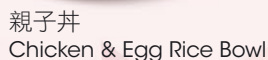
2702 8128

其他店舖資料可參閱第34至39頁。

For information of other restaurants, please refer to page 34 to 39.

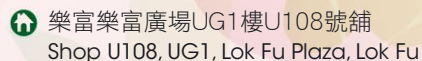


## Sushi Dai



「壽司大」每日嚴選新鮮食材，提供價錢合理和創新的壽司、刺身及其他日本料理。本餐廳經驗豐富的師傅均能以傳統手握方式製作出「美味、創新」的壽司和刺身，務求令你盡嚐美食樂趣。

Sushi Dai serves fresh sushi, sashimi and a quality selection of Japanese cuisines with reasonable price and self-creative items, to enhance your dining enjoyment. Traditional Japanese sushi and sashimi are skillfully prepared by our experienced chefs every day.



3102 1828





## 富豪坊 - 富豪東方酒店

Regal Terrace - Regal Oriental Hotel



中菜  
Chinese  
Cuisine

富豪坊提供一系列高級粵、京、滬招牌菜及精緻點心，務求令您品嚐到不同的美饌。

Regal Terrace presents you with an array of signature Cantonese, Shanghainese and Pekingese dishes and dim sum. We endeavour to make you enjoy all our delicacies.

九龍城沙浦道30-38號富豪東方酒店2樓  
2/F, Regal Oriental Hotel, 30-38 Sa Po Road,  
Kowloon City

2132 3456

多國菜  
International  
Cuisine

「forte」的亮點在於挑動無限食慾的國際美饌及新鮮食材。餐廳的行政午餐和半自助晚餐別具風味。為貫徹酒店的環保理念，餐廳的電子菜單除了提供自選菜式、套餐或時令佳餚，亦備多款素食、清真和不含麵筋的食品。作為衛生署認可的「有營食肆」，「forte」以支持健康飲食為己任，提供多款「少鹽、少油、少糖」的餐飲選擇，讓你輕鬆展開有營生活。

The greatest attractions of "forte" are appetite-provoking international dishes and fresh ingredients. Our executive lunch sets and semi-buffet dinners set us apart with special flavoured delicacies. To support our hotel's paperless endeavors, we now even offer eMenu to diners for ordering a la carte dishes, set meals and seasonal items. We make sure that all our diners are catered for with vegetarian, halal and gluten free dishes. We are proud to be recognised by the Department of Health as an EatSmart Restaurant. Healthy eating is highly encouraged at "forte" so we offer dining options with less oil, less salt and less sugar to promote healthy and environmental-friendly living.

觀塘創業街38號如心艾朗酒店2樓  
2/F, L'hotel élan, 38 Chong Yip Street, Kwun Tong

3968 8222



有營菜式推介  
Recommended ESR Dishes



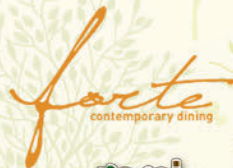
大豆芽菜炒肉鬆  
Sautéed Minced Pork with Bean Sprout



蘋果炒帶子  
Sautéed Scallops with Apple



## "forte"



有營菜式推介  
Recommended ESR Dishes



羅馬番茄紫蘇薄餅  
Margarita Pizza



菜心伴豆腐  
Steamed Vegetable with Tofu and  
Soya Sauce







## "canton pot"



中菜  
Chinese  
Cuisine



有營菜式推介  
Recommended ESR Dishes



竹笙菠菜野菌餃  
Bamboo Pith, Spinach and  
Mushroom Dumplings



羊肚菌黑豚肉餃  
Morel Mushrooms and Kurobuta  
Pork Dumplings



本店以清新健康的亞洲美味火鍋為主題，精心搜羅逾百款火鍋食材，配以各式滋味湯底、醬料及配菜，為食客帶來煥然一新的健康美食新體驗。

"canton pot" features over 100 carefully selected hot pot ingredients with a variety of luscious soup bases, condiments and sauce. This restaurant represents a new definition of healthy pot cuisine served in a relaxed and inviting setting, coupled with upbeat and chill-out music.

旺角廣東道1131號香港旺角薈賢居  
(如心酒店集團管理) 2樓  
2/F, Lodgewood by L'hotel Mongkok Hong Kong,  
1131 Canton Road, Mong Kok

3968 7888

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## 黃記煌

Simmer Huang Chinese Food



黃記煌  
simmerhuang  
Chinese food  
三汁燜鍋  
Three-Sauce Simmer Pot

中菜  
Chinese  
Cuisine



有營菜式推介  
Recommended ESR Dishes



山珍菌燜鍋  
Assorted Mushrooms Simmer Pot



鯰魚燜鍋  
Catfish Simmer Pot



我們開創的「黃記煌三汁燜鍋」是一種全新健康餐飲模式，其烹調手法是利用電磁爐以低溫「燜」煮食材，而不用沸騰湯底涮熟食材。

We invented a novice and healthy culinary method "HuangJiHuang Three-Sauce Simmer Pot" to gently "simmer" ingredients under low-temperature with induction cooking plate instead of boiling them with extremely hot soup base.

灣仔摩理臣山道9號天樂廣場1樓  
1/F, Morrison Plaza, 9 Morrison Hill Road, Wan Chai  
2110 4043

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





Benjamin充滿陽光氣息，還擁有一副令人羨慕的健美身形。對他而言，維持健康生活之道就是堅持運動和注意健康飲食。

Benjamin is radiant with an admirable physique. He attributed his fitness to a regimen consisting of doing exercise persistently and following a healthy diet.

## 健康始於生活細節

### To Make Healthy Living Part of the Daily Routine

Benjamin自言入行後食無定時，睡眠不足。為了保持健康狀態，他明白要由生活細節做起。除着重飲食健康外，他飯後還會飲用熱檸檬水來解渴和吸收額外營養。

Benjamin said an actor's lifestyle is hectic - cannot have regular meals and enough sleep. He realised that it is most important to maintain health by making healthy living part of his daily routine. Apart from maintaining a healthy diet, he always drinks a glass of warm lemon water after meal for its thirst quenching properties and nutritional benefits.

袁偉豪 (Benjamin) 17歲時憑演出飲品廣告入行，曾演出過多部電影，於2007年參加香港先生選舉獲得冠軍後加入電視台，此後一直以拍攝電視劇為主，亦偶有參演舞台劇。

Benjamin YUEN started his career in the entertainment industry by engaging in a beverage advertisement at the age of 17. He had appeared in a number of movies before he got the championship in the "Mr. Hong Kong Contest" in 2007. Benjamin has become a television actor and appeared primarily on television series since then. Occasionally, he also takes part in drama.



# 少油少鹽 飲食均衡

## Balanced Diet with Less Oil and Salt

Benjamin日常飲食較為清淡，多菜少肉。近年他愛下廚煮食，從中累積了不少掌握食材及調味分量的心得：炒菜時少下油鹽，以薑汁、蒜茸等提味；配製西式沙律時亦少用油，改配黑醋或檸檬汁等；製作甜品時，則以低脂奶代替糖及牛油。

「每個人的食量總是有限的，輕嚐淺嚼，更能享受多樣化的飲食。」他在上班的日子多數選擇清新輕盈的餐食，如吞拿魚麥包三文治、煙三文魚沙律或雜果沙律等。由於外景工作時通常只有燒味飯盒提供，Benjamin多選吃去皮的雞胸肉飯。

Benjamin maintains a light diet with less meat and plenty of vegetables. In recent years, he has developed greater interest in cooking and learnt a lot about the proper amounts of ingredients and seasonings: when frying vegetables, he uses less oil and salt with grated ginger juice and ground garlic to enhance food flavour; when preparing salad dressing, he prefers using balsamic vinegar or lemon juice to oil; when making desserts, he uses low-fat milk as replacement for sugar and butter.

"Everyone's stomach has limited capacity. Eating smaller portions allows you to enjoy greater variety of food." Benjamin usually takes light meals during workdays, e.g. tuna fish sandwich on whole wheat bread, smoked salmon salad and mixed fruit salad. At outdoor filming locations where BBQ meat lunch boxes are commonly provided, Benjamin usually opts to eat those prepared with skinless chicken breast only.





# 常做運動和長跑

## Regular Exercise and Long Distance Running

Benjamin除保持健身外，亦多做帶氧運動。過去，他較喜歡球類運動，自年前發覺一些圈中朋友愛上跑步，便湊興一同練跑，不料跑上癮來。他說：「跑步出了一身汗，不但有助排毒，還能增強心肺功能，亦令人覺得暢快。」

Benjamin較早前更與多位同事自組跑步團「Crazy Runners」。過往節日假期，Benjamin多是選擇吃喝玩樂，現在則跟大夥兒在山野練跑中渡過。「大家輕輕鬆鬆一齊練跑，沿途享受秀麗的風景，練習完畢一齊食飯兼交流心得。」

Benjamin本年初完成香港馬拉松十公里賽事，明年初將會挑戰半馬拉松，看大家會否在賽道上與他相遇？

To complement his body fitness, Benjamin adds aerobic exercises to his workout routine. In the past, Benjamin preferred more on ball games. Inspired by his friends in the industry, he has taken up long distance running and become addicted to it. "Running strengthens my cardio-pulmonary function and sweating helps my body eliminate toxins. It is simply relaxing and exhilarating."

Benjamin has formed a runners' group, the "Crazy Runners", with a couple of colleagues lately. Benjamin used to hang out and party with friends on festivals and holidays, now he would rather celebrate by running in the countryside with his teammates. "Running leisurely in the countryside is a scenic and enjoyable experience. We always end our practice session with a nice meal, when we share inspirations with one another."

Having completed a 10-kilometre run in the Hong Kong Marathon earlier this year, he has enrolled in the half-marathon which will be held next year. Let's see if you could meet him on the track by then!





### 蓮藕茸蒸銀鱈魚



Smashed Lotus Root Steamed  
with Black Cod Fillet

「以生磨蓮藕茸配銀鱈魚柳，配搭新鮮，魚質豐厚，味道不凡。」

"A new combination is created by cooking ground lotus root and black cod fillet together. The fillet has an impressively firm texture and a rich flavour."

### 芝士焗雜菌



Grilled Cheese with  
Mixed Mushrooms

「以昆布及木魚花熬製的湯底清甜可口，娃娃菜鮮嫩爽口，菇菌配上芝士香味濃郁，各有風味。」

"The soup of kombu and bonito flakes provides a sweet and flavoursome base to the crunchy baby cabbage, cheese and an assortment of mushrooms, whereby offering a diverse mix of flavours."

### 三文魚沙律火炙壽司卷



Grilled Salmon and Salad Sushi Roll

「青瓜及雜菜壽司以略為炙燒的三文魚包裹，賞心悅目，未入口已令人開懷。」

"Wrapping the mixed vegetable sushi roll with grilled salmon is a delight to the eyes. You feel the pleasure before you have even eaten it."

### 南瓜柚子甘露煮



Steamed Pumpkin with  
Grapefruit Sauce

「軟綿的南瓜配上清香的柚子汁，其配搭及造型均盡顯廚師的心思。」

"Pumpkin, smooth and tender, is accompanied by a fresh and fragrant grapefruit sauce. Its ingredient combination and presentation exemplify the thoughtfulness of the chef."

## 袁偉豪的健康之選

Benjamin's Healthy Choices





# 蔬菜-營養寶庫

Vegetables:  
the Nutritional Powerhouses

周倩蓀

澳洲註冊營養師及  
香港營養師協會助理財政

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現代人奉行多菜少肉的飲食習慣。然而，蔬菜種類繁多，營養成分各異。營養師周倩蓀 (Fion) 提供了一系列儲存和烹調蔬菜的方法，讓讀者獲取最大的營養價值。

## 各色蔬菜 營養各異

Fion解釋，蔬菜可分為葉菜類、瓜類、果類、菇菌類、根莖類和豆類。蔬菜是天然食物，能為人體提供各種不同營養。我們要每天進食充足蔬菜才能夠維持身體健康。蔬菜所含的熱量及脂肪都較低，但可大量提供膳食纖維、胡蘿蔔素、葉酸、維生素C、鉀質、鎂質和植物性化合物。(表1)

There is a growing trend of eating more vegetables and less meat. However, different vegetables contain different nutrients. Fion CHOW, a practicing dietitian, suggests a series of ways to cook and store vegetables to reap their maximum nutritional benefits.

## Different Vegetables Provide Different Health Benefits

Fion said, vegetables can be categorised as leafy vegetables, gourds, fruit vegetables, mushrooms, root vegetables and beans. They are natural food which can deliver different nutritional benefits to our bodies. We need to consume sufficient amount of vegetables on a daily basis to keep us healthy. Vegetables are generally low in energy and fats but rich in dietary fibre, beta-carotene, folic acid, vitamin C, potassium, magnesium and phytochemicals. (Table 1)



表1：蔬菜所提供的營養素及其功用

Table 1: Functions and Nutritional Values of Different Types of Vegetables

營養素或植物性化合物 Nutrients or Phytochemicals	功用 Functions
膳食纖維 Dietary Fibre	膳食纖維是植物中人體無法消化的部分，儘管如此，它卻是維持健康不可或缺的物質，不但可增加腸道蠕動，還可維持腸胃健康。 Dietary fibre is the indigestible part found in plant. Although dietary fibre cannot be absorbed by human body, it plays an important role in our health. It stimulates bowel movement and maintains gastrointestinal health.
胡蘿蔔素 Beta-carotene	胡蘿蔔素會於人體吸收後轉化成維生素A。維生素A有助維持視力、皮膚和黏膜組織健康。 Beta-carotene can be converted into vitamin A upon body absorption. Vitamin A is essential for the health of eye, skin and mucus membrane.
葉酸 Folic Acid	葉酸能預防貧血，亦有研究指出攝取充足的葉酸有助降低罹患心臟病的風險。 Folic acid helps prevent anaemia. Some studies showed that adequate consumption of folic acid can reduce the risk of heart disease.
維生素C Vitamin C	維生素C促進細胞成長和修補、幫助傷口癒合，以及幫助鐵質吸收。缺乏維生素C可能導致壞血病。 Vitamin C helps promote tissue growth and repair, as well as wound healing. It aids the absorption of iron. Vitamin C deficiency may lead to scurvy.
鉀質 Potassium	鉀負責保持人體內的電解質平衡和細胞功能正常，攝取足夠的鉀可降低血壓。 Potassium is essential in maintaining electrolyte balance and cellular function in our bodies. Adequate potassium intake can lower blood pressure.
鎂質 Magnesium	鎂在保持骨骼健康方面扮演重要的角色，人體內超過一半的鎂質存於骨骼中。 Magnesium plays an important role in maintaining bone health. It is known that over 50% of magnesium in human body is stored in bones.
植物性化合物 Phytochemicals	植物製造植物性化合物來對抗細菌和真菌等微生物，多具抗氧化作用。有人認為它能改善健康和減低患病風險。 Plants produce 'phytochemicals' to protect themselves against micro-organisms like bacteria and fungi. Phytochemicals were found to have antioxidant effect in most cases and are believed to be conducive to health improvement and illnesses reduction.



部份根莖類蔬菜相對含有較多碳水化合物，例如每100克蓮藕所含的碳水化合物接近20克；乾豆類，例如黃豆和紅豆，則含有較高蛋白質(表3)，是肉類的代替品；此外，黃豆更含有約百分之二十脂肪，主要是有益心血管的不飽和脂肪；菇菌類，例如白蘑菇、金菇，則含較多的膳食纖維。

Fion表示蔬菜所含的鈉質一般都較低，但卻含有豐富的鉀質(表3)。低鈉高鉀的飲食模式有助維持正常血壓，因此得以減低患上心血管疾病的風險。

Some of the root vegetables are relatively rich in carbohydrates. For instance, 100g of lotus root contains about 20g of carbohydrates. Legumes like soybeans and red beans, which contain higher amounts of protein (Table 3), are meat alternatives. Soybeans contain about 20% fat, and it is mainly unsaturated fat, which is particularly good for cardiovascular functions. Mushrooms like white button mushroom and enokitake mushroom contain higher amounts of dietary fibre.

Fion added, vegetables are generally low in sodium but are high in potassium (Table 3). A low sodium and high potassium diet helps maintain normal blood pressure, hence reducing the risk of cardiovascular diseases.

## 蔬菜

## Vegetables

圖1：不同種類蔬菜的營養比較

Diagram 1: Nutritional Values of Different Types of Vegetables

### 所有蔬菜

提供膳食纖維、胡蘿蔔素、葉酸、維生素C、鉀質、鎂質和植物性化合物。

#### All Types of Vegetables

Provide dietary fibre, beta-carotene, folic acid, vitamin C, potassium, magnesium and phytochemicals..

### 乾豆類

(紅豆、黃豆、眉豆等)

乾豆類含有較高蛋白質，是肉類的代替品。

#### Legumes

(Red beans, soybeans, black eyed peas, etc.)

Legumes, containing higher amounts of protein, are meat alternatives.

### 部份根莖類

(蓮藕、番薯、芋頭等)

部份根莖類蔬菜含有較高碳水化合物，所以熱量較高。

#### Some of the Root Vegetables (Lotus roots, sweet potatoes, taros, etc.)

Some root vegetables have higher amounts of carbohydrates, hence the higher amounts of calories.

### 菇菌類

(草菇、冬菇、杏鮑菇、靈芝菇等)

菇菌類含有豐富的膳食纖維。

#### Mushrooms

(straw mushrooms, shiitake mushrooms, king oyster mushrooms, white king oyster mushrooms, etc.)

Mushrooms are rich in dietary fibres.

## 每天進食多少蔬菜才足夠？

不同研究顯示，進食足夠的蔬菜能有助預防多種主要疾病和健康問題，例如高血壓、糖尿病、心臟病、某些癌症和肥胖等。建議成年人每天進食最少3份，即1碗半的蔬菜。(表2)

## How Much Vegetables Do We Need Every Day?

Research suggests that eating adequate amounts of vegetables can reduce the risk of developing various diseases and health problems like hypertension, diabetes, heart diseases, certain cancers and obesity.

For an adult, it is recommended to have at least 3 servings of vegetables, i.e. 1.5 bowl of vegetables, per day. (Table 2)

表2：建議蔬菜的每天進食量

Table 2 The Recommended Daily Intake of Vegetables

		建議蔬菜的每天最少進食量 The Recommended Minimum Daily Intake of Vegetables	
年齡	Age	份 Serving	碗 Bowl
2至5歲	2 - 5 years	1.5	3/4
6至11歲	6 - 11 years	2	1
12至17歲	12-17 years	3	1.5
18至64歲	18 - 64 years	3	1.5
65歲或以上	65 years above	3	1.5



表3：各類蔬菜的營養成分比較

Table 3: Comparison on Nutritional Values of Different Types of Vegetables

每100克，生計 Per 100g Raw		熱量 Energy (千卡kcal)	碳水化合物 Carbohydrates (克g)	蛋白質 Protein (克g)	脂肪 Fat (克g)	膳食纖維 Dietary Fibre (克g)	鈉 Sodium (毫克mg)	鉀 Potassium (毫克mg)
葉菜類 Leafy Vegetables	津菜 Tientsin Cabbage	16	3.23	1.2	0.2	1.2	9	238
	西洋菜 Watercress	11	1.29	2.3	0.1	0.5	41	330
瓜類 Gourds	南瓜 Pumpkin	26	6.50	1.00	0.10	0.5	1	340
	佛手瓜 Chayote	19	4.51	0.82	0.13	1.7	2	125
果類 Fruit Vegetables	番茄 Tomato	16	3.18	1.16	0.19	0.9	42	212
	茄子 Eggplant	24	5.70	1.01	0.19	3.4	2	230
根莖類 Root Vegetables	蓮藕 Lotus Root	74	17.23	2.60	0.10	4.9	40	556
	馬鈴薯 Potato	77	17.47	2.02	0.09	2.2	6	421
豆類 Beans	豆角 Yard-long Bean	47	8.35	2.80	0.40	沒有資料 *NA	4	240
	蜜糖豆 Sugar Snap Pea	42	7.55	2.80	0.2	2.6	4	200
乾豆類 Legumes	(乾豆)黃豆 (Legume)Soybean	446	30.16	36.49	19.94	9.3	2	1797
	(乾豆)紅豆 (Legume)Red Bean	329	62.90	19.87	0.53	12.7	5	1254
菇菌類 Mushrooms	白蘑菇 White Button Mushroom	22	3.26	3.09	0.34	1.0	5	318
	金菇 Enokitake Mushroom	37	7.81	2.66	0.29	2.7	3	359

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.

\*NA = Not Available





## 均衡營養 吃得健康

Fion建議選購新鮮、時令和不同顏色種類的蔬菜。不同顏色的蔬菜所含的營養和植物性化合物都有所不同，例如紫色的茄子含花青素、紅色的番茄含茄紅素、橙色的紅蘿蔔及南瓜含胡蘿蔔素、白色的椰菜花和蘑菇含花色素等。所以，Fion建議大家應進食不同種類的蔬菜、充足的穀物類和水果、以及適量的肉類和奶類，才能維持營養均衡的飲食。

## Have a Healthy and Balanced Diet

Fion suggests to choose different types and colours of fresh and seasonal vegetables as different vegetables offer different types of nutrients and phytochemicals. Eggplants in purple colour are rich in anthocyanins; tomatoes in red colour are rich in lycopene; carrots and pumpkins in orange colour have beta-carotene; and cauliflower and button mushrooms in white colour have anthoxanthins. To maintain a balanced diet for health, Fion suggests to consume a variety of vegetables with plenty of grains, more fruits, and moderate amounts of meat and dairy products.

### 蔬菜料理備忘

**蔬菜浸洗：**可用清潔的流水來沖洗蔬菜數次，然後浸泡在清水中一小時，以減少殘餘的除害劑。

**保鮮儲存：**蔬菜如附有水滴便較容易腐壞，應先把蔬菜放在通風處吹乾或把水氣揩去，再用微濕的紙包捲蔬菜放入膠袋後再冷藏。蔬菜存放愈久愈不新鮮，營養亦會減少，所以應盡早食用。

**低脂烹調：**烹調蔬菜時，宜採用少油快炒、沸水輕焯、上湯浸等低脂烹調方法，以減低脂肪的攝入量。

**營養保存：**烹調時間越長，養份流失也越多；盡量把蔬果整件烹調或切成大塊以減少其表面面積，從而減少營養流失。

### Tips for Storing and Preparing of Vegetables

**Soak and Clean：**Vegetables can be washed under clean running water for several times and soaked them into water for one hour to reduce the risk of residual pesticide.

**Keep Fresh and Store：**Some vegetables decay easily when getting wet. Let these vegetables dry out in well ventilated area and then wipe away the excess water. Use lightly moistened paper to wrap the vegetables before refrigerating in plastic bag. The longer the vegetables are stored, the likelier they get rotten with nutrient loss. Therefore, they should be consumed as soon as possible.

**Low Fat Cooking：**Adopt low fat cooking methods such as stir-frying with small amount of oil, blanching and cooking in broth to reduce fat intake.

**Preserve Nutrients：**Prolonged exposure of heat will increase nutrient loss. To prevent nutrient loss, try cooking vegetables in whole or cutting them into large pieces as far as practicable to reduce surface areas exposed to heat.



「有營食肆」實錄

EatSmart  
Restaurants  
Snaps

華而不炫為上品

# 龍璽

Elegant but not Exaggerated  
Dragon Seal Restaurant & Bar

龍璽  
DRAGON SEAL  
RESTAURANT & BAR

黃永熾先生出身廚藝世家，入廚三十多年來獲獎無數，他憑著無窮創意和善用食材的本領，創作了不少精緻美味的菜式。

Mr. WONG Wing-chee, who grew up in a family of great chefs, has received numerous culinary awards with over 30 years of experiences in the catering industry. He is best known for his creativity and clever use of ingredients which enable him to create truly delicious and innovative dishes.

人稱「熾哥」的名廚黃永熾先生主理的龍璽位處於全港最高建築物，裝修高雅，氣派不凡，但卻不以奢華為尚，反之以食材質素為先，用心地創出每一道好菜，讓顧客能品味健康、精緻而高質素的佳餚。

Dragon Seal Restaurant & Bar, located in the tallest building in Hong Kong, offers an elegant and refined setting for fine dining experience. The restaurant focuses on food quality rather than extravagant decor. With the leadership of the renowned chef Mr. WONG Wing-chee (also known as "Chee Gor"), the restaurant puts every effort to offer their customers healthy, exquisite and quality dishes.



## 荷塘春色

Poached Mix Vegetables and Mushrooms

白菌、雞脾菇、白玉茄配上小棠菜、番茄及原粒蓮子，清甜美味，口感爽脆。

Whole lotus seeds, which have a mildly sweet flavour and crunchy texture, are perfectly blended with white mushrooms, coprinus comatus, white egg plant, baby bok choy and tomatoes.



## 野菌老虎鮑浸菜苗

Poached Abalone with Vegetables and Mushrooms in Chicken Soup

老虎鮑片鮮甜爽口，鮮嫩黃帝菜配上野菌、北菇片及甘筍片等，味道清鮮，香而不膩。

Poached abalone, meaty with a sweet flavour, is mixed with tribute vegetables, mushrooms and carrot slices to become a light, refreshing and aromatic dish.



## 崇尚健康 精品粵菜

幟哥坦言：「這裏的顧客以商務顧客為主，經常外出用膳，鑑於一般食肆的菜式均為多油高脂，因此我們希望能夠為他們提供健康美味的菜式，讓食客享受美食之餘也能夠吃得更健康。」近年市民日益注重飲食健康，飲食風尚亦走向清淡簡樸，幟哥推廣以蔬果入饌，並按少油、少鹽、少糖的原則烹調菜式，為顧客提供優質健康的美食。

「美食的精髓不在食材名貴與否，而在乎廚師的用心。」一款色、香、味俱全的菜式，須能發揮食材的特點，掌握火候及時間，再配合美觀的造型，各方面均有賴廚師的廚藝及心思。

## 健康飲食 業界做起

「推行健康飲食，須先改變廚師的想法。」，以往飲食業界烹調菜式，斤兩比例及食材配搭均受到師承影響，偏好肉多味濃，幟哥一改作風，例如冬瓜盅傳統採用金華火腿，幟哥改以大地魚、蝦米或蝦殼等熬製上湯，味道清新卻不減風味。

龍璽秉承幟哥一向選材嚴格的作風，盡量把天然食材保持新鮮，讓顧客享受到食材的營養及原味，該店並定時推出以蔬菜為主的清淡菜式，務求為顧客安排健康有營的餐點。

## Healthy and Elegant Cantonese Cuisine

"The majority of our customers come from the business sector who dine out frequently. As many dishes served at local restaurants are oily and fatty, we aim to provide healthy and delectable food options which are also nutritious." Chee Gor commented. Consumers nowadays become far more health conscious than ever and tend to opt for light and low-fat menu choices. To go with the trend, Chee Gor promotes healthy recipes containing plenty of fruit and vegetables cooked with less oil, salt and sugar to bring out the best to the customers.

"I believe that the quality of a dish is defined not so much by the ingredients but by the chef's thoughtfulness." If a dish is to be brought out its best flavour and aroma, as well as to be beautifully presented, the chef needs to bear the full knowledge of its ingredients, cooking temperature and cooking time. Everything depends on the skills and talents of the chef.

## Chefs Stand in the Frontline in Promoting Healthy Eating

"The first step in fostering a healthy eating culture in the community is to encourage chefs to change their mindsets in cooking." Local chefs are influenced by their culinary teachers in terms of ingredient proportion and mix, so they tend to cook with high proportion of meat in rich flavour. To change the old cooking style when preparing the soup base of white gourd soup, Chee Gor adopted a healthy way by using flatfishes, dried shrimps and shrimp shells instead of Chinese ham. The result was equally refreshing and flavourful.

Dragon Seal Restaurant & Bar follows Chee Gor's persistence in using only the freshest ingredients so as to allow their customers to enjoy nutritious and original-flavoured dishes. The restaurant strives to offer healthy and nutritious dishes to their customers by regularly introducing plain-flavoured dishes prepared mainly with vegetables.



### 東林素會

Braised White Gourd with Carrot and Fungus

冬瓜片肉質軟硬適中，襯黃耳、榆耳、雲耳、北菇片、甘筍片等多款素菜，百味紛陳，素而不淡。

White gourd slices, poached just right, are mixed with an assortment of vegetables such as yellow fungus, elm fungus, cloud fungus, mushrooms and carrots to give a wonderful combination of flavours.



### 南山疊翠

Seasonal Vegetables in Pumpkin Sauce

羅馬生菜灼得恰到好處，配上日本小南瓜及以南瓜蓉作汁料，爽甜交集，清新美味。

Romaine lettuce, perfectly blanched, is accompanied by sweet simmered Kobacha (Japanese pumpkin) slices. Pumpkin paste offers a savory addition to this crisp and tender recipe.



「有營食肆」實錄

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洋溢着溫情的滋味

# 樂農

Hearty Flavours and Warm Hospitality  
Happy Veggies



社企餐館樂農招牌圖案是一個戴上耳筒的番茄和一個「D」字，扼要地表達了該店的經營理念：透過素食向市民推廣健康飲食，同時為聽障人士及年長待業者提供工作機會。

The emblem of Happy Veggies comprises a tomato wearing a headset and a letter "D", which concisely conveys the restaurant's mission: To promote healthy vegetarian food to the public as well as to create job opportunities for those who are hearing-impaired, old and unemployed.



## 雪耳南瓜羹

White Fungus and Pumpkin  
Creamy Soup

加入南瓜茸、雪耳茸及低脂奶調製的濃湯，綿滑清甜但不失口感。

Smashed pumpkin and battered white fungus are blended with low-fat milk to become a rich, silky and savoury soup.



## 原籠蟲草花 淮山雜菌飯

Brown Rice and Chinese Yam  
and Assorted Mushrooms with  
Cordyceps Sinensis Steamed in  
Bamboo Basket

以竹籠清蒸淮山、冬菇、杏鮑菇及蟲草花的蓋飯，芳香宜人。

Plain rice is steamed together with Chinese yam, shiitake mushrooms, king oyster mushrooms and cordyceps sinensis in bamboo basket to bring out a refreshing aroma and an appealing flavour.

樂農總經理魏香舟先生擁有多  
年經營素食館的經驗，憑耐性  
幫助聽障同事發揮所長。

Mr. William NGAI, the  
manager of the  
Happy Veggies, has many years of  
experience in managing vegetarian  
restaurants. With patience, he  
manages to help his colleagues  
reach their full potential.



## 家庭風味 清新素菜

該店總經理魏香舟先生擁有多多年經營素食館的經驗。他解釋，雖然飲食業競爭激烈，但由於得到各傳媒的推介和顧客的支持，因此得以建立穩定客源。他又說：「除了茹素的朋友，亦吸引了不少附近工作的上班一族前來光顧。」

樂農的菜式以家庭素食為主，強調少油、少鹽、少糖、無味精和無預製食材。他們將全素的食材融入傳統菜式中，烹調出既美味又健康的菜式，例如以紅豆、綠豆、眉豆、紅蘿蔔、大豆芽、羅漢果等熬成的上素湯底為菜式提味，或以豆腐、冬菇及玉米製成餡料煮成的百花釀茄子，滑而不膩，別有風味。

## 包容體諒 健障共融

樂農與專為服務聽障者的慈善機構合作，協助招聘聽障人士，並為該餐館逾半以上的聽障員工提供就業支援。為了方便點餐，該店提供圖文並茂的餐牌，讓顧客一目了然。經理鍾永康先生表示：「聽障人士表達困難，生活圈子較窄，大家需要給予他們多點包容和體諒。」餐廳更為員工安排手語訓練，加強健聽與聽障同事的溝通。

## Family-Styled Vegetarian Dishes

Its manager Mr. William NGAI, who has got many years of experience in running vegetarian restaurants, understands that the catering industry is highly competitive. He expressed his gratitude for media and customer support which has enabled the restaurant to build a strong customer base. "Our restaurant does not only attract vegetarians, but also people working nearby", he said.

Happy Veggies provides family-styled vegetarian dishes, and focuses on cooking with less oil, salt and sugar ingredients without MSG and prepared food. They incorporate vegetarian ingredients into conventional cookery to create healthy and delicious dishes. For instance, they use vegetarian soup made of red beans, green beans, cow peas, carrots, bean sprouts and luohanguos to enhance soup base flavour. To make stuffed egg plants flavourful, they even fill the eggplants with bean curds, shiitake mushrooms and corns for creating a throat-soothing and non-greasy texture.

## Mingling between the Normal-Hearing and Hearing-Impaired People

In collaboration with charitable organisations dedicated to helping the hearing-impaired, Happy Veggies recruits and provides on-the-job support to employees with hearing impairment, who make up of over half of their staff. To streamline the ordering process, the restaurant's menus contain pictures of food to help customers make food choices. Mr. Andy CHUNG, the restaurant's manager said, "People with hearing impairment have smaller social network because they have difficulties in expressing themselves verbally. We must be more tolerant and accepting to them." To facilitate communications between their staff, sign language trainings were also offered.



### 薑蓉蒸勝瓜

Steamed Loofah with Grinded Ginger

清爽的勝瓜純以薑蓉清蒸，辛香可口，配以數條紅椒絲點綴，不落俗套。Loofah is plainly steamed with grinded ginger to impart a spicy and aromatic flavour whereas the bright red chili strips give the dish a distinctive appearance.



### 鮮百合什菌炒甜豆

Stir-fried Sweet Beans with Fresh Lily and Assorted Mushrooms

以彩椒、鮮百合、冬菇及杏鮑菇烹製的素食小炒，清新爽口，風味不凡。

This sauteed vegetables is a medley of bell peppers, fresh lily, shiitake mushrooms and king oyster mushrooms. They are crunchy, refreshing and flavourful.

總廚張偉良先生除構思新菜式外，亦不時就廚藝向員工作出指導。餐廳內其中一位聽障人士，已由學徒晉升為助廚。

Mr. CHEUNG Wai-leung, the General Chef of the Happy Veggies, always spends time to explore new ideas of cooking and coach new kitchen staff on cooking skills. Under his guidance, a hearing-impaired employee was promoted to assistant chef.





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# 明太子醬拌茄子

Eggplant with Mentaiko Paste



每一份 Per Serving

熱量  
Energy  
45  
千卡 (kcal)

碳水化合物  
Carbohydrate  
6  
克 (g)

蛋白質  
Protein  
3  
克 (g)

脂肪  
Fat  
1  
克 (g)

糖  
Sugar  
3  
克 (g)

鈉質  
Sodium  
203  
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 is estimated according to the information compiled from the USDA Nutrient Data Laboratory. Values are for reference only.



本食譜由納思比日本料理提供。  
This recipe is provided by Nasubi Japanese Restaurant.





## 試食兵團話你知

### Message from Tasting Team

清蒸茄子上蓋滿混有長芋和八爪魚粒的烤明太子醬，茄子水份飽滿，醬汁味道適中，香而不膩。

Steamed eggplant is topped with a mentaiko sauce mixed with diced octopus and Nagaimo Yam. The eggplants offer a moist mouthfeel while the sauce provides a balanced and an aromatic undertone.



To Serve **3** 人分量

## 特色 Feature

茄子含有豐富的鉀質及膳食纖維，每100克茄子含有240毫克鉀質及1.9克膳食纖維。鉀質有助維持體液平衡及血壓健康；而膳食纖維有助預防便秘。Eggplant is rich in potassium and dietary fibre. Each 100g of eggplant contains 240mg of potassium and 1.9g of dietary fibre. Potassium helps to maintain our body blood pressure and fluid balance and dietary fibre can prevent constipation.

## 材料 Ingredients

日本長茄子	1個(約150克)	1 Japanese eggplant (approx. 150g)
明太子	10克	10 g Mentaiko
日本長芋	30克	30 g Nagaimo Yam
八爪魚仔(切粒)	20克	20 g baby octopus (diced)

## 調味料 Seasonings

較低脂沙律醬	10克	10 g reduced-fat salad dressing
青芥辣	5克	5 g wasabi
木魚湯	30毫升	30 ml bonito flakes soup
淡口豉油	5毫升	5 ml light soy sauce

### 木魚湯 Bonito Flakes Soup

#### 材料 (可製7公升) Ingredients (to make 7 litres)

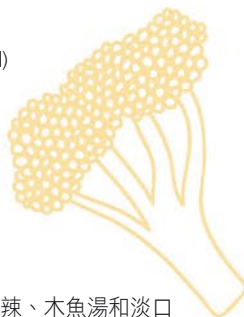
木魚	300克	Bonito flakes	300g
昆布	500克	Kombu	500g
清水	10公升	Water	10 litres

#### 步驟 Cooking Method

1. 把水煮沸，加入木魚和昆布。
2. 用高火煮15分鐘。
3. 然後改用慢火煮45分鐘。熄火後把木魚湯隔去湯料備用。
1. Bring the water to a boil and add the bonito flakes and kombu.
2. Cook the ingredients on high flame for 15 minutes.
3. Afterwards, switch to low flame and let simmer for 45 minutes. Strain the ingredients. Set the stock aside.

## 步驟 Cooking Method

1. 明太子去皮，取出魚子，備用。
2. 日本長芋去皮後磨茸，備用。
3. 八爪魚仔切粒，備用。
4. 把日本茄子放在碟上蒸約8分鐘。
5. 將魚子和八爪魚仔與較低脂沙律醬、長芋茸、青芥辣、木魚湯和淡口豉油混和，以調製「明太子醬」。
6. 將「明太子醬」塗在蒸好的茄子上，然後放入烤箱烤大約5分鐘，即成。
1. Take the mentaiko out from its skin. Set aside.
2. Peel the Nagaimo Yam. Mash it into paste. Set aside.
3. Dice the baby octopus. Set aside.
4. Place the Japanese eggplant onto a plate and steam for 8 minutes.
5. Mix the Mentaiko and baby octopus with reduced-fat salad dressing, Nagaimo Yam, wasabi, bonito flakes soup and light soy sauce into a paste.
6. To serve, spread a layer of the paste on top of the steamed eggplant, then bake for about 5 minutes.





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龍璽  
DRAGON SEAL  
RESTAURANT & BAR

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# 胡麻地瓜大蝦沙律

Shrimp with Pumpkin, Potato and  
Sweet Potato Salad in Sesame Sauce



每一份 Per Serving

熱量  
Energy  
83  
千卡 (kcal)

碳水化合物  
Carbohydrate  
9  
克 (g)

蛋白質  
Protein  
9  
克 (g)

脂肪  
Fat  
1  
克 (g)

糖  
Sugar  
2  
克 (g)

鈉質  
Sodium  
287  
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 is estimated according to the information compiled from the USDA Nutrient Data Laboratory. Values are for reference only.



本食譜由龍璽提供。  
This recipe is provided by Dragon Seal Restaurant & Bar.





## 試食兵團話你知

### Message from Tasting Team

薯仔、紫薯、南瓜，脛硬適中，配以芝麻與白醋拌勻的醬汁，上蓋飽滿的大蝦及清爽的草莓，醒胃怡人。

Topped with fleshy shrimp and crispy strawberry, the perfectly cooked potato, purple sweet potato and pumpkin become a tasty and refreshing dish after being seasoned with a sauce made of sesame and white vinegar.



To Serve **1** 人分量

## 特色 Feature

南瓜含有豐富的胡蘿蔔素。胡蘿蔔素是一種抗氧化物，有助維持皮膚及視力健康。胡蘿蔔素屬脂溶性，這菜式加入芝麻醬有助人體吸收胡蘿蔔素。Pumpkin is rich in beta-carotene. Beta-carotene is an antioxidant that helps to maintain our skin health and vision. Beta-carotene is fat-soluble, adding sesame sauce to the dish can help our body absorb this antioxidant.

## 材料 Ingredients

薯仔	20克	20 g potato
紫薯	20克	20 g purple sweet potato
南瓜	20克	20 g pumpkin
蝦	40克	40 g shrimps
士多啤梨	半粒	½ piece strawberry

## 步驟 Cooking Method

1. 把薯仔、紫薯及南瓜洗淨後去皮，備用。
  2. 把薯仔、紫薯及南瓜切粒，放入鹽拌勻，再隔水蒸熟。
  3. 把薯仔、紫薯及南瓜拿起後與自製芝麻醬拌勻再放入杯中。
  4. 蝦去殼後焯熟，再放在杯中的瓜面上。
  5. 把士多啤梨放進杯後，再加入白醋即成。
1. Wash the potato, purple sweet potato and pumpkin. Peel and set aside.
  2. Dice the potato, purple sweet potato and pumpkin and mix with the salt. Steam until cooked.
  3. Mix the potato, purple sweet potato and pumpkin with homemade sesame sauce and place into a cup.
  4. Remove the shell from the shrimps and boil until cooked. Place the shrimps on top of the pumpkin within the cup.
  5. To serve, place the strawberry on top of the shrimps and add the white vinegar.

## 調味料 Seasonings

自製芝麻醬	1茶匙	1 teaspoon homemade sesame sauce
白醋	1湯匙	1 tablespoon white vinegar
鹽	1/10茶匙	1/10 teaspoon salt

### 自製芝麻醬 Homemade sesame sauce

#### 材料 Ingredients

芝麻	1湯匙	1 tablespoon sesame seeds
白醋	1湯匙	1 tablespoon white vinegar

#### 步驟 Cooking Method

用平底鑊把芝麻炒香，待加入白醋後放入攪拌機中攪拌，以製成芝麻醬。

Heat a fry pan and then pan fry the sesame seeds. Place the sesame seeds with white vinegar in a blender and blend into sesame sauce.



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樂農  
Happy  
Veggies

吳彥慈

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Kong Nutrition Association



# 農場蛋白炒西蘭花

Fried Egg Glair with Broccoli  
and Pine Nuts



每一份 Per Serving

熱量  
Energy  
79  
千卡 (kcal)

碳水化合物  
Carbohydrate  
9  
克 (g)

蛋白質  
Protein  
7  
克 (g)

脂肪  
Fat  
2  
克 (g)

糖  
Sugar  
3  
克 (g)

鈉質  
Sodium  
239  
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 is estimated according to the information compiled from the USDA Nutrient Data Laboratory. Values are for reference only.



本食譜由樂農提供。  
This recipe is provided by Happy Veggies.



## 試食兵團話你知

### Message from Tasting Team

嫩滑的蛋白芡汁加上清爽的西蘭花，配上香脆的松子仁，惹味可口。

Broccoli, fresh and crispy, is topped with a layer of creamy egg white sauce. The dish becomes pleasantly sweet and delicious after being sprinkled with pine nuts.

To Serve **4** 人分量

## 特色 Feature

西蘭花屬十字花科蔬菜，含有豐富的維他命C、鉀質、葉酸及膳食纖維，同時亦含豐富的鈣質。十字花科蔬菜含有植物化學物，有助預防癌症。Broccoli is rich in vitamin C, potassium, folacin, dietary fibre and calcium. Broccoli belongs to the family of cruciferous vegetables, which is rich in phytochemicals that may reduce the risk of cancer.

## 材料 Ingredients

脫脂奶	100毫升	100ml skimmed milk
蛋白	150克	150g egg white
西蘭花	250克	250g broccoli
鮮百合	20克	20g fresh lily
金菇	10克	10g enokitake mushrooms
松子仁	10克	10g pine nuts

## 步驟 Cooking Method

1. 把松子仁放入100度烤箱，烤4-5分鐘，備用。
2. 把西蘭花、鮮百合和金菇洗淨，備用。
3. 把金菇切段，備用。
4. 把鮮百合和金菇汆水，備用。
5. 把西蘭花放入沸水中煮5分鐘後上碟。
6. 燒熱鑊，把脫脂奶、蛋白、鮮百合和金菇加入調味料同炒約5分鐘。
7. 把煮好的蛋白、鮮百合和金菇放在西蘭花上，然後灑上松子仁即可。

1. Preheat the oven to 100°C. Bake the pine nuts for 4-5 minutes. Set aside.
2. Wash the broccoli, fresh lily and enokitake mushrooms. Set aside.
3. Section the enokitake mushrooms.
4. Blanch the fresh lily and enokitake mushrooms. Set aside.
5. Cook the broccoli in the boiling water for 5 minutes and place onto a plate.
6. Heat wok. Stir-fry the skimmed milk, egg white, fresh lily and enokitake mushrooms with the seasonings and for about 5 minutes.
7. Top the broccoli with egg white, fresh lily and enokitake mushrooms. To serve, sprinkle the pine nuts onto the dish.

## 調味料 Seasonings

鹽	1/4茶匙	1/4 teaspoon salt
糖	1/4茶匙	1/4 teaspoon sugar
大豆油	1/5茶匙	1/5 teaspoon soybean oil
生粉	1/5茶匙	1/5 teaspoon cornstarch
水	少許	Small amount of water



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挪亞方舟度假酒店  
Noah's Ark Hotel and Resort

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# 麻香珍菌浸菜苗

Wild Mushrooms with Chinese  
Vegetables in Soup



每一份 Per Serving

熱量  
Energy  
98  
千卡 (kcal)

碳水化合物  
Carbohydrate  
7  
克 (g)

蛋白質  
Protein  
6  
克 (g)

脂肪  
Fat  
6  
克 (g)

糖  
Sugar  
3  
克 (g)

鈉質  
Sodium  
461  
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 is estimated according to the information compiled from the USDA Nutrient Data Laboratory. Values are for reference only.



本食譜由豐盛閣 - 挪亞方舟度假酒店提供。  
This recipe is provided by Harvest Restaurant - Noah's Ark Hotel and Resort.



## 試食兵團話你知

### Message from Tasting Team

清灼菜心、秀珍菇及甘筍絲，鮮嫩爽口，配麻油及白芝麻的醬汁，香味濃郁誘人。

The blanched choy sum, oyster mushrooms and carrot slices, are fresh and crunchy. They are lightly seasoned with sesame sauce and poured with white sesame seeds to create a tantalising aromatic dish.

To Serve **1** 人分量

## 特色 Feature

這菜式含有多種不同的蔬菜，利用麻油及白芝麻來調味，能增加菜式的香味及減少用鹽的份量。麻油與其他食油一樣含有熱量，宜適量食用。

There are several kinds of vegetables in this dish. Using sesame oil and white sesame seeds as seasoning can enhance the flavour of the dish and reduce the use of salt. Sesame oil contains calories like other cooking oil so it should be consumed in moderation.

## 材料 Ingredients

菜心	150克	150g choy sum
秀珍菇	80克	80g oyster mushrooms
甘筍(切絲)	20克	20g carrot (shredded)

## 步驟 Cooking Method

1. 把菜心、秀珍菇和甘筍洗淨，備用。
  2. 甘筍切絲，備用。
  3. 把菜心、秀珍菇和甘筍絲汆水，備用。
  4. 把清水煮沸後，加入菜心、秀珍菇和甘筍絲同煮5分鐘，再下鹽及麻油調味。
  5. 上碟後，灑上白芝麻即成。
1. Wash the choy sum, oyster mushrooms and carrot. Set aside.
  2. Shred the carrot. Set aside.
  3. Blanch the choy sum, oyster mushrooms and shredded carrot. Set aside.
  4. Cook the choy sum, oyster mushrooms and shredded carrot in boiling water for about 5 minutes and then season with salt and sesame oil.
  5. To serve, sprinkle the white sesame seeds onto the dish.

## 調味料 Seasonings

鹽	1克	1g salt
麻油	1茶匙	1 teaspoon sesame oil
白芝麻	1克	1g white sesame seeds



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錦江軒食府  
KUM GANG HIN CUISINE

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# 秋葵炒黑木耳百合

Okra with Black Fungus and Lily



每一份 Per Serving

熱量  
Energy  
46  
千卡 (kcal)

碳水化合物  
Carbohydrate  
8  
克 (g)

蛋白質  
Protein  
1  
克 (g)

脂肪  
Fat  
1  
克 (g)

糖  
Sugar  
1  
克 (g)

鈉質  
Sodium  
296  
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 is estimated according to the information compiled from the USDA Nutrient Data Laboratory. Values are for reference only.



本食譜由錦江軒食府提供。  
This recipe is provided by Kum Gang Hin Cuisine.



## 試食兵團話你知

### Message from Tasting Team

味淡細嫩的秋葵，配脆嫩的黑木耳及清香的鮮百合，風味特殊，滋味清爽。

Okra, tender with a mild flavour, is fried with crispy black fungus and added with a hint of floral fragrance of lily to become a fresh and distinct dish.

To Serve **4** 人分量

## 特色 Feature

秋葵及黑木耳含有豐富的水溶性纖維。水溶性纖維有助降低血液中膽固醇和維持血糖於正常水平。

Okra and black fungus are rich in water soluble fibre. Water soluble fibre helps lower blood cholesterol level and keep blood sugar at a normal level.

## 調味料 Seasonings

鹽	1/2茶匙	1/2 teaspoon salt
糖	1/4茶匙	1/4 teaspoon sugar
菜籽油	1茶匙	1 teaspoon canola oil
清雞湯	300毫升	300 ml chicken broth

## 材料 Ingredients

秋葵	160克	160 g okra
黑木耳	80克	80 g black fungus
鮮百合	40克	40 g fresh lily

## 自製清雞湯 Home Made Chicken Broth

### 材料 (可製3公升) Ingredients (Make approx. 3 litres)

鮮雞	1隻	1 fresh chicken
水	4.5公升	4.5 litres water

### 步驟 Cooking Method

1. 將鮮雞去皮和內臟，加4.5公升水，用大火煲15分鐘後去油。
2. 改用中火煮45分鐘。
3. 去油後，即成。
1. Remove the chicken skin and giblets. Add 4.5 litres of water and boil over high heat for 15 minutes and skim off the fat.
2. Then boil over medium heat for about 45 minutes.
3. To serve, skim off the fat again.

## 步驟 Cooking Method

1. 把秋葵、黑木耳及鮮百合洗淨，備用。
2. 用水浸黑木耳半小時，備用。
3. 把秋葵汆水，備用。
4. 燒熱鑊後，將秋葵、黑木耳及鮮百合加入調味料，然後炒約2分鐘即成。
1. Wash the okra, black fungus and fresh lily. Set aside.
2. Soak the black fungus in water for half an hour. Set aside.
3. Blanch the okra. Set aside.
4. Heat wok. Stir-fry the okra, black fungus and fresh lily with the seasonings for about 2 minutes.



## 「適飲適食」話你知

無論糖尿病患者是否需要藥物治療，飲食治療是邁向妥善控制糖尿病重要的一步。

只要能夠掌握飲食原則，糖尿病患者就可以輕鬆地配合個人生活習慣、工作及社交生活的需要來安排飲食。

糖尿病患者應遵從以下的飲食原則：

- 依照「健康飲食金字塔」的建議比例。
- 定時定量，避免在同一餐中吃得過飽或過少。如有需要，可在兩餐之間加入一至兩個健康小食。
- 避免進食高糖分的食物，愛吃甜食的人士可使用代糖調味。
- 減少使用生粉「打芡」，和避免用芡汁拌飯。
- 選用低脂食物和採用低脂烹調方法。
- 減少進食加工和醃製的食物。
- 多選用含豐富膳食纖維的食物，如蔬菜和全穀麥類食物。雖然部分蔬菜如紅蘿蔔、蓮藕、粟米等含較多碳水化合物，但糖尿病患者仍可按碳水化合物換算適量食用。

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

## Learning more about "Diabetes-friendly Recipes"

Dietary management is an important step towards proper control of diabetes no matter medication is needed or not. As long as diabetics are able to apply the dietary principles, individuals can easily modify their diets to meet their lifestyles, work and social needs.

Individuals with diabetes should comply with the following dietary principles:

- Follow the recommendations and principles of the Healthy Eating Food Pyramid.
- Eat at regular meal times and evenly distribute the portions. Avoid over eating or eating too little. When necessary, one can eat 1 to 2 healthy snacks between regular meals.
- Limit the intake of sugary food. People who like sugary food may use sweeteners.
- Reduce the use of cornstarch to thicken sauces and avoid eating rice with thickening sauces.
- Choose low-fat food and cooking methods.
- Limit the use of processed and preserved food.
- Consume more fibre-rich foods, such as vegetables and whole grain food. Although some vegetables, like carrot, lotus root, and corn, contain more carbohydrates, diabetics can enjoy them according to the Carbohydrate Exchange Method.

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

([http://www.pco.gov.hk/english/resource/diabetes-friendly\\_recipes.html](http://www.pco.gov.hk/english/resource/diabetes-friendly_recipes.html))

# 菇菌炒雜菜 Stir-Fried Mushrooms and Vegetables



## 特色 Feature

菇、菌和瓜菜皆含豐富膳食纖維、維生素及礦物質，能維持身體機能正常。

Mushroom, fungus and vegetable are high in dietary fibre, vitamins and minerals which can maintain bodily functions.

衛生署營養師

Dietitian of Department of Health

## 材料 Ingredients

翠玉瓜 (綠色及黃色) 200 克	zucchini (green & yellow) 200 g
雲耳 (乾) 4 克	dried black fungus 4 g
洋蔥 1/4 個 (約 40 克)	1/4 piece onion (approx. 40 g)
秀珍菇 5 隻 (約 80 克)	5 pieces oyster mushrooms (approx. 80 g)
蒜茸 1 茶匙	1 teaspoon garlic, finely chopped
薑片 4 小片	4 slices ginger
紹酒 1 湯匙	1 tablespoon Shaoxing wine
植物油* 2 茶匙	2 teaspoons vegetable oil*

\*植物油如花生油、芥花籽油、粟米油等。  
Vegetable oils such as peanut oil, canola oil and corn oil, etc.

## 調味料 Seasonings

鹽 1/2 茶匙	1/2 teaspoon salt
生抽 2 茶匙	2 teaspoons soy sauce
糖 1/2 茶匙	1/2 teaspoon sugar



## 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	膳食纖維 Dietary Fibre	鈉質 Sodium
49 千卡(kcal)	5 克(g)	2 克(g)	3 克(g)	0 毫克(mg)	1.4 克(g)	504 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 is estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference only.



## 步驟 Cooking Method

1. 雲耳用清水浸透，洗淨後撕成小塊。秀珍菇洗淨。洋葱去衣、洗淨及切塊。翠玉瓜洗淨、去瓢及切小件。
1. Soak and rinse the black fungus and tear into small pieces. Rinse and cut the zucchini into pieces. Skin and rinse the onion and cut into pieces. Rinse the oyster mushrooms.
2. 煲滾水，放入秀珍菇和翠玉瓜灼約 3 分鐘後盛起。
2. Blanch the zucchini and the mushroom for 3 minutes. Ladle out and set aside.
3. 於易潔鑊燒熱油，爆香蒜茸及薑片，加入洋葱兜炒；再放入雲耳、秀珍菇和翠玉瓜，放入調味料炒至熟，最後沿鑊邊贊酒及兜炒即成。
3. Stir-fry garlic and ginger with oil in a non-stick wok. Put in the onion and stir-fry lightly. Then add in the black fungus, oyster mushroom and zucchini. Stir in the seasoning and cook until done. Finally stir in the wine around the edge of the wok.

To Serve  
**4**  
人分量



### 用油知識 Tips on Use of Oil

油的種類可選擇植物油如橄欖油、芥花籽油、花生油或粟米油等，應避免選用含高飽和脂肪的椰子油和棕櫚油。  
Use vegetable oils such as olive oil, canola oil, peanut oil or corn 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



# 豆腐雜菜湯

## Mixed Vegetables and Tofu Soup



### 特色 Feature

豆腐、雞蛋和魚含豐富蛋白質，而且容易咀嚼，適合胃口欠佳的人士進食，以吸收更多營養。

Tofu, egg and fish are good source of protein. This dish is easy to chew, it allows better nutrition absorption and is suitable for people with poor appetite.

衛生署營養師

Dietitian of Department of Health

### 材料 Ingredients

布包豆腐	1 件	1 piece soft tofu
雞蛋	1 隻	1 egg
急凍雜菜粒	½ 杯	1/2 cup frozen mixed vegetables
魚柳	3 兩 (120克)	3 tael fish fillet (120g)
清水	6 杯 (1440 毫升)	6 cups water (1440 ml)

### 醃料 Marinade

紹酒	1 茶匙	1 teaspoon Shaoxing wine
白胡椒粉	少許	A pinch white pepper

### 調味料 Seasonings

鹽	½ 茶匙	1/2 teaspoon salt
白胡椒粉	少許	A pinch white pepper

### 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	膳食纖維 Dietary Fibre	鈉質 Sodium
104 千卡(kcal)	6 克(g)	12 克(g)	4 克(g)	61 毫克(mg)	1.2 克(g)	351 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 is estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference only.



## 步驟 Cooking Method

1. 用清水沖洗及解凍雜菜粒。洗淨豆腐，然後切粒。
  2. 魚柳洗淨、抹乾及切粒，再加醃料拌勻。
  3. 雞蛋去殼及拂勻。
  4. 將水煲滾，加入雜菜粒，待滾後轉用慢火，然後加入豆腐及魚肉。當魚肉煮熟後，慢慢加入蛋汁拌勻，最後加入調味料即成。
1. Rinse and defrost the frozen mixed vegetable. Rinse the tofu and cut into cubes.
  2. Rinse and pat dry the fish fillet. Cut into cubes and marinate it.
  3. Beat the egg and set aside.
  4. Boil the water. Add in the mixed vegetable. When it boils again, turn to low heat and add in the tofu and fish fillet. When the fish fillet is done, add in the beaten egg gradually. Mix well and add the seasoning to taste.

To Serve  
**4**  
人分量



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





以下資料截至二零一五年十一月二十七日，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 27 November 2015. Names are listed in a Chinese stroke order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at <http://restaurant.eatsmart.gov.hk>

## 灣仔區

## Wan Chai District

大自然素食	Gaia Veggie Shop	2808 1386
大喜屋日本料理	Daikiya Japanese Restaurant	3622 2182
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	3167 7138
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
迎龍大酒樓	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	Royal One	2351 9882
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 - 警察總部雅膳中菜廳	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
索迪斯(香港)有限公司 - 警察總部匯鈞西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯(香港)有限公司 - 警察總部匯鈞快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
海皇粥店	Ocean Empire Food Shop	
(新誠商業大廈)	(Simons Commercial Building)	2575 0417
(駱克道)	(Lockhart Road)	2891 1902
(糖街)	(Sugar Street)	2894 8848
泰國人海南雞	Koon Thai Hai Nam Chicken	
(電氣道)	(Electric Road)	2892 8892
(譚臣道)	(Thomson Road)	2152 9832
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
跑馬地萬興茶餐廳	Man Hing Restaurant	2574 9228
黃記煌	Simmer Huang Chinese Food	2110 4043
富臨酒家	Fulum Restaurant	2528 2468
煌府婚慶專門店	Wedding Banquet Specialist	2834 8899
新星海鮮酒家	New Star Seafood Restaurant	2838 2186
粵軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
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 / 2838 9087
(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
(富盛商業大廈)	(Prosperous Commercial Building)	2881 5298
滿點美式酒吧 - 銅鑼灣	Champs Bar - The Charterhouse Causeway Bay	2892 3386
利景酒店		
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
薯仔屋	Small Potato	
(富明街)	(Foo Ming Street)	2882 7278
(新會道)	(Sun Wui Road)	2890 4884
晉景	Congress Plus	2582 7250
禮頓會	Club Leighton	3198 9805
鐘廚	Chung's Kitchen	8300 8005
韓廚麵	Chef's Noodle	3106 0233
麗姐廚房	Liza Veggies	2575 6060
豐宴	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
CEO Karaoke Box	CEO Karaoke Box	2137 9777
Délifrance (Café)	Délifrance (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)	(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
美心MX	Maxim's MX	
(卑路乍街)	(Belchers Street)	2819 1196
(創業中心)	(Chong Yip Centre)	2857 2910
哈佛素	Harvester	2542 4788
帝景園會所 (只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
泰國人海南雞	Koon Thai Hai Nam Chicken	2802 2202
海港酒家	Victoria Harbour Restaurant	2836 3282
富臨酒家	Fulum Restaurant	2817 8969
富臨粵之味	Fulum	2815 1088
阿糊米線	A Hu Mi Xian	2393 0882
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
Délifrance (Café)	Délifrance (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	
(長江集團中心)	(Cheung Kong Center)	2185 7080
(和記大廈)	(Hutchison House)	2466 6381
(信德中心)	(Shun Tak Centre)	2511 9178
(海富中心)	(Admiralty Centre)	2866 8707
(萬邦行)	(Melbourne Plaza)	2526 2685
(無極限廣場)	(Infinitus Plaza)	2544 3369
(華懋廣場2期)	(Two Chinachem Plaza)	2567 6577
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
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	2555 2418
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
百樂門膳宴	Joy Cuisine	2580 8183
美心MX	Maxim's MX	2580 5133
泰閣	Koon Thai Cuisine	2878 8282
南灣會所(只供住客)	Club Voyage (Residents Only)	2922 0988
旅遊服務業培訓發展中心 (英語餐飲學會 - 薄扶林) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society - Pokfulam) (Members Only)	3717 7388
珍寶王國	Jumbo Kingdom	2553 9111
浪琴園住客會所(只供住客)	Pacific View (Residents Only)	2813 9336
富臨皇宮	Fulum Palace	2553 0699
翠華餐廳	Tsui Wah Restaurant	2552 6998
綠野仙踪	Greenland Corner	2552 4022
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
嘉豪酒家	Ka Ho Restaurant	2551 1228
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
綠來素食	Destine Vegetarian Restaurant	2554 5837
稻香	Tao Heung	8300 8136
稻香超級漁港	Tao Heung Super 88	8300 8173
鍾菜	Chung's Cuisine	8300 8006
Délifrance (Café)	Délifrance (Café)	2813 1368
LIS Café	LIS Café	3968 8833
Subway	Subway	2550 1661

# 東區

## Eastern District

一鍋·台式精緻小火鍋專門店	iPot	2111 1241
人和平小飯店	Ren Ren Heping Restaurant	2570 8616
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
迎龍大酒樓	Cheers Restaurant	8300 8199
京悅膳膳	King Shing Chinese Cuisine	2872 6228
香港專業教育學院(柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
美心MX	Maxim's MX	
(友邦香港大樓)	(AIA Hong Kong Tower)	2679 8229
(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
星級味皇餐廳小廚	Delicious Cafe	2802 6622
洋紫荊維港遊 (民安)	Harbour Cruise - Bauhinia (Man On)	2802 2886
(民樂)	(Man Lok)	2802 2886
(民俊)	(Man Kim)	2802 2886
海皇粥店	Ocean Empire Food Shop	2887 5879
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
海港會	Victoria Harbour Supreme	2611 1679
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
曼谷泰菜 (英皇道)	Bangkok Thai Restaurant (King's Road)	2566 9966
(珠璣大廈)	(Chu Kee Building)	2856 0818
(藍灣廣場)	(Island Resort Mall)	2568 6800
富臨皇宮 (英皇道)	Fulum Palace (King's Road)	2563 0222
(康翠商業中心)	(The Commercial Block of Greenwood Terrace)	2889 2200
(藍灣半島廣場)	(Island Resort Mall)	2274 2473
茗苑漁港	Ming Yuen Fisherman's Wharf Restaurant	2556 2888
茗館小廚燒味皇	Ming Guan	2886 1987
阿糊米線	A Hu Mi Xian	2660 6668
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	
(和富中心家居商場)	(Home World Provident Centre)	8300 8132
(筲箕灣)	(Shau Kei Wan)	8300 8138

稻香超級漁港	Tao Heung Super 88	8300 8161
養珍品牛肉麵	Hu Hu Beef Noodles	3462 2000
御名軒	Royal Legend	2578 9983
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 (杏花新城)	Oliver's Super Sandwiches (Paradise Mall)	2898 1707
(英皇道)	(King's Road)	2510 0255
(康怡花園)	(Kornhill)	2513 9266

# 黃大仙區

## Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
西龍纤味	Slim Taste	3105 5303
金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
紅蔥頭	Cafe Med	2955 4988
客家好棧	Hakka Hut	8300 8104
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
富臨漁港	Fulum Fishman's Wharf Restaurant	2320 8088
富臨皇宮 (新光中心)	Fulum Palace (San Kwong Building)	2320 9080
(樂富廣場)	(Lok Fu Plaza)	2794 3883
順德經典	Classic in Shun Tak	2997 8866
翠華餐廳	Tsui Wah Restaurant	2324 6486
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2322 9932
壽司大	Sushi Dai	3102 1828
稻香超級漁港	Tao Heung Super 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
麗都軒	Nice Capital Restaurant	2827 1168
豐宴	U-Banquet	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352

# 九龍城區

## Kowloon City District

牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	3904 1368
好味廚	Honey Kitchen	2336 0701
享膳酒家	Enjoy Dining Restaurant	2362 7045
美心MX (土瓜灣)	Maxim's MX (To Kwa Wan)	2712 2917
(半山壹城)	(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
海港酒家	Victoria Harbour Restaurant	2992 0120
富臨皇宮	Fulum Palace	2310 4201
富臨漁港 (九龍城)	Fulum Fishman's Wharf Restaurant (Kowloon City)	2718 3318
(明安街)	(Ming On Street)	2363 2883
(萬基大廈)	(Man Kee Mansion)	3192 4788
富臨漁港暨臨門	Fulum Fishman's Wharf Restaurant	2365 2881
富豪坊	Regal Terrace	2132 1011
博藝會	Spotlight Recreation Club	8202 8606
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
渝燒烤魚	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
龍皇酒家	Dragon King Restaurant	2774 6288
潮家	Chiu Ka	2338 3112
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
福慶藝廚酒家	Happiness Cuisine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622



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
大姆指	Big Top Restaurant	2391 0888
大喜屋日本料理	Dai-kiya Japanese Restaurant	2739 0086
川燒	Chuan Shao	2311 1230
大瀨喜日本料理	Daieiki Japanese Restaurant	3622 2211 / 3622 2266
牛角日本燒肉專門店 (大角咀) (尖沙咀) (環華中心)	Gyu-Kaku Japanese Yakiniku Restaurant (Tai Kok Tsui) (Tsim Sha Tsui) (King Wah Centre)	2702 8128 2153 1686 2152 1822
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
迎	Joyous One	8300 8001
住家菜	Home Feel	3105 0515
迎禧大酒樓 (雅蘭中心) (彌敦酒店)	Cheers Restaurant (Grand Tower) (Nathan Hotel)	8300 8191 8300 8163
迎·潮	Joyous One	8300 8192
君滙港會所餐廳 (只供會員)	Harbour Green Club Banquet Room (Members Only)	3516 1121
男爵大排檔	Baron Cuisine	2369 1959
東來順	DongLaiShun	2733 2020
金皇廷廳宴	Banquet Palace	2770 2328
金碗餐廳	Gold Rice Bowl Restaurant	2897 0222
金陶軒·金城設施管理有限公司	Kum Tao Heen - Kum Shing Management Ltd	2730 8668
風月堂 (佐敦道) (福苑大廈)	Orchard Garden Cafe & Restaurant (Jordan Road) (Fortune Crest)	2656 3316 2421 4817
美心MX (西洋菜街) (百匯軒) (旺角東港鐵站) (花園街) (新文華中心)	Maxim's MX (Sai Yeung Choi Street) (Cite 33) (Mong Kok East MTR Station) (Fa Yuen Street) (New Mandarin Plaza)	2390 7530 2395 8850 2397 6303 2782 1669 2311 8589
帝京軒	Di King Heen	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 & Towers	2738 2322
泰國 (中港城) (彌敦道)	Koon Thai Cuisine (China Hong Kong City) (Nathan Road)	2878 7666 2393 3068
紅蔥頭 (始創中心) (朗豪坊)	Cafe Med (Pioneer Centre) (Langham Place)	2626 0596 3514 9322
海皇粥店	Ocean Empire Food Shop	2385 6732
泰國人海南雞	Koon Thai Hai Nam Chicken	2668 8202
海港酒家	Victoria Harbour Restaurant	2369 6380
海港燒鵝海鮮酒家	Victoria Harbour Roasted Goose & Seafood Restaurant	2782 3826
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
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
朝陽飯莊	Chao Yang Restaurant	2369 8202
雅廊咖啡室·富豪九龍酒店	Cafe Allegro - Regal Kowloon Hotel	2313 8718
富臨酒家	Fulum Restaurant	2770 3386
富臨漁港龍臨門 (百誠大廈) (安達中心)	Fulum Fishman's Wharf Restaurant (Pak Shing Building) (Auto Plaza)	2770 6883 2723 8132
富臨漁港龍臨門皇宴	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2396 2880
蜀一燒	Sichuan BBQ Restaurant	2780 2889
圓方王子飯店	Prince Restaurant	2577 4888
極高大喜屋日本料理	Deluxe Dai-kiya Japanese Restaurant	3188 2882 / 3188 1988

鐵板超	Teppan Chiu Teppanyaki	2787 5135
煌府婚宴專門店 (旺角道) (始創中心) (港景匯商場) (The One)	Wedding Banquet Specialist (Mongkok Road) (Pioneer Centre) (Victoria Mall) (The One)	2180 6138 2180 6128 3520 1888 2180 6178
新星海鮮酒家	New Star Seafood Restaurant	2780 2226
新發茶餐廳	Sun Fat Restaurant	2388 1713
阿嫻米線	A Hu Mi Xian	2556 6893
翠華餐廳 (白加士街) (加拿芬道) (北海街) (蘇蘭街) (港品中心) (碧街) (赫德道)	Tsui Wah Restaurant (Parkes Street) (Carnarvon Road) (Pak Hoi Street) (Portland Street) (Harbour Crystal Centre) (Pitt Street) (Hart Avenue)	2384 8388 2366 8250 2780 8328 2392 3889 2722 6600 2771 8080 2311 9288
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
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
綠野仙踪	Greenland Corner	2336 6001
綠茵閣餐廳 (旺角道) (油麻地)	Green Land Court Restaurant (Mongkok Road) (Yau Ma Tei)	2104 7918 2104 1118
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
登滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
樂天大喜屋日本料理	Joy Dai-kiya Japanese Restaurant	3188 8818 / 3188 8822
漁民樂·魚湯米線專門店	Happy Fisherman Restaurant	9553 3672
稻坊	Tao Square	8300 8151
稻香 (恒星樓) (荷里活商業中心) (新九龍廣場) (愛民商場)	Tao Heung (Star Mansion) (Hollywood Plaza) (New Kowloon Plaza) (Oi Man Shopping Centre)	8300 8084 8300 8142 8300 8123 8300 8082
稻香超級漁港 (雅蘭中心) (彌敦酒店)	Tao Heung Super 88 (Grand Tower) (Nathan Hotel)	8300 8168 8300 8163
稻菊日本料理	Inagiku Grande Japanese Restaurant	2733 2933
樂農	Happy Veggies	2568 8181
靚佬皇小菜坊	Supreme Hot Pot	2399 0812
澳門丸記清湯腩王	Macau Yuen Kee Hotpot	2394 4128
橫網日本麵店	Yokozuna Japanese Noodle Shop	2783 0784
龍璽	Dragon Seal Restaurant & Bar	2568 9886
點一龍	Dim Sum Bar	2175 3100
聯邦皇宮	Federal Palace Restaurant	2626 0022
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
豐宴 (始創中心) (莊士倫廣場)	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
"canton pot"	"canton pot"	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
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 (新世紀廣場) (奧海城)	Oliver's Super Sandwiches (MOKO) (Olympian City)	2264 3737 2272 4220
Yours Milano	Yours Milano	3974 0822



# 觀塘區

## Kwun Tong District

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
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakimiku Restaurant 3101 0128
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant 2389 7409
百份百餐廳	Hundred Percent Restaurant
(翠屏邨)	(Tsui Ping North Estate) 2598 8100
(寶達商場)	(Po Tat Shopping Centre) 2697 8100
百樂門宴會廳	Paramount Banquet Hall
(鱷魚池中心)	(Crocodile Centre) 3910 8368
(MegaBox)	(MegaBox) 2798 8332
百樂門國際宴會廳	Paramount International Banquet Hall 2806 8173
百樂門盛宴	Paramount Grand Banquet 2763 7922
柏爾馬	La Trattoria di Parma 2111 1370
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
客家好棧 (大木型)	Hakka Hut (Domain-mall) 8300 8109
(淘大商場)	(Amoy Plaza Phase 4) 8300 8110
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
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
海皇粥店	Ocean Empire Food Shop 2304 7468
海港酒家	Victoria Harbour Restaurant 2379 9089
真味鮮廚	Taste Full Kitchen 2379 6398
御苑皇宴	The Banqueting House 2798 8110 / 2798 8866
富臨漁港	Fulum Fishman's Wharf Restaurant
(企業廣場)	(Enterprise Square) 2759 1808
(觀塘廣場)	(Kwun Tong Plaza) 2342 4252
富臨酒家	Fulum Restaurant 2379 1293
煌府婚宴專門店	Wedding Banquet Specialist 2681 4888
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
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao 2305 9990
翠華餐廳	Tsui Wah Restaurant 2343 3866
肇順名匯河鮮專門店	Siu Shun Village Cuisine 2798 9738
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
嘉華大酒樓	Ka Wah Restaurant 2795 3838
嘉豪酒家	Ka Ho Restaurant 2755 2982
潮館	Chao Inn 8300 8145
稻香	Tao Heung
(淘大商場)	(Amoy Plaza) 8300 8124
(MegaBox)	(MegaBox) 8300 8085
稻香超級漁港	Tao Heung Super 88 8300 8175
德藝會	Telford Recreation Club 8202 2892
龍皇酒家	Dragon King Restaurant 2955 0668
聯合醫院職員飯堂	United Christian Hospital Staff Canteen 3949 4065
鍾菜	Chung's Cuisine 8300 8010
豐宴	U-Banquet
(鱷魚池中心)	(Crocodile Centre) 2811 9788
(MegaBox)	(MegaBox) 2811 9323
饕餮自家菜	Happiness Gastronomy 2827 2688
饒雲天	Cheerful Sky Cuisine 2827 2886
California Pizza Kitchen	California Pizza Kitchen 3421 2351
Délifrance (Café)	Délifrance (Café)
(淘大商場)	(Amoy Plaza) 2757 4518
(德福廣場)	(Telford Plaza) 2756 9565
(MegaBox)	(MegaBox) 2359 0348
"forte"	"forte" 3968 8222
Oliver's Super Sandwiches	Oliver's Super Sandwiches
(企業廣場3期)	(Enterprise Square Three) 2749 7561
(創紀之城5期)	(Millennium City 5) 3148 1101
(德福廣場)	(Telford Plaza) 2757 2662
Organic Life Café & Restaurant	Organic Life Café & Restaurant 2420 0363
Studio City Bar & Café	Studio City Bar & Cafe 3543 5638

# 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
百樂門宴會廳	Paramount Banquet Hall 2111 9833
百樂門膳宴	Joy Cuisine
(美孚)	(Mei Foo) 2741 1222
(海峰)	(Vista) 2728 8302
金裝嫩奶佬餐廳	Daniel's Restaurant
(美孚新邨)	(Mei Foo Sun Chuen) 2959 1126
(順寧道)	(Shun Ning Road) 2729 6111
紅惠頭	Cafe Med 2361 0813
美心MX	Maxim's MX
(美孚新邨)	(Mei Foo Sun Chuen) 2743 2793
(青山道)	(Castle Peak Road) 2742 4679
海皇粥店	Ocean Empire Food Shop
(元州商場)	(Un Chau Shopping Centre) 2760 0522
(美孚新邨)	(Mei Foo Sun Chuen) 2307 6184
泰國人海南雞	Koon Thai Hai Nam Chicken 2668 8606
富臨皇宮	Fulum Palace 2368 3738
富臨漁港龍門	Fulum Fishman's Wharf Restaurant
(長沙灣廣場)	(Cheung Sha Wan Plaza) 2310 8880
(富華廣場)	(Florence Plaza) 2370 3262
富臨酒家	Fulum Restaurant 2361 2213
新里海鮮酒家	New Star Seafood Restaurant 2991 4903
新生餐廳	New Life Restaurant 2777 4726
新嘉華	New Ka Wah 2148 3131
賓墟餐廳	Bun Hui Restaurant
(青山道)	(Castle Peak Road) 2142 1228 / 2142 1038
(幸福商場)	(Fortune Shopping Centre) 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
Cafe Ateen	Cafe Ateen 2776 6290
Délifrance (Café)	Délifrance (Café) 2242 6669

# 西貢區

## Sai Kung District

一寿司	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
金門建築有限公司員工餐廳	Gammon Skanska Ltd Staff Canteen 2528 7582
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 (只供學生 及職員)	Hong Kong University of Science & Technology Student Canteen (Students & Staff Only) 2243 1287
香港專業教育學院 [李惠利] (學生飯堂)	Hong Kong Institute of Vocational Education - Lee Wai Lee (Students Canteen) 2706 1500
海王漁港	King Harbour Seafood Restaurant 2319 1182
海皇粥店	Ocean Empire Food Shop 3417 4059
真味鮮廚	Taste Full Kitchen 2703 1877
海港酒家	Victoria Harbour Restaurant
(新都城中心第一期)	(Metro City, Phase I) 2703 1860
(將軍澳中心)	(Park Central) 2877 2006
將軍澳醫院職員飯堂 (只供職員)	Tseung Kwan O Hospital Staff Canteen (Staff Only) 2208 0063
富臨皇宮	Fulum 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) 2706 1500
California Pizza Kitchen	California Pizza Kitchen 3902 3875
MCL翠華餐廳	MCL Tsui Wah Restaurant 2525 5288



## 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
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	2725 9188
元朗茶記	Yuen Long Restaurant	2470 5386
加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Residents Only)	2482 3100
加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 2089
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
叙福樓海鮮酒家	Lucky House Seafood Restaurant	3156 1283
海皇粥店	Ocean Empire Food Shop	2415 6780
海港酒家	Victoria Harbour Restaurant	2408 0010
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
雲貴軒	The Vermicelli House	
(大棠路)	(Tai Tong Road)	2442 1000
(合益路)	(Hop Yick Road)	2442 7755
(朗屏商場)	(Long Ping Commercial Complex)	2442 7744
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
(碩富廣場)	(Chung Fu Shopping Centre)	3156 1668
稻香	Tao Heung	8300 8137
稻香超級漁港	Tao Heung Super 88	8300 8170
潮館	Chao Inn	8300 8148
緣來素食	Destine Vegetarian Restaurant	3489 6428
錦綉花園鄉村俱樂部 (亭林閣餐廳)	Fairview Park Country Club (Country Cafe) (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) (Members Only)	2471 6333
(只供會員)		
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
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	2617 1338
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
百樂門宴會	Joy Cuisine	2450 6338
迎禧大酒樓	Cheers Restaurant	8300 8194
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
青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
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
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	Fulum Palace	2404 5688
富臨酒家	Fulum Restaurant	2457 5277
「粵」中菜廳 - 香港黃金海岸酒店	Yue - Hong Kong Gold Coast Hotel	2452 8668
愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
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	
(大興邨商場)	(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
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2205 0183

## 葵青區

## Kwai Tsing District

山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	3693 4338
百份百餐廳	Hundred Percent Restaurant	
(長亨商場)	(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·茶·酒館	The Alchemist Cafe Bistro	2439 5669
金裝嫩奶佬餐廳	Daniel's Restaurant	2495 3301
美心MX	Maxim's MX	
(石蔭商場)	(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
(寶麗苑商場)	(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	Hong Kong International Terminals Ltd (Staff Canteen)	2614 4527
(職員餐廳) (只供職員)		
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
茗苑酒家	Ming Yuen Restaurant	2716 6988
雲貴軒	The Vermicelli House	2442 3388
富臨皇宮	Fulum Palace	2787 0183
富臨酒家	Fulum Restaurant	2416 1886
新星海鮮酒家	New Star Seafood Restaurant	2149 0819
葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
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
銀龍粉麵茶餐廳	Ngan Lung Restaurant	
(石蔭商場)	(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	Tao Heung	
(青衣城)	(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
廣發餐廳	Kwong Fat Restaurant	2612 1842
龍川上海料理	Long Chuan Shanghai Restaurant	3488 0083
聯邦皇宮	Federal Palace	2626 0618
Bistro Délifrance	Bistro Délifrance	2429 8936

## 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
味走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
海港酒家	Victoria Harbour Restaurant	2653 9333
海港燒臘海鮮酒家	Victoria Harbour Roasted Goose & Seafood Restaurant	2661 8087
桃園粥麵·小廚	Tao Yuen	2834 1200
茗苑酒家	Ming Yuen Restaurant	2650 6388
翠華餐廳	Tsui Wah Restaurant	2660 8028
稻香	Tao Heung	8300 8127



# 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
(新城市廣場)	(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
君臨宴會廳	King's Fortune Banquet Hall	2667 6338
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
沙龍會	Salem Club	2696 2112
美心MX (禾輦商場)	Maxim's MX (Wo Che Shopping Centre)	2694 7608
(沙田中心)	(Shatin Centre)	2605 5873
突破青年村	Breakthrough Youth Village	2632 0100
盈彩海鮮酒家	Ying Choi Seafood Restaurant	2641 8812
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
海王漁港	King Harbour Seafood Restaurant	2633 9362
海皇粥店 (好運中心)	Ocean Empire Food Shop (Lucky Plaza)	2692 4150
(迎灣商場)	(Marbella)	2613 1262
海港燒鵝海鮮酒家 (美林商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Mei Lam Shopping Centre)	2321 6119
(馬鞍山中心商場)	(Ma On Shan Centre)	2630 9818
曼谷泰菜	Bangkok Thai Restaurant	2606 3882
雅典居住客會所 (只供住客)	Villa Athena Club House (Residents Only)	2633 4318
順德經典	Classic in Shun Tak	2330 0023
越南越南餐廳	Trend Vietnamese Restaurant	2602 3198
富臨皇宮	Fulum Palace	2310 4201
富臨漁港	Fulum Fishman's Wharf Restaurant	2601 2989
會所1號 - 萬瀟	Club One - Riverview	8209 9288
綠野仙踪	Greenland Corner	3579 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
稻香	Tao Heung	8300 8134
稻香超級漁港 (沙田正街)	Tao Heung Super 88 (Sha Tin Centre Street)	8300 8178
(馬鞍山)	(Ma On Shan)	8300 8179
醉月樓	Dream Catering Limited	2697 7832
潮家	Chiu Ka	2693 2321
麗都講客	Nice Invitation	2693 9088
慧慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2609 2911

# 北區

## North District

百份百餐廳 (天明樓)	Hundred Percent Restaurant (Ting Ming House)	2656 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 (名都商場)	Ocean Empire Food Shop (Sheung Shui Town Center)	2698 3699
(名都廣場)	(Fanling Town Centre)	2682 3798
桃園粥麵·小廚 (華心商場)	Tao Yuen (Wah Sum Shopping Centre)	2452 1200
(嘉福商場)	(Ka Fuk Shopping Centre)	2642 1200
海港酒家	Victoria Harbour Restaurant	2339 0121
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
園府統請	Hop Fu Tong Ching	2256 1335
麗都講客	Nice Invitation	2673 8829

# 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
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	2780 6116
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2402 9788
百樂門筵宴	Joy Cuisine	2813 6913
百樂門宴會廳	Paramount Banquet Hall	2419 0348
金裝嫩奶佬餐廳 (大壩街)	Daniel's Restaurant (Tai Pa Street)	2498 5662
(99廣場)	(99 Plaza)	2439 9728
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
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
紅惠頭	Cafe Med	2116 1235
美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
(錦綸中心)	(Tsuen Kam Centre)	2498 9401
(樂悠居)	(Indihome)	2439 1070
悅來酒店咖啡室	Panda Café	2409 3218
海星粥店	Ocean Empire Food Shop	2439 4510
悅悅中菜廳	Yin Yue	2409 3182
泰國人海南雞	Koon Thai Hai Nam Chicken	2660 6999
海港燒鵝海鮮酒家	Victoria Harbour Roasted Goose & Seafood Restaurant	2615 0326
雲貴軒	The Vermicelli House	2402 2220
富臨漁港海鮮酒家	Fulum Fishman's Wharf Restaurant	2409 0883
煌府筵宴專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳 (兆和街)	Tsui Wah Restaurant (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 (眾安街122號)	Ngan Lung Restaurant (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
樂農	Happy Veggies	2490 9882
潮館	Chao Inn	8300 8149
歐陸餐廳	Balcony	2409 3226
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

# 離島區

## Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
西龍傳香飯樓	QQ Rice	2107 9989
空港酒店 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
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
南島書蟲	Bookworm Café	2982 4838
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
BEBÉ V	BEBÉ V	2982 8212
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056



## 「有營食肆」2016接受報名！ Join as an ESR 2016!



隨着市民大眾的健康意識不斷提升，越來越多市民奉行健康飲食。每當看到貼有「有營食肆」標誌的食肆，便會聯想起致力推動健康飲食的食肆。

想成為「有營食肆」的一份子嗎？請致電「有營食肆」秘書處2572 1476 查詢或到「有營食肆」網站 (<http://restaurant.eatsmart.gov.hk>) 下載申請表格。

As the general public have become more health conscious, a rising trend of healthy eating has been formed. Whenever an EatSmart decal is found being displayed outside a restaurant, people would associate it with a place committed to promoting healthy eating.

Does your restaurant want to join as an EatSmart Restaurant? Please call the "EatSmart@restaurant.hk" Campaign Secretariat on 2572 1476 for enquiries or download the application form at the EatSmart Website (<http://restaurant.eatsmart.gov.hk>).

## 「有營食肆」運動新海報 New Posters for the "EatSmart@restaurant.hk" Campaign

為了令市民外出用膳時可以透過下載「有營食肆」流動應用程式來搜尋心儀「有營食肆」，今年我們特意設計了一款新海報，並已經郵寄到各「有營食肆」分店以供張貼。

如「有營食肆」需要領取額外海報，可聯絡「有營食肆」秘書處2572 1476查詢。

To facilitate the public to search for their favourite "EatSmart Restaurants" by downloading the "EatSmart Restaurant" mobile app when dining out, we specifically designed a new poster and mailed to each branch of the "EatSmart Restaurants" for display.

For EatSmart Restaurants that need extra posters, please contact the "EatSmart@restaurant.hk" Campaign Secretariat on 2572 1476.





# 美食博覽 2015 Food Expo 2015

衛生署繼續於今年的「香港美食博覽」向市民推廣健康飲食。我們從多款別出心裁的「有營菜式」中選出「Jimmy's Coffee」的「低溫慢煮雞肉沙律」和「新星海鮮酒家」的「黑蒜櫻花蝦元貝籠仔蒸飯」，分別於8月13和14日在會場內向現場觀眾作烹飪示範，讓市民能一睹各「有營食肆」大廚的精湛廚藝之餘，又能親口品嚐到他們健康美味的「有營菜式」。

The Department of Health continued to promote healthy eating at the Food Expo this year. Among a wide variety of EatSmart dishes, we selected 2 EatSmart dishes, namely "Sous Vide Chicken Salad" from "Jimmy's Coffee" and "Steamed Rice with Black Garlic, Dried Sakura Shrimps and Dried Scallops in Bamboo Basket" from "New Star Seafood Restaurant" for two cooking demonstrations respectively held on 13 and 14 August 2015. Visitors to the Expo had the opportunities to appreciate the culinary arts of both of the chefs from the two EatSmart Restaurants, as well as their healthy and delicious EatSmart Dishes.



低溫慢煮雞肉沙律  
Sous Vide Chicken Salad



黑蒜櫻花蝦元貝籠仔蒸飯  
Steamed Rice with Black Garlic,  
Dried Sakura Shrimps and Dried  
Scallops in Bamboo Basket



