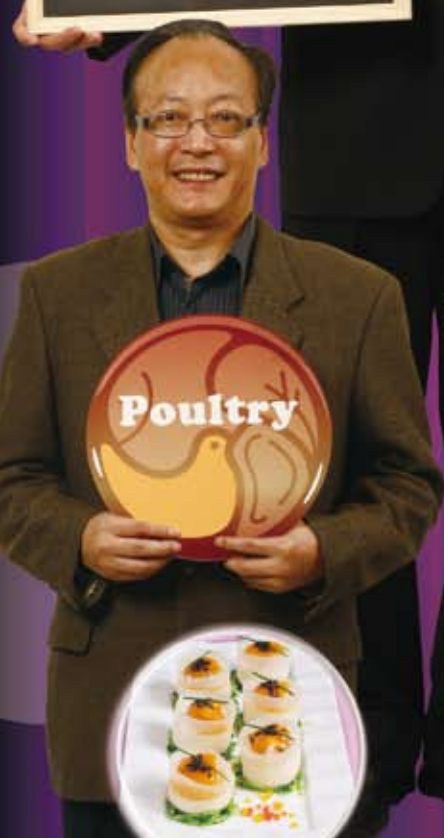


# CookSmart

## 營廚









#### 常用分量換算

#### Conversion of Common Measurement Units

1兩 = 37.5 克	1 tael = 37.5 gm
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 = 240 毫升	1 medium bowl = 240 ml



#### 3少之選

#### 3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，符合「3少之選」的要求。

Means that the dish has less fat or oil, salt and sugar, meeting the "3 less" requirement.



#### 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，蔬果類是肉類的2倍或以上。

Means that either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat present in the dish.

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





# CookSmart

## 營廚

010  
http://restaurant.eatsmart.gov.hk

有營食肆

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### 冬話

### Words from the Editor

由衛生署舉辦「2010有營廚藝大比拼」決賽暨頒獎禮已於11月4日假座中華廚藝學院順利舉行。今次比賽分為「海鮮」、「鮮肉」、「蔬果」和「家禽」四個組別進行，各組均設有金、銀及銅獎供參賽食肆競逐。

是次比賽反應熱烈，共收到超過80道別出心裁、賣相和營養兼備的菜式參賽，經7月28日首階段評選後再選出最優秀者進行現場比拼。決賽當日過程精彩萬分，最終由十位名人組成的評判團細心品嚐了各道參賽菜式，並按它們的味道、烹調技巧、外觀、實用性、準備工夫和衛生來評定各組獎項，為這次盛事畫上圓滿句號。

想感受當日盛況？快打開今期《營廚》細閱有關報導。你亦可瀏覽「有營食肆」主題網頁<http://restaurant.eatsmart.gov.hk>觀看詳情。

"EatSmart Restaurant Cooking Competition 2010" was successfully held by the Department of Health at the Chinese Cuisine Training Institute on 4 November. The competition was well received with more than 80 entry dishes contesting the Gold, Silver and Bronze Awards in four categories, namely the "Seafood", "Meat", "Poultry" and "Fruit and vegetables". The dishes were meticulously designed which were both appealing and healthy.

The primary election was conducted on 28 July with the best dishes selected to contest in the final. The final round has been excitingly and successfully concluded after the adjudication panel comprising ten renowned celebrities tasted the dishes and decided on the awards in each category according to taste, cooking skills, appearance, practicability, preparation technique and hygiene.

Wanna experience the fun of the event? Please read this issue of CookSmart for the event highlights. You may also browse the EatSmart Restaurant thematic website (<http://restaurant.eatsmart.gov.hk>) for details.





# 名廚滙聚

## 盡顯廚藝

### Top Chefs Showed Culinary Excellence

衛生署於2009年舉辦首屆「有營廚藝大比併」，得到全港「有營食肆」和廣大市民大力支持，2010年我們再接再厲，並邀請了中華廚藝學院合辦「2010有營廚藝大比併」。

The Department of Health held the first EatSmart Restaurant Cooking Competition in 2009, which had received cordial support from EatSmart Restaurants and members of the public. Following the success from last year, we collaborated with the Chinese Cuisine Training Institute (CCTI) to organise the EatSmart Cooking Competition in 2010.







與往年不同，本屆比賽歡迎全港持牌食肆參加，冀望能再在進一步促進業界交流廚藝之餘，亦藉此鼓勵更多食肆加入推廣健康飲食的行列，甚至參加成為「有營食肆」。

Unlike the previous round, all local licensed restaurants were invited to participate in this competition, which aims to promoting exchange on culinary skills and encouraging restaurants to enrol the "EatSmart@restaurant.hk" campaign.

The final round of the cooking competition was held at the CCTI on November 4. Early in the morning, nineteen contesting teams from sixteen restaurants got together at the CCTI for an on-site cooking session to compete for the championships. Each team was required to present their dishes to the adjudicators after not more than 60 minutes of preparation and cooking.

「有營廚藝大比併」決賽於十一月四日在中華廚藝學院舉行，當天早上，來自十六家食肆的十九隊參賽隊伍齊集比賽場地，各據爐灶，忙着準備攜來的食材，切剝、下鑊、上碟、澆汁、配菜，務求在限時六十分鐘內將精心炮製的佳餚上桌，供各評判品嚐。



## 81道菜式力爭入圍

本屆比賽反應熱烈，首階段評選於七月二十八日順利進行，評判團由四個菜式組別中分別選出五款最優秀的菜式進入決賽。

初賽的評判團由香港飲食界的資深前輩楊維湘先生擔任總評判，其他評判包括香港中廚師協會會長曾超烈先生、香港餐飲聯業協會代表卓鳳婷女士、現代管理（飲食）專業協會主席盧浩宏先生、香港餐務管理協會代表周國英先生、香港營養師協會會長林思為女士和香港營養學會代表吳彥慈女士，他們都細心地選出入圍決賽的菜式。

### Over 80 Entries for the Challenge

The EatSmart Cooking Competition 2010 was well received with over 80 entries of healthy recipes. Five recipes were selected from each of the four competition groups, in the first round of selection held in July to enter the final.

We were glad to have Mr Wilson YEUNG, an experienced chef, to be the chief adjudicator. The other members of the judging panels included Mr Mango TSANG, President of Hong Kong Chinese Chef's Association; Ms Phyllis CHEUK, representative of Hong Kong Federation of Restaurants and Related Trades; Mr Howard LO, Chairman of Association of Restaurant Managers; Mr Thomas CHOW, representative of Association of Hong Kong Catering Service Management; Ms Sylvia LAM, Chairlady of Hong Kong Dietitians Association and Ms Rhoda NG, representative of Hong Kong Nutrition Association.





# 名人饕客

## An All-star Expert Panel

### 品嚐美饌

「2010有營廚藝大比拼」決賽除邀得飲食界前輩，如楊維湘先生和曾昭烈先生擔任評判外，還邀得多名城中名人加入評判團，包括立法會余若薇議員和何秀蘭議員、香港中文大學醫學院院長霍泰輝教授、前警務處處長李明達先生、中華廚藝學院訓練委員會顧問李樹添先生、美女廚神麥潔兒小姐，以及名模楊崢小姐和名節目主持人陳貝兒小姐。

十名評判分為兩組，為海鮮、蔬果、鮮肉和家禽四個組別的十九道菜式評分。兩組評判細心品嚐菜式之餘，亦趁機會交流飲食心得。霍泰輝教授不忘分析食材的營養成分，閱歷豐富的曾昭烈先生和李樹添先生與其他評判分享了各款菜式的特點，麥潔兒小姐用手機拍下各款菜式的照片，身為總評判的楊維湘先生則埋首細嚐桌上菜式。

The judging panel for the final comprised of food critics and celebrities. They were: legislators Ms Audrey EU and Ms Cyd HO, Professor FOK Tai-fai, Dean of Faculty of Medicine of the Chinese University of Hong Kong; Mr Dick LEE, former Commissioner of Police; Mr Li Shu-tim, Advisor of the CCTI Training Board; Ms Kit MAK, beauty chef; Ms Vanessa YEUNG and Ms Janis CHAN, famous model and artist.

Judging panels, divided into two groups, tasted all nineteen finalists' dishes and selected the best ones out of the four competition groups. The panel members, however, spared no time to share their culinary experiences: Professor FOK discussed the nutrients of the ingredients; Mr TSANG and Mr LI talked about the culinary arts of the dishes, while Ms Kit MAK could not resist to take photos of the pretty dishes. Mr Wilson YEUNG, the chief adjudicator, was very concentrated to the dishes.



比賽當日，我們邀請了二十六名分別來自五個非政府機構的「有營食客」，從四個金獎菜式中投票選出心目中「我最喜愛的有營菜式」。



To allow for more public involvement, 26 EatSmart Customers were also invited to vote for the "My Favourite EatSmart Dish" from the champion dishes.





### 楊崢小姐

「菜式都是用心製作，能突出食材的鮮味，例如鮮肉組雖然用肉分量不多，卻能顯出原味。」

### Ms Vanessa YEUNG

"All the dishes are brilliantly prepared, which are able to bring out the specific tastes of the ingredients. Contesting dishes of the "Meat" group, for instance, do not contain much meat but are equally tastefully."

### 麥潔兒小姐

「得獎的菜式都是我心儀的作品，造型突出，做法非常特別和講究。」

### Ms Kit MAK

"I love the winning dishes very much. They are elegantly prepared and they look spectacular."

### 余若薇議員

「今年比賽較去年更熱鬧，還可以實地觀察各參賽隊伍的準備情況；大部分作品的賣相都很吸引，可見設計者和廚師花了不少心思。」

### Ms Audrey EU

"As the dishes are freshly cooked on-site, we are able to observe how the dishes are prepared. All the dishes are well presented, which demonstrate the culinary creativity of the contesting teams."

### 曾昭烈先生

「參賽的菜式構思和造型細緻，個別的廚藝或未臻完善，但味道控制得不錯。」

### Mr Mango TSANG

"The dishes are well thought of and presented. Though there is room for improvement in their culinary skills, the dishes are very tasteful indeed."

### 李明達先生

「一眾評判對於金獎的意見均頗為一致，冠軍是實至名歸。」

### Mr Dick LEE

"The adjudicators have consensus views on the winners. They are worth the prizes."



### 霍泰輝教授

「整體水準很高，菜式的外觀、味道都很出色。」

### Prof. FOK Tai-fai

"The dishes are both excellent in their flavours and appearances."

### 楊維湘先生

「這個廚藝比賽很有意思，參賽隊伍都表現了很高的技藝。」

### Mr Wilson YEUNG

"The competition is very meaningful and contesting teams have shown a high level of culinary skills."

### 何秀蘭議員

「參賽的菜式在賽例要求下，都做得很出色，例如有菜式以乳酪配鴿肉、無花果作醬汁，配搭新鮮。」

### Ms Cyd HO

"The dishes, while meeting the healthy cooking requirements, are excellently prepared. I am mostly impressed with the yogurt dressing of the pigeon dish and the fig sauce."

### 李樹添先生

「各款參賽菜式的設計別出心裁，以簡單的食材烹製了多樣化的菜式。」

### Mr LI Shu-tim

"All the dishes are very well thought out and the contestants are able to create a variety of flavours with simple ingredients."

### 陳貝兒小姐

「總括來說，菜式味道配合得宜，將普通的食材變得不平凡。」

### Ms Janis CHAN

"The dishes have well mix of ingredients. The chefs are able to create extraordinary dishes out of ordinary ingredients."



# 頒獎典禮花絮

## Prize Presentation Highlights

衛生署主辦的「2010有營廚藝大比併」已在十一月四日的決賽日圓滿結束，頒獎儀式隨即在比賽後舉行。

出席的主禮嘉賓包括衛生署署長林秉恩醫生、香港社會服務聯會行政總裁方敏生女士和中華廚藝學院署理總監崔永

賢先生。他們分享了

「少煎炸，多蒸焯；煮出自然，食客讚好。」

「油要減，蔬果添；食得健康，你我做到。」

的「有營心法」，提醒大家實行心法內「少油煮食」的要訣。

是次比賽爭持激烈，十名評判即席品嚐了海鮮營、蔬果營、鮮肉營和家禽營共十九道菜式後，分別選出「漁舟渡



The EatSmart Cooking Competition 2010 organised by the Department of Health was successfully completed on November 4 and was then followed by the prize presentation ceremony on the same day.

Officiating at the prize presentation ceremony were the Director of Health, Dr LAM Ping-yan; the Acting Director of the Chinese Cuisine Training Institute, Mr Stanley CHUI and the Chief Executive Officer of Hong Kong Council of Social Service, Ms Christine FANG. They shared their views on healthy cooking through using less oil, cooking by steaming and boiling, and adding more fruit and

vegetables in meals.

All the dishes were perfectly cooked and it was very challenging to determine the winners. The adjudicators, nevertheless, selected "Dragger on the Silver River", "Baked Courgette with Onion, Egg and Breadcrumbs", "Stir-fried Pork and Beef with Vegetables in Pumpkin and Spinach Sauces" and "Steamed Courgette Rings Filled with Diced Chicken and Fungus" respectively as the winners of the "Seafood", "Fruit and Vegetables", "Meat" and "Poultry" competition groups. "Dragger on the Silver River" was also elected as the "My Favourite EatSmart Dish".



銀河」、「焗沙律脆翠」、「杞香白玉」和「翠玉野菌鮮雞盞」為每組的金獎菜式，而「漁舟渡銀河」更榮獲「我最喜愛的有營菜式」大獎。

各評判亦即場分享個人飲食心得，立法會余若薇議員表示盡量少吃肉。工作太忙時，會選擇麵包等較健康的食品；

何秀蘭議員則會把不同水果榨汁，方便攝取不同養分；前「一哥」李明達先生說，烹調時除了下少點油外，還可加些香料來增加味道的變化；擔任飲食節目主持人兼模特兒的楊崢小姐稱，她每星期會選兩至三日茹素或吃清粥，以調理腸胃。

最後，大會邀請方敏生女士抽出猜中全部組別金獎菜式的幸運兒。

一輪緊張的比賽過後，各組參賽隊伍逐一與嘉賓和評判團進行合照留念，《營廚》衷心恭喜各得獎食肆之餘，並希望大家更進一步，為廣大市民奉獻更健康美味的「有營菜式」。



Members of the judging panel also shared some of their healthy eating tips. Legislator Ms Audrey EU said that she was trying to eat less meat. During her busy time, she prefers a light meal of healthy food like whole-grain bread. Another Legislator, Ms Cyd HO, said she enjoyed mixed fruit juice so as to ensure an intake of a multitude of fibres and various micro-nutrients every day.

Mr Dick LEE, the former Commissioner of Police suggested, instead of using much oil, adding herbs could also enhance the aroma of the dishes. Ms Vanessa YEUNG, famous model and food show host, said she would occasionally limit her diet to vegetables

or plain congee when she wanted to give the stomach a rest.

The prize presentation ceremony was followed by a lucky draw. Ms Christine FANG drew the winners who correctly guessed all the champions of the four competition groups.

The ceremony ended with group photos of officiating guests, all adjudicators and contestants. The CookSmart congratulates all the winners and hopes members in the industry will strive to provide better, healthier dishes for the customers.



# 老店風情 粵軒

Old Shop, New Taste – Canton Room, Gloucester Luk Kwok Hong Kong

前稱六國飯店的六國酒店於一九三三年開業，是港島區的老牌酒店；  
酒店內的中菜廳「粵軒」，是不少老饕和名人的飯堂。

Established in 1933, the Gloucester Luk Kwok Hong Kong is a well-known hotel on the Hong Kong Island and its Chinese restaurant, "Canton Room", is one of the favourite eating places frequented by gourmets and celebrities.

粵軒主廚梁偉舜師傅表示，潮流崇尚健康飲食，健康菜式越來越受顧客歡迎，所以該店年前已加入成為「有營食肆」。他認為只要肯創新，多花心思，提升食品的質素，健康菜式同樣能令顧客覺得物有所值。

梁師傅補充說，雖說粵式廚藝「萬變不離其宗」，但現時中菜亦加入不少西餐的元素，例如經常採用胡椒、羅勒等香草，並採用了不少西餐的烹調手法，務求令菜式更添變化。

## 金獎 我最喜愛的有營菜式 漁舟渡銀河

滑溜的魚片與萵筍片用甘筍絲裹成「魚肉紮」，放在冬瓜、娃娃菜和白蘿蔔絲上，狀似一隻隻小船，外型別緻，配以無花果汁作河流，魚的鮮美配上無花果汁的清甜，相得益彰。

楊崢

整道菜式外型美觀，各款食材的味道亦很協調，無花果汁有畫龍點睛之效，帶出了食材的原味和鮮味。

Vanessa YEUNG

The dish not only has a spectacular appearance, but also with a perfect match of ingredients. The finishing touch is put by the fig sauce, which brings out the delicate flavours of various ingredients.

麥潔兒

做法特別、講究，無花果汁很清甜，與爽口的白蘿蔔十分配合，魚肉亦很鮮甜美味。

創作「漁舟渡銀河」的粵軒主廚梁偉舜師傅說，因為香港人普遍愛吃魚，所以這道菜選用了東星斑片，而且星斑肉質鮮甜，有別於一般蒸魚鮮。梁先生亦用上中菜少見的無花果製成芡汁，所採用的更是天然生曬的無花果，味道清甜兼無額外添加糖分。

Kit MAK

This elegantly prepared fish dish is distinctly dressed with a fig sauce, which blends well with the crispy white radish. The fish fillets are fresh and delightful.





Mr Wilson LEUNG, chef of Canton Room, observes that a trend of healthy eating is underway and healthy dishes are becoming more popular among customers. The restaurant endeavours to enhance the quality of the food provided so as to ensure good value for money for all customers. "We have proudly joined the 'EatSmart@restaurant.hk' campaign for a few years", Wilson said.

Wilson believes although the basics of Chinese style cooking remains unchanged, Chinese cuisine has fused with western cooking methods. Western or South-Asian herbs such as spice and basil, for instances, are used commonly to add colour and flavour to Chinese dishes.

## Gold Award My Favourite EatSmart Dish

# Dragger on the Silver River

Fish fillets are wrapped with sliced Italian lettuce head and carrot, which are topped on winter melon, baby Chinese cabbage and broccoli. The fish rolls symbolize several little "boats" sailing on a "river" made of fig sauce, which adds to the fresh taste of the fish.

Knowing that Hong Kong people are fascinated of seafood, Wilson chose, in his champion dish, coral trout, which has one of the tenderest texture. He also used sundried fig for the sauce because it did not contain any added sugar.

## 名廚介紹 Chef's Profile

生於七十後的梁偉舜，入行已經二十年，過去曾在二至三間海鮮酒家任職，曾於二〇〇七和二〇〇九年在香港國際美食大獎中獲獎。他表示，雖然當廚師很辛苦，但很高興能寓個人興趣於事業。

Wilson has entered the catering industry for about 20 years. Prior to joining Canton Room, he had served in several different seafood restaurants. Wilson respectively won in the Asian International Exhibition of Food & Drink, Hotel, Restaurant & Foodservice Equipment, Supplies & Services (HOFEX) 2007 and 2009. He said he was so glad to make a career from his love for cooking.







# 漁舟渡銀河

有營食肆

## Dragger on the Silver River



林思為  
Sylvia LAM  
香港營養師協會會長  
Chairlady,  
Hong Kong Dietitians  
Association

### 特色：

無花果含非常豐富的膳食纖維，而其天然果糖能帶出魚的鮮味，用來做食材一舉兩得。

### Feature:

Figs are very rich in dietary fiber, while its natural sweetness can bring out the freshness taste of fish.

### 材料：(4人分量)

星斑肉	150克 (約4兩)
無花果	12隻
清水	2碗 (480毫升)
冬瓜(連皮)	150克 (約4兩)
白蘿蔔 (成長幼絲)	70克 (約2兩)
娃娃菜 (成長形)	30克 (約1兩)
萵筍 (成長薄片)	30克 (約1兩)
甘筍 (成長幼絲)	10克 (約1/3兩)
西蘭花 (花球)	4個

### Ingredients: (Serves 4)

Coral Trout Fillet	150 gm (about 4 taels)
Dried Fig	12 pieces
Water	2 bowls (480 ml)
Winter Melon (unpeeled)	150 gm (about 4 taels)
White Radish (cut into long strip)	70 gm (about 2 taels)
Baby Chinese Cabbage (cut into rectangular leaves)	30 gm (about 1 tael)
Indian Lettuce Head (thinly sliced)	30 gm (about 1 tael)
Carrot (cut into long strip)	10 gm (about 1/3 tael)
Broccoli (florets)	4 pieces

### 調味料：

鹽	3/4茶匙
生粉	3 1/2茶匙
菜籽油	2茶匙

### Seasonings:

Salt	3/4 teaspoon
Cornstarch	3 1/2 teaspoons
Canola Oil	2 teaspoons



本食譜由六國酒店 - 粵軒提供。

This recipe is provided by Gloucester Luk Kwok Hong Kong - Canton Room.



### 每一份 Per serving :

熱量(千卡) Energy(kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(mg)
163	21	10	5	13	514

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。  
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.





### 小貼士： Cooking Tips

為了保持魚肉的溫度，在蒸魚的時候，須將冬瓜和蘿蔔等配料以水燉熟，再一併上碟。

To keep the dish warm, it is important to stew the winter melon and carrot at the same time.



### 步驟 Cooking Method

1. 星斑肉切四等份，下1/4茶匙鹽、1茶匙生粉和3茶匙菜籽油調味，備用。
  2. 無花果加入1 1/3碗清水燉4小時，備用。
  3. 冬瓜切成圓柱形，中間留一空位，備用。
  4. 將2/3碗清水煮滾，加入1/4茶匙鹽；把白蘿蔔絲分4份，用娃娃菜捲實連同冬瓜件放進鹽水調味蒸5分鐘，備用。
  5. 斑肉以萵筍片捲上後，用甘筍條紮實蒸3分鐘取出。蘿蔔絲紮放上冬瓜件上上面，再放上星斑捲。西蘭花焯熟伴邊。
  6. 無花果汁以1/4茶匙鹽和1 1/2茶匙生粉煮成芡汁，將芡汁淋上面即可。
1. Cut coral trout into 4 portions. Season with 1/4 teaspoon of salt, 1 teaspoon of cornstarch and 3 teaspoons of canola oil. Set aside.
  2. Stew dried figs in 1 1/3 bowls of water for 4 hours. Set aside.
  3. Cut winter melon into small cylinder-shaped pieces. Spoon out flesh in the centre to make a well. Set aside.
  4. Bring 2/3 bowl of water to the boil then add 1/4 teaspoon of salt. Divide white radish strips into 4 portions. Wrap each portion in a piece of baby Chinese cabbage leaf. Season the rolls and winter melon with the boiling, salted water. Steam for 5 minutes. Set aside.
  5. Roll coral trout in Indian lettuce head, then tie the roll with carrot strip. Steam the rolls for 3 minutes. Top the winter melons with white radish rolls, followed by coral trout rolls. Blanch broccoli until done, serve beside rolls.
  6. Cook fig sauce with 1/4 teaspoon of salt and 1 1/2 teaspoons of cornstarch until thickened. Pour over the dish. Serve.



# 家常小廚 新星海鮮酒家

A Fine, Homely Restaurant – New Star Seafood Restaurant

新星海鮮酒家一向深受普羅大眾歡迎，三年前加入成為「有營食肆」，學懂了減省菜式油、鹽和糖的方法，令菜餚更合乎健康飲食原則。廖先生估計，現時糖和鹽的用量，僅及過往的三分之一。

New Star Seafood Restaurant is a popular restaurant among the folks. The restaurant group joined the “EatSmart@restaurant.hk” campaign for more than three years and started practising healthy cooking with less oil, salt and sugar. Mr LIU Siu-wai, the Group's chief chef, said that they were using only one-third of the sugar and salt as before.

新星酒家集團廚部主管廖少偉先生坦言，他初期花了一些時間去適應新烹煮方法。及後顧客對「有營菜式」反應良好，反映公眾非常接受健康飲食。現時該店正供應共十多款「有營菜式」，包括羅漢齋扒豆腐、南瓜盞、雜菜煲等；而一向深受食客歡迎的火鍋，亦備有雜菜拼盤、雜菌拼盤等，為顧客提供更健康的選擇。

廖先生表示，新星酒家因以家庭顧客為主，故特別注重飲食均衡，同事亦會積極向客人推介「有營菜式」。

## 金獎 杞香白玉

以蘿蔔粒和冬瓜粒砌成金字塔狀，別具心思。濃味的牛肉和豬肉分別配上清甜的菠菜汁和南瓜汁，味道既濃郁又香甜，各有特色。

廖少偉先生表示，他們選取冬瓜的白肉部分和日本蘿蔔，取其質感較結實，分別蒸兩分鐘和四分鐘，再砌成金字塔；牛肉和豬肉分別配上菠菜汁和南瓜汁，擺設成一個方型太極形狀，饒有特色。

鮮肉營

余若薇

外型特別，牛肉和豬肉味道很好。

Dick LEE

The dish has a distinct appearance which is well-thought out. The ingredients – winter melon, white radish, pork and beef have distinctive flavours.

李明達

造型精巧，構思特別，冬瓜、白蘿蔔、豬肉和牛肉等各種食材味道分明。

Audrey EU

The appearance is spectacular, both the pork and beef taste so good.





## 名廚介紹 Chef's Profile

新星海鮮酒家廚部主管廖少偉先生入廚二十多年，過去曾在多間酒店任職，經驗豐富，不時參與廚藝研討會，鑽研廚藝。

Mr LIU had served in several different hotels before he assumed his present position. Though he has been in the food business for more than 20 years, he never stop trying to improve his culinary skills.

Mr LIU recalled that he needed to spend some time to get used to this new cooking style. Yet the customers are very receptive to the EatSmart dishes they offer. The restaurant now serves over a dozen EatSmart dishes such as bean curd with assorted vegetables, pumpkin pancake and mixed vegetables. They also serve assorted vegetables and mushrooms for hot pots.

Mr LIU thinks that since their restaurant's target customers are families, they would prefer a healthy balanced diet and so his colleagues are very eager to promote EatSmart dishes to all customers.

## Gold Award Stir-fried Pork and Beef with Vegetables in Pumpkin and Spinach Sauces

A small pyramid is formed with Japanese white radish and winter melon cubes which is accompanied with beef and pork. The beef and pork are dressed with spinach sauce and pumpkin sauce respectively, each gives a distinct flavour.

Mr LIU explained, winter melon and Japanese white radish were used because of their compact texture. The creative arrangement of the two sauces symbolised the traditional Chinese philosophy, yin and yang.







# 杞香白玉



## Stir-fried Pork and Beef with Vegetables in Pumpkin and Spinach Sauces



**譚建汶**  
**Kendy TAM**  
香港營養學會執行委員  
Executive Committee  
Member, Hong Kong  
Nutrition Association

### 特色：

這美味而富色彩的菜式，使用的材料普遍常見及合乎三高一低的原則，即低鹽、低油、低糖及高纖維。南瓜汁含豐富的抗氧化化胡蘿蔔素，而菠菜汁含豐富的維他命A及鉀質。

### Feature:

This colorful dish uses ingredients which are easily available and is low in salt, oil, sugar and is high in fibre, which fulfills the 3 low 1 high dietary principle. The pumpkin sauce provides a good source of the antioxidant beta-carotene, while the spinach sauce provides a good source of vitamin A and potassium.

### 材料：(5人分量)

冬瓜 (切小圓柱體)	8件
日本白蘿蔔 (切小圓柱體)	22件
杞子	10粒
南瓜(切件)	150克 (約4兩)
清水	1碗
菠菜	150克 (約4兩)
牛肉(切碎)	70克 (約2兩)
豬肉(切碎)	20克 (約1/2兩)

### Ingredients: (Serves 5)

Winter Melon (cut into small cylinders)	8 pieces
Japanese White Radish (cut into small cylinders)	22 pieces
Chinese Wolfberry	10 pieces
Pumpkin (cut into chunks)	150 gm (about 4 taels)
Water	1 bowl
Spinach	150 gm (about 4 taels)
Beef (minced)	70 gm (about 2 taels)
Pork (minced)	20 gm (about 1/2 tael)

### 調味料：

鹽	1茶匙
糖	2茶匙
生粉水	3茶匙
清雞湯	1/2杯
黃豆油	1/2茶匙

### Seasonings:

Salt	1 teaspoon
Sugar	2 teaspoons
Cornstarch water	3 teaspoons
Chicken Broth	1/2 cup
Soyabean oil	1/2 teaspoon



### 每一份 Per serving :

熱量(千卡) Energy(kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(mg)
84	11	6	2	4	624

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。  
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由新星海鮮酒家提供。

This recipe is provided by New Star Seafood Restaurant.





### 小貼士:

#### Cooking Tips

雖然這款菜式參與鮮肉組的比賽，但烹煮過程最重要的反而是控制蒸煮冬瓜和日本蘿蔔的時間，避免煮得太軟腩。

It is important not to overcook the winter melon and Japanese white radish, otherwise they will become soft and mushy.



### 步驟 步驟 Cooking Method

1. 燒滾水，下鹽、糖，加入冬瓜和蘿蔔氽水至軟身，放碟中疊起成金字塔狀備用。
  2. 杞子蒸至軟身備用。
  3. 杞子和清雞湯以生粉水勾芡，淋上冬瓜和蘿蔔面。
  4. 將南瓜蒸至軟身，下125毫升清水，加入攪拌機打成南瓜汁。
  5. 把菠菜氽水，下125毫升清水，加入攪拌機打成菠菜汁。
  6. 燒熱鑊下油，放入牛肉碎和豬肉碎炒熟，放於金字塔兩邊。
  7. 將南瓜汁和菠菜汁分別加熱，再下1/2茶匙生粉水勾芡，分別淋放左右兩邊即可。
1. Bring water to the boil. Add salt and sugar. Add winter melon and white radish and blanch until softened. Stack them in the shape of a pyramid on the plate. Set aside.
  2. Steam Chinese wolfberry until softened. Set aside.
  3. Combine Chinese wolfberry, chicken broth and cornstarch water. Cook until thickened. Pour over winter melon and white radish.
  4. To make pumpkin sauce, steam pumpkin until softened. Add pumpkin and 125 ml water into a food processor. Blend into a puree.
  5. To make spinach sauce, blanch spinach. Add spinach and 125 ml water into a food processor. Blend into a puree.
  6. Heat oil in a wok. Add beef and pork. Stir-fry until done. Place separately on either sides of the pyramid.
  7. Cook pumpkin sauce and spinach sauce separately; add 1/2 teaspoon of cornstarch water, cook until sauce is thickened. Spoon pumpkin sauce and spinach sauce over the two sides of the dish. Serve.





# 賞味東瀛 大盛日本料理

## A Little Taste of Japan – Otanri Japanese Restaurant

大盛日本料理經理丘小威先生表示，由於「有營廚藝大比併」要求多用蔬果和少用糖、鹽等調味料，所以烹煮這味菜式的方法與平日一貫的做法有很大出入，不料卻得到理想的效果。

Mr Matt YAU, the Manager of Otanri Japanese Restaurant, said the EatSmart Cooking Competition required participating teams to use more fruit and vegetables and less salt and sugar, which was quite different from their usual practice. He himself was surprised by how good the dish finally tasted.

蔬  
果  
營

大盛日本料理除了供應壽司和刺身外，亦提供其他和食。該店並定期推出一些特別菜式，讓顧客保持新鮮感。丘先生覺得，他們的顧客層以年輕一輩和三、四十歲的顧客為主，一般比較偏好煎炸和香口的食品，反而年長一輩會要求較清淡的食品，所以店方在炒飯、炒菜時會順應顧客要求，盡量減少油和鹽的分量。他已準備加入「有營食肆」的行列，為顧客提供更健康的選擇。

### 金獎 焗沙律翠脆

將洋蔥、熟蛋粒、新鮮番茄伴以低脂沙律醬後，釀進清甜的翠玉瓜內，再鋪上麵包糠和香草焗至香脆，清新惹味。

丘小威先生表示，店東在修讀一項廚藝課程時，獲悉「有營廚藝大比併」這項比賽，積極鼓勵同事參加，最後從幾款菜式中，選出了焗沙律翠脆參賽。丘先生說，雖然菜式用料較為簡單，但食材的味道和口感十分配合，再加上廚師精心烹調，令菜式能夠在比賽中勝出，他感到分外高興。

楊維湘  
這菜式的外觀和味道很不錯。

Ms Janis CHAN  
The dish has a fresh mix of ingredients, which are crispy and aromatic.

陳貝兒  
香口、味道清甜，配搭新鮮。

Mr Wilson YEUNG  
The dishes are exquisite, both in taste and appearance.







The restaurant serves Japanese cuisine ranging from sushi, sashimi to other Japanese dishes. They regularly renew their menus so as to give customers a sense of novelty and more food choices. The restaurant is willing to prepare dishes with less oil and salt, especially for meeting those elder customers' tastes, although sometimes Matt notes that a few youngsters are too fond of deep-fried and crispy food. The restaurant is ready to join the "EatSmart@restaurant" campaign so as to provide healthier choices for their customers.

## Gold Award

# Baked Courgette with Onion, Egg and Breadcrumbs

Courgette rings are stuffed with a mixture of chopped onion, tomato, boiled egg and low fat salad dressing are topped with breadcrumbs and herb before baking. Baking of courgette rings can give them fresh as well as savoury tastes.

Matt said, their boss heard about the competition when he attended a culinary course and encouraged colleagues to have a go. Though the ingredients of the dish are simple, the tastes blend well. He is glad they have won the prize.

## 名廚介紹

### Chef's Profile

朱家豪先生自言因機緣巧合加入了飲食行業，一幹就是十三年，在大盛日本餐廳亦服務了八年之久。今年是首次參加廚藝比賽，就能成功掄元。

Mr CHU ka-ho who has been working as a chef in Japanese restaurant for 13 years, said that he joined the catering industry by coincidence. It was the first time that he participated in a cooking competition so he was particularly pleased to have won a prize.







# 焗沙律翠脆

## Baked Courgette with Onion, Egg and Breadcrumbs



林思為  
Sylvia LAM  
香港營養師協會會長  
Chairlady,  
Hong Kong Dietitians  
Association

### 特色：

多吃蔬菜有助預防各種疾病，現時亦非常流行低碳飲食，市民可多選此菜式來達至這兩個目的。

### Feature:

Eating more vegetables helps reduce risk of many diseases. And recently low carbon diet is also very popular; therefore this dish can help achieve these two purposes.

### 材料：(4人分量)

番茄 (切粒)	3個
清水	1碗
洋蔥 (磨蓉)	1/4個
熟蛋 (切粒)	1隻
低脂沙律醬	1湯匙
麵包糠	2碗
翠玉瓜 (切段)	1條

### Ingredients: (Serves 4)

Tomato (diced)	3 pieces
Water	1 bowl
Onion (grated)	1/4 piece
Boiled Egg (diced)	1 piece
Low-fat Salad Dressing	1 tablespoon
Breadcrumbs	2 bowls
Courgette (sectioned)	1 piece

### 調味料：

黑椒碎	適量
香草	1/4茶匙
蒜蓉	1/2茶匙
芥花籽油	1/2茶匙

### Seasonings:

Coarse Black Pepper	some
Herbs	1/4 teaspoon
Garlic (minced)	1/2 teaspoon
Canola Oil	1/2 teaspoon



### 每一份 Per serving :

熱量(千卡) Energy(kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(mg)
103	13	4	4	2	200

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。  
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



本食譜由大盛日本料理提供。

This recipe is provided by Otanri Japanese Restaurant.





### 小貼士： Cooking Tips

以焗的方法烹調蔬果，既減少水分流失，又保持了蔬果的色澤。

Baking helps to preserve the colour and moisture content in fruit and vegetables.

### 步驟 Cooking Method

1. 將番茄粒加入清水煮溶成鮮茄汁。
2. 把洋蔥蓉、熟蛋、鮮茄汁、低脂沙律醬、黑椒碎拌勻(備用1)。
3. 焗爐預熱至200°C。
4. 燒熱鑊下油，爆香蒜蓉，加入香草和麵包糠拌勻(備用2)。
5. 將(備用1)之材料放於翠玉瓜面上，再把(備用2)之材料鋪在面上，放入焗爐焗8分鐘即可。

1. To make tomato sauce, combine tomato and water. Cook until thickened. Set aside.
2. Combine garlic, boiled egg, tomato sauce, low-fat salad dressing and coarse black pepper. Mix well. Set aside (part 1 ingredient).
3. Preheat oven to 200°C.
4. Heat oil in a pan. Stir-fry minced garlic until fragrant. Add herbs and breadcrumbs. Stir to combine. Set aside (part 2 ingredient).
5. Top (part 1) ingredient on courgette. Drizzle with (part 2) ingredient. Bake for 8 minutes. Serve.



# 新舊糅合 帝京軒

New Shop for Old Skills – Di King Keen, Royal Plaza Hotel

帝京酒店公共關係部經理李瑞玲小姐表示，健康飲食早已成為了一種趨勢，酒店方面亦正積極參與「有營食肆」運動。她相信，同事在這次廚藝比賽中獲獎，能令他們更有信心推廣健康菜譜。

Ms Susanna LEE, the Public Relations Manager of the Royal Plaza Hotel, said that healthy eating has become a trend and the management is vigorously joining the “EatSmart@restaurant.hk” campaign. She recognised the prize as a boost for her move.

李小姐認為，以蔬菜為主的菜式，一樣可以做得出美味的菜餚，最重要的是食材搭配得宜，造型、賣相吸引，能做到色、香、味俱全，自可提升菜式的質素，令顧客滿意。帝京軒一方面維持傳統的菜式，亦不時引入新的食材，例如一名年輕廚師曾以海膽配豆腐，結果在一次廚藝比賽中獲得銀獎。

李小姐又說，近年喜見酒店裡不少年輕廚師經常利用休息時間去鑽研廚藝，力求進步。因此管理層亦常常鼓勵同事參與廚藝比賽，讓同事與同業的出色廚師交流切磋，並激勵同事多研發新菜式。

家  
禽  
營

何秀蘭

各款蔬菜的火候恰到好處，冬瓜蓉是提味的好材料。

Professor FOK Tai-fai

The dish features a selection of healthy ingredients, which is delicious and well presented.

霍泰輝

外觀、味道俱佳，選材健康。

Cyd HO

The vegetables are cooked to perfection, while the winter melon puree boosts the taste of other ingredients.

## 金獎 翠玉野菌鮮雞盞

先將切成大小相若的雞肉粒焯至六、七成熟，再加入雞髀菇、鮮冬菇和紅椒等一同炒香，再釀進翠玉瓜裡，淋上冬瓜蓉汁，清新的蔬菜與雞肉配合得宜。

設計這款菜式的帝京酒店中菜行政總廚周鎮錦先生說，他們為了讓這款菜式能做到爽而不膩、原汁原味的效果，所以選用了去皮的雞胸肉和避免用油炸熟雞粒，加入的多種菇菌亦讓菜式的味道更為突出。



Susanna believes vegetable-based dishes could also be very delicious. Dishes with the right mix of ingredients and attractive appearance could enhance its quality and as a result, satisfy customers. Whilst the restaurant maintains the fundamentals of traditional cuisines, novel cooking styles are also introduced in their menu. A young chef, for instance, has created a tofu dish with sea urchin, which won a prize in another competition.

She added, many young chefs have been working their hardest to improve their cooking skills. The management is very supportive of colleagues joining cooking competitions because that would let the restaurant have new dishes for sale.

## Gold Award Steamed Courgette Rings Filled with Diced Chicken and Fungus

Chicken dices are blanched and stir-fried with king oyster mushrooms, fresh black mushrooms and red capsicums and then stuffed into courgette. It is dressed with winter melon puree to become an elaborated dish of meat and vegetables.

Mr Dickson CHOW, executive chef of the Royal Plaza Hotel, said that the team intended to make a dish with rich and crispy texture but retaining the natural and delicious aroma. So they refrained from deep-frying the chicken. The mixed mushrooms enhanced the flavour of the dish.

## 名廚介紹 Chef's Profile

周鎮錦先生曾於香港、澳門、內地以至東京及大阪多家酒店任職，有三十多年的入廚經驗，多年來仍然不減對廚藝工作的熱愛。

Mr Dickson CHOW has served in a number of renowned hotels in Hong Kong, Macau, the Mainland as well as in Tokyo and Osaka. Yet for him, cooking never ceases to be a pleasure.







# 翠玉野菌鮮雞盞

## Steamed Courgette Rings Filled with Diced Chicken and Fungus



譚建汶  
Kandy TAM

香港營養學會執行委員  
Executive Committee  
Member, Hong Kong  
Nutrition Association

### 特色：

將翠玉瓜平均分為6件而造出美味的菜式。這方法可幫助要控制食量的人士，而且翠玉瓜及菇類可以提供豐富的膳食纖維，令人有飽肚的感覺，並有助降低膽固醇。成人每天應吃最少3份蔬菜，包括綠葉蔬菜、瓜類和菇菌類。

### Feature:

This tasty dish uses courgette to evenly make 6 portions. This is a clever method of portion control for those who need to monitor their intake. Moreover, courgette and mushrooms are a good source of dietary fibre which provides a feeling of fullness and helps lower cholesterol. Adults should consume 3 servings of vegetables daily, including green leafy vegetables, gourds and mushrooms.

### 材料：(6人分量)

冬瓜	100克 (約2 1/2兩)
清水	約40毫升
去皮雞肉 (切粒)	100克 (約2 1/2兩)
翠玉瓜	200克 (約5兩)
雞脾菇 (切角)	50克 (約1 1/4兩)
鮮冬菇 (去蒂、切角)	3隻
竹筴	40克 (1兩)
紅椒 (切角)	1/3隻
蘆筍	5條
百合	20克 (1/2兩)

### Ingredients: (Serves 6)

Winter Melon	100 gm (about 2 1/2 taels)
Water	about 40 ml
Skinless Chicken (diced)	100 gm (about 2 1/2 taels)
Courgette	200 gm (about 5 taels)
King Oyster Mushroom (cut into wedges)	50 gm (about 1 1/4 taels)
Fresh Shiitake Mushroom (trimmed, cut into wedges)	3 pieces
Bamboo Pitch	40 gm (about 1 tael)
Red Capsicum (cut into wedges)	1/3 piece
Asparagus	5 spears
Lily Bulb	20 gm (about 1/2 tael)

### 調味料：

鹽	1茶匙
糖	1/2茶匙
生粉水	1茶匙
粟米油	3茶匙
清雞湯	100毫升

### Seasonings:

Salt	1 teaspoon
Sugar	1/2 teaspoon
Cornstarch Water	1 teaspoon
Corn Oil	3 teaspoons
Chicken Broth	100 ml

### 清雞湯 (製3公升)

清水	5公升
去皮老雞	1/2隻
瘦肉	300克 (8兩)

### Chicken Broth (for making 3 litres)

Water	5 litres
Whole Skinless Chicken	1/2 piece
Lean Pork	300 gm (8 taels)



### 每一份 Per serving :

熱量(千卡) Energy(kcal)	碳水化合物(克) Carbohydrate(gm)	蛋白質(克) Protein(gm)	脂肪(克) Fat(gm)	糖(克) Sugar(gm)	鈉質(毫克) Sodium(mg)
69	8	5	4	3	420



本食譜由帝京酒店 - 帝京軒提供。

This recipe is provided by Royal Plaza Hotel - Di King Heen.



### 小貼士:

#### Cooking Tips

烹煮雞肉最重要的是掌握時間，將雞肉放在滾水中焯十至十五秒，再以油輕炒，保持雞肉鮮嫩。

Time control is very important when cooking chicken. Blanch chicken for 10 to 15 seconds and then stir-fry. This keeps the chicken meat tender and juicy.



### 步驟

#### Cooking Method

1. 先把冬瓜蒸熟，加入清水打成蓉，去皮雞粒蒸熟備用。
2. 翠玉瓜切成棋子形狀，挖空中間；將翠玉瓜、雞脾菇、鮮冬菇、竹筴、紅椒氽水備用。
3. 燒熱鑊下油，加入雞脾菇、鮮冬菇、竹筴、紅椒和雞粒，下1/3茶匙鹽、1/4茶匙糖調味，炒至帶香。
4. 把菇粒和雞粒釀入翠玉瓜，放在碟上備用。
5. 燒滾水，下1/3茶匙鹽、1/4茶匙糖，加入蘆筍和百合焯熟，撈起伴邊。
6. 將冬瓜蓉加入清湯加熱、加入1/3茶匙茶匙鹽和生粉水埋芡，淋上面即可。

1. Steam winter melon till done. Add water then blend into a puree. Steam chicken until done. Set aside.
2. Cut courgette into chess shape. Spoon out the inner flesh. Blanch courgette, king oyster mushroom, fresh Shiitake mushroom, bamboo pitch and red capsicum. Set aside.
3. Heat oil in a pan. Add king oyster mushroom, fresh Shiitake mushroom, bamboo pitch, red capsicum and chicken. Season with 1/3 teaspoon of salt and 1/4 teaspoon of sugar. Stir-fry until fragrant.
4. Stuff the courgette with diced chicken and mushroom. Transfer to a serving plate. Set aside.
5. Bring water to the boil. Add 1/3 teaspoon of salt and 1/4 teaspoon of sugar. Add asparagus and lily bulb. Blanch until cooked. Serve at side.
6. Add winter melon, 1/3 teaspoon of salt and cornstarch water in chicken broth. Cook until thickened. Pour over dish. Serve.

### 清雞湯步驟

#### Chicken Broth Cooking Method

1. 把老雞和瘦肉氽水備用。
2. 燒滾水，下老雞和瘦肉，煲3-5小時，去肉和骨即可。
1. Blanch chicken and lean pork. Set aside.
2. Bring water to the boil. Add chicken and lean pork. Boil for 3-5 hours. Done.





其他得獎有營菜式

Other Winning EatSmart Dishes

# 海鮮營 Seafood

 營廚組  
EatSmart Restaurants Group

## 其他得獎有營菜式

# 巡禮

# 蔬果營 Fruit & Vegetables

 名廚組  
Top Chefs Group

Stir-fried Prawn, Scallop and Coral Clam with Bean Curd in Pumpkin Sauce

## 雪嶺金霞



銀  
Silver

御苑皇宴

The Banqueting House

菜式以鮮蝦、帶子和珊瑚蚌等海鮮切粒與蛋白同炒，伴上清新的豆腐和南瓜蓉，再用上湯提味，不但賣相吸引，更能突顯海鮮的清甜味道，口感綿滑又爽口。

Prawn, scallop and coral clam dices are stir-fried with egg white and served with bean curds and pumpkin sauce. Supreme soup adds a perfect finish to the savoury seafood to become a dish with good appearance and flavour.

Steamed Scallop, Prawn and Fish Fillet with Assorted Vegetables

## 琵琶絃上金鑲衣



銀  
Silver

沁園春

Cheerful Restaurant

將帶子、鮮蝦、魚柳等材料切粒後，與豆腐和蛋白等一同釀進湯匙再蒸熟，上鋪南瓜蓉。菜式賣相精緻亮麗，質感滑溜，鮮甜味香。

Scallop, prawn and fish fillets are diced, mixed with bean curd and egg white then stuffed into tablespoons. The mixture is topped with minced pumpkin. The dish is nicely prepared and well presented.

Boiling Pumpkin in Sauce with Asparagus

## 南瓜汁蘆筍



銀  
Silver

滬江飯店

Wu Kong Shanghai Restaurant

嫩綠的蘆筍配以野生竹筴，清新爽口，素材簡單又不落俗套；尤其特別的是以礦泉水將鮮南瓜打蓉成汁，入口香滑濃郁，搭配出色。

The dish features a selection of common ingredients, namely greenish asparagus and wild bamboo piths, yet it brings out a unique flavour. It is served with a custom made mineral water and minced pumpkin, which is equally rich in flavour.

Cold Soup with Beetroot, Raspberry and Prawn

## 紅菜頭、紅桑子鮮蝦凍湯



銀  
Silver

Chez Les Copains

紫紅色的凍菜湯是以紅菜頭、紅桑子蓉、青瓜絲和洋蔥熬製而成，顏色鮮艷，配以鮮蝦更增添鮮味，酸酸甜甜，令人一試難忘。

The colourful cold soup features beetroots, minced raspberries, shredded cucumber and onion. Fresh prawn adds a sweet finish and is the perfect addition to this impressive soup dish.



Warm Poached Salmon with Blood Orange Salsa and Vegetable Cake

## 低溫焗三文魚拼香蒜番茄及蘆筍雜菜餅



五洲餐廳

Five Continents Restaurant

三文魚以低溫慢焗，保持了魚肉的鮮嫩，處理得恰到好處；海鮮的味道又香濃又清甜，配以煎香的雜菜餅，色彩艷麗，嫩滑清香。

Salmon fillets are lightly poached to preserve the fresh texture. They are then served with vegetable cake, making the dish rich in colours and aroma.

Seafood with Vegetables in Assorted Brown Rice

## 「營」彩人生



東來順

Dong Lai Shun

將蟹肉、蝦肉和蜆肉混入糙米飯中，海鮮的滑溜配合糙米的質感，層次豐富，加上南瓜、苦瓜、酸蘿蔔和芥末白菜等，甜酸苦辣五味紛陳。

Crab, prawn and clam meats are both tender and silky, which balance the crunchy assorted brown rice. The whole dish is served with pumpkins, bitter melon, sour purple radish and wasabi-dressed Chinese cabbage, which symbolise the four "tastes" of life.

Assorted Vegetables Sushi and Chilled Udon Set

## 雜錦素壽司定食



築地日本料理

Tsukiji Japanese Restaurant

壽司以近年流行的番茄、鮑魚菇、珍珠筍和牛蒡等多款素菜做成，加上鮮甜的蔬菜卷、冷炭烏冬組成的壽司拼盤，美味又健康，每吃一口都有變化。

The assorted sushi dish contains a mix of sushi topped with tomatoes, abalone mushrooms, baby corn and burdock, which are served with assorted vegetables rolls and charcoal udon. It is a healthy and delicious dish.

# 鮮肉營 Meat

Steamed Pork with Capsicums and Assorted Vegetables

豐碩



新星海鮮酒家

New Star Seafood Restaurant

將又甜又脆的粟米鋪在嫩滑的豬肉上，構成一條粟米的形狀，不但色彩繽紛、外型吸引，而且清香甜美，色香味兼備。

Sweet and crispy corn kernel is topped on steamed pork and put into the outlook of a piece of corn. While the fleshy corn symbolises "wealth and prosperity", the dish is equally rich in flavour.

# 家禽營 Poultry

Steamed Chicken, Bean Curds Topped with Black Truffle in Pumpkin Sauce

金雀藏白玉



富豪軒  
Regal Court

大廚以細嫩的雞肉拌以口感軟綿的南瓜蓉，鋪在幼滑的豆腐上，爽脆的翡翠苗伴底，配搭新穎，清淡中見特色；上層幼滑下層爽口，口感豐富，別具心思。

Chicken is mixed with minced pumpkin and placed on top of bean curds, and is then put on the jade pea sprouts. The creative combination of ingredients features a fine mix of flavours.



Pork Drum Sticks and Assorted Vegetables in Chinese Soup

## 碧綠營膳豬串骨



爵悅庭住客會所  
Club Chelsea

以新鮮雪梨汁醃製過的豬串骨，肉質特別嫩滑鬆化，配以清甜的小棠菜，再淋上用多種蔬果和豆熬製成的高湯，滋味清新。

Pork drum sticks are marinated with pear juice, which helps keep the pork tender and juicy. It is cooked with Shanghai cabbage and finally soaked with an assorted vegetables and bean soup and makes out a tasty dish.

Assorted Vegetables in Soyamilk Sauce

## 彩珠玉乳



粵軒  
Canton Room

菜肉卷的材料除了有脆滑的豬肉外，還有娃娃菜、南瓜條、鮮冬菇等蔬菜，配上自家磨製的豆乳，選材健康，豆香濃郁。

Fresh pork is rolled with baby Chinese cabbage, pumpkin strips and fresh shiitake mushrooms. It is soaked with a home-make soymilk sauce adding the delicate and distinctive fragrance to the dish.

Sautéed Supreme of Pigeon with Flour Tortilla Served with Mixed Salad

## 潮爆捲筒入「營」入「鴿」



Café de Metropark

雜菜墨西哥捲餅配鴿肉串，鴿肉以小茴香和迷迭香等香草醃製後，以少油香煎，肉汁豐富；配上爽口的雜菜和酸甜的醬料，惹味而健康。

Seasoned with cumin and rosemary, the pigeon meat is pan-fried and served with baked assorted vegetable Mexican tortilla. The crispy vegetables and sweet and sour sauce are especially healthy and tasty.

Pork Rib Eye with Lotus Root and Assorted Vegetables

## 玉林伴彩虹



新星海鮮酒家  
New Star Seafood Restaurant

豬扒先蒸後煎，香脆惹味，再加入開胃的橙汁和果肉，與青瓜、甘筍等捲在脆米網內，集合了酸、甜、香、脆的口味，叫人回味無窮。

Pork rib eye is steamed and slightly pan-fried then wrapped in crispy rice net with cucumber and carrot. The pork rib eye is seasoned with orange juice and fruit, which gives a mixed flavour, aroma and a crispy texture.

Roll Stuffed with Chicken, Pumpkin and Water Chestnut

## 南瓜馬蹄雞卷



德福閣  
Stanford Café

雞脾肉去皮，加上南瓜蓉和馬蹄，以墨西哥薄餅捲起烤成，香脆可口，味道鮮甜亦帶點清香，餡料軟滑細膩，外脆內軟，滋味不凡。

Skinless chicken thigh, pumpkin and chestnuts are wrapped and baked with tortilla. The tortilla is crispy on the outside while tender and juicy on the inside.

Singaporean Chicken Roll

## 星洲雞卷



星馬殿  
Singma Deluxe

去皮雞脾肉、茶樹菇、青瓜和雜菜等以麵包捲起，焗至外皮香脆後，伴以番茄、芒果、清酒、黑醋等材料製成的醬汁，構思特別；醬汁味道清新，十分醒胃。

Skinless Chicken thigh, tea tree mushrooms, courgette and assorted vegetables are wrapped with bread and grilled until crispy. The mixed sauce combining tomatoes, mangoes, sake and balsamic vinegar is especially fresh and tasteful.





## 2011「有營食肆」會員招募！

現在市民想吃得健康，自然便想起「有營食肆」！我們的會員數目由最初的百多間增至六百多間，設計超過四百多款不同地域、口味的「有營菜式」。2011年度會員招募現正開始，各位以客為本的食肆和廚師不要再遲疑，請即加入「有營行列」！欲知報名詳情，可致電 2572 1476查詢！

現已加入了「有營食肆」的商戶由即日起可向「有營食肆」秘書處遞交續期申請表和最少五款「有營菜式」食譜。申請表可從「有營食肆」網站下載 ([http:// restaurant.eatsmart.gov.hk](http://restaurant.eatsmart.gov.hk))。

## Recruitment of EatSmart Restaurants 2011!

Visit an EatSmart Restaurant for healthier dishes! The number of EatSmart Restaurants has been growing from some 100 at the beginning to more than 600 now. They are offering some 400 EatSmart Dishes covering a variety of regional cuisines and tastes. EatSmart Restaurants 2011 are now being recruited. Customer-oriented restaurants and chefs are cordially invited to join the EatSmart force! For enrollment details, please call 2572 1476.

With immediate effect, existing EatSmart Restaurants may submit their renewal application together with at least five "EatSmart Dish" recipes to the EatSmart Secretariat. The application form can be downloaded at the EatSmart Restaurant Website (<http://restaurant.eatsmart.gov.hk>).



### 友善探訪

為了加強與食肆之間的溝通，以提升「有營菜式」的質素，讓市民有更多更美味的健康菜式選擇，衛生署會定期派員走訪各「有營食肆」，就「有營菜式」的供應和宣傳品使用給予意見，協助他們提供更多元化且美味的「有營菜式」。

各「有營食肆」請緊記：

- 每天提供合共不少於五款「有營菜式」-包括「蔬果之選」及「3少之選」菜式，並於食肆選定營業時段內供應；
- 確保善用產品資訊和購買點推廣資料，以助顧客選擇「有營菜式」，包括擺放「有營食肆」櫥窗膠貼和貼上「有營菜式」餐牌標誌及
- 確保食肆存放「顧客意見表」，為顧客提供表達意見的渠道。



### Courtesy Visit

To strengthen the liaison with restaurants and to offer the public more healthy and quality EatSmart Dishes, officers of the Department of Health regularly visit EatSmart Restaurants and give them advice and assistance on the provision of a wide variety of tasty EatSmart Dishes and the proper use of promotional materials. Meanwhile, EatSmart Restaurants should take note of the following requirements:

- Offer at least five EatSmart Dishes (including "Dishes with Fruit and Vegetables" and "3 Less Dishes") in selected business hours every day;
- Ensure the best use of product information and promotional materials at the point of purchase so that customers can easily recognise EatSmart Dishes. These include the display of EatSmart Restaurant decal at the entrance and the EatSmart menu stickers in the menus; and
- Ensure that "Customer Opinion Forms" are available in the restaurant so that customers could make their comments.

## 表揚 - 連續3年「有營食肆」商戶

署理食物及衛生局局長梁卓偉教授於「健康有計 適飲適食齊起動」— 香港促進健康飲食及體能活動參與的行動計劃書啟動儀式」上指出：「香港人生活節奏急促，不少選擇大快朵頤以調劑繁忙生活，不知不覺便墮入了高油、高鹽、高糖的飲食陷阱，又有些市民養成了不活躍的生活模式，總是提不起勁做運動。這樣勢必加重市民患上慢性疾病的風險，不論對自己、家庭、公司、社會或醫療系統均帶來沉重負擔。」

幸好香港飲食業界一直不遺餘力，鼓勵食肆參加「有營食肆」運動，並向客人提供既色香味俱全又健康的「有營菜式」。因此，衛生署藉着是次儀式表揚了已連續三年參與「有營食肆」運動的四十多個商戶，當中包含了約三百多間食店。

## Commendation to EatSmart Restaurants that have enrolled for consecutive three years

Addressing the "Eat and Play Smart for Better Health - Get Set, GO!" launching ceremony, the Acting Secretary for Food and Health, Professor Gabriel LEUNG, said that "Leading a busy life, citizens may choose to have a lavish meal as relaxation, but in this way they unknowingly fall into the trap of excessive oil, salt and sugar intake. Some people also develop sedentary lifestyle and seldom have exercises. These surely increase the risk of developing chronic diseases and impose greater burdens to the individual, family, company, community and health care system."

Fortunately, the local catering industry has been sparing no effort in encouraging restaurants to enrol as EatSmart Restaurants and to offer appealing and healthy EatSmart Dishes. In the ceremony, the Department of Health commended more than 40 restaurateurs, representing about 300 outlets, that have enrolled as EatSmart Restaurants for consecutive three years.





以下資料截至二零一零年十二月六日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署「有『營』食肆」專題網站<http://restaurant.eatsmart.gov.hk>。

Last updated on 6 December 2010. Names are listed in a random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>



## 中西區 Central & Western District

中	力寶軒	Lippo Chiuchow Restaurant	2526 1168
快	大家樂	Café de Coral	
	(八達大廈店)	(Federate Building Shop)	2858 6627
	(中信大廈店)	(Citic Tower Shop)	2104 5838
	(長江中心店)	(Cheung Kong Center Shop)	2186 7068
	(東亞安泰中心店)	(East Asia Aetna Tower Shop)	2542 2958
	(香港商業中心店)	(Hong Kong Plaza Shop)	2548 5601
	(香港站預辦登機大堂店)	(Hong Kong Station, In-Town Check-in Concourse Shop)	2801 5285
	(香港機鐵站店)	(Hong Kong Station Shop)	2537 6515
	(海富中心商場店)	(Admiralty Centre Shop)	2866 2750
	(萬邦行店)	(Melbourne Plaza Shop)	2162 8020
	(建隆樓店)	(Kin Liong Mansion Shop)	2986 4461
	(新紀元廣場店)	(Grand Millennium Plaza Shop)	2137 8687
	(華懋大廈店)	(Chinachem Tower Shop)	2104 7092
	(遠東金融中心店)	(Far East Finance Centre Shop)	2861 2852
	(維德廣場店)	(Vicwood Plaza Shop)	2541 0293
	(勵精中心店)	(Regent Centre Shop)	2525 1609
亞	井日本咖哩專門店	Don-Curry Shop	3586 2012
中	北京拉麵店	Peking Noodles	2537 6320
亞	秀日本料理	Oishi House	2517 6618
快	美心MX	Maxim's MX	
	(和記大廈店)	(Hutchison House Shop)	2869 4450
	(創業中心店)	(Chong Yip Centre Shop)	2857 2910
其	帝景園會所 (只供會員)	Dynasty Court Club Royal (Members only)	2522 0080
快	魚米家	Yue Mic Ka	
	(皇后中心店)	(Queen's Place Shop)	2524 4112
	(有餘貿易中心店)	(Unicorn Trade Centre Shop)	2628 4661
中	富臨味之道	Foo Lum	2815 1088
中	富臨漁港龍臨門	Pleasant Palace	2803 0182
亞	滙業餐廳水果專門店	Master Food Restaurant	2581 9889
茶	翠華餐廳	Tsui Wah Restaurant	
	(威靈頓街店)	(Wellington Street Shop)	2525 6338
	(萬安商業大廈店)	(Man On Commercial Building Shop)	2542 1255
	(德輔道中店)	(Des Voeux Road Shop)	2542 2288
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2295 3811
其	築地日本料理	Tsukiji Japanese Restaurant	2542 3802
亞	麵軒	Maincafe	2543 8621
西	Bistro Délifrance	Bistro Délifrance	2865 7421
西	Délifrance	Délifrance	
	(山頂廣場店)	(Peak Galleria Shop)	2849 2613
	(華懋廣場店)	(Chinachem Plaza Shop)	2581 4391
	(維德廣場店)	(Vicwood Plaza Shop)	2854 9282
	(環球大廈店)	(World Wide Plaza Shop)	2868 1355

## 南區 Southern District

快	大家樂	Café de Coral	
	(石排灣商場店)	(Shek Pai Wan Shopping Centre Shop)	2294 9100
	(利東商場店)	(Lei Tung Commercial Centre Shop)	2871 2681
	(香港仔中心店)	(Aberdeen Centre Shop)	2553 7867
	(海怡廣場店)	(Marina Square Shop)	2552 7313
	(華貴商場店)	(Wah Kwai Shopping Centre Shop)	2550 8056
中	中華廚藝學院(英語餐飲學會) (只供會員)	Chinese Cuisine Training Institute (The English-Speaking Dining Society) (Members only)	2550 6683
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
亞	生活知味	The Taste of Living	2538 9338
快	美心MX	Maxim's MX	2580 5133
快	海皇粥店	Ocean Empire	2870 3884
西	旅遊服務業培訓發展中心 (英語餐飲學會) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society) (Members only)	2550 6683
中	富臨漁港龍臨門	Pleasant Palace	2553 0699
中	肇順名匯海鮮專門店	Siu Shun Village Cuisine	2884 9088
茶	翠華餐廳	Tsui Wah Restaurant	2552 6998
快	瑪麗醫院職員餐廳 (只供職員)	Queen Mary Hospital Staff Canteen (Staff only)	2818 0070
中	稻香超級漁港	Tao Heung Super 88	2555 3908
西	Délifrance	Délifrance	2813 1368

## 東區 Eastern District

快	大家樂	Café de Coral	
	(小西灣商場店)	(Siu Sai Wan Shopping Centre Shop)	2889 0672
	(太古城中心店)	(Cityplaza Shop)	2885 3713
	(太安樓店)	(Tai On Building Shop)	2567 9872
	(北角城中心店)	(Fortress Tower Shop)	2571 6446
	(百利大廈店)	(Pak Lee Building Shop)	2807 3864
	(城市花園店)	(City Garden Shop)	2887 2802
	(英皇道店)	(King's Road Shop)	2911 4485
	(健威坊店)	(FitFort Shop)	2562 9776
	(愛東商場店)	(Oi Tung Shopping Centre Shop)	3156 1116
	(新都城大廈店)	(Metropole Building Shop)	2565 0222
	(樂基行店)	(Stanhope House Shop)	2811 0689
	(糖廠街店)	(Tong Chong Street Shop)	2564 3144
	(環翠商場店)	(Wan Tsui Shopping Centre Shop)	2515 9548
	(耀東商場店)	(Yiu Tung Shopping Centre Shop)	2569 8653
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
中	金皇潮州酒家	Golden Dynasty Chiu Chow Restaurant	2805 8022
中	迎囍大酒樓	Cheers Restaurant	3520 1268
快	美心MX	Maxim's MX	
	(友邦廣場店)	(AIA Tower Shop)	2219 7223
	(杏花新城店)	(Heng Fa Chuen Shop)	2558 8541
	(南天大廈店)	(Nam Tin Building Shop)	2578 9629
	(英皇大樓店)	(King's House Shop)	2561 5760
	(康怡廣場店)	(Kornhill Plaza Shop)	2885 5095
	(新翠商場店)	(New Jade Shopping Arcade Shop)	2897 7513
	(藍灣廣場店)	(Island Resort Mall Shop)	2248 5370
中	客家好棧	Hakka Hut	2856 1233
快	海皇粥店	Ocean Empire	2591 9003
快	柴灣東區醫院職員餐廳 (只供職員)	Pamela Youde Nethersole Eastern Hospital Staff Canteen (Staff only)	2595 6505
亞	麻布茶房	Azabusabo	2886 1078
中	彩福海鮮酒家	Choi Fook Restaurant	2566 8289
中	彩臨門酒家	Superior Choice Restaurant	2811 9668
中	稻香超級漁港	Tao Heung Super 88	3520 1288
中	鍾菜	Chung's Cuisine	3691 9818
中	聯邦金閣酒家	Golden Federal Restaurant	2628 0183
西	藝術·家	Les Artistes Café	3426 8918
中	囍慶	Happiness	2827 2883
西	Bistro Délifrance	Bistro Délifrance	2143 5722
西	Délifrance	Délifrance	
	(太古城店)	(Taikoo Shing Shop)	2904 8603
	(港運城店)	(Island Place Shop)	2565 1335
	(嘉樂大廈店)	(Ka Wing Building Shop)	2904 8609

# 灣仔區 Wanchai District

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2511 1228
快	大家樂	Café de Coral	
	(京華中心店)	(Capital Centre Shop)	2241 4545
	(胡忠大廈店)	(Wu Chung House Shop)	2575 4300
	(海港中心店)	(Harbour Centre Shop)	2827 1236
	(新世紀廣場店)	(New Century Plaza Shop)	2836 0897
	(瑞安中心店)	(Shui On Centre Shop)	2511 9891
	(駱克道店)	(Lockhart Road Shop)	2507 3262
中	六國酒店 - 粵軒	Gloucester Luk Kwok Hong Kong - Canton Room	2866 2166
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
中	百樂門宴會廳	Paramount Banquet Hall	2833 2092
快	有機地	Organic Land	2511 5628
中	住家菜	Home Feel	
	(利舞臺廣場店)	(Lee Theatre Plaza Shop)	3105 0339
	(謝斐道店)	(Jaffe Road Shop)	3105 0456
西	利景酒店 - 蒲點美式酒吧	The Charterhouse - Champs Bar	2833 9086
茶	金裝嫩奶佬	Daniel's Restaurant	2838 6151
快	美心MX	Maxim's MX	
	(波斯富街店)	(Percival Street Shop)	2838 6173
	(軒尼詩道店)	(Hennessy Road Shop)	2893 7867
西	風月堂	Orchard Garden Café & Restaurant	2891 2881
中	美味廚	Megan's Kitchen	2866 8305
中	客家好棧	Hakka Hut	2881 8578
西	香港安醫院食堂 (只供職員)	Hong Kong Adventist Hospital Canteen (Staff only)	2835 0634
泰	泰式食	Thai Perfect	2890 4899
快	海皇粥店	Ocean Empire	
	(東角道店)	(East Point Road Shop)	2887 5879
	(莊士敦道店)	(Johnston Road Shop)	2330 3200
	(糖街店)	(Sugar Street Shop)	2894 8848
亞	麻布茶房	Azabusabo	2882 1582
中	彩福皇宴	Choi Fook Royal Banquet	2811 9181
中	富豪香港酒店 - 富豪金殿	Regal Hong Kong Hotel - Regal Palace Restaurant	2837 1773
中	富臨酒家	Foo Lum Restaurant	2528 2468
中	滬江飯店	WU Kong Shanghai Restaurant	2506 1018
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2572 6938
茶	翠華餐廳	Tsui Wah Restaurant	
	(景隆街店)	(Cannon Street Shop)	2573 4338
	(謝斐道店)	(Jaffe Road Shop)	2892 2633
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	
	(大有廣場店)	(Tai Yau Plaza Shop)	2573 8844
	(世貿中心店)	(World Trade Centre Shop)	2915 6988
	(時代廣場店)	(Times Square Shop)	2506 0080
茶	銀龍麵茶餐廳	Ngan Lung Restaurant	2881 5298
中	稻香	Tao Heung	2838 3097
中	稻香超級漁港	Tao Heung Super 88	2892 0988
中	橋底辣蟹	Under Bridge Spicy Crab	
	(華發大廈店)	(Wah Fat Mansion Shop)	2893 1289
	(駱克道401-403號店)	(401- 403 Lockhart Road Shop)	2834 6818
	(駱克道429號店)	(429 Lockhart Road Shop)	2573 7698
	(謝斐道店)	(Jaffe Road Shop)	2834 6268
中	禮頓會	Club Leighton	3198 9805
中	鍾菜	Chung's Cuisine	2506 9128
中	麗都總廚	New Capital Worldwide Kitchen	2893 1238
其	麵軒	Maincafe	2838 1025
中	警察總部雅膳中菜廳 (只供職員)	Arsenal Place Police Headquarters (Staff only)	2860 2688
西	警察總部雅膳西餐廳 (只供職員)	Cafe Rendezvous Police Headquarters (Staff only)	2860 2299
快	警察總部職員餐廳 (只供職員)	Staff Canteen Police Headquarters (Staff only)	2860 8223
西	Bayview Restaurant	Bayview Restaurant Sashimi Oyster Bar	3427 3726
西	Bistro Délifrance	Bistro Délifrance	2506 3022
其	CEO Karaoke Box	CEO Karaoke Box	2137 9777
西	Délifrance	Délifrance	
	(大有廣場店)	(Tai Yau Plaza Shop)	2591 1600
	(告士打道店)	(Gloucester Road Shop)	2865 5848
	(香港中央圖書館店)	(Hong Kong Central Library Shop)	2504 0115
	(美國萬通大廈店)	(Massmutual Tower Shop)	2527 7201
	(集成中心店)	(CC WU Building Shop)	2834 1949
	(瑞安中心G04店)	(G04, Shui On Centre Shop)	2923 1002
	(瑞安中心1樓店)	(1/F, Shui On CentreShop)	2802 4465

# 觀塘區 Kwun Tong District

快	大家樂	Café de Coral	
	(企業廣場店)	(Enterprise Square Shop)	2750 9925
	(秀茂坪商場店)	(Sau Mau Ping Shopping Centre Shop)	2354 8680
	(冠軍閣店)	(Champion Court Shop)	2790 5295
	(威明中心店)	(Spectrum Tower Shop)	2344 0244
	(清水灣道店)	(Clear Water Bay Road Shop)	2325 1250
	(順利邨店)	(Shun Lee Estate Shop)	2790 8209
	(淘大花園店)	(Amoy Garden Shop)	2750 3496
	(創紀之城店)	(Millennium City Shop)	2267 2300
	(廣田商場店)	(Kwong Tin Shopping Centre Shop)	2717 0619
	(德田商場店)	(Tak Tin Shopping Centre Shop)	2772 5695
	(樂華商場店)	(Lok Wah Commercial Centre Shop)	2751 9726
	(德福商場店)	(Telford Plaza Shop)	2148 6424
	(寶達商場店)	(Po Tat Shopping Centre Shop)	2190 4626
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2142 5905
茶	太興新世代	Tai Hing New Century	2359 0138
中	北京拉麵店	Peking Noodles	2345 7360
中	百樂門宴會廳	Paramount Banquet Hall	
	(宏照道店)	(Wang Chiu Road Shop)	2798 8332
	(開源道店)	(Hoi Yuen Road Shop)	3910 8368
中	沁園春	Cheerful Restaurant	2251 3612
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671
西	帕爾馬	La trattoria di Pamrma	2111 1370
中	迎囍大酒樓	Cheers Restaurant	2717 6860
快	美心MX	Maxim's MX	
	(牛頭角上邨店)	(Upper Ngau Tau Kok Shop)	2481 3768
	(康寧道店)	(Hong Ning Road Shop)	2793 9239
	(啟田商場店)	(Kai Tin Shopping Centre Shop)	2348 9545
	(彩雲邨商場店)	(Choi Wan Commercial Complex Shop)	2796 3911
	(翠屏商場店)	(Tsui Ping Shopping Circuit Shop)	2763 4180
	(麗港城商場店)	(Laguna City Shop)	2772 3314
快	香港專業教育學院 (觀塘分校) (學生飯堂) (只供學生)	HK Institute of Vocational Education - Kwun Tong (student canteen) (Student only)	2346 8990
中	索迪斯(香港)有限公司 - 渣打銀行職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Standard Chartered Bank (HK) Ltd. (Staff only)	2388 8682
快	海皇粥店	Ocean Empire	
	(物華街店)	(Mut Wah Street Shop)	2304 7468
	(淘大商場店)	(Amoy Plaza Shop)	2759 6537
	(輔仁街店)	(Fu Yan Street Shop)	2172 4558
中	御苑皇宴	The Banqueting House	2798 8866
西	旅遊服務業培訓發展中心 (英語餐飲學會) (只供會員)	Hospitality Industry Training and Development Centre (The English-Speaking Dining Society) (Members only)	2750 6919
中	御苑酒家	The China House	2798 8110
中	彩福皇宴	Choi Fook Royal Banquet	2811 9788
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	
	(企業廣場店)	(Enterprise Square Shop)	2759 1808
	(觀塘廣場店)	(Kwun Tong Plaza Shop)	2342 4252
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
中	維港藝廚酒家	Victoria Harbour Seafood Restaurant	2827 2626
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2305 9990
中	嘉豪酒樓	Ka Ho Restaurant	2755 2982
中	稻香	Tao Heung	3582 4028
中	稻香超級漁港	Tao Heung Super 88	
	(德福商場店)	(Telford Plaza Shop)	2243 3855
	(麗港城商場店)	(Laguna Plaza Shop)	2717 6860
中	潮篇	Chaozhou Cuisine	2779 1919
中	潮館	Chao Inn	3542 5788
中	鍾菜	Chung's Cuisine	2995 3038
快	聯合醫院職員餐廳 (只供職員)	United Christian Hospital Staff Canteen (Staff only)	3513 4065
其	麵軒	Maincafe	2393 3101
中	歡雲天酒家	Cheerful Sky Cuisine	2827 2886
中	歡笑	Happiness Gastronomy	2827 1811
中	歡笑自家菜	Happiness Gastronomy	2827 2688
西	Délifrance	Délifrance	
	(企業廣場店)	(Enterprise Square Five Shop)	2904 8603
	(淘大商場店)	(Amoy Plaza Shop)	2757 4518
西	Organic Life Café & Restaurant	Organic Life Café & Restaurant	2420 0363
西	Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638



## 油尖旺區 Yau Tsim Mong District

亞	八重菊日本料理	Yagiku Japanese Cuisine	2328 9123
快	大家樂	Café de Coral	
	(九龍機鐵站店)	(Kowloon Station Shop)	2376 2315
	(中港城店)	(China Hong Kong City Shop)	2957 8779
	(友誠商業中心店)	(Yau Shing Commercial Centre Shop)	2390 9694
	(百誠大廈店)	(Pak Shing Building Shop)	2782 3115
	(希爾頓中心店)	(Hilton Tower Shop)	2311 6031
	(旺角中心店)	(Argyle Centre Shop)	2396 8797
	(柯士甸道店)	(Austin Road Shop)	2377 9884
	(星光行店)	(Star House Shop)	2736 4900
	(重慶大廈店)	(Chungking Mansion Shop)	2367 0802
	(港威商場店)	(Gateway Arcade Shop)	2175 0181
	(奧海城店)	(Olympian City Shop)	2271 4165
	(富達大廈店)	(Foo Tat Building Shop)	2770 5339
	(雅蘭商場店)	(Grand Tower Shop)	2393 2667
	(新世紀廣場店)	(Grand Century Place Shop)	2142 3679
	(康齡大廈店)	(Honland Building Shop)	2397 1252
	(愛賓商業大廈店)	(Albion Plaza Shop)	2369 1210
中	上樓	Shanghai Inn	2780 8138
中	月滿坊	Full Moon	2955 5113
中	北京拉麵店	Peking Noodles	2380 2183
其	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
快	伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
	(只供職員)	(Staff only)	
中	百樂門宴會廳	Paramount Banquet Hall	2721 8821
中	百樂門膳宴	Joy Cuisine	3910 8388
快	西龍傳香飯糰	QQ Rice	2789 0731
中	住家菜	Home Feel	3105 0515
其	君滙港會所餐廳	Harbour Green Club Banquet Room	3516 1121
中	金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
中	欣宴	Eky's Banquet	2332 2698
亞	青葉日本料理	AOBA Japanese Restaurant	2300 1985
中	迎禧大酒樓	Cheers Restaurant	
	(雅蘭中心店)	(Grand Tower Shop)	2308 1668
	(彌敦酒店店)	(Nathan Hotel Shop)	2770 3323
快	美心MX	Maxim's MX	
	(友誠商業大廈店)	(Yau Shing Commercial Centre Shop)	2390 7530
	(金巴利道店)	(Kimberley Road Shop)	2311 5006
	(港鐵旺角東站店)	(Mong Kok East Station Shop)	2397 6303
	(新文華中心店)	(New Mandarin Plaza Shop)	2311 8589
西	風月堂	Orchard Garden Café & Restaurant	
	(亞皆老街店)	(Argyle Street Shop)	2699 3002
	(奧海城店)	(Olympian City Shop)	2393 3959
中	帝京酒店	Royal Plaza Hotel	2928 8822
中	帝苑酒店	The Royal Garden	
中	(東來順)	(Dong Lai Shun)	2733 2020
中	(帝苑軒)	(The Royal Garden Chinese Restaurant)	2724 2666
西	(雅苑座)	(The Greenery)	2733 2030
亞	(Le Soleil 越南餐廳)	(Le Soleil)	2733 2033
西	皇家太平洋酒店 - 柏景餐廳	The Royal Pacific Hotel & Towers - Cafe on the Park	2738 2322
中	客家好棧	Hakka Hut	2369 3822
西	查理布朗咖啡專門店	Charlie Brown Café	2366 6325
西	紅葱頭	Cafe Med	
	(始創中心店)	(Pioneer Centre Shop)	2626 0596
	(朗豪坊店)	(Langham Place Shop)	3514 9322
	(通菜街店)	(Tung Choi Street Shop)	3514 9223
快	海皇粥店	Ocean Empire	
	(旺角道店)	(Mong Kok Road Shop)	2396 0126
	(彌敦道店)	(Nathan Road Shop)	2385 6732
西	茶禪	Cafe Zen	9606 2086
亞	麻布茶房	Azabusabo	
	(亞太中心店)	(Pacific Centre Shop)	2736 5006
	(美蘭華商場店)	(Miramar Shopping Centre Shop)	2377 3780
	(新世紀廣場店)	(Grand Century Place)	2918 1361
	(瓊華中心店)	(King Wah Centre Shop)	2780 9881
快	魚米家	Yue Mic Ka	2473 1166
中	御苑皇宴	The Banqueting House	3962 1188
中	彩福皇宴	Choi Fook Royal Banquet	
	(始創中心店)	(Pioneer Centre Shop)	2766 0886
	(莊士倫敦廣場店)	(Chuang's London Plaza Shop)	2142 8898
	(彌敦道店)	(Nathan Road Shop)	2332 2698
西	甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634

## 油尖旺區 Yau Tsim Mong District

其	普光齋	Light Vegetarian Restaurant	2384 2833
	富豪九龍酒店	Regal Kowloon Hotel	
西	(雅廊咖啡室)	(Café Allegro)	2313 8718
西	(Mezzo Grill)	(Mezzo Grill)	2313 8788
中	富臨酒家	Foo Lum Restaurant	
	(協成行店)	(HSH Mongkok Plaza Shop)	2396 2980
	(創興廣場店)	(Chong Hing Square Shop)	2770 3386
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2148 2188
中	富臨漁港蘭門	Pleasant Palace	
	(百誠大廈店)	(Pak Shing Building Shop)	2770 6883
	(安達中心店)	(Auto Plaza Shop)	2723 8132
亞	鉄板超純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
中	新星海鮮酒家	New Star Seafood Restaurant	2780 2226
中	滬江飯店	WU Kong Shanghai Restaurant	2366 7244
茶	翠華餐廳	Tsui Wah Restaurant	
	(白加士街店)	(Parkes Street Shop)	2384 8388
	(北海街店)	(Pak Hoi Street Shop)	2780 8328
	(加拿芬道店)	(Carnarvon Road Shop)	2366 8250
亞	靚煲皇	Supreme Hot Pot	2399 0812
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2622 2699
茶	銓滿記餐廳小廚	Chuen Moon Kee Restaurant	9123 3386
茶	銀龍麵粉茶餐廳	Ngan Lung Restaurant	
	(西洋菜街店)	(Sai Yeung Choi Street Shop)	2380 2003
	(通菜街店)	(Tung Choi Street Shop)	2380 2566
中	稻香	Tao Heung	
	(加拿芬道店)	(Carnarvon Plaza Shop)	2367 1328
	(新九龍廣場店)	(New Kowloon Plaza Shop)	3529 1282
中	稻香超級漁港	Tao Heung Super 88	
	(雅蘭中心店)	(Grand Tower Shop)	2390 0882
	(新港中心店)	(Silver Cord Shop)	2375 9128
	(彌敦酒店店)	(Nathan Hotel Shop)	2771 3922
中	潮樓	Chao Inn	2780 8193
中	潮館	Chao Inn	2628 3728
中	聯邦金閣酒家	Golden Federal Restaurant	2628 0823
中	聯邦皇宮	Federal Palace Restaurant	2626 0033
中	聯邦皇宮酒樓	Federal Palace Restaurant	2626 0022
快	醫管局大樓職員餐廳	Hospital Authority Building Staff Canteen	2194 6801
	(只供職員)	(Staff only)	
其	麵軒	Maincafe	2739 9802
西	Défilrance	Défilrance	
	(尖沙咀中心店)	(Tsim Sha Tsui Centre Shop)	2367 7523
	(其士大廈店)	(Chevalier House Shop)	2316 2602
	(亞皆老街店)	(Argyle Street Shop)	2396 6257
	(朗豪坊店)	(Langham Place Shop)	3514 9055
	(漢興大廈店)	(Han Hing Mansion Shop)	2368 3120
西	Marco's	Marco's	2375 2352
西	MUNCH	MUNCH	2952 9991

## 黃大仙區 Wong Tai Sin District

快	大家樂	Café de Coral	
	(黃大仙中心店)	(Wong Tai Sin Shopping Centre Shop)	2352 2032
	(華興工業大廈店)	(Wah Hing Industrial Mansions Shop)	2352 2117
	(慈雲山中心店)	(Tsz Wan Shan Shopping Centre Shop)	2194 7376
	(鳳德商場店)	(Fung Tak Shopping Centre Shop)	2327 8486
	(龍翔中心店)	(Lung Cheung Mall Shop)	2320 7441
快	西龍傳香飯糰	QQ Rice	
	(彩虹港鐵站店)	(Choi Hung MTR Station Shop)	2326 9830
	(鑽石山港鐵站店)	(Diamond Hill MTR Station Shop)	2322 8731
茶	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
快	美心MX	Maxim's MX	
	(竹園中心店)	(Chuk Yuen Shopping Centre Shop)	2327 8551
	(黃大仙中心店)	(Wong Tai Sin Shopping Centre Shop)	2321 9331
中	客家好棧	Hakka Hut	2398 8831
中	御苑酒家	The China House	3162 3788
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
中	富臨漁港蘭門	Pleasant Palace	2320 9080
中	肇順名匯海鮮專門店	Siu Shun Village Cuisine	2322 9932
茶	翠華餐廳	Tsui Wah Restaurant	2324 6486
中	聯邦大酒樓	Federal Restaurant	2626 0011
中	麗都軒	Nice Capital Restaurant	2827 1168

## 九龍城區 Kowloon City District

快	又一居會所餐廳 (只供會員)	Club Oasis Restaurant (Members Only)	2788 3881
快	大家樂 (又一城店)	Café de Coral (Festival Walk Shop)	2265 8225
	(九龍城廣場店)	(Kowloon City Plaza Shop)	2383 5322
	(北帝街店)	(Pak Tai Street Shop)	2713 8150
	(昌景閣店)	(Chong Chien Court Shop)	2774 4823
	(黃埔花園百合苑店)	(Commercial Podium Whampoa Garden Shop)	2994 5253
	(黃埔花園第一期商場店)	(Site 1 Whampoa Garden Shop)	2363 7435
	(寶怡大廈店)	(Bowie Mansion Shop)	2764 7131
快	生果報社	Fruit Magazine	2713 8319
中	江南美廚	Kong Nam Kitchen	2798 8921
快	美心MX (馬頭涌道店)	Maxim's MX (Ma Tau Chung Road Shop)	2712 2917
	(黃埔花園店)	(Whampoa Garden Shop)	2333 7136
快	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)	2712 5447
	香港城市大學 (城大食坊) (只供學生)	City University of Hong Kong (Student Canteen) (Students only)	2776 1551
中	(城軒海鮮酒家)	(City Chinese Restaurant)	2788 8163
西	(城峰閣西餐廳)	(City Top Restaurant)	2788 8139
快	紅磡香港理工大學學生飯堂及教職員飯堂 (只供學生及職員)	Hung Hom Hong Kong Polytechnic University Student & Staff Canteen (Students & staff only)	2766 6979
快	海皇粥店 (馬頭圍道店)	Ocean Empire (Ma Tau Wai Road Shop)	2330 3200
	(黃埔花園店)	(Whampoa Garden Shop)	2330 2389
中	彩福皇宴	Choi Fook Royal Banquet	2811 1983
	富豪東方酒店 (五洲餐廳)	Regal Oriental Hotel (Five Continents Restaurant)	2132 3388
中	(富豪坊)	(Regal Palace)	2132 3456
中	富臨漁港臨門	Pleasant Palace	2365 2881
中	富臨漁港 (明安街店)	Foo Lum Fishman's Wharf Restaurant (Ming On Street Shop)	2363 2883
	(馬頭角道店)	(Ma Tau Kok Road Shop)	2768 8618
中	新星海鮮酒家	New Star Seafood Restaurant	2362 7645
西	榆豐餐廳	Elmgancy Café	3162 8773
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
中	稻香超級漁港	Tao Heung Super 88	3691 8933
其	觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
中	禧慶藝廚酒家	Happiness Cuisine	2712 8168
西	Bistro Délifrance (又一城店)	Bistro Délifrance (Festival Walk Shop)	2265 7072
	(黃埔花園店)	(Whampoa Garden Shop)	2330 3933

## 深水埗區 Sham Shui Po District

快	大家樂 (元州邨店)	Café de Coral (Un Chau Estate Shop)	2725 6403
	(百老匯街店)	(Broadway Shop)	2785 4103
	(李鄭屋邨商場店)	(Lei Cheng Uk Estate Shopping Centre Shop)	2958 1671
	(長沙灣道店)	(Cheung Sha Wan Road Shop)	2728 3007
	(昇悅商場店)	(Liberte Place Shop)	2204 4535
	(萬事達廣場店)	(Mount Sterling Mall Shop)	2785 5821
	(德利工業大廈中心店)	(Elite Industrial Centre Shop)	2741 2705
中	北京拉麵店	Peking Noodles	2361 9069
快	西龍傳香飯糰	QQ Rice	2387 9838
快	美心MX	Maxim's MX	2742 4679
快	香港專業教育學院 (黃克競分校) (學生飯堂) (只供學生)	HK Institute of Vocational Education - Haking Wong (Student canteen) (Student only)	2957 5720
快	海皇粥店	Ocean Empire	2307 6184
茶	新生餐廳	New Life Restaurant	2777 4726
中	新星海鮮酒家	New Star Seafood Restaurant	2991 4903
其	農家樂	Happy Farm	6163 5315
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
中	富臨漁港臨門 (長沙灣廣場店)	Pleasant Palace (Cheung Sha Wan Plaza Shop)	2310 8880
	(富華廣場店)	(Florence Plaza Shop)	2370 3262
中	稻坊	Tao Square	2716 9888
西	Délifrance	Délifrance	2242 6669

## 西貢區 Sai Kung District

快	大家樂 (尚德商場店)	Café de Coral (Sheung Tak Shopping Centre Shop)	2178 4070
	(南豐廣場店)	(Nan Fung Plaza Shop)	2177 3095
	(東港城店)	(East Point City Shop)	2628 4535
	(將軍澳廣場店)	(Tseung Kwan O Plaza Shop)	2207 4667
	(景林商場店)	(King Lam Shopping Centre Shop)	2177 0935
	(新都城中心商場店)	(Metro City Plaza Shop)	3194 3539
	(翠林邨商場店)	(Tsui Lam Estate Shopping Centre Shop)	2702 0118
中	上樓	Shanghai Inn	2623 2811
茶	太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
中	北京拉麵店	Peking Noodles	2266 6157
中	百份百餐廳	Hundred Percent Restaurant	2271 9100
快	西龍傳香飯糰 (坑口港鐵站店)	QQ Rice (Hang Hau MTR Station Shop)	2706 6747
	(將軍澳港鐵站店)	(Tseung Kwan O MTR Station Shop)	2623 3757
中	迎禧大酒樓	Cheers Restaurant	2701 3800
快	美心MX (君寶坊店)	Maxim's MX (The Edge Shop)	2752 1061
	(東港城店)	(East Point City Shop)	2628 5010
中	客家好棧	Hakka Hut	3194 6648
快	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
快	海皇粥店 (新都城中心商場店)	Ocean Empire (Metro City Plaza Shop)	3194 4893
	(將軍澳中心店)	(Park Central Shop)	2890 8717
快	魚米家 (君傲灣店)	Yue Mic Ka (The Grandiose Shop)	2752 1122
	(東港城店)	(East Point City Shop)	2628 7001
	(厚德商場店)	(Hau Tak Shopping Centre Shop)	2628 9883
	(彩明商場店)	(Choi Ming Shopping Centre Shop)	2829 1166
	(新都城中心商場店)	(Metro City Plaza Shop)	2868 0061
快	將軍澳醫院職員餐廳 (只供職員)	Tsueng Kwan O Hospital Staff Canteen (Staff only)	2208 0063
快	壹蘋果大樓員工餐廳 (只供職員)	Next Media Apple Dairy Canteen (Staff only)	2990 7885
中	新一派・味道	New Taste	2701 9188
中	愛家素食	Loving Hut	3129 3088
中	稻香	Tao Heung	3157 1198
中	稻香超級漁港	Tao Heung Super 88	2701 3800
中	潮館	Chao Inn	2191 0788
西	Délifrance	Délifrance	3417 4247
茶	MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288

## 離島區 Islands District

快	大家樂 (客運大樓離港層店)	Café de Coral (Departures East Hall Shop)	2261 0879
	(逸東商場店)	(Yat Tung Shopping Centre Shop)	3141 7097
	(富東商場店)	(Fu Tung Shopping Centre Shop)	2109 0726
中	天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
快	西龍傳香飯糰	QQ Rice	2261 0622
中	東薈軒海鮮酒家	Easterngate Seafood Restaurant	2955 5188
快	香港國際機場超級一號貨站飯堂 (只供職員)	Hong Kong International Airport Super Terminal 1 (Staff only)	2286 0305
中	索迪斯(香港)有限公司 - 香港電燈南丫發電廠職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, The Hongkong Electric Co. Ltd. (Staff Only)	2388 8682
中	凱星軒	Winsea Seafood Restaurant	2982 8338
亞	富豪機場酒店 (空港居酒屋)	Regal Airport Hotel (Airport Izakaya)	2286 6668
中	(紅軒中菜廳)	(Rouge)	2286 6868
中	(龍門客棧)	(Dragon Inn)	2286 6878
西	(藝廊咖啡室)	(Café Aficionada)	2286 6238
中	稻香	Tao Heung	2947 7488
中	潮樓	Chao Inn	3197 9098
中	聯邦皇宮	Federal Palace	2626 0181
西	Délifrance (東薈城店)	Délifrance (City Gate Shop)	2109 4187
	(香港國際機場店)	(Hong Kong International Airport Shop)	2261 2056



# 大埔區 Tai Po District

大家樂 (大埔中心店)	Café de Coral (Tai Po Centre Shop)	2665 2731
(太和商場店)	(Tai Wo Shopping Centre Shop)	2653 8336
(富亨商場店)	(Fun Hang Shopping Centre Shop)	2660 6295
(新達廣場店)	(Uptown Plaza Shop)	2657 6908
(廣福商場店)	(Kwong Fuk Commercial Centre Shop)	2650 6823
大埔醫院職員餐廳 (只供職員)	Tai Po Hospital Staff Canteen (Staff only)	2661 2081
迎禧大酒樓	Cheers Restaurant	2144 0889
美心MX	Maxim's MX	2638 8239
香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
香港教育學院餐廳	The Hong Kong Institute of Education Canteen	2948 7600
彩福海鮮酒家	Choi Fook Restaurant	2766 3788
雅麗氏何妙齡那打素醫院小食部	Alice Ho Nethersole Hospital Snack Bar	2661 8078
稻香	Tao Heung	2666 9923

# 荃灣區 Tsuen Wan District

大家樂 (昌耀大廈店)	Café de Coral (Cheong Yiu Mansion Shop)	2499 8518
(南豐中心店)	(Nan Fung Centre Shop)	2413 6314
(海濱花園店)	(Riviera Garden Shop)	2408 9941
(荃新天地店)	(Citywalk Shop)	2941 0172
(荃灣中心店)	(Tsuen Wan Centre Shop)	2411 0128
(荃灣廣場店)	(Tsuen Wan Plaza Shop)	2499 3515
(麗城廣場店)	(Belvedere Sqare Shop)	2417 3959
北京拉麵店	Peking Noodles	2944 8282
合發翠華餐廳	Hop Fat Tsui Wah Restaurant	2490 0723
百樂門宴會廳	Paramount Banquet Hall	2419 0348
西龍傳香飯糰	QQ Rice	2499 2583
金裝嫩奶佬 (大壩街63號店)	Daniel's Restaurant (63 Tai Pa Street Shop)	2414 7639
(大壩街65號店)	(65 Tai Pa Street Shop)	2498 5662
迎禧大酒樓	Cheers Restaurant	2405 3928
美心MX (東亞商場店)	Maxim's MX (East Asia Commercial Centre Shop)	2499 9595
(荃錦中心店)	(Tsuen Kam Centre Shop)	2498 9401
(愉景新城商場店)	(Discovery Park Shopping Centre Shop)	2940 5821
(綠楊坊店)	(Luk Yeung Galleria Shop)	2498 0283
(樂悠居店)	(Indihome Shop)	2439 1070
客家好棧	Hakka Hut	2406 9338
皇都漁港酒家	Royal Chinese Restaurant	2191 9288
海皇粥店	Ocean Empire	2740 4232
荃灣港安醫院職員餐廳 (只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff Only)	2276 7338
魚米家 (荃新天地店)	Yue Mic Ka (Citywalk Shop)	2829 1168
(愉景新城商場店)	(Discovery Park Shopping Centre Shop)	2417 3261
啟勝管理服務有限公司 - 珀麗灣藍色會所餐飲部 (只供會員)	Kai Shing management Services Ltd. - Park Island Blue Blue Club F&B (members only)	2296 4000
富臨漁港龍臨門	Pleasant Palace	2409 0883
新星海鮮酒家	New Star Seafood Restaurant	2402 8866
肇順名匯河鮮專門店	Siu Shun Village Cuisine	3910 8373
翠華餐廳	Tsui Wah Restaurant	2419 7738
銀龍麵茶餐廳 (眾安街22號店)	Ngan Lung Restaurant (22 Chung On Street Shop)	2416 6990
(眾安街122號店)	(122 Chung On Street Shop)	2416 1922
稻香	Tao Heung	2940 6233
稻香超級漁港	Tao Heung Super 88	2499 0032
潮館	Chao Inn	3695 0338
爵悅庭住客會所 (只供住客)	Club Chelsea (Resident only)	2480 6022
聯邦大酒樓	Federal Restaurant	2626 0883
麗都講客	Nice Invitation	2827 2699
麵軒	Maincafe	2328 5655
Délifrance	Délifrance	2940 4830

# 沙田區 Shatin District

大家樂 (好運中心店)	Café de Coral (Lucky Plaza Shop)	2697 4114
(金禧花園店)	(Grandeur Garden Shop)	2605 8112
(威力工業中心店)	(Valiant Industrial Centre Shop)	2145 4619
(恒安邨店)	(Hang On Estate Shop)	2642 0488
(美林商場店)	(Mei Lam Shopping Centre Shop)	2605 0772
(泰石商場店)	(Chun Shek Shopping Centre Shop)	2604 0770
(第一城中心店)	(City One Plaza Shop)	2145 8871
(頌安商場店)	(Chung On Shopping Centre Shop)	2683 5653
(御龍山商場店)	(The Palazzo Shopping Centre Shop)	3664 0491
(新城市廣場店)	(New Town Plaza Shop)	2692 7563
(新港城中心店)	(Sunshine City Plaza Shop)	2631 6055
(錦英苑商場店)	(Kam Ying Court Shopping Centre Shop)	2640 4376
(耀安商場店)	(Yiu On Shopping Centre Shop)	2642 4204
(瀝源商場店)	(Lek Yuen Shopping Centre Shop)	2607 0276
(顯徑商場店)	(Hin Keng Shopping Centre Shop)	2687 3704
三寶齋素食中心	Sam Bo Vegetarian Restaurant	2604 3228
王廚咖啡	Wong's Kitchen and Café	2601 3218
太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
叻哥茶餐廳	Smart Man Restaurant	2648 6778
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
江南美廚	Kong Nam Kitchen	3580 1608
老爹茶居	Daddy's Kitchen	2640 3878
突破青年村	Breakthrough Youth Village	2632 0725
君臨海鮮酒家	King's Fortune Seafood Restaurant	2667 6388
金福酒家	Golden Fortune Restaurant	2698 8288
金裝嫩奶佬 (馬鞍山廣場店)	Daniel's Restaurant (Ma On Shan Plaza Shop)	2630 5533
(第一城中心店)	(City One Plaza Shop)	2648 6111
(積福街店)	(Chik Fuk Street Shop)	2608 1331
美心MX (禾輦商場店)	Maxim's MX (Wo Che Commercial Complex Shop)	2694 7608
(利安邨商場店)	(Lee On Shopping Centre Shop)	2640 8926
(新城市廣場店)	(New Town Plaza Shop)	2693 0906
(新港城中心店)	(Sunshine City Plaza Shop)	2144 9610
皇都星級漁港	Royal Capital Harbour Restaurant	2607 0168
威爾斯親王醫院飯堂 (只供職員)	Prince of Wales Hospital Canteen (Staff only)	2646 1132
峰山美食	Fung Shan Canteen	2947 7589
海皇粥店 (好運中心店)	Ocean Empire (Lucky Plaza Shop)	2692 4150
(頌安廣場店)	(Chung On Shopping Centre Shop)	2633 5715
悅翠小廚	C-Jade Kitchen	2602 7199
麻布茶房	Azabusabo	2601 1023
魚米家	Yue Mic Ka	2605 6633
富臨漁港	Foo Lum Fishman's Wharf Restaurant	2601 2989
廣東館	Canton Koon	2696 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2699 9811
稻香超級漁港	Tao Heung Super 88	2681 3828
麗都總廚	New Capital Worldwide Kitchen	2693 9088
麵軒 (馬鞍山廣場店)	Maincafe (Ma On Shan Plaza Shop)	2640 8200
(新城市廣場店)	(New Town Plaza Shop)	2688 5280
蘭慶酒樓	Happiness Cuisine	2827 8803
Délifrance	Délifrance	2606 4881
H Corner	H Corner	2639 8420

## 元朗區 Yuen Long District

亞	千味和食	Sen Aji Dining	2445 6821
快	大家樂	Café de Coral	
	(天慈商場店)	(Tin Tsz Shopping Centre Shop)	2446 6165
	(天澤商場店)	(Tin Chak Shopping Centre Shop)	2486 3039
	(香港濕地公園店)	(Hong Kong Wetland Park Shop)	2617 2652
	(頌富商場店)	(Chung Fu Shopping Centre Shop)	2253 0441
	(嘉湖銀座店)	(Kingswood Ginza Shop)	2617 7203
	(豐裕軒店)	(Opulene Height Shop)	2475 9549
茶	太興新世代	Tai Hing New Century	2443 4410
其	加州豪園住客會所 (只供住客)	Royal Palms Resident Club (Resident only)	2482 3100
茶	叻哥茶餐廳	Smart Man Restaurant	2446 2345
中	多福居酒家	Tremendous Luck Restaurant	3690 2738
茶	忠記燒味茶餐廳	Chung Kee Restaurant	2616 9819
茶	金裝嫩奶佬	Daniel's Restaurant	
	(千色廣場店)	(Citimall Shop)	2477 0708
	(新北江商場店)	(Kingswood Richly Plaza Shop)	2445 6321
快	美心MX	Maxim's MX	
	(元朗廣場店)	(Yuen Long Plaza Shop)	2476 6300
	(天盛商場店)	(Tin Shing Shopping Centre Shop)	2254 2736
	(天晴商場店)	(Tin Ching Commercial Centre Shop)	2351 5772
	(天耀商場店)	(Tin Yiu Shopping Centre Shop)	2445 2527
中	叙福樓海鮮酒家	Lucky House Restaurant	3156 1283
快	海皇粥店	Ocean Empire	2477 8050
快	博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff only)	2486 8822
中	新星海鮮酒家	New Star Seafood Restaurant	2478 2011
茶	銀龍粉麵茶餐廳	Ngan Lung Restaurant	
	(天恩商場店)	(Tin Yan Shopping Centre Shop)	2254 4999
	(天盛商場店)	(Tin Shing Shopping Centre Shop)	2254 2188
	(天慈商場店)	(Tin Tsz Shopping Centre Shop)	2617 7817
	(頌富商場店)	(Chung Fu Shopping Centre Shop)	3156 1668
中	稻香	Tao Heung	2475 9251
中	潮樓	Chao Inn	2478 0628
西	錦綉花園鄉村俱樂部 (亭林閣餐廳)	Fairview Park Country Club Ltd. (Coutry Cafe)	2417 6333
中	(錦綉樓)	(Chinese Restaurant)	2417 6333
中	蘭慶大酒樓	Happiness Restaurant	2827 6668
其	YoHo 會所 (只供會員)	YoHo Club (Members Only)	2470 1550

## 屯門區 Tuen Mun District

茶	大姆指茶餐廳	Big Top Restaurant	2440 4321
快	大家樂	Café de Coral	
	(山景邨商場店)	(Shan King Estate Commercial Centre Shop)	2456 0068
	(屯門市廣場店)	(Tuen Mun Town Plaza Shop)	2451 2431
	(安定商場店)	(On Ting Shopping Centre Shop)	2441 9702
	(良景商場店)	(Leung King Commercial Centre Shop)	2463 6101
	(啟民徑店)	(Kai Man Path Shop)	2441 7035
	(新屯門中心店)	(Sun Tuen Mun Centre Shop)	2454 7520
	(蝴蝶商場店)	(Butterfly Shopping Centre Shop)	2455 7980
	(錦薈坊店)	(Kam Wah Garden Shop)	2458 4860
快	生果報社	Fruit Magazine	2458 5291
中	百份百餐廳	Hundred Percent Restaurant	2572 8100
快	青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff only)	2456 7090
快	知味覺	Tasty Plus	2456 3680
茶	金裝嫩奶佬	Daniel's Restaurant	
	(屯門時代廣場店)	(Tuen Mun Trend Plaza Shop)	2451 2408
	(華都花園商場店)	(Waldorf Garden Shopping Arcade Shop)	2441 5863
快	美心MX	Maxim's MX	
	(屯門市廣場店)	(Tuen Mun Town Plaza Shop)	2618 2952
	(華都花園商場店)	(Waldorf Garden Shopping Arcade Shop)	2618 7458
快	美食坊	Food Hall	2465 3817
快	海皇粥店	Ocean Empire	2450 5938
中	悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
其	愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members only)	2949 5333
中	煮樓餐廳	Cooking Restaurant	2613 2380
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2462 8898

## 屯門區 Tuen Mun District

茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
中	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
中	潮館	Chao Inn	2404 0892
西	樂融融餐廳	Cafe Fusion	3511 0702
中	聯邦大酒樓	Federal Restaurant	2626 0088
中	麗都總廚	New Capital Worldwide kitchen	2456 4888
西	Bistro Déifrance	Bistro Déifrance	2452 4307
快	RB Café	RB Café	2543 2190

## 葵青區 Kwai Tsing District

快	大家樂	Café de Coral	
	(青衣城店)	(Maritime Square Shop)	2436 1025
	(梨木樹商場店)	(Lei Muk Shue Shopping Centre Shop)	2401 3192
	(葵涌商場店)	(Kwai Chung Shopping Centre Shop)	2279 4102
	(葵涌廣場店)	(Kwai Chung Plaza Shop)	2410 0313
	(藍澄灣商場店)	(Rambler Plaza Shop)	2495 0379
亞	生活知味	The Taste of Living	2435 6966
中	百樂門宴會廳	Paramount Banquet Hall	2496 8068
快	西龍傳香飯糰	QQ Rice	2432 2809
快	美心MX	Maxim's MX	
	(石蔭商場店)	(Shek Yam Shopping Centre Shop)	2276 0119
	(石籬商場店)	(Shek Lei Shopping Centre Shop)	2425 0230
	(長發商場店)	(Cheung Fat Shopping Centre Shop)	2436 9353
西	風月堂	Orchard Garden Café & Restaurant	2421 4817
快	香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	HK International Terminals Ltd (Staff canteen) (Staff only)	2614 4527
快	葵涌醫院職員餐廳 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff only)	2959 0474
茶	新生餐廳	New Life Restaurant	2435 1077
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
快	嘉里貨運中心有限公司 (職員餐廳) (只供職員)	Kerry Cargo Centre Ltd (Staff canteen) (Staff only)	2944 9104
茶	廣發餐廳	Kong Fat Restaurant	2612 1842
快	瑪嘉烈醫院職員飯堂 (只供職員)	Princess Margaret Hospital Staff Canteen (Staff only)	2741 1185
茶	銀龍粉麵茶餐廳	Ngan Lung Restaurant	
	(葵盛東商場店)	(Kwai Shing East Shopping Centre Shop)	2408 2315
	(石蔭商場店)	(Shek Yam Shopping Centre Shop)	2276 5888
	(葵芳商場店)	(Kwai Fong Shopping Centre Shop)	3156 1112
中	稻香	Tao Heung	
	(青衣城店)	(Maritime Square Shop)	2433 1103
	(寶星廣場店)	(Po Sing Plaza Shop)	2487 2999
中	潮樓	Chao Inn	2189 7638
中	潮篇	Chaozhou Cuisine	2827 2789
中	潮館	Chao Inn	3521 0018
中	聯邦皇宮	Federal Palace	2626 0618
西	Bistro Déifrance	Bistro Déifrance	2429 8936

## 北區 North District

快	大家樂	Café de Coral	
	(名都廣場店)	(Fanling Town Centre Shop)	2144 4657
	(雍盛商場店)	(Yung Shing Shopping Centre Shop)	2278 2575
	(新都廣場店)	(Metropolis Plaza Shop)	2649 3498
	(新豐路店)	(San Fung Avenue Shop)	2673 5005
	(碧湖花園店)	(Avon Park Shop)	2207 4079
快	西龍傳香飯糰	QQ Rice	2639 9167
茶	金裝嫩奶佬	Daniel's Restaurant	2639 0886
快	海皇粥店	Ocean Empire	2682 3798
茶	銀龍粉麵茶餐廳	Ngan Lung Restaurant	2278 1733
中	稻香	Tao Heung	2682 5889
茶	蘭府統請	Hop Fu Tong Ching	2256 1335
中	麗都諾客	Nice Invitation	2673 8829
西	Bistro Déifrance	Bistro Déifrance	2672 5256