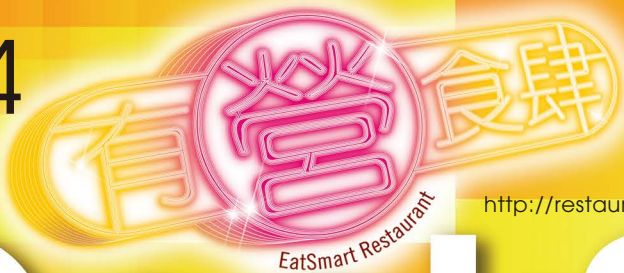


024



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

CookSmart

營廚



翟威廉

的精明「營」選擇

William Makes Smart Food
Choices to Stay Healthy

★★★★★



蔬果之選

Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品¹的2倍或以上。Means that either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives¹ present in the dish.

¹肉類代替品包括雞蛋、豆類、黃豆製品和果仁等。

¹Meat alternatives include egg, beans, soybean products, nuts, etc.



3少之選

3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，符合「3少之選」的要求。Means that the dish has less fat or oil, salt and sugar, meeting the "3 Less" requirement.



編者的話 Editor's Words

1

「有營食肆」新店登場 Newly Registered EatSmart Restaurants (ESR)

2-7

新鮮出爐 Cover Story

8-11

同營養師行街Guide Dietitian Guide

12-15

「有營食肆」實錄 EatSmart Restaurants Snaps

- 王子飯店 (圓方)
Prince Restaurant (Elements)

16-17

炮製色香味 EatSmart Recipes

- 摩洛哥香料煎雞胸配燒南瓜
鷹咀豆沙律
Morocco Chicken Breast,
Middle-East Style Roasted
Pumpkin & Chickpea Salad

18-19

- 松茸螺頭炖花膠湯
Double-Boiled Whelk and
Matsutake Soup with Fish Maw

20-21

- 泰式明爐魚
Steamed Grey Mullet in Thai Style

22-23

- 黑椒蘋果牛柳粒
Black-Pepper Beef Tenderloin
Dices with Apple

24-25

「適」飲「適」食 Diabetes-friendly Recipes

- 香葉鮮番茄汁天使麵
Angel Hair with Basil Leaves in
Tomato Sauce

26-27

- 果香肉丁
Fruity Pork Cubes

28-29

「有營食肆」 EatSmart Restaurants

30-35

營樂無窮 Snapshots

36-37

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





CookSmart

營廚



024

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

編者的話 Editor's Words

調味料是烹調食物不可或缺的重要部分，若與食材配搭得宜，可以令菜式變得更吸引可口。市面上的調味料種類繁多，大家知否如何選擇一些合適的調味料，讓自己食得健康之餘又可以品嚐到色、香、味俱全的菜式呢？今期《營廚》邀請了營養師為大家分析不同種類的調味料，還介紹了一些天然調味料和多款以不同天然調味方法烹製的有營菜式供各位參考。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有營食肆，而「『適』飲『適』食」專欄則會為大家提供兩款適合糖尿病人的食譜。今期《營廚》定能把健康飲食的新滋味帶給你！

Seasoning is an integral and important part in cooking. If seasoning is used wisely with ingredients, it can enhance the attractiveness and tastiness of dishes. There are myriads of seasoning in the market, so how should we choose suitable seasoning to make our dishes healthy, visually appealing, aromatic and delectable? In this issue of "CookSmart", we did not only invite a dietitian to analyse different seasoning, but also introduce some natural seasoning and "EatSmart Dishes" seasoned with natural methods for our readers' reference. While the "Newly Registered EatSmart Restaurants" column continues to introduce newly joint EatSmart Restaurants, the "Diabetes-friendly Recipes" column provides recipes of two dishes suitable for diabetics. This issue of "CookSmart" will definitely bring a new flavour of healthy diets to our readers.





Kim's Spoon



亞洲菜
Asian
Cuisine



有營菜式推介
Recommended
ESR Dishes

韓式粉絲
Vermicelli



菠菜
Seasoned Spinach



其他店舖資料可參閱第31及33頁。
For information of other restaurants, please
refer to page 31 and 33.



Kim's Spoon為時尚和追求品味生活的客人提供一個摩登舒適的空間，方便他們隨心細味我們悉心準備的韓式創意料理。Kim's Spoon打破傳統韓國菜館的框框，將食品選擇種類提升到另一層次，款式應有盡有。

我們更增添了DIY韓式鐵板BBQ，客人可按個人喜好選擇不同辣度的燒烤辣醬，挑戰個人極限。

Kim's Spoon亦設計了多款特色冷熱飲品，讓新菜單錦上添花。

Kim's Spoon provides a cozy and modern atmosphere for trendy guests who enjoy Korean food in a brand new style. We have elevated traditional Korean favourites to another level where customers can find wide range of menu.

We also introduced DIY sizzling hot plate, through which customers can challenge themselves with BBQ sauces of different levels of spiciness. Hot & cold specialty drinks are here to complement to our new Korean dishes.

荃灣西樓角路64-98號及青山公路(荃灣段)
264-298號南豐中心新之城2樓32C號舖
Shop 32C, 2/F, New Town Mall, Nan Fung
Centre, 264-298 Castle Peak Road (Tsuen Wan)
& 64-98 Sai Lau Kok Road, Tsuen Wan

2384 5222



家全七福酒家 Seventh Son Restaurant



中菜
Chinese
Cuisine



有營菜式推介
Recommended
ESR Dishes



香煎蟹肉蛋白琵琶燕
Pan-Fried Bird's Nest with Crab Meat
and Egg White



野生珍菌石榴球
Steamed Braised Mixture of Wild
Fungi Stuffed in Japanese Fine Bean
Curd Skin



家全七福酒家集團成立於2013年，乃一高級傳統粵菜食府，由擁有50多年經營經驗的前福臨門主理人，亦即徐福全之七子，徐維均先生所創辦。

Seventh Son Restaurant is a premier Cantonese restaurant established in 2013. It is run by Chef CHUI Wai-kwan, the seventh son of CHUI Fook-chuen and founder of the restaurant chain Fook Lam Moon.

灣仔駱克道57-73號香港華美粵海酒店3樓
3/F, the Wharney Guang Dong Hotel, 57-73
Lockhart Road, Wan Chai

2892 2888



北海道活壽司 Hokkaido Katsu Sushi



有營菜式推介
Recommended
ESR Dishes



北海道特式三文魚湯
Hokkaido Style Salmon Soup



納豆手卷
Natto Hand Roll



本餐廳已經開業超過十年，一直深受香港人，甚至各地遊客歡迎。食材每日由日本直送到店，確保絕對新鮮。店內裝潢以日本清酒酒桶來點綴，充滿傳統日本風味之餘亦令環境非常優雅，而且地方寬敞，座位舒適，絕對能讓食客盡情享受。此外，本餐廳食物一律價錢相宜，實是現時迴轉壽司店中的「人中之龍」。

Hokkaido Katsu Sushi has been operating for more than a decade. It is well-known among Hong Kong residents and tourists. To ensure absolute freshness of food, all ingredients are shipped directly from Japan every day. The interior is embellished with Japanese sake barrels, hence creating a traditional Japanese environment. Our spacious dining area and comfortable seating allows diners to enjoy meals completely. Moreover, all our food is set at reasonable price, which is undoubtedly "the best of the best" among all sushi bars in Hong Kong.

旺角奶路臣街11號遠東銀行旺角大廈地庫
Basement of Far East Bank Mongkok Building,
11 Nelson Street, Mong Kok

2392 1220



火間土 Ka Ma Do Japanese Dining



有營菜式推介
Recommended
ESR Dishes



蟹肉芒果沙律
Crab Mango Salad



和牛肉沙律
Japanese Beef Salad



本餐廳位於尖沙咀北京道一號，地段繁華，能飽覽維多利亞港優美的景色，由經驗豐富的日籍廚師主理，一向很受本地人士歡迎。餐廳主要提供西日式融合料理，當中的刺身、壽司、沙律、卷物和串燒均受食客歡迎。本餐廳所提供的「有營菜式」之中，有三款沙律屬「蔬果之選」，全以蔬菜為主，加入每日新鮮的食材和沙律醬汁，可補充客人平日於外食時攝取不足的膳食纖維。此外，本餐廳所提供的雜錦燒鍋烏冬及凍豆腐(芝麻和原味)，屬少糖、少油、少鹽的「三少之選」菜式，絕不油膩，健康美味，令人食慾大增。

Ka Ma Do Japanese Dining is located in a bustling and busy area on 1 Peking Road, Tsim Sha Tsui. It commands an awesome view of the Victoria Harbour and is managed by experienced Japanese chef, hence welcomed by the local people. Our restaurant serves Western-Japanese fusion cuisine, in which sashimi, sushi, salad, sushi rolls and skewers are all popular with diners. Amongst the "EatSmart Dishes" we offer, three salad dishes are categorised as "Dishes with More Fruit and Vegetables" as they are all prepared with vegetables, plus other fresh ingredients and salad dressings. These dishes can supplement diners with dietary fibre which they usually lack when eating out. Besides, our Assorted Vegetable and Udon Hot Pot and Cold Tofu (Sesame and Original Flavours) are both categorised as "3 Less Dishes" containing less sugar, fat and salt. They are non-greasy, healthy and delicious, making diners' mouth water.

尖沙咀北京道1號8樓802室
Room 802, 8/F, 1 Peking Road, Tsim Sha Tsui

2269 5051



魚鰭 Sakana Sushi



亞洲菜
Asian
Cuisine



有營菜式推介
Recommended
ESR Dishes



蕎麥冷麵
Cold Soba Noodles



生果椰果
Natadecoco Fruit



📍 荃灣眾安街85號地下
G/F, 85 Chung On Street, Tsuen Wan
☎ 2336 8555

本餐廳是在香港經營了十多年之「北海道活壽司」的新品牌，因日本人老闆是日本食材批發商，所以非常注重品質，亦以大眾化價錢為客人提供優質食品。餐廳食材從日本新鮮運輸到港，再經香港食物及環境衛生署抽樣檢定，保證絕對安全衛生。本餐廳現更履行社會責任，推出有營食譜，既健康又美味。

Sakana Sushi is a new brand under "Hokkaido Katsu Sushi" which has been operated for more than a decade. Our Japanese owner, also a Japanese food importer, puts great emphasis on quality. This fact enables good quality food served at reasonable price in our restaurant. Our ingredients are freshly imported from Japan and randomly inspected by the Food and Environmental Hygiene Department. We guarantee that they are absolutely safe and hygienic. Now, we are even launching the healthy and delicious "EatSmart Recipes" to fulfil social responsibility.



O2 Café



西餐
Western
Cuisine



有營菜式推介
Recommended
ESR Dishes



田園沙律配香草番茄油醋汁
Garden Salad with Herbs,
Tomatoes and Vinaigrette



智利藍青口配三色櫻桃番茄汁
Chile Blue Mussel with Tri-Cherry
Tomato Sauce



本餐廳提供新鮮、健康和可持續性的食物，是一間支持低碳飲食文化的綠色餐廳。我們本著“原創和創新”的宗旨，以新鮮食材做出健康兼且有創意的菜式。

O2 Café serves fresh, healthy and sustainable food to support low-carbon green restaurant food culture. We cook healthy and creative dishes under the principle of "Origin and Create Original" with fresh ingredients.

📍 元朗公庵路68號溱柏The Green Atrium 1樓
1/F, The Green Atrium, Park Signature,
68 Kung Um Road, Yuen Long
☎ 2488 5099



大蝦干撈面專門店

Bugis Corner



亞洲菜
Asian
Cuisine



有營菜式推介
Recommended
ESR Dishes



無皮海南雞湯麵
Skinless Hainanese Chicken
Noodle Soup



涼拌金柚蝦沙律
Shrimp and Pomelo Salad

新加坡傳統佳餚當中，首先讓人想起的一定是海南雞。海南雞的肉質在蘸上秘製辣醬、黑豉油及薑茸後變得細嫩，實在令所有愛吃美食的人難以抗拒。

When you come to traditional Singaporean cuisine, Hainanese Chicken is surely the first dish you think of. By dipping spicy sauce, black soy sauce and minced ginger, the tender and gentle chicken becomes irresistible to all food lovers.



尖沙咀河內道18號 K11地庫2樓B232號舖
Shop No. B232, Basement 2, K11, 18 Hanoi Road,
Tsim Sha Tsui

3160 8499



大叻越式料理

Da Lat Viet Cuisine

Đà Lạt 大叻 越式料理
Viet Cuisine

亞洲菜
Asian
Cuisine



有營菜式推介
Recommended
ESR Dishes



新加坡香酥餅
Singapore Grilled Crepe



清湯雜菜煲
Mixed Vegetables Soup in Hot Pot

大叻越式料理於2009年開店，以越南南部的大叻市為主題，主打越式風味食物。

The first shop of Da Lat Viet Cuisine was opened in 2009. We mainly serve Viet-style cuisine featuring the dishes of Dalat, a southern city in Vietnam.



屯門友愛路友愛邨H.A.N.D.S S區2樓S-225及
S-226號舖

Shops No. S-225 and S-226, Level 2, Zone S,
H.A.N.D.S, Yau Oi Estate, Yau Oi Road, Tuen Mun

2468 2189

其他店舖資料可參閱第33頁。
For information of other restaurants, please
refer to page 33.



嚐在心 Taste in Mind



紫菜伴蝦米
Dried Shrimps with
Seaweed



番茄肉碎米線
Noodles with
Minced Meat and
Tomatoes



中菜
Chinese
Cuisine

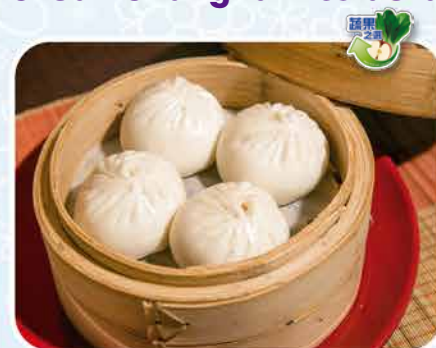
本店取名自「常在心」的諧音，寓意食物之美，品嚐過的顧客皆能留味於心中。店內食物是福建的地道美食，清淡健康。所有湯底都是使用新鮮原料每日精心製作。店主為每一位顧客精心準備每一份食物，每份食物均健康味美。

Our shop is named "Taste in Mind" for it implies that our dishes are so delightful that everyone who has savoured them is left with a great impression. We offer authentic Fujian food which is light and healthy. Everyday, we carefully prepare our soup base and dishes with fresh ingredients so as to let our customers enjoy healthy and tasty meals.

- 紅磡德民街德民大廈F1地舖
Shop F1, G/F, Tak Man Building, Tak Man Street, Hung Hom
- 6417 3490



龍川上海料理 Long Chuan Shanghai Restaurant



香菇素菜包
Steamed Mushroom
and Vegetable Bun

上湯小棠菜
Shanghai Pak Choi
in Soup



中菜
Chinese
Cuisine

本店主打上海料理和自家製上海點心。除此之外，本店提供多款健康美味素菜食品供顧客選擇。

Long Chuan Shanghai Restaurant offers a wide range of Shanghai food and homemade Shanghai-style dim sum. We also provide our customers with a selection of different healthy and delicious vegetarian food.

- 葵涌光輝圍21號昌發樓地下5號舖
Shop 5, G/F, Cheong Fat Building, 21 Kwong Fai Circuit, Kwai Chung
- 3488 0083



豐碩

Harvest Seafood Restaurant



中菜
Chinese
Cuisine



雪影繽紛
Mixed Mushroom with Bell
Peppers



粥水浸菜苗
Vegetable Shoots in Thin
Porridge

豐碩以「真材實料，健康食材」為宗旨，以新鮮食材入饌，製作出多菜少肉，味道鮮美，兼且健康精緻的菜式。

Under the aim of using "genuine and healthy ingredients", Harvest Seafood Restaurant uses fresh ingredients to provide customers with tasty, healthy and exquisite dishes cooked with more vegetables and less meat.



- 大角咀埃華街8號奧朗御峰1樓101號舖
Shop 101, 1/F, Park Ivy, 8 Ivy Street, Tai Kok Tsui
- 2391 1828



Le Soleil



亞洲菜
Asian
Cuisine



蒜蓉炒通菜
Stir-Fried Water Convolvulus
with Garlic



越式鮮蝦生果沙律
Vietnamese Shrimp and Fruit Salad

本得獎三藩市餐廳深受歡迎，其香港分店位於酒店3樓，可俯瞰中庭花園的翠綠景致和噴泉水景，為食客提供融合亞洲風味的越南美食，以及多元化的味覺享受。每天均設有午市及晚市時段。

This is the Hong Kong branch of a popular award-winning San Francisco restaurant. Located on the hotel's third floor, our restaurant overlooks the atrium's greenery and water features. We offer Vietnamese cuisine with a touch of Asian-fusion as well as a medley of tastes and flavours. Open daily for lunch and dinner.



- 尖沙咀東部麼地道69號帝苑酒店3樓
3/F, The Royal Garden, 69 Mody Road,
Tsim Sha Tsui East
- 2733 2033

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



翟威廉的 精明

翟威廉 (William) 予人健康和充滿活力的形象，深明健康之道除了注重飲食，還要保持正面的生活態度。

William always has an impressive physique and energetic attitude. He believes the key to living a healthy lifestyle is not just about eating healthy but also a positive state of mind.



翟威廉 (William)，
於2005年亞洲先生
選舉獲得亞軍後入行，主持電視節目和
參演劇集。2010年再贏得香港先生選舉，曾主
持多個旅遊節目，近年亦參演多部電視劇。其間，
他先後在日本完成短期大學課程和到韓國延世大學進
修韓文，並考獲跆拳道黑帶。

William CHAK, who joined show business after winning Mr. Asia Contest 2005, has become a TV show host and an actor. He then won again in Mr. Hong Kong Contest 2010 and appeared in a number of travel shows and drama series. During this time, he completed his short term college studies in Japan. He also studied Korean language in Yonsei University, South Korea where he achieved a Black Belt in Taekwondo.



William Makes Smart Food Choices to Stay Healthy



蒜香洋溢
Full of Smell of Garlic

盡顯食材真味的簡單煮法

Simple Cooking Methods Capture Natural Food Flavours

William曾先後在日韓兩地求學，亦曾參演多個旅遊節目，因此接觸過不同地方的菜式。他覺得「各國美食共通之處，均崇尚以新鮮食材製作」，但他最鍾情的還是母親的家常菜，尤其是蒸魚。他認為將桂花魚、鱸魚等以薑或陳皮清蒸，最能吃出原味。

William過往在外國生活，經常以清烩蔬菜及肉類佐膳。外出飲食時，他總光顧提供健康飲食的食肆，務求少油少醬。他認為菜式只需以番茄、洋蔥、菇菌等天然食材提味，便已十分可口。

William, having studied in Japan and South Korea as well as hosted a number of TV travel shows, was able to try out different types of cuisines. He observed that "the common part among different cuisines is the emphasis on using fresh ingredients." However, what he likes most is still his mother's homemade dishes, in particular steamed fish like mandarin fish and seabream. He said steaming fish with ginger and dried tangerine peel is the best way to retain natural fish flavour.

During the time when he lived abroad, he mostly made plain dishes such as blanched vegetables and meats. When dining out, he always patronises restaurants offering dishes cooked with little oil and sauce. He considers that using natural seasonings like tomato, onion and mushrooms is already good enough to enhance food flavour.



百搭好用

Can Be Used for Seasoning Different Kinds of Food



均衡飲食 紓緩工作壓力

Maintain a Balanced Diet to Cope Better with Stress

藝人工作不定時，William表示有時即使不用上班的日子，晚上偶有無睡意的情況，他會做點伸展運動，或喝點熱水來幫助入睡。

William補充藝人工作壓力大，或對健康有所影響：「例如旅遊節目的拍攝工作通常都安排得非常緊密，加上要親身參與戶外活動，對體力的要求很高。」外景工作，午飯通常是多肉少菜，William 會自攜水果，以維持飲食均衡。

Artists in the television industry generally have irregular work schedules. William added that he occasionally suffers from insomnia at night even when he is not required to work. He would then do some stretching exercise or drink warm water to help himself sleep better.

Stress constantly accompanies an artist's life. William said, "Shooting schedules of travel shows, for example, are always very hectic. In the shows, we usually have outdoor activity sessions demanding considerable physical fitness." At outdoor filming locations, lunch boxes containing more meats than vegetables are usually provided, William always brings along his own fruits to maintain a balanced diet.



身心健康 體現正能量

Healthy Body and Mind Nourishes Positive Energy

William身材健碩，皆因他在學時已參與田徑及籃球等運動，之後更修習跆拳道。近年他與其他藝人組成「Hero」籃球隊，常到學校訪問及鼓勵小朋友從小養成運動的習慣。

William 認為健康生活不止於注重飲食和恆常運動，亦應包括保持積極的心態，以及「多看書，擴闊自己視野，培養個人修養」，這樣才能真正體現正能量。

William maintains his impressive physique by performing regular exercise. While he was at school, he played basketball and participated in track and fields. Then he started practising Taekwondo a couple of years ago. He also formed a basketball team 'Hero' with a group of colleagues which often visits schools to encourage youngsters to make sports a habit.

In his opinion, a healthy way of life should encompass healthy diets, regular physical activities, positive mind as well as "frequent reading which can broaden visions and nurture virtues." By combining all these together, one can genuinely exert positive energy.



翟威廉的健康之選

William's Healthy Choices



香煎吞拿魚法國尼斯沙律 Salad Nicoise



「吞拿魚外皮略煎，外脆內軟，以番茄及黑胡椒提味，還有九芽菜、法國邊豆等蔬菜，清爽又開胃。」

"The tuna fillet, lightly fried, is crispy outside and tender inside. With its flavour jazzed up by juicy tomato, black pepper, endives and French beans, this salad is both refreshing and appetising."

香蒜素菜法國蘑菇意大利粉



Spaghetti with Primavera Veggies and French Mushroom

「意粉香滑不膩，配上雜菇、菠菜等惹味食材，再伴以車厘茄、蒜蓉、胡椒碎及紫蘇葉等香草，清新可口。」

"The spaghetti, moist and delectable, is accompanied by spinach and an assortment of mushrooms. Cherry tomato, garlic, ground pepper and basil leaves impart tremendous flavours to this tantalising and palatable dish."



海鮮香草番茄醬茅屋芝士長通粉



Penne with Seafood, Zucchini, Fresh Basil Tomato, Concasse and Cottage Cheese

「青口、帶子和鮮蝦均鮮嫩甜美，番茄醬汁濃淡適中，以蒜蓉、青瓜、紫蘇葉等調味，香氣滿溢。」

"This aromatic pasta dish features penne in a tomato based sauce complemented with mussels, scallops and shrimps seasoned with garlic, cucumber, basil leaves, etc."



匈牙利香料燴牛肉配焗薯蓉



Beef Goulash Served with a Dollop of Sour Cream, Roasted Potato Mash and Steamed Broccoli

「牛肉燴得恰到好处，十分美味，添上洋蔥、甘筍、西芹、蒜蓉等的醬汁，配搭出色。」

"The beef is perfectly done and perfectly paired with a sauce made with ingredients such as onion, carrots, celery and garlic."



善用調味 吃得健康

Use Natural Seasonings
for Healthy Dishes

吳彥慈

美國註冊營養師

香港營養學會執行委員

Rhoda Ng

Registered Dietitian (USA)
Executive Committee of
Hong Kong Nutrition
Association

中西烹飪總離不開調味，在食材加入調味料，既可去除魚腥或菜澀味，亦可使菜式更可口。營養師吳彥慈(Rhoda)為大家介紹不同種類的天然調味品，提供健康美味的選擇。

Rhoda表示：「中國人談飲食，很多時講究色、香、味俱全，食物的味道其實主要來自食物的香味，調味料具有大量的氣味分子，因此產生非常強烈的氣味，令人產生食慾。我們感冒時會覺得食而無味，是因為感冒影響了嗅覺。」

天然香料 增香提味

除了薑、蔥、蒜、香草等常用的天然調味料外，水果亦是理想的調味料，例如檸檬汁能辟除腥味，檸檬皮亦有提鮮作用。部分食物如番茄和菇菌亦含有濃郁的味道，能帶出餸菜的鮮味，與肉類同煮，能提昇食物的味道，例如冬菇肉餅和番茄炒蛋都是簡單美味的菜式。

Food seasonings have been an integral part of both Eastern and Western cuisines. Rightly added to foods, they not only enhance flavours but also reduce unpleasant odours. Rhoda, a registered dietitian, shares a variety of natural seasonings, which are healthy choices for making delicious dishes.

Rhoda said, "The Chinese culinary practice emphasizes a combination of flavours, aromas and presentations. Food flavours are perceived through smell, as flavourings contain strong odorous compounds which can stimulate appetite. It's not uncommon to lose your appetite when you have a flu," she adds, "because your sense of smell is being affected."

Natural Herbs Enhance Flavours and Aromas

Apart from ginger, spring onion, garlic and herbs, fruits are also ideal natural seasonings. For example, lemon juice can reduce fishy smell whilst lemon skin can enhance food freshness. Tomatoes and mushrooms have strong flavours that can highlight the umami of other ingredients, particularly when cooking meats. For instance, steamed pork with shiitake mushrooms and fried egg with tomatoes are both simple yet flavourful dishes.

天然調味料特點及營養價值

Characteristics and Nutritional Values of Selected Natural Seasonings

水果類

(橙、蘋果、檸檬、芒果等)

含有果香，部分帶有酸味，尤其能帶出肉類的味道。

Fruits

(Orange, apple, lemon and mango, etc.)

Each fruit has a distinctive aroma while some have a tangy flavour that helps highlight the flavours of meats.

蔬菜類

(番茄、西芹、洋蔥、紅蘿蔔等)

味道較濃的蔬菜，不但在烹調中有提味作用，亦含有多種營養素，包括鉀、膳食纖維、茄紅素等。

Vegetables

(Tomato, celery, onion and carrot, etc.)

Strong-flavoured vegetables not only enhance the natural flavours of most foods, but also contain a host of nutrients such as potassium, dietary fibre, and lycopene.

香草類

(百里香、香茅、薄荷、檸檬葉等)

具有特殊香味的植物，味道各有不同，部分適宜鮮食，部分則適合長時間烹調，如炆、燉等。

Herbs

(Thyme, lemongrass, peppermint and lemon leaf, etc.)

These are plants containing distinctive aromas, some of them are for eaten fresh, while some are for slow cooking such as simmering and braising.

天然香料

(胡椒、花椒、八角、黑椒等)

主要是由一些乾的植物種子、果實、根和樹皮做成的調味料，香味濃郁，用以蒸燉食材，以突顯肉香。

Natural Spices

(Pepper, Sichuan pepper, Chinese anise and black pepper, etc.)

These spices, mainly obtained from seeds, fruits, roots and barks of plants, are primarily used for seasoning food.

They have strong flavours and are suitable for steaming and braising food to highlight meat flavours.

天然提味食材

(菇菌類如冬菇、猴頭菇等，以及蝦乾、乾瑤柱等)

食材本身味道香濃，其中菇菌類含有膳食纖維及游離穀氨酸。游離穀氨酸可藉着刺激味蕾產生被稱為第五味的「鮮味」。

Flavouring Ingredients

(Mushrooms such as shiitake mushroom and monkey head mushroom, as well as dried prawn, dry scallop, etc.)

All natural enhancers like mushrooms can enhance food flavours since they contain dietary fibre and the fifth taste known as "umami" evoked by Free Glutamic Acid.

提味蔬菜類

(薑、蒜頭、蔥、芫荽等)

味道較為辛辣，能為食材辟除腥膻味和提升香味，炒菜時尤為常用。

Spicy vegetables

(Ginger, garlic, spring onion and coriander, etc.)

They are often used to combat the unpleasant odours and flavours in certain foods as well as to enhance pleasant flavours. They are usually used in stir-frying vegetables.



現成醬料 多鹽高脂

市面上出售的現成中西醬料種類繁多，方便易用，但Rhoda提醒大家，很多傳統調味料和現成醬汁，例如豉油、蠔油、魚露、雞粉、XO醬、辣椒汁等，主要由鹽醃製，含有大量鈉質。正常人每天的鈉攝取量一般不應多於2000毫克，過量會導致高血壓、冠心病等疾病，因此不宜多吃。部分如辣椒油則含有較高油分或脂肪，要適量使用。

此外，現成醬汁通常都加入了添加劑或防腐劑，Rhoda建議大家購買醬汁或製成品前，宜先看成份標籤，尤其要留意鹽、糖及脂肪的含量，從而選出較健康的調味品。

Ready-made Sauces are High in Salt and Fat

Rhoda says, it is also important to be vigilant on the salt content of ready-made cooking sauces such as soy sauces, oyster sauces, fish sauces, chicken powders, XO sauces and spicy sauces, as they could increase our sodium consumption. It is recommended that sodium consumption should be limited to no more than 2000mg per day as excessive intake may increase the risk of hypertension and heart diseases. Spicy sauces, on the other hand, are usually high in oil and fat content. Therefore, we have to be more vigilant when using these sauces for seasoning.

Most ready-made condiments available in the market contain flavouring additives. Rhoda suggests us to read nutrition labels to make healthy choices and select condiments low in salt, sugar and fat.

表：糖、脂肪及鈉含量高的準則

Table: Criteria for High Sugar, Fat and Sodium Content

	(每百克) 含量超過 Content (per 100g) more than
糖 Sugar	15克(g)
脂肪 Fat	20克(g)
鈉 Sodium	600毫克(mg)

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

調味過量 越食越多

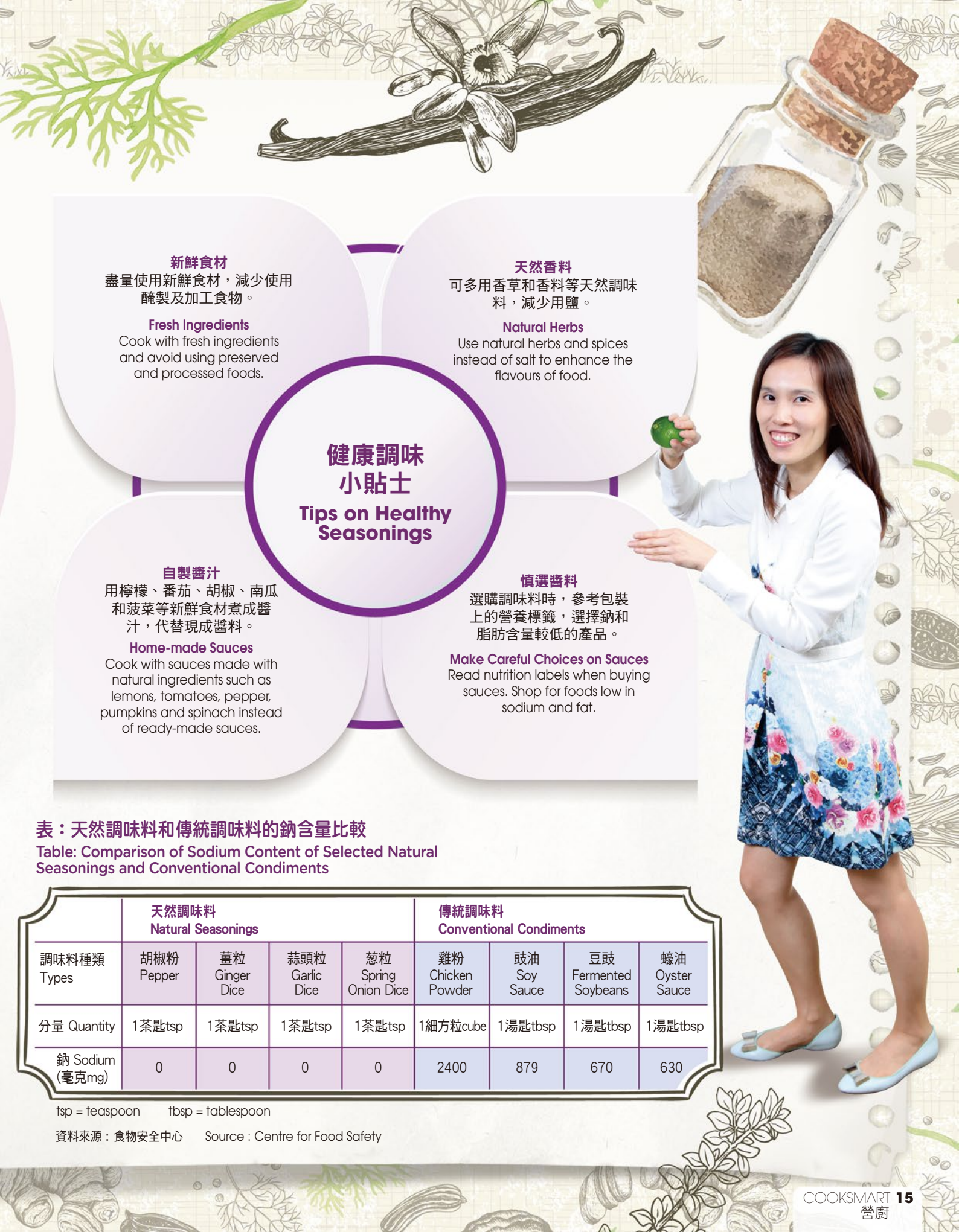
Rhoda補充，人的口味會隨著飲食習慣而改變，因為人感受味道，主要是靠舌頭上的味蕾，當味蕾適應了某種濃度的食物，會容易形成越吃越濃味的情況。

此外，Rhoda建議在家中烹煮餸菜時，盡量使用新鮮食材，減少使用醃製及加工食物，可選擇用天然調味品調味；出外進餐時，選擇較少醬料的餸菜，要求少鹽和將醬料分開送上，以維持健康均衡的飲食。

The More You Use Condiments the More You Want It

Rhoda added, changes in eating habits may result in changes in taste preferences. Humans perceive tastes through taste buds clustered in tongue. After our taste buds have adapted to a certain taste, a higher intensity of taste might be required to achieve the original level of sensation.

When cooking at home, Rhoda suggests using fresh ingredients but avoids using preserved and processed foods. When eating out, she suggests choosing dishes with less sauce and salt, and having dishes served with sauces separately.



新鮮食材

盡量使用新鮮食材，減少使用醃製及加工食物。

Fresh Ingredients

Cook with fresh ingredients and avoid using preserved and processed foods.

天然香料

可多用香草和香料等天然調味料，減少用鹽。

Natural Herbs

Use natural herbs and spices instead of salt to enhance the flavours of food.

健康調味小貼士 Tips on Healthy Seasonings

自製醬汁

用檸檬、番茄、胡椒、南瓜和菠菜等新鮮食材煮成醬汁，代替現成醬料。

Home-made Sauces

Cook with sauces made with natural ingredients such as lemons, tomatoes, pepper, pumpkins and spinach instead of ready-made sauces.

慎選醬料

選購調味料時，參考包裝上的營養標籤，選擇鈉和脂肪含量較低的產品。

Make Careful Choices on Sauces

Read nutrition labels when buying sauces. Shop for foods low in sodium and fat.

表：天然調味料和傳統調味料的鈉含量比較

Table: Comparison of Sodium Content of Selected Natural Seasonings and Conventional Condiments

調味料種類 Types	天然調味料 Natural Seasonings				傳統調味料 Conventional Condiments			
	胡椒粉 Pepper	薑粒 Ginger Dice	蒜頭粒 Garlic Dice	蔥粒 Spring Onion Dice	雞粉 Chicken Powder	豉油 Soy Sauce	豆豉 Fermented Soybeans	蠔油 Oyster Sauce
分量 Quantity	1茶匙tsp	1茶匙tsp	1茶匙tsp	1茶匙tsp	1細方粒cube	1湯匙tbsp	1湯匙tbsp	1湯匙tbsp
鈉 Sodium (毫克mg)	0	0	0	0	2400	879	670	630

tsp = teaspoon tbsp = tablespoon

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

「有營食肆」實錄

EatSmart
Restaurants
Snaps

淡中知真味

王子

飯店

(圓方)

To Savour the Pure Naturalness -
Prince Restaurant (Elements)



王子飯店
PRINCE RESTAURANT

王子飯店(圓方)位處購物商場臨海一角，飽覽維港海景，幽靜舒適，裝飾優雅，讓客人暫離煩囂，享受豐富美食。

王子飯店(圓方)主打粵式點心及廣東小炒，以優質的食材，加上廚師紮實的廚功，為顧客帶來健康美味的傳統菜餚，其菜式賣相充滿美感，每道菜式都讓人賞心悅目，除了附近上班的商務客人外，亦深得鄰近屋苑的居民歡迎。

簡約調味 真味自現

主廚邱超毅先生表示：「現時本地的食客十分注重健康，尤其身為父母的，都特別關注子女的飲食。有見及此，本店的菜式以清淡為尚，多菜少肉，少油、鹽及糖。」

邱先生表示，該店棄用各種現成調味料及味精，全以新鮮食材，以足料上湯提味，再加上薑、蔥、蒜等基本香料，烹調成美味可口的菜餚。以菇菌類為例，用適量上湯煨浸後，不但能帶出其本身的香味和鮮味之餘，亦令菜式的色澤更加吸引。

健康煮食 原汁原味

邱先生強調，蒸及煮的烹調方法最能保存食材的原味及營養，再適量配以天然香料炮製的自家醬汁，能令菜式更多變化。

他補充，香港得天獨厚，世界各地的食材滙集，只要配搭得宜，即能煮出美味的菜式。他經常到各街市及超級市場發掘食材，構思新菜式。

王子飯店(圓方)主廚邱超毅先生
1993年入行，多年來曾服務多間中式
食肆，十年前加入王子飯店集團一直
服務至今，經驗豐富。

Mr. YAU Chiu-ngai, Head of Kitchen
Department of Prince Restaurant,
joined the catering business since
1993 and has served in a number of
Chinese restaurants. He has worked
for the restaurant group for over 10
years.



竹筴穿釀露荀



Steamed Bamboo Piths Stuffed with Asparagus

用鮮嫩露荀配爽口的竹筴做成小卷，加入微酸的杞子，有畫龍點睛之效。
Fresh asparagus, wrapped in bamboo pith rolls, are complemented perfectly with slightly tangy red wolfberries.

Prince Restaurant (Elements), situated in the prime seaview corner of a shopping mall, offers a panoramic view of the Victoria Harbour. The dining area is comfortable and elegantly decorated. It is a place of tranquillity to enjoy sumptuous meals away from the hectic city.

This restaurant specialises in dim sum and other Cantonese dishes. It delivers healthy and traditional culinary delights to customers with quality ingredients through the hands of experienced chefs. Their dish presentations are aesthetically pleasing, thereby enhancing visual appeal and overall dining experience. The restaurant is well received by the people working and living nearby.

Simple Seasoning Brings Out Real Flavours

Mr. YAU Chiu-ngai, head of the restaurant's kitchen department, said, "People in Hong Kong are more health conscious nowadays. Parents, in particular, pay special attention to the diets of their children. This restaurant, going with the trend, aims to offer light-flavoured dishes cooked with plenty of vegetables but with less meat, oil, salt and sugar."

Mr. YAU said that the restaurant refrains from using any condiment and flavour enhancer. It uses fresh ingredients and superior broth to enhance dish flavours. Specifically, its chefs enriches dish flavours with natural seasonings such as ginger, spring onion and garlic. Mushrooms, for example, have distinctive flavours of their own. By soaking in an appropriate amount of superior broth, it chefs fully bring out the natural flavours of mushrooms as well as the colours of the dishes.

Healthy Cooking Retain Natural Tastes

Mr. YAU points out that steaming and poaching are the healthy cooking methods because they retain most of the original flavours and nutrients of food ingredients. Homemade sauces and natural seasonings can give culinary creation a new dimension.

Mr. YAU observes that there is a wide range of food ingredients from different parts of the world available in local markets and supermarkets. He always shops around to find new food ingredients and inspirations for his dishes.



海鮮雜菜煲



Assorted Seafood and Mixed Vegetables Pot

以足料上湯為湯底，配以菜心、唐生菜、白菜仔、桂花蚌及帶子等，鮮甜香濃，加入粉絲後盡吸濃湯滋味。
Choy sum, Chinese lettuce, baby pak choy, sea cucumber intestine, and scallop are added to a delightful soup base with vermicelli. The pot becomes even more delightful after the vermicelli fully absorbs the flavours of the soup base.



豔影紗窗



Braised String Beans with Brown Fungus and Lily Bulbs

西芹、藕片、百合、馬蹄及竹筴等多款蔬菜均爽脆清香，色彩繽紛，配搭美妙。

An assortment of crispy and savoury vegetables, including celery, lotus root slices, lily bulbs, water chestnuts and bamboo pith are perfectly mixed together to become a colourful vegetable dish.



魚湯千層浸時蔬



Seasonal Vegetables with Bean Curd Sheets in Fish Soup

鮮嫩的菜心以鮮美的魚湯泡浸更見清甜，鮮腐竹煮得軟綿香滑，綿而不散，還加添淡淡豆香。

Choy sum, fresh and tender, is soaked in savoury fish soup. The aromatic, soft but not mushy bean curd sheets adds a mild soybean flavour to the soup.

炮製色香味
EatSmart
Recipes

有營食肆

Munch

邱晴 Danica YAU

澳洲營養師協會認可執業營養師
香港營養師協會認可營養師
香港營養師協會對外事務主任
Accredited Practising Dietitian (DAA)
Accredited Dietitian (HKDA)
HKDA External Affairs Officer



摩洛哥香料 煎雞胸配燒南瓜 鷹咀豆沙律

Morocco Chicken Breast,
Middle-East Style Roasted
Pumpkin & Chickpea
Salad



每一份
Per Serving

熱量
Energy
331
千卡 (kcal)

碳水化合物
Carbohydrate
41
克 (g)

蛋白質
Protein
25
克 (g)

脂肪
Fat
8
克 (g)

糖
Sugar
7
克 (g)

鈉質
Sodium
45
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 use only.

特色 Feature

此食譜依循有益心臟的「地中海飲食」原則，選用大量蔬菜豆類和較健康的食油，並以天然調味料取代鹽。此外，它所選用的鷹咀豆營養豐富，含維他命、碳水化合物及蛋白質。

This recipe follows the principles of the Mediterranean diet that supports heart health by using plenty of vegetables and legumes, healthier cooking oils and natural condiments instead of salt. In addition, the chickpeas used are rich in nutrients such as vitamin, carbohydrates and protein.

To Serve
2
人分量

材料 Ingredients

雞胸	1 件 (約120 克)	1 chicken breast (approx. 120g)
南瓜(切粒)	200 克	200g pumpkin (diced)
洋蔥(切粒)	30 克	30g onion (diced)
鷹咀豆	50 克	50g chickpeas
法國邊豆	50 克	50g French beans



調味料 Seasonings

摩洛哥香料	1 茶匙	1 teaspoon Morocco seasoning
檸檬汁	1 湯匙	1 tablespoon lemon juice
橄欖油	2 茶匙	2 teaspoons olive oil
低脂純味乳酪	1 湯匙	1 tablespoon low-fat plain yoghurt

步驟 Cooking Method

1. 把鷹咀豆用水浸泡5-6小時後，將豆放入沸水中，煮至軟身後撈起，備用。
2. 雞胸用摩洛哥香料略醃後，備用。
3. 把平底鑊燒熱後加1茶匙橄欖油，將雞胸煎成兩面金黃至全熟備用。
4. 把南瓜去皮去籽，放入焗爐焗至軟身，備用。
5. 把平底鑊燒熱後加1/2茶匙橄欖油，以慢火把洋蔥炒至軟身備用。
6. 把南瓜、洋蔥、鷹咀豆加入檸檬汁及1/2茶匙橄欖油，撈勻後上碟。
7. 把法國邊豆蒸約3分鐘後放在碟上，接著放上摩洛哥雞胸及低脂純味乳酪即成。

1. Soak the chickpeas in water for about 5-6 hours. Cook the chickpeas in boiling water until softened. Drain water from the chickpeas. Set aside.
2. Marinate the chicken breast with Morocco seasoning for a while. Set aside.
3. Heat a fry pan and film with 1 teaspoon olive oil. Pan fry each side of the chicken breast to a golden brown until well done. Set aside.
4. Peel and remove the seeds from the pumpkin. Bake it in the oven to make it soft. Set aside.
5. Heat a fry pan and film it with 1/2 teaspoon olive oil. Pan fry the onion until softened. Set aside.
6. Mix the pumpkin, onion, chickpeas with lemon juice and 1/2 teaspoon olive oil. Place onto a plate.
7. Steam the French beans for about 3 minutes and piled up on top of the plate. To serve, place the chicken breast with Morocco seasoning onto the dish and add the low-fat plain yoghurt.

試食兵團話你知 Message from Tasting Team

煎得香軟鮮嫩的雞胸肉伴上鮮甜的南瓜、洋蔥、檸檬汁及摩洛哥香料，別有風味。

The crisply fried chicken breast is tender and complemented by refreshing pumpkin, onion, lemon juice and Morocco seasoning, giving the dish a sophisticated taste.



本食譜由Munch餐廳提供。
This recipe is provided by Munch.

炮製色香味
EatSmart
Recipes

有營食肆

王子飯店
PRINCE RESTAURANT

邱晴 Danica YAU

澳洲營養師協會認可執業營養師
香港營養師協會認可營養師
香港營養師協會對外事務主任
Accredited Practising Dietitian (DAA)
Accredited Dietitian (HKDA)
HKDA External Affairs Officer



松茸螺頭 炖花膠湯

Double-Boiled Whelk and
Matsutake Soup with
Fish Maw



由於以計算方法間接估計燉湯的熱量和營養含量會產生較大誤差，所以未能提供此項資料。
As the energy and nutrient content of the soup estimated by indirect nutrient analysis based on calculation causes relatively significant variation, we cannot provide this information.

特色 Feature

花膠及螺肉均含豐富蛋白質，但僅含少量膽固醇。把肉類加進湯料時，建議選用瘦肉和已去皮的來減低湯的總脂肪量。這些材料可一起熬出味道濃郁而毋需多加鹽的湯，因此有助心臟健康。

Fish maw and whelk meat are rich in protein while low in cholesterol. When using meat in soup, lean and skinless meat are recommended to reduce the total fat content of soup. Boiling these ingredients together will give a rich and flavoursome soup so the need for salt seasoning is minimal, which helps support heart health.

To Serve
1
人分量

材料 Ingredients

乾松茸	20 克	20g dried matsutake
螺肉	50 克	50g whelk meat
瘦肉	50 克	50g lean pork
去皮雞肉	50 克	50g skinless chicken
花膠	50 克	50g fish maw
清水	250 毫升	250ml water

* 試食兵團話你知 *

Message from Tasting Team

此湯以香味濃郁的乾松茸和鮮甜彈牙的螺肉，與瘦肉、雞肉及花膠清炖，火候十足，清香滋潤。

Dried Matsutake are highly aromatic while whelk meat is sweet and chewy. They are perfectly boiled with lean pork, chicken and fish maw to give a flavourful and moist soup dish.

調味料 Seasonings

鹽 1/4 茶匙 1/4 teaspoon salt

步驟 Cooking Method

1. 把乾松茸和花膠用清水洗淨後，備用。
2. 把螺肉、瘦肉和去皮雞肉放入滾水中飛水後，撈起備用。
3. 把乾松茸、螺肉、瘦肉、去皮雞肉和花膠放入炖盅後，加入清水和鹽燉四小時即成。

1. Wash the dried matsutake and fish maw. Set aside.
2. Soak the whelk meat, lean pork and skinless chicken in boiling water for a moment and then drain well. Set aside.
3. Place the dried matsutake, whelk meat, lean pork, skinless chicken and fish maw into a stewing pot and steam with boiling water for about 4 hours.



本食譜由王子飯店(圓方)提供。
This recipe is provided by Prince Restaurant(Elements).

炮製色香味
EatSmart
Recipes

有營食肆

曼谷
Bangkok Thai Restaurant

邱晴 Danica YAU

澳洲營養師協會認可執業營養師
香港營養師協會認可營養師
香港營養師協會對外事務主任
Accredited Practising Dietitian (DAA)
Accredited Dietitian (HKDA)
HKDA External Affairs Officer



泰式 明爐魚

Steamed
Grey Mullet
in Thai Style



每一份
Per Serving

熱量
Energy
170
千卡 (kcal)

碳水化合物
Carbohydrate
4
克 (g)

蛋白質
Protein
26
克 (g)

脂肪
Fat
5
克 (g)

糖
Sugar
1
克 (g)

鈉質
Sodium
282
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 use only.

特色 Feature

泰國料理一般會使用大量香草及香料，是代替調味品的上佳方法。這種烹調方法能減少鈉攝取量，有助降低患上高血壓的風險。自製清雞湯也是一個減少攝取鈉的好辦法，因為市面上的預製清雞湯一般已經加入鹽作調味，含鹽量可能甚高。

Thai food is always very generous with herbs and spices, serving a great way to replace condiments. This reduces sodium intake and helps lower the risk of hypertension. Home Made chicken broth is also a great idea as ready-made chicken stock on the market often has salt added and may be high in sodium.

To Serve
6
人分量

材料 Ingredients

烏頭一條 720 克 (約18兩)
旺菜 (切片) 100 克
豬肉 (切碎) 60 克
薑 (切絲) 20 克
冬菇 (切片) 20 克
草菇 4 粒
葱 (切絲) 3 條
芹菜 (切段) 半棵
紅椒 (切絲) 1 隻
檸檬葉 6 塊

1 grey mullet 720g (approx. 18 taels)
Chinese cabbage (sliced) 100g
Minced pork 60g
Ginger (shredded) 20g
Shiitake mushrooms (sliced) 20g
4 straw mushrooms
3 spring onions (shredded)
½ Chinese celery (sectioned)
1 red pepper (shredded)
6 lemon leaves

調味料 Seasonings

鹽 1/2 茶匙 1/2 teaspoon salt
胡椒粉 1/4 茶匙 1/4 teaspoon white pepper powder
清雞湯 5 湯匙 5 tablespoons chicken broth

步驟 Cooking Method

1. 將烏頭去鱗和內臟後洗淨，備用。
2. 把烏頭蒸約10分鐘，備用。
3. 燒熱鑊後，加入清雞湯將豬肉碎煮熟，再加入薑絲、冬菇、草菇、紅椒、檸檬葉，慢火煮15分鐘，加胡椒粉及鹽調味成醬汁。
4. 把烏頭淋上醬汁，鋪芹菜、蔥及旺菜，放上爐上加熱即成。

自製清雞湯 Home Made Chicken Broth:

材料：(可製4公升) 鮮雞1隻、水5公升

- 步驟：1. 將鮮雞去皮和內臟，加5公升水，用大火煲20分鐘後去油。
2. 然後改用中火煮30分鐘。
3. 去油後，即成。

1. Wash the grey mullet after removing its scales and giblets. Set aside.
2. Steam the grey mullet for about 10 minutes. Set aside.
3. Heat wok. Boil the minced pork with chicken broth. Add the shredded ginger, shiitake mushrooms, straw mushrooms, red pepper and lemon leaves together to cook over low heat for 15 minutes. Season the mixture with white pepper powder and salt as sauce.
4. Pour the sauce over the grey mullet. Add the Chinese celery, spring onions and Chinese cabbage. To serve, reheat the grey mullet in a serving dish over a portable stove.

Ingredients: (For a serving of 4 litres) 1 fresh chicken, 5 litres water

- Cooking Method: 1. Remove the chicken skin and giblets. Add 5 litres of water and boil over high heat for 20 minutes and skim off the fat.
2. Then boil over medium heat for about 30 minutes.
3. Skim off the fat again. Done.

試食兵團話你知 *

* Message from Tasting Team

新鮮烏頭肉質軟滑豐厚，在配搭以冬菇、草菇、芹菜及旺菜煮成的湯底，再加上紅椒、薑絲、蔥及檸檬葉調味後，香濃惹味。

The fresh Grey mullet, fleshy and succulent, goes well in a soup base made of shiitake mushrooms, straw mushrooms, Chinese celery and Chinese cabbage.

Enhanced by seasonings like red pepper, shredded ginger and lemon grass, it becomes richly flavoursome.



本食譜由曼谷泰菜提供。
This recipe is provided by
Bangkok Thai Restaurant.

炮製色香味
EatSmart
Recipes

有營食肆

Federal Palace
聯邦皇宮

邱晴 Danica YAU

澳洲營養師協會認可執業營養師
香港營養師協會認可營養師
香港營養師協會對外事務主任
Accredited Practising Dietitian (DAA)
Accredited Dietitian (HKDA)
HKDA External Affairs Officer



黑椒蘋果 牛柳粒

Black-Pepper
Beef Tenderloin
Dices with Apple



每一份
Per Serving

熱量
Energy
110
千卡 (kcal)

碳水化合物
Carbohydrate
9
克 (g)

蛋白質
Protein
8
克 (g)

脂肪
Fat
5
克 (g)

糖
Sugar
4
克 (g)

鈉質
Sodium
346
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 use only.

特色 Feature

加入各種顏色的蔬菜可提供更多不同的營養素，包括維他命、礦物質及膳食纖維。膳食纖維有助降低身體膽固醇水平，預防便秘和增加飽腹感以避免進食過多。以蘋果入饌能為餸菜提供天然的味道，所以調味料的用量不需太多。

A dish prepared with vegetables of different colours can offer greater variety of nutrients, including vitamins, minerals and dietary fibre. Dietary fibre can lower cholesterol, prevent constipation and increase satiety, hence preventing excessive food intake. Using apple as dish ingredient allows natural flavour to shine through so the use of condiments can be reduced.

To Serve
4
人分量

材料 Ingredients

牛柳粒	120 克	120g beef tenderloin dices
蜜糖豆 (切段)	100 克	100g sugar snap peas (sectioned)
洋蔥 (去皮、切件)	80 克	80g onion (peeled and sectioned)
彩甜椒 (切片)	40 克	40g colour bell peppers (sliced)
蘋果粒 (去皮芯)	80 克	80g cubed apples (peeled and cored)
薑片	3 片	3 ginger slices
葱度 (切段)	半棵	1/2 bunch spring onion (sectioned)
蒜頭 (剁蓉)	1/2 茶匙	1/2 teaspoon garlic (chopped)
菜籽油	2 茶匙	2 teaspoons canola oil
黑椒	1/2 湯匙	1/2 tablespoon black pepper

調味料 Seasonings

糖	1/2茶匙	1/2 teaspoon sugar
鹽	1/2茶匙	1/2 teaspoon salt
麻油	1/2茶匙	1/2 teaspoon sesame oil
生抽	1/2茶匙	1/2 teaspoon light soy sauce
生粉水	少許	Some cornstarch mixture

步驟 Cooking Method

1. 把清水煮沸後，加入蜜糖豆，灼至僅熟，備用。
2. 燒熱鑊後，把牛柳粒快炒至僅熟，備用。
3. 燒熱鑊後下菜籽油，爆香黑椒、洋蔥、蒜蓉、甜彩椒、薑片及葱度，放下蘋果粒、蜜糖豆及牛柳粒加入調味料，然後快炒即成。

1. Bring the water to a boil and boil the sugar snap peas until just done. Set aside.
2. Heat wok. Stir-fry the beef tenderloin dices until just done. Set aside.
3. Heat wok and then film it with canola oil. Stir-fry the black pepper, onion, chopped garlic, mixed bell peppers, ginger slices and spring onion. Add the cubed apples, sugar snap peas and beef tenderloin dices with the seasonings. Stir-fry quickly. Done.

* 試食兵團話你知 *

Message from Tasting Team

牛柳粒軟稔適中，以蘋果粒提味，清新可口，加上洋蔥、薑片、葱絲、蒜蓉及濃郁香口黑椒，是一道老少咸宜的健康菜式。

Cubed apples lends a naturally fresh flavour to the right cooked beef tenderloin dices. It is paired with onion, ginger slices, chopped garlic and black pepper to become a healthy dish for the whole family to enjoy.



本食譜由聯邦皇宮(油麻地)提供。
This recipe is provided by Federal Palace (Yau Ma Tei).

「適飲適食」話你知

個人的熱量受多種因素影響，包括：體重、身高、年齡、性別、活動量和健康狀況。糖尿病患者要有效控制血糖水平，即使認為已了解個人熱量需求，仍需就自己的飲食諮詢營養師。營養師會詳細評估患者的個人飲食及生活習慣，然後作出飲食建議，使之有效融入患者的日常生活當中。

糖尿病患者應遵從以下的烹調原則：

- 採用低脂肪的烹調方法，如蒸、燉、焗、少油快炒等。如需煎炒食材，宜用易潔鑊，以減少食油的用量。
- 糖尿病飲食的菜式中，可用適量的糖作調味之用。製作糕點、甜品及飲品時，糖的用量較烹調燉菜的為多，宜以代糖取代砂糖、片糖等作調味。但需留意，市面上大多數代糖加熱後會失去「甜味」，因此燉菜或甜品須於烹煮完成和離火後才可加入代糖。
- 調味料方面，大部分加工處理過的調味料如海鮮醬、茄汁、蠔油等，都含有大量糖分，不宜大量使用。如想增加食物鮮味，可利用各種天然調味料，如薑、蔥、蒜頭、胡椒粉、陳皮、花椒、八角、醋、辣椒、五香粉等來調味。

本環節將提供實用食譜，以供參考。欲知更多詳情，請參閱基層醫療統籌處網頁。

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

Learning more about "Diabetes-friendly Recipes"

The energy needs of individuals are affected by many factors, including weight, height, age, gender, activity level and health condition. To effectively control blood sugar level, diabetics should seek advice from dietitians regarding their diets even if they think they know their energy needs. Dietitians will conduct nutritional assessment of an individual's eating habits and daily activities and give diet counselling which can effectively integrate diets into his/her daily life.

Individuals with diabetes should comply with the following principles of cooking:

- Use low-fat cooking methods such as steaming, braising, baking, and quick stir-frying with little oil. When foods require pan-frying or stir-frying, use a non-stick wok / pan to minimise use of oil.
- Appropriate amounts of sugar may still be used for seasoning in diabetes-friendly meals. For cakes, desserts and beverages, the use of sugar will be more than that in main dishes. Artificial sweeteners can be used to replace granulated sugar and brown sugar. However, it should be noted that most artificial sweeteners in the market will lose their sweet taste if heated directly. Therefore, they should be added to the dishes or desserts only after cooking and heating.
- For seasoning, most processed sauces, like seafood sauce, ketchup, and oyster sauce, contain considerable amounts of sugar, so excessive use is not recommended. Natural seasonings, like ginger, spring onion, garlic, pepper, dried tangerine peel, cayenne, aniseed, vinegar, chili and five spice powders, can be used to bring out the flavours in food.

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)



香葉 鮮番茄汁 天使麵

Angel Hair with Basil
Leaves in Tomato Sauce

特色 Feature

香料可以增加食物的香味，同時亦可減低用鹽的分量。

Spice can enhance the flavours of food so that the usage of salt can be reduced.

衛生署營養師

Dietitian of Department of Health

材料 Ingredients

天使麵	280 克	Angel hair	280 g
番茄	3 個 (約 370 克)	3 pieces tomato (approx. 370 g)	
蒜茸	3 茶匙	3 teaspoons garlic, finely chopped	
九層塔 (切絲)	4 塊	4 basil leaves (shredded)	
植物油*	3 茶匙	3 teaspoons vegetable oil*	
鹽	½ 茶匙	½ teaspoon salt	

*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	½ 茶匙	½ teaspoon salt
白胡椒粉	少許	A pinch white pepper

步驟 Cooking Method

1. 煲中注入大半煲清水煲滾，加入½茶匙鹽，再將天使麵放入，攪拌約3分鐘後，隔水瀝乾，加入1茶匙油拌勻，備用。
 2. 番茄洗淨後切塊。
 3. 於易潔鑊燒熱餘下油爆香蒜茸，放入番茄煮至軟身，將番茄去皮，然後放入天使麵和調味料，最後加入九層塔。
1. Boil the water. Add ½ teaspoon salt. Add in the angel hair and keep stirring for 3 minutes. Drain the pasta. Mix it thoroughly with 1 teaspoon of oil. Set aside.
 2. Rinse the tomato and cut into wedges.
 3. Heat the remaining oil in a non-stick pan. Stir-fry the garlic until aroma released. Add in the tomato and cook it until soft. Remove the skin. Add in pasta, seasoning and finally the basil leaves.

本食譜由衛生署長者健康服務提供。
This recipe is provided by the 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	膳食纖維 Dietary Fibre	鈉質 Sodium
291 千卡(kcal)	56 克(g)	9 克(g)	5 克(g)	0 毫克(mg)	3.2 克(g)	299 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.

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.



果香肉丁

Fruity Pork Cubes

特色 Feature

水果含有豐富的維生素C，膳食纖維及人體必需各種礦物質。

Fruit is rich in vitamin C and dietary fibre and it contains a variety of essential minerals that the body needs.

衛生署營養師

Dietitian of Department of Health

材料 Ingredients

蘋果 (中)	1 個 (約 140 克)	1 piece apple, medium (approx. 140 g)
青椒 (中)	1 個 (約 120 克)	1 piece green bell pepper, medium (approx. 120 g)
菠蘿	2 片 (約 105 克)	2 rings pineapple (approx. 105 g)
梅頭瘦豬肉	6 兩 (240 克)	6 tael pork tenderloin (240 g)
蒜茸	1 茶匙	1 teaspoon garlic, finely chopped
生抽	1 茶匙	1 teaspoon soy sauce
植物油*	3 茶匙	3 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.

豬肉 醃料 Marinade for Pork

鹽	½ 茶匙	½ teaspoon salt
生抽	1 茶匙	1 teaspoon soy sauce
麻油	¼ 茶匙	¼ teaspoon sesame oil
糖	½ 茶匙	½ teaspoon sugar
生粉	1 茶匙	1 teaspoon cornstarch

芡汁 Thickening

生抽	1 茶匙	1 teaspoon soy sauce
糖	½ 茶匙	½ teaspoon sugar
生粉	2 茶匙	2 teaspoons cornstarch
清水	3 湯匙	3 tablespoons water

步驟 Cooking Method

1. 將蘋果去皮切粒，青椒去瓢洗淨及切成小塊，菠蘿片切細粒，備用。
2. 豬肉洗淨切粒，用醃料醃半小時。然後於易潔鑊下2茶匙油將肉粒炒熟，盛起備用。
3. 用餘下油爆香蒜茸，放入青椒兜炒，再放入肉粒同炒，後下生抽。
4. 下芡汁，然後放入蘋果及菠蘿略炒拌勻。

1. Peel and dice the apple. Core, rinse and cut the bell pepper into small pieces. Dice the pineapple.
2. Rinse and dice the pork and marinate for ½ hour. Use 2 teaspoons of oil to stir-fry the pork until done. Set aside.
3. Use the remaining oil to stir-fry the garlic. Add in the bell pepper. Stir in the soy sauce and pork.
4. Add the thickening sauce, apple and pineapple and stir-fry lightly.

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
174 千卡(kcal)	14 克(g)	14 克(g)	7 克(g)	37 毫克(mg)	1.8 克(g)	538 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.

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.



以下資料截至二零一六年五月九日，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 9 May 2016. 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	Dai-kiya Japanese Restaurant	3622 2182
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakimiku 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 (太和街)	Daniel's Restaurant (Tai Wo Street)	2574 4866
(活道)	(Wood Road)	2838 6500
(景隆街)	(Cannon Street)	2838 6151
美心MX (波斯富街)	Maxim's MX (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
律敦治醫院 - 職員餐廳	Ruttonjee Hospital - Staff Canteen	2838 4126
家全七福酒家	Seventh Son Restaurant	2892 2888
泰式食	Thai Perfect	2890 4899
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 - 警察總部匯鈺西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯鈺快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
納思比日本料理	Nasubi Japanese Restaurant	2670 0662
海皇粥店 (新誠商業大廈)	Ocean Empire Food Shop (Simons Commercial Building)	2575 0417
(駱克道)	(Lockhart Road)	2891 1902
(糖街)	(Sugar Street)	2894 8848
泰國人海南雞 (電氣道)	Koon Thai Hai Nam Chicken (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
富豪金殿 - 富豪香港酒店	Regal Palace Restaurant - Regal Hongkong Hotel	2837 1773
富臨酒家	Fulum Restaurant	2528 2468
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
新星海鮮酒家	New Star Seafood Restaurant	2838 2186
粵軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
漁川米線	Shunde Cuisine	2386 4188
壽司翔太	Sushi Shota	2834 3031
瀝江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳 (景隆街)	Tsui Wah Restaurant (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
(糖街)	(Sugar Street)	2890 9266
翡翠拉麵小籠包 (大有廣場)	Crystal Jade La Mian Xiao Long Bao (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 (金利文廣場)	Ngan Lung Restaurant (Richmond Plaza)	2413 1811
(富盛商業大廈)	(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 (駱克道421-425號)	Under Bridge Spicy Crab (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	2890 4884
晉景	Congress Plus	2582 7250
禮頓會	Club Leighton	3198 9805
鍾廚	Chung's Kitchen	8300 8005
韓廚麵	Chef's Noodle	3106 0233
麗廚廚房	Liza Veggies	2575 6060
譽宴 (利舞臺廣場)	U-Banquet (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
Délices (Café) (大有廣場)	Délices (Café) (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 (新鴻基中心)	Oliver's Super Sandwiches (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
Verde Mar	Verde Mar	2810 0888

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 (卑路乍街)	Maxim's MX (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
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
翡翠拉麵小籠包 (金鐘廊)	Crystal Jade La Mian Xiao Long Bao (Queensway Plaza)	2529 9908
(國際金融中心)	(IFC Mall)	2295 3811
翠華餐廳 (山頂廣場)	Tsui Wah Restaurant (The Peak Galleria)	2849 2345
(威靈頓街)	(Wellington Street)	2525 6338
(德輔道中)	(Des Voeux Road)	2815 3000
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 (亞畢諾道)	Café O (Arbutnot Road)	2868 0450
(皇后大道中)	(Queen's Road Central)	2851 0890
Délices (Café) (力寶中心)	Délices (Café) (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
Oliver's Super Sandwiches (長江集團中心)	Oliver's Super Sandwiches (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
(華懋廣場2期)	(Two Chinachem Plaza)	2567 6577
The Herbivores	The Herbivores	2613 2909

南區

Southern District



牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	2555 2418
中華廚藝學院 (英語餐飲學會) (只供會員)	Chinese Culinary 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
百份餐廳	Hundred Percent Restaurant	2645 9100
百樂門廳宴	Joy Cuisine	2580 8183
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)	Hotel and Tourism Institute (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
綠野仙踪	Greenland Corner	2552 4022
璧順名匯海鮮專門店	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
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
LIS Café	LIS Café	3968 8833

東區

Eastern District



一鍋 - 台日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
百份餐廳	Hundred Percent Restaurant	2469 8100
迎囍大酒樓	Cheers Restaurant	8300 8199
京城膳膳	King Shing Chinese Cuisine	2872 6228
美心MX (友邦香港大樓) (杏花新城) (新翠商場)	Maxim's MX (AIA Hong Kong Tower) (Paradise Mall) (New Jade Shopping Arcade)	2679 8229 2558 8541 2897 7513
星級味皇餐廳小廚	Delicious Cafe	2802 6622
洋紫荊維港遊 (民安) (民樂) (民俊)	Harbour Cruise - Bauhinia (Man On) (Man Lok) (Man Kim)	2802 2886 2802 2886 2802 2886
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
海港薈	Victoria Harbour Supreme	2611 1679
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
曼谷泰菜 (英皇道) (珠璣大廈) (藍灣廣場)	Bangkok Thai Restaurant (King's Road) (Chu Kee Building) (Island Resort Mall)	2566 9966 2856 0818 2568 6800
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
茗苑漁港	Ming Yuen Fisherman's Wharf Restaurant	2556 2888
茗館小廚燒味皇	Ming Guan	2886 1987
富臨皇宮 (英皇道) (康翠商業中心) (藍灣半島廣場)	Fulum Palace (King's Road) (The Comm BLK Of Greenwood Terrace) (Island Resort Mall)	2563 0222 2889 2200 2274 2473
福同拉麵	Fukuoka Noodle Restaurant	3488 7550
阿楠米線	A Hu Mi Xian	2660 6668
綠野仙踪	Greenland Corner	3100 0076
翠華餐廳	Tsui Wah Restaurant	2177 5066 / 2177 5055
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
銀龍麵茶餐廳	Ngan Lung Restaurant	2539 0077
養珍品牛肉麵	Hu Hu Beef Noodles	3462 2000
稻香	Tao Heung	8300 8138
稻香超級漁港	Tao Heung Super 88	8300 8161
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

藝·家

饗宴

權發海鮮酒家

Délifrance (Café)

(太古城)

(港運城)

Kim's Spoon

Oliver's Super Sandwiches

(太古城中心)

(杏花新城)

(英皇道)

Les Artistes Café

U-Banquet

Kuen Fat Restaurant

Délifrance (Café)

(Taikoo Shing)

(Island Place)

Kim's Spoon

Oliver's Super Sandwiches

(Cityplaza)

(Paradise Mall)

(King's Road)

2111 1241

2811 9668

2897 0688

2904 8603

2565 1335

2907 0832

2886 0200

2898 1707

2510 0255

王大仙區

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
美心MX (竹園南邨) (黃大仙中心)	Maxim's MX (Chuk Yuen Shopping Centre) (Wong Tai Sin Shopping Centre)	2327 8551 2321 9331
客家好棧	Hakka Hut	8300 8104
紅惠頭	Cafe Med	2955 4988
富臨皇宮 (新光中心) (樂富廣場)	Fulum Palace (San Kwong Building) (Lok Fu Plaza)	2320 9080 2794 3883
富臨漁港	Fulum Fisherman's Wharf Restaurant	2320 8088
壽司大	Sushi Dai	3102 1828
翠華餐廳 (黃大仙) (新蒲崗)	Tsui Wah Restaurant (Wong Tai Sin) (San Po Kong)	2392 9933 2324 6486
稻香超級漁港	Tao Heung Super 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
饗宴	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	Homey Kitchen	2336 0701
美心MX (土瓜灣) (半山壹號)	Maxim's MX (To Kwa Wan) (Celestial Place)	2712 2917 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
紅惠頭	Cafe Med	2327 6320
海港酒家	Victoria Harbour Restaurant	2992 0120
富豪坊	Regal Terrace	2132 1011
渝滿烤魚	Yu Heung Grilled Fish	2382 4168
富臨皇宮 (馬頭角道) (萬基大廈)	Fulum Palace (Ma Tau Kok Road) (Man Kee Mansion)	2310 4201 3192 4788
富臨漁港	Fulum Fisherman's Wharf Restaurant	2365 2881
富臨漁港 (九龍城) (明安街)	Fulum Fishman's Wharf Restaurant (Kowloon City) (Ming On Street)	2718 3318 2363 2883
博藝會	Spotlight Recreation Club	8202 8606
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
翠華餐廳 (欣榮花園) (黃埔)	Tsui Wah Restaurant (Jubilant Place) (Whampoa)	2760 9828 2109 0652 / 2109 0653
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
嚙在心	Taste in Mind	6417 3490
簡單小廚	Simple Kitchen	2327 2727
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
禧慶酒家	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
大自然素食 (始創中心) (美蘭華商場)	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
大瀛喜日本料理	Daiei Japanese Restaurant	3622 2211 / 3622 2266
王子飯店(圓方)	Prince Restaurant (Elements)	2577 4888
牛角日本燒肉專門店 (大角咀) (尖沙咀) (環華中心)	Gyu-Kaku Japanese Yakimiku Restaurant (Tai Kok Tsui) (Tsim Sha Tsui) (King Wah Centre)	2702 8128 2153 1686 2152 1822
火間土	Ka Ma Do Japanese Dining	2269 5051
北京拉麵店	Peking Handmade Noodles Restaurant	2380 2183
北海道活壽司	Hokkaido Katsu Sushi	2392 1220
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
百份餐廳	Hundred Percent Restaurant	2703 9100
伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
百樂門筵宴	Joy Cuisine	3910 8388
迎	Joyous One	8300 8001
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·潮	Joyous One	8300 8192
男爵大排檔	Baron Cuisine	2369 1959
迎囍大酒樓	Cheers Restaurant	8300 8163
東來順	DongLaiShun	2733 2020
金皇廷筵宴	Banquet Palace	2770 2328
拉斐特婚禮禮堂有限公司	Love Café	2332 1846
金飯碗餐廳	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	Orchard Garden Cafe & Restaurant	2656 3316
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·帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
皇室1號	Royal One	2109 1418
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
泰閣 (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 (旺角密街) (油麻地砵蘭街)	Koon Thai Hai Nam Chicken (Bute Street, Mong Kok) (Yau Ma Tei branch)	2668 8202 2802 8777
富港酒家	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
御苑筵宴 (尖沙咀加拿分) (尖東帝國中心)	The Banqueting House (TST Camarvon) (ETIST Empire Centre)	2722 6768 3962 1188
常悅素食	M Garden Vegetarian	2787 3128
甜蜜蜜新咖啡店	Teresa New Life Coffee Shop	2723 6634
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 Fisherman's Wharf Restaurant & Pleasant Palace (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

極尚大喜屋日本料理	Deluxe Daikiya Japanese Restaurant	3188 2882 / 3188 1988
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
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 Restaurant	2388 1713
瀟江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠野小廚	Green Woods Raw Café	3428 2416
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
翠華餐廳 (白加士街) (加拿芬道) (北海街) (砵蘭街) (港島中心) (碧街)	Tsui Wah Restaurant (Parkes Street) (Carnarvon Road) (Pak Hoi Street) (Portland Street) (Harbour Crystal Centre) (Pitt Street)	2384 8388 2366 8250 2780 8328 2392 3889 2722 6600 2771 8080
翡翠拉麵小籠包 (港威商場) (瓊華中心)	Crystal Jade La Mian Xiao Long Bao (Gateway Arcade) (King Wah Centre)	2622 2699 2673 3839
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍粉麵茶餐廳 (恆隆大廈) (通菜街) (集友大廈)	Ngan Lung Restaurant (Hang Lung Mansion) (Tung Choi Street) (Friend's House)	2384 4600 2380 2566 2721 1155
樂天大喜屋日本料理	Joy Daikiya 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 (恆星樓) (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
稻香超級港 (雅蘭中心) (彌敦道酒店)	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
龍侯皇小菜坊	Supreme Hot Pot	2399 0812
龍璽	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
豐碩	Harvest Seafood Restaurant	2391 1828
譽宴 (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
Bugis Corner	Bugis Corner	3160 8499
"canton pot"	"canton pot"	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
Jimmy's Coffee	Jimmy's Coffee	2380 2387
Le Soleil	Le Soleil	2733 2033
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2785 2352
Maroon Café·香港西九龍絲麗酒店	Maroon Café - Silka West Kowloon Hotel Hong Kong	2379 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

觀塘區

Kwun Tong District

三和食堂	Shanghai Wing Wah (Sze Chuen) Restaurant	2342 2141
(上海)榮華川菜館	Gyu-Kaku Japanese Yakimiku Restaurant	2341 0583
牛角日本燒肉專門店	Tai Hing	3101 0128
太興	Yummy Handmade Sanuki Udon Restaurant	2359 0138
甘味讚岐手打烏冬專門店	Hundred Percent Restaurant	2389 7409
百份百餐廳	(Tsui Ping North Estate)	2598 8100
(翠屏邨)	(Po Tat Shopping Centre)	2697 8100
(寶達商場)	Paramount Banquet Hall	
百樂門宴會廳	(Crocodile Centre)	3910 8368
(鱷魚恤中心)	(MegaBox)	2798 8332
(MegaBox)	Paramount International Banquet Hall	2806 8173
百樂門國際宴會廳	Paramount Grand Banquet	2763 7922
百樂門盛宴	La Trattoria di Parma	2111 1370
柏爾馬	Maxim's MX	
美心MX	(Upper Ngau Tau Kok)	2481 3768
(牛頭角上村)	(Tsui Ping Shopping Circuit)	2763 4180
(翠屏商場)	(Laguna City)	2772 3314
(麗港城商場)	Hakka Hut	
客家好棧	(Domain-mall)	8300 8109
(大本型)	(Amoy Plaza Phase 4)	8300 8110
(淘大商場)	Hong Kong Institute of Vocational Education - Kwun Tong	2346 8990
香港專業教育學院 [觀塘分校]	(Student Canteen) (Students Only)	
(學生飯堂) (只供學生)	Taste Full Kitchen	2379 6398
真味鮮廚	Ocean Empire Food Shop	2304 7468
海皇粥店	Hotel and Tourism Institute (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
旅遊服務業培訓發展中心 (英語餐飲學會 - 九龍灣) (只供會員)	Victoria Harbour Restaurant	2379 9089
海港酒家	The Banqueting House	2798 8866
御苑宴會	Fulum Restaurant	2379 1293
富臨酒家	Fulum Fisherman's Wharf Restaurant	
富臨漁港	(Enterprise Square)	2759 1808
(企業廣場)	(Kwun Tong Plaza)	2342 4252
(觀塘廣場)	Club One - Kowloon East	8202 9298
會所1号 - 九龍東	Club One - Harbourfront	8209 9223
會所1号 - 郵輪堤岸	Wedding Banquet Specialist	2681 4888
煌府婚宴專門店	Siu Shun Village Cuisine	2798 9738
肇順名匯海鮮專門店	Tsui Wah Restaurant	2343 3866
翠華餐廳	Crystal Jade La Mian Xiao Long Bao	2305 9990
翡翠拉麵小籠包	Ka Wah Restaurant	2795 3838
嘉華大酒樓	Ka Ho Restaurant	2755 2982
嘉華酒家	Ngan Lung Restaurant	
銀龍麵茶餐廳	(Choi Tak Shopping Centre)	2679 7388
(彩德商場)	(Lei Yue Mun Plaza)	2709 3344
(鯉魚門廣場)	Tao Heung	
稻香	(Amoy Plaza)	8300 8124
(淘大商場)	(MegaBox)	8300 8085
(MegaBox)	Jubilant Feast Restaurant	2354 8863
慶相逢喜樓	Tao Heung Super 88	8300 8175
稻香超級漁港	Chao Inn	8300 8145
潮館	Telford Recreation Club	8202 2892
德藝會	Dragon King Restaurant	2955 0668
龍皇酒家	United Christian Hospital Staff Canteen	3949 4065
聯合醫院職員飯堂	Chung's Cuisine	8300 8010
鐘菜	U-Banquet	
蟹宴	(Crocodile Centre)	2811 9788
(鱷魚恤中心)	(Megabox)	2811 9323
(MegaBox)	Happiness Gastronomy	2827 2688
禧街自家菜	California Pizza Kitchen	3421 2351
California Pizza Kitchen	Délifrance (Café)	
Délifrance (Café)	(Amoy Plaza)	2757 4518
(淘大商場)	(Telford Plaza)	2756 9565
(德福廣場)	(MegaBox)	2359 0348
(MegaBox)	"forte"	3968 8222
"forte"	Kim's Spoon	2707 9936
Kim's Spoon	Organic Life Café & Restaurant	2420 0363
Organic Life Café & Restaurant	Oliver's Super Sandwiches	
Oliver's Super Sandwiches	(Enterprise Square Three)	2749 7561
(企業廣場3期)	(Millennium City 5)	3148 1101
(創紀之城5期)	(Telford Plaza)	2757 2662
(德福廣場)	Studio City Bar & Café	3543 5638
Studio City Bar & Café		

深水埗區

Sham Shui Po District

大叻越式料理	Da Lat Viet Cuisine	2370 3998
小廚港作	Rocoma Kitchen	
(長沙灣)	(Cheung Sha Wan)	3105 0618
(觀塘)	(Kwun Tong)	3188 0514
北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
好·廚房	Good Kitchen	2541 7031
百樂門宴會廳	Paramount Banquet Hall	2111 9833
百樂門膳宴	Joy Cuisine	2741 1222
西龍傳香飯樓	QQ Rice	2387 9838
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
美心MX	Maxim's MX	
(美孚新邨)	(Mei Foo Sun Chuen)	2743 2793
(青山道)	(Castle Peak Road)	2742 4679
紅蔥頭	Cafe Med	2361 0813
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
富臨酒家	Fulum Restaurant	2361 2213
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	
(長沙灣廣場)	(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
嘉華酒家	Ka Ho Restaurant	2708 1888
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
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	Hong Kong University of Science & Technology Student Canteen (Students & Staff Only)	2243 1287
(只供學生及職員)	Hong Kong Institute of Vocational Education - Lee Wai Lee	2706 1500
香港專業教育學院 [李惠利]	(Students Canteen)	
(學生飯堂)	King Harbour Seafood Restaurant	2319 1182
海王漁港	Taste Full Kitchen	2703 1877
真味鮮廚	Ocean Empire Food Shop	3417 4059
海皇粥店	Victoria Harbour Restaurant	
海港酒家	(Metro City)	2703 1860
(新都城中心)	(Park Central)	2877 2006
(將軍澳中心)	Tseung Kwan O Hospital Staff Canteen (Staff Only)	2208 0063
將軍澳醫院職員飯堂 (只供職員)	Fulum Palace	2207 4798
富臨皇宮	Fulum Fisherman's Wharf Restaurant	3143 9002
富臨漁港	New Taste	2701 9188
新一派·味道	Tsui Wah Restaurant	2760 8882
翠華餐廳	Crystal Jade La Mian Xiao Long Bao	2673 3108
翡翠拉麵小籠包	Tao Heung	
稻香	(Sheung Tak Shopping Centre)	8300 8083
(尚德商場)	(Metro City)	8300 8129
(新都城)	Tao Heung Super 88	8300 8167
稻香超級漁港	Apple Daily Printing Limited (Staff Canteen)	2706 1500
蘋果日報印刷有限公司 (職員餐廳)	California Pizza Kitchen	3902 3875
California Pizza Kitchen	MCL Tsui Wah Restaurant	2525 5288
MCL翠華餐廳		

元朗區

Yuen Long District



八斗非一般餐廳	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	Gyukaku Japanese Yakiniiku Restaurant	2725 9188
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 (Club Mirace) (只供住客)	Royal Palms Resident Club (Club Mirace) (Residents Only)	2482 3100
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
海皇粥店	Ocean Empire Food Shop	2415 6780
海港酒家	Victoria Harbour Restaurant	2408 0010
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 Centre)	2442 7744
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
富臨	Fulum	2562 2726
富臨皇宮	Fulum Palace	
(天盛商場)	(Tin Shing Shopping Centre)	2377 9978
(金龍樓)	(Kam Lung Mansion)	2470 9923
翠華餐廳	Tsui Wah Restaurant	2651 2033 / 2651 2633
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
稻坊	Tao Square	8300 8152
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) (只供會員)	Fairview Park Country Club (Country Café) (Members Only)	2471 6333
錦綉花園鄉村俱樂部 (錦綉樓) (只供會員)	Fairview Park Country Club (Chinese Restaurant) (Members Only)	2471 6333
權發海鮮酒家	Kuen Fat Restaurant	2411 6188
O2 Café	O2 Café	2488 5099
YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550
YOHO Midtown 住客會所 (只供會員)	YOHO Midtown Club Midtown (Members Only)	2443 2226

屯門區

Tuen Mun District



一壽司	Sushi One Plus	2155 2233
大叻越式料理	Da Lat Viet Cuisine	2468 2189
大鴻指	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
百份百餐廳	Hundred Percent Restaurant	2527 8100
百樂門薑宴	Joy Cuisine	2450 6338
迎龍大酒樓	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
海港酒家	Victoria Harbour Restaurant	2321 7600
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
富臨漁港	Fulum Fisherman's Wharf Restaurant	2463 0380
「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 Fantasia 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
(海邊坊)	(Ocean Walk)	2411 1700
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
稻香	Tao Heung	
(屯門海邊坊)	(Tuen Mun Ocean Walk)	8300 8135
(建生商場)	(Kin Sang Commercial Centre)	8300 8081
稻香超級漁港	Tao Heung Super 88	8300 8166
樂融融餐廳	Café Fusion	3511 0702
聯邦皇宮	Federal Palace	2626 0088
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
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
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
御苑	China Hall	3955 8008
雲貴軒	The Vermicelli House	2442 3388
富臨酒家	Fulum Restaurant	2416 1886
富臨皇宮	Fulum Palace	2787 0183
茗苑酒家	Ming Yuen Restaurant	2716 6988
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
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
海港燒鵝海鮮酒家	Victoria Harbour Roasted Goose & Seafood Restaurant	2661 8087
桃園粥麵·小廚	Tao Yuen	2834 1200
雅麗氏何妙齡那打素醫院 - 職員飯餐廳	Alice Ho Miu Ling Nethersole Hospital - Staff Canteen	2666 7650
翠華餐廳	Tsui Wah Restaurant	2660 8028
稻香	Tao Heung	8300 8127

沙田區

Sha Tin District

大自然素食	Gaia Veggie Shop	2376 1186
太興	Tai Hing	2693 2782
甘味饅頭手打烏冬專門店 (沙田第一城) (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (City One Shatin) (New Town Plaza)	2637 6011 2607 0668
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
百樂門酒家	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) (沙田中心)	Maxim's MX (Wo Che Shopping Centre) (Shatin Centre)	2694 7608 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) (迎濤灣商場)	Ocean Empire Food Shop (Lucky Plaza) (Marbella)	2692 4150 2613 1262
海港燒鵝海鮮酒家 (美林商場) (馬鞍山中心商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Mei Lam Shopping Center) (Ma On Shan Centre)	2321 6119 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
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 - 科學園	Club One - Science Park	2177 5155
會所1號 - 萬濤	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 (新城市廣場) (新港城中心)	Crystal Jade La Mian Xiao Long Bao (New Town Plaza) (Sunshine City Plaza)	2699 9811 2591 5988
嘉豪酒家	Ka Ho Restaurant	2602 3228
醉月樓	Dream Catering Limited	2697 7832
稻香 (烏溪沙銀湖天峰) (新翠商場)	Tao Heung (Wu Kai Sha Lake Silver) (Sun Chui Shopping Centre)	8300 8134 8300 8087
稻香超級魚港 (沙田正街) (馬鞍山)	Tao Heung Super 88 (Sha Tin Centre Street) (Ma On Shan)	8300 8178 8300 8179
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) (華心商場)	Hundred Percent Restaurant (Ting Ming House) (Wah Sum Shopping Centre)	2656 9100 2445 8100
海皇粥店 (名都商場) (名都廣場)	Ocean Empire Food Shop (Sheung Shui Town Center) (Fanling Town Centre)	2698 3699 2682 3798
海港酒家	Victoria Harbour Restaurant	2339 0121
桃園粥麵·小廚 (華心商場) (嘉福商場)	Tao Yuen (Wah Sum Shopping Centre) (Ka Fuk Shopping Centre)	2452 1200 2642 1200
富臨皇宮	Fulum Palace	2509 9662
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級魚港	Tao Heung Super 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
蘭府統請	Hop Fu Tong Ching	2256 1335
Délifrance (Café)	Délifrance (Café)	2234 5668

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 Yakimiku Restaurant	2780 6116
百樂門宴會廳	Paramount Banquet Hall	2419 0348
百樂門酒家	Joy Cuisine	2813 6913
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
金裝嫩奶佬餐廳 (大壩街) (99廣場)	Daniel's Restaurant (Tai Pa Street) (99 Plaza)	2498 5662 2439 9728
美心MX (悅來坊) (荃錦中心) (樂悠居)	Maxim's MX (Panda Place) (Tsuen Kam Centre) (Indihome)	2887 7093 2498 9401 2439 1070
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
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
魚船	Sakana Sushi	2505 6500
雲貴軒	The Vermicelli House	2402 2220
富臨	Fulum	2755 6282
富臨漁港	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2409 0883
煌府酒家專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳 (兆和街) (眾安街)	Tsui Wah Restaurant (Shui Wo Street) (Chung On Street)	2419 7738 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22號) (眾安街122號) (328廣場)	Ngan Lung Restaurant (22 Chung On Street) (122 Chung On Street) (Plaza 328)	2416 6990 2416 1922 2439 0288
稻坊	Tao Square	8300 8164
稻香	Tao Heung	8300 8125
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
BALCONY 歐陸餐廳	BALCONY	2409 3226
Délifrance (Café) (悅來坊) (愉景新城商場)	Délifrance (Café) (Panda Place) (Discovery Park Shopping Centre)	2944 9068 2940 4830
Kim's Spoon	Kim's Spoon	2384 5222
Panda Café 咖啡室	Panda Café	2409 3218

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
紅軒·富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
南島書蟲	Bookworm Café	2982 4838
空港居酒屋·富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
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) (機場)	Tsui Wah Restaurant (Fu Tung Plaza) (Airport)	2811 2877 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」優惠券推廣活動 “EatSmart Restaurants” Coupon Promotional Activity

「有營食肆」運動於本年六月推出「有營食肆」優惠券推廣活動，市民可從「有營食肆」流動應用程式及「有營食肆」運動專題網站下載優惠券，以在參與活動的「有營食肆」點選「有營菜式」時享用折扣優惠。我們希望藉此令大眾更加認識「有營食肆」運動和「有營菜式」。

欲了解優惠詳情，立即下載「有營食肆」流動應用程式或瀏覽「有營食肆」運動專題網站 (<http://restaurant.eatsmart.gov.hk>)！

“EatSmart@restaurants.hk” Campaign launches the “EatSmart Restaurants” Coupon Promotional Activity in June this year, through which members of the public can download coupons from “EatSmart Restaurants” mobile app and “EatSmart@restaurants.hk” Campaign’s thematic website to enjoy promotional offers when ordering EatSmart Dishes at participating “EatSmart Restaurants”. We expect to increase public’s knowledge on the “EatSmart@restaurants.hk” Campaign and EatSmart Dishes by launching this activity.

If you wish to learn about the offer details, download the “EatSmart Restaurants” mobile app or browse the “EatSmart@restaurants.hk” Campaign’s thematic website now (<http://restaurant.eatsmart.gov.hk>)!



「亞洲素食展2016」 烹飪示範 “Vegetarian Food Asia Expo 2016” Cooking Demonstration



衛生署會利用不同的平台和場合宣傳「有營食肆」運動。我們於今年3月12日舉行的「亞洲素食展2016」活動中主持「少油廚房」環節。是次，我們安排了一間「有營食肆」-「The Herbivore」即場示範烹調他們精心設計的「有營菜式」-「南瓜卡邦尼」，並邀請了到場觀眾上台試食；同場亦安排了營養師講解飲食貼士，推廣健康的飲食習慣和少用油鹽的煮食態度。

“EatSmart@restaurant.hk” Campaign is marketed by the Department of Health through a variety of channels. We hosted the programme of “Less Oil Kitchen” in the “Vegetarian Food Asia Expo 2016” held on 12 March this year. We arranged an EatSmart Restaurant - “The Herbivore” to demonstrate on the spot its innovatively designed “EatSmart Dish”, “Pumpkin Carbonara” and invited the audience to taste the dish on stage. Meanwhile, a dietitian was invited to share her diet tips, as well as to promote healthy eating habits and culinary habits on using less oil and salt.



南瓜卡邦尼
Pumpkin Carbonara

《適飲適食食譜》 “Diabetes-friendly Recipes”

為響應2016年世界衛生日的主題，衛生署基層醫療統籌處特別編制及出版了一本名為《適飲適食》的書籍。書內輯錄多個健康食譜，包括湯水、蔬菜、肉類、海鮮和小食等，為大家提供一些健康飲食的實用資料。《適飲適食》現已推出網上版(http://www.pco.gov.hk/tc_chi/resource/diabetes-friendly_recipes.html)，大家除了可以瀏覽各食譜之餘，更可收看各菜式的烹調示範影片。

To echo the theme of the World Health Day 2016, Primary Care Office of the Department of Health edited and printed a book titled “Diabetes-friendly Recipes”. This book provides readers with practical information on healthy diets and contains various healthy recipes, including soup, vegetables, meat, seafood, snacks, etc. The online version of the “Diabetes-friendly Recipes” has already been launched (http://www.pco.gov.hk/english/resource/diabetes-friendly_recipes.html). Through this, the public can browse the recipes and view the videos on relevant cooking demonstrations.

