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

CookSmart

營廚

巧製健康湯饌

Preparing Healthy Soup
with Love and Wit

陳倩揚
Skye CHAN



常用分量換算 Conversion of Common Measurement Units

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

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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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CookSmart

營廚

編者的話 Editor's Words

在寒冷乾燥的日子，大家自然會想起溫熱可口的湯水。喝一碗熱湯，固然暖心又暖肚，但若忽略湯水的材料，便可能攝取過多脂肪或鹽，影響健康。今期《營廚》向讀者介紹一些既美味又健康的湯水，並由營養師講解多款湯水的營養價值。新專欄「『營』商有道」邀請了飲食集團的行政管理人員暢談健康飲食的理念。希望讀者可從今期《營廚》得到啟發，維持健康飲食。

Warm, delicious soups are what spring to our mind during the cold, dry months. A bowl of hot soup is definitely heart- and stomach-warming. However, if you are unaware of what ingredients are used in the soup, your health could suffer due to excessive intake of fat or salt. This issue of *CookSmart* introduces to our readers some healthy and delicious soups. Our dietitians also provide information on the nutritional values of various soups. In our new column "A Restaurateur's Insight", a management executive of a restaurant group shares with us his vision for healthy eating. We hope that our readers will be inspired by this issue of *CookSmart* and maintain a healthy diet.



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.



西餐
Western
Cuisine

Lab 66

有營
菜式推介
Recommended
ESR dishes



黑豚肉柳配茄汁
吞拿魚長通粉
Iberico pork and tuna penne
with tomato Parmesan sauce



帆立貝墨汁意粉
Squid ink linguine with
Hokkaido Scallops



Lab 66 猶如一間實驗室，擅將不同的新穎食材混合起來，再運用嶄新烹調方法炮製出價廉物美的食品。

Lab 66 is like a laboratory that is good at blending an array of novice food ingredients together to produce economical yet delicious dishes in innovative culinary style.

- 旺角黑布街 74 號地下 1 號舖
Shop 1, G/F, 74 Hak Po Street, Mong Kok
- 3709 2866

中菜
Chinese
Cuisine

德豐粉麵餐廳 Tak Fung Noodles Restaurant



德豐粉麵餐廳
TAK FUNG NOODLES RESTAURANT

有營
菜式推介
Recommended
ESR dishes



蒲台紫菜湯
Po Toi Seaweed Soup



元朗烏頭
Yuen Long Flathead Mullet



我們自八十年代起在深水埗桂林街扎根，每日 24 小時營業，全年無休，致力為客人帶來價廉味美的食物和飲品，包括中式小炒、潮州打冷菜式、魚蛋、牛雜、西冷紅茶和港式奶茶。

Our roots have been right here in Kweilin Street, Sham Shui Po since the 80s. Open twenty four-seven, we are dedicated to offering customers quality food and drinks at affordable prices, including Chinese stir-fried dishes, Chiu Chow dishes, fish balls, beef offal, Ceylon black tea and Hong Kong milk tea.

- 九龍深水埗桂林街 145 號地下
G/F, 145 Kweilin Street, Sham Shui Po, Kowloon
- 2748 0755

西餐
Western
Cuisine

橡木意大利餐廳 Oak Tree Ristorante

松露是價值不菲的真菌，被譽為美食界的珍品，其中以意大利北部阿爾巴（Alba）的白松露最為著名。白松露數量有限，品質上乘，生長在橡樹的根部。本餐廳以「橡木」為名，猶如橡樹滋養松露，讓客人在溫馨舒適的環境享用優質的意大利餐飲美食。

Truffles are highly prized fungi that are reputed as the jewel in the crown of the culinary world, with white truffles from Alba in northern Italy being the most well-known. Limited in quantity but high in quality, white truffles grow among the roots of the oak tree, after which our restaurant is named. Like an oak tree nurturing truffles, we provide our customers with fine Italian food and beverages in a warm, cozy setting.

- 📍 九龍油麻地西貢街 23 號彩鴻酒店一樓
1/F, Travelodge, No 23 Saigon Street,
Yau Ma Tei, Kowloon
- ☎ 2893 4442

花子舍 Florahouse

花子舍的主題為「秘密花園」，牆壁和餐桌以植物和香草作裝飾，環境寧靜優雅，令人心情舒暢。

花子舍堅持選用新鮮食材，貫徹少鹽、少油、少糖的烹調原則，呈獻多款健康美食，例如低溫慢煮三文魚、田園三色藜麥及香煎蘆筍，並提供以本地有機食用花和時令香草調製而成的特色飲品「花子冰」、咖啡及其他飲品。

With "secret garden" as its theme, Florahouse provides a serene, elegant and soothing environment by decorating its walls and dining tables with plants and herbs.

Florahouse is committed to using fresh ingredients and cooking with less salt, oil and sugar. The restaurant serves a wide range of healthy dishes such as low-temperature sous vide salmon, organic earth bowl and grilled asparagus. It also offers "Flora Ice", a signature drink made with organic edible flowers from local growers and seasonal herbs, as well as coffee and other beverages.

- 📍 銅鑼灣信德街 9-11 號百威商業大廈 2-3 號地舖
Shop 2-3, G/F, Parkview Commercial Building,
9-11 Shelter Street, Causeway Bay
- ☎ 2320 1198

有營食肆

OAK TREE
RISTORANTE
橡木意大利餐廳

有營
菜式推介
Recommended
ESR dishes



素菜薄餅
Vegetarian Pizza



傳統意大利
什菜湯
Minestrone Genovese



有營食肆



有營
菜式推介
Recommended
ESR dishes



香煎蘆筍
Grilled Asparagus



田園三色藜麥
Organic Earth Bowl





中菜
Chinese Cuisine



華峰美食

華峰美食
Wa Fung Fine Food



越式鮮雞米線
Vietnamese Rice Noodles
with Fresh Chicken

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



黑椒雞絲意粉
Spaghetti with Shredded
Chicken and Black Pepper



華峰美食鄰近觀塘1亞太中心（OPC），為顧客提供地道茶餐廳美食。午市套餐每天不同，以每早六時運抵的新鮮食材巧手烹製。此外，餐廳定期推出由註冊營養師和大廚設計的「有營菜式」，讓顧客吃得健康之餘，亦可獲得味覺和視覺的雙重享受。

Located near the One Pacific Centre (OPC) in Kwun Tong, Wa Fung Fine Food provides customers with authentic tea restaurant (*cha chaan teng*) food. The restaurant offers a daily changing lunch menu, which features a variety of dishes masterfully prepared with fresh ingredients delivered at 6 am every day. In addition, "EatSmart Dishes" designed by registered dietitians and chefs are available on a regular basis, offering customers a healthy dining experience as well as sensory pleasures of taste and sight.

- 觀塘駿業里10號業運工業大廈1樓A座
Flat A, 1/F, Yip Win Factory Building,
10 Tsun Yip Lane, Kwun Tong
- 2951 0008

歡迎加入成為



Welcome to join as an **EatSmart Restaurant**

「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.

「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式？「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!



《營廚雜誌：有營食譜》流動應用程式 "CookSmart: EatSmart Recipes" Mobile Application

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!





要食得健康，除了食物搭配需均衡外，烹調時選用的食材及油都是關鍵的因素，因為攝取過量的脂肪會增加血液中的膽固醇水平，而高血膽固醇是令人患上冠心病的主要原因。

日常飲食中常吃到的肉、魚、蛋等都含有脂肪，因此營養師建議成年人每餐不應使用多於兩茶匙（10 克）食油，因為所有的食油，每克提供約 9 千卡的熱量。然而，在烹調時，少不免會加入食油，所以食油的選擇是很重要的。較健康的包括橄欖油、菜籽油、芥花籽油等植物性食油；椰子油和棕櫚油因以飽和脂肪酸為主，所以不建議選用。而牛油、豬油、雞油等動物性食油含有大量飽和脂肪，作為烹調用食油並不合乎健康原則，例子包括卡邦拿意粉、豬油撈飯和搭配海南雞的雞油飯。

To eat healthily, we must not only observe a balanced diet, but also make good choices on cooking oil and food ingredients. Excessive intake of fat causes high blood cholesterol, whilst high blood cholesterol plays a major role in developing coronary heart disease.

Daily diets, such as meat, fish and eggs, all contain fat. Considered each gram of cooking oil already contains 9 kcal, dietitians recommend adults to get less than two teaspoons (10 g) of cooking oil per meal. Nevertheless, it is inevitable to use oil when cooking. It is, therefore, very important to choose cooking oil properly. Vegetable oil like olive oil and canola oil are healthier and recommendable choices, yet coconut oil and palm oil are not because saturated fat is abundant in them. Animal fats, such as butter, lard and chicken oil, contain a large amount of saturated fat. In this regard, it is unhealthy to cook with such oil for dishes like carbonara, lard rice and chicken oil rice (as found in Hainan chicken rice).





食材方面應挑選脂肪含量較少的肉類或五穀類，例如用去掉外皮的雞肉，牛柳、西冷、腱位來替代較高脂的牛肋骨、肉眼、豬腩肉、豬頸肉等肉類。絞肉類食品，例如魚餃、蝦餃、貢丸等應少選為佳，因為這些肉類大多會加入肥肉來增加口感，其脂肪含量因而相應提高。至於五穀類方面，例如菠蘿包、蛋撻、炒飯、炒麵、油炸即食麵、伊麵等的脂肪含量比起白麵包、麥包、米粉、意大利粉等都要高，因此我們亦應少吃為佳。

烹調時，可透過低脂烹調法來減少攝取過量脂肪的機會。所謂低脂烹調法，就是使用較少油的方法來烹調食物，除隔水蒸和水煮之外，還可考慮清湯浸、炆、燉、焗、烤等方法，這種煮法肯定比「走油」、多油的煎炒和油炸來得健康。另外，低脂烹調法鼓勵使用易潔不黏底的廚具，這可直接減少需要在烹調時加入額外食油作潤滑用途。

Regarding food ingredients, we ought to choose meats as well as grains and cereals low in fat. For example, we can substitute high-fat meats like beef ribs, rib eye, pork belly and pork neck with skinless chicken, beef tenderloin, sirloin and tendon. Minced meat foods, such as fish dumplings, shrimp dumplings and pork balls, should be avoided because they are usually added with fatty meats to enhance mouthfeel. The adding of fatty meat results in a corresponding increase of fat content in food. For grains and cereals, the fat content of foods like pineapple buns, egg tarts, fried rice, fried noodles, deep-fried instant noodles and E-Fu noodles, are higher than that in white bread, whole wheat bread, rice vermicelli and spaghetti. We should eat less accordingly.

When preparing meals, excessive fat intake can be avoided by adopting low-fat cooking. Low-fat cooking refers to a culinary method in which less cooking oil is used. Besides steaming and poaching, we can also consider boiling with broth, braising, simmering, baking, roasting, etc. This way of cooking is certainly healthier than "quick deep-frying", pan and stir frying with lots of oil, as well as deep frying. In addition, low-fat cooking encourages the use of non-stick cookware that is easy to clean. This design can directly reduce the need of adding extra cooking oil for lubrication in the course of cooking.





A RESTAURATEUR'S INSIGHT

『營』商有道

富臨集團的歷史可追溯至 1992 年，當時其首間餐館於大角咀開業，是一家小型火鍋館。經過多年耕耘，富臨集團已成為飲食界的連鎖企業，擁有 23 個品牌和超過 80 間食肆，其中多間食肆獲香港旅遊發展局（旅發局）認可為優質餐館。集團獲獎無數，包括旅發局「美食之最大賞」的「至高榮譽金獎」。

富臨集團市場及業務經理楊振年先生隨父投身飲食業，加入集團約八年，協助管理集團業務。他先後於多個部門任職，了解顧客所需。

The history of Fulum Group can be traced back to 1992 when it first opened a small hot pot restaurant in Tai Kok Tsui. After years of hard work, Fulum Group has developed into a restaurant chain with 23 brands and more than 80 restaurants, many of which are accredited under the Quality Tourism Services Scheme of the Hong Kong Tourism Board (HKTb). It has won several awards, including the Gold with Distinction Award at the Best of Best Culinary Awards hosted by the HKTb.

Mr Winston YEUNG, the Marketing and Business Manager of Fulum Group, followed in his father's footsteps in the catering industry. He has been working for the restaurant group for about eight years, assisting in the management of its business. Mr YEUNG has worked in various departments in order to have a better understanding of customers' needs.



問

Q

近年，香港人越來越重視健康飲食，楊先生有何看法？

In recent years, there has been a growing awareness of healthy eating among people in Hong Kong. What is your opinion, Mr YEUNG?

健康飲食確是大勢所趨，不少顧客喜歡清淡菜式，茹素的人漸多。為滿足顧客的需求，集團各分店烹調時少放油、鹽及糖，在早午茶市加入素菜餃、素菜包等點心，晚市則提供多款素菜。

It is true that consumers are trending towards more health-conscious eating. Many customers prefer light-flavoured dishes. More and more people have followed a vegetarian diet. To satisfy our customers' needs, our restaurants cook with less oil, salt and sugar. During the morning tea and lunch sessions, we offer dim sum like vegetable dumplings and vegetable buns. Our dinner menu also features a wide range of vegetarian dishes.

富臨皇宮

FULUM PALACE

問

Q

集團在「有『營』食肆」運動中有何得着？員工怎樣向顧客推廣健康菜式？

How does your restaurant group benefit from the "EatSmart@restaurant.hk" Campaign? How do your staff promote healthy dishes to customers?

集團一直致力推動健康飲食，自 2008 年起參加「有『營』食肆」運動。我們將各款「有『營』菜式」列入「廚皇牌」作特別推介，並加上「3 少之選」及「蔬果之選」的標誌，讓顧客一目了然，更容易選擇合適的菜餚。

我們亦相當重視與員工溝通，在推出新菜式前，會讓員工試菜，認識新菜式的特點。如此一來，他們向顧客推介「有『營』菜式」時便會更有信心。

We have always been committed to promoting healthy eating to our customers. Since 2008, Fulum Group has participated in the "EatSmart@restaurant.hk" Campaign. All our "EatSmart Dishes" are included in the Chef's Menu for special recommendations and labelled with "3 Less Dish" and "Dish with more Fruit and Vegetables" logos. This gives our customers a clear idea of what suitable dishes are available, enabling them to make their picks more easily.

In addition, we value communications with our staff. Before we add new dishes to the menu, our staff will be asked to try them out in order to understand their characteristics. This gives them more confidence in promoting "EatSmart Dishes" to customers.

問

Q

秋冬季節，有甚麼滋潤湯水推薦給大家？

What nourishing soups would you suggest for autumn and winter?

淮杞花膠燉響螺、蟲草花乾貝燉花膠、冬瑤燉響螺均是美味滋潤的湯水。同時，集團將因應季節推出不同的時令滋補湯水。

Some delicious and nourishing choices include double-boiled fish maw and sea whelk soup with Chinese yams and wolfberries, double-boiled fish maw soup with caterpillar fungus and dried scallops, as well as double-boiled sea whelk soup with winter melon and dried scallops. As seasons come and go, we update our seasonal soup menu accordingly.



問

Q

集團對推廣健康飲食有何心得？

Could you share Fulum Group's experience in promoting healthy eating?

我們為食物調味時，著重使用薑、蔥、蒜等天然配料，並配上木耳、彩椒和各類菇菌等，務求為傳統中菜增添新意。廚師同時會因應食材的不同顏色而選用各式各樣的器皿，令菜式賣相更吸引。顧客在我們的食肆用膳，可享受營養、味道和口感兼備的菜式。

We emphasise the use of natural ingredients such as ginger, spring onions and garlic for seasoning. Side ingredients such as wood ear fungus, bell peppers and various mushrooms are used to add a modern touch to the traditional Chinese cuisine. To enhance the visual appeal of our food, our chefs also use various types of serving vessels for ingredients of different colours. In our restaurants, diners are treated to a variety of nutritious dishes with delicious flavours and textures.

問

Q

集團如何維持食品及服務水準？

How does your restaurant group maintain the standards of food and service?

中式飲食競爭激烈，故此集團須以出色的食品及服務水準吸引顧客，這兩方面有賴食材和員工的質素。由於飲食業員工的流動性十分高，集團相當重視對員工的訓練。食肆在每天營業前，會在例會上提醒員工須注意的要點。我們亦定期為員工安排培訓，以保持良好的服務水平。

Competition in the Chinese restaurant industry is fierce. To attract customers, we must maintain high standards of food and service, which depend on the quality of ingredients and staff. Due to the high turnover rate in the catering industry, we take staff training very seriously. Every day before our restaurants open, a briefing is conducted to remind our staff of the important points to note. We also arrange regular training for our staff to maintain a high-quality service.



自小習廚 師承母藝 Mastering Cooking Basics in Mum's Kitchen

倩揚自幼已與母親一起烹調家常小菜，培養了對烹飪的興趣，學到一手好廚藝。倩揚說：「我自小已喜歡煮食，愛聽烹調的聲音。我經常跟媽媽到市場買菜，然後一起切菜炒餸。我升上中學時，已經常常下廚。」

As a child, Skye used to prepare homemade dishes with her mother. This aroused her interest in cooking and enabled her to acquire good culinary skills. She said, "I have been fond of cooking since I was a child. The sounds of cooking are like music to my ears. I often accompanied my mum when she went to the wet market, then I gave her a hand in preparing the dish, slicing vegetables and cooking them. When I was in secondary school, cooking was a regular household chore."



留學海外 以廚會友 Making Friends Abroad through Cooking



倩揚就讀大學時，曾到日本名古屋當了一年交換生，在當地的意大利餐館兼職賺取生活費，閒時會到市場搜羅食材，包製餃子和煮廣東菜，與同學聯誼分享。她亦向當地人學會烹調一些簡單的日式料理，獲得更多廚藝知識。

During her time at university, Skye went to Nagoya, Japan as an exchange student for one year. To pay for her living expenses, she worked part-time in a local Italian restaurant. During her spare time, Skye shopped for ingredients in the market to prepare homemade dumplings and Cantonese dishes, sharing them with classmates. She managed to broaden her culinary knowledge by learning some simple Japanese dishes from the locals.



陳倩揚大學畢業後，曾於日資公司和航空公司任職。她於2008年參選香港小姐後加入娛樂圈，先後主持資訊節目、飲食節目和清談節目，亦有參演劇集。她現時為電台及電視台的節目主持。

Skye CHAN worked in a Japanese company and an airline company after graduation from university. She entered the show business following her stint in the Miss Hong Kong Pageant in 2008. She has hosted information programmes, food programmes and talk shows and made appearances in TV series. She is currently a television and radio host.





健康早餐 愛心靚湯 Making Healthy Breakfast and Hearty Soups

倩揚成為兩子之母後，更著重一家人的均衡飲食。她談到為兩個愛兒準備三餐時，樂得笑逐顏開，說道：「長子升讀小學後，較少跟我一起吃午餐，所以我每天都會為兩兄弟準備早餐。」倩揚準備的住家早餐既健康又豐富，除了通粉、麥片和麵食外，更有蛋批、飛碟三文治和墨西哥薄餅等，令兒子每天都相當期待。

倩揚每晚為家人準備湯水，對炮製滋潤清湯別有心得。除了青紅蘿蔔湯和蓮藕章魚湯外，她亦推薦大家煲湯時以雪蓮配上雪梨或蘋果，可煮出鮮甜湯水。此外，以南瓜、紅豆、薏米、南杏或杞子煲湯，湯水亦會格外清新。倩揚吃火鍋時，會以昆布、蘿蔔和蒜做湯底，健康之餘亦不失滋味。

As a mother of two boys, Skye now focuses more on keeping her family on a balanced diet. She glowed with joy when talking about preparing meals for her sons. "My elder son and I seldom have lunch together after he began studying in primary school," said Skye, "So I prepare breakfast for him and his younger brother every day." With a wide selection of healthy foods such as macaroni, cereal and noodles as well as egg pies, toast sandwiches and Mexican tacos, Skye's homemade breakfast is something that her sons look forward to every day.

Skye makes soup for her family every evening and is knowledgeable about preparing nourishing soups. Apart from carrot and green radish soup and lotus root soup with dried octopus, she recommends preparing a yacon soup with apples or pears to give it a fresh and sweet flavour. In addition, soups prepared with pumpkins, red beans, adlay, sweet apricot kernels or wolfberries are particularly refreshing. When having a hot pot meal, Skye uses a healthy and flavourful soup base featuring kombu, turnips and garlic.



親子齊運動 健康樂融融 Exercising with Family for Good Health and Fun



倩揚以往有打羽毛球，現時則多跑步。她說：「運動時出了一身汗，令人心身舒暢。」倩揚亦會與兩個孩子一起做運動，享受親子之樂。

Skye used to play badminton, but now she goes jogging regularly. She said, "It is relaxing to have a good sweat from exercise." She enjoys bonding with her sons by exercising together.





煮得健康 多菜少肉 Using Healthy Cooking Methods and Serving More Vegetables



倩揚多選用蒸、炆、烩等健康的烹調方法，少放油、鹽及糖。她認為只要以新鮮食材作出不同的配搭，便可帶來變化萬千的新穎菜式。

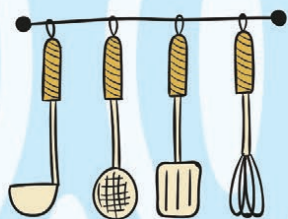
倩揚一家的飲食原則是多菜少肉，她喜歡以各類蔬菜創出色彩繽紛、味道豐富的佳餚，吸引兒子品嚐營養豐富的食物。即使遇有兒子不太喜歡的健康食材，如鮮淮山、百合等，倩揚亦會花心思讓兒子回心轉意。她會在餃子的餡料加入鮮淮山，煮飯時則混入磨碎的百合，以免兒子偏食。

倩揚注意到動物脂肪對身體無益，飼養牲畜還會污染環境，因此漸漸少吃肉類。她希望更多食肆參加有營食肆運動，為市民提供更多健康美食。

Skye prefers healthy cooking methods such as steaming, braising and poaching and adds less oil, salt and sugar. She reckons that by mixing and matching fresh ingredients, everyone can come up with an array of ever-changing and inventive recipes.

Skye and her family members consume less meat and plenty of vegetables. To encourage her sons to try out more foods that are rich in nutrients, she likes to prepare colourful and flavourful dishes with a variety of vegetables. Skye also puts a lot of thought in getting her sons to enjoy healthy ingredients they may not like, such as Chinese yams and lily bulbs. To prevent her children from becoming picky eaters, she includes yams in the fillings for dumplings and cooks rice with grinded lily bulbs.

Skye eats less meat as she becomes aware of the negative effects on health brought by animal fats as well as the pollution arising from livestock farming. She hopes that more restaurants will join the "EatSmart@restaurant.hk" Campaign to provide more healthy and delicious food options for members of the public.





有「營」菜式推介 EatSmart Dishes



蟹肉鮮蝦蒸蛋白

Steamed Egg White with Crab Meat and Shrimps

蛋白蒸得澄清嫩滑，蟹肉和蝦充滿鮮味，最宜佐飯。

The smooth, velvety steamed egg white is topped with fresh crab meat and shrimps. It is a great dish to go with rice.



金脆豆餅

Pan-fried Tofu and Shrimp Patties

餅餡以鮮蝦、豆腐、芫茜及小棠菜拌成，裹以米網煎熟，甘香酥脆。

The stuffing of minced shrimps, tofu, coriander and Shanghai cabbage is wrapped in netted rice paper for pan-frying, which gives the dish a sweet aroma and a crunchy texture.



肉鬆炆豆腐

Braised Tofu with Minced Pork

肉鬆軟熟，豆腐綿滑，以紅椒粒配襯，惹味可口，老少咸宜。

Accompanied by red bell pepper dices, this appetising tasty dish features tender minced pork and silky soft tofu. It is a suitable choice for people of all ages.



金玉參伴百靈菇

Braised Golden Sea Cucumber with King Oyster Mushroom

海參及百靈菇滑溜爽口，以蝦米、豬肉及蒜頭製成的濃厚醬汁原隻同炆，香味十足。

Smooth and tender, the sea cucumber and the king oyster mushroom deliver a pleasing aroma as they are braised in whole in a thick sauce made with dried shrimps, pork and garlic.



有「營」靚湯

喝出健康

Stay Healthy with
Nutritious Soups

湯水是中國飲食文化的瑰寶，尤其為南方人喜愛，廣東人和香港人亦不例外，而且對煲湯選料較為講究。營養師陳秋惠（Sharon）與你暢談烹調健康靚湯的心得。

Sharon 說：「在日常飲食中，喝湯可補充體內的水分，亦有助身體吸收食物中的營養素，對消化較差的人士及長者特別有益。」

Soups are the crown jewel in Chinese food culture and a firm favourite with the southern Chinese. Cantonese and Hong Kong people are no exception. They are very particular about soup ingredients. Dietitian Sharon CHAN shares with you her tips on making healthy and delicious soups.

"In our daily diet," said Sharon, "Soups replenish fluids in the body and make the absorption of nutrients easier. They are particularly beneficial for people with digestive difficulties as well as the elderly."

煲湯越久 營養越多？

Prolonged Boiling = More Nutritious?

老火湯通常以多種材料熬出濃郁味道，予人營養豐富的印象，但 Sharon 提醒大家要注意煲湯時間：「維生素 C 和維生素 B 雜均為水溶性，容易受高溫破壞，因此煲湯時間越長，流失的維生素越多。」

Sharon 表示海鮮、肉類、豆類和菇菌類食物的普林^註含量較高，這些食材煲煮越久，湯水的普林含量便會越高，尿酸高或患有痛風的人士必須多加注意。此外，食物中的鉀易溶於水，腎臟功能欠佳者亦須留意湯水的含鉀量是否過高。為健康着想，Sharon 建議煲湯時間最好不超過兩小時。

Long-boiled soups are often prepared with various ingredients for a more intense flavour. While they appear to be rich in nutrients, Sharon reminded us to keep an eye on the duration of boiling. "Vitamin C and B-complex vitamins are water-soluble and vulnerable to high temperature. The longer a soup is boiled, the more vitamins it loses."

Sharon added that seafood, meats, beans and mushrooms are rich in purines. ^{Note} When these ingredients are boiled for a longer time, the soup will contain a higher level of purines, something people with high uric acid levels or suffering from gout should avoid.

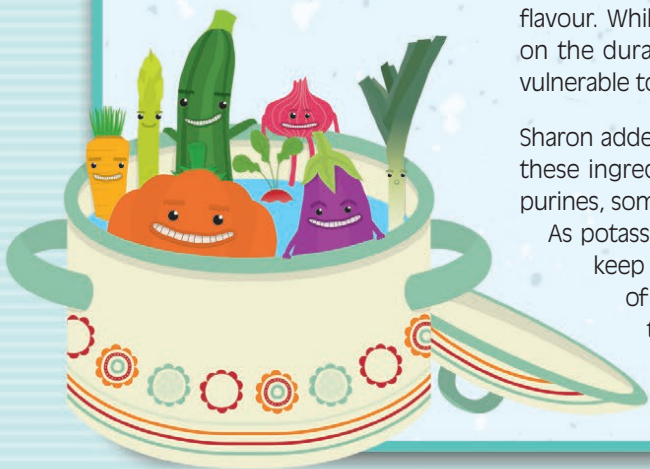
As potassium in foods is also water-soluble, people with poor kidney functions must keep a watchful eye on whether the soup is too high in potassium. For the sake of health, Sharon suggested that soups should not be boiled for more than two hours.



陳秋惠
Sharon CHAN

美國註冊營養師
香港營養師協會

Registered Dietitian (USA)
Hong Kong Dietitians
Association





高脂湯料 不利健康

High-fat Ingredients Jeopardise Your Health

一般人覺得濃湯（例如熬至奶白色的豬骨湯）才是好湯，但濃湯含有較高脂肪和膽固醇，有損健康。有些肉類材料的脂肪含量頗高，以 100 克重量計算，豬排骨和鴿肉分別含有 14.7 克及 14.2 克的脂肪，雞肉也含有 9.4 克的脂肪（表 1）。要減少湯中的脂肪，煲湯前可把肉類材料汆水；煲湯後則可透過隔油壺隔去湯油，或把熱湯放涼，再撇去已凝結在面層的油脂。

坊間認為以豬骨煲製的湯可補鈣，Sharon 則提醒大家，須注意骨湯的脂肪。她解釋：「骨頭即使經過長時間熬煮，湯水的鈣質仍然非常有限，溶解最多的反而是脂肪。患有高血脂或心血管疾病的人士，均不宜常喝骨湯。」

People tend to think that a good soup must be thick in texture (for example, pork bone soup that is boiled to a milky white colour). Yet, thick soups pose risks to our health as they are higher in fat and cholesterol. Some types of meat have a high-fat content. For instance, pork ribs and squab meat contain 14.7g and 14.2g of fat per 100g respectively. The same weight of chicken meat has 9.4g of fat (Table 1). To reduce the amount of fat in a soup, blanch the meat before making the soup or use a fat skimmer afterwards. You may also let the soup cool down and then scoop the solidified oil off the surface.

Soups prepared with pork bones are commonly thought to be helpful in replenishing the calcium in our body. Sharon called for attention to the fat in bone soups. "Even after prolonged boiling of bones, very little calcium ends up in the soup." Sharon explained. "Instead, it is the fats that dissolve the most in the soup. People with hyperlipidemia or coronary artery diseases are advised not to consume bone soups too often."





多吃湯渣 吸收營養

Get Nutrients from Soup Ingredients

Sharon 表示不少食物實為健康美味的煲湯材料，例如蘋果、雪梨、木瓜、無花果、栗子、蓮藕、合桃和黑豆（表 2）。此外，根莖類蔬菜如玉米、薯仔、牛蒡根含有較高熱量（表 2），煲湯後可當作菜餚佐飯。故此大家喝湯時，記着吃掉湯渣，既可吸收食物中的營養素，亦可增加飽腹感。

According to Sharon, several food items are healthy, tasty ingredients for soup-making. Examples are apples, pears, papayas, figs, chestnuts, lotus roots, walnuts and black beans (Table 2). In addition, root vegetables such as corns, potatoes and burdock roots are rich in calories (Table 2). They can be used to prepare soup and then served as a dish to go with rice. To absorb the nutrients from foods and increase satiety, you may consume the soup along with its ingredients.

注意食物營養 實踐健康飲食

Check out Food Nutrients and Put Healthy Eating into Practice

市場上的罐頭湯和即溶湯包多不勝數，Sharon 提醒大家選購時宜留意食物標籤，看看食品是否含有動物脂肪、防腐劑、味粉、人造色素和鈉等，同時注意食用分量，以免吃得過量或攝取過多鹽分。

There are various canned soups and instant soup packs on the market. Sharon reminded us that when purchasing these products, it is advisable to read the food labels and find out whether the food items contain animal fats, preservatives, gourmet powder, artificial colourings and sodium. Attention should also be paid to the serving size to avoid over-eating and excessive intake of salt.

註：普林（Purine）又稱嘌呤，是生物細胞所含的物質。普林進入人體後，經新陳代謝轉變成尿酸。如體內積聚過多尿酸或普林代謝異常，痛風發作的機會便會增加。

Note: Purines are a substance found in animal cells. When they enter our body, they are metabolised into uric acid. People with too much uric acid or purine metabolic disorders are more prone to gout attacks.



表 1

湯水常用肉類（生）材料的營養資料
Nutrition Information on Raw Meats
Commonly Used for Soups

食物名稱 Food Items (每 100 克 per 100g)	熱量 Calories (千卡 kcal)	蛋白質 Protein (克 g)	碳水化合物 Carbohydrates (克 g)	脂肪 Fat (克 g)	膽固醇 Cholesterol (毫克 mg)	鈉 Sodium (毫克 mg)
鵪鶉 Squab	201	16.5	1.7	14.2	99	64
鸕鶿 Quail	110	20.2	0.2	3.1	157	48
豬排骨 Pork ribs	208	18.9	0	14.7	47	100
瘦肉 Lean pork	101	22.2	0	1.1	95	54
豬肚 Pork stomach	159	16.9	0	10.1	223	75
雞 Chicken	167	19.3	1.3	9.4	106	63
巴沙魚 Fish (Basa)	80	15.7	0	1.8	NA	NA
鮑魚 Abalone	105	17.1	6	0.8	85	301

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.





湯水常用蔬菜的營養資料

Nutrition Information on Vegetables Commonly Used for Soups

食物名稱 Food Items (每 100 克 per 100g)	熱量 Calories (千卡 kcal)	蛋白質 Protein (克 g)	碳水化合物 Carbohydrates (克 g)	脂肪 Fat (克 g)	膽固醇 Cholesterol (毫克 mg)	鈉 Sodium (毫克 mg)
蓮藕 Lotus root	74	2.6	17.2	0.1	0	40
黃甜粟米 Yellow corn	86	3.3	18.7	1.4	0	15
紅蘿蔔 Carrot	22	1	4.6	0.1	NA	63
青蘿蔔 Green radish	33	1.3	6.8	0.2	NA	70
冬瓜 Winter melon	9.2	0.4	1.8	0	NA	0
番茄 Tomato	16	0.7	2.6	0	NA	0
馬鈴薯 Potato	62	2.0	13	0	NA	0
木瓜 Papaya	39	0.6	9.8	0.1	0	3
合掌瓜 Chayote	19	0.8	4.5	0.1	0	2
牛蒡根 Burdock root	72	1.5	17.3	0.15	0	5
南瓜 Pumpkin	26	1	6.5	0.1	0	1
雪耳 (乾) Snow fungus (dried)	261	10	67.3	1.4	NA	82

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.

備註：資料表中的 "NA"，表示沒有該項營養素的資料。

Remark: "NA" means that relevant nutrient data for that particular food item is not available.

煲湯健康小貼士

Tips on Making Healthy Soups

湯料放入冷水 Add ingredients to cold water

如把湯料放入冷水中煲煮，湯水會較為清淡美味。湯料放入熱水中，便會容易變韌，味道也較難釋出。

Boiling the ingredients in cold water gives the soup a lighter and better taste. When placed in hot water, the ingredients will easily become stiff, making the extraction of flavours more difficult.

後放蔬菜 Add veggies at last

蔬菜在湯水差不多煲好時才放入，流失的營養素便會較少。

To reduce loss of nutrients, do not add vegetables until the soup is nearly done.

搭配不同湯料 Use a variety of ingredients

蓮子、芡實、百合、紅棗和無花果等配料健康有益，可為湯水添加味道。

Lotus seeds, foxnut seeds, lily buds, red dates and figs are healthy and nutritious ingredients that can add great flavours to your soups.

使用真空煲 Use a vacuum cooker

真空煲可節省煲湯所需的時間及燃料，減少水分流失，有助保持原味。

Making soup in a vacuum cooker saves time and energy. It also reduces water loss and helps retain flavours.

Canton Room,
Gloucester Luk Kwok Hong Kong

A New Taste of
Old Hong Kong



六國酒店粵軒
老香港
新風味



GLOUCESTER LUK KWOK
HONG KONG
六國酒店

六國酒店前稱「六國飯店」，已具八十四年歷史，是港島區的老牌酒店，更是本港首間開設中菜廳的酒店。中菜廳炮製膾炙人口的傳統手工粵菜，是當時華人商賈聚會宴客之選。

Located on Hong Kong Island, Gloucester Luk Kwok Hong Kong (formerly Luk Kwok Hotel) is an established name in the hotel industry with a history of 84 years. It was the first hotel in Hong Kong to have its own Chinese restaurant, which was renowned for its traditional Cantonese delicacies and remained a popular rendezvous for local businessmen several years ago.

融會中西廚藝 呈獻健康佳餚

Combining East and West for Health

粵軒是六國酒店現有的中菜廳，自 2001 年起由馬榮德師傅出任中菜行政總廚。馬師傅保持傳統粵菜的精髓，並引入西式烹調技巧，為粵菜帶來新風貌。他說：「很多中式食肆在擺盤、上菜等沿用西式餐飲文化，我則喜歡以甘菊花、沙律菜等西式食材伴碟，令菜式更立體，亦可增加觀賞價值。」

馬師傅烹調時注重健康，堅持選用新鮮食材，少放油、鹽和糖，希望食客可品嚐健康的美食。他喜歡以不同材料入饌，例如茶葉、薰衣草、辣椒葉和番薯苗，為菜式增添清新獨特的味道。馬師傅亦常與顧客溝通，向他們推廣健康飲食。

Since 2001, Mr William MA has served as the Chinese culinary executive chef for Canton Room, the existing Chinese restaurant of Gloucester Luk Kwok Hong Kong. He retains the essence of traditional Cantonese cuisine and gives a new twist to Cantonese dishes by applying western cooking techniques. Chef MA said, "Many Chinese restaurants follow western dining customs when it comes to food plating and serving. I prefer to use western ingredients as side dishes, such as chamomile flowers and salad leaves. They add depth and visual appeal to the food."

Health is a priority for Chef MA in cooking. He chooses fresh ingredients and uses less oil, salt and sugar in the hope of providing his customers with healthy and delicious dishes. To add a fresh, distinct flavour to his cooked dishes, he likes to cook with a variety of ingredients such as tea leaves, lavender, chili leaves and sweet potato leaves. Chef MA also often talks to his customers about healthy eating.

挑選有益食材 煲製滋潤靚湯

湯水是粵菜的精華，備受中國人喜愛。然而，傳統湯水多以肉類為主料，對身體未必有益。馬師傅喜愛研製惹味可口的健康湯水，煮湯時採用脂肪含量較其他肉類低的魚肉，再配上昆布、海帶、木耳、雲耳、淮山、西洋菜和菇菌等食材。時屆秋冬，天氣乾燥，馬師傅建議可喝滋潤補身的西洋菜魚湯。

馬師傅雖然經驗豐富，仍十分熱衷參加各項廚藝比賽。他認為比賽無關成敗得失，最重要是能取他人之長，藉以求進。

Making Tasty, Nourishing Soups with Healthful Ingredients

Soups are the treasure of Cantonese cuisine and a favourite of the Chinese. As most conventional soups are meat-based, they may not be good for health. Chef MA likes to make hearty and delicious soups with fish, which is lower in fat than other types of meat, as well as other ingredients such as kombu, kelp, wood ear fungus, cloud ear fungus, Chinese yam, watercress and assorted mushrooms. Watercress and fish soup, as suggested by him, is effective in nourishing the body during the dry autumn and winter months.

Despite his wealth of experience, Chef MA still enjoys taking part in culinary competitions. He believes it is not about winning or losing, but learning from others for self-improvement.

馬榮德先生 16 歲入行，曾在九龍多間著名酒樓任職，亦先後在北京、瀋陽、台灣和英國的酒店及餐館掌廚。馬師傅在本地及海外烹飪比賽屢獲殊榮，更獲法國藍帶美食協會頒授榮譽會員勳章。

Mr William MA started his culinary career at the age of 16 and worked for various renowned restaurants in Kowloon. He also had spells working in hotels and restaurants in Beijing, Shenyang, Taiwan and the United Kingdom. Honoured with numerous awards in local and overseas cooking competitions, he is an Honorary Commandeur of La Commanderie Des Cordons Bleus De France.

翡翠帶子燴豆腐

Braised Tofu with Greens and Scallops

軟綿綿的豆腐上鋪有甘荀、芥蘭頭、帶子和冬菇，清新香滑，滋味不凡。

This savoury, fragrant dish features silky soft tofu topped with a delightful combination of carrots, kohlrabi, scallops and winter mushrooms.



翡翠影竹林

Bamboo Fungus Stuffed with Assorted Vegetables

竹筍內釀入芥菜膽、紹菜和冬菇粒等，清爽雅致，不失風味。

The bamboo fungus is stuffed with mustard stems, napa cabbage and diced winter mushrooms to deliver a wonderfully fresh, delicate taste.



玉環羅漢盞

Melon Rings Stuffed with Mixed Vegetables

清甜多汁的冬瓜切成環狀，釀入雜菌、甘荀和黃耳等材料，並配上西蘭花，清新淡雅。

The sweet, juicy winter melon is cut into rings, which are then stuffed with mushrooms, carrots and yellow fungus. The broccoli adds a light and refreshing flavour to the dish.



銀杏

彩椒炒雞丁

Stir-fried Chicken with Ginkgo Seeds and Bell Peppers

鮮嫩雞丁配上爽脆的三色椒，菜餚色彩鮮豔，並加入微甘的銀杏，令味道更加豐富。

Tender chicken dices go side by side with crispy sweet peppers, which enrich the colour of the dish. The faintly bittersweet ginkgo nuts offer an extra dimension of flavour.



學人素食 香港中文大學一起素

Students Go Vegan – Vegether, The Chinese University of Hong Kong



一起素素食餐廳位於香港中文大學（中大）范克廉樓游泳池畔，外牆為落地玻璃，一室明亮，景觀開揚。餐廳收費便宜，為同學及教職員提供多元化、高質素的素食菜式。

一起素的經理蕭華朗先生說：「我本喜愛吃肉，但大約五年前突然感悟，決定棄葷茹素。」蕭經理在一年半前得悉中大為素菜餐廳招標，便決定與在粉嶺經營聯和素食的好友合作，結果投得合約，經營至今。

Vegether is a vegetarian canteen located next to the swimming pool at the Benjamin Franklin Centre of the Chinese University of Hong Kong (CUHK). Brimmed with natural light through its glassy walls, the restaurant offers students and teaching staff a broad view of scenery and a variety of high-quality vegetarian dishes at reasonable prices.

“I used to be a meat lover,” said Mr Varon SIU, the Manager of Vegether, “but I had an epiphany about five years ago. I’ve become a vegetarian ever since.” One and a half years ago, Varon heard about the tender invitation for a vegan restaurant at the CUHK. He decided to submit a tender with his friends, the co-owners of Luen Wo Vegetarian Restaurant in Fanling, and ended up winning the contract. They have been running the business together since then.

蕭先生數年前茹素後，有緣認識了經營素食店的朋友，加深對素食議題的認識。為普及素食文化，他近年致力參與及推動多項活動。

After going vegan a few years ago, Mr SIU happened to meet new friends who run a vegan restaurant business, and gained a deeper understanding of vegan issues. To establish veganism as a way of life, Mr SIU has been dedicated to participating in and promoting various projects in recent years.

廉而不糙 素而不寡

一起素的服務對象以學生為主。由於學生消費力不高，故此食品的定價亦較低。餐廳提供多款膳食，包括全日早餐和自選午飯套餐，亦備有三文治、素漢堡及素壽司等輕食。晚市設有小炒及私房菜，並為已預約的顧客提供印度及泰式素菜。在眾多美味菜式中，素叉燒和素羊腩尤其深受師生歡迎。

巧製素食料理 力推素食文化

一起素的菜式以少油少鹽烹調，採用天然新鮮材料，例如以南瓜、番茄、紅蘿蔔、椰菜和大豆芽等材料熬成上素湯，既可為蔬菜提味，亦可充當例湯及粉麵的湯底。餐廳亦會以時令食材（例如合掌瓜、冬瓜、蓮藕）搭配多款健康配料（例如玉米、雲耳、眉豆和蜜棗），煲製滋潤湯水。

一起素致力在校園推廣素食文化，與中大的中醫學會和瑜伽學會合作舉辦活動，鼓勵同學多食素菜。蕭經理認為，雖然香港的素食已日趨多元化，但仍有賴傳媒及業界合作，方可進一步普及素食。

Tasty, Diverse Vegan Options at Affordable Prices

As most of the customers are university students, the menu prices are kept at a relatively low level to accommodate their limited spending power. The restaurant offers a wide range of food choices, including all-day breakfast, lunch set meals as well as light meals such as sandwiches, vegan burgers and vegan sushi. The dinner menu features stir-fried dishes and homemade delicacies. Vegan dishes in Indian and Thai styles are also available for pre-order. Among all the delicacies, vegan barbecued pork (*char siu*) and vegan lamb belly are the favourites of the teaching staff and students.

Making Every Effort to Promote Vegetarian Cuisine and Culture

Vegether prepares its dishes with less oil and salt and uses natural, fresh ingredients. An example is the vegetable broths, which are prepared with ingredients such as pumpkins, tomatoes, carrots, cabbage and bean sprouts. Apart from bringing out the flavours of the vegetables, the vegetable broths can be served as the soup of the day and used as the base for noodles and rice noodles. The restaurant also makes nourishing soups with seasonal ingredients (like chayotes, white gourds and lotus roots) as well as several healthy foods (such as corns, cloud ears, cowpeas and dates).

Vegether is committed to promoting veganism on campus. To encourage a greater intake of vegetables among students, it organises events with the Chinese Medicine Association and the Yoga Club of the CUHK. Varon believes that while there are more and more vegan options in Hong Kong, the media and the catering industry have to work hand in hand to promote vegan diets.



銀杏鮮腐竹浸菜苗 Soaked Vegetables with Ginkgo Nuts and Tofu Sheets

以上素湯煨煮爽口的溫室菜苗，加上滑嫩的鮮竹和清香的白果，味道鮮美。

This refreshing, delightful dish features greenhouse vegetables soaked in vegan broth as well as tender tofu sheets and bittersweet ginkgo nuts.

健康五色菜 Stir-fried Mixed Vegetables

三色椒清甜可口，木耳和茄子口感鮮脆，大豆芽和椰菜花清爽怡人，味道層次豐富。

This flavourful dish is a medley of sweetish bell peppers, crunchy cloud ears and eggplant as well as refreshing bean sprouts and cauliflower.



海洋竹筴上湯時蔬 Soaked Bull Kelp and Seasonal Vegetables

爽脆的海洋竹筴配上香芹、甘荀及多種菇菌，色彩、味道和質感異常豐富。

The crunchy bull kelp is cooked with parsley, carrots and assorted mushrooms to deliver rich colours, flavours and textures.



番茄鮮竹炒南瓜 Stir-fried Tomato and Pumpkin with Tofu Sheets

番茄及南瓜配以滑溜的腐竹，味道酸甜，賣相鮮豔，是開胃的下飯菜。

This colourful dish is a sour-and-sweet mix of tomato, pumpkin and smooth tofu sheets. It will surely bring up your appetite.





川貝 燉海星

Double-boiled Starfish Soup
with Fritillary Bulbs



試食兵團話你知 Message from Tasting Team

此湯以海星、川貝、雞肉及瘦肉燉製，味道鮮美。

This soup is prepared with starfish, fritillary bulbs, chicken and lean pork to deliver a refreshing and pleasant flavour.

* 由於以計算方法間接估計清湯的熱量和營養素含量存有較大誤差，所以未能提供此項資料。

* Using indirect nutrient analysis base on calculation causes a great variation when estimating the energy and nutrient content of soup, therefore, such information cannot be provided.

To serve
4
人分量

材料 Ingredients

乾海星 1 隻 (約 30 克)
1 dried starfish (approx. 30 g)
去皮雞件 150 克
150 g skinless chicken parts
瘦肉 150 克
150 g lean pork
沸水 500 毫升
500 ml boiling water
川貝 7 克
7 g fritillary bulbs (*chuanbei*)

調味料 Seasoning

鹽 1/4 茶匙
1/4 teaspoon salt

步驟 Cooking Method

1. 先把乾海星、去皮雞件和瘦肉汆水 5 分鐘。
Blanch the dried starfish, skinless chicken parts and lean pork for 5 minutes.
2. 把已汆水的材料放入燉盅，注入沸水後再加入川貝及鹽。
Place the blanched ingredients in a double-boiling jar. Fill with boiling water. Add fritillary bulbs and salt.
3. 慢火燉 5 小時。
Double-boil over low heat for 5 hours.



特色 Feature

選用瘦肉及去皮雞件等低脂食材，可避免攝取過量飽和脂肪，從而防止血膽固醇過高。湯水吸收了海星和川貝的味道，可以少放鹽及咸調味料，有助保持血壓正常。

The use of low-fat ingredients such as lean pork and skinless chicken could avoid an excessive intake of saturated fat, thereby preventing high cholesterol in the blood. As both the starfish and fritillary bulbs are able to enrich the flavour, the soup can be prepared with less salt and salty condiments to help maintain normal blood pressure.



本食譜由龍皇酒家提供。
This recipe is provided by Dragon King Restaurant.



昆布桂魚 豆腐湯

Mandarin Fish and
Tofu Soup with Kombu

每一份
PER SERVING

熱量
Energy
68
千卡 (kcal)

碳水化合物
Carbohydrate
2
克 (g)

蛋白質
Protein
11
克 (g)

脂肪
Fat
2
克 (g)

糖
Sugar
1
克 (g)

鈉質
Sodium
324
毫克 (mg)

試食兵團話你知 Message from Tasting Team

以昆布、草菇、番茄和豆腐配合嫩滑可口的桂魚片，鮮甜美味。

This savoury soup features tender slices of mandarin fish with kombu, straw mushrooms, tomatoes and tofu.

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

昆布	10 克
10 g Kombu	
桂魚	200 克
200 g Mandarin fish	
豆腐	45 克
45 g Tofu	
草菇	5 克
5 g Straw mushrooms	
清水	800 毫升
800 ml Water	
薑	4 片
4 slices Ginger	
番茄	50 克
50 g Tomatoes	

To serve
4
人分量

步驟 Cooking Method

1. 把昆布放入熱水 15 分鐘浸軟，然後切條。昆布水留起備用。
Soak the kombu in hot water for 15 minutes until softened and cut into strips. Set the soaking water aside.
2. 桂魚去骨切片。
Bone the mandarin fish and cut into slices.
3. 豆腐切粒，番茄切片。
Cut the tofu into dices and tomatoes into slices.
4. 把清水及昆布水倒進煲中。放入所有材料後再加調味料，煮滾 2 分鐘即成。
Pour fresh water and the soaking water into a pot. Put in all the ingredients, add the seasonings and boil for 2 minutes.



調味料 Seasonings

菜籽油	1 茶匙
1 teaspoon canola oil	
鹽	半茶匙
½ teaspoon salt	

特色 Feature

草菇及海藻類的昆布能為湯水提供獨特的鮮味，桂魚等美味食材味道天然，可減少湯水的用鹽量。另外，昆布含有豐富的碘，加上高鈣的豆腐，是營養素的重要來源。

Straw mushrooms and seaweed like kombu give the soup a distinct and refreshing flavour. The natural taste of delicious ingredients such as mandarin fish can reduce the use of salt in the soup. High-iodine kombu and calcium-rich tofu are also important food sources of nutrients.



本食譜由六國酒店粵軒提供。
This recipe is provided by Canton Room, Gloucester Luk Kwok Hong Kong.



營養 五行湯

Five-element Soup

每一份
PER SERVING

熱量
Energy
85
千卡 (kcal)

碳水化合物
Carbohydrate
4
克 (g)

蛋白質
Protein
9
克 (g)

脂肪
Fat
4
克 (g)

糖
Sugar
2
克 (g)

鈉質
Sodium
161
毫克 (mg)

試食兵團話你知 Message from Tasting Team

湯料包括紫菜、番茄、香芹、粟米粒和布包豆腐，味道甘甜，別具風味。

Featuring seaweed, tomatoes, parsley, corn kernels and wrapped tofu, this vegetarian soup has a comforting sweet taste and a distinct flavour.

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

紫菜	10 克
10 g seaweed	
番茄 (切角)	150 克
150 g tomatoes (cut into wedges)	
布包豆腐	1 件
1 piece wrapped tofu	
香芹 (切粒)	20 克
20 g parsley (diced)	
新鮮粟米粒	2 湯匙
2 tablespoons fresh corn kernels	

To serve
4
人分量

步驟 Cooking Method

1. 把紫菜及番茄洗淨，番茄切角備用。
Rinse the seaweed and tomatoes. Cut the tomatoes into wedges. Set aside.
2. 把布包豆腐切成 12 小件。
Cut the wrapped tofu into 12 small pieces.
3. 洗淨香芹，去根切粒備用。
Rinse the parsley, remove its roots and dice.
4. 把所有材料放入熱上湯中，加入調味料，煮滾 5 分鐘即成。
Put all the ingredients in the hot broth, add the seasonings and boil for 5 minutes.



自製上湯 Homemade broth

水	1500 毫升
1500 ml water	
留皮南瓜	200 克
200 g pumpkins with skin	
紅蘿蔔	100 克
100 g carrots	
椰菜	100 克
100 g cabbage	
大豆芽	100 克
100 g bean sprouts	
薑	4 片
4 slices ginger	

將全部材料放入水中，以中火煮 45 分鐘。
Put all the ingredients in water and bring it to the boil on medium flame for 45 minutes.



特色 feature

此湯的材料色彩繽紛，含有膳食纖維，能保持腸胃暢通，提供額外的飽腹感。薑、香芹、胡椒粉均屬低鈉的香草及香料，可減少鹽及咸調味料的用量，有助實踐低鈉飲食。

The colourful, fibrous ingredients in the soup can keep our bowel movements regular and provide extra satiety. Low-sodium herbs and spices such as ginger, parsley and pepper powder can reduce the use of salt and salty condiments, enabling us to maintain a low-sodium diet.



調味料 Seasonings

鹽	1/4 茶匙
1/4 teaspoon salt	
糖	1/5 茶匙
1/5 teaspoon sugar	
胡椒粉	少許
A pinch of pepper	

本食譜由中大一起素提供。
This recipe is provided by CU Vegether.





南瓜番茄 紅扁豆湯

Pumpkin and Tomato Soup
with Red Lentils

每一份
PER SERVING

熱量
Energy
120
千卡 (kcal)

碳水化合物
Carbohydrate
23
克 (g)

蛋白質
Protein
6
克 (g)

脂肪
Fat
1
克 (g)

糖
Sugar
5
克 (g)

鈉質
Sodium
6
毫克 (mg)

試食兵團話你知 Message from Tasting Team

南瓜及番茄煮得不濃不稠，味道鮮甜，紅扁豆尤其香軟滑口，
洋蔥有助提味。

The pumpkin and tomatoes are cooked perfectly tender but not
mushy, making for a refreshing sweet taste. While red lentils are
soft and smooth, the onion enhances the flavour of the soup.

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

南瓜	400 克
400 g pumpkin	
紅扁豆	80 克
80 g red lentils	
番茄	200 克
200 g tomatoes	
洋蔥	80 克
80 g onion	
百里香	適量
Some thyme	
清水	1 公升
1 L water	

調味料 Seasoning

橄欖油	1/2 茶匙
1/2 teaspoon olive oil	

步驟 Cooking Method

1. 南瓜洗淨去皮，切成小塊，備用。
Rinse and peel the pumpkin and cut into small cubes. Set aside.
2. 紅扁豆及番茄洗淨備用。
Rinse the red lentils and tomatoes. Set aside.
3. 燒熱橄欖油，把洋蔥炒 3 分鐘至變軟。
Heat the olive oil. Stir-fry the onion for 3 minutes until softened.
4. 將全部材料放入水中，以中火煮沸，然後轉用慢火煮 20 分鐘。
Put all the ingredients in water and bring it to the boil over medium heat. Reduce the heat to low and simmer for 20 minutes.

特色 Feature

湯料選用了含有豐富纖維的蔬菜，南瓜及番茄的胡蘿蔔素及茄紅素具有抗氧化作用，可保護身體組織結構。湯內含有大量鉀質，有助維持正常的血壓水平。

All ingredients in the soup are vegetables with high dietary fibre. The antioxidant property of β -carotene and lycopene in the pumpkin and tomato can protect our body tissue. The high content of potassium in the soup helps maintain normal blood pressure.



本食譜由南島書蟲提供。
This recipe is provided by Bookworm Café.



豆腐魚頭 白菜湯

Fish Head Soup with Tofu
and Chinese White Cabbage

每一份
PER SERVING

熱量
Energy
226
千卡 (kcal)

碳水化合物
Carbohydrate
5
克 (g)

蛋白質
Protein
26
克 (g)

脂肪
Fat
13
克 (g)

糖
Sugar
2
克 (g)

鈉質
Sodium
258
毫克 (mg)

試食兵團話你知 Message from Tasting Team

熬至奶白色的魚湯配上嫩滑的豆腐和小白菜，味道濃郁，鮮而不膩，是秋冬時節的窩心暖胃之選。

The milky fish soup comes with silky tofu and Chinese white cabbage. Tasting rich, fresh and not clumpy, it is a hearty and comforting choice in autumn and winter.

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
3
人分量

材料 Ingredients

大魚頭	1 個
1 fish head	
豆腐	1 件
1 piece Tofu	
白菜	250 克
250 g Chinese white cabbage	
薑	3 片
3 slices ginger	
清水	2 公升
2 L water	



調味料 Seasonings

鹽	1/4 茶匙
1/4 teaspoon salt	
菜籽油	2 茶匙
2 teaspoons canola oil	

步驟 Cooking Method

1. 把 1.5 公升的清水注入湯鍋，以中火煮沸。
Add 1.5 litre of water to a stockpot and bring to the boil over medium heat.
2. 把鑊燒熱，加菜籽油，爆香薑片。放入魚頭，煎至兩邊半熟。
Heat a wok and add canola oil. Stir-fry the ginger slices until aromatic. Put in the fish head and sauté on both sides until half-cooked.
3. 把 500 毫升的清水注入鑊中，煮 3 至 5 分鐘直至魚湯呈白色。
Add 500 millilitres of water to the wok and boil for 3 to 5 minutes until the fish soup becomes milky.
4. 把魚湯倒進湯鍋，煮 15 至 20 分鐘。放入白菜和豆腐後再煮 10 分鐘，最後加鹽調味。
Pour the fish soup into the stockpot and boil for 15 to 20 minutes. Put in the Chinese white cabbage and tofu, boil for 10 more minutes and season with salt.



特色 Feature

豆腐及白菜均為鈣質豐富的食材。攝取足夠的鈣質有助鞏固骨骼，降低年長時患上骨質疏鬆症的風險。為了心血管健康着想，可使用魚類較低脂的部位煲湯，降低飽和脂肪的含量。

Tofu and Chinese white cabbage are calcium-rich foods. An adequate intake of calcium helps strengthen the bones and reduce the risk of osteoporosis at an older age. For the sake of cardiovascular health, you can reduce the saturated fat in the soup by preparing it with the less fatty parts of the fish.



本食譜由住家菜提供。
This recipe is provided by Home Feel.



有營食肆



以下資料截至二零一七年十二月十二日，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 December 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 Yakiniiku Restaurant	3167 7138
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
迎囍大酒樓	Cheers Restaurant	8300 8198
花子舍	Florahouse	2320 1198
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
美心MX	Maxim's MX	2838 6173
香港01空間	HK 01 SPACE	6589 0101
盈福小廚	Fortune Kitchen	2697 7317
純子餐廳	Joongo House Restaurant	2827 9287 / 2827 5252
茶木·台式休閒餐廳 (銅鑼灣廣場)	TeaWood Taiwanese Cafe & Restaurant (Causeway Bay Plaza)	2836 5600
茶木·台式休閒餐廳 (銅鑼灣黃金廣場)	TeaWood Home (Causeway Bay Goldmark)	2563 2299
泰式食	Thai Perfect	2890 4899
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 - 警察總部匯敘快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
海皇粥店 (莊士敦道)	Ocean Empire Food Shop (Johnston Road)	2575 0417
海皇粥店 (駱克道)	Ocean Empire Food Shop (Lockhart Road)	2891 1902
泰國人海南雞 (譚臣道)	Koon Thai Hai Nam Chicken (Thomson Road)	2152 9832
泰國人海南雞 (電氣道)	Koon Thai Hai Nam Chicken (Electric Road)	2892 8892
海港薈	Victoria Harbour Supreme	3577 8688
家全七福酒家	Seventh Son Restaurant	2892 2888
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778
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
跑馬地萬興茶餐廳	Man Hing Restaurant	2574 9228
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
新豐記魚蛋牛什大王	Sun Fung Kee	2574 4328
漁川米線	Shunde Cuisine	2386 4188
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳 (謝斐道)	Tsui Wah Restaurant (Jaffe Road)	2892 2633
翠華餐廳 (博匯大廈)	Tsui Wah Restaurant (The Broadway)	2542 2288
翠華餐廳 (景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
翠華餐廳 (駱克道)	Tsui Wah Restaurant (Lockhart Road)	2838 9086 / 2838 9087
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
銀龍茶餐廳	Ngan Lung Restaurant	2413 1811
銀龍粉麵茶餐廳	Ngan Lung Restaurant	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
橋底辣蟹 (駱克道421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
龍皇酒家 (灣仔合和中心)	Dragon King Restaurant (Wan Chai Hopewell Center)	2180 6532
龍皇酒家 (銅鑼灣世貿中心)	Dragon King Restaurant (Causeway Bay World Trade Centre)	2895 2288
龍鳳冰室	Lung Fung Café	2618 8088
禮頓會	Club Leighton	3198 9805
薯仔屋 Small Potato	Small Potato	2890 4884
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
Délifrance (Café) (駱克道)	Délifrance (Café) (Lockhart Road)	2520 6622
Délifrance (Café) (大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
Délifrance (Café) (香港中央圖書館)	Délifrance (Café) (Hong Kong Central Library)	2504 0115
Délifrance (Café) (中國恒大中心)	Délifrance (Café) (China Evergrande Center)	2527 7201
Délifrance (Café) (瑞安中心)	Délifrance (Café) (Shui On Centre)	2802 4465
Grove Sandwiches	Grove Sandwiches	3115 7300
Verde Mar	Verde Mar	2810 0888

中西區 Central & Western District

一念素食	Bijas Vegetarian Restaurant	2964 9011
力寶軒	Lippo Chiuchow Restaurant	2526 1168
心齋	Pure Veggie House	2525 0552
北園酒家	North Garden Restaurant	2526 3163
西港城 - 大舞臺	The Grand Stage	8202 2809
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
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2323 1778
海港酒家 (康威花園)	Victoria Harbour Restaurant (Hongway Garden)	3643 0228
海港酒家 (西貢城)	Victoria Harbour Restaurant (The Westwood)	2836 3282
麥明記	Mak Ming Noodles	2633 2368
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
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
Eatology	Eatology	2368 6331
Grove Sandwiches (金鐘)	Grove Sandwiches (Admiralty)	2866 6670
Grove Sandwiches (上環)	Grove Sandwiches (Sheung Wan)	2851 1198
Grove Café	Grove Café	2530 0043
La Parole	La Parole	2436 4099

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
百樂門饌宴	Joy Cuisine	2580 8183
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2325 2200
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
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
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
綠野仙踪	Greenland Corner	2552 4022
嘉豪酒家	Ka Ho Restaurant	2551 1228
稻香	Tao Heung	8300 8136
稻香超級漁港	Pier 88	8300 8173
鍾菜	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
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
甘味讚岐手打烏冬專門店 (杏花邨)	Yummy Handmade Sanuki Udon Restaurant (Heng Fa Chuen)	2896 7489
百份百餐廳	Hundred Percent Restaurant	2469 8100
美心MX (友邦香港大樓)	Maxim's MX (AIA Hong Kong Tower)	2679 8229
美心MX (新翠商場)	Maxim's MX (New Jade Shopping Arcade)	2897 7513
美心MX (杏花新城)	Maxim's MX (Paradise Mall)	2558 8541
洋紫荊維港遊 (民安)	Harbour Cruise - Bauhinia (Man On)	2802 2886
洋紫荊維港遊 (民倫)	Harbour Cruise - Bauhinia (Man Kim)	2802 2886
洋紫荊維港遊 (民樂)	Harbour Cruise - Bauhinia (Man Lok)	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
茶木・台式休閒餐廳 (杏花新城)	TeaWood Taiwanese Cafe & Restaurant (Paradise Mall)	2172 7848
茶木・台式休閒餐廳 (康怡廣場)	TeaWood Taiwanese Cafe & Restaurant (Kornhill Plaza)	2795 0838
海皇粥店	Ocean Empire Food Shop	2887 5879
泰國人海南雞	Koon Thai Hai Nam Chicken	2870 2196
海港香	Victoria Harbour Supreme	2811 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
麥明記	Mak Ming Noodles	2623 9896
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
彩福喜宴	Choi Fook Delight Banquet	2566 8289
茗館小廚燒味皇	Ming Guan	2886 1987
富臨皇宮 (英皇道)	Fulum Palace (King's Road)	2563 0222
富臨皇宮 (藍灣半島廣場)	Fulum Palace (Island Resort Mall)	2274 2473
富臨皇宮 (康翠商業中心)	Fulum Palace (The Comm BLK Of Greenwood Terrace)	2889 2200
福岡拉麵	Fukuoka Noodle Restaurant	3488 7550
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2897 7669
綠野仙踪	Greenland Corner	3100 0076
翠華餐廳	Tsui Wah Restaurant	2177 5066 / 2177 5055
嘉豪酒家	Ka Ho Restaurant	2884 1022
稻香	Tao Heung	8300 8161
御名軒	Royal Legend	2578 9983
錦江軒食府	Kum Gang Hin Cuisine	2887 3281
龍鳳冰室 (北角)	Lung Fung Café (North Point)	2618 3003
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
聯盛宴	Federal Restaurant	2628 0183
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) (港運城)	Délifrance (Café) (Island Place)	2565 1335
Délifrance (Café) (太古城)	Délifrance (Café) (Taikoo Shing)	2904 8603
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 (黃大仙中心)	Maxim's MX (Wong Tai Sin Shopping Centre)	2321 9331
美心MX (竹園南邨)	Maxim's MX (Chuk Yuen Shopping Centre)	2327 8551
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	Pier 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
譽廚	U-Kitchen	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352

九龍城區 Kowloon City District

牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3904 1368
好味廚	Homey Kitchen	2336 0701
美心MX (半山壹號)	Maxim's MX (Celestial Place)	3695 0899
美心MX (土瓜灣)	Maxim's MX (To Kwa Wan)	2632 5980
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
茶木・台式休閒餐廳 (黃埔花園)	Little TeaWood Taiwanese Cafe & Restaurant (Whampoa Garden)	2303 0122
茶木・台式休閒餐廳 (樂富廣場)	TeaWood Taiwanese Cafe & Restaurant (Lok Fu Shopping Centre)	2363 0339
茶木・台式休閒餐廳 (九龍塘又一城)	TeaWood Taiwanese Cafe & Restaurant (Kowloon Tong Festival Walk)	2336 0277
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 (崇潔街)	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
滷麵烤魚	Yu Heung Grilled Fish	2382 4168
富臨漁港 (九龍城)	Fulum Fishman's Wharf Restaurant (Kowloon City)	2718 3318
富臨皇宮 (萬基大廈)	Fulum Palace (Man Kee Mansion)	3192 4788
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace (Honour Building)	2365 2881
富臨漁港 (明安街)	Fulum Fisherman's Wharf Restaurant (Ming On Street)	2363 2883
富臨皇宮 (馬頭角道)	Fulum Palace (Ma Tau Kok Road)	2310 4201
博藝會	Spotlight Recreation Club	8202 8606
煌府婚宴專門店	Wedding Banquet Specialist (The Metropolis Mall)	2180 6198
翠華餐廳 (黃埔)	Tsui Wah Restaurant (Whampoa)	2109 0652 / 2109 0653
翠華餐廳 (欣榮花園)	Tsui Wah Restaurant (Jubilant Place)	2760 9828
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
嚙在心	Taste in Mind	6417 3490
醫管局大樓職員飯	Hospital Authority Building Staff Canteen	2194 6801
簡單小廚	Simple Kitchen	2327 2727
禧慶酒家	Happiness Cuisine	2712 8168
Cafe Lohas	Cafe Lohas	2363 2263
California Pizza Kitchen	California Pizza Kitchen	3152 3313
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 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 Sandwiches	Grove Sandwiches	2677 2038

油尖旺區 Yau Tsim Mong District

3106 餐廳(只供住客)	Carat 3106 (Residents Only)	3904 1328
大自然素食 (始創中心)	Gaia Veggie Shop (Pioneer Centre)	2148 1163
大自然素食 (美蘭華商場)	Gaia Veggie Shop (Miramar Shopping Centre)	2376 1186
大喜屋日本料理	Dai-kiya 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 (奧海城)	Gyu-kaku Japanese Yakiniku Restaurant (Olympian City)	2702 8128
牛角日本燒肉專門店 (尖沙咀)	Gyu-kaku Japanese Yakiniku Restaurant (Tsim Sha Tsui)	2153 1686
牛角日本燒肉專門店 (瓊華中心)	Gyu-kaku Japanese Yakiniku Restaurant (King Wah Centre)	2152 1822
火間士	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
百樂門龍宴	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
東來順	DongLaiShun	2733 2020
金皇廷龍宴	Banquet Palace	2770 2328
Love Café - 拉斐特 Lafayette Wedding	Love Café - Lafayette Wedding	3899 0062
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel & Towers	2738 2322
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
帝京軒 - 帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
查理布朗咖啡專門店	Charlie Brown Café	2366 6315
皇室1號	Royal One	2109 1418
美心MX (西洋菜街)	Maxim's MX (Sai Yeung Choi Street)	2390 7530
美心MX (新文華中心)	Maxim's MX (New Mandarin Plaza)	2311 8589
美心MX (旺角東港鐵站)	Maxim's MX (Mong Kok East MTR Station)	2397 6303
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
海皇 (樂道)	Ocean Empire Food Shop (Lok Road)	2697 9308
海皇粥店	Ocean Empire Food Shop	2385 6732
海皇 (水渠道)	Ocean Empire Food Shop (Nullah Road)	2656 9308
骨煲皇	King of Hot Pot	2380 4441
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
泰國人海南雞 (砵蘭街)	Koon Thai Hai Nam Chicken (Portland Street)	2802 8777
泰國人海南雞 (弼街)	Koon Thai Hai Nam Chicken (Bute Street)	2668 8202
真味鮮廚	Taste Full Kitchen	2782 3836
茶木·台式休閒餐廳 (瓊華中心)	TeaWood Taiwanese Cafe & Restaurant (King Wah Centre)	2780 2321
茶木·台式休閒餐廳 (加拿分廣場)	TeaWood Taiwanese Cafe & Restaurant (Carnarvon Plaza)	2367 2208
茶木·台式休閒餐廳 (朗豪坊)	TeaWood Taiwanese Cafe & Restaurant (Langham Place)	2897 3008
茶木·台式休閒餐廳 (ISQUARE)	TeaWood Taiwanese Cafe & Restaurant (ISQUARE)	2668 5011
御苑皇宴 (加拿分道)	The Banqueting House (Carnarvon Road)	2722 6768
御苑皇宴 (帝國中心)	The Banqueting House (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
康美烘焙有限公司	Bakery Diets' Limited	6857 2277
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
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2770 6883
富臨酒家	Fulum Restaurant	2770 3386
富臨漁港龍臨門皇宴	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2396 2880
蜀一燒	Sichuan BBQ Restaurant	2780 2889
煌府婚宴專門店 (旺角道)	Wedding Banquet Specialist (Mongkok Road)	2180 6138
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
煌府婚宴專門店 (始創中心)	Wedding Banquet Specialist (Pioneer Centre)	2180 6128
新發茶餐廳	Sun Fat Restaurant	2388 1713
殿大喜屋日本料理	Tono Dai-kiya Japanese Restaurant	3622 3000 / 3622 3009
極尚大喜屋日本料理	Deluxe Dai-kiya Japanese Restaurant	3188 2882 / 3188 1988
鉄板超	Teppan Chiu Teppanyaki	2787 5135
圓方王子飯店	Prince Restaurant	2577 4888
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
翠華餐廳	Tsui Wah Restaurant	2780 8328
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 (瓊華中心)	Crystal Jade La Mian Xiao Long Bao (King Wah Centre)	2673 3839
銀龍茶餐廳	Ngan Lung Restaurant	2380 2566
翠華餐廳 (白加士街)	Tsui Wah Restaurant (Parkes Street)	2384 8388
翠華餐廳 (港晶中心)	Tsui Wah Restaurant (Harbour Crystal Centre)	2722 6600
翠華餐廳 (加拿芬道)	Tsui Wah Restaurant (Carnarvon Road)	2366 8250
翠華餐廳 (碧街)	Tsui Wah Restaurant (Pitt Street)	2771 8080
翠華餐廳 (砵蘭街)	Tsui Wah Restaurant (Portland Street)	2392 3889
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍茶餐廳	Ngan Lung Restaurant	2721 1155
綠野仙踪	Greenland Corner	2336 6001
綠茵閣餐廳	Green Land Court Restaurant	2104 1118
嘉彩漁村	Kar Choi Fish Village	2450 6333
綠野林。生。活。素餐廳	Green Woods Raw Café	3428 2416
稻坊	Tao Square	8300 8151
稻香 (新九龍廣場)	Tao Heung (New Kowloon Plaza)	8300 8123
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 (愛民商場)	Tao Heung (Oi Man Shopping Centre)	8300 8082
稻香 (彌敦酒店)	Tao Heung (Nathan Hotel)	8300 8163
稻香超級漁港	Pier 88	8300 8168
樂天大喜屋日本料理	Joy Dai-kiya Japanese Restaurant	3188 8818 / 3188 8822
稻菊日本料理	Inagiku Grande Japanese Restaurant	2733 2933
龍璽	Dragon Seal Restaurant & Bar	2568 9886
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
聯邦皇宮	Federal Palace Restaurant	2626 0022
點一龍	Dim Sum Bar	2175 3100
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
Mezzo - 富豪九龍酒店	Mezzo - Regal Kowloon Hotel	2313 8788
Bugis Corner	Bugis Corner	3160 8499
Canton pot	Canton pot	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
Green Common (尖沙咀)	Green Common (Tsim Sha Shui)	3102 1220
Green Common (旺角)	Green Common (Mong Kok)	2110 0194
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
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
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3101 0128
小廚港作	Rocoma Kitchen	3188 0514
太興 (MegaBox)	Tai Hing (MegaBox)	2359 0138
太興 (淘大商場)	Tai Hing (Amoy Plaza)	2243 2068
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 (翠屏商場)	Maxim's MX (Tsui Ping Shopping Circuit)	2763 4180
美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
美心MX (麗港城商場)	Maxim's MX (Laguna City)	2772 3314
客家好棧 (大本型)	Hak Ka Hut (Domain-mall)	8300 8109
客家好棧 (淘大商場)	Hak Ka Hut (Amoy Plaza)	8300 8110
茶木·台式休閒餐廳 (德福廣場)	TeaWood Taiwanese Cafe & Restaurant (Telford Plaza)	2174 9488
茶木·台式休閒餐廳 (淘大商場)	TeaWood Taiwanese Cafe & Restaurant (Amoy Plaza)	2806 3087
茶木·台式休閒餐廳 (創紀之城)	TeaWood Taiwanese Cafe & Restaurant (apm Millennium City)	2336 3168
茶木·台式休閒餐廳 (Megabox)	TeaWood Taiwanese Cafe & Restaurant (Megabox)	2386 1510
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 (亞太中心)	Victoria Harbour Restaurant (One Pacific Centre)	3974 6128
海港酒家 (啟田商場)	Victoria Harbour Restaurant (Kai Tin Shopping Centre)	2379 9089
御苑皇宴	The Banqueting House	2798 8866
華峰美食	Wa Fung Fine Food	2951 0008
富臨酒家	Fulum Restaurant	2379 1293
皇室1號	Royal One	2759 1808
富臨漁港	Fulum Fisherman's Wharf Restaurant	2342 4252
煌府一號	Palace One	2904 2788
會所1號 (海濱長廊)	Club One (One Bay East)	3586 0951
會所1號 (郵輪堤岸)	Club One - Harbourfront	8209 9223
會所1號 (九龍東)	Club One - Kowloon East	8202 9298
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
嘉豪酒家	Ka Ho Restaurant	2755 2982
銀龍茶餐廳 (鯉魚門廣場)	Ngan Lung Restaurant (Lei Yue Mun Plaza)	2709 3344
銀龍茶餐廳 (彩盈坊)	Ngan Lung Restaurant (Choi Ying Estate)	2679 7388
潮館	Chao Inn	8300 8145
稻香 (德福)	Tao Heung (Telford)	8300 8175
稻香 (淘大商場)	Tao Heung (Amoy Plaza)	8300 8124
稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
德藝會	Telford Recreation Club	8202 2892
慶相逢喜壽	Jubilant Feast Restaurant	2354 8863
龍皇酒家	Dragon King Restaurant	2955 0668
聯合醫院職員飯堂	United Christian Hospital Staff Canteen	3949 4065
嚐越	Deli Viet	3694 0329
鍾菜 (一號九龍)	Chung's Cuisine (One Kowloon)	8300 8010
譽宴	U-Banquet	2811 9788
靚雲天	Cheerful Sky Cuisine	2827 2886
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
Grove Sandwiches (九龍灣)	Grove Sandwiches (Kowloon Bay)	2468 1636
Grove Sandwiches (觀塘)	Grove Sandwiches (Kwun Tong)	2537 0202
Kim's Spoon (Mega Box)	Kim's Spoon (Mega Box)	2359 0088
Kim's Spoon (淘大商場)	Kim's Spoon (Amoy Plaza)	2707 9936

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
百樂門宴會廳	Paramount Banquet Hall	2111 9833
百樂門饌宴	Joy Cuisine	2741 1222
紅蔥頭	Cafe Med	2361 0813
海皇粥店 (美孚新邨)	Ocean Empire Food Shop (Mei Foo Sun Chuen)	2307 6184
海皇粥店 (元州商場)	Ocean Empire Food Shop (Un Chau Shopping Centre)	2760 0522
泰國人海南雞	Koon Thai Hai Nam Chicken	2668 8606
梅花邨小館	Mui Fa Chuen Restaurant	2650 9668
富臨皇宮	Fulum Palace (Broadway Street)	2368 3738
富臨酒家	Fulum Restaurant	2361 2213
富臨漁港饌臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2310 8880
新生餐廳	New Life Restaurant	2777 4726
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
德豐粉麵餐廳	Tak Fung Noodles Restaurant	2748 0755
Cafe Ateen	Cafe Ateen	2776 6290
Délifrance (Café)	Délifrance (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 - 員工飯堂	Gammon Construction Limited - Staff Canteen	2528 7582
金飯碗美食	Gold Rice Bowl Delicious Food	2325 2533
美心MX	Maxim's MX	3417 4970
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
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2606 0179
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 (將軍澳中心)	Victoria Harbour Restaurant (Park Central)	2877 2006
海港酒家 (新都城中心)	Victoria Harbour Restaurant (Metro City)	2703 1860
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	Fulum	2457 7127
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
MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288
Beach Burns & Cannibals	Beach Burns & Cannibals	2657 8488
California Pizza Kitchen	California Pizza Kitchen	3902 3875
Grove Cafe	Grove Café	2340 0085
Octopus Garden	Octopus Garden	2657 8488

元朗區 Yuen Long District

牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2725 9188
加州豪園住客會所 (Club Mirace) (只供住客)	Royal Palms Resident Club (Club Mirace) (Residents Only)	2482 3100
加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 2089
迎	Joyous One	8300 8002
美心MX	Maxim's MX	2351 5772
客家好棧	Hak Ka Hut	8300 8107
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2450 2866
海皇粥店	Ocean Empire Food Shop	2415 6780
海港酒家	Victoria Harbour Restaurant	2408 0010
博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
富臨皇宮 (金龍樓)	Fulum Palace (Kam Lung Mansion)	2470 9923
富臨	Fulum	2562 2726
富臨皇宮 (天盛商場)	Fulum Palace (Tin Shing Shopping Centre)	2377 9978
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
潮館	Chao Inn	8300 8148
稻坊	Tao Square	8300 8152
稻香	Tao Heung	8300 8137
稻香超級漁港	Pier 88	8300 8170
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
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
Délifrance (Café)	Délifrance (Café)	2771 2080
O2 Café	O2 Café	2488 5099
YOHO Midtown 住客會所 (只供會員)	YOHO Midtown Club Midtown (Members Only)	2443 2226
YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550

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
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	Hak Ka Hut	8300 8102
星堤餐廳 (只限住客)	Café Avignon (Residents Only)	2949 5424
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2648 0288
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
富臨皇宮	Fulum Palace	2404 5688
富臨漁港	Fulum Fisherman's Wharf Restaurant	2463 0380
富臨酒家	Fulum Restaurant	2457 5277
「粵」中餐廳 - 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
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
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

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 (華景商場)	Hundred Percent Restaurant (Wonderland Villas)	2574 8100
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
牧羊少年咖啡・茶・酒館	The Alchemist Cafe Bistro	2439 5669
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)	2497 2140
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 (Shek Yam Shopping Centre)	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
瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
銀龍粉麵茶餐廳 (石蔭商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
銀龍粉麵茶餐廳 (葵盛東商場)	Ngan Lung Restaurant (Kwai Fong Shopping Centre)	3156 1112
銀龍粉麵茶餐廳 (葵盛商場)	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
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
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2619 1013
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
中大一起素	CU VEGETHER	2386 4366
太興	Tai Hing	2693 2782
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2637 6011

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 6623
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	Maxim's MX	2694 7608
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
茶木・台式休閒餐廳 (新港城中心)	TeaWood Taiwanese Cafe & Restaurant (Sunshine City)	2321 9926
茶木・台式休閒餐廳 (連城廣場)	TeaWood Taiwanese Cafe & Restaurant (Citylink Plaza)	2816 7511
海皇粥店 (迎濤灣商場)	Ocean Empire Food Shop (Marbella)	2613 1262
海皇粥店 (好運中心)	Ocean Empire Food Shop (Lucky Plaza)	2692 4150
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)	Fulum Palace (Ma On Shan)	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
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	Crystal Jade La Mian Xiao Long Bao	2591 5988
稻香	Tao Heung	8300 8087
稻坊	Tao Square	8300 8134
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
醉月樓	Dream Catering Limited	2697 7832
禧慶酒樓	Happiness Cuisine	2827 8803
Délices (Café)	Délices (Café)	2606 4881
Grove Sandwiches	Grove Sandwiches	3188 0074

北區 North District

百份百餐廳 (華心商場)	Hundred Percent Restaurant (Wah Sum Shopping Centre)	2445 8100
百份百餐廳 (天明樓)	Hundred Percent Restaurant (Ting Ming House)	2656 9100
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2661 3233
海王漁港	King Harbour Seafood Restaurant	2611 9318
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 (帝庭軒購物商場)	Victoria Harbour Restaurant (Rengtvilleville)	2339 0121
海港酒家 (新豐路)	Victoria Harbour Restaurant (San Fung Avenue)	2673 1223
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
Délices (Café)	Délices (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 Yakimiku Restaurant	2780 6116
百樂門饌宴	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
草cao	Herb's Café	2613 2938
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
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
茶木・台式休閒餐廳 (綠楊坊)	TeaWood Taiwanese Cafe & Restaurant (Luk Yeung Galleria)	2148 5533
茶木・台式休閒餐廳 (荃新天地)	TeaWood Taiwanese Cafe & Restaurant (Citywalk)	2677 0890
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
富臨漁港臨臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2409 0883
富臨	Fulum	2755 6282
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
銀龍茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0288
銀龍茶餐廳 (眾安街22號)	Ngan Lung Restaurant (22 Chung On Street)	2416 6990
稻坊	Tao Square	8300 8164
稻香	Tao Heung	8300 8125
爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
樂農	Happy Veggies	2490 9882
豐盛閣 - 挪亞方舟度假酒店	Harvest Restaurant - Noah's Ark Hotel and Resort	3411 8836 / 3411 8837
BALCONY 歐陸餐廳	BALCONY	2409 3226
Délices (Café)	Délices (Café)	2940 4830
Kim's Spoon	Kim's Spoon	2384 5222
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2328 5655
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
客家好棧	Hak Ka Hut	8300 8101
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
茶木・台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2572 1198
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
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
翠華餐廳 (機場)	Tsui Wah Restaurant (Airport)	2261 0306
翠華餐廳 (富豪廣場)	Tsui Wah Restaurant (Fu Tung Plaza)	2811 2877
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 Délices	Bistro Délices	2109 4187
Délices (Café)	Délices (Café)	2261 2056

