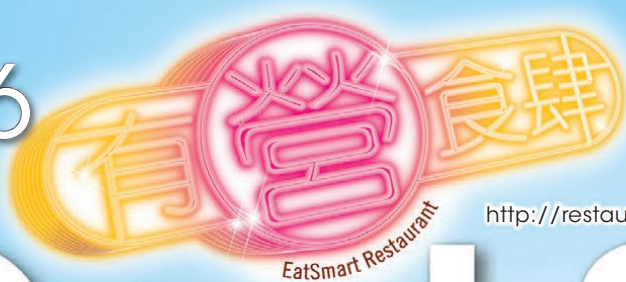


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EatSmart Restaurant

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



CookSmart

營廚

馬貫東
健康輕食迎夏日
Healthy Light Meals for Summer

MARK MA





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.

編者的話 Editor's Words	1
「有營食肆」新店登場 Newly Registered EatSmart Restaurants (ESR)	2-5
滋味特集 Feature Article	6-7
新鮮出爐 Cover Story	8-11
同營養師行街 Guide Dietitian Guide	12-15
「有營食肆」實錄 EatSmart Restaurants Snaps	
• 翡翠拉麵小籠包 Crystal Jade La Mian Xiao Long Bao	16-17
• 北海道活壽司 Hokkaido Katsu Sushi	18-19
炮製色香味 EatSmart Recipes	
• 意大利雜菜湯 Minestrone Genovese	20-21
• 豆瓣菠菜 Sautéed Spinach with Beans	22-23
• 海老牛油果軍艦壽司 Shrimp Avocado Gunkan Sushi	24-25
• 白菌米紙卷 Vietnamese Rice Paper Rolls with Mixed Mushrooms	26-27
• 涼拌茄子凍 Cold Eggplant	28-29
「適」飲「適」食 Diabetes-friendly Recipes	
• 冬菇四季豆鮮竹結 Bean Curd Sticks with Chinese Black Mushrooms and Green Beans	30-31
• 白玉雜菜粒湯 Winter Melon Soup	32-33
「有營食肆」 EatSmart Restaurants	34-39
營樂無窮 Snapshots	40-41

CookSmart

營廚

編者的話 Editor's Words

夏日炎炎，容易令人食慾大減，近年流行的輕食似乎是一個不錯的選擇。然而，輕食雖然分量不多，看似輕巧，但如選擇不當，就有機會攝取過多脂肪、糖或鹽，有損健康。今期《營廚》將為讀者介紹一些健康美味的營養輕食餐，亦會有營養師向大家講解多款輕食的營養價值，另外還會透過「『適』飲『適』食」專欄向各位介紹兩款適合糖尿病人的食譜。今期《營廚》定能為你帶來一個健康有「營」的夏天！

When the scorching summer heat blunts our appetites dramatically, light meals, which have become popular in recent years, would appear to be a good choice. Even though the portion of a light meal is not big at all, or even seems small, one's health may still be impaired with an excessive intake of fat, sugar or salt if eating inappropriately. This issue of CookSmart is going to introduce to readers healthy, delicious and nutritional light meals. Our dietitians will then explain the nutritional values of various light meal ingredients. Through the column of "Diabetes-friendly Recipes", two recipes that fit the needs of diabetics will also be introduced. This issue of CookSmart can definitely bring you a healthy and "eat smart" summer in style!

常用分量換算 Conversion of Common Measurement Units

1 兩 = 37.5 克	1 tael = 37.5 g
1 茶匙 = 5 毫升	1 teaspoon = 5 mL
1 湯匙 = 15 毫升	1 tablespoon = 15 mL
1 量杯 = 240 毫升	1 cup = 240 mL
1 中號碗 = 250-300 毫升	1 medium bowl = 250-300 mL



西餐
Western
Cuisine



La Parole

有營菜式推介

Recommended ESR dishes



新鮮海蝦配小椰菜、
椰菜及椰菜花
Prawn with Brussel Sprout,
Cabbage and Cauliflower



新鮮士多啤梨乳酪
Healthy Yoghurt with
Fresh Strawberries

La Parole
Fine Food and Wine



La Parole 致力提供傳統法國餐飲，竭誠以口味正宗和製作精美的法國菜取悅每位顧客。我們務求以新鮮頂級的食材和殷勤親切的服務，來令顧客體驗奢華的味覺享受。

La Parole is dedicated to traditional French cuisine, intended to delight every diner with authentic French flavours and artistic dish presentation. We insist on using only the freshest and finest ingredients, as well as offering the best service, to amuse our diners with luxurious culinary journeys.

- 上環文咸東街 22-26 號柏廷坊 3 樓
3/F, The Pemberton, 22-26 Bonham Strand,
Sheung Wan
- 2436 4099

中菜
Chinese
Cuisine



麥明記 Mak Ming Noodles

有營菜式推介

Recommended ESR dishes



薑蔥牛仔肉撈麵
Tossed Noodles with
Poached Veal Slices



粟米竹筍粥
Corn and Bamboo
Fungus Congee

麥明記
MAK MING NOODLES
嫡傳雲吞麵



本中式麵店的傳統雲吞麵遠近馳名。我們除致力為客人提供傳統美味麵食外，亦十分關心他們的健康，故此特別著重食物選材及烹調方法，務使他們享用健康有益的美食。

We are a Chinese noodles restaurant famous for wonton noodles. While offering traditional and delicious noodles, we care about our customers' health as well. It is for this reason that we pay special attention to ingredients selection and cooking methods, so as to bring healthy and nutritious food to our customers.

- 西環皇后大道西 309 號地下
G/F, No. 309, Queen's Road West, Sai Wan
- 2633 2368

其他店舖資料可參閱第 35 頁。
For other restaurant's information, please refer to page 35.



彩福皇宴 Choi Fook Royal Banquet

有營菜式推介

Recommended ESR dishes



伴水芹香水中花
Stir-fried Seasonal Green
with Lotus Root



炒芙蓉素雪
Wok-fried Crab Meat and
Fungus with Scrambled Egg
White and Milk



其他店舖資料可參閱第 34 至 36 頁及 38 至 39 頁。
For other restaurants' information, please refer to page 34 to 36 and page 38 to 39.



彩福皇宴（沙田店）毗鄰港鐵馬鞍山綫石門站，地點方便。本店除設有戶外空中花園，為新人提供多個拍攝場景外，亦設有樓底特高和無柱間隔，兼且氣派萬千的室內宴會場地，實為各式宴會之首選。此外，本中菜廳每日提供精美粵式點心小菜，給客人多種選擇。

Choi Fook Royal Banquet (Sha Tin shop), adjacent to the Shek Mun Station on the MTR Ma On Shan Line, offers easy accessibility to all customers. We are not only equipped with over a dozen of outdoor shooting scenes for wedding couples, but also a high ceiling banquet hall designed without any column, making it a lavish and preferred venue for all kinds of banquets. Besides, we offer exquisite dim sum and other Cantonese dishes, rendering our customers a great variety of food choices.

- 📍 沙田石門安群街 3 號京瑞廣場 1 期 3 樓
3/F, Kings Wing Plaza 1, No. 3 On Kwan Street,
Shek Mun, Sha Tin
- ☎ 2766 2848

西餐 Western Cuisine



歐陸關係 Europe Concept

有營菜式推介

Recommended ESR dishes



素意粉
Vegetarian Spaghetti



雜菜沙律
Mixed Vegetables Salad



歐陸關係以健康環保的速食理念經營，提供傳統美味西餐之餘，亦以大眾化價錢為客人提供優質食品，包括多款精美甜品。為了令大家食得健康和開心，我們更推出「有營菜式」供顧客選擇。

"Europe Concept", operating under the healthy and environmentally friendly fast-food concepts, provides traditional, delicious and quality Western dishes (including various exquisite desserts) at affordable prices. To promote health and joyful dining experience, we also provide our customers with "EatSmart Dishes".

- 📍 荃灣荃興徑 2 號昌泰大廈地下 4 號 B 舖
Portion B of Shop 4 on G/F, Cheong Tai Building,
2 Tsuen Hing Path, Tsuen Wan
- ☎ 2613 2938



香港 01 空間

HK01 SPACE

有營菜式推介

Recommended ESR dishes



芝麻手撕雞薄餅卷
Sesame Shredded
Chicken Wrap



紅菜頭粟米
藜麥沙律 (柚子汁)
Beetroot, Sweet Corn, and
Quinoa Salad (Yuzu Dressing)



香港 01 空間不只是一間咖啡店，也是一個共用空間，讓你於體驗和分享美食的同時，也可以發掘本地的創意和參加多元化的活動。

HK01 SPACE is more than just a cafe, but rather a communal space to share ideas and thoughts while grabbing a bite to eat. Using HK01 SPACE, we encourage creativity and seek inspirations from the incredible diversity that Hong Kong has to offer.



- 灣仔皇后大道東 127 號
127 Queen's Road East, Wan Chai
- 6589 0101

西餐

Western Cuisine



Grove Café

有營菜式推介

Recommended ESR dishes



藜麥水耕菜沙律
Quinoa and
HydroVeg Salad



田園野菌香草長通粉
Wild Mushroom Penne



Grove Café (香港大學分店) 是我們第一間在大學開設的分店，目標是為大學生和教職員帶來高質素及新鮮健康的美食。我們亦提供多種食品選擇，例如皇牌特色三文治、美味的中西菜式、新鮮沙律和果汁等。

Grove Café (HKU) is our first outlet in university. Our goal is to bring great quality, fresh and healthy gourmet food to university students and staff. We offer a wide variety of food choices, e.g. ingenious sandwiches, yummy Chinese and Western cuisines, freshly made salads and fruit juices.

- 香港大學百周年校園賽馬會教學樓 LG/F A 舖
Shop A, LG/F, The Jockey Club Tower, Centennial
Campus, The University of Hong Kong
- 2530 0043

其他店鋪資料可參閱第 35 頁。
For other restaurant's information, please refer to page 35.

快餐
Fast Food



Grove Sandwiches

有營菜式推介

Recommended ESR dishes



時令鮮果杯

Seasonal Fresh Fruit Cup



刁草蜜糖芥末 煙三文魚三文治

Smoked Salmon with Dill
Honey Mustard Sandwiches



Grove Sandwiches 於 2002 年開業，由一家小型三文治店發展成至今已擁有 16 間店舖的連鎖店，遍佈全港大型商業大廈、商場和多間大學。多年來，Grove 致力為顧客提供優質和價錢合理的三文治及輕食。

Grove Sandwiches, established in 2002, has developed from a small sandwich shop to a chain of 16 outlets located in leading business buildings, shopping malls and universities throughout Hong Kong. Grove aims to provide customers with an array of high quality and affordable sandwiches and light food.



上環永樂街 50 號昌盛大廈地下
G/F, CS Tower, 50 Wing Lok Street, Sheung Wan



2851 1198

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

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

歡迎加入成為
Welcome to join as an



「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。

你可有想過成為「有營食肆」，推廣你的品牌和菜式？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.

Have you ever considered becoming an EatSmart Restaurant to promote your brands and dishes?
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>.



參加「有營食肆」運動的費用全免

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

輕食選擇得宜 有助預防缺

鐵性貧血

Choose the right light meals to help
Combat IRON Deficiency Anaemia

夏季將至，不少人因而多選輕食。健康飲食重量也重質，因此吃得簡單適量之餘，也要注意攝取足夠營養。鐵質是其中一種較易攝取不足的營養素，尤其是周期性失血的女性，更易缺乏鐵質。

鐵質是一種身體必需的礦物質，是製造紅血球的主要元素。如缺乏鐵質，會增加患缺鐵性貧血的機會，以致面色蒼白，容易疲倦，還可能減低身體抵抗力。要預防缺鐵性貧血，可參照「健康飲食金字塔」的原則飲食，適量進食含豐富鐵質的食物。

食物中的鐵質可分為動物和植物兩個來源，而動物性鐵質較易被人體吸收。含豐富鐵質的食物例子包括：

- 動物來源：肉類（如牛、豬、雞等）、海產（如蝦、蠔、蜆等）、蛋類等。
- 植物來源：乾豆類及黃豆製品（如紅腰豆、黃豆、腐竹等）、種子及果仁（如南瓜子、芝麻、杏仁等）、添加了鐵質的早餐穀物等。

As summer is about to come, many people would incline to take more light meals. Both quality and quantity are important in healthy diets, so we do not only need to eat simply and adequately, but also nutritiously. Iron deficiency is one of the commonest nutritional deficiencies. Women suffering from periodic blood loss are especially prone to this disorder.

Iron is an essential mineral required by our bodies mainly for producing red blood cells. If iron deficiency arises, iron deficiency anaemia will be more likely to occur. It will also cause pale face, proneness to fatigue and may weaken our immune systems. To prevent iron deficiency anaemia, we may refer to the “Healthy Eating Food Pyramid” nutrition principle and eat iron-rich food in moderation.

Dietary iron comes from two sources, namely animal and plants. Iron from the animal source is easier for us to absorb. Foods rich in iron include:

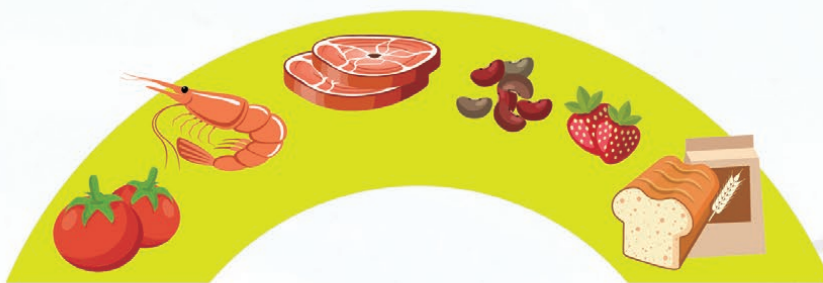
- Animal source: Meats (e.g. beef, pork and chicken), seafood (e.g. shrimps, oysters and clams), eggs, etc.
- Plant source: Dried beans and soy bean products (e.g. kidney beans, soybeans and tofu sheets), seeds and nuts (e.g. pumpkin seeds, sesame seeds and almonds), breakfast cereals added with iron, etc.

三文治、沙律和粉麵是常見的輕食選擇，建議加入以上食物作配料，以增加攝取鐵質。綠色蔬菜（如菠菜、莧菜、枸杞等）和全穀物（如糙米、全麥麵包等）比其他蔬菜和精製穀類（如白米、白麵包等）含較多鐵質，素食人士可藉此增加攝取鐵質。

加入含豐富維生素 C 的蔬果為配菜，例如橙、奇異果、士多啤梨、木瓜、柚子、番茄、燈籠椒等，可幫助吸收鐵質。因此，大家不妨在餐後吃一個水果，既美味又健康！

Sandwiches, salad, and vermicelli and noodles are common choices for light meals. It is recommended to add the foods above as ingredients for light meals, so as to increase iron intake. Green vegetables (e.g. spinach, Chinese amaranths and Chinese wolfberries) and whole grain food (e.g. brown rice and whole wheat bread) contain more iron than other vegetables and refined grains (e.g. white rice and white bread). Vegetarians can eat these foods to enhance iron intake.

Adding vegetables and fruit rich in vitamin C, e.g. oranges, kiwi fruits, strawberries, papayas, pomelos, tomatoes and bell peppers, to dishes can help iron absorption. So why don't we eat fruit after meals, for both enjoyment and health?



以下是一些輕食例子

The followings are some examples of light meals:

類別 Category	例子 Example	鐵質來源 Source of Iron	維生素 C 來源 Source of Vitamin C
三文治 Sandwich	- 番茄焗蛋全麥三文治 Whole wheat sandwich with tomato and egg - 雞肉全麥三文治及鮮橙汁 Whole wheat sandwich with chicken and fresh orange juice	雞蛋、雞肉及全麥麵包 Egg, chicken and whole wheat bread	番茄及橙汁 Tomato and orange juice
沙律 Salad	- 紅黃椒鷹嘴豆沙律 Salad with red and yellow peppers and chickpeas - 香草檸檬雜錦乾豆沙律 Assorted dried beans salad with herbs and lemon	鷹嘴豆及乾豆 Chickpeas and dried beans	紅黃椒及檸檬 Red and yellow peppers, and lemon
粉麵 Vermicelli and Noodles	- 番茄鮮牛肉米粉及灼芥蘭（走油） Rice vermicelli with tomato and beef and blanched Chinese kales (without oil) - 紅腰豆西蘭花螺絲粉 Gemelli with red kidney beans and broccoli	牛肉及紅腰豆 Beef and red kidney beans	番茄、芥蘭及西蘭花 Tomato, Chinese kales and broccoli



健康輕食迎夏日

馬貫東 Healthy Light Meals for Summer Mark MA



人稱「十仔」的馬貫東 (Mark) 求學時已熱愛戲劇，自電視台藝員訓練班畢業後入行，參演多部電視劇和處境劇，令人印象深刻。

Mark MA, alias "Sup Tsai" (the Tenth Brother), has already been interested in drama since school days. He joined the show business after enrolling in an acting class run by a television station. He has left a good impression among television viewers after playing a number of roles in drama series and situation comedies.

體會真味

Savouring the Genuine Flavour

藝人時常面對鏡頭，鏡頭後，Mark 愛拿著相機，將簡單的花草、鳥和人拍出味道。正如他愛簡單樸實的食物，從中體會真味。

Mark 說：「我入行前，體重曾達 180 磅，後來開始健身。教練介紹的餐單以雞肉及魚肉為主，配以大量蔬菜，令我養成了較簡單和清淡的飲食習慣。」他續說：「健康飲食配合恆常運動，令我的肌肉保持結實，同時也提升了個人精神狀態，反應較靈敏，對於日常演藝工作也有幫助。」

Actors are always shot under camera. While off the camera, Mark is particularly fond of capturing the genuine natures of such simple subjects as plants, birds and human beings by photography. This is just similar to his preference on savouring the genuine flavours from no-frills food.

"I once weighed 180 pounds before joining the show business. Then I decided to work out. The diets recommended by my fitness trainer comprised mainly of chicken, fish and plenty of vegetables. Since then, I have developed a simpler and lighter eating habit." Mark continued, "Regular exercise and consumption of healthy food enable me to maintain a firm body and foster mental sharpness. All these are beneficial to my acting career."



輕食簡餐 清淡美味

Delightful Light Meal

Mark 在假期及工餘時間，也會自己下廚。他喜愛一些簡單清淡的菜色，如蒸魚、蒸蛋等。他說：「用青蔥及瘦肉蒸蛋，清新又可口。」Mark 也喜歡中式湯，如瓜菜湯、番茄湯、青紅蘿蔔煲瘦肉湯等，健康又有益。

Mark 補充說：「只要食材配合得宜，就算以少油、少鹽和少糖的方法烹調，也可以煮出美味的菜色。」

Mark 也曾自製輕食，如三文魚生菜三文治、手拍青瓜等，既輕盈又不油膩。Mark 說：「日常拍攝工作時，多數都只提供外賣飯盒，我會選吃去皮雞肉飯。」

Mark likes to cook after work or on holidays. He prefers light-flavoured dishes, such as steamed fish and steamed egg. "Steamed egg, combined with spring onion and lean pork, is both refreshing and flavourful." Chinese soups are also his favourite, e.g. gourd soup, tomato soup, and soup with red carrots, green radishes and lean pork, all of which are healthy and nutritious.

Mark added, "As long as food ingredients are well combined, dishes cooked with less oil, salt and sugar can also be tasty."

Mark had prepared his own light dishes, such as sandwich with salmon and lettuce, and chilled tossed cucumber, both of which are light and non-greasy. He said, "At shooting locations where only lunch boxes are provided, I tend to choose rice with skinless chicken."





運動修身 身心舒暢

*Exercise Promotes Physical Fitness
and Mental Health*

Mark 除了健身，閒時亦會跑步和踢足球。

2002 年，Mark 與一班熱愛足球的藝員同事組成無間體育會，經常與公司同事及其他機構職員比賽，不經不覺已維持了超過十年，現時每月都會相約隊友練習或比賽。

Mark 說：「跑步令我放鬆心情，頭腦清晰，而踢足球則能使我更集中和專注。」Mark 自言現時工作較繁忙，晚上會在家裏做掌上壓、仰臥起坐等，以維持適當運動量。

Besides working out, Mark also runs and plays football at leisure. In 2002, he formed a football team with fellow artistes who were enthusiastic in the sport. They regularly held football matches with other colleagues and staff from other organisations. This team has been in existence for over 10 years and is still regularly holding practices and matches every month.

Mark said, "Running allows me to relax and clear my mind, while football playing keeps me focused." As he has a busy schedule, he does press-ups and sit-ups at home to maintain adequate physical activity levels.





馬貫東的 至營之選

Mark's Healthy Choices



鮮蝦茄汁長通粉配紅洋蔥及甜燈籠椒

Penne with Prawns, Spanish Onion and Sweet Bell Pepper in Tomato Sauce



「鮮蝦爽口彈牙，燈籠椒清甜，配以番茄、洋蔥等，清新可口。」

"The prawns are firm and bouncy, whilst the bell pepper is fresh and sweet. Matched with tomato and onion, the dish becomes a refreshing treat."



意大利香草包配烤燈籠椒及火箭菜

Triple Decker with Roasted Pepper and Arugula in Herb Focaccia



「麵包配青瓜及多種蔬菜，加上口感豐厚的大蘑菇，香脆清新。」

"The sandwich is filled with cucumber and assorted vegetables, which are fresh and crunchy. The portobello mushroom adds richness to the mouthfeel."



蜜梨、合桃及法式蔬菜沙律配黑醋汁

Mesclun Green Salad with Pear, Walnut in Balsamic Vinaigrette



「清新的沙律菜配爽甜的蜜梨，非常開胃，加入合桃，倍添口感。」

"This salad combines the fresh flavours of vegetables, the sweetness of pears and the crunchiness of walnuts, making it a super appetizing treat."



焗銀鱈魚配番茄醬

Black Cod with Basil Tomato Chutney



「銀鱈魚焗得外脆內嫩，番茄醬汁甜酸適中，香而不膩。」

"The cod fillet is tender inside and crispy outside. It is dressed by a tomato sauce, which is sweet and sour, pleasant in smell and non-greasy."



地點和菜色提供：歐陸餐廳
Venue and dishes: Balcony

輕食主義多面睇

Viewing Light Mealism from Different Perspectives

夏日將至，炎熱的天氣總令人胃口不振，輕食似乎是一個不錯的選擇。輕食主義不僅是一種低熱量、均衡、天然、清淡和七分飽的健康飲食概念，亦是一種崇尚簡約的生活態度。一般而言，輕食分量不多但可以果腹，是主餐或兩頓主餐（即早餐、午餐和晚餐）之間的小吃。然而，輕食須吃得其法，才能兼顧健康和營養。營養師鍾素珊 (Susan) 會與你分享如何吃得健康又有「營」。

Summer is coming close. When you find yourself lack of appetite in hot weather, a light meal can perhaps be a good solution. Light mealism refers to a low calorie, balanced, natural, light flavoured and 70-percent-full healthy eating concept which highlights simple lifestyle. Generally, a light meal is a small portioned yet filling meal or quick snack between main meals (breakfast, lunch and dinner). Susan CHUNG, dietitian, shares with you some tips on choosing light meals.

不同配搭 營養均衡

Consuming a Variety of Foods to Attain Balanced Diet

Susan 指出健康飲食需要注重「三低一高」，即低油、低鹽、低糖和高纖。同時，因應性別和體能活動量的不同，每人每天所需的熱量和營養素都會有所不同。Susan 解釋不同食物所含的營養素相異，因此要達至均衡營養，必須進食不同食物。無論是主餐或小吃，只要依照健康飲食原則，就可以吃得健康。

Susan 補充：「各種中西美食配搭都可以是不錯的輕食選擇，如海鮮或雞肉意大利粉、冬瓜粒肉碎湯飯、雜錦海鮮烏冬、番茄蛋三文治、雜菜沙律等，不但美味可口，亦含不同營養素。」

Susan pointed out that, to attain healthy diets, the “3 Low 1 High” principle should be observed, i.e. consuming foods low in fat, sodium and sugar but high in dietary fibre. However, a person's daily needs for energy and other nutrients vary with gender and activities. She explained that different foods contain different nutrients, so a variety of foods from each food categories must be consumed to achieve balanced diets. No matter what meal it is, be it a main meal or snack, we should still adopt the principle of healthy diets.

Susan added, “Both Chinese and Western foods offer different kinds of healthy light meals, e.g. pasta with seafood or chicken, rice in soup with winter melon and diced pork, udon in soup with assorted seafood, sandwich with tomato and egg, and assorted vegetables salad. They are not only delicious, but also nutritionally diversified.”



▲ 鍾素珊 Susan CHUNG

加拿大註冊營養師
香港營養學會
Registered Dietitian (Canada)
Hong Kong Nutrition Association



健康煮食 自然風味

Healthy Cooking Methods and Natural Flavours

Susan 建議大家選擇輕食時，多揀選以蒸、灼、焗、少油快炒等較健康烹調方法的菜式，可減少攝取脂肪。Susan 表示相同的食材如採用不同的烹調方法，兩者的熱量和脂肪量可以相差很大。例如 100 克的炸蔬菜所含的熱量和脂肪量（表 1）分別是等重白灼生菜的 10 倍和 4.9 倍（表 2）。

至於食物方面，Susan 建議大家應避免選擇罐頭肉類和加工肉類（如火腿、五香肉丁、香腸、午餐肉等），因為這些食物經醃製或加工會含較多鈉，例如 100 克熱狗已含有 684 毫克鈉（表 1），鈉含量為 100 克烤牛肉潛艇三文治的 1.7 倍（表 2）。

Susan suggested to have dishes cooked by steaming, blanching, baking and quick stir-frying with little oil to reduce fat intake. She expressed that the calories and fat content of the same foods may vary greatly when cooked by different methods. For instance, a 100g of coated and deep-fried vegetables contains 10 times the calories and 4.9 times the fat (Table 1) of the same weight boiled headed lettuce (Table 2).

For food selection, Susan recommended to avoid canned and processed meat (e.g. ham, spiced pork cubes, sausages and luncheon meat) as preserved and processed food usually contains high sodium content. A 100g of hotdog, for instance, already contains 684mg of sodium (Table 1), which is 1.7 times of that of the same weight submarine sandwich with roast beef (Table 2).



輕食小吃 識揀識食

Make Smart Choices for Light Meals

Susan 說：「一些輕食小吃，雖然分量不多，但熱量和脂肪含量頗高，例如 100 克炸雲吞所含熱量和脂肪分別是 420 千卡和 29 克（表 1）。相比之下，100 克鮮蝦腸粉所含熱量和脂肪只有 100 千卡和 2.2 克（表 2）。」

Susan 表示揀選麵食時亦要留意，油麵、伊麵和即食麵於製作時通常以油炸處理，油分較高，不宜多吃，故建議選擇以魚湯、蔬菜湯配米線、米粉、烏冬、蕎麥麵、全蛋麵等較為健康的配搭。

Susan said, "Some light meals or snacks may not be healthy options even though their portions are smaller. They can be high in calories and fat. A 100g of deep-fried wonton, for example, contains 420 calories and 29g of fat (Table 1). Alternatively, a 100g of steamed rice-flour roll with shrimps only contains 100 calories and 2.2g of fat."

In addition, Susan reminded us to be vigilant on the fat content of noodles, as fresh oil noodles, E-Fu noodles and instant noodles are dehydrated by deep-frying in food processing. She therefore recommended us to limit from overeating such noodles and opt for healthier choices, such as rice noodle, rice vermicelli, udon, soba and egg noodles with fish or vegetable soup.



熱量、碳水化合物、蛋白質、脂肪和鈉含量比較

Comparison on Calories, Carbohydrates, Protein, Fat and Sodium

少吃為佳 - 較高熱量和濃味的食物

Foods to Avoid: Food Relatively High in Calorie and Strong Flavoured

食物類別 Foods (每 100 克 per 100g)	熱量 Calories (千卡 kcal)	碳水化合物 Carbohydrates (克 g)	蛋白質 Protein (克 g)	脂肪 Fat (克 g)	鈉 Sodium (毫克 mg)
咖喱魚蛋 Curry fish ball	130	16	8.7	2.8	950
炸雲吞 Deep-fried wonton	420	31	9.7	29	440
炸蔬菜 (蘸炸漿) Coated and deep-fried vegetables	247	21.2	18.4	9.7	260
辣雞肉沙律 Chicken hot salad	121	7.9	14.3	3.2	710
芝士火腿三文治 Ham and cheese sandwich	260	29	11	11	740
熱狗 Hotdog, plain	247	18.40	10.60	14.84	684
五香肉丁即食麵 Instant noodles in soup with spicy minced pork	150	13	6.6	8.2	460
叉燒飯 Steamed rice with barbecued pork	200	26	7.3	7.1	250
乾燒伊麵 Braised E-Fu noodles	190	18	5.0	11	420
酥皮忌廉湯 Cream soup with puff pastry	130	9.9	3.3	8.2	350

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





精明輕食之選 - 較低熱量和淡味的食物 Smart Choice for Light Meals: Food Relatively Low in Calorie and Light Flavoured



食物類別 Foods (每 100 克 per 100g)	熱量 Calories (千卡 kcal)	碳水化合物 Carbohydrates (克 g)	蛋白質 Protein (克 g)	脂肪 Fat (克 g)	鈉 Sodium (毫克 mg)
粉皮 Starch jelly sheet, cooked	62	15.0	0.2	0.3	3.9
鮮蝦腸粉 Steamed rice-flour roll with shrimps	100	17	3.9	2.2	150
白灼生菜 Boiled headed lettuce	24	0.60	0.87	2.0	23
雜菜沙律 Salad, vegetable, tossed	16	3.22	1.25	0.07	26
番茄蛋三文治 Tomato and egg sandwich	190	16	8.3	10	220
烤牛肉潛艇三文治 Submarine sandwich, with roast beef	190	20.51	13.26	6.00	391
冬瓜肉粒湯飯 Rice in soup with winter melon and diced pork	81	15	3.9	0.71	210
鮮魚片湯米粉 Rice vermicelli in soup with sliced freshwater fish	67	10	3.8	1.1	230
雜錦海鮮湯烏冬 Udon in soup with assorted seafood	58	8.1	4.4	0.9	290
南瓜湯 Soup, pumpkin	50	4.1	1.6	2.8	144

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

輕食原則

Eating Principles on Light Meals



均衡搭配
Balanced Diets

每日的飲食應盡量符合「三低一高」原則，並飲食均衡。同時應配合足夠運動，以維持健康。

To maintain health, it is recommend to adopt the "3 Low 1 High" healthy eating principle with adequate levels of physical activities.



天然食材
Choosing Natural Ingredients

多選擇天然食材，減少選用罐頭、醃製或加工肉類製品。

Choose natural food products and limit from eating canned food, preserved or processed foods.



輕嘗小吃
Consuming Only Small Amounts of Light Meals

進食輕食的時間最好與正餐相隔最少 1.5 - 2 小時，並在不影響下一頓正餐的胃口為原則。

The best time to eat light meal or snack is 1.5 to 2 hours between the main meals. It is important that the amount consumed should not spoil the appetite for the next main meal.



健康烹調
Healthy Cooking Methods

使用以蒸、灼、焗、少油快炒等較低脂的烹調方法。

Use low-fat cooking methods such as steaming, blanching, baking and stir-frying with less oil.

輕食京、川、滬

翡翠拉麵小籠包

Light Meals of Beijing, Sichuan and Shanghai Styles

Crystal Jade La Mian Xiao Long Bao

精緻輕食 自然清淡

夏意漸濃，最宜來些清淡美食。主打拉麵及京川滬菜的翡翠拉麵小籠包，正為顧客提供不少清新不膩的輕食選擇。

翡翠拉麵小籠包出品部總監王師傅說：「集團創辦人原是新加坡經商的香港人，經常在外宴客，深感菜式油膩味濃，機緣巧合之下投資了當地一個飲食集團，希望能推廣少油清淡的健康飲食。」集團其後於 2001 年在香港開設首間分店。

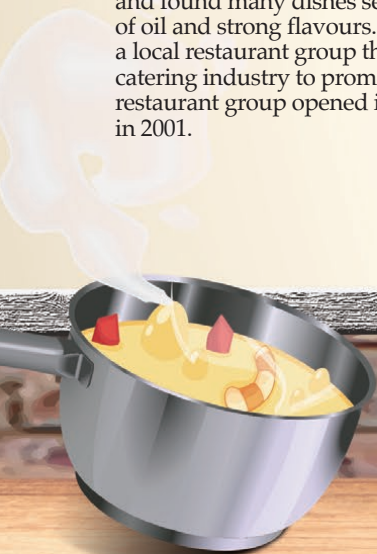
Exquisite, Natural and Plain-flavoured Light Meals

Summer is just around the corner. Light meals appear to be an ideal choice to counteract the appetite-sapping heat. Crystal Jade La Mian Xiao Long Bao, famous for serving noodles and regional delicacies from Beijing, Sichuan and Shanghai, offers plenty of refreshing delights to customers.

Chef WONG, the Executive Chef of the restaurant group, said "Our former boss is a Hong Kong citizen running a business in Singapore. He often dined out with business partners and found many dishes served by restaurants contain lots of oil and strong flavours. It was until he came across with a local restaurant group that he decided to invest in the catering industry to promote healthy eating." The restaurant group opened its first branch in Hong Kong in 2001.

王師傅自 1980 年代加入飲食業，擅長烹調上海及蘇杭地方菜，2001 年加入翡翠拉麵小籠包服務至今，經驗豐富。

Chef WONG, who began his career in the catering industry in the 1980s, is good at preparing Shanghai and Suzhou-Hangzhou cuisines. He brought with him a huge wealth of culinary experience to Crystal Jade La Mian Xiao Long Bao where he has been working since 2001.





蝦仁豆腐

Sautéed Bean Curd with Shrimps



嫩滑的豆腐配以鮮甜的蝦仁，加上草菇、甘荀、豆瓣等，清淡而不寡。
Silky smooth bean curd is paired with savoury prawns. Accompanied by straw mushrooms, carrots and broad beans, the dish remains to be light yet delectable.



陳醋西芹拌黑木耳

Chilled Celery and Black Fungus tossed in Aged Vinegar



西芹及雲耳口感皆爽滑，加入醇厚陳醋，酸味適中。
Celery and black fungus, both crunchy and smooth, is enriched with a touch of sourness with aged vinegar.



瑤柱扒雙花

Braised Broccoli & Cauliflower with Dried Scallop



椰菜花及西蘭花配以惹味的瑤柱，味道鮮美。
Broccoli and cauliflower are topped with a dried scallop sauce, which infuses a rich and umami flavour.



涼拌溫室小青瓜

Cold Hothouse Cucumber



爽脆的溫室青瓜與蒜茸拌勻，滋味清爽，醒胃怡人。
Crispy hothouse cucumber is dressed with ground garlic to become a flavourful and appetizing delight.

濃淡相宜 不失傳統

翡翠拉麵小籠包除了招牌菜手拉麵及小籠包外，還有京川滬小炒及各類飽點點心，以大眾化價錢為顧客提供高質素的健康菜式。王師傅又說：「京川滬小菜不乏清淡的菜式，如上海菜有前菜四小碟及八小碟，全是清新美味的涼菜。」

質高食材 健康美味

翡翠拉麵小籠包一貫重視食物品質，並從各地採購高質素食材，以製作出高水準和美味菜式。該食肆更為食客提供多款素食，如以多種蔬菜及乾菌熬成的素湯代替老火湯，又以木耳、雜菌等入饌，口感營養兼備。

入廚超過30年的王師傅認為香港匯集了不同地方口味的食肆，擴闊了眾人的口味，令大家接受不同飲食文化之餘，亦培養了一批追求健康飲食的消費者，間接推動了健康的飲食潮流。

A Balance of Light and Heavy Flavours in Traditional Styles

Crystal Jade La Mian Xiao Long Bao is famous for its signature steaming hot Xiao Long Bao and handmade noodles. Apart from these, it also offers a wide selection of dim-sum, steamed buns, and specialty dishes in Beijing, Sichuan and Shanghai styles. They strive to serve customers with healthy dishes at reasonable prices. Chef WONG added, "Beijing, Sichuan and Shanghai cuisines are not short of lighter and milder options. Shanghai-style small plate starters, for instance, are cold dishes consist of refreshing and delightful ingredients."

High Quality Food with a Healthy Touch

Crystal Jade La Mian Xiao Long Bao dedicates to excellence in food quality and sources their fine ingredients from all over the world to prepare high-standard and delicious dishes. In addition, the restaurant also offers many vegetarian options. For instance, they boil soup with an assortment of vegetables and dried mushrooms as an alternative to long-boiled soups, and use fungus and assorted mushrooms to prepare nutritional dishes with distinctive mouthfeel.

Chef WONG has been serving in the catering industry for over 30 years. He opined that Hong Kong has many different types of restaurants offering a wide range of international foods, which propelled local customers to develop a taste for foreign cuisines. Many have thus adopted a healthy eating habit and this phenomenon has indirectly promoted the trend for healthy diets.

「有營食肆」實錄

EatSmart
Restaurants
Snaps



鬧市中的和風輕食

Enjoy Japanese-styled Light Meals in Town

北海道活壽司 Hokkaido Katsu Sushi

炎炎夏日，胃口容易變差，輕食不失為一個頗佳選擇。日本料理提供不同款式的輕食，如壽司、湯烏冬、各款涼菜等，既可以作為小吃，也可以作為正餐。它們當中，尤以壽司的口味變化最大，分量雖小，選擇卻甚多，不膩之餘，又有飽足感。

Light meal can be a right choice to balance the possible appetite loss caused by summer heat. Japanese cuisine offers a great variety of light meals. Sushi, udon noodle soup and cold vegetable side dishes, for example, are equally fine as a starter or a main dish. Sushi as a type of light meal, can be of different types with different tastes. Served in small and bite-sized pieces, it is both non-greasy and filling.

把薑茸、蔥及木魚絲鋪於豆腐上，
細緻柔嫩，清新怡人。

Tofu, topped with ground ginger,
spring onion and dried Bonito
flakes, tastes fresh and delicate.

冷豆腐
Chilled Tofu



蛋漿調得不稀不稠，配以冬菇及
鮮蝦，鮮香綿滑。

This egg mixture is neither too
thin nor too thick. Accompanied
with shiitake mushrooms and
fresh shrimp, it becomes soft
and creamy.

日式蒸蛋
Japanese Steamed Egg Custard



吳師傅從事日式料理多年，加入北海道
活壽司亦有 11 年，現為旺角店的主廚。

Mr. NG has been engaging in Japanese
food preparation for many years and has
particularly worked in Hokkaido Katsu Sushi
for 11 years. He is now the Chief Chef in its
Mong Kok restaurant.

嚴選食材 精心料理

位處旺角鬧市的北海道活壽司，主要供應不同款式的壽司，如軍艦壽司、手卷、卷物等，亦供應烏冬及其他熱食，以大眾化的價錢為大家提供美味的日式料理，深受顧客歡迎。

北海道活壽司主廚吳世傑師傅說：「壽司素材簡單，不外乎壽司飯加上配料，不加調味料，最能顯出食材的原味。」這表示食材的處理不能馬虎。北海道活壽司採用的蔬菜每日從市場新鮮運到，魚鮮則從外地入口後直送到店，為顧客提供新鮮及高質素的美食。

簡素為美 原味呈現

吳師傅補充說：「只要看配料是否色澤油潤，米飯是否香軟黏糯，就可知壽司是否做得好和新鮮了。」此外，該店其他菜式，如日式沙律和一品料理，也是以少鹽少油為原則，為顧客提供各式各樣的健康選擇。他建議大家享用日本料理時，尤其在品嚐壽司時少用醬料，以細味其「簡素為美」的精髓。

Cook with Well-selected Ingredients

Located in the busy Mong Kok district, Hokkaido Katsu Sushi offers a variety of sushi like gunkan maki, temaki sushi and hand rolls, as well as udon and hot dishes at reasonable prices. These dishes are well-received by general customers.

Mr. NG Sai Ki, the Chief Chef of Hokkaido Katsu Sushi, said, "Sushi consists only of a bed of rice with simple toppings. It is just prepared with a small amount of condiments to retain the original flavours of the ingredients." To offer fresh and quality food, the restaurant sources their vegetables from wet market every day, and has their frozen seafood delivered straight to their place right after import.

Simple Food, Real Flavours

Mr. NG added, "You can tell whether a piece of sushi is fresh and good by checking its glossiness and stickiness." Other dishes offered by the restaurant, such as Japanese salad and ippinryouri (service a la carte), are all cooked under the less salt and oil principle to provide customers with more options for healthy food. He suggests to refrain from adding too much sauce to sushi for appreciating the Japanese culinary philosophy of "simplicity means beauty".

三文魚湯 salmon soup



以三文魚骨熬成的湯底，另放入薯仔、白蘿蔔及紅蘿蔔同煲，味鮮不膩。

The soup stock, simmered with salmon bone, potato, radish and carrot, has a lovely and non-greasy flavour.

納豆手卷 Natto Maki



納豆味道獨特兼且口感粘糊，壽司飯新鮮甘香，風味不凡。

Natto maki, which has a unique flavour and slimy texture, is perfectly paired with sushi rice to give a spectacular taste.

劉碧珊 Doris LAU ▶

澳洲註冊營養師
香港營養師協會對外事務助理主任
Accredited Practising Dietitian (DAA, Australia)
Assistant External Affairs Officer of
Hong Kong Dietitians Association



意大利雜菜湯
Minestrone Genovese



試食兵團話你知

Message from Tasting Team

這款雜菜湯甜中帶酸，清甜開胃，配以硯殼粉，可以當前菜及簡單的餐食。

This vegetable soup is sweetish sour. Accompanied by pasta shells, it can be served both as a starter and a light meal.

特色

Feature

此食譜選用多款蔬菜，令菜式色彩繽紛，兼有綠、紅、橙及白色，不單提供大量膳食纖維，亦含豐富抗氧化素。

This recipe has used different vegetables, presenting the dish with richly varied colours, including green, red, orange and white. This multicoloured dish does not only provide a good source of dietary fibre, but also a high level of antioxidants.

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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

To serve
10
人分量

材料

Ingredients

洋蔥 (切粒)	1 個
1 onion (diced)	
蒜頭 (搗碎)	2 瓣
2 garlic cloves (crushed)	
芹菜 (切粒)	2 條
2 celery sticks (diced)	
紅蘿蔔 (去皮, 切粒)	2 條
2 carrots (peeled, diced)	
番茄 (切粒)	6 個
6 tomatoes (diced)	
豆角 (切段, 每條 3 厘米)	400 克
400g green round beans (sectioned, cut into 3cm in size per section)	
罐頭紅莓豆	100 克
100g canned borlotti beans	
意大利青瓜 (切粒)	150 克
150g zucchini (diced)	
細貝殼粉	50 克
50g small pasta shells	

調味料

Seasonings

橄欖油	2 茶匙
2 teaspoons olive oil	
鹽	7.5 克
7.5g salt	
胡椒	少量
A pinch of pepper	
月桂葉	1 片
1 piece bay leaf	

自製雞湯

Homemade
Chicken Stock

材料 (可製 1.5 公升)
Ingredients (To make 1.5 litres)

雞	600 克	洋蔥 (切塊)	100 克
600g chicken		100g onion (chunk)	
番茄 (切塊)	200 克	清水	2.5 公升
200g tomato (chunk)		2.5 litres water	

步驟 Cooking Method

- 鮮雞去皮和內臟，切塊，加 2.5 公升清水，連同番茄及洋蔥煲滾後燉 1.5 小時。
Remove the chicken skin and giblets. Add 2.5 litres of water. Put the tomato and onion together. Boil and simmer for 1.5 hours.
- 隔去湯料及去油備用。
Strain and skim the fat. Set the stock aside.

步驟

Cooking Method

- 洗淨紅莓豆，瀝水備用。
- 把橄欖油放在大鍋，以低中火加熱，把洋蔥粒、月桂葉及蒜頭炒 5 分鐘或炒至變軟。再加入芹菜粒、意大利青瓜粒及紅蘿蔔粒同炒 5 分鐘或炒至變軟，再連同番茄粒放入雞湯，以中火煮滾，邊煮邊攪拌，然後轉用慢火燉 30 分鐘。
- 加入豆角及紅莓豆煮 5 分鐘。
- 加入貝殼粉再煮 10 分鐘。
- 加入胡椒及鹽，即成。

- Rinse and drain the borlotti beans. Set aside.
- Heat the olive oil in a large saucepan over medium-low heat. Cook the diced onion, bay leaf and garlic cloves, stirring often, for 5 minutes or until soft. Add the diced celery, diced zucchini and diced carrots. Cook, stirring often for 5 minutes or until soft. Add the chicken stock and diced tomatoes. Bring to boil over medium heat. Reduce heat to low and simmer for 30 minutes.
- Add the green round beans and borlotti beans, and boil for 5 minutes.
- Add the pasta shells and boil for 10 minutes more.
- To serve, season with salt and pepper.

每一份
PER
SERVING

熱量
Energy

81

千卡 (kcal)

碳水化合物
Carbohydrate

15

克 (g)

蛋白質
Protein

3

克 (g)

脂肪
Fat

1

克 (g)

糖
Sugar

4

克 (g)

鈉質
Sodium

346

毫克 (mg)

本食譜由歐陸餐廳提供。
This recipe is provided by Balcony.

劉碧珊 Doris LAU ▶

澳洲註冊營養師
香港營養師協會對外事務助理主任
Accredited Practising Dietitian (DAA, Australia)
Assistant External Affairs Officer of
Hong Kong Dietitians Association



豆瓣菠菜
Sautéed Spinach with Beans



試食兵團話你知

Message from Tasting Team

甜美爽口的菠菜與鮮嫩的豆瓣清炒，清新健康。

This dish features a healthy medley of crunchy and delicious spinach, as well as tender and delicate broad beans.



以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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

To serve

4

人分量

材料

Ingredients

豆瓣（新鮮蠶豆）..... 40 克
40g broad beans

菠菜（切段）..... 400 克
400g spinach (sectioned)

調味料

Seasonings

鹽..... 1/3 茶匙
1/3 teaspoon salt

糖..... 1/2 茶匙
1/2 teaspoon sugar

菜籽油..... 1 茶匙
1 teaspoon canola oil



特色

Feature

此食譜選用菠菜及豆瓣提供身體良好來源的鐵質、葉酸及膳食纖維，為成長中的兒童及懷孕婦女健康所需的營養素。

This recipe used spinach and broad beans which provides our body a good source of iron, folate and dietary fibres that are necessary nutrients for pregnant women's health and children's growth and development.

步驟

Cooking Method

1. 把菠菜及豆瓣洗淨備用。
2. 把豆瓣汆水，備用。
3. 燒熱油，放入豆瓣兜炒，再放入菠菜同炒，加入鹽及糖調味，炒至熟透即可。

1. Wash the spinach and broad beans. Set aside.
2. Blanch the broad beans. Set aside.
3. Heat oil. Stir-fry the broad beans, add the spinach with salt and sugar and then stir-fry again until done.

每一份
PER
SERVING

熱量
Energy
69
千卡 (kcal)

碳水化合物
Carbohydrate
10
克 (g)

蛋白質
Protein
5
克 (g)

脂肪
Fat
2
克 (g)

糖
Sugar
2
克 (g)

鈉質
Sodium
272
毫克 (mg)



本食譜由翡翠拉麵小籠包提供。
This recipe is provided by Crystal Jade La Mian Xiao Long Bao.

劉碧珊 Doris LAU ▶

澳洲註冊營養師
香港營養師協會對外事務助理主任
Accredited Practising Dietitian (DAA, Australia)
Assistant External Affairs Officer of
Hong Kong Dietitians Association



海老牛油果軍艦壽司
Shrimp Avocado Gunkan Sushi



試食兵團話你知

Message from Tasting Team

造型精緻的軍艦壽司以牛油果及鮮蝦捲成，鮮蝦經檸檬汁提味後，更添滋味。

Gunkan sushi, nicely presented, is topped with avocado and fresh shrimps. The flavour of the shrimps is enhanced with lemon juice.

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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To serve
2 pieces
件分量

材料 Ingredients

壽司飯（煮熟）.....2 粒 (50 克)
2 sushi rice clusters, 50g (cooked)
牛油果 15 克
15g avocado
無殼蝦肉.....15 克
15g shrimps without shell
檸檬汁 3 克
3g lemon juice
軍艦壽司紫菜..... 2 塊
2 seaweed sheets for Gunkan sushi

調味料 Seasonings

鹽..... 0.1 克
0.1g salt



步驟 Cooking Method



1. 鮮蝦洗淨，以清水焯熟，切粒備用。
 2. 牛油果去皮，去核，切粒備用。
 3. 將蝦肉、牛油果及鹽拌勻，加上檸檬汁，備用。
 4. 壽司飯搓成長方型，圍上紫菜。
 5. 將拌勻的蝦肉及牛油果放在壽司飯上面即成。
1. Wash the shrimps. Blanch until done. Dice and set aside.
 2. Peel and pit the avocado. Dice and set aside.
 3. Mix the shrimps, avocado and salt together. Add lemon juice. Set aside.
 4. Hand form the sushi rice clusters in rectangular shape. Encircle the base of each sushi rice cluster with a seaweed sheet.
 5. To serve, top the sushi rice clusters with the mixed avocado and shrimps.

特色 Feature

軍艦壽司以牛油果和蝦肉製成，前者含較豐富的單元不飽和脂肪酸及鉀質，後者則含較低脂肪量，屬健康的「3 少之選」。

Gunkan sushi is prepared with avocado and shrimps. The former ingredient is relatively rich in monounsaturated fatty acid and high in potassium, while the latter is relatively low in fat. Hence, the sushi is categorised as a healthy "3 Less Dish".

本食譜由北海道活壽司提供。
This recipe is provided by Hokkaido Katsu Sushi.



每一份
PER
SERVING

熱量
Energy
87
千卡 (kcal)

碳水化合物
Carbohydrate
12
克 (g)

蛋白質
Protein
4
克 (g)

脂肪
Fat
3
克 (g)

糖
Sugar
0
克 (g)

鈉質
Sodium
60
毫克 (mg)

劉碧珊 Doris LAU

澳洲註冊營養師
香港營養師協會對外事務助理主任
Accredited Practising Dietitian (DAA, Australia)
Assistant External Affairs Officer of
Hong Kong Dietitians Association



白菌米紙卷

Vietnamese Rice Paper Rolls with Mixed Mushrooms



試食兵團話你知

Message from Tasting Team

鮮美的杏鮑菇及靈芝菇裹以晶瑩韌薄的米紙卷，再加上清爽的青瓜和生菜，清新醒胃。

King oyster mushroom and marmoreal mushroom, both sweet and savoury, are wrapped in rice papers. They are accompanied by crispy cucumber and lettuce to give a fresh and delightful treat.

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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To make
6 rolls
條分量

材料

Ingredients

薄米紙 2 塊
2 pieces Vietnamese rice papers
薄荷葉 2 片
2 pieces mint leaves
雜菌 (杏鮑菇, 靈芝菇) 100 克
100g mixed mushrooms (king oyster
mushroom, and marmoreal mushroom)
青瓜 50 克
50g cucumber
生菜 2 片
2 pieces lettuce



特色

Feature

此白菌米紙卷選用了多款蔬菜，包括雜菌、青瓜及生菜，能提供膳食纖維，其米紙卷僅含低脂低熱量，屬健康素食之選。

This rice paper roll is made with different kinds of vegetables, including mixed mushrooms, cucumber and lettuce. It is a healthy snack for vegetarians since the roll itself contains a lot of dietary fibre, while the rice paper is low in fat and calories.

步驟

Cooking Method

1. 洗淨青瓜及生菜。
2. 用熱水將雜菌焗熟。把雜菌及青瓜切絲，備用。
3. 弄濕 2 張米紙，把青瓜絲、薄荷葉、雜菌及生菜放置於每張米紙中央。
4. 將每張米紙左右對摺，下方摺起三份之一，然後捲成米紙卷。
5. 將每條米紙卷切成 3 件，兩條共切成 6 件，即成。

1. Rinse the cucumber and lettuce.
2. Boil the mushrooms with hot water. Shred the mushrooms and cucumber. Set aside.
3. Dampen the Vietnamese rice papers with water. Put the shredded cucumber, mint leaves, shredded mushrooms and lettuce in the middle of each Vietnamese rice paper.
4. Fold each rice paper double, then fold up one-third over the filling. Continue to roll the rice paper to enclose the filling.
5. To serve, cut each rice paper roll into 3 pieces, i.e. a total of 6 pieces for 2 rolls.

每一份
PER
SERVING

熱量
Energy

55
千卡 (kcal)

碳水化合物
Carbohydrate

13
克 (g)

蛋白質
Protein

2
克 (g)

脂肪
Fat

0
克 (g)

糖
Sugar

1
克 (g)

鈉質
Sodium

22
毫克 (mg)

本食譜由 Le Soleil 提供。
This recipe is provided by Le Soleil.



劉碧珊 Doris LAU

澳洲註冊營養師
香港營養師協會對外事務助理主任
Accredited Practising Dietitian (DAA, Australia)
Assistant External Affairs Officer of
Hong Kong Dietitians Association



涼拌茄子凍
Cold Eggplant



特色

Feature

此涼拌茄子的醬汁以木魚水製成，可混和及稀釋豉油，其鮮味足以提升食材味道和減少用鹽，屬健康之選。

This eggplant appetizer used bonito flakes as stock to dilute soy sauce and reduce sodium content. It is, therefore, a healthy choice for snack.

試食兵團話你知

Message from Tasting Team

茄子蒸得軟稔適中，鋪上木魚花及少量豉油，甘香惹味，是一款清爽可口的涼菜。

The eggplant is cooked just right. Topped with bonito flakes and soy sauce, the cold dish becomes refreshing and tasty.

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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To serve

2

人分量

材料

Ingredients

茄子..... 300 克
300g eggplant
木魚花 少量
Small amount of bonito flakes
醬汁..... 少於 1/2 茶匙
Less than 1/2 teaspoon of sauce



木魚水

Bonito Flakes Water

材料 (可製 3.8 公升)
Ingredients (to make 3.8 litres)

木魚..... 500 克
500g bonito flakes
清水..... 4 公升
4 litres water

步驟 Cooking Method

1. 把水煮沸，加入木魚煮 10 分鐘。
Bring the water to boil and add the bonito flakes for 10 minutes.
2. 熄火後放涼備用。
Set the stock aside.

步驟

Cooking Method

1. 茄子去皮，切成小段。
2. 將茄子放在碟上蒸大約 5 分鐘至熟透，再放入雪櫃，備用。
3. 將豉油及放涼了的木魚水混和，以調製醬汁，備用。
4. 上碟時，放木魚花及少量上述第 3 點的醬汁於茄子表面，即成。

1. Peel the eggplant, cut it into small sections.
2. Place the eggplant onto a plate and steam for 5 minutes until done. Set aside in refrigerator.
3. Mix the soy sauce with the bonito flakes water that has been cooled down. Set aside.
4. To serve, pour over the eggplant with a small amount of the bonito flakes and sauce mentioned on point 3 above.

醬汁材料

Sauce Ingredients

豉油..... 10 毫升
10 ml soy sauce
木魚水..... 200 毫升
200 ml bonito flakes water

每一份
PER
SERVING

熱量
Energy
38

千卡 (kcal)

碳水化合物
Carbohydrate

9

克 (g)

蛋白質
Protein

1

克 (g)

脂肪
Fat

0

克 (g)

糖
Sugar

5

克 (g)

鈉質
Sodium

6

毫克 (mg)

本食譜由甘味讚岐手打烏冬專門店提供。
This recipe is provided by Yummy Handmade Sanuki Udon Restaurant.



冬菇四季豆鮮竹結

Bean Curd Sticks with Chinese Black Mushrooms and Green Beans



To serve
4
人分量



特色

Feature

鮮腐竹含豐富蛋白質，容易咀嚼，適合胃口欠佳的人士進食。

Dried bean curd is a good source of protein. It is easily chewable and is suitable for people with poor appetite.

衛生署營養師

Dietitian of Department of Health

每一份
Per Serving

熱量
Energy

167
千卡 (kcal)

碳水化合物
Carbohydrate

11
克 (g)

蛋白質
Protein

12
克 (g)

脂肪
Fat

8
克 (g)

膽固醇
Cholesterol

0
毫克 (mg)

膳食纖維
Dietary Fibre

1.5
克 (g)

鈉質
Sodium

685
毫克 (mg)

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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

適飲適食：輕食 "Diabetes-friendly Recipes": Light Meals

在香港，輕食的種類多不勝數。要吃得健康，選擇時要注意健康飲食原則，即進食健康、多元化和適量的食物。糖尿病人士應避免在同一餐中吃得過飽或過少，建議兩餐之間加入一至兩種健康小食，以控制糖尿病，並預防和延緩其併發症。糖尿病人士只需按照家庭醫生的建議，再根據自身飲食需求及生活習慣，在參照個別食物醣質的含量後，善用「醣質交換法」作出換算，便可選擇合適的小食了。

欲了解更多適飲適食詳情，請參閱基層醫療統籌處網頁：http://www.pco.gov.hk/tc_chi/resource/diabetes-friendly_recipes.html

There are countless types of light meals in Hong Kong. To eat healthily, we should follow the healthy dietary principles that are about eating an appropriate amount of healthy food prepared with a wide variety of ingredients. Diabetes patients should avoid eating too much or too little in the same meal. It is recommended to add a couple of healthy snacks between two meals, so as to control diabetes, as well as to prevent and delay the emergence of diabetes complications. Diabetic patients can choose appropriate snacks by following the advice from their family doctors, and by making use of the "Carbohydrate Exchange Method" based on their own dietary needs and habits after taking into consideration the carbohydrate content of individual food items.

For details on the diabetes-friendly recipes, please visit the website of the Primary Care Office at: http://www.pco.gov.hk/english/resource/diabetes-friendly_recipes.html

材料 Ingredients

鮮腐竹..... 3½ 條 (約 90 克)
3 ½ pieces dried bean curd sticks (approx. 90g)
冬菇 (乾)..... 3 隻 (約 12 克)
3 pieces Chinese black mushrooms (dried) (approx. 12g)
四季豆..... 2 兩 (80 克)
2 taels green beans (80g)
紅蘿蔔..... ½ 條 (約 75 克)
1/2 piece carrot (approx. 75g)
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
1/2 teaspoon salt
生抽..... 1 湯匙
1 tablespoon soy sauce
麻油..... 1 茶匙
1 teaspoon sesame oil
糖..... 1 茶匙
1 teaspoon sugar
清水..... 2/3 杯 (約 160 毫升)
2/3 cup water (160 ml)

芡汁 Thickening

生粉..... 1½ 茶匙
1 ½ teaspoons cornstarch
清水..... 2 湯匙
2 tablespoons water

步驟 Cooking Method

1. 鮮腐竹沖淨浸軟，切段及打結，備用。
 2. 冬菇浸軟、去蒂後切條，四季豆洗淨去硬邊後切段，紅蘿蔔去皮、洗淨及切段，備用。
 3. 於易潔鑊下油，加入冬菇、四季豆、紅蘿蔔兜炒，加入調味料及腐竹結煮滾，蓋上鍋蓋燉煮至入味。最後拌入芡汁埋芡便成。
1. Soak and section the bean curd sticks and tie into knots. Soak, trim, and slice the mushrooms.
 2. Rinse, trim and section the green beans. Peel, rinse, and section the carrot.
 3. Heat the oil in a non-stick wok or pan. Stir-fry the mushrooms, beans and carrot. Stir in the seasoning sauce and bean curd and bring to boil. Cover and braise. Stir in the thickening sauce.

白玉雜菜粒湯 Winter Melon Soup



To serve
4
人分量



特色

Feature

冬瓜和雜菜粒含豐富膳食纖維，不但可促進腸道蠕動，還可維持腸胃健康。

Winter melon and mixed vegetable are rich in dietary fibre, they do not only stimulate bowel movement but also maintain gastrointestinal health.

衛生署營養師 Dietitian of Department of Health

每一份
Per Serving

熱量
Energy
128
千卡 (kcal)

碳水化合物
Carbohydrate
6
克 (g)

蛋白質
Protein
5
克 (g)

脂肪
Fat
1
克 (g)

膽固醇
Cholesterol
12
毫克 (mg)

膳食纖維
Dietary Fibre
1.5
克 (g)

鈉質
Sodium
241
毫克 (mg)

以上熱量和各營養素含量，是參考美國農業部轄下營養素資料實驗室的資料計算，數值只作參考用。

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



材料 Ingredients

冬瓜..... 1/2 斤 (320 克)
½ catty winter melon (320g)

急凍雜菜粒 1/2 杯
½ cup frozen mixed vegetables

瘦豬肉碎..... 2 兩 (80 克)
2 taels minced pork (lean) (80g)

清水..... 4 杯 (960 毫升)
4 cups water (960ml)

調味料 Seasonings

鹽..... ¼ 茶匙
¼ teaspoon salt

白胡椒粉..... 少許
A pinch of white pepper

醃料 Marinade for the pork

鹽..... 1/8 茶匙
1/8 teaspoon salt

糖..... ¼ 茶匙
¼ teaspoon sugar

紹酒..... 1 茶匙
1 teaspoon Shaoxing wine

白胡椒粉..... 少許
A pinch of white pepper

步驟 Cooking Method

1. 肉碎加入醃料，拌勻。
2. 冬瓜洗淨，去皮去核切粒。雜菜粒用清水沖洗及解凍。
3. 煲滾水，加入冬瓜粒。待滾後用中火煲直至冬瓜粒熟透（約30分鐘），然後加入雜菜粒和豬肉碎，再煲約15分鐘，下調味料即成。

1. Marinate the minced pork.
2. Rinse the winter melon. Remove the skin and seeds. Dice the winter melon. Rinse and defrost the frozen mixed vegetables.
3. Boil the water. Add in the winter melon. When it reaches the boiling point again, turn to medium heat and cook the winter melon until soft (around 30 minutes). Add in the minced meat and mixed vegetables and boil for another 15 minutes. Add the seasoning to taste.



以下資料截至二零一七年六月十二日，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 12 June 2017. Names are listed in a Chinese stroke order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at <http://restaurant.eatsmart.gov.hk>

灣仔區

Wan Chai District

大自然素食	Gaia Veggie Shop	2808 1386
大喜屋日本料理	Daikiya Japanese Restaurant	3622 2182
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniku 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
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
香港01空間	HK 01 SPACE	6589 0101
盈福小廚	Fortune Kitchen	2697 7317
泰式食	Thai Perfect	2890 4899
家全七福酒家	Seventh Son Restaurant	2892 2888
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 - 警察總部匯敘西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯 (香港) 有限公司 - 警察總部匯敘快餐	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
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	Ngan Lung Restaurant	2881 5298
銀龍茶餐廳	Ngan Lung Restaurant	2413 1811
蒲點美式酒吧 (銅鑼灣利景酒店)	Champs Bar (The Charterhouse Causeway Bay)	2892 3386

稻香	Tao Heung	8300 8121
稻香超級漁港	Pier 88	8300 8162
樂農	Happy Veggies	2529 3338
築地日本料理	Tsukiji Japanese Restaurant	2504 3338
橋底辣蟹 (駱克道421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
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 (合和中心)	Dragon King Restaurant (Hopewell Center)	2180 6532
龍皇酒家 (世貿中心)	Dragon King Restaurant (World Trade Centre)	2895 2288
龍鳳冰室	Lung Fung Café	2618 8088
薯仔屋	Small Potato	2890 4884
禮頓會	Club Leighton	3198 9805
鍾廚	Chung's Kitchen	8300 8005
麗姐廚房	Liza Veggies	2575 6060
譽宴 (利舞臺廣場)	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
Congress Plus 薈景	Congress Plus	2582 7250
Délifrance (Café) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
Délifrance (Café) (中國恒大中心)	Délifrance (Café) (China Evergrande Center)	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
Grove Sandwiches	Grove Sandwiches (Wan Chai)	3115 7300
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
永健坊餐廳	The Restaurant by The Kinnet	3968 7623
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
海港酒家	Victoria Harbour Restaurant	2836 3282
麥明記	Mak Ming Noodles	2633 2368
富臨酒家	Fulum Restaurant	2817 8969
富臨粵之味	Fulum	2815 1088
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) (華懋廣場)	Délifrance (Café) (Chinachem Plaza)	2581 4391
Délifrance (Café) (環球大廈)	Délifrance (Café) (World Wide Plaza)	2868 1355
Grove Sandwiches (上環)	Grove Sandwiches (Sheung Wan)	2851 1198
Grove Sandwiches (金鐘)	Grove Sandwiches (Admiralty)	2866 6670
Grove Café	Grove Café	2530 0043
La Parole	La Parole	2436 4099
The Herbivores	The Herbivores	2613 2920
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
百樂門龍宴	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 4022
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
嘉豪酒家	Ka Ho Restaurant	2551 1228
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
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
迎禧大酒樓	Cheers Restaurant	8300 8199
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 (民俊)	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 (英皇道)	Ocean Empire Food Shop (King's Road)	2887 5879
泰國人海南雞	Koon Thai Hai Nam Chicken	2870 2196
海港香	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 (天后)	Bangkok Thai Restaurant (Tin Hau)	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
麥明記	Mak Ming Noodles	2623 9896
彩福喜宴	Choi Fook Delight Banquet	2566 8289
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
茗館小廚燒味皇	Ming Guan	2886 1987
福蘭拉麵	Fukuoka Noodle Restaurant	3488 7550
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 (大坑)	Lung Fung Café (Tai Hang)	2618 1800
龍鳳冰室 (太古)	Lung Fung Café (Quarry Bay)	2618 9198

龍鳳冰室 (北角)	Lung Fung Café (North Point)	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
龍粵	Canton Nice	2872 6228
Délifrance (Café) (太古城)	Délifrance (Café) (Taikoo Shing)	2904 8603
Délifrance (Café) (港運城)	Délifrance (Café) (Island Place)	2565 1335
Grove Sandwiches	Grove Sandwiches	2811 3010
Kim's Spoon	Kim's Spoon	2907 0832

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
富臨漁港	Fulum Fisherman's Wharf Restaurant	2320 8088
壽司大	Sushi Dai	3102 1828
翠華餐廳 (新蒲崗)	Tsui Wah Restaurant (San Po Kong)	2324 6486
翠華餐廳 (黃大仙)	Tsui Wah Restaurant (Wong Tai Sin)	2392 9933
稻香超級漁港 (德福廣場)	Pier 88 (Telford Plaza)	8300 8175
稻香超級漁港 (鳳德商場)	Pier 88 (Fung Tak Shopping Centre)	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

好味廚	Homey Kitchen	2336 0701
美心MX (土瓜灣)	Maxim's MX (To Kwa Wan)	2632 5980
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
康美烘焙有限公司 (棠棠街)	Bakery Diets' Limited (Sung Kit Street)	6933 5646
康美烘焙有限公司 (馬頭圍道)	Bakery Diets' Limited (Ma Tau Wai Road)	6933 5646
彩福皇宴	Choi Fook Royal Banquet	2766 0886
富豪坊	Regal Terrace	2132 1011
滄海烤魚	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
Grove Café (城市大學 - 邵逸夫創意媒體中心)	Grove Café (City University of Hong Kong - Run Run Shau Creative Media Center)	2778 7390
Grove Café (城市大學 - 學術交流大樓)	Grove Café (City University of Hong Kong - Academic Exchange Building)	2812 0019
Grove Sandwiches	Grove Sandwiches	2677 2038
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2264 2699

3106 餐廳	Carat 3106	3904 1328
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
大喜屋日本料理	Daijiya 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 (大角咀奧海城)	Gyu-kaku Japanese Yakiniiku Restaurant (Tai Kok Tsui Olympian City)	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
百樂門禮宴	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	DongLaiShun	2733 2020
金皇廷禮宴	Banquet Palace	2770 2328
Love Café - 拉斐特 Lafayette Wedding	Love Café - Lafayette Wedding	3899 0062
金陶軒 - 金城設施管理有限公司	Kum Tao Heen - Kum Shing Management Ltd	2730 8668
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
真味鮮廚	Taste Full Kitchen	2782 3836
海皇粥店	Ocean Empire Food Shop	2385 6732
海皇 (水渠道)	Ocean Empire Food Shop (Nullah Road)	2656 9308
海皇 (樂道)	Ocean Empire Food Shop (Lok Road)	2697 9308
泰國人海南雞 (旺角)	Koon Thai Hai Nam Chicken (Mong Kok)	2668 8202
泰國人海南雞 (油麻地)	Koon Thai Hai Nam Chicken (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
骨煲皇	King of Hot Pot	2380 4441
泰閣	Koon Thai Cuisine	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
彩福欣宴	Choi Fook Eky's Banquet	2332 2689
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
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
富臨漁港臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2770 6883

富臨漁港臨門皇宴	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2396 2880
蜀一燒	Sichuan BBQ Restaurant	2780 2889
殿大喜屋日本料理	Tono Daijiya Japanese Restaurant	3622 3000 / 3622 3009
圓方王子飯店	Prince Restaurant	2577 4888
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
極尚大喜屋日本料理	Deluxe Daijiya Japanese Restaurant	3188 2882 / 3188 1988
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 (港晶中心)	Tsui Wah Restaurant (Harbour Crystal Centre)	2722 6600
翠華餐廳 (碧街)	Tsui Wah Restaurant (Pitt Street)	2771 8080
綠茵閣餐廳	Green Land Court Restaurant	2104 1118
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
銀龍茶餐廳 (通菜街)	Ngan Lung Restaurant (Tung Choi Street)	2380 2566
銀龍茶餐廳 (集友大廈)	Ngan Lung Restaurant (Friend's House)	2721 1155
樂天大喜屋日本料理	Joy Daijiya Japanese Restaurant	3188 8818 / 3188 8822
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
靚煲皇小菜坊	Supreme Hot Pot	2399 0812
樂農	Happy Veggies	2568 8181
龍蟹	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
Bugis Corner	Bugis Corner	3160 8499
canton pot	canton pot	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
Grove Sandwiches	Grove Sandwiches	2386 9377
Jimmy's Coffee	Jimmy's Coffee	2380 2387
Lab 66	Lab 66	3709 2866
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
Oak Tree Ristorante	Oak Tree Ristorante	2893 4442

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 Plaza)	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
百樂門國際宴會廳	Paramount International Banquet Hall	2806 8173
百樂門宴會廳	Paramount Banquet Hall	2798 8332
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
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
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
御苑皇宴	The Banqueting House	2798 8866
皇室1號	Royal One	2759 1808
富臨酒家	Fulum Restaurant	2379 1293
富臨漁港	Fulum Fisherman's Wharf Restaurant	2342 4252
煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
煌府一號	Palace One	2904 2788
會所1号 - 九龍東	Club One - Kowloon East	8202 9298
會所1号 - 郵輪堤岸	Club One - Harbourfront	8209 9223
會所1号 - 海濱長廊	Club One (One Bay East)	3586 0951
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
翠華餐廳	Tsui Wah Restaurant	2343 3866
銀龍茶餐廳 (彩盈坊)	Ngan Lung Restaurant (Choi Ying Place)	2679 7388
銀龍茶餐廳 (鯉魚門廣場)	Ngan Lung Restaurant (Lei Yue Mun Plaza)	2709 3344
嘉華大酒樓	Ka Wah Restaurant	2795 3838
嘉豪酒家	Ka Ho Restaurant	2755 2982
稻香 (淘大商場)	Tao Heung (Amoy Plaza)	8300 8124
稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
慶相逢喜壽	Jubilant Feast Restaurant	2354 8863
潮館	Chao Inn	8300 8145
德藝會	Telford Recreation Club	8202 2892
龍皇酒家	Dragon King Restaurant	2955 0668
聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3949 4065
鍾菜	Chung's Cuisine	8300 8010
嚐越	Deli Viet	3694 0329
譽宴	U-Banquet	2811 9788
California Pizza Kitchen	California Pizza Kitchen	3421 2351
Délices (Café) (淘大商場)	Délices (Café) (Amoy Plaza)	2757 4518
Délices (Café) (德福廣場)	Délices (Café) (Telford Plaza)	2756 9565
forte	forte	3968 8222
Grove Sandwiches (觀塘)	Grove Sandwiches (Kwun Tong)	2537 0202
Grove Sandwiches (九龍灣)	Grove Sandwiches (Kowloon Bay)	2468 1636
Kim's Spoon (淘大商場)	Kim's Spoon (Amoy Plaza)	2707 9936
Kim's Spoon (Mega Box)	Kim's Spoon (Mega Box)	2359 0088

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
百樂門饌宴	Joy Cuisine	2741 1222
百樂門宴會廳	Paramount Banquet Hall	2111 9833
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 (幸福商場)	Bun Hui Restaurant (Fortune Shopping Centre)	2204 1318
賓墟餐廳 (青山道)	Bun Hui Restaurant (Castle Peak Road)	2142 1228 / 2142 1038
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
Délices (Café)	Délices (Café)	2242 6669
Grove Sandwiches	Grove Sandwiches	2743 3293
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	3580 1728

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
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 (新都城中心)	Victoria Harbour Restaurant (Metro City)	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	Fulum	2457 7127
富臨皇宮	Fulum Palace	2207 4798
富臨漁港	Fulum Fisherman's Wharf Restaurant	3143 9002
翠華餐廳 (尚德廣場)	Tsui Wah Restaurant (Sheung Tak Plaza)	2760 8882
翠華餐廳 (厚德)	Tsui Wah Restaurant (Hau Tak)	2661 3138
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
Grove Cafe	Grove Café	2340 0085
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
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
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
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2254 4999
銀龍茶餐廳	Ngan Lung Restaurant	2254 2188
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
Délifrance (Café)	Délifrance (Café)	2771 2080
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

大叻越式料理	Da Lat Viet Cuisine	2468 2189
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2617 1338
生果報社	Fruit Magazine	2458 5291
百樂門饌宴	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
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
愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
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
嘉彩漁村酒家有限公司	Kar Choi Fish Village Restaurant Co. Ltd.	2450 6333
翠華餐廳	Tsui Wah Restaurant	2411 1700
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
樂融融餐廳	Café Fusion	3511 0702
稻香 (屯門海邊坊)	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
聯邦皇宮	Federal Palace	2626 0088

葵青區

Kwai Tsing District

山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3693 4338
百份百餐廳 (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
牧羊少年咖啡·茶·酒館	The Alchemist Cafe Bistro	2439 5669
美心MX (石籬商場)	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
曼谷泰菜	Bangkok Thai Restaurant	3580 2888
御苑	China Hall	3955 8008
茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
茗港酒家	Ming Harbour	2716 6988
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 (石籬商場)	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍粉麵茶餐廳 (石籬商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
銀龍粉麵茶餐廳 (葵芳廣場)	Ngan Lung Restaurant (Kwai Fong Shopping Centre)	3156 1112
銀龍粉麵茶餐廳 (葵盛東商場)	Ngan Lung Restaurant (Kwai Shing East Shopping Centre)	2408 2315
銀龍茶餐廳	Ngan Lung Restaurant	2495 2600
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
Grove Sandwiches	Grove Sandwiches	2395 2428

大埔區

Tai Po District

牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3708 8418
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
彩福國宴	Choi Fook Luxury Banquet	2766 3788
彩福喜宴	Choi Fook Delight Banquet	2766 3788
雅麗氏何妙齡那打素醫院 - 職員餐廳	Alice Ho Miu Ling Nethersole Hospital - Staff Canteen	2666 7650
翠華餐廳	Tsui Wah Restaurant	2660 8028
銀龍茶餐廳	Ngan Lung Restaurant	2562 0001
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
🔥	百樂門筵宴	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
🔥	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
🔥	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 (石門)	Fulum Palace (Shek Mun)	2516 9072
🔥	富臨皇宮 (馬鞍山店)	Fulum Palace (Ma On Shan)	2310 4201
🔥	富臨漁港	Fulum Fishman's Wharf Restaurant	2601 2989
🔥	會所1号 - 科學園	Club One - Science Park	2177 5155
🔥	會所1号 - 萬濤	Club One - Riverview	8209 9288
🔥	煌苑	Royal Courtyard	2640 9888
🔥	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
🔥	稻坊	Tao Heung	8300 8134
🔥	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
🔥	囍慶酒樓	Happiness Cuisine	2827 8803
🔥	Délifrance (Café)	Délifrance (Café)	2606 4881
🔥	Grove Sandwiches	Grove Sandwiches	3188 0074

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 Center)	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
🔥	闔府統請	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
🔥	百樂門筵宴	Joy Cuisine	2813 6913
🔥	百樂門宴會廳	Paramount Banquet Hall	2419 0348
🔥	季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
🔥	珀麗灣藍色會所餐飲部 (啟勝管理服務有限公司) (只供會員)	Park Island Blue Blue Club F & B (Kai Shing Management Services Ltd.) (Members Only)	2296 4000
🔥	美心MX (荃錦中心)	Maxim's MX (Tsuen Kam Centre)	2498 9401
🔥	美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
🔥	美心MX (樂悠居)	Maxim's MX (Indihome)	2439 1070
🔥	悅來酒店咖啡室	Panda Café	2409 3218
🔥	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	Choi Fook Royal Banquet	2766 2388
🔥	彩福欣宴	Choi Fook Eky's Banquet	2766 2388
🔥	魚脂	Sakana Sushi	2336 8555
🔥	富臨	Fulum	2755 6282
🔥	富臨漁港龍門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2409 0883
🔥	煌府筵宴專門店	Wedding Banquet Specialist	2490 4333
🔥	漁川米線	Shunde Cuisine	2614 2628
🔥	翠華餐廳	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	Ngan Lung Restaurant	2416 1922
🔥	銀龍茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0288
🔥	銀龍茶餐廳 (翠安街)	Ngan Lung Restaurant (Chung On Street)	2416 6990
🔥	潮館	Chao Inn	8300 8149
🔥	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
🔥	歐陸餐廳	Balcony	2409 3226
🔥	爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
🔥	豐盛閣 - 挪亞方舟度假酒店	Harvest Restaurant - Noah's Ark Hotel and Resort	3411 8836 / 3411 8837
🔥	Délifrance (Café)	Délifrance (Café)	2940 4830
🔥	Kim's Spoon	Kim's Spoon	2384 5222
🔥	Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2328 5655

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
🔥	凱星軒	Winsea Seafood Restaurant	2982 8338
🔥	翠華餐廳 (富東廣場)	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

「有營食肆」流動應用程式 "EATSMART RESTAURANT" MOBILE APPLICATION

想出外用膳時品嚐健康美味菜色？「有營食肆」流動應用程式幫你搜尋全港「有營食肆」資訊，請即下載「有營食肆」流動應用程式！

Do you wish to enjoy healthy and delicious dishes when dining out? "EatSmart Restaurant" mobile application helps you search for the information of all EatSmart Restaurants in Hong Kong. Download the "EatSmart Restaurant" mobile application now!



想在流動裝置上輕鬆閱讀各期《營廚》雜誌和學煮有營菜式？請即下載《營廚雜誌：有營食譜》流動應用程式，你可以瀏覽超過 200 款有營食譜，讓你更易掌握健康飲食！

Want to read different issues of "CookSmart" magazines and learn how to cook EatSmart Dishes? Download the "CookSmart: EatSmart Recipes" mobile application now to view more than 200 recipes of EatSmart Dishes and enjoy the experience of healthy diet!



亞洲素食展 Vegetarian Food Asia Expo 2017



衛生署「有營食肆」運動今年繼續透過「亞洲素食展 2017」為「有營食肆」宣傳推廣，並向公眾推廣「少油、少鹽和少糖」的健康素菜資訊。我們收到了不同食肆提交的食譜，經過內部遴選後，從多款「有營菜式」中挑選了「功德林上海素食」的「百花齊放」為「亞洲素食展 2017」的烹飪示範菜式。

在今年 2 月 25 日的活動中，我們安排了營養師簡介「有營食肆」運動，並讓「功德林上海素食」的大廚示範烹調「百花齊放」這款手工精緻的「有營菜式」。現場觀眾反應十分熱烈，參與試食的現場觀眾均對菜式讚不絕口。

今年 8 月，我們會繼續透過「香港美食博覽」向市民推廣健康飲食，請密切留意！

The Department of Health's "EatSmart@restaurant.hk" Campaign (the Campaign) promoted ESRs and "less oil, less salt and less sugar" healthy vegetarian dishes to the public again in the "Vegetarian Food Asia Expo 2017". We selected the EatSmart dish, namely "A Hundred Flowers Bloom," from Kung Tak Lam Shanghai Vegetarian Cuisine among various submissions of "EatSmart Dishes" from different ESRs for the cooking demonstration in the "Vegetarian Food Asia Expo 2017".

On 25 February 2017, we invited dietitian to brief the audience of the Campaign and arranged the chef from Kung Tak Lam to demonstrate his exquisitely prepared "EatSmart Dish", "A Hundred Flowers Bloom". The scene was very lively, where the entire audience who tasted the dish was filled with acclamation.

In August this year, we will continue to promote healthy eating at the Food Expo. Please stay tuned!



◀ 百花齊放
A Hundred
Flowers Bloom



