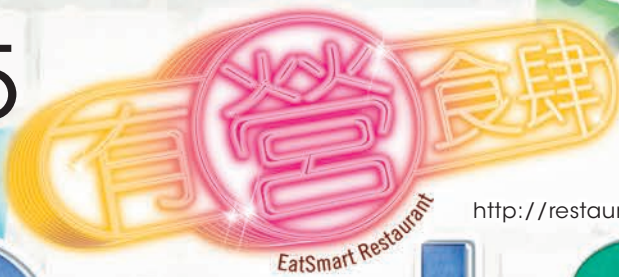


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<http://restaurant.eatsmart.gov.hk>

CookSmart

營廚

食得健康 共享相聚時光
Enjoy Healthy Food in Gatherings

~ 梁嘉琪 Leung Ka Ki ~





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.



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的兩倍或以上。
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。

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



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025

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

CookSmart

營廚

編者的話 *Editor's Words*

年尾將至，不少人都會舉辦派對，與家人朋友一起相聚慶祝。然而，不少傳統派對食物都以大量的鹽和糖，或以煎炸方式烹調。我們究竟應如何選擇才吃得健康呢？為向《營廚》讀者送上全新的健康派對美食選擇，並使他們精明地選出較健康的美食，今期刊除邀請了營養師解說多款少鹽、少油、少糖的派對菜式外，還透過「『適』飲『適』食」專欄向大家提供兩款適合糖尿病人的食譜。另外，《營廚》亦會為讀者介紹由食物安全中心與教育局合辦「小營廚減鹽減糖好煮意比賽」的得獎食譜，讓大家增添健康美食新靈感。

While this year will end soon, many people are going to celebrate with friends and relatives by throwing parties. Unfortunately, most traditional party food is prepared with large amounts of salt and sugar in pan or deep-fried styles. So how should we make healthy choices on party food? To provide our readers with new choices of healthy party food and equip them with means to make smart choices on such food, this issue of "CookSmart" has invited dietitians to introduce various healthy party food cooked with less salt, oil and sugar. Besides, our "Diabetes-friendly Recipes" column offers two diabetes-friendly recipes to our readers. To give our readers greater new ideas on making healthy dishes, this issue of "CookSmart" has also included the prized recipes from the Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition co-organised by the Centre for Food Safety and the Education Bureau.



常用分量換算

Conversion of Common Measurement Units

1 兩 = 37.5 克
1 茶匙 = 5 毫升
1 湯匙 = 15 毫升
1 量杯 = 240 毫升
1 中號碗 = 250-300 毫升

1 tael = 37.5 g
1 teaspoon = 5 mL
1 tablespoon = 15 mL
1 cup = 240 mL
1 medium bowl = 250-300 mL



新店登場
Newly Registered
ESR

有營食肆

東來順 Dong Lai Shun

中菜
Chinese
Cuisine

東來順
Dong Lai Shun



有營菜式推介 Recommended ESR dishes

▼ 竹筍素會 Bamboo Fungus Over Vegetables



▼ 松子素雞米 Pine Nuts with Euryale Ferox Seeds



東來順於米芝蓮 2013 年指南中獲評為「一星級食肆」，這榮譽表示有關餐廳為同類別中特別出眾，其出品持續保持高水準並得到各界認同。本店提供薄如輕紗的內蒙古黑頭羊肉片，一涮即熟，久涮不老，配合秘方醬料，入口香軟鬆化。除此，本店更特設中國四大菜系之一的淮揚菜譜，為賓客呈奉更多元口味。

Dong Lai Shun was crowned one star in the 2013 Michelin Guide. This honour indicates the restaurant concerned is a very good one in its category, where the food is prepared to a consistently high standard with recognitions from all walks of life. We offer paper-thin slices of Inner Mongolian black-headed mutton which can be cooked instantly and stay tender even boiled for a long period of time. After dipping in a secret recipe sauce, our mutton can become even more delectable and delicate in texture. Besides, we also offer Huaiyang cuisine (one of the four greatest Chinese regional cuisines) to our guests to broaden their food choices.

尖沙咀東部麼地道 69 號帝苑酒店 B2 層
B2, The Royal Garden, 69 Mody Road, Tsim Sha Tsui East
2733 2020

有營食肆

稻菊日本料理 Inagiku Grande Japanese Restaurant

亞洲菜
Asian
Cuisine

稻菊
INAGIKU
稲菊



有營菜式推介 Recommended ESR dishes

▼ 牛肉蕎麥麵 Beef Soba



▼ 季節煮野菜 Cooked Seasonal Vegetables



本天婦羅專門店的日本總店馳名當地，成立逾百年。本店是該專門店在香港的第一間分店，食材以新鮮見稱，廚藝地道精湛。現除供應日式料理外，還推出多款「有營菜式」，讓一眾崇尚健康飲食之客人可以有更多選擇。本店同時供應套餐及自選菜譜，設有免費泊車服務，並附設獨立貴賓廳，可容納三十二人之商務或私人宴會，實為本地及海外客人不二之選。

Established over 100 years, the main shop of our tempura specialty restaurant has been famous in Japan. We are its first Hong Kong branch reputable for freshness, authenticity and the culinary techniques employed. Other than Japanese cuisine, our restaurant also provides healthy upholders with "EatSmart Dishes" for a wider selection of healthy diets. We offer both set and a la carte menus. Valet parking is provided. Our VIP room can accommodate business or private functions for 32 guests at the same time. We are the choice for Japanese cuisine for both local and overseas guests.

尖沙咀東部麼地道 69 號帝苑酒店 1 樓
1/F, The Royal Garden, 69 Mody Road, Tsim Sha Tsui East
2733 2933



富豪軒 Regal Court

中菜
Chinese
Cuisine



有營菜式推介 Recommended ESR dishes

- ▼ 西芹黑木耳炒蝦仁
Sautéed Baby Shrimps with
Celery and Black Fungus



- ▼ 香芒珍菌炒雞柳
Sautéed Chicken Fillets
with Mango and Fungus



富豪軒專門提供傳統巧手粵菜、地道四川風味美饌及多款精美點心。中菜廳環境雅緻，設有多間配套完備的貴賓廳，適合不同類型的宴會或聚會之用。

Renowned for its traditional Cantonese favourites, authentic Sichuan delicacies as well as splendid dim sum, Regal Court offers an exquisite setting with well-equipped private rooms ideal for all kinds of functions and gatherings.

📍 尖沙咀麼地道 71 號富豪九龍酒店 2 樓
2/F, Regal Kowloon Hotel, 71 Mody Road,
Tsim Sha Tsui

☎ 2313 8681



綠野林。生。活。素餐廳 Green Woods Raw Café

中西菜
Chinese and
Western
Cuisine



有營菜式推介 Recommended ESR dishes

- ▼ 田園沙律配芒果醬
Seasonal Green Salad
with Mango Sauce



- ▼ 翠玉瓜麵
Zucchini Noodles



綠野林。生。活。素餐廳是鬧市中的綠洲，為身心提供清泉般的休憩空間。該店提供大自然的「原狀整全」食物（生 /raw），以及充滿生命力的「創生素料理」（living vegan）。食客在這充滿正能量和關愛的氛圍進餐，當能帶著微笑回歸大自然的懷抱。

Green Woods Raw Café is an oasis in the city where its setting is simple yet warm, and its ambiance is relaxing yet purifying. It serves homemade and "living vegan" cuisines with all natural and "raw" ingredients. Customers can always expect to return to the embrace of the nature by enjoying food with smile and love.

📍 尖沙咀加拿分道 2 號 13 樓
13/F, 2 Carnarvon Road, Tsim Sha Tsui

☎ 3428 2416



Wasabi Warriors



有營菜式推介 Recommended ESR dishes

▼ 有機田園沙律 Organic Garden Salad



▼ 素菜卷 Vegetarian Rolls



Wasabi Warriors 在 2010 年於澳洲起家，以健康環保的速食理念經營，主要提供價格合理的外賣壽司和卷物。該店至今已於澳洲開逾 50 間分店，在香港首設海外分店後仍按總店的經營模式，採用健康食材，如選用走地雞、澳洲珍珠米、可持續方式捕獲的挪威三文魚、可助減少碳排放的本地有機蔬菜等。秉承“Eat Good, Do Good, Feel Good”的宗旨，該店務求令客人在 Wasabi Warriors 享用新鮮健康壽司之餘，亦能為改善地球生態出一份力。

Wasabi Warriors has been established since 2010 selling reasonably priced takeaway sushi and sushi rolls under healthy and environmental-friendly fast food business concept. It has over 50 stores in Australia and its first overseas store was set up in Central, Hong Kong, in January 2015. The Hong Kong store is following the same business objectives as its Australian counterparts, where fresh and healthy ingredients are used for food preparation, e.g. free range chicken, Australian sushi rice, sustainable Norway salmon, and local organic vegetables that help reduce carbon emission. Under the objective of "Eat Good, Do Good, Feel Good", Wasabi Warriors not only endeavours to serve customers with fresh and healthy sushi, but also contribute to save our Mother Earth.

中環士丹利街 50 號信誠廣場地下 F 舖
Shop F, G/F, World Trust Tower, 50 Stanley Street, Central
2323 1512

其他店舖資料可參閱第 40 頁。For other restaurant information, please refer to page 40.



嚐越 Deli Viet



有營菜式推介 Recommended ESR dishes

▼ 水晶鮮蝦扎肉米紙卷 Crystal Prawns and Vietnamese Sausage Rolls



▼ 青木瓜雞絲沙律 Shredded Chicken and Green Papaya Salad



嚐越一直致力為大家帶來不一樣的越式美食。除了保留傳統越式味道，大廚更會不斷創新，以嶄新手法煮出新穎的菜式來吸引客人。

Deli Viet offers a variety of traditional Vietnamese dishes with a twist of modern taste. Diners not only can taste the authentic Vietnamese flavours, but also savour the innovative fusion dishes presented by our chefs. Blended with traditional and new fusion cooking ideas, our diners are kept attracted to come back for great food.

九龍灣偉業街 33 號
德福廣場二期 4 樓 413-414 號舖
Shop 413-414, 4/F, Phrase 2, Telford Plaza,
33 Wai Yip Street, Kowloon Bay
3694 0329



盈福小廚

Fortune Kitchen

中菜
Chinese
Cuisine



有營菜式推介

Recommended ESR dishes

- ▼ 翡翠炒黃皮虎斑球
Stir-Fried Brown-marbled Grouper with Mixed Seasonal Vegetables



- ▼ 鮮魚湯杞子浸時蔬
Poached Seasonal Vegetables with Goji Berry and Fish Broth



盈福小廚以現代方式演繹傳統粵菜，帶來頂級精緻美味的粵式佳餚。大廚以烹調技巧帶出食材的滋味，各款均令人讚嘆。

Fortune Kitchen strives to present traditional Cantonese cuisine in modern style. This boutique restaurant showcases the most exquisite Chinese dining experience. With exceptional culinary skills, their chefs impress diners by bringing out the true flavours of all their fine ingredients used.

- 📍 銅鑼灣蘭芳道 5 號地下
G/F, No.5 Lan Fong Road, Causeway Bay
☎ 2697 7317



香港中文大學伍宜孫書院餐廳

The Chinese University of Hong Kong
Wu Yee Sun College Canteen

快餐
Fast Food



有營菜式推介

Recommended ESR dishes

- ▼ 香草番茄天使麵
Angel Hair with Mixed Herbs and Tomato



- ▼ 香蒜肉絲蒸茄子
Steamed Eggplant with Garlic and Pork



本店的香草番茄天使麵選用不同蔬菜，如椰菜、甘筍、番茄等製成，含維生素 A、膳食纖維和多種礦物質，加上廚師以 3 少方法烹調，實是老少咸宜和派對上最受歡迎菜式之一。

中菜很容易令人聯想起油膩或過於濃味的食物，但這裡的香蒜肉絲蒸茄子以 3 少方法烹調，使用蒜蓉作天然調味，茄子切片後放上蒜蓉及瘦肉絲，讓茄子經過清蒸吸收入味，令菜式變得不平凡，使人垂涎欲滴。

Our restaurant's Angel Hair with Mixed Herbs and Tomato, containing vitamin A, dietary fibre and various minerals, is prepared with different vegetables, such as cabbages, carrots, and tomatoes, in the 3 Less cooking style. It is suitable for diners of all ages and essentially one of the most popular dishes in parties.

Chinese dishes may sometimes be associated with rather greasy and intensely flavoured food. Nonetheless, our Steamed Eggplant with Garlic and Pork is prepared in the 3 Less cooking style and seasoned with an all-natural seasoning garlic. Once the eggplant contained therein is sliced, it is steamed with mashed garlic and shredded pork. As a result, the eggplant fully absorbs the aromas of these ingredients, making the dish distinctively mouthwatering.

- 📍 香港中文大學眾志堂地下
G/F, Chung Chi Tang, The Chinese University of Hong Kong
☎ 2603 6623



龍鳳冰室 Lung Fung Café

有營菜式推介 Recommended ESR dishes

- ▼ 鮮粟米蓉上湯雜菜
Cream of Corn and Assorted
Vegetables in Broth



- ▼ 鮮番茄牛肉泡飯
Rice Soup with Beef
and Tomato



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

中西菜
Chinese and
Western
Cuisine

龍鳳冰室



龍鳳冰室致力出品各款香港地道美食，配以特色烹調方法，大家在品嚐美食之餘亦能細味香港情懷。

Lung Fung Café strives to serve a wide variety of authentic Hong Kong delicacies in specialty cooking styles, so as to allow diners to enjoy savoury dishes with an unique local food experience.

北角電器道 108 號冠貿商業大廈地下
G/F Morecrown Commercial Building,
108 Electric Road, North Point
2618 3003

「有營食肆」運動的目的，是為市民營造更健康的飲食環境，令大眾出外用膳時能有更多健康又美味的菜式選擇。食肆透過「有營食肆」標誌，可吸引注重健康的食客光顧，開拓客源。

參加「有營食肆」運動的費用全免。

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

The "EatSmart@restaurant.hk" Campaign aims at creating a healthier gastronomic environment for the public and providing them with a greater selection of healthy and delicious dishes when dining out. Through our EatSmart Decal, participating restaurants can expect to draw more attention from health conscious customers and hence opening up new business potential.

Joining the "EatSmart@restaurant.hk" Campaign is completely free of charge.

Wanna be part of our EatSmart Restaurants? Please call the "EatSmart@restaurant.hk" Campaign Secretariat at 2572 1476 for enquiries or download application forms from our "EatSmart@restaurant.hk" website at <http://restaurant.eatsmart.gov.hk>.

立即行動！
ACT NOW

成功成為「有營食肆」，更可享一連串免費宣傳推廣！
Become an EatSmart Restaurant and
enjoy free territory-wide promotion!



歡迎加入
Welcome to Join



小營廚 減鹽減糖

JUNIOR CHEFS'
CULINARY IDEAS
OF SALT AND SUGAR
Reduction Competition

好煮意比賽

「小營廚減鹽減糖好煮意比賽」是由食物安全中心與教育局合辦，並由降低食物中鹽和糖委員會、中華廚藝學院和家庭與學校合作事宜委員會協辦，是「全城減鹽減糖」的宣傳活動之一，目的在於推廣和發掘在煮食時少用鹽糖的實用方法。

「小營廚減鹽減糖好煮意比賽」分為高小組（親子隊）及初中組，各組別的入圍食譜經過網上公開投票和決賽後，結果及獎項已於2016年6月30日「小營廚減鹽減糖好煮意比賽」頒獎典禮上公布和頒發。

《營廚》在此恭賀各得獎者之餘，亦希望他們可以製作更多滋味又健康的減鹽減糖美食。今期《營廚》與大家分享高小組與初中組的冠、亞及季軍得獎健康小食和健康主菜。如你想閱覽各組別的得獎名單及食譜，請登入食物安全中心的網頁：http://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_act/Websites_for_the_Cooking_Competition_List_of_Awardees.html。



Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition (the Competition) is co-organised by the Centre for Food Safety and the Education Bureau, in collaboration with the Committee on Reduction of Salt and Sugar in Food, the Chinese Culinary Institute and the Committee on Home-School Co-operation. The competition aimed to promote awareness and practical ways to reduce salt and sugar as part of the Hong Kong's Action on Salt and Sugar Reduction.

The Competition comprises Senior Primary Category (parent-child team) and Junior Secondary Category. The recipes of finalist teams had been open for online public voting and selected by a judging panel in the final round. On 30th June 2016, the result was announced and the winning teams were awarded at the Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition Award Presentation Ceremony.

CookSmart congratulates all the winners and encourages them to continue making more tasty and healthy dishes with reduced salt and sugar content. In this issue, we will present the recipes of healthy snacks and main dishes of the champions, first and second runners-up of the Senior Primary Category and Junior Secondary Category.

If you want to access the recipes and the list of awardees of the Competition, please visit the website of the Centre for Food Safety at http://www.cfs.gov.hk/english/whatsnew/whatsnew_act/Websites_for_the_Cooking_Competition_List_Awardees.html.





高小組(親子隊)
SENIOR PRIMARY CATEGORY
(PARENT-CHILD TEAM)



冠軍
Champion

聖方濟各
英文小學

周卓朗(學生)及
羅錦儀(家長)

St. Francis of
Assisi's English
Primary School

Chow Cheuk Long
(Student) and Law
Kam Yee (Parent)

1

特色 Feature :

以全麥麵包做皮及蔬菜代替糖做出健康小食。

The healthy snacks are made by using whole wheat bread as a casing and substituting vegetable/fruit for sugar.

多菜吞拿魚撻

Tuna Tarts with Multi-veggie (Chinese recipe only)

材料

全麥包.....6 件	粟米.....1 湯匙	茶.....1 茶匙
菠菜蓉.....2 湯匙	吞拿魚(清水浸)...2 湯匙	脫脂奶.....50 毫升
紅椒碎.....1 湯匙	熟蛋.....1 隻	香草.....少許
洋蔥碎.....1 湯匙	鹽.....1/8 茶匙	

汁料

麪粉.....1 湯匙
麪包糠.....1 湯匙

烹調過程 :

1. 預熱焗爐至攝氏 180 度。
2. 全麥包用模吸作圓型後,置於焗盆內焗至乾身。
3. 熟蛋去殼,蛋白蛋黃分開切碎。將部分蛋黃及紅椒碎留起備用。
4. 以 1-2 湯匙奶將麪粉開成糊狀。
5. 在易潔鑊中燒熱一茶匙油,爆香洋蔥,加入其他材料炒勻。
6. 注入白汁材料攪伴煮至濃。
7. 將餡料放進撻內,灑上裝飾,焗至金黃。



玉桂蘋果批併紫薯卷

Cinnamon Apple Pies and Purple Sweet
Potato Rolls (Chinese recipe only)

材料

全麥包.....6 件	紅莓乾.....1 湯匙	脫脂奶.....1-2 湯匙
蘋果.....1 個	無添加糖果醬.....1 湯匙	蛋汁.....適量
玉桂粉.....1 茶匙	紫心番薯.....1 個	

烹調過程 :

1. 預熱焗爐至攝氏 180 度。
2. 蘋果洗淨切粒,加入玉桂粉、紅莓乾及果醬拌勻。
3. 番薯切薄片,以微波爐加熱 1-2 分鐘至熟,趁熱加奶壓成蓉備用。
4. 麪包壓薄放入適量餡料對摺,以蛋液封口。
5. 麪包搽上番薯蓉,捲成條狀。
6. 將批及卷放在焗盤上,掃上蛋液,焗至金黃。



2

特色 Feature :

採用新鮮材料如栗子、十穀米、小南瓜、番薯和紫菜烹煮栗薯花十穀米粥，減少使用鹽糖，並以白醋加入米調味。

Replace salt and sugar by combining different fresh ingredients such as chestnut, mixed cereal grains, pumpkin, sweet potato and seaweed as well as rice seasoned with vinegar to make the congee.

番茄蟹肉凍

Crab Cake with Tomato (Chinese recipe only)

材料

有機番茄.....2 個	意大利青瓜.....60 克	青檸.....1 個
新鮮蟹肉.....90 克	芒果.....1 個 (約 250 克)	松子仁.....隨意
洋蔥肉.....60 克	羅勒葉.....1 株	

裝飾

薄荷葉.....1 株

烹調過程：

1. 有機番茄用流動水洗淨，用滾水去皮，以熟肉刀 / 膠砧板去核後切小粒。
2. 新鮮蟹肉用流動水洗淨後起肉，以慢火沸水浸熟。
3. 洋蔥去皮後用流動水洗淨，在生肉膠砧板切小粒，用少許芥花籽油炒熟。
4. 意大利青瓜用流動水洗淨，以生肉刀 / 膠砧板切小粒後，用滾水煮半分鐘。
5. 芒果用流動水洗淨抹乾及去皮，以熟肉刀 / 膠砧板去核後切小粒，部份芒果粒打爛成汁後放入雪櫃備用。
6. 羅勒葉用熱水洗淨後，以熟肉刀 / 膠砧板切碎。
7. 薄荷葉用熱水洗淨備用，以熟肉刀 / 膠砧板切碎。
8. 青檸用熱水洗淨，切半取汁後，將以上材料加入大部份蟹肉及青檸汁拌勻。
9. 松子仁用白鑊低溫炒香，取出雪凍後的製成品上碟，面加蟹肉及薄荷葉，芒果汁及松子仁伴碟便成。



栗薯花十穀米粥

Mixed Grains and Veggie Congee

(Chinese recipe only)

材料

栗子肉 12 粒 (約 100 克)	十穀米.....150 克
日本番薯.....120 克	日本小南瓜.....3 個
紫椰菜花.....60 克	紫菜.....5 克

裝飾

紅辣椒粉.....少許

烹調過程：

1. 栗子肉用流動水洗淨，切幼粒。
2. 日本番薯用流動水洗淨，以生肉刀 / 膠砧板連皮切小粒。
3. 紫椰菜花用流動水洗淨，以生肉刀 / 膠砧板切小粒備用。
4. 十穀米用清水洗淨，以熱水浸十穀米 4 小時後，加少許芥花籽油及白醋與栗子一同大火煲半小時，番薯待最後 15 分鐘才加入。
5. 日本小南瓜用流動水洗淨，以生肉刀 / 膠砧板切開頂部，去核後放入焗爐焗 15 分鐘，取出部份南瓜肉，與粥一同煲。
6. 紫菜用熱水洗淨及浸 1 小時，最後 1 分鐘加入紫椰菜花與粥同煲，放入原個南瓜內。
7. 紅辣椒粉灑上碟邊，粥面加紫椰菜花便成。



高小組 (親子隊)
SENIOR PRIMARY CATEGORY
(PARENT-CHILD TEAM)



亞
軍
First runner-up

英華小學

余承熹 (學生) 及
余秉洪 (家長)

Ying Wa Primary School

Hermes lu (Student)
and Simon Yu
(Parent)



高小組(親子隊)
SENIOR PRIMARY CATEGORY
(PARENT-CHILD TEAM)



季
軍
Second runner-up

拔萃女小學

馬妍惠(學生)及
馬偉雄(家長)

Diocesan Girls'
Junior School

Annette Ma
(Student) and
Vincent Ma
(Parent)

3

特色 Feature :

用鹽分較低的米餅代替麵包，並用大蒜粉調味，減少炒蛋牛油果米餅的鈉含量。

To reduce salt, rice crunch instead of bread is used in the egg-cado rice crunch and the snack is seasoned with garlic powder.

迷你蘋果杯 (只有英文食譜) Mini Apple Cups



Ingredients (To serve 3)

- 9 sheets shaomai wrappers
- 10g unsalted butter
- 1 apple (200g) (pre-diced, squeezed with lemon juice and kept in airtight box)

Seasoning

- ¼ teaspoon cinnamon
- ¼ teaspoon lemon juice
- ½ teaspoon icing sugar
- 8 pieces of blueberries (garnish)

Cooking Method:

1. Preheat the oven to 175 °C.
2. Butter the shaomai wrappers on both sides.
3. Carefully fit the buttered wrappers in the cups.
4. Put the wrappers in oven. Bake for about 5 minutes or until slightly browned.
5. Blend half of the apple.
6. Cook both the blended and diced apple over a slow fire for about 5 minutes.
7. Put the cinnamon and lemon juice into the apple mixture.
8. Fill the pastry cases with the apple mixture.
9. Put a blueberry on each cup. Sprinkle with icing sugar.



炒蛋牛油果米餅 (只有英文食譜) Egg-cado Rice Crunch

Ingredients (To serve 3)

- 1 avocado
- 3 eggs
- 3 Mi bing (rice cakes)
- 1/8 cup pine nuts

Seasoning

- ¼ teaspoon garlic powder
- 1/16 teaspoon salt
- Oil for frying

Cooking Method:

1. Cut and de-seed the avocado.
2. Mash the avocado.
3. Season avocado with salt.
4. Toast the rice cakes until warmed.
5. Pan-fry the pine nuts.
6. Scramble the egg and fry it in another pan.
7. Arrange the dish with the rice cake on the bottom, scoop some egg over it and spoon the avocado on top.
8. Sprinkle fried pine nuts on the avocado.



1 特色 Feature :

這兩款菜式用新鮮粟米粒、杞子及番茄做芡汁以代替糖，並使用雜香草和胡椒粉調味，減少用鹽。

Fresh corn kernels, Chinese wolfberries and tomato are used for replacing sugar in sauces, and mixed herbs and pepper instead of salt are used for seasoning.

窩心黃金餅

Pan-fried Minced Chicken Cakes Stuffed with Veggie (Chinese recipe only)

材料

免治雞肉.....	200 克	蒜蓉.....	1 茶匙
麥包.....	1 片	薯仔.....	半個
甘筍幼粒.....	1 茶匙	鹽.....	1/8 茶匙
蔥粒.....	1 茶匙	雜香草.....	1/2 茶匙
洋蔥粒.....	1 茶匙		

芡汁

杞子.....	30 克
番茄.....	1 個
糖.....	1/4 茶匙
粟粉.....	1/2 茶匙
水.....	4 湯匙

免治雞肉調味

鹽.....	1/8 茶匙
胡椒粉.....	適量

烹調過程：

1. 將麥包打碎，與洋蔥及蒜蓉粒加入免治雞肉中，與胡椒粉及 1/8 茶匙鹽攪伴。
2. 薯仔焗熟去皮後搗爛成茸，加入蔥粒、甘筍幼粒、雜香草和 1/8 茶匙鹽。
3. 雞肉分成 3 份搓成心形，並在空心部份釀入薯蓉。
4. 把黃金餅兩面煎至金黃色。
5. 預備芡汁，將芡汁料用攪拌器打碎，煮滾後淋在黃金餅上，加上伴碟，即可食用。



三色蒸釀牛排菇

Shrimp Stuffed Mushrooms with Bell Peppers (Chinese recipe only)

材料

牛排菇.....	3 個	雪耳.....	20 克
青椒.....	1/8 個	木耳.....	20 克
紅椒.....	1/8 個	新鮮蝦仁.....	100 克
黃椒.....	1/8 個	橄欖油.....	1/2 湯匙

麪粉.....	1/2 湯匙
鮮奶.....	100 毫升
高鈣低脂芝士.....	1 片

芡汁

粟米粒.....	85 克	鹽.....	1/8 茶匙
粟粉.....	1 茶匙	水.....	150 毫升

蝦調味

鹽.....	1/16 茶匙
胡椒粉.....	少許
粟粉.....	1/4 茶匙

烹調過程：

1. 除去牛排菇蒂部，洗淨，瀝乾水份。
2. 把蝦仁洗淨後吸乾水份，剝成蝦膠，加入調味料拌勻，備用。
3. 把青椒、紅椒、黃椒、雪耳、木耳切粒。
4. 在平底鍋加入 1/2 匙油，炒香以上 5 款材料。加入麪粉快速攪拌，然後慢慢加入鮮奶，開火煮至稠身，並加入芝士。
5. 將 (4) 材料釀入牛排菇內，蓋上蝦膠。
6. 隔水蒸約 8 分鐘。
7. 煮滾芡汁，淋在牛排菇上，加上伴碟，即成。



初中組
JUNIOR SECONDARY
CATEGORY



冠軍
Champion

聖公會林護
紀念中學

李嘉穎、詹芷晴及
丘雅雯

SKH Lam Woo
Memorial
Secondary School

Li Ka Wing, Jim Tsz
Ching and Yau Nga
Man

初中組
JUNIOR SECONDARY
CATEGORY

亞
軍
First runner-up

瑪利諾
神父教會學校
盧董慧、莫家敏及
陳琛宜

Maryknoll
Fathers' School
Lo Tung Wai,
Mok Ka Man and
Chan Sum Yi

2

特色 Feature :

黃金意大利燴飯中以南瓜、洋蔥替代糖，並用鮮蝦殼配合鮮蔬成湯汁取代罐頭上湯以減少攝取鹽（鈉）。

The natural sweetness of pumpkin and onion makes delicious alternative to sugar. To lower sodium intake, a stock for the risotto is made using shrimp shells and fresh vegetables instead of canned soup.

黃金意大利燴飯

Golden Risotto (Chinese recipe only)

材料

意大利 / 珍珠米.....150 克
清水.....500 毫升
鮮蝦肉.....5 隻
蝦殼.....5 隻份量

熟南瓜蓉.....250 克
洋蔥.....1/2 個
鮮蘑菇.....3 粒
青、紅椒.....各 1/4 個

牛油.....8 克
低脂忌廉.....1 湯匙
橄欖油.....1 湯匙

調味料

鹽.....1/4 茶匙
雜香草.....少許
胡椒粉.....少許

裝飾

青、紅椒粒.....適量 番茜碎.....適量



烹調過程：

1. 利用電飯煲將意大利米煮至半熟。
2. 洗切蔬菜，洋蔥和燈籠椒切粒，蘑菇切片。
3. 於平底鑊燒熱用 1/2 湯匙橄欖油，將蝦肉煎熟，盛起備用。
4. 於平底鑊加入牛油爆香洋蔥，暫時熄火和盛起一半洋蔥。
5. 於湯鍋燒熱 1/2 湯匙橄欖油，將蝦殼爆香，加入清水煲滾，隔起蝦殼成上湯，並加入預先盛起的洋蔥及南瓜蓉，利用攪拌機將材料打成南瓜湯汁。
6. 平底鑊重新加熱，加入蘑菇片及半熟意大利米爆炒片刻，加入適量蝦湯，改以中火拌煮至水份收乾，重複兩至三次，直至米飯質符合個人口味。
7. 加入蝦肉、青紅椒粒及低脂忌廉拌炒，放入調味料即可上碟；以青、紅椒粒及番茜碎作裝飾即成。



檸檬香煎魚柳配田園沙律

Pan-fried Fish Fillet with Salad (Chinese recipe only)

材料

急凍魚柳...3 件 (約 500 克)
麵粉.....4 湯匙
檸檬皮蓉.....1/2 茶匙
番茜碎.....1/2 茶匙
橄欖油.....1/2 湯匙

牛油.....8 克
沙律菜.....適量
士多啤梨.....4 粒
芒果.....1/2 個

裝飾

檸檬.....3-4 片
檸檬皮蓉.....適量
番茜碎.....適量

醬汁 (蘸魚用)

鮮芒果蓉.....2 湯匙
檸檬汁.....1 茶匙

沙律汁

黑醋.....2 茶匙 橄欖油.....2 茶匙
檸檬汁.....1 茶匙 黑椒碎.....少許

調味料 (蘸魚柳用)

鹽.....1/8 茶匙 雜香草.....少許
檸檬汁.....1/4 茶匙 胡椒粉.....少許

烹調過程：

1. 把半個檸檬切片，其餘半個磨成檸檬皮蓉及榨成檸檬汁。
2. 混合芒果蓉及檸檬汁成蘸魚柳用醬汁，備用。
3. 將芒果及士多啤梨切件備用。
4. 魚柳解凍後，吸走多餘水份及切件後，加入調味料醃製 5 分鐘。
5. 把麵粉、檸檬皮蓉及番茜碎混合。
6. 將魚柳撲上一層薄薄的麵粉混合物。
7. 將牛油及橄欖油放進平底鑊燒熱，放入魚柳，以中火將魚柳煎至半熟，再把魚柳放進焗爐以攝氏 200 度焗約 7 至 8 分鐘至全熟。
8. 將沙律菜、芒果粒及士多啤梨粒混合，加入沙律汁用料輕輕拌好。
9. 將焗好的魚柳上碟，伴以蘸魚柳用醬汁及沙律，飾以檸檬片、檸檬皮蓉及番茜即成。



3

特色 Feature :

清新的南瓜汁和菠菜汁為菜式帶來獨特風味。自製芡汁可以自己控制鹽和糖的分量。

The homemade pumpkin sauce and spinach vegetable sauce give a unique flavour to the dishes. Making your own sauce allows you more control of the salt and sugar content.

南瓜藜麥釀蝦球

Shrimp Ball Stuffed with Pumpkin and Quinoa

(Chinese recipe only)

材料

蔥粒	1 茶匙	蝦仁	200 克	藜麥	30 克
紅蘿蔔粒	1 茶匙	蛋白	1 湯匙	南瓜	50 克
蒜茸	1 茶匙				

南瓜汁

南瓜肉	150 克
鮮牛奶	150 毫升
鹽	1/8 茶匙
胡椒粉	少許
粟粉	2 茶匙

調味料

鹽	1/8 茶匙
胡椒粉	少許

烹調過程 :

1. 蝦仁用鹽洗擦後沖水洗淨，用廚房紙抹乾水份。
2. 把蝦仁剁爛成蝦膠，加入蔥粒、紅蘿蔔粒、蒜蓉、蛋白、鹽及胡椒粉拌勻後分成五等份備用。
3. 用水把藜麥煮熟，隔乾水份。
4. 南瓜切成方塊後，蒸約 5 分鐘，拌入藜麥，用蝦膠包裹著，再隔水蒸 8 分鐘。
5. 南瓜切片加入牛奶煮至軟身，加入鹽和胡椒粉，放進攪拌機打成泥，過篩，煮滾後淋在蝦球上。



牛蒡雞肉卷

Chicken Roll with Shredded Burdock Root

(Chinese recipe only)

材料

雞腩肉	一塊	牛蒡	30 克
菠菜葉	30 克	芝士碎	20 克
甘筍	30 克		

調味料

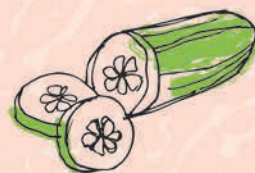
鹽	1/8 茶匙	粟粉	1/2 茶匙
蜜糖	1/2 茶匙	香草	1/4 茶匙

菠菜汁

菠菜	100 克	水	75 毫升
洋蔥	30 克	鹽	1/8 茶匙
粟粉	1 茶匙		

烹調過程 :

1. 雞肉切成薄片後加入調味料。
2. 蔬菜用水焯片刻，隔水瀝乾水份。
3. 雞肉上放上各種蔬菜芝士後，捲起並用綿繩紮好，隔水蒸 10 分鐘，再用油煎至表面金黃，切片上碟。
4. 用攪拌機將蔬菜料打成汁，隔渣後加入粟粉及水煮滾，淋在雞卷上即成。



初中組
JUNIOR SECONDARY
CATEGORY



季軍
Second runner-up

聖公會林護
紀念中學

楊善雯、梁靖悅及
黃曉彤

SKH Lam Woo
Memorial
Secondary School

Yeung Sin Man,
Leung Ching Yuet
and Wong Hiu Tong



梁嘉琪（嘉琪）於香港演藝學院戲劇學院畢業後，
獲邀擔任娛樂新聞主播而成為藝員，現時除了演出劇集和
主持節目外，亦時有參演舞台劇。

嘉琪表示她曾主持多個資訊節目，從中她多學了健康知識，並且了解
到要保持健康，除了充份休息和適當運動外，均衡飲食亦同樣重要。

Ms LEUNG Ka Ki (Ka Ki) began her showbiz career as an anchor of an entertainment news channel after graduating from the School of Drama, Hong Kong Academy of Performing Arts. She is now a television series actress and programme host, as well as an active theatrical performer.

Ka Ki has hosted plenty of information programmes, which have enriched her knowledge and understanding of a healthy lifestyle. She realizes that the key to a healthy lifestyle is to take adequate rest, engage in appropriate exercise and maintain a balanced diet.



天然食材
NATURAL
INGREDIENTS



天然食材 買美味

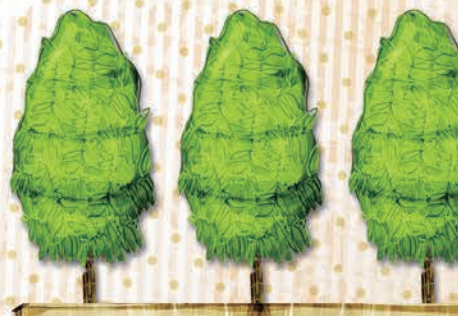
AUTHENTIC FLAVOURS FROM
NATURAL INGREDIENTS

在飲食方面，嘉琪貴乎自然，重視食材的原味。嘉琪說：「記得有一次訪問，親嚐由農地採摘下來的新鮮粟米，清爽鮮甜，美味得令人感動，原來新鮮的食材是如此美味的。」嘉琪自此多留意選擇食材，覺得食材只要新鮮，就有其天然味道，不需要多加調味，也能吃出食材的原味。

嘉琪自言因工作關係經常外出飲食，肉多味濃，但仍盡量保持飲食均衡，例如外出時自攜水果，補充膳食纖維和其他營養素；在家時則務求清淡，主要以蒸焗和少油鹽方式下廚。

When it comes to gastronomy, Ka Ki values the naturalness of food ingredients and emphasises the retention of their original flavours. She said, "In one of the shows, I visited a farm in the New Territories where I had the opportunity to try a freshly picked corn. It was simply savoury and refreshing. I felt really touched as I was able to have savoured the natural flavour straight from the ingredient." Since then, she has always been paying attention to proper selection of food ingredients. She considers that food ingredients, as long as they are fresh, will naturally taste good without the need to add too much seasonings.

Ka Ki frequently dines out because of the nature of her work. As many dishes served outside contain lots of meat with strong flavours, she always try her best to keep a balanced diet by bringing along fruits to supplement dietary fibre and nutrients. While eating at home, she prefers bland flavour by just adding little salt and sugar with cooking methods such as streaming and poaching.





嘉琪最愛相約三五知己在家中小聚，一邊用餐一邊聊天，分享工作上的喜樂。她會自製一些健康小吃共享，食物均以沙律或海鮮為主。她發覺現時社會風氣着重飲食健康，因此跟朋友相約飯聚，點菜時主要多菜少肉，以健康菜式為主。

嘉琪亦曾光顧「有營食肆」，覺得「有營食肆」為食客提供不同的「有營菜式」，讓大家都能品嚐更多健康美味的佳餚。

Ka Ki is fond of inviting her closest friends to dinner at her home. She enjoys chitchatting and sharing happiness derived from work as she serves healthily prepared homemade dinner dishes featuring salads and seafood. As there is a growing trend towards healthy eating, she and her friends just mainly order dishes with plenty of vegetables and less meats when dining out.

Ka Ki had the opportunity to visit some EatSmart Restaurants before. She believed that the different EatSmart dishes offered by these restaurants could benefit customers by providing them with greater healthy and delicious choices.



嘉琪從小不擅運動，從事演藝工作後，由於工作繁忙，要抽時間做運動更不容易。然而，她在主持健康資訊節目後，倒是增加了做運動的興趣。她說：「節目中的同事雖然比我年長，但由於經常運動，體能測試時也能應付自如，於是下了決心做運動。」

嘉琪一直有修習瑜伽，令其關節靈活性和身體柔韌度均有所提升。近日她更學習泰拳，雖然只是短短學了數堂，已覺運動量大，使人十分滿足。

嘉琪將運動融入日常生活之中，平日盡量多步行，睡前也做一些拉筋活動，讓肌肉放鬆，幫助入眠。

Ka Ki was not good at sports. It has become even more difficult for her to play sports after joining the show business. However, her interest in sports augmented after hosting a health programme. She said, "Although the colleagues in the programme were older than me, they were still capable of passing physical fitness tests since they exercise regularly. So I have made up my mind to exercise."

Ka Ki has been practicing yoga to promote joints mobility and body flexibility. Recently, she added Thai boxing to her exercise regime. After learning a few lessons, she already found that the amount of exercise in Thai boxing was huge, hence very satisfying. To incorporate exercise into daily life, Ka Ki took every opportunity to walk. She also took time to perform stretching exercises before going to bed in order to relax and help sleep.

Leung Ka Ki
梁嘉琪的健康之選
HEALTHY CHOICES

意式多士

Bruschetta



「增添了馥郁香草味的法包配以香甜的番茄粒清新惹味，是一款方便易做的派對小食。」

"The baguette, topped with salsa tomato, is refreshing and appetising with a rich herbal aroma, making it a quick and easy party dish."



燕麥布甸

Organic Oatmeal Pudding



「低脂純味乳酪配燕麥茸口感柔滑，帶有淡淡奶香，以紅桑子提味，饒有風味。」

"Oatmeal, blended with low-fat plain yogurt, is soft and tender with a tint of creamy fragrance. Added with a layer of red raspberries, the overall taste of the dish is enhanced."



雞卷配橘子醋汁

Stuffed Chicken Roll with Spinach and Citrus Vinaigrette



「以甘筍粒釀入雞胸肉，配以檸檬汁和橙汁調成醬汁，醒胃清新。」

"The diced carrots are stuffed in the chicken breast and dressed with a sauce blended with lemon and orange juice, making it an appetising and refreshing dish."



薏米雜菜湯

Vegetables Soup with Barley



「以南瓜、西芹、甘筍、洋蔥等多種蔬菜煮成的湯底配上薏米，既飽肚又清甜。」

"The soup features a mix of vegetables - pumpkin, celery, carrot and onion. Accompanied by barley, the soup is both filling and refreshing."



有「營」派對美食 講你知

Figure Out the Nutritious Party Food

年尾將至，各式的節慶活動及公司聚會接踵而至。派對餐單除了一般的沙律、餐湯、主菜及甜品外，還有眾多的小食，包羅萬有，令人食指大動。然而，派對美食不乏高脂高鹽的健康陷阱，營養師江思蓓 (Tammie) 在此與你分享如何在盡興之餘，又能吃得健康。

識揀識食 健康滋味

Tammie 說：「一般派對小食，如炸春卷、炸雞翼、炸薯條、咖喱角等，經油炸後會吸收很多油份，結果增加食物的熱量和脂肪。」她建議大家可選擇以蒸、烤、焗等較健康方法烹煮食物，例如 100 克的炸薯條所含的熱量是 273 千卡 (表 1)，比同等重量的焗馬鈴薯所含熱量 (表 2) 高出接近 3 倍；而炸薯條的脂肪含量是 15.5 克 (表 1)，比同等重量的焗馬鈴薯更高出 103 倍 (表 2)。

餐湯方面，Tammie 表示大家可以選擇以洋蔥湯和雜菜湯代替忌廉湯，因為忌廉湯的主要成份為水及脂肪，例如 100 毫升的酥皮忌廉湯已含有 130 千卡熱量和 8.2 克脂肪 (表 1)。相比之下，意大利雜菜湯只有 34 千卡熱量和 1.04 克脂肪 (表 2)。

食物方面，Tammie 建議多菜少肉，除蔬菜沙律外，大家亦可以選吃青瓜條、車厘茄或甘筍條等作為小食。這些蔬果所含的熱量和脂肪都較低，例如 100 克的迷你甘筍所含的熱量和脂肪分別是 35 千卡和 0.13 克 (表 2)。至於主菜如炸雞翼、肉眼和牛肋骨屬高脂肪肉食，如改吃焗火雞胸肉、焗魚塊和蔬菜薄餅，可減少脂肪的攝取量。

While this year will end soon, all kinds of festive events and company parties are coming. Party menus always include salads, soups, main dishes, dessert, as well as a wide selection of appetising snacks to satisfy your hunger. Party foods, however, are always high in fat and salt content. Tammie, a registered dietitian, shares with you the way to eat healthily while enjoying the festival.

Make Healthy Food Choice to Enjoy Tasty Meals

Tammie said, "Many party snacks, like deep-fried spring rolls, fried chicken wings, fries and samosa, absorb lots of oil after getting deep fried, hence high in calories and fat." She recommended eating foods cooked by healthier methods such as steaming, grilling and baking. For instance, there are 273 kcal of calories in 100g of fries (Table 1), which are 3 times as much in baked potatoes of the same weight. Moreover, fries contain 15.5g of fat per 100g (Table 1), which are 103 times higher than that contained in baked potatoes of the same weight (Table 2).

For the soups, Tammie said that onion soup and mixed vegetables soup are much preferable than cream soups as cream soups contains mainly water and fats. 100g of cream soup with puff pastry, for instance, contains 130 kcal of calories and 8.2g of fat (Table 1), while the same amount of minestrone just contains 34 kcal of calories and 1.04g of fat (Table 2).

For food selection, Tammie recommends a menu plan which offers plenty of vegetables and less meats. Apart from vegetable-based green salads, cucumber sticks, cherry tomatoes and carrot sticks are also ideal party snack choices. 100g of baby carrots contain 35 kcal of calories and 0.13g of fats (Table 2). As to main courses, baked turkey breast, baked fish fillets and vegetable pizzas are healthier options because they contain less fat than fatty dishes like fried chicken wings, rib eye steak and beef ribs.



精明選擇甜品飲料

派對不乏賣相精美和味道可口的甜品。然而 Tammie 提醒大家，不少甜品的熱量、脂肪和糖含量頗高，例如一件 100 克芝士蛋糕（約 1/12 個 2 磅蛋糕）已含 320 千卡熱量、19 克脂肪和 19 克糖（表 1）。Tammie 建議可改為水果或低脂乳酪等，不過亦要適可而止。

至於派對飲品，其糖含量亦要留意，例如 100 毫升凍檸檬茶，已經含有 8 克糖（表 1）。Tammie 建議大家在聚會時可飲用清水、清茶或以新鮮水果自製雜飲。

Smart Choices for Drinks and Desserts

Desserts, delightful in taste and appearance, are always a hit at parties. Tammie reminds us that desserts are usually high in calories, fat and sugar content. 100g of cheese cake (about a twelfth of a two pound cake) contains 320 kcal of calories, 19g of fats and 19g of sugar (Table 1). Tammie suggests to eat an appropriate amount of fresh fruits or low-fat yogurt.

Tammie added that we should beware of the sugar contained in drinks served in parties. For example, 100 ml of iced lemon tea already contains 8g of sugar (Table 1). Tammie suggests to drink water, plain tea or homemade fresh fruit punch instead.

★ 表 Table 1

高油鹽糖的食品選擇 High Oil, Salt and Sugar Content Foods

食物名稱 Foods	份量 Quantity (克或毫升 g/ml)	熱量 Calories (千卡 kcal)	脂肪 Fat (克 g)	糖 Sugar (克 g)	鈉 Sodium (毫克 mg)
炸春卷 Deep-fried spring roll	100	234	9.8	4.3	780
酥皮忌廉湯 Cream soup with puff pastry	100	130	8.2	1.5	350
炸雞翼 Fried chicken wing	100	319	21.06	0	701
醃豬手 Cured pork hock	100	171	10.5	0	1050
炸薯條 Fries	100	273	15.5	0.1	165
辣味香腸薄餅（厚批） Pizza with pepperoni topping (thick crust)	100	284	12.49	3.02	617
芝士蛋糕 Cheese cake	100	320	19	19	210
凍檸檬茶 Iced lemon tea	100	46	0.3	8	0

資料來源：食物安全中心營養資料查詢系統

Source: Nutrient Information Inquiry System, Centre for Food Safety



★ 表 Table 2 較健康的食品選擇 *Relatively Healthier Foods*

食物名稱 Foods	份量 Quantity (克或毫升 g or ml)	熱量 Calories (千卡 kcal)	脂肪 Fat (克 g)	糖 Sugar (克 g)	鈉 Sodium (毫克 mg)
迷你甘筍 Baby carrots	100	35	0.13	4.76	78
意大利雜菜湯 Minestrone	100	34	1.04	NA	378
火雞胸肉 (焗, 瘦肉) Turkey breast (baked, lean)	100	156	4	0	210
焗魚塊 Fish (baked)	100	230	14.5	0.7	397
焗馬鈴薯 Baked potatoes	100	94	0.15	1.39	7
肉類蔬菜薄餅 Pizza with meat and vegetables topping	100	244	10.9	3.73	589
水果雜錦果 麥乳酪芭菲 (低脂) Yogurt parfait with fruit and granola (low-fat)	100	84	1.01	11.68	49
清茶 Plain tea	100	1	0	0	3

資料來源：食物安全中心營養資料查詢系統

自然提味 簡單美味

Tammie 亦提醒大家留意食物的醬汁。白汁和芝士忌廉汁多以牛油、芝士和忌廉煮成，容易增加脂肪的攝取量，可選用鮮番茄、南瓜和菠菜等製成的醬汁。現成醬汁和沙律醬一般的鈉和脂肪含量較高，Tammie 建議可用檸檬、杏脯或士多啤梨等天然水果製汁加以代替，這樣不但能為食物增添更多鮮味，更能減少鈉和脂肪的攝取量。

Simple, Natural Sauces Enrich Flavours

Tammie said that it is important to be vigilant on the fat content of sauces, such as Béchamel sauce, and cream cheese sauce, as they are always made of butter, cheese and cream which are high in fat content. It is recommended to choose sauces that are cooked with tomatoes, pumpkin and spinach. Ready made sauces and salad dressings are always high in sodium and fat content. Tammie suggested to use sauces made with juices of lemon, apricot and strawberry, which help enriches the taste of the dishes, as well as reduce sodium and fat intake.

美食當前 慎防健康陷阱 Avoid Party Food Traps

派對小食 Party snacks

大多數派對的頭盤小食均較迷你和小件，往往會不知不覺地進食過量，建議以淺嚐為原則，即一件起兩件止。

Party food like appetisers and snacks are small bite-sized, which can be easily over-consumed. It is recommended to limit your intake to one or two pieces for each kind of snack.

有些果汁飲品只含小量果汁，其餘成份其實是水、糖份、蜜糖、糖漿或其他形式的添加糖。飲品建議以清水為佳，或飲用沒有添加糖的清茶、檸檬水等。若嫌味道太淡，可適量飲用鮮果汁。

Some fruit flavoured drinks only contain a small amount of fruit juice. Instead, they only consist of water, sugar, honey, syrup or other sugar mixture. Water is a healthier choice, whereas plain tea and lemon water are also healthier options. If you wish to avoid blandness, you may want to drink a moderate amount of fresh fruit juice instead.

果汁飲品 Fruit flavoured drinks

派對甜品 Party desserts

甜品一般的熱量、脂肪和糖含量較高。空肚進食甜品易過量，建議以水果作餐後甜點較為健康。

Desserts are always high in calories, fat and sugar content. One can easily over-consume desserts with an empty stomach. It is recommended to eat fruits after meal.

調味醬汁一般的脂肪和鈉含量較高，可將醬汁與食物分開，以減少油及鹽份吸收。

Seasoning sauces always contain high content of fat and sodium. To avoid excessive intake of oil and salt, it is recommended to serve sauce and food separately.

調味醬汁 Seasoning sauces

派對飲食 健康貼士 Tips for Healthy Eating at Parties



餐前打底 Eat Some Food Before Going to a Party

美食當前，容易吃得過量，赴派對前宜先吃點沙律或水果「打底」。

Party food is tempting and can be easily over-consumed. It is suggested to eat some fruits and salads before going to a party.



細嚼慢嚥 Eat Slowly to Taste the Food

慢慢咀嚼，避免吃得太快，建議進食到 7 至 8 成飽以控制食量。

Take a bite and eat slowly to avoid eating too fast. It is recommended to stop eating when you are 70 or 80 percent full.



識揀識食 Smart Food Choice

選擇焗、蒸、烤、焗等烹煮的菜式，避免煎炸和酥皮的食物，可減少脂肪攝取量。

Choose foods that are poached, steamed, grilled or baked, and avoid those which are deep-fried or contain puff pastry to reduce fat intake.



進食有序 Sequence on How to Take Food

宜「先蔬菜沙律、後肉類甜品」的策略，先吃蔬菜，然後喝湯，再吃其他肉類，甜品則為壓軸，從而避免吃過量的主菜肉食及餐後甜品。

Follow the principle of "eating salad and vegetables before meats". Start a meal with vegetables, then continue with soup and meats, and finish with dessert. By doing so, overeating of meat main dish and dessert can be avoided.



嘉禧餐廳 *Le Clérét Brasserie*

健康輕盈 法式風味 *A Healthy Touch of French Delicacy*

嘉禧餐廳一室湖水綠及白色，富法國南部地中海情調，加上悅耳音樂，氣氛悠閒，讓人在繁囂中稍停腳步，於這小店享受特色美食。

嘉禧餐廳主廚 Ivan 說：「東主經營健康食品生意，尤其著重食材質素，特別選用新鮮和時令食材烹調菜式。」該餐廳主打健康菜式，加上廚師精心烹調佳餚，因此甚受附近上班的女士及崇尚健康的食客歡迎。

Decorated by a colour scheme of white and turquoise, and accompanied with pleasant music, Le Clérét Brasserie creates a relaxing Southern French Mediterranean atmosphere where customers can wind down from their daily hustle and bustle, and enjoy specialty dishes.

Ivan, Chief Chef of the restaurant mentioned that the owner of Le Clérét Brasserie also runs a business in healthy foods; hence, the dishes are freshly made from healthy ingredients. As the restaurant specializes in healthy meals delicately prepared by their chefs, it has become a trend amongst female professionals working nearby the restaurant as well as health conscious gourmets.

嘉禧餐廳主廚 Ivan 入行
25 年，經驗豐富，但仍不時
鑽研食材與味道的調配，
以創造出美味新菜式

Ivan, Chief Chef of Le Clérét
Brasserie, has been serving in
the catering industry for 25
years. He continues to explore
new flavours by matching
different ingredients to create
novel and delicious dishes.





有機雞胸沙律

Mixed Green Salad with Organic Roast Chicken Breast

焗雞胸肉鮮嫩香滑，配上車厘茄和沙律菜，清新醒胃。

Baked lightly, tender and succulent, this chicken breast dish has become a very refreshing and appetizing dish when accompanied by cherry tomatoes and green salad.



番茄沙沙多士

Fresh Toast Bread with Tomato Salsa

法包略烤後，配以切粒番茄、芫茜、紫洋蔥，鮮甜爽口。

The French baguette, a crispy delight, is lightly toasted and topped with tomato salsa, coriander and purple onion.



野菌意粉

Stir-fried Spaghetti with Wild Mushrooms

扁意粉焗得軟硬適中，配合鮮味冬菇、秀珍菇及白菌，惹味十足。

The linguine is simply cooked al dente. It is freshly prepared with shiitake mushrooms, oyster mushrooms and white button mushrooms to create a tantalizing flavour.



藍莓乳酪餅

Blueberry Yogurt Cheese Cake

以低脂純味乳酪製的藍莓餅奶香濃郁，另加上草莓片作裝飾，造型美觀。

This luscious blueberry cheesecake is made of low-fat plain yoghurt to give a hint of milk flavour. It is perfectly complemented with freshly sliced strawberries for an aesthetical presentation.



質高食材 盡顯鮮味

Ivan 認為，烹調食物最重要是配合食材的特性及質感。舉例來說，肉類只需以檸檬汁、木瓜汁、糖及鹽等天然材料作調味，就帶出食材的鮮味。

派對美食 健康可口

嘉禧餐廳除供應高質餐飲外，亦是熱門的派對場地，除了附近公司派對，不少顧客亦會在此舉行私人聚會。Ivan 為顧客提供的派對餐單，多數包括一份沙律再配搭一款肉類及海鮮作為主菜，既健康又美味。

Ivan 入行多年，仍不斷鑽研新菜式，例如以牛肝菌代替忌廉為意式麵食提味。他最近嘗試以紅桑子及檸檬製作醬汁，清新惹味。

Quality Ingredients with True Flavours

Ivan believed that cooking is all about the combination of characteristics and textures of different ingredients. For instance, meat seasoning with simple natural ingredients including lemon juice, papaya juice or a just a dash of salt and sugar, can already bring out the natural flavours of the ingredients.

Healthy and Delicious Party Food

The restaurant itself is also a popular party or meeting venue for companies and private functions. Healthy and delectable party packages which include salads and one selection of meat or seafood main course is specially designed and prepared by Ivan.

Ivan is always looking for new recipe ideas to perfect his culinary repertoire. He, for instance, uses porcini mushrooms instead of cream to enhance the flavour in Italian pasta. His latest culinary creation include a sauce delicately made from raspberry and lemon juice, which is appetizing, refreshing and flavourful.

舒適時尚 美食熱點



如心南灣海景酒店
LIS Café

A Comfortable and Trendy Dining Spot -
LIS Café, L'hotel Island South

波蛋菠菜薯茸



Poached Egg with
Spinach Mashed Potato

波蛋恰得圓潤滑溜，配以爽口的菠菜及軟綿的薯蓉，配搭別具心思。

The poached egg, soft and plump, combines perfectly with crispy spinach puree and smashed potato.



LIS Café 行政總廚 Sidney 入行超過 40 年，曾任職多間星級酒店，他設計的菜式融會中西，不拘一格。

Sidney, Executive Chef of LIS Café, has over 40 years of experience in hotel industry. Having been working in several high profile hotels, he takes the best of Eastern and Western cuisines to create spectacular dishes.

如心南灣海景酒店的 LIS Café 設計時尚，環境寧靜舒適，吸引了附近上班的在職人士和遊客光顧，其中一角以玻璃間隔成多間半開放的廂房，適合安排商務午餐及私人聚會，儼然成為該區的美食熱點。

該餐廳設有半自助午餐和自助晚餐，菜式以多樣化的海鮮為主，還提供各類新鮮蔬菜及沙律。該店更提供特別設計的素食餐單，適合愛健康的顧客，甚受歡迎。

天然風味 健康食尚

開業已六年的 LIS Café，行政總廚 Sidney 曾於多間星級酒店的餐飲部服務，擅長烹調各款西菜，他說：「現時顧客對食品不但要求色香味俱全，同時亦十分注重飲食健康。」LIS Café 的菜式強調不含味精，並用少鹽、少糖、少油方式製作，以保留食材的天然鮮味。

融會中西 配搭精緻

Sidney 除加入多款健康菜式，亦善用天然食材為菜式增添美味，例如以芒果汁、杏桃汁、草莓汁等配合各款肉類，自然清爽，香而不膩。Sidney 設計的菜式亦融會中西，其中一款廣受歡迎的「海龍皇湯」，是以多種鮮魚熬成湯底，再以打碎的蔬菜增稠，營造出厚實的口感。

雙魚燴時蔬

Poached Fish Patties
and Assorted Vegetables in Fish Soup



爽滑的鯪魚球，配以鮮甜美味魚湯，加上西蘭花、娃娃菜、翠肉瓜等蔬菜，清香爽口。

The smooth dace fish balls are simmered in a savoury broth made with broccoli, baby Chinese cabbage and zucchini, thus creating a flavourful taste.



蒸紅腰豆茄子配糙米飯

Steamed Eggplant, Red Kidney Beans and Brown Rice



糙米飯煮得煙韌兼有米香，茄子味道清淡，紅腰豆則煮得軟糯，是一味口感豐富的素菜飯。

This vegetarian rice dish has become incredibly multi-flavoured and filling after topping the fluffy and fragrant brown rice to the bland eggplant and tender red kidney beans.



明爐焗三文魚柳蘭度豆

Oven-baked Salmon Fillet,
Lentil Beans Ragout



三文魚焗得香軟嫩滑，加上白菌、低脂豆漿、蘭度豆拌成的醬汁，散發淡淡豆香。

The tenderly roasted salmon, once seasoned with a sauce prepared by white mushrooms, lentils and low-fat soymilk that gives a bland aroma of soybean, becomes very scrumptious.

LIS Café of the L'hotel Island South is a comfortable and trendy dining place which is popular among people working nearby and holiday makers. Part of this restaurant has been partitioned into several glass-enclosed and semi-open dining areas, which are perfect for business lunch and private parties.

The restaurant offers semi-buffet lunch and buffet dinner featuring a wide variety of seafood dishes, as well as different mixes of vegetables and salads. To promote healthy eating, it also serves plenty of designed vegetarian options which have been well-received by customers.

Taste the True Flavours of Natural and Healthy Food

Sidney, Executive Chef of LIS Café, joined the restaurant when it opened six years ago. He worked for several high profile hotels and specialises in cooking different kinds of Western dishes. He said, "Today, customers are not only concerned about food aroma, flavour and presentation, but also healthfulness." With emphasis on healthy cooking style, LIS Café refrains from using MSG and cooks with less salt, sugar and oil so as to bring out the natural flavours of food.

Combining Eastern and Western Cuisines in Style

Sidney promotes a range of healthy recipes prepared by natural ingredients to boost dish flavours. Mango, apricot and strawberry juices, for instances, are paired with meats for a refreshing and savoury texture. Seafood Bouillabaisse, one of the restaurant's popular soup dishes, is made by simmering a great variety of fish thickened by blended vegetables. This soup dish gives a rich and substantial texture.



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焗珍寶蘑菇配雙椒藜麥
Baked Portobello Mushroom with Capsicum Quinoa

每一份
Per Serving

熱量
Energy
53

千卡 (kcal)

碳水化合物
Carbohydrate
6

克 (g)

蛋白質
Protein
2

克 (g)

脂肪
Fat
3

克 (g)

糖
Sugar
1

克 (g)

鈉質
Sodium
294

毫克 (mg)

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特色 Feature

藜麥是全穀類的食物，較精製的穀物類食物，如白米、糯米等含較豐富的膳食纖維，膳食纖維是維持腸道健康的重要物質。此外，蛋白質、鐵質和鎂質含量亦較高，所以特別適合素食人士選擇。

Quinoa is a whole grain food product. It contains more dietary fibre than processed grain products, such as white rice and glutinous rice. Dietary fibre is a vital element to maintain bowel health. In addition, it also provides more protein, iron and magnesium, thus is suitable for vegetarians.

調味料 Seasonings

橄欖油..... 1 茶匙
1 teaspoon olive oil

鹽..... 1/4 茶匙
1/4 teaspoon salt

材料 Ingredients

珍寶蘑菇..... 1 隻 (約 70克)

1 Portobello mushroom (approx. 70g)

藜麥..... 10克
10g quinoa

大紅椒(切粒)..... 8克
8g red bell pepper (diced)

大黃椒(切粒)..... 8克
8g yellow bell pepper (diced)

青瓜(切粒)..... 8克
8g cucumber (diced)

青瓜(切角)..... 10克
10g cucumber (sectioned)

薯仔(切角)..... 10克
10g potato (sectioned)

水..... 200毫升
200 ml water

To serve
2
人分量

自製醬汁 Homemade Sauce

大紅椒 red bell pepper..... 40克/g

大黃椒 yellow bell pepper..... 40克/g

步驟 Cooking Method :

1. 燒開水，放入大紅椒，煮 5 分鐘後取出，放入攪拌機中攪拌，以製成紅椒汁。

Cook the red bell pepper in boiling water for 5 minutes. Place the red bell pepper in a blender and blend into red bell pepper sauce.

2. 燒開水，放入大黃椒，煮 5 分鐘後取出，放入攪拌機中攪拌，以製成黃椒汁。

Cook the yellow bell pepper in boiling water for 5 minutes. Place the yellow bell pepper in a blender and blend into yellow bell pepper sauce.

步驟 Cooking Method

1. 燒開水，把青瓜、薯仔焯熟，備用。
2. 把 1 杯藜麥放在濾盆中，用凍水清洗約 2 分鐘，並以手指適當摩擦藜麥以清洗乾淨。
3. 把藜麥放在鍋上烘乾。
4. 將 1/2 茶匙橄欖油放在鍋上，並以中大火加熱，再加入藜麥略炒後備用。
5. 將鹽放入水中加熱並攪拌至沸騰。加入已切粒的紅、黃椒和青瓜並調較至小火。蓋上蓋子煮 15 分鐘。加入藜麥並調較至最小火，再蓋上蓋子煮 15 分鐘。
6. 將 1/2 茶匙橄欖油放在平底鑊上，把珍寶蘑菇煎 2 分鐘。
7. 將已煮熟的藜麥及紅椒粒、黃椒粒和青瓜粒放於珍寶蘑菇上，放進焗爐以攝氏 160 度加熱 5 分鐘。
8. 上碟後，放上薯仔和青瓜，再加入自製醬汁即成。

1. Blanch the cucumber and potato until tender. Set aside.
2. Measure 1 cup of quinoa and pour it into a fine-mesh strainer. Rinse thoroughly with cold water for about 2 minutes. Rub and swish the quinoa with fingers while rinsing.
3. Toast the quinoa in a saucepan.
4. Film the saucepan with 1/2 teaspoon of olive oil over medium-high heat. Add the quinoa and then slightly pan fry it. Set aside.
5. Heat water with salt. Stir and bring the water to a rolling boil. Add the diced bell peppers and cucumbers. Boil in low heat. Cover the saucepan again and cook for 15 minutes. Add the quinoa and turn the heat down to the lowest setting. Cover the saucepan again and cook for another 15 minutes.
6. Film the fry pan with 1/2 teaspoon of olive oil. Pan fry the portobello mushroom for 2 minutes.
7. Put the cooked quinoa, diced bell peppers and cucumbers over the portobello mushroom. Bake in oven for 5 minutes under 160°C.
8. Place the cucumbers and potatoes on the dish. To serve, add the homemade sauce to the dish.

試食兵團話你知 Message from Tasting Team

把紅、黃兩色的燈籠椒及藜麥釀入大蘑菇內，令大蘑菇更為鮮甜肉厚、口感豐富。

The red, yellow bell peppers and quinoa are stuffed into portobello mushroom, which are fleshy and savoury with a rich and thick texture.



炮製色香味
EatSmart
Recipes

有營食肆



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南瓜五穀飯
Organic Five-grain Rice with Roasted Pumpkin

每一份
Per Serving

熱量
Energy
308

千卡 (kcal)

碳水化合物
Carbohydrate
63

克 (g)

蛋白質
Protein
6

克 (g)

脂肪
Fat
3

克 (g)

糖
Sugar
3

克 (g)

鈉質
Sodium
413

毫克 (mg)

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本食譜由嘉禧餐廳提供。

This recipe is provided by Le Cléret Brasserie.





特色 Feature

五穀米和南瓜含有豐富的膳食纖維有助增加飽肚感。南瓜含有豐富的胡蘿蔔素，胡蘿蔔素在人體內可以轉化為維生素A有助維持皮膚和視力健康，而南瓜本身亦帶有甜味可減少用糖分量。

Five-grain rice and pumpkin are rich in dietary fibre which can increase satiety. Pumpkin is rich in beta-carotene. Beta-carotene can convert into vitamin A in body that help to maintain our skin health and vision. Moreover, pumpkin is a natural sweet food so that the use of sugar can be reduced.



調味料 Seasonings

橄欖油 1/2 茶匙
1/2 teaspoon olive oil

鹽 1/3 茶匙
1/3 teaspoon salt

糖 1/5 茶匙
1/5 teaspoon sugar



材料 Ingredients

五穀米 150克
150g five-grain rice

南瓜肉 50克
50g pumpkin flesh

洋蔥(切碎) 適量
Appropriate amount of chopped onion

蒜蓉 適量
Appropriate amount of mashed garlic

97% 脫脂忌廉 50克
97% 50g fat-free cream

清水 50毫升
50 ml water

To serve
2
人分量



試食兵團話你知 Message from Tasting Team

南瓜清甜，飯蒸得剛剛好，加上洋蔥、芫茜、蒜頭等提味，芳香怡人。

The rice, accompanied by savoury pumpkin, onion, coriander and garlic, is steamed just right with great aroma.

步驟 Cooking Method

1. 把南瓜去皮去籽，洗淨，然後切粒，再放焗爐焗熟，備用。
2. 把五穀米洗淨，然後加入清水蒸熟，備用。
3. 燒熱鑊，用橄欖油把洋蔥及蒜蓉炒熟。
4. 把五穀飯及脫脂忌廉混合，然後加入糖及鹽調味。
5. 把南瓜加入混合好的五穀飯中即成。

1. Peel and seed the pumpkin. Wash and dice. Bake in oven until cooked. Set aside.
2. Wash the five-grain rice. Add water and steam until cooked. Set aside.
3. Heat a fry pan. Stir-fry the onion and garlic with olive oil until cooked.
4. Well mix the cooked five-grain rice with fat-free cream. Add sugar and salt.
5. Put the pumpkin onto the mixed cooked five-grain rice.



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慢煮雞胸羅馬生菜沙律
Slow-cooked Chicken Breast with Curly Romaine Lettuce Salad

每一份
Per Serving

熱量
Energy
312

千卡 (kcal)

碳水化合物
Carbohydrate
13

克 (g)

蛋白質
Protein
34

克 (g)

脂肪
Fat
14

克 (g)

糖
Sugar
3

克 (g)

鈉質
Sodium
475

毫克 (mg)

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特色 Feature

此食譜簡單但營養均衡，包含五穀類（麥法包）、蔬果類（羅馬生菜）、肉類（雞胸肉）及奶品類（較低脂芝士碎），是一個不錯的正餐選擇。

This recipe is simple yet nutritionally sound and it is a good main meal choice. It includes grains (wholemeal Baguette), vegetables (Romaine lettuce), meat (chicken breast) and dairy product (reduced-fat cheese).

調味料 Seasonings

橄欖油 1 茶匙
1 teaspoon olive oil
雜香草 1/5 茶匙
1/5 teaspoon mixed herbs
生抽 1/2 茶匙
1/2 teaspoon light soy sauce
糖 1/5 茶匙
1/5 teaspoon sugar

材料 Ingredients

羅馬生菜 80克
80g Roman lettuce
雞胸肉 100克
100g chicken breast
麥法包 15克
15g wholemeal Baguette
較低脂芝士碎 30克
30g reduced-fat cheese (shredded)

To serve
1
人分量

自製沙律醬 Homemade Salad Dressing

意大利黑醋 12克
12g Italian balsamic vinegar
橄欖油 5茶匙
5 teaspoons olive oil
蜜糖 3克
3g honey

步驟 Cooking Method :

將意大利黑醋、橄欖油和蜜糖拌勻，備用。
Mix well with the Italian balsamic vinegar, olive oil and honey. Set aside.

試食兵團話你知 Message from Tasting Team

輕烤的鮮嫩雞胸肉配爽甜的羅馬生菜，以較低脂芝士焗製的芝士片更是風味一流。

The chicken breast, lightly baked, is blended with sweet and crunchy Romaine lettuce. The Cheese crackers, made with reduced-fat cheese, is spectacularly delicious.

步驟 Cooking Method

1. 把羅馬生菜切段後洗淨，浸水至爽脆，瀝乾，備用。
2. 把 25 克較低脂芝士碎均勻地鋪於牛油紙上，再放入攝氏 180 度焗爐焗 10 分鐘製成脆芝士片。
3. 5 克較低脂芝士碎和 1/2 茶匙橄欖油混合後塗於麥法包上，再放入攝氏 160 度焗爐焗 5 分鐘。
4. 雞胸肉以生抽、糖和雜香草調味。
5. 燒熱平底鑊後加入 1/2 茶匙橄欖油。把雞胸肉表面煎封，再放入攝氏 160 度焗爐焗 15 分鐘，然後切片。
6. 先把羅馬生菜放在碟上放上，然後將雞胸肉、麥法包和脆芝士片放在生菜上面，另伴以分開盛載的自製沙律醬即成。
1. Wash the sectioned Roman lettuce and immerse it into the water till crispy. Drain and set aside.
2. Sprinkle the 25g shredded reduced-fat cheese evenly on top of a parchment paper. Preheat the oven to 180°C. Bake the shredded reduced-fat cheese for 10 minutes to turn it into crispy cheese crackers.
3. Mix the 5g shredded reduced-fat cheese with 1/2 teaspoon olive oil and spread a layer of the mixture on top of the baguette. Preheat the oven to 160°C. Bake the baguette for 5 minutes.
4. Marinated the chicken breast with the light soy sauce, sugar and mixed natural herbs.
5. Heat a fry pan and film it with 1/2 teaspoon of olive oil. Pan fry both sides of the chicken breast. Preheat the oven to 160°C. Bake the chicken breast for 15 minutes and slice.
6. To serve, place the chicken slices, wholemeal baguette and crispy cheese on top of the Roman lettuce, and then contain the homemade salad dressing in a separate container.



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龍腩柳多士
Sole Fillet Toast

每一份
Per Serving

熱量
Energy
84

千卡 (kcal)

碳水化合物
Carbohydrate
9

克 (g)

蛋白質
Protein
4

克 (g)

脂肪
Fat
4

克 (g)

糖
Sugar
1

克 (g)

鈉質
Sodium
163

毫克 (mg)

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特色 Feature

龍脷柳含豐富蛋白質及低脂肪。利用檸檬皮蓉、檸檬汁和雜香草醃龍脷柳可減少使用鹽分，減少攝取鈉質，有助維持理想的血壓水平。

Sole fillet is a protein rich and low-fat food. Using grated lemon rind, lemon juice and mixed herbs to marinate sole fillet can reduce the use of condiment and helps to maintain normal blood pressure.

調味料 Seasonings

鹽 1/4 茶匙
1/4 teaspoon salt

芥花籽油 3 茶匙
3 teaspoons canola oil

材料 Ingredients

龍脷柳 300克
300g sole fillet

檸檬皮蓉 1 茶匙
1 teaspoon finely grated lemon rind

檸檬汁 1 茶匙
1 teaspoon lemon juice

麵粉 30克
30g flour

雜香草 1/4 茶匙
1/4 teaspoon mixed herbs

白方包 4 片
4 pieces of white bread

青瓜 100克
100g cucumber

車厘茄 120克
120g cherry tomatoes

九芽菜 15克
15g endive

可製 For
16
件/pieces



試食兵團話你知 Message from Tasting Team

香脆的方包配上嫩滑的龍脷柳，另加爽脆的青瓜和清甜的車厘茄，令整道小食的層次豐富了不少。

The nicely toasted bread was complemented with a delicate fillet of sole, refreshing cucumber and sweet cherry tomato, making it a deliciously multi-textured appetizer.

步驟 Cooking Method

1. 龍脷柳解凍後洗淨，吸乾多餘水份，切件備用。
2. 青瓜洗淨後，切片備用。
3. 車厘茄洗淨後，切半備用。
4. 檸檬洗淨後取皮蓉及搾檸檬汁，備用。
5. 將檸檬皮蓉、檸檬汁及雜香草與龍脷柳略拌，醃約 10 分鐘。
6. 把龍脷柳沾上麵粉，取出篩走多餘的麵粉，備用。
7. 把芥花籽油放在平底鑊上以中火燒熱，再放入龍脷柳，煎約 5 分鐘至兩面金黃色。
8. 把白方包放入攝氏 130 度焗爐焗 3 分鐘，然後將每片白方包去邊再平均分成 4 份。
9. 將白方包放於碟上，加入青瓜、龍脷柳、車厘茄和九芽菜，再以牙籤固定即成。

1. Wash the sole fillet. Pat dry and slice. Set aside.
2. Wash the cucumber and slice into thin rounds. Set aside.
3. Wash the cherry tomatoes and slice into halves. Set aside.
4. Wash the lemon. Squeeze lemon juice and then finely grate the lemon rind.
5. Marinate the sole fillet with the finely grated lemon rind, lemon juice and mixed herbs for 10 minutes.
6. Coat the sole fillet with flour. Shake to remove excessive flour. Set aside.
7. Heat the canola oil over a medium-high fire in a fry pan. While the oil is hot, place the sole fillet into the fry pan. Pan fry the sole fillet on both side for 5 minutes until golden brown.
8. Preheat the oven to 130°C. Bake the white bread for 3 minutes. Cut the edges and divide each piece of the white bread into four equal parts.
9. To serve, put the bread on a plate. Place the cucumber, sole fillet, cherry tomatoes and endive on top of the white bread and pierce them with a toothpick for holding together.



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黑松露野菌意大利粉
Spaghetti with Black Truffle and Wild Mushrooms

每一份
Per Serving

熱量
Energy
597

千卡 (kcal)

碳水化合物
Carbohydrate
112

克 (g)

蛋白質
Protein
22

克 (g)

脂肪
Fat
7

克 (g)

糖
Sugar
6

克 (g)

鈉質
Sodium
414

毫克 (mg)

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本食譜由 Love Café@ 拉斐特 Lafayette Wedding 提供。
This recipe is provided by Love Café.



特色 Feature

此食譜採用多種不同的菇類，菇類的膳食纖維含量比一般蔬菜高，有助增加飽肚感。此外，菇類食物含有獨特的鮮味從而減少調味料使用，有助實踐少鹽飲食。

The recipe encompasses a great variety of mushrooms. Mushrooms have more dietary fibre than other usual vegetables. Moreover, mushrooms have a unique flavour "umami" and thus the use of condiments can be reduced. It facilitates the practice of having less salt.

調味料 Seasonings

鹽 1/6 茶匙
1/6 teaspoon salt

菜籽油 1 茶匙
1 teaspoon canola oil

香草 少許
Small amount of herbs

材料 Ingredients

黑松露 10克
10g black truffle

鮮草菇 29克(1安士)
29g (1oz) fresh straw mushrooms

鮮冬菇 29克(1安士)
29g (1oz) fresh shiitake mushrooms

鮮秀珍菇 29克(1安士)
29g (1oz) fresh oyster mushrooms

鮮金菇 29克(1安士)
29g (1oz) fresh enokitake mushrooms

意大利粉 140克
140g spaghetti

To serve
1
人分量



試食兵團話你知 Message from Tasting Team

爽口彈牙的意大利粉配上鮮草菇、鮮冬菇、鮮秀珍菇及鮮金菇，再加上香味濃郁的黑松露，令人回味無窮。

The spaghetti was cooked "al dente" with a combination of straw mushrooms, shiitake mushrooms, oyster mushrooms, and enokitake mushrooms. Seasoned with flavourful black truffle, every bite of the dish was a great treat.

步驟 Cooking Method

1. 把鮮草菇、鮮冬菇、鮮秀珍菇及鮮金菇洗淨，然後飛水備用。
2. 燒開水，把意大利粉焗熟，備用。
3. 燒熱油，將鮮草菇、鮮冬菇、鮮秀珍菇及鮮金菇爆香，加鹽，然後與意大利粉一起炒至熟透。
4. 上碟後，灑上香草及黑松露即成。

1. Wash the straw mushrooms, shiitake mushrooms, oyster mushrooms and enokitake mushrooms. Blanch and set aside.
2. Bring water to boil and cook the spaghetti. Set aside.
3. Heat oil. Stir-fry the straw mushrooms, shiitake mushrooms, oyster mushrooms and enokitake mushrooms. Add salt and stir-fry the spaghetti with the ingredients until done.
4. To serve, sprinkle the herbs and black truffle onto the dish.



「適飲適食」話你知 (派對食物)

大部份人都曾參加派對(生日、結婚、聖誕、新年)或聚會(家庭、同事或朋友聯誼聚會)。參加派對或聚會不但可以享受美食,增進家人和朋友之間的感情,同時也可舒緩工作壓力或鞏固家庭成員之間的關係。糖尿病患者與普通人無異,他們也會參加生日派對、節日派對、聯誼聚會等。要選擇合適的派對食物並享受箇中樂趣,他們只需按照家庭醫生的建議,參照食物醣質含量後以「醣質交換法」作出換算,然後根據自己的飲食需求及生活習慣作出選擇即可。

出外進食時,糖尿病患者緊記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;
- 避免進食高糖份食物,愛吃甜食的人士可使用代糖調味;
- 避免用芡汁拌飯;
- 選擇含低脂肪和採用低脂肪烹調的食物;
- 減少進食加工和醃製的食物;以及
- 多吃含豐富纖維素的食物,如蔬菜、全穀物食物等。部份蔬菜如紅蘿蔔、蓮藕、粟米等雖然含有醣質,但由於纖維素及水份含量高,可適量食用。

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)

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
	164	14	10	8	0	2.9	482
	千卡 (kcal)	克 (g)	克 (g)	克 (g)	毫克 (mg)	克 (g)	毫克 (mg)

本文所載熱量及營養素含量,是以美國農業部轄下的營養素資料實驗室編制資料估算,有關數值僅供參考。

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

Learning more about “Diabetes-friendly Recipes”: Party Food

Most people have joined parties (birthday, wedding, Christmas, New Year) or gatherings (with families, colleagues or friends). Parties and gatherings not only offer good food, but also bond family members and friends. Social events may also relieve work pressure or strengthen family ties. People with diabetes are no different. They also join birthday and festive parties and attend social gatherings. To choose and enjoy the right party food, they only need to follow the advice from their family doctors, calculate with the "Carbohydrate Exchange Method" by referring to the carbohydrate content of individual food items, and then make choices according to their own dietary needs and habits.

When dining out, people with diabetes should follow these dietary principles:

- Follow the recommendations and principles of the Healthy Eating Food Pyramid;
- Eat at regular meal times and evenly distribute the portions. Avoid overeating or eating too little. People who are used to eating 3 large meals can cut down their portions and then add 1 to 2 healthy snacks in between;
- Limit the intake of sugary foods. People who like sugary foods may use artificial sweeteners;
- Avoid eating rice with thickening sauces;
- Choose low-fat food prepared by low-fat cooking methods;
- Reduce eating processed and preserved foods; and
- Consume more fibre-rich foods, such as vegetables and whole grain foods. Although vegetables, like carrot, lotus root, and corn, contain carbohydrates, they are rich in dietary fibre as well as water and hence can be consumed in moderation.

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

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

特色 Feature

白豆腐干、冬菇及生菜是低熱量和低脂肪的食物,提供鈣質、鉀質和膳食纖維,有益心臟健康。

Dried tofu, Chinese black mushroom and lettuce are low in calories and fat content. They contain calcium, potassium and dietary fibre, which are good for heart health.

衛生署營養師

Dietitian of Department of Health

田園生菜包

Lettuce Wrap with Field Greens

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.



材料 Ingredients

- 白豆腐干.....200克
200g dried tofu
- 急凍雜菜粒.....½ 杯
½ cup frozen mixed vegetables
- 冬菇 (乾).....8 隻 (約16克)
8 pieces of dried Chinese black mushrooms (approx. 16g)
- 馬蹄 (去皮).....4 粒 (約70克)
4 pieces of water chestnuts (with skin removed) (approx. 70g)
- 生菜葉.....8 塊 (約60克)
8 pieces of lettuce leaves (approx. 60g)
- 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.

調味料 Seasonings

- 鹽.....½ 茶匙
½ teaspoon salt
- 糖.....½ 茶匙
½ teaspoon sugar
- 老抽.....2 茶匙
2 teaspoons dark soy sauce
- 白胡椒粉.....少許
A pinch of white pepper
- 紹酒.....2 茶匙
2 teaspoons Shaoxing wine

芡汁 Thickening

- 生粉.....2 茶匙
2 teaspoons cornstarch
- 清水.....3 湯匙
3 tablespoons water

步驟 Cooking Method

1. 冬菇用清水浸軟後去蒂，切粒。馬蹄去皮、洗淨切細粒。豆腐干洗淨，切細粒。
2. 雜菜粒用清水沖洗解凍。
3. 生菜葉洗淨備用。
4. 用易潔鑊燒熱油，加入材料和調味料兜炒。炒至熟透後加入芡汁，並配搭生菜葉同食。

1. Soak, trim and chop the Chinese black mushrooms. Peel, wash and chop the water-chestnuts. Wash and chop the dried tofu.
2. Defrost the frozen mixed vegetable under running tap water.
3. Wash the lettuce leaves. Set aside.
4. Heat the oil in a non-stick pan. Stir-fry all the ingredients and add in seasoning until the ingredients are fully cooked. Add in the thickening sauce. Serve with the lettuce leaves.

番茄香茅 鮮蝦湯

Tomato, Lemongrass
and Shrimp Soup



特色 Feature

蝦肉及雞肉含豐富蛋白質和多種礦物質（如：磷質），能維持身體機能正常運作。

Shrimp and chicken are rich in protein and minerals (such as phosphorus), which can maintain body metabolisms.

衛生署營養師

Dietitian of Department of Health



To serve
4
人分量

材料 Ingredients

中蝦..... 4 隻 (約120克)
4 pieces of shrimps, medium (approx. 120g)

雞肉..... 4 兩 (160克)
chicken fillets, skinless 4 taels (160g)

番茄..... 4個 (約400克)
4 pieces of tomatoes (approx. 400g)

香茅..... 1 條
1 stalk of lemongrass

九層塔..... 5 塊
5 pieces of basil leaves

鹽..... ½ 茶匙
1/2 teaspoon salt

清水..... 5 杯 (1200毫升)
5 cups water (1200 ml)

每一份
Per
Serving

熱量

Energy

83

千卡 (kcal)

碳水化合物
Carbohydrate

4

克 (g)

蛋白質
Protein

12

克 (g)

脂肪
Fat

2

克 (g)

膽固醇
Cholesterol

59

毫克 (mg)

膳食纖維
Dietary Fibre

1.1

克 (g)

鈉質
Sodium

361

毫克 (mg)

本文所載熱量及營養素含量，是以美國農業部轄下的營養素資料實驗室編制資料估算，有關數值僅供參考。

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

步驟 Cooking Method

1. 蝦洗淨後去腸、去除頭部、腳、殼及尖的部份，保留尾端。(亦可連尾端也去除，以方便進食。)
2. 雞肉洗淨，去除皮及肥膏；番茄洗淨後切小塊；香茅洗淨後用刀輕拍扁備用，以釋放香味。
3. 煲滾清水，然後放入雞肉及香茅用慢火煲約30分鐘以製作湯底。
4. 放入番茄續煲約20分鐘（如不吃番茄皮，可在這個時候把番茄皮取出），然後加入蝦及九層塔，煲至蝦熟及轉色，以鹽調味即可。

1. Rinse the shrimps, remove the intestines, heads, legs, shells, and sharp parts, leaving the tail on (The tail can also be removed for easier eating).
2. Rinse the chicken fillets; rinse and cut the tomatoes into wedges; rinse the lemongrass and roll it over gently with a knife to release the flavour.
3. Boil water and put in the chicken and lemongrass to simmer for about 30 minutes to prepare the stock.
4. Add the tomatoes and continue cooking for about 20 minutes (The peel of the tomatoes can be removed at this point if desired). Add the shrimps and basil and cook until the shrimps are done and have changed in colour. Season to taste with salt.



以下資料截至二零一六年十二月六日，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 6 December 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
迎龍大酒樓	Cheers Restaurant	8300 8198
金裝嫩奶佬餐廳 (太和街)	Daniel's Restaurant (Tai Wo Street)	2574 4866
金裝嫩奶佬餐廳 (活道)	Daniel's Restaurant (Wood Road)	2838 6500
金裝嫩奶佬餐廳 (景隆街)	Daniel's Restaurant (Cannon Street)	2838 6151
美心MX (波斯富街)	Maxim's MX (Percival Street)	2838 6173
美心MX (堅拿道西)	Maxim's MX (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
盈福小廚	Fortune Kitchen	2697 7317
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 - 警察總部雅膳中餐廳	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯豐西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯豐快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
海皇粥店 (新誠商業大廈)	Ocean Empire Food Shop (Simons Commercial Building)	2575 0417
海皇粥店 (駱克道)	Ocean Empire Food Shop (Lockhart Road)	2891 1902
海皇粥店 (糖街)	Ocean Empire Food Shop (Sugar Street)	2894 8848
泰國人海南雞 (電氣道)	Koon Thai Hai Nam Chicken (Electric Road)	2892 8892
泰國人海南雞 (譚臣道)	Koon Thai Hai Nam Chicken (Thomson Road)	2152 9832
海港薈	Victoria Harbour Supreme	3577 8688
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778
跑馬地萬興茶餐廳	Man Hing Restaurant	2574 9228
富豪金殿 - 富豪香港酒店	Regal Palace Restaurant - Regal Hongkong Hotel	2837 1773
富臨酒家	Fulum Restaurant	2528 2468
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
粵軒 - 六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
新新酒家	Sun Sun Restaurant	2838 2186
漁川米線	Shunde Cuisine	2386 4188
壽司翔太	Sushi Shota	2834 3031
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳 (景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
翠華餐廳 (博匯大廈)	Tsui Wah Restaurant (The Broadway)	2542 2288
翠華餐廳 (駱克道)	Tsui Wah Restaurant (Lockhart Road)	2838 9086 / 2838 9087
翠華餐廳 (謝斐道)	Tsui Wah Restaurant (Jaffe Road)	2892 2633
翠華餐廳 (糖街)	Tsui Wah Restaurant (Sugar Street)	2890 9266
翡翠拉麵小籠包 (世貿中心)	Crystal Jade La Mian Xiao Long Bao (World Trade Centre)	2915 6988
翡翠拉麵小籠包 (時代廣場)	Crystal Jade La Mian Xiao Long Bao (Times Square)	2506 0080
銀龍粉麵茶餐廳 (金利文廣場)	Ngan Lung Restaurant (Richmond Plaza)	2413 1811

銀龍粉麵茶餐廳 (富盛商業大廈)	Ngan Lung Restaurant (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
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
橋底辣蟹 (駱克道429號)	Under Bridge Spicy Crab (429 Lockhart Road)	2573 7698
橋底辣蟹 (謝斐道)	Under Bridge Spicy Crab (Jaffe Road)	2834 6268
龍皇酒家	Dragon King Restaurant	2895 2288
薯仔屋	Small Potato	2890 4884
壹景	Congress Plus	2582 7250
禮頓會	Club Leighton	3198 9805
鐘廚	Chung's Kitchen	8300 8005
麗姐廚房	Liza Veggies	2575 6060
譽宴 (利舞台廣場)	U-Banquet (Lee Theatre Plaza)	2811 9181
譽宴 (信和廣場)	U-Banquet (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) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
Délifrance (Café) (美國萬通大廈)	Délifrance (Café) (Massmutual Tower)	2527 7201
Délifrance (Café) (香港中央圖書館)	Délifrance (Café) (Hong Kong Central Library)	2504 0115
Délifrance (Café) (瑞安中心)	Délifrance (Café) (Shui On Centre)	2802 4465
Délifrance (Café) (駱克道)	Délifrance (Café) (Lockhart Road)	2520 6622
Oliver's Super Sandwiches (新鴻基中心)	Oliver's Super Sandwiches (Sun Hung Kai Centre)	2877 7327
Oliver's Super Sandwiches (銅鑼灣廣場第一期)	Oliver's Super Sandwiches (Causeway Bay Plaza I)	2573 7811
The Herbivores	The Herbivores	2613 2920
Verde Mar	Verde Mar	2810 0888
Wasabi Warriors	Wasabi Warriors	2880 9881

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	2525 0552
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
美心MX (創業中心)	Maxim's MX (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
海濱酒家	Victoria Harbour Restaurant	2836 3282
富臨酒家	Fulum Restaurant	2817 8969
富臨粵之味	Fulum	2815 1088
翠華餐廳 (山頂廣場)	Tsui Wah Restaurant (The Peak Galleria)	2849 2345
翠華餐廳 (威靈頓街)	Tsui Wah Restaurant (Wellington Street)	2525 6338
翠華餐廳 (德輔道中)	Tsui Wah Restaurant (Des Voeux Road)	2815 3000
翡翠拉麵小籠包 (金鐘廊)	Crystal Jade La Mian Xiao Long Bao (Queensway Plaza)	2529 9908
翡翠拉麵小籠包 (國際金融中心)	Crystal Jade La Mian Xiao Long Bao (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
Délifrance (Café) (力寶中心)	Délifrance (Café) (Lippo Centre)	2147 3798
Délifrance (Café) (山頂廣場)	Délifrance (Café) (The Peak Galleria)	2849 2613
Délifrance (Café) (華懋廣場)	Délifrance (Café) (Chinachem Plaza)	2581 4391
Délifrance (Café) (環球大廈)	Délifrance (Café) (World Wide Plaza)	2868 1355
La Parole	La Parole	2436 4099
Oliver's Super Sandwiches (長江集團中心)	Oliver's Super Sandwiches (Cheung Kong Center)	2185 7080
Oliver's Super Sandwiches (和記大廈)	Oliver's Super Sandwiches (Hutchison House)	2466 6381

Oliver's Super Sandwiches (海富中心)	Oliver's Super Sandwiches (Admiralty Centre)	2866 8707
Oliver's Super Sandwiches (萬邦行)	Oliver's Super Sandwiches (Melbourne Plaza)	2526 2685
Wasabi Warriors	Wasabi Warriors	2323 1512

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
百份百餐廳	Hundred Percent Restaurant	2645 9100
百樂門酒家	Joy Cuisine	2580 8183
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 6998
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2818 0070
嘉豪酒家	Ka Ho Restaurant	2552 4022
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2551 1228
稻香	Tao Heung	8300 8136
稻香超級漁港	Pier 88	8300 8173
鐘菜	Chung's Cuisine	8300 8006
LIS Café	LIS Café	3968 8833

東區

Eastern District

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
甘味讚岐手打烏冬專門店 (藍灣半島廣場)	Yummy Handmade Sanuki Udon Restaurant (Island Resort Mall)	2812 9689
百份百餐廳	Hundred Percent Restaurant	2469 8100
迎龍大酒樓	Cheers Restaurant	8300 8199
龍粵	King Shing Chinese Cuisine	2872 6228
美心MX (友邦香港大樓)	Maxim's MX (AIA Hong Kong Tower)	2679 8229
美心MX (杏花新城)	Maxim's MX (Paradise Mall)	2558 8541
美心MX (新翠商場)	Maxim's MX (New Jade Shopping Arcade)	2897 7513
洋紫荊維港遊 (民安)	Harbour Cruise - Bauhinia (Man On)	2802 2886
洋紫荊維港遊 (民樂)	Harbour Cruise - Bauhinia (Man Lok)	2802 2886
洋紫荊維港遊 (民僑)	Harbour Cruise - Bauhinia (Man Kim)	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)	Bangkok Thai Restaurant (King's Road)	2566 9966
曼谷泰菜 (珠璣大廈)	Bangkok Thai Restaurant (Chu Kee Building)	2856 0818
曼谷泰菜 (藍灣廣場)	Bangkok Thai Restaurant (Island Resort Mall)	2568 6800
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
彩福喜宴	Choi Fook Delight Banquet	2566 8289
茗苑漁港	Ming Yuen Fisherman's Wharf Restaurant	2556 2888
茗館小廚燒味	Ming Guan	2886 1987
富臨皇宮 (英皇道)	Fulum Palace (King's Road)	2563 0222
富臨皇宮 (康翠商業中心)	Fulum Palace (The Comm BLK Of Greenwood Terrace)	2889 2200
富臨皇宮 (藍灣半島廣場)	Fulum Palace (Island Resort Mall)	2274 2473
福蘭拉麵	Fukuoka Noodle Restaurant	3488 7550
阿糊米線	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
銀龍粉麵茶餐廳	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	Pier 88	8300 8161
御名軒	Royal Legend	2578 9983
錦江軒食府	Kum Gang Hin Cuisine	2887 3281
龍鳳冰室	Lung Fung Café	2618 3003
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
藝術·家	Les Artistes Café	3426 8918
譽宴	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
Délifrance (Café) (港運城)	Délifrance (Café) (Island Place)	2565 1335
Kim's Spoon	Kim's Spoon	2907 0832
Oliver's Super Sandwiches (太古城中心)	Oliver's Super Sandwiches (Cityplaza)	2886 0200
Oliver's Super Sandwiches (英皇道)	Oliver's Super Sandwiches (King's Road)	2510 0255

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
美心MX (竹園南邨)	Maxim's MX (Chuk Yuen Shopping Centre)	2327 8551
美心MX (黃大仙中心)	Maxim's MX (Wong Tai Sin Shopping Centre)	2321 9331
客家好棧	Hakka Hut	8300 8104
紅蔥頭	Cafe Med	2955 4988
富臨漁港 (越秀廣場)	Fulum Fisherman's Wharf Restaurant (Yue Xiu Plaza)	2320 8088
富臨皇宮 (新光中心)	Fulum Palace (San Kwong Building)	2320 9080
富臨皇宮 (樂富廣場)	Fulum Palace (Lok Fu Plaza)	2794 3883
壽司大	Sushi Dai	3102 1828
翠華餐廳(黃大仙)	Tsui Wah Restaurant (Wong Tai Sin)	2392 9933
翠華餐廳 (新蒲崗)	Tsui Wah Restaurant (San Po Kong)	2324 6486
稻香超級漁港	Pier 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
譽宴	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
美心MX (土瓜灣)	Maxim's MX (To Kwa Wan)	2712 2917
美心MX (半山壹號)	Maxim's MX (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
泰國人海南雞	Koon Thai Hai Nam Chicken	2459 1883
海港酒家	Victoria Harbour Restaurant	2992 0120
彩福皇宴	Choi Fook Royal Banquet	2766 0886
富豪坊	Regal Terrace	2132 1011
渝蔞烤魚	Yu Heung Grilled Fish	2382 4168
富臨皇宮 (馬頭角道)	Fulum Palace (Ma Tau Kok Road)	2310 4201
富臨皇宮 (萬基大廈)	Fulum Palace (Man Kee Mansion)	3192 4788
富臨漁港 (九龍城)	Fulum Fishman's Wharf Restaurant (Kowloon City)	2718 3318
富臨漁港 (明安街)	Fulum Fisherman's Wharf Restaurant (Ming On Street)	2363 2883
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2365 2881
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)	Tsui Wah Restaurant (Jubilant Place)	2760 9828
翠華餐廳(黃埔)	Tsui Wah Restaurant (Whampoa)	2109 0652 / 2109 0653
稻香超級漁港	Pier 88	8300 8177
龍皇酒家	Dragon King Restaurant	2774 6288
潮家	Chiu Ka	2338 3112
嚐在心	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
龍慶酒家	Happiness Cuisine	2712 8168
Bistro Délifrance	Bistro Délifrance	2330 3933
California Pizza Kitchen	California Pizza Kitchen	3152 3313
Oliver's Super Sandwiches	Oliver's Super Sandwiches	2265 7622

油尖旺區

Yau Tsim Mong District

一壽司 (金馬倫道)	Sushi One (Cameron Road)	3575 9898
一壽司 (雅蘭中心)	Sushi One (Grand Tower)	3583 1100
大自然素食 (始創中心)	Gaia Veggie Shop (Pioneer Centre)	2148 1163
大自然素食 (美麗華商場)	Gaia Veggie Shop (Miramar Shopping Centre)	2376 1186
大姆指	Big Top Restaurant	2391 0888
大喜屋日本料理	Daiykiya Japanese Restaurant	2739 0086
川燒	Chuan Shao	2311 1230
大瀛喜日本料理	Daieiki Japanese Restaurant	3622 2211 / 3622 2266
牛角日本燒肉專門店 (大角咀)	Gyu-Kaku Japanese Yakiniiku Restaurant (Tai Kok Tsui)	2702 8128
牛角日本燒肉專門店 (尖沙咀)	Gyu-Kaku Japanese Yakiniiku Restaurant (Tsim Sha Tsui)	2153 1686
牛角日本燒肉專門店 (環華中心)	Gyu-Kaku Japanese Yakiniiku Restaurant (King Wah Centre)	2152 1822
火間土	KAMADO Japanese Dining	2269 5051
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
百樂門膳宴	Joy Cuisine	3910 8388
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
迎龍大酒樓	Cheers Restaurant	8300 8163
東來順	Dong Lai Shun	2733 2020
金皇廷膳宴	Banquet Palace	2770 2328
拉斐特婚禮統籌有限公司	Love Café	2332 1846
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)	Maxim's MX (Sai Yeung Choi Street)	2390 7530
美心MX (旺角東港鐵站)	Maxim's MX (Mong Kok East MTR Station)	2397 6303
美心MX (花園街)	Maxim's MX (Fa Yuen Street)	2782 1669
美心MX (新文華中心)	Maxim's MX (New Mandarin Plaza)	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)	Koon Thai Cuisine (China Hong Kong City)	2878 7666
泰閣 (彌敦道)	Koon Thai Cuisine (Nathan Road)	2393 3068
紅蔥頭 (始創中心)	Cafe Med (Pioneer Centre)	2626 0596
紅蔥頭 (朗豪坊)	Cafe Med (Langham Place)	3514 9322
海皇粥店	Ocean Empire Food Shop	2385 6732
泰國人海南雞 (旺角弼街)	Koon Thai Hai Nam Chicken (Bute Street, Mong Kok)	2668 8202
泰國人海南雞 (油蔴地林蘭街)	Koon Thai Hai Nam Chicken (Portland Street, Yau Ma Tei)	2802 8777
海港酒家 (始創中心)	Victoria Harbour Restaurant (Pioneer Centre)	2369 6380
海港酒家 (維景酒店)	Victoria Harbour Restaurant (Metropark Hotel)	2319 5833
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)	King of Hot Pot (1/F Kamga Mansion)	2380 4441
骨煲皇 (金基大廈地下1-2號)	King of Hot Pot (1-2, G/F, Kamga Mansion)	2380 4441
御苑皇宴 (尖沙咀加拿分)	The Banqueting House (TST Carnarvon)	2722 6768
御苑皇宴 (尖東帝國中心)	The Banqueting House (ETST Empire Centre)	3962 1188
常悅素食	M Garden Vegetarian	2787 3128
彩福皇宴 (尖沙咀)	Choi Fook Royal Banquet (Tsim Sha Tsui)	2766 3538
彩福皇宴 (彌敦道)	Choi Fook Royal Banquet (Nathan Road)	2332 2689
彩福欣宴 (彌敦道)	Choi Fook Eky's Banquet (Nathan Road)	2332 2689
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
富豪軒	Regal Court	2313 8681
富臨酒家	Fulum Restaurant	2770 3386
富臨漁港龍門 (百誠大廈)	Fulum Fisherman's Wharf Restaurant & Pleasant Palace (Pak Shing Building)	2770 6883

富臨漁港龍門皇宴 (協成行)	Fulum Fisherman's Wharf Restaurant & Pleasant Palace (HSH Mongkok Plaza)	2396 2880
蜀一燒	Sichuan BBQ Restaurant	2780 2889
殿大喜屋日本料理	Tono Daiykiya Japanese Restaurant	3622 3000 / 3622 3009
圓方王子飯店	Prince Restaurant	2577 4888
極尚大喜屋日本料理	Deluxe Daiykiya Japanese Restaurant	3188 2882 / 3188 1988
煌府婚宴專門店 (旺角道)	Wedding Banquet Specialist (Mongkok Road)	2180 6138
煌府婚宴專門店 (始創中心)	Wedding Banquet Specialist (Pioneer Centre)	2180 6128
煌府婚宴專門店 (港景匯商場)	Wedding Banquet Specialist (Victoria Mall)	3520 1888
煌府婚宴專門店 (The One)	Wedding Banquet Specialist (The One)	2180 6178
鉄板超	Teppan Chiu Teppanyaki	2787 5135
新昇海鮮酒家	New Star Seafood Restaurant	2780 2226
新發茶餐廳	Sun Fat Restaurant	2388 1713
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠茵閣餐	Green Land Court Restaurant	2104 1118
綠野仙踪	Greenland Corner	2336 6001
綠野林·生·活·素餐廳	Green Woods Raw Café	3428 2416
翠華餐廳 (白加士街)	Tsui Wah Restaurant (Parkes Street)	2384 8388
翠華餐廳 (北海街)	Tsui Wah Restaurant (Pak Hoi Street)	2780 8328
翠華餐廳 (加拿芬道)	Tsui Wah Restaurant (Carnarvon Road)	2366 8250
翠華餐廳 (砵蘭街)	Tsui Wah Restaurant (Portland Street)	2392 3889
翠華餐廳 (港品中心)	Tsui Wah Restaurant (Harbour Crystal Centre)	2722 6600
翠華餐廳 (碧街)	Tsui Wah Restaurant (Pitt Street)	2771 8080
翡翠拉麵小籠包 (港威商場)	Crystal Jade La Mian Xiao Long Bao (Gateway Arcade)	2622 2699
翡翠拉麵小籠包 (環華中心)	Crystal Jade La Mian Xiao Long Bao (King Wah Centre)	2673 3839
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍麵茶餐廳 (通菜街)	Ngan Lung Restaurant (Tung Choi Street)	2380 2566
銀龍麵茶餐廳 (渠友大廈)	Ngan Lung Restaurant (Friend's House)	2721 1155
樂天大喜屋日本料理	Joy Daiykiya 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)	Tao Heung (Star Mansion)	8300 8084
稻香 (荷里活商業中心)	Tao Heung (Hollywood Plaza)	8300 8142
稻香 (新九龍廣場)	Tao Heung (New Kowloon Plaza)	8300 8123
稻香 (愛民商場)	Tao Heung (Oi Man Shopping Centre)	8300 8082
稻香超級漁港 (雅蘭中心)	Pier 88 (Grand Tower)	8300 8168
稻香超級漁港 (彌敦道酒店)	Pier 88 (Nathan Hotel)	8300 8163
稻菊日本料理	Inagiku Grande Japanese Restaurant	2733 2933
樂農	Happy Veggies	2568 8181
靚煲皇小菜坊	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)	U-Banquet (Pioneer Centre)	2811 1983
譽宴 (莊士倫敦廣場)	U-Banquet (Chuang's London Plaza)	2142 8898
譽宴 (The One)	U-Banquet (The One)	2811 9980
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	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)	Oliver's Super Sandwiches (MOKO)	2264 3737
Oliver's Super Sandwiches (奧海城)	Oliver's Super Sandwiches (Olympian City)	2272 4220

觀塘區

Kwun Tong District

🔥 (上海)榮華川菜館	Shanghai Wing Wah (Sze Chuen) Restaurant	2341 0583
🔥 小廚港作	Rocoma Kitchen	3188 0514
🔥 牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	3101 0128
🔥 太興 (淘大商場)	Tai Hing (Amoy Palza)	2243 2068
🔥 太興 (MegaBox)	Tai Hing (MegaBox)	2359 0138
🔥 甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2389 7409
🔥 百份百餐廳 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
🔥 百份百餐廳 (寶達商場)	Hundred Percent Restaurant (Po Tat Shopping Centre)	2697 8100
🔥 百樂門宴會廳	Paramount Banquet Hall	2798 8332
🔥 百樂門國際宴會廳	Paramount International Banquet Hall	2806 8173
🔥 帕爾馬	La Trattoria di Parma	2111 1370
🔥 美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
🔥 美心MX (翠屏商場)	Maxim's MX (Tsui Ping Shopping Circuit)	2763 4180
🔥 美心MX (麗港城商場)	Maxim's MX (Laguna City)	2772 3314
🔥 客家好棧 (大本型)	Hakka Hut (Domain-mall)	8300 8109
🔥 客家好棧 (淘大商場)	Hakka Hut (Amoy Plaza Phase)	8300 8110
🔥 真味鮮廚 (1亞太中心)	Taste Full Kitchen (One Pacific Centre)	3468 5228
🔥 真味鮮廚 (麗港城)	Taste Full Kitchen (Laguna City)	2379 6398
🔥 海皇粥店	Ocean Empire Food Shop	2304 7468
🔥 酒店及旅遊學院 (英語餐飲學會 - 九龍灣) (只供會員)	Hotel and Tourism Institute (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
🔥 海港酒家	Victoria Harbour Restaurant	2379 9089
🔥 御苑皇宴	The Banqueting House	2798 8866
🔥 富臨酒家	Fulum Restaurant	2379 1293
🔥 富臨漁港 (企業廣場)	Fulum Fisherman's Wharf Restaurant (Enterprise Square)	2759 1808
🔥 富臨漁港 (觀塘廣場)	Fulum Fisherman's Wharf Restaurant (Kwun Tong Plaza)	2342 4252
🔥 會所1号 - 九龍東	Club One - Kowloon East	8202 9298
🔥 會所1号 - 海濱長廊	Club One One Bay East	3586 0951
🔥 會所1号 - 郵輪堤岸	Club One - Harbourfront	8209 9223
🔥 煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
🔥 肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
🔥 翠華餐廳	Tsui Wah Restaurant	2343 3866
🔥 銀龍粉麵茶餐廳	Ngan Lung Restaurant	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 (淘大商場)	Tao Heung (Amoy Plaza)	8300 8124
🔥 稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
🔥 慶相逢喜譚	Jubilant Feast Restaurant	2354 8863
🔥 龍皇酒家	Dragon King Restaurant	2955 0668
🔥 德藝會	Telford Recreation Club	8202 2892
🔥 聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3949 4065
🔥 鐘菜	Chung's Cuisine	8300 8010
🔥 嚐越	Deli Viet	3694 0329
🔥 譽宴 (鱷魚恤中心)	U-Banquet (Crocodile Centre)	2811 9788
🔥 譽宴 (MegaBox)	U-Banquet (Megabox)	2811 9323
🔥 California Pizza Kitchen	California Pizza Kitchen	3421 2351
🔥 DéliFrance (Café) (淘大商場)	DéliFrance (Café) (Amoy Plaza)	2757 4518
🔥 DéliFrance (Café) (德福廣場)	DéliFrance (Café) (Telford Plaza)	2756 9565
🔥 "forte"	"forte"	3968 8222
🔥 Kim's Spoon	Kim's Spoon	2707 9936
🔥 Oliver's Super Sandwiches (企業廣場3期)	Oliver's Super Sandwiches (Enterprise Square Three)	2749 7561
🔥 Oliver's Super Sandwiches (創紀之城5期)	Oliver's Super Sandwiches (Millennium City 5)	3148 1101
🔥 Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638

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	3105 0618
🔥 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
🔥 百樂門譚宴	Joy Cuisine	2741 1222
🔥 金裝嫩奶佬餐廳 (美孚新邨)	Daniel's Restaurant (Mei Foo Sun Chuen)	2959 1126
🔥 金裝嫩奶佬餐廳 (順寧道)	Daniel's Restaurant (Shun Ning Road)	2729 6111
🔥 美心MX (青山道)	Maxim's MX (Castle Peak Road)	2742 4679
🔥 美心MX (美孚新邨)	Maxim's MX (Mei Foo Sun Chuen)	2743 2793
🔥 紅蔥頭	Cafe Med	2361 0813
🔥 海皇粥店 (元州商場)	Ocean Empire Food Shop (Un Chau Shopping Centre)	2760 0522
🔥 海皇粥店 (美孚新邨)	Ocean Empire Food Shop (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	2310 8880
🔥 新生餐廳	New Life Restaurant	2777 4726
🔥 新星海鮮酒家	New Star Seafood Restaurant	2991 4903
🔥 賓墟餐廳 (青山道)	Bun Hui Restaurant (Castle Peak Road)	2142 1228 / 2142 1038
🔥 賓墟餐廳 (幸福商場)	Bun Hui Restaurant (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	Pier 88	8300 8171
🔥 Cafe Ateen	Cafe Ateen	2776 6290
🔥 DéliFrance (Café)	DéliFrance (Café)	2242 6669

西貢區

Sai Kung District

🔥 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 (明德商場)	Hundred Percent Restaurant (Ming Tak Shopping Centre)	2271 9100
🔥 百份百餐廳 (景林商場)	Hundred Percent Restaurant (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
🔥 真味鮮廚	Taste Full Kitchen	2703 1877
🔥 海皇粥店	Ocean Empire Food Shop	3417 4059
🔥 海港酒家 (新都中心第一期)	Victoria Harbour Restaurant (Metro City, Phase I)	2703 1860
🔥 海港酒家 (將軍澳中心)	Victoria Harbour Restaurant (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
🔥 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 (尚德商場)	Tao Heung (Sheung Tak Shopping Centre)	8300 8083
🔥 稻香 (新都城)	Tao Heung (Metro City)	8300 8129
🔥 稻香超級漁港	Pier 88	8300 8167
🔥 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
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 (大棠路)	The Vermicelli House (Tai Tong Road)	2442 1000
雲貴軒 (益益路)	The Vermicelli House (Hop Yick Road)	2442 7755
雲貴軒 (朗屏商場)	The Vermicelli House (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 (天盛商場)	Fulum Palace (Tin Shing Shopping Centre)	2377 9978
富臨皇宮 (金龍樓)	Fulum Palace (Kam Lung Mansion)	2470 9923
翠華餐廳	Tsui Wah Restaurant	2651 2033 / 2651 2633
銀龍麵粉茶餐廳	Ngan Lung Restaurant	2254 4999
稻坊	Tao Square	8300 8152
稻香	Tao Heung	8300 8137
稻香超級漁港	Pier 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
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
百樂門譚宴	Joy Cuisine	2450 6338
迎禧大酒樓	Cheers Restaurant	8300 8194
季季紅風味酒家 (華都花園)	Red Seasons Aroma Restaurant (Waldorf Garden)	2404 6663
季季紅風味酒家 (藍地大街)	Red Seasons Aroma Restaurant (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
星堤餐廳 (只限住客)	Café Avignon (Residents Only)	2949 5424
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
雲貴軒 (山景商場)	The Vermicelli House (Shan King Shopping Centre)	2442 7700
雲貴軒 (蝴蝶廣場)	The Vermicelli House (Butterfly Plaza)	2454 2200
雲貴軒 (龍門居)	The Vermicelli House (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 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 (大興邨商場)	Tsui Wah Restaurant (Tai Hing Estate Commercial Centre)	2463 7511

翠華餐廳 (海趣坊)	Tsui Wah Restaurant (Ocean Walk)	2411 1700
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
稻香 (屯門海趣坊)	Tao Heung (Tuen Mun Ocean Walk)	8300 8135
稻香 (建生商場)	Tao Heung (Kin Sang Commercial Centre)	8300 8081
稻香超級漁港	Pier 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 Outlet Cuisine	6671 9115
牛角日本燒肉專門店	Gyu-Kaku Japanese Yakiniiku Restaurant	3693 4338
百份百餐廳 (長亨商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre)	2547 9100
百份百餐廳 (長康邨)	Hundred Percent Restaurant (Cheung Hong Estate)	2954 9100
百份百餐廳 (華景商場)	Hundred Percent Restaurant (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 (石蔭商場)	Maxim's MX (Shek Yam Shopping Centre)	2276 0119
美心MX (石籬商場)	Maxim's MX (Shek Lei Shopping Centre)	2425 0230
美心MX (長發商場)	Maxim's MX (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
茗苑宴會廳 (新葵興廣場)	Ming Yuen Banquet Hall (Sun Kwai Hing Shopping Mall)	2429 6388
茗港酒家 (石蔭商場)	Ming Harbour (Shek Yam Shopping Centre)	2716 6988
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
御苑	China Hall	3955 8008
雲貴軒	The Vermicelli House	2442 3388
富臨皇宮	Fulum Palace	2787 0183
富臨酒家	Fulum Restaurant	2416 1886
權發酒家	Kuen Fat 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
銀龍麵粉茶餐廳 (石蔭商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
銀龍麵粉茶餐廳 (葵芳廣場)	Ngan Lung Restaurant (Kwai Fong Shopping Centre)	3156 1112
銀龍麵粉茶餐廳 (葵盛東商場)	Ngan Lung Restaurant (Kwai Shing East Shopping Centre)	2408 2315
稻香	Tao Heung	8300 8126
稻香超級漁港	Pier 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
咪走雞燒味餐廳	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
彩福喜宴	Choi Fook Delight Banquet	2766 3788
彩福國宴	Choi Fook Luxury Banquet	2766 3788
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	2376 1186
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
甘味讚岐手打烏冬專門店 (新城市廣場)	Yummy Handmade Sanuki Udon Restaurant (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
百樂門饌宴	Joy Cuisine	2692 8022
君好飲食管理有限公司 - 香 港中文大學伍宜孫書院餐廳	Betterment Careting Management Limited - CUHK Wu Yee Sun College Canteen	2603 0007
君好飲食管理有限公司 - 眾志堂學生膳堂	Betterment Careting Management Limited - Chung Chi Tang Student Canteen	2603 6168 / 3188 4757
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
金裝嫩奶佬餐廳 (頌安商場)	Daniel's Restaurant (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
美心MX (沙田中心)	Maxim's MX (Shatin Centre)	2605 5873
突破青年村	Breakthrough Youth Village	2632 0100
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
海皇粥店 (迎濤灣商場)	Ocean Empire Food Shop (Marbella)	2613 1262
海港燒鵝海鮮酒家 (美林商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Mei Lam Shopping Center)	2321 6119
海港燒鵝海鮮酒家 (馬鞍山中心商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Ma On Shan Centre)	2630 9818
曼谷泰菜	Bangkok Thai Restaurant	2606 3882
彩福皇宴	Choi Fook Royal Banquet	2766 2848
雅典居住客會所 (只供住客)	Villa Athena Club House (Residents Only)	2633 4318
越潮越南餐廳	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)	Crystal Jade La Mian Xiao Long Bao (New Town Plaza)	2699 9811
翡翠拉麵小籠包 (新港城中心)	Crystal Jade La Mian Xiao Long Bao (Sunshine City Plaza)	2591 5988
嘉豪酒家	Ka Ho Restaurant	2602 3228
醉月樓	Dream Catering Limited	2697 7832
稻香	Tao Heung	8300 8087
稻香超級漁港 (沙田正街)	Pier 88 (Sha Tin Centre Street)	8300 8178
稻香超級漁港 (馬鞍山)	Pier 88 (Ma On Shan)	8300 8179
嫩奶佬餐廳	Daniel's Restaurant	2648 6778
龔慶酒樓	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
百份百餐廳 (華心商場)	Hundred Percent Restaurant (Wah Sum Shopping Centre)	2445 8100
海皇粥店 (名都商場)	Ocean Empire Food Shop (Sheung Shui Town Centre)	2698 3699
海皇粥店 (名都廣場)	Ocean Empire Food Shop (Fanling Town Centre)	2682 3798
海港酒家	Victoria Harbour Restaurant	2339 0121
桃園粥麵 · 小廚 (華心商場)	Tao Yuen (Wah Sum Shopping Centre)	2452 1200
桃園粥麵 · 小廚 (嘉福商場)	Tao Yuen (Ka Fuk Shopping Centre)	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
稻香超級漁港	Pier 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
閣府統請	Hop Fu Tong Ching	2256 1335
Délifrance (Café)	Délifrance (Café)	2234 5668

荃灣區

Tsuen Wan District

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
百樂門宴會廳 (英皇娛樂廣場)	Paramount Banquet Hall (Emperor Plaza)	2419 0348
百樂門饌宴 (帝盛酒店)	Joy Cuisine (Dorsett Hotel)	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)	Daniel's Restaurant (Tai Pa Street)	2498 5662
金裝嫩奶佬餐廳 (99廣場)	Daniel's Restaurant (99 Plaza)	2439 9728
美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
美心MX (荃錦中心)	Maxim's MX (Tsuen Kam Centre)	2498 9401
美心MX (樂悠居)	Maxim's MX (Indihome)	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
殷悅中菜廳	Yin Yue	2409 3182
泰國人海南雞	Koon Thai Hai Nam Chicken	2660 6999
海港酒家	Victoria Harbour Restaurant	2615 0326
彩福皇宴 (荃灣)	Choi Fook Royal Banquet (Tsuen Wan)	2766 2388
彩福欣宴 (荃灣)	Choi Fook Eky's Banquet (Tsuen Wan)	2766 2388
魚鮨	Sakana Sushi	2336 8555
雲貴軒	The Vermicelli House	2402 2220
富臨	Fulum	2755 6282
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2409 0883
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳	Tsui Wah Restaurant	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)	Ngan Lung Restaurant (22 Chung On Street)	2416 6990
銀龍粉麵茶餐廳 (眾安街122號)	Ngan Lung Restaurant (122 Chung On Street)	2416 1922
銀龍粉麵茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0288
稻坊	Tao Square	8300 8164
稻香	Tao Heung	8300 8125
歐陸關係	Europe Concept	2613 2938
樂農	Happy Veggies	2490 9882
潮館	Chao Inn	8300 8149
嫩奶佬餐廳	Daniel's Restaurant	2577 1755
爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
豐盛閣	Harvest Restaurant	3411 8836 / 3411 8837
- 挪亞方舟度假酒店	- Noah's Ark Hotel and Resort	
BALCONY 歐陸餐廳	BALCONY	2409 3226
Délifrance (Café)	Délifrance (Café)	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
空港居酒屋 - 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
南島書蟲	Bookworm Café	2982 4838
香港飛機工程有限公司基地 維修3A機庫 (職員餐廳)	Hong Kong Aircraft Engineering Company Limited (Aircraft Hanger No.3) (Staff Canteen)	2286 0238
索迪斯 (香港) 有限公司 - 香港電燈南丫島發電廠 職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, the Hongkong Electric Company Limited (Staff Only)	2388 8682
浪濤軒	Concerto Inn	2982 1668
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (富豪廣場)	Tsui Wah Restaurant (Fu Tung Plaza)	2811 2877
翠華餐廳 (機場)	Tsui Wah Restaurant (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
BÉBÉ V	BÉBÉ V	2982 8212
Bistro Délifrance	Bistro Délifrance	2109 4187
Délifrance (Café)	Délifrance (Café)	2261 2056



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