

CookSmart

營廚

同營養師搵枱腳

DINING OUT WITH DIETITIAN

在美味與健康之間 - 張冬韻

TASTE, HEALTH OR BOTH? - ANNE CHEUNG

Food and Travel

食在四方

Michael Lam's
Recommendation

林澄光





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.



常用份量換算

1兩 = 37.5 克

1茶匙 = 5 毫升

1湯匙 = 15 毫升

1量杯 = 240 毫升

1中號碗 = 240 毫升

Conversion of Common Measurement Units

1 tael = 37.5 gm

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1 cup = 240 ml

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.





CookSmart

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www.eatsmart.gov.hk

有營食肆

營廚

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夏話

Words from the Editor

出街食飯想食得健康，除了到「有『營』食肆」揀選「3少之選」及「蔬果之選」的「有『營』菜式」外，還有什麼法子？莫非要請位營養師同行食飯？未必！我們由今期開始邀請了營養師向大家傳授「有營秘笈」，教大家如何在不同食肆也可食得健康。今次我們就去了香港人最常到的茶餐廳，示範在茶餐廳吃飯也能少油、少鹽、少糖。千萬不要錯過！

還有「2009有『營』廚藝大比併」將於5月25日至6月29日接受公開投票，市民不但能到訪入圍食肆品嚐參賽菜式，還可以郵寄或上網投票選出心水菜式。成功投票的人士，更會自動參加大抽獎，有機會獲得總值港幣10,000元超市現金券，詳情請瀏覽「有『營』食肆」主題網站<http://restaurant.eatsmart.gov.hk>。

In order to eat healthily in restaurants, what else can we do apart from choosing "3 Less Dishes" and "Dishes with more Fruit and Vegetables" in an EatSmart Restaurant? Should we be accompanied by a dietitian? Not necessary! Starting from this issue, our dietitian will share with you the "EatSmart Tips", which give advice on how to eat healthily in different restaurants. In this issue, we show the ways of choosing dishes with less oil, salt and sugar in Chinese style tea restaurants. Don't miss it!

"EatSmart Restaurant Cooking Competition 2009" is open for voting by the public from 25 May to 29 June. Apart from tasting the short-listed dishes in participating restaurants, the public may vote for their favourite dishes either by post or Internet. People who successfully cast their votes will automatically enter into a lucky draw and have the chance to win supermarket gift coupons, amounting to HK\$10,000 in total. For details, please browse the EatSmart Restaurant website at <http://restaurant.eatsmart.gov.hk>.

有「營」新興茶餐廳

A Thriving EatSmart Chinese Style Tea Restaurant

金裝燉奶佬

Daniel's Restaurant



港式茶餐廳堪稱得上是香港人的「大眾飯堂」，茶餐廳不但供應各式粥粉麵飯，中西日泰各國菜式亦包羅萬有，能照顧不同顧客的需要。本港近年崇尚健康飲食潮流，茶餐廳亦不甘後人，《營廚》今期介紹兩家極具規模的連鎖式茶餐廳，談談他們的經「營」之道。

金裝燉奶佬

創辦人鄭連校先生於27年前投身飲食行業，在旺角西洋菜街開了一家甜品店，與太太兩人夫妻檔艱苦經營了數年，於1982年開設了「燉奶佬」，主要售賣甜品，1987年後改為茶餐廳，加入各式粉麵和小炒等。時至今日，「金裝燉奶佬」已發展成一家有超過500名員工的茶餐廳集團，旗下除「金裝燉奶佬」外，尚有「大姆指茶餐廳」和「叻哥茶餐廳」等共13家分店。集團近年全面以公司化模式經營，店鋪的裝潢和食品均令人耳目一新。

一改油多味濃的飲食文化

鄭先生認為，傳統茶餐廳多油多鹽的烹煮方式，與傳統食肆的運作方式有莫大關係。傳統食肆廚房面積狹小，但供應菜式品種繁多，廚師為了及時起菜，便採用猛火快炒的煮法。但鄭先生指出，「爐溫超過200至300度，食材的鮮味已經流失」，因此廚師會多下調味料和鹽，顧客習以為常，結果形成了油多味濃的飲食文化，年輕一輩從少跟隨父母光顧食肆，亦培養出不健康的飲食習慣。

鄭先生早於十多年前已嘗試在早餐引入時果伴碟，約在2000年左右，他亦發覺顧客已開始要求少油和少鹽，因此引入更多菜蔬和湯粉麵。2006年，「金裝燉奶佬」加入了「有『營』食肆」計劃，肉類和魚類會先拖水以減少用油，菜式並加入西蘭花、芹菜和菇菌等菜蔬來增加膳食纖維。現時菜譜上已有10%的菜式是以蔬菜為主。鄭先生希望在兩年內，菜譜上50%的菜式均能達到「3少之選」和「蔬果之選」的要求。



Chinese style tea restaurants (alias cha chaan teng) are also known as People's Canteens as they offer eclectic and affordable menus which include a combination of various cuisines. As more people have adopted a healthy way of eating, Chinese style tea restaurants are now reorientating themselves to keep abreast with customers' needs.

Daniel's Restaurant

Mr. Cheng Lin-how joined the business 27 years ago. In 1982 he founded Daniel's Restaurant which mainly served desserts. Five years later, it changed to a Chinese style tea restaurant by providing noodles and stir-fried dishes. The restaurant has now developed into a restaurant chain with 13 branches and over 500 staff.

Transform the Cha Chaan Teng's Style of Cooking

In the old days, Mr. Cheng said, most local restaurants could only afford a very small kitchen. To reduce the cooking time, chefs used to stir-fry food in high heat. They also tended to add more salt to enhance the taste. Patrons therefore tends to eat heavily flavoured and oily meals.

少用醬油肉類 降低成本

除了引進「有『營』菜式」外，「金裝燉奶佬」集團全面實行公司化，以管理集團旗下分店，包括開設中央總廚，集中進行各分店食品的選料、採購及處理工作，減少在分店的加工程序，並引入標準餐單。集團加強廚師的培訓，增強員工對食物營養的認識。這種措施不單能夠控制食品的質素，並大大減低食物受污染的機會。

現時該店供應的小菜中，菜和肉的比例大概是三份菜一份肉或兩份菜一份肉，鄭先生認為，肉類和醬油的成本一點不輕，推出「有『營』菜式」，反而有助降低食品的成本。

鄭先生坦言，要一下子改變流行多年的飲食文化殊不容易，員工初時亦有所抗拒，發展新菜式更非一蹴而就，各方面均須循序漸進，所以該集團希望先改善食材和烹調方法，從而逐漸建立一套健康的飲食文化。除了中菜外，該店的甜品亦加入更多鮮果和天然食材，減少糖分，例如他們正嘗試研製一款用日本紅豆配上鮮果的甜品。

「假若員工的父母前來光顧，…」

此外，「金裝燉奶佬」集團亦設立了一套考核及晉升制度，例如廚師工種共分為十個階級，由助理廚師、分店主廚以至集團營運總廚，表現優秀的員工可以一步步晉升。這個制度除了可增加員工的歸屬感外，也有利於人事管理和改革。

鄭先生非常重視與員工的溝通，每星期總有兩三天到各分店巡視，了解各分店的運作情況。他的理想是建立一家良心食肆，讓員工工作得愉快，顧客吃得安心。他常這樣勉勵員工：「假如大家的父母前來光顧，相信大家不會將留有水漬的碗碟給他們用膳吧！」。視顧客如家人，這樣才是好客之道吧！



After the group has joined the "EatSmart@restaurant.hk" Campaign in 2006, Daniel's Restaurant started to offer dishes with more vegetable, less oil and less salt. One tenth of the dishes offered in the restaurants are now vegetable based and he hopes that the proportion of dishes meeting "3 Less" and "More Fruit and Vegetables" criteria will be increased to 50% in two years' time.

Cut Cost by Using Less Meat and Sauce

The group has also set up a central kitchen to coordinate the purchase and processing of food ingredients in the group and enhanced the training of cooking staff. They have cut back on the meat and sauce consumption, Mr. Cheng added, and their operating cost has been lowered. As for dessert, they have attempted to use more fruit and natural ingredients, for instance, Japanese red beans and fresh fruits.

"What if your parents came to our restaurant...?"

Mr. Cheng visits the restaurants twice or thrice a week to keep track of their day-to-day operations. He always reminds the staff to serve customers heartily at all times. One of his catch phrases is, "Will you serve your parents with stained spoons if they come to our restaurant?"



優質茶餐廳 - 翠華餐廳

Quality Chinese Style Tea Restaurant - Tsui Wah Restaurant

香港市面上的茶餐廳可說是「五步一樓、十步一閣」，但質素參差，良莠不齊。成立於1967年的翠華餐廳，是少數歷史悠久的茶餐廳，該店經過四十多年來的努力，現時已發展成一家擁有十三間分店的集團式食肆。該餐廳兩名負責人今期與《營廚》讀者分享該店如何以高品質和健康的食品，務求成為一家「優質茶餐廳」。

優質餐廳 由食材開始

翠華餐廳企業策劃副經理李倩盈表示，翠華餐廳的多名股東十分熟悉香港餐飲行業的運作，他們有共同目標，就是希望為顧客提供優質和健康的食品，令顧客樂於再次光顧，這更是員工同樣喜歡與家人和子女在店中用膳的原因。

李小姐表示，餐廳的食材主要來自政府蔬菜統營處和魚類統營處，原因是所供應食材的質量較有保證。再者，他們自2000年起使用海鹽，五年前全線更使用橄欖油，可見餐廳重視產品質素。此外，為了提倡更健康的菜式，他們完全不使用牛雜和豬頸肉等脂肪含量較高的食材。

There are hundreds of Chinese style tea restaurants offering a wide selection of food yet their qualities vary. Established in 1967, Tsui Wah Restaurant is one of the oldest Chinese style tea restaurants which has grown into a restaurant group with 13 outlets. The group is striving to become a quality restaurant.

It All Starts with the Quality of the Ingredients

Ms Christy Lee, the restaurant's Assistant Manager in Corporate Planning said that the directors of the group had been in the industry for years and they shared a common vision in providing fine and healthy food for the customers.

Ms Lee expressed, to ensure the quality of food, the restaurant purchases food ingredients from Vegetable Marketing Organization and Fish Marketing Organization. They use sea salt from year 2000 and olive oil five years ago, and refrain from using food ingredients that are high in fat, e.g. beef offal and pork jowl. These practices aim to take care of the health of the customers.

該店行政及營運總廚張沛仁認為，他們的重點是抓緊食物的質量。他表示，為了保持食品新鮮，食物通常不會貯藏多於一星期，因此無須多加調味料來去除「雪味」。

以質素吸引顧客再次光顧

翠華選用優質食材，會影響公司的盈利嗎？張沛林表示，食品質量佳，顧客自然會樂於再次光顧，生意自然理想。張先生向我們介紹了一款冰鎮芥蘭，先用水焯熟，再用冰水過冷河，菜不但嫩綠，而且清甜爽脆，價錢亦不過20多元。

翠華餐廳一直都很著意在食品中加入更多蔬果，自從加入「有『營』食肆」行列後，員工大多積極向顧客推介「有『營』菜式」，例如海鹽浸青衣柳伴黑醋茄茸汁和下午茶時段供應的低脂吞拿魚蛋白潛艇，都很受顧客歡迎。

張先生坦言，入行多年，他認為傳統食肆多油味濃的烹煮方法，現時已甚為少見。一般食肆現時大多使用較細小的坎具，容量較少的量匙等，令員工烹煮時容易控制油、鹽和調味粉的份量；另一方面，餐廳更重視員工的培訓和產品質量的控制，現時餐廳供應的菜式多達300款。對於每一款新菜譜，最高管理層會首先試菜，然後訂定菜譜，再由各分店的主廚培訓屬下廚師，管方並會定期進行抽查，以確保菜式的質量。

上下一心 員工引以為榮

眾所周知，餐飲行業是人力密集的行業，管方重視人員的工作質素，但是人員工時長、工作辛勞，要維持他們的穩定性並不容易。翠華餐廳除了在各分店定時舉行會議，讓管理層和前線員工溝通外，公司並出版《翠華集團通訊》，內容包括飲食、健康資訊、同事的工作點滴分享等。張先生更指出，公司管理層十分照顧員工，有些員工甚至會跟上司談及個人問題，不少員工都以在翠華餐廳工作為榮。



Getting Customers to Visit Again

Mr. Cheung Pui-yan, the Executive and Operating Chief Chef added, their rule of thumb is to limit the storage period of food to one week. This helps to preserve the natural flavour of food, without the need to add flavour enhancers. This is the reason why customers are willing to visit their restaurants again.

Mr. Cheung believed that only good food would sell. He cited an example that Chinese kale on the ice was sold for some 20 dollars only though top quality Chinese kale was used. Nowadays, restaurants in general have consciously limited the use of oil and salt by introducing smaller frying pans and measuring spoons. After joining the "EatSmart@restaurant.hk" Campaign, the group restaurants have offered more veggie-based dishes on the menu.

In addition, the restaurant provides intensive training for the staff and maintains good communication between the management and frontline staff, which ensures that they can retain the best staff.

Food and Travel

食在四方

林澄光

Michael Lam's Recommendation

話匣子剛打開，Michael 已是滔滔不絕，他自小便跟隨父母出差；及後經常往外地公幹，雖然只有30多歲，但已食遍各地名菜，尤其對馬、泰、中、台式美食瞭如指掌。

Michael, a renown gourmet, loves to travel and has tried cuisines from all over the world. But when it comes to his favourite, Asian and Chinese food still wins his heart. Michael realized most people eat 'casually' during a vacation, yet he found it important to eat right. Check out Michael's tips.





BE I'M ... OR ...
ENOUGH ... OR ...
BEEN FEEDING YOU
? MUCH ...

綽號 喜愛周遊列國找尋美食。機緣巧合之下認識了著名唱片騎司森美及小儀，並獲邀到電台客籍主持飲食節目，更被封為「少年食神」之稱號！

職業 建築公司負責人

年齡 30+

其他嗜好 駕駛汽車，他現時正積極練習，準備明年參加方程式賽車

Background Renown gourment, loves to travel and has tries cuisines from all over the world.

Occupation Construction company operator.

Age 30+

Other hobby Motoring. He has been practising hard for the formula racing to be held next year.

外出飲食 Tips



Tips for eating out

菠蘿子薑炒牛肉及南瓜炒雜菌兩款菜式，既健康又清新。

"Stir-fried beef with pineapples and baby ginger" and "Stir-fried pumpkins with mixed mushrooms" are both tasty and healthy.

自己下廚 Tips



Tips for cooking

蒸肉餅加上一碟上湯焯菜，一尾魚鮮，就是一頓美味豐富的晚餐。

Steamed minced pork, steamed fish and a plate of vegetable boiled in supreme broth together constitute a decent and healthy meal.

「不時不食、不鮮不食」

雖然吃盡各地美食，但Michael 強調「不時不食、不鮮不食」，因為時令食品，必定美味。現時正值初夏，天氣潮濕溫暖，令人胃口不開，正好吃點沙律，好讓清理一下腸胃。此外，一些以鮮果烹煮的菜式亦很適合，Michael 尤其喜歡菠蘿子薑炒牛肉及南瓜炒雜菌兩款菜式，既健康又清新。

特色推介

泰國菜—為食物增辣

一般人往外地旅行，總會趁機品嚐各地的美食，但最重要的是吃得精而健康。Michael 素來喜歡泰國的食品，因食物便宜美味。Michael 特別推薦一種名「yum」(醃)的醬汁，用紅椒、香茅、九層塔、青檸、金不換等香料等製成，可以加入豬肉、粉絲，配沙律更是美味。

台灣菜—新竹米粉

Michael 的母親祖籍台灣，所以他對台灣的食品亦很熟悉，他特別推薦台北新竹的上湯米粉。新竹風強日烈又盛產稻米，所以出產的米粉口感特別堅韌順滑。配上不同主菜如肉丸、魚片及小棠菜等，伴以上湯進食，別有一番風味。

日本菜—海之葡萄

至於港人喜愛的日本菜，他建議大家不妨試試沖繩的菜式，沖繩的特產海葡萄和苦瓜。海葡萄粒粒晶瑩碧綠如青葡萄，口感似蟹籽，吃下去卜卜聲，感覺很有趣。而沖繩的苦瓜外皮特別薄和味道較苦。海葡萄可當沙律吃，再加上一味苦瓜炒豬肉，當可令你耳目一新。

廣東菜—還原基本法

Michael 雖然嚐遍多國美食，他卻鍾情家鄉蒸肉餅，取其可塑性高，「肉的份量多少隨意，更可以配搭不同食材」，可加入荸薺(馬蹄)、菇粒、瑤柱等，既健康又可口。蒸肉餅加上一碟上湯焯菜，一尾魚鮮，就是一頓美味豐富的晚餐。

Thai – Spice up your food

Michael is very fond of Thai food. He recommends the "yum" sauce which is made of red chili, lemongrass, holy basil, lime and sweet basil. It goes well with pork, vermicelli and in particular with salad.

Taiwan -- Supreme Broth

He suggests the Hsinchu Rice Vermicelli in Supreme Broth. Add meat balls, fish fillets or Chinese cabbages in the vermicelli and serve with supreme broth. It will give you a fresh touch.

Japanese – Grapes from the sea

Among the Japanese cuisines, he recommends sea grape salad and stir-fried pork with bitter melon from the Okinawa. Sea grapes and bitter melon are the island's native products, each has a very special flavour.





煮得用心 吃得恰當

正如他在主持的飲食節目中所說，Michael 重視食材的質素，更加看重廚師的誠意和心思，「同樣一碟蒸肉餅，可以用手一刀一刀剝出來，亦可以將肉放入碎肉機弄碎，但顧客是可以分辨出來的」。現時經濟不景，但他建議食肆不應將貨就價，反而可考慮減少菜式的份量，這樣既可降低成本，又減少浪費。

吃東西時要尊重食物和體會廚師的心思，切忌浪費，點菜以適量為佳，「人在青壯年時胡亂進食，結果晚年時，卻要花上大量金錢治理自己的身體」。Michael認為要保持身心健康，除了要有充足休息外，還要遵守少油鹽糖的健康飲食原則。他還有一套「低肥理論」-- 不吃不健康食物，以便有「飲食配額」吃美味而營養豐富的食物！「同一熱量的食物，我寧可吃一道味道和營養都平均的菜式，也不吃與該菜式有相若熱量的炸雞腿！」Michael 認同「有『營』食肆」計劃正好鼓勵大家為自己的健康打算，調較一下口味與飲食習慣，在轉變過程或許需要有所適應，「但你總不能以吃鮑魚的心態去吃糙米吧！」

Michael 的飲食藝術，反映了他的生活態度。

Cantonese – Back to the basics

Steamed minced pork, surprisingly, is one of Michael's favourite indigenous dishes. Cut down the amount of pork and replace it using water chestnuts, diced mushrooms and dried scallop. Add a plate of vegetables. Together they present a decent and healthy meal.

Cook with a good heart. Eat well for a better heart.

The success of a good dish, Michael says, lies with the chef. "You can mince pork with your knife or a meat grinder. Don't think your customer can't tell the difference!" In light of the economic downturn, Michael reminds restaurateurs not to sacrifice food quality for profit. To cut the portion sizes is a better option, as it reduces costs as well as wastages.

Michael reminds us not to eat more than what you need. "Many people are spending a lot of money on medical expenses because they eat inappropriately when they were young". The "EatSmart@restaurant.hk" Campaign encourages us to rethink and change our way of eating.



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Dining out with Dietitian in a Cha Chaan Teng

茶餐廳



劉碧珊

香港營養師協會-營養推廣主任

現職基督教聯合那打素社康服務-社區營養部服務經理

Doris Lau

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Service Manager, United Christian Nethersole Community Health Services



茶餐廳是市民日常出外用膳最普遍的飲食場所，茶餐廳價錢大眾化，食物種類又多，餐蛋麵、西多士、乾炒牛河、咖喱牛腩等，均是不少市民喜好的食品。然而許多茶餐廳現時提供的餐飲食品均屬高脂、高糖、高鹽和低纖維，長期食用對身體有害無益。

澳洲註冊營養師劉碧珊表示，理想飲食之道應依循健康飲食金字塔，即以五穀類最多，其次由多至少順序為蔬果、肉類和奶品，油、鹽和糖類盡量少吃。茶餐廳所售賣的食品肉多菜少，除纖維不足外，尚有以下問題：

多油

炒粉麵和多醬汁的碟頭飯，均屬高脂食品，一碟乾炒牛河的油量，已相等於18茶匙的油。此外，各類中式小炒，炸煎食品(例如西多士、炸薯條和咖喱角)以至即食麵等，油分均偏高。(以一個需要2000千卡熱量的成年人計算，每天攝取油分建議上限不應多於13茶匙)。

多糖

汽水、即溶的麥精和可可飲品均為含糖飲料。此外，大家飲用奶茶和咖啡時多會加糖，亦增加糖分的攝取量。(以一個需要2000千卡熱量的成年人計算，每天攝取糖分建議上限不應多於5茶匙)。

多鹽

加工或醃製的肉類和蔬菜，例如腸仔、火腿、叉燒、雪菜、鹹蛋，罐頭食品例如午餐肉、五香肉丁等，均含有鹽分。由於鹽和大部分調味粉均含高量的鈉，不利心臟健康，如1/4茶匙鹽的鈉含量已經達600毫克，此外，1茶匙鬆肉粉約有1600毫克，1茶匙梳打粉含810毫克，1茶匙雞粉含有750毫克，1茶匙豉油約有370毫克等。(成年人每天攝取鈉質上限為2400毫克)。



Chinese style tea restaurants (alias Cha Chaan Teng) are one of the common eating places in Hong Kong. If you do not make food choices wisely, you may fall into the trap of high fat, salt, sugar and low fibre easily.

Doris Lau, a registered dietitian, reminds us to follow the 'Food Pyramid' guides as we pick our food. The 'Food Pyramid' recommends that one's diet should start with plenty of whole grain products, which is followed by fruit and vegetables, meat and dairy products in descending order. People should, at the same time, minimize their daily consumption on oil, salt and sugar.

Watch out for the following food in a Chinese style tea restaurant:

Oil

Stir-fried noodles and rice served with sauce contain high fat content. A dish of stir-fried rice noodles with beef, for instance, contains an equivalent of 18 teaspoons of cooking oil. Yet the recommended maximum daily intake for an adult who needs 2,000 kilocalories of energy is 13 teaspoons only. Other fried food (such as French fries, French toast and samosa) and instant noodles are also laden with fat.

Sugar

Soft drinks, instant malt drinks and cocoa drinks are sugary. People also love to add sugar in tea and coffee. Remember! The maximum intake for an adult who needs 2,000 kilocalories of energy is equivalent to 5 teaspoons of sugar a day.

Salt

Processed or preserved food (e.g. sausages, ham, barbecued pork, salted eggs and pickled vegetables) and canned food (e.g. luncheon meat) all contain salt. Salt, as well as flavour enhancers, have a high content of sodium, which correlates to increased risk of heart disease. For instance, 1/4 teaspoon of salt contains 600 mg of sodium, and 1 teaspoon of meat tenderizer, soda powder, chicken powder and soy sauce contains 1,600 mg, 810 mg, 750 mg and 370 mg of sodium respectively, while the maximum sodium intake for an adult is 2,400 mg per day.

劉碧珊提醒大家，不少人是因為經常在外用膳而引致過胖的，因此建議大家留意每餐的飲食是否合乎飲食金字塔的比例，從而改善飲食的質素，再加上適量的運動，保持身體健康。現時的「有『營』食肆」運動，鼓勵食肆提供少油、少鹽、少糖和多蔬果的菜式，正好幫助大家選擇合乎健康原則的菜式。

Making wrong food choices while eating out is one of the reasons why some people become overweight, Doris said. It is important to have a balanced diet and perform regular exercises to maintain our health. The "EatSmart@restaurant.hk" Campaign is also a good guide for us to identify the healthy dishes which best suit our dietary needs.

因經常外出進食而導致過重的個案 Undesirable Food Choice Leading to Overweight

個案一 Cass 1

男性，20多歲，體重曾高達250多磅，體重指數(BMI)超過40。

過重原因：由於過往任職快餐店，經常食用公司出品的快餐食品，及後發覺走路時很辛苦，因而決心減肥。

如何減磅：減少食用高脂肪和糖分食品，兼多散步，一個月內減去10磅。

A male in his 20s, had a weight of over 250 lbs and a BMI over 40.

Reasons for overweight: He used to work in a fast food chain and ate a lot of processed food products.

How to lose weight: He decreased the intake of high-fat and sugary food and performed regular walking exercise. Initial reduction of 10 lbs during first month follow up.



個案二 Cass 2

女性，40多歲，體重曾高達140磅，體重指數約23。

過重原因：由於在內地工作，每周有五天在公司除了要在飯堂用膳外，還沒時間做運動。

如何減磅：控制每餐進食份量、周末返回內地時帶備健康小食、勤做球類活動，三至四個月內減了15多磅。

A female in her 40s, had a weight of 140 lbs. BMI about 23.

Reason for overweight : She worked in the Mainland and had to eat in the company canteen five days a week. She also lacked exercise.

How to lose weight: She controlled the portion of each meal, consumed plenty of healthy snacks and played ball games. She finally cut her weight by 15 lbs in 3 to 4 months.

表二：出外飲食小貼士

Table 2: Healthy Eating Out Tips in Cha Chaan Teng

少吃為佳 Eat Less

午餐肉即食麵

Instant noodles with luncheon meat

咸牛肉雞蛋三文治

Canned beef and egg sandwich

西多士

French toast

中式炒粉麵

Stir-fried noodles

咖喱牛腩飯

Curry beef with rice

炒菜

Stir-fried vegetables

有營之選 CookSmart's Choice

肉絲或牛肉通粉(加菜)

Macaroni with pork and beef slices (preferably served with veggies).

吞拿魚或番茄雞蛋三文治

Tuna fish sandwich, or tomato and egg sandwich.

果占、花生醬多士(只塗上薄薄一層或分開供應麵包和塗醬)

Toast with jam or peanut butter (preferably with thin spread, or have jam/peanut butter separately served).

改吃炆或湯粉麵，或二人共享一份，減少進食份量

Choose stewed noodles or noodles in soup, or share the dish with a friend.

改為西芹肉片飯，或要求咖喱汁分開上及減少份量

Opt for rice with celery and pork, or have the curry sauce separately served.

焯菜全走，即不添加油及蠔油為佳

Boiled vegetables with no oil or oyster sauce added

出外飲食也能健康

雖然茶餐廳的食物種類有限，其實只要懂得選擇，亦可從中找到較少油和醬汁的菜式。劉碧珊建議，上茶餐廳點菜時應多選蒸、焗、炆、烤等的菜式，避免油炸和煎炸的食品。事實上，由於市民日漸著重健康，現時不少茶餐廳已流行煮肉和菜前先用水焯（即「飛水」），亦有機構的食堂在烹煮食物時全面去除雞皮，這些煮法都可減少餸菜中的油量。她並建議食肆減少用調味粉而改用天然香料，不少中式香料如香茅、薑、蔥、蒜和果皮等都不含鹽，但都很可口。菜式方面亦可稍為加以變化，例如炒菜可以改為上湯焯菜，咕嚕肉可以改為香橙排骨或香橙魚柳等。

敢於說「不」

相信不少朋友或多或少都知道如何食得健康，但所謂知易行難，劉碧珊表示，「由於外出用膳，已經成為香港人一項普遍的社交、家庭以至聯誼活動」，大夥兒外出用膳，有時不便太過揀擇。劉碧珊建議大家要敢於說不，不應介意告訴朋友或家人個人的飲食習慣，這樣就不會令自己為難，盡情享受與親友歡聚的時間，而且還可以「以身作則」，將健康飲食的訊息帶給親友。

Eating Well While Eating out

Chinese style tea restaurants also offer healthy choices of food. Doris suggests us to choose food items that are steamed, grilled, stewed and/or try to avoid dishes that are stir-fried or deep-fried.

Learn to Say No

Lastly, Doris reminds us not to be shy to indicate our preference when eating out with family and friends. Try to demonstrate the ways of healthy eating habit to them! Say no to fatty and salty food!



地點提供：新松園茶餐廳
Venue: New Chung Yuen Restaurant



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“花膠和海參脂肪和膽固醇含量低，但提供豐富蛋白質，配以雞及瘦肉煲湯味道非常鮮味。但記緊要選用去皮雞肉及撇去湯面油分才飲用。另外減少使用鹽，除可減低鈉質吸收，更可突出材料的鮮味。

Fish maw and sea cucumber are low in fat and cholesterol but provide us protein. Together with chicken and lean pork, they make a wonderful soup base. Remember to choose skinless chicken and remove excessive oil before consumption. Minimize the amount of salt not only lower our sodium intake, but also bring out the natural flavour of the ingredients.

”



材料：(8-10人份量)

花膠	10-12片	乾瑤柱	19-22 粒
魚唇	15-18 隻	海參	1 條
去皮老雞	1/4 隻	馬蹄粉	3 湯匙
瘦肉	200 克(約 5兩)	去皮雞絲	250 克(約 6兩)
水	4 公升		
冬菇(乾)	6-8 隻	調味料：	
木耳(乾)	1 塊	鹽	1 茶匙
陳皮	1 角	白胡椒碎	適量

Ingredients: (Serves 8-10)

Fish Maw	10-12 pieces	Dried Scallop	19-22 pieces
Shark Fin edge	15-18 pieces	Sea Cucumber	1 piece
Skinless Chicken	1/4 piece	Water Chestnut Flour	3 tablespoons
Lean Pork	200 gm (about 5 taels)	Skinless Chicken Shreds	250 gm (about 6 taels)
Water	4 liters		
Shiitake Mushroom(dried)	6-8 pieces	Seasonings:	
Ear-Fungus (dried)	1 piece	Salt	1 teaspoon
Dried Tangerine Peel	1 piece	Coarse White Pepper	to taste



原味花膠 濃湯瑤柱羹

Fish Maw, Sea Cucumber with Dry Scallops Thick Soup

步驟：

1. 花膠、魚唇、去皮老雞及瘦肉放入4公升滾水，慢火煮2小時以上。盛起花膠及魚唇備用，再將湯隔渣成花膠上湯。
2. 將冬菇、木耳、陳皮及瑤柱浸水，海參解凍。
3. 花膠、魚唇、冬菇、木耳及陳皮切絲，瑤柱拆絲(備用1)。
4. 馬蹄粉和少許上湯混合，備用。
5. 煲滾花膠上湯，放入去皮雞絲、海參及備用1，大火煮10分鐘，下鹽和胡椒碎調味，加入馬蹄粉糊即可。

Cooking method:

1. Cook fish maw, shark fin edge, skinless chicken and lean pork in 4 litres of boiling water over low heat for at least 2 hours. Transfer fish maw and shark fin edge to a bowl. Strain soup and set aside.
2. Soak mushrooms, ear-fungus, dried tangerine peel and dried scallops in water. Defrost sea cucumber.
3. Cut fish maw, shark fin edge, mushrooms, ear-fungus and tangerine peel into thin strips. Tear scallops into shreds. (Part 1 ingredient).
4. Mix water chestnut flour with small amount of broth, set aside.
5. Bring broth to boil. Add chicken shreds, sea cucumber and part 1 ingredients. Cook over high heat for 10 minutes. Season with salt and coarse pepper. Add the mixture of water chestnut flour to broth. Serve.

試食兵團 話你知

Message from **Tasting Team**



市面上以湯為賣點的食肆繁多，「原味家作」標榜真材實料，本期推介是這款原味花膠濃湯瑤柱羹。花膠味道清淡，可配搭多種食材，今次配上了魚唇、海參、瑤柱、果皮和冬菇，湯料十足，味道清甜。

Many restaurants are known for their well-made soups. Original Taste Workshop distinguishes themselves by preparing good soups made with quality ingredients. Fish maw being not a strong in taste, goes well with many ingredients. This one, using shark fin edges, sea cucumber, dried scallops, dried tangerine peel and dried shittake mushrooms, is a delicious bowl of soup to taste.



本食譜由原味家作提供
This recipe is provided by Original
Taste Workshop



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“傳統烹調海鮮喜以「走油」來保持肉質鮮嫩，但本食譜在醃料加入蛋白和以「飛水」代替「走油」，除了做到同一效果外，還大大減少油量。材料方面，加入大量膳食纖維豐富的菌類，其獨特菌香為本菜式增添無限鮮味。

Traditionally, meat and seafood are deep fried to preserve their tenderness. In this recipe, the same effect can be brought about by blanching seafood coated in egg white. The amount of oil used is greatly reduced. Assorted mushrooms, rich in dietary fibre, further enhanced the flavour.

”



材料：(2人份量)

魚柳	3件 (約50克·1 1/4兩)	甘筍	6片
墨魚仔	2隻	蔥	5段
蝦	3隻	調味料：	
蜆肉	2-3粒	鹽	1/4 茶匙
雞蛋白	1隻	生粉	1 茶匙
西蘭花	9 小棵	白酒	1/2 茶匙
鮮冬菇	2隻	日式汁 材料：	
鮑魚菇	1/2 隻	清湯(豬及雞肉)	1/2 杯
秀珍菇	6隻	清酒	1 湯匙
芥花籽油	2 茶匙	生抽	1 湯匙
蒜肉	3粒	糖	1/3 茶匙
薑片	4片		

Ingredients: (Serves 2)

Fish Fillet	3 pieces (around 50 gm, 1 1/4 taels)	Carrot	6 slices
Baby Cuttlefish	2 pieces	Spring Onion	5 stripes
Shrimp	3 pieces	Seasonings:	
Clam Meat	2-3 pieces	Salt	1/4 teaspoon
Egg White	1 piece	Starch	1 teaspoon
Broccoli	9 florets	White Wine	1/2 teaspoon
Fresh Shiitake Mushroom	2 pieces	Japanese Sauce Ingredients:	
Abalone Mushroom	1/2 piece	Broth (Pork and Chicken)	1/2 cup
Oyster Mushroom	6 pieces	Sake	1 tablespoon
Canola Oil	2 teaspoons	Light Soy Sauce	1 tablespoon
Garlic	3 cloves	Sugar	1/3 teaspoon
Ginger	4 slices		

每一份 Per serving:

熱量 (千卡) Energy (kcal)	152
碳水化合物 (克) Carbohydrate (gm)	10
蛋白質 (克) Protein (gm)	16
脂肪 (克) Fat (gm)	6
糖 (克) Sugar (gm)	2
鈉質 (毫克) Sodium (mg)	1183

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.



日式蘭花 鮮菌海鮮

Stir-Fried Broccoli with Mushrooms and Seafood in Japanese Style

步驟：

1. 海鮮用雞蛋白、鹽、生粉及白酒醃10分鐘。
2. 西蘭花切細，鮮雜菌切條。
3. 西蘭花及海鮮「飛水」，備用。
4. 蒜頭剝成蓉後，燒熱油，爆香蒜蓉及薑片，加入鮮雜菌、海鮮及西蘭花略炒。
5. 下甘筍、蔥及日式汁炒均即可。

日式汁做法：

將所有調味料混合即可。

Cooking method:

1. Marinate the seafood with egg white, salt, starch and white wine for 10 minutes.
2. Cut broccoli into small pieces and mushrooms into strips.
3. Blanch broccoli and seafood. Set aside.
4. Mince garlic. Heat oil. Add garlic and ginger. Stir-fry until aromatic. Then add mushrooms, seafood and broccoli. Sauté.
5. Add carrots, spring onion and Japanese sauce. Mix well. Serve.

Method (Japanese Sauce) :

Combine all ingredients and mix well.

試食兵團 話你知

Message from **Tasting Team**



這菜式以雜菌配合墨魚仔、魚柳和蝦等海鮮，烹煮時用了高湯，因此保留了魚蝦等的鮮味，兼且有淡淡的清酒芳香。

The dish uses a combination of mushrooms, baby cuttlefish, fish fillet and shrimp. Supreme broth is used to retain the fresh flavour of the seafoods. Japanese sake enhances the aroma of the dish.



本食譜由金裝嫩奶佬提供

This recipe is provided by Daniel's Restaurant


吳聖珊 Ivy NG

 香港營養學會主席
 President, Hong Kong
 Nutrition Association

“三色螺絲粉配以不同顏色的蔬菜，非但互相吸引，質感及味道亦十足。蔬菜和菇類熱量很低，多吃也很放心。

Adding a wide variety of vegetables to eliche tricolori enhances its flavour and texture. Vegetables and mushrooms are low in calories. Enjoy them with no worry!

”



材料：(2人份量)

三色螺絲粉	200 克
豆角 (切段)	1 條
甘荀仔	4 條
粟米芯 (切粒)	3 條
意大利青瓜 (切粒)	1/4 條
白菌 (切片)	3 隻
橄欖油	2 茶匙
蒜蓉	4 茶匙
洋蔥粒	4 茶匙

調味料：

鹽	1/2 茶匙
黑胡椒碎	1 茶匙

羅勒醬 材料：

松子仁	10 克
羅勒	10 克
蒜肉	1 粒
橄欖油	2 茶匙

Ingredients: (Serves 2)

Eliche Tricolori	200 gm
Chinese Bean (cut into short strips)	1 piece
Baby Carrot	4 pieces
Baby Corn (diced)	3 pieces
Zucchini (diced)	1/4 piece
White Mushroom (sliced)	3 pieces
Olive Oil	2 teaspoons
Garlic (minced)	4 teaspoons
Onion (diced)	4 teaspoons

Seasonings:

Salt	1/2 teaspoon
Coarse Black Pepper	1 teaspoon

Pesto Sauce Ingredients:

Pine Nut	10 gm
Basil	10 gm
Garlic	1 clove
Olive Oil	2 teaspoons

每一份 Per serving:

熱量 (千卡) Energy (kcal)	529
碳水化合物 (克) Carbohydrate (gm)	85
蛋白質 (克) Protein (gm)	16
脂肪 (克) Fat (gm)	14
糖 (克) Sugar (gm)	5
鈉質 (毫克) Sodium (mg)	757

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.



炒三色螺絲粉配 園野雜菜羅勒醬

STIR-FRIED ELICHE
TRICOLORI WITH
ASSORTED VEGETABLES
AND PESTO SAUCE

步驟：

1. 於沸水加入三色螺絲粉煮5分鐘，隔水備用。
2. 所有蔬菜焯熟備用。
3. 平底鑊內燒熱油，放入蒜蓉、洋蔥及螺絲粉略炒。
4. 隨後加入蔬菜、羅勒醬及調味料，炒約5分鐘即可。

羅勒醬做法：

用攪拌機將松子仁、羅勒及蒜肉攪碎，然後加入橄欖油伴勻。

Cooking method:

1. Cook Eliche Tricolori in boiling water for 5 minutes, drain and set aside.
2. Cook all vegetables in water, set aside.
3. Heat oil in a frying-pan, sauté garlic, onion and Eliche.
4. Add vegetables, pesto sauce and seasonings, stir-fry for around 5 minutes. Serve.

Method (Pesto Sauce) :

Process pine nut, basil and garlic, then combined with olive oil.

試食兵團 話你知

Message from **Tasting Team**



這款意大利粉賣相佳，用上甘筍、蘑菇、粟米芯、豆角等，蔬菜的份量非常豐富，配以蒜粒、洋蔥粒和橄欖油烹煮。菜式未有使用忌廉汁，除了可減少油膩感外，還能突出羅勒葉的濃郁香味。螺絲粉的軟硬度適中，值得一試。

The pasta dish, cooked with baby carrot, mushrooms, baby corn and Chinese beans, has an appealing appearance. The simple sauce includes garlic, onion, olive oil and basil. As the sauce contains no cream, it is light yet flavourful. This pasta is a good choice for a light supper.



本食譜由查理布朗咖啡專門店提供
This recipe is provided by Charlie Brown Café



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“魚柳放入沸水浸熟，質感嫩滑之餘，完全沒有添加油分。再以黑醋汁伴蔬菜進食，幫助提升胃口又不會掩蓋食材的原味。

The silky texture of fish fillet can be preserved without adding oil? Try soaking it in boiling water. Serve vegetables with balsamic vinegar. Bon appetit!

”



材料：(2人份量)

青衣魚柳	2 件 (約160克, 4 兩)	鮮冬菇	3 隻
西生菜	4 片	鮮茄蓉汁	1/4 碗
紅椒圈	1 個	薄荷葉	1 小棵
黃椒圈	1 個	黑醋汁	1 湯匙
蘆筍	2 條		
橄欖油	2 茶匙	調味料：	
蒜蓉	1 1/2 湯匙	海鹽	1/2 茶匙
白靈菇	3 隻		

Ingredients: (Serves 2)

Ling Fillet	2 pieces (about 160 gm, 4 taels)	White Shimeji Mushroom	3 pieces
Lettuce	4 leaves	Fresh Shittake Mushroom	3 pieces
Red Capsicum	1 ring	Fresh Tomato Puree	1/4 bowl
Yellow Capsicum	1 ring	Mint	1 sprig
Asparagus	2 stalks	Balsamic Vinegar	1 tablespoon
Olive Oil	2 teaspoons		
Garlic (minced)	1 1/2 tablespoons	Seasonings:	
		Salt	1/2 teaspoon

每一份 Per serving:

熱量 (千卡) Energy (kcal)	150
碳水化合物 (克) Carbohydrate (gm)	8
蛋白質 (克) Protein (gm)	18
脂肪 (克) Fat (gm)	6
糖 (克) Sugar (gm)	3
鈉質 (毫克) Sodium (mg)	747

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。

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海鹽浸青衣柳伴黑醋茄蓉汁

Sea-Salted Ling Fillet with Puree Tomato and Balsamic Vinegar Sauce



步驟：

1. 魚柳灑上海鹽備用。
2. 西生菜放碟上，上面放上紅、黃椒及已煮熟的蘆筍後。
3. 於鑊內燒熱油，放入蒜蓉略炒，隨後加入白靈菇及鮮冬菇炒至帶香，灑上海鹽調味後，放在西生菜內。
4. 燒沸水後轉慢火，放入魚柳，浸約4分鐘至熟，上碟，淋上鮮茄蓉汁，放上薄荷葉，伴以黑醋汁即可。

Cooking method:

1. Season fish fillets with sea salt, set aside.
2. Place cooked asparagus, red and yellow capsicum over lettuce.
3. Heat oil in a wok, sauté minced garlic, then add mushrooms and stir-fried until aromatic, season with sea salt and transfer to the lettuce.
4. Bring water to boil, then reduce heat to low. Soak fish fillet for 4 minutes until cook through. Transfer to the plate and pour fresh tomato puree over. Garnish with mint and serve with balsamic vinegar.

試食兵團 話你知

Message from **Tasting Team**



這款魚鮮菜式採用優質青衣柳，配以鮮冬菇、百靈芝菇和蘆筍等。青衣柳以海鹽水沉熟，不油不膩，肉質爽滑甜美。

High quality ling fillet is poached in sea salt. The salt is light but is able to preserve the natural flavour of the fish. It mixes well with fresh shiitake mushroom, white shimeji mushroom and asparagus.



本食譜由翠華餐廳提供
This recipe is provided by Tsui Wah Restaurant



吳聖珊 Ivy NG

香港營養學會主席
President, Hong Kong
Nutrition Association

“自製番茄醬汁做法簡單-新鮮番茄加入少量的鹽及紫蘇葉調味即成! 這不單增加我們蔬菜(膳食纖維)的攝取量, 鈉質含量還比用茄汁少, 香草味更特出鮮明。”

Make your own tomatoes sauce with fresh tomatoes, parsley and a pinch of salt. When compared to ketchup, this recipe has much more vegetables (Dietary fibre) and less sodium.

”



材料: (1人份量)

意大利粉	120 克(約4兩)	番茄醬	120 克(約4兩)
鮮蝦	4 隻		
橄欖油	1 1/2 茶匙	調味料:	
指天椒乾	1/2 茶匙	鹽	1/5 茶匙
蒜蓉	適量		
洋蔥粒	2 茶匙	番茄醬 材料(製650克, 約1斤):	
鮮冬菇(切片)	1 隻	番茄	10 隻
白蘑菇(切片)	1 隻	紫蘇葉	8 片
秀珍菇(切片)	1 隻	鹽	1/2 茶匙
清雞湯	2 茶匙	糖	1 匙
		白胡椒碎	適量

Ingredients: (Serves 1)

Spaghetti	120 gm (about 4 taels)	Tomato Sauce	120 gm (about 4 taels)
Shrimp	4 pieces		
Olive Oil	1 1/2 teaspoons	Seasonings:	
Dried Chili	1/2 teaspoon	Salt	1/5 teaspoon
Garlic (minced)	some		
Onion (diced)	2 teaspoons	Tomato Paste Ingredients	
Fresh Shiitake		(to make 650gm, about 1 catty):	
Mushroom (sliced)	1 piece	Tomato	10 pieces
White Mushroom (sliced)	1 piece	Basil Leaves	8 pieces
Oyster Mushroom (sliced)	1 piece	Salt	1/2 teaspoon
Chicken Broth	2 teaspoons	Sugar	1 teaspoon
		Ground White Pepper	to taste

每一份 Per serving:

熱量(千卡) Energy (kcal)	595
碳水化合物(克) Carbohydrate (gm)	103
蛋白質(克) Protein (gm)	24
脂肪(克) Fat (gm)	10
糖(克) Sugar (gm)	12
鈉質(毫克) Sodium (mg)	953

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。

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意式香辣番茄醬鮮蝦 意大利粉

Spaghetti with Shrimps in Italian Tomato Paste



步驟：

1. 意粉煮熟，備用。
2. 鮮蝦切粒，於平底鑊加熱1/2茶匙油，加入鮮蝦快炒，然後下指天椒乾再煮30秒，備用。
3. 燒熱餘下的油，下蒜蓉、洋蔥粒及什菌略炒，再下雞湯和番茄醬，以鹽調味，拌入鮮蝦粒，伴以意粉即可。

茄醬汁做法：

1. 番茄切粒，紫蘇葉切絲備用。
2. 將平底鑊加熱，加入番茄煮成醬，下調味，最後灑上紫蘇葉即可。

Cooking method:

1. Cook spaghetti and set aside.
2. Dice shrimps. Heat 1/2 teaspoon of oil in a frying-pan, sauté shrimps, then add dried chili and cook for another 30 seconds. Set aside.
3. Heat the remaining oil, sauté garlic, onion and mushrooms. Add chicken broth and tomato paste. Season with salt. Add shrimps and combine. Serve with spaghetti.

Method (Tomato Paste) :

1. Dice tomatoes and shred basil leaves, set aside.
2. Cook tomato dices into sauce in a frying pan. Season with salt. Sprinkle with shredded basil leaves. Done.

試食兵團 話你知

Message from **Tasting Team**



有人說，番茄代表了意大利菜的特色。這款意式香辣番茄醬鮮蝦意大利粉除了使用鮮番茄外，還加入指天椒，令醬汁不會太酸而帶一點辛辣，十分醒胃，同時也突出了蝦的鮮味，配上雜菌，絕不單調。

It is said that tomatoes are at the heart of Italian cooking and tomatoes are indeed the basis of many Italian recipes. This spaghetti dish uses tomatoes as well as chilies, which add a delightful flavour but not so much as to overwhelm the prawn.



本食譜由Studio City Bar & Cafe提供
This recipe is provided by Studio City Bar & Cafe

在
美味
與
健康
之間

張冬韻

TASTE, HEALTH OR BOTH?

Anne Cheung



張冬韻(Anne)是香港少數的西餐女廚師之一，從事餐飲業已經超過17年。

Anne十多歲時加入著名5星級酒店當初級廚師，在大廚的嚴格要求下，訓練出她對工作的嚴謹態度，27歲便當上總廚。及後曾往瑞士和法國修讀酒店管理和烹飪課程，並在多間香港及外地著名餐廳擔任主廚和行政總廚，數年前曾經經營私房菜，現在從事餐飲顧問、食物造形、西餐烹飪導師等工作。

加入了「男人的世界」

Anne為人很開朗健談，她入行的經歷亦很有趣，原來她年幼時隨家人到酒店用膳，看見店內裝飾輝煌、地方整潔，頓覺得這是很好的工作地方，於是興起了在酒店工作的念頭，終於約在

Anne has fallen in love with cooking at a young age. In her teens, she joined a famous 5 stars hotel. Having worked conscientiously through the years, Anne became the head chef of the hotel in her twenties. She later pursued her studies in Switzerland and France for career development.

Lady in a Man's World

Anne conceded that women usually played a supporting role in the catering business. Her career path was relatively smooth as she had been working in Western cafes. Anne's identity helped her excel in the food consultancy business as she was able to establish a closer relationship with her clients.

十七、八歲入行。Anne形容香港的餐飲行業，至今仍然是一個「男人的世界」，尤其在中式食肆，女廚師一般只擔當輔助角色，可幸她從事的西餐業，較為接受女性從業員。

不過作為一位女性，卻有利於她現時從事的餐飲顧問工作，因為客戶會較為耐心聆聽她的推介。

美味健康 兩面兼顧

一般西餐都愛用上大量牛油、芝士或忌廉等材料，容易令人覺得飽滯。Anne解釋，歐美天氣寒冷，人們需要吸收充分熱量和脂肪禦寒，因此需要多吃高熱量的牛油、芝士和肉類。但近年歐美中老年人口的醫療費用大增，大家漸漸意識到飲食健康的重要，於是改變了煮食的習慣，例如多用橄欖油代替牛油、採用低脂忌廉和芝士等。Anne坦言，用這些材料烹煮的食品，味道的確不及採用牛油香濃，但在健康與口味之間，必定要有所取舍。

本地飲食業界亦漸漸簡化烹煮食品的工序，過往多重重複的工序已比較少見。在食材方面亦「還原基本」，例如多用菜蔬，肉類只選用豬、牛、羊、雞等基本的食材。然而，她認為，如何提升食物質素和降低成本，始終是飲食業界面對的矛盾問題，例如有食肆為了減輕成本，利用合成的湯粉再加新鮮蔬菜來煮湯，這當然不是最好的做法，她希望循序漸進推行健康飲食。

為了健康 揀飲擇食

Anne認為要吃得健康，需要「揀飲擇食」，多吃高纖維、味道較清淡的食品。在食材方面，她建議大家盡量選購新鮮的材料；醬汁方面，Anne建議大家可以採用低脂忌廉以至麥片等來做芡汁；不同的香料，亦可代替鹽和調味品。在烹調方面，Anne尤其推薦烤焗食品，烤焗食物不但簡單清潔，而且焗製過程迫走油分，減少脂肪的吸收量。



Tasty and Healthy Cuisines

Cream and cheese appear to be an integral part of European and American cuisines. Anne explained, in the past, people living in cold areas of Europe and North America required a lot more energy to keep themselves warm. As medical expenses escalate with aging population, many people realize the importance of a healthy diet. Olive oil, for instance, is used instead of butter. For the benefit of health, people are happy to accept the difference in taste.

Nowadays, local chefs use more veggies and adopt simpler ways of cooking. Anne admitted that chefs are constantly struggling between food quality and cost. There is still a long journey for them to work out their way.

Anne的小貼士 Eat Rightly to Stay Healthy

食材	選用新鮮材料，避免精製的食品，例如罐頭食品
Food ingredients	Use fresh food instead of preserved or canned food
醬汁	以麥片、低脂乳酪、低脂酸忌廉和雞蛋代替忌廉、全脂奶和牛油所煮成的芡汁
Sauces	Use oat, low-fat cream, low-fat cheese and egg instead of full cream and butter
香料	迷迭香、蒔蘿、紫蘇和各式胡椒（例如青、黑、白、紅和粉紅胡椒等）
Spices	There are a variety of spices to choose from: rosemary, dill, basil and peppers (green, black, white, red and pink peppers)
調味	黑糖、粗海鹽和岩鹽
Flavour enhancers	Sea salt, black sugar and rock salt are healthier options

雖然Anne從事飲食多年，但她對日常飲食要求不高，由於她接觸過不同地方的飲食文化，令她更能以一種包容的心態去欣賞各種食物，「每天用廚師的尺度上館子吃飯，很沒趣吧！」

番茄乳酪燴雞意粉

Tomato and Yogurt Chicken Stew with Pasta



意粉醬汁大多加入忌廉烹煮使其幼滑，但此食譜特別改用低脂淡奶及低脂原味乳酪來代替忌廉，同樣可煮出香濃奶味。再者，廚師以麥皮代替由牛油和麵粉製成的麵糊使醬汁濃稠，脂肪立即大減，又可增加水溶性膳食纖維。

It is common to use cream to make smooth and creamy pasta sauce. However, this creative recipe uses low-fat evaporated milk and low-fat plain yogurt to make a milky sauce. In addition, replacing roux which is made of butter and flour with oat to thicken sauce, results in a remarkable reduction of fat and an increase of water-soluble dietary fiber.



本食譜由張冬韻小姐提供
This recipe is provided by Anne CHEUNG

材料：(2人份量)

全麥意粉	200 克 (約5兩)
番茄	1 個
洋蔥	1/2 個
去皮雞腿肉	1 塊
橄欖油	1 茶匙
蒜肉	2 粒
番茄膏	1 湯匙
菠菜葉	15 片
低脂淡奶	200 毫升
低脂原味乳酪	80 毫升
清水	適量
麥皮	2 湯匙

Ingredients : (Serves 2)

Whole Wheat Pasta	200 gm (about 5 taels)
Tomato	1 piece
Onion	1/2 piece
Skinless Chicken Thigh	1 piece
Olive Oil	1 teaspoon
Garlic	2 cloves
Tomato Paste	1 tablespoon
Spinach	15 leaves
Low-fat Evaporated Milk	200 ml
Low-fat Plain Yogurt	80 ml
Water	some
Oat	2 tablespoons

調味料：

鹽	1 茶匙
糖	1 茶匙
白胡椒粉	1/2 茶匙

Seasonings :

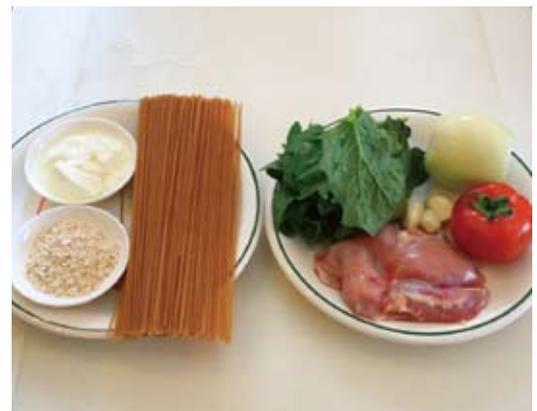
Salt	1 teaspoon
Sugar	1 teaspoon
White Pepper	1/2 teaspoon

步驟：

1. 意粉煮熟，備用。
2. 番茄及洋蔥切小角。
3. 雞肉切塊，下1/2 茶匙鹽及1/2茶匙胡椒粉調味。
4. 燒熱油，炒香洋蔥和蒜頭，加入番茄膏和番茄，再加入雞肉，炒至半熟。
5. 最後加入菠菜葉、淡奶、乳酪、清水和麥皮，煮約15分鐘至全熟，最後加入餘下的調味，伴以意粉即可。

Cooking method :

1. Cook pasta and set aside.
2. Cut tomato and onion into wedges.
3. Cut chicken into small pieces and season with 1/2 teaspoon salt and 1/2 teaspoon white pepper.
4. Heat oil, stir-fry onion and garlic. Add tomato paste, tomato and chicken.
5. Finally add spinach, evaporated milk, yogurt, water and oat, stew for 15 minutes until cook through, add the remaining seasonings. Serve with pasta.



每一份 Per serving :

熱量 Energy	660	千卡 kcal
碳水化合物 Carbohydrate	105	克 gm
蛋白質 Protein	42	克 gm
脂肪 Fat	11	克 gm
糖 Sugar	21	克 gm
鈉質 Sodium	1780	毫克 mg

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
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墨西哥式煎餅伴 青檸醋沙律

Grill Chicken, Spinach
& Cheese Tortillas with
Salad and Lime Vinaigrette



假日想吃一頓簡餐，此墨西哥煎餅是一個不錯的選擇。選用低脂芝士及去皮雞肉作餡料，可減少菜式的總脂肪含量。再配以蕃茜葉及青檸做成的醬，味道清新，胃口倍增！

Want to have a quick and delicious meal during holidays? This recipe is your perfect choice. The use of low-fat cheese and skinless chicken reduces its total fat content. Together with a sauce made from parsley and lime, it will surely freshen up your day!



本食譜由張冬韻小姐提供
This recipe is provided by Anne CHEUNG

材料: (2人份量)

去皮雞肉(熟)	40 克 (約1兩)
白蘑菇	4 粒
墨西哥薄烙餅	4 片
低脂蒙莎莉芝士	1/2 杯
菠菜葉	3 湯匙
什色沙律菜	1 杯
青檸醋汁	適量
蕃茜葉	2 湯匙

Ingredients: (Serves 2)

Skinless Chicken Meat (cooked)	40 gm (about 1 tael)
White Mushroom	4 pieces
Tortilla	4 pieces
Low-fat Mozzarella Cheese	1/2 cup
Spinach leaf	3 tablespoons
Assorted Salad Vegetables	1 cup
Lime Vinaigrette	to taste
Parsley leaf	2 tablespoons

步驟:

1. 將雞肉切粒、白蘑菇切片備用。
2. 在墨西哥薄烙餅上順序放上芝士、白蘑菇、雞肉、菠菜葉及芝士，蓋上另一塊墨西哥薄烙餅，放入平底鑊，慢火煎至芝士溶化。
3. 灑上蕃茜葉，伴以沙律菜及青檸醋汁即可。

Cooking method:

1. Dice the chicken meat and slice the mushrooms, set aside.
2. On a tortilla, place cheese, followed by white mushroom, chicken meat, spinach leaves and cheese. Cover with another tortilla. Pan-fry over low-heat without oil until the cheese melts.
3. Sprinkle with parsley leaf. Serve with salad vegetables and lime vinaigrette.

青檸醋汁 材料:

糖	1 茶匙
橄欖油	3 湯匙
青檸汁	3 湯匙

Lime Vinaigrette Ingredients:

Sugar	1 teaspoon
Olive Oil	3 tablespoons
Lime Juice	3 tablespoons

Method:

Combine all the ingredients and mix well

步驟:

將材料混合即可。



每一份 Per serving :

熱量 Energy	404	千卡 kcal
碳水化合物 Carbohydrate	42	克 gm
蛋白質 Protein	20	克 gm
脂肪 Fat	18	克 gm
糖 Sugar	3	克 gm
鈉質 Sodium	603	毫克 mg

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

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



投票贏大獎

Cast Your Vote to Win Prizes

感謝各方「有『營』食肆」的鼎力支持，我們總共收到超過100款別出心裁的「有『營』菜式」參加「2009有『營』廚藝大比拼」。比賽分為蔬果、海鮮、家禽及鮮肉組進行，市民不但能到訪入圍食肆品嚐參賽菜式，還可於5月25日至6月29日公開投票期間，以郵寄或上網方式投票選出心水菜式，稍後我們會邀請知名人士擔任評判親自試菜及評分，選出每組冠、亞、季軍。所有成功投票的人士，會自動參加大抽獎，有機會贏取總值港幣10,000元超市現金券，詳情請瀏覽衛生署「有『營』食肆」運動主題網站<http://restaurant.eatsmart.gov.hk>。機會難逢，記緊投票！

With full support from various EatSmart Restaurants, we have received more than 100 entries of specially designed EatSmart dishes in the "EatSmart Restaurant Cooking Competition 2009". The dishes will compete in the following categories: vegetable, seafood, poultry and meat. Apart from tasting the short-listed dishes in participating restaurants, the public may vote for their favourite dishes from 25 May to 29 June either by post or Internet. We will invite celebrities to serve as judges for the competition. They will taste the dishes in person and give marks to decide upon the championship, first and second runner-up for each category. Those who successfully cast their votes will automatically enter into a lucky draw and have the chance to win supermarket gift coupons, amounting to HK\$10,000 in total. For details, please browse the "EatSmart Restaurant" thematic website of the Department of Health at <http://restaurant.eatsmart.gov.hk>. Grasp the opportunity and cast your vote!



免費宣傳 Free publicity

不少打工仔為了減省開支，出街吃飯每每都要計算過才敢落單。為了讓市民能夠輕鬆鬆吃得健康，我們誠邀各位有「營」有心的「有『營』食肆」負責人，能夠提供優惠給點選「有『營』菜式」的顧客。我們會定時於衛生署健康飲食專題網站替貴食肆免費宣傳有關優惠，有興趣的食肆可聯絡「有『營』食肆」運動秘書處，電話號碼2572 1476。

To achieve cost saving, quite a lot of people at work are sensitive to price when eating out. We sincerely call on dedicated persons-in-charge of EatSmart Restaurants to make available special offers for customers ordering EatSmart dishes so that they can readily enjoy healthy meals. We will regularly publicize the special offers for the restaurants, free of charge, in the "EatSmart Website" of the Department of Health. Interested restaurants may contact the EatSmart Secretariat on 2572 1476.

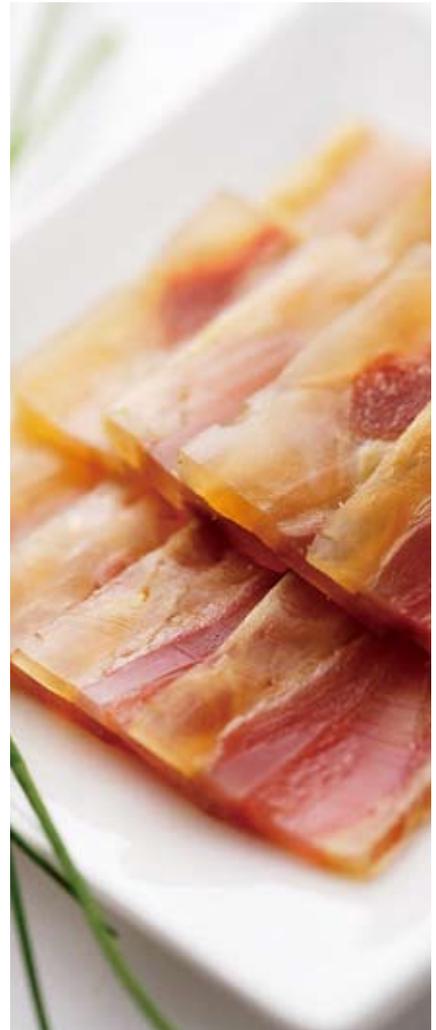


誠徵食譜 Call for Recipes

欣賞過同業在《炮製色香味》中精心創作的「有『營』菜式」後，是否也想將自家設計的特色菜與眾分享呢？很簡單，「有『營』食肆」會員只要將食譜連同相片電郵至「有『營』食肆」秘書處enquiry_cheu@dh.gov.hk或傳真至2591 6127。我們稍後會因應每期《營廚》的主題，聯絡個別合適的「有『營』食肆」。如未報名成為「有『營』食肆」，請即登入衛生署「有『營』食肆」主題網站<http://restaurant.eatsmart.gov.hk>索取參加表格



Why not share your self-designed delicacies with others if you are impressed by the EatSmart Recipes specially designed by other industry players? Participants of "EatSmart@restaurant.hk" Campaign may simply send the recipes and photographs of the dishes to the EatSmart Secretariat by email (enquiry_cheu@dh.gov.hk) or fax (2591 6127). We will contact the suitable restaurants in due course in the light of the theme of each issue of *CookSmart* magazine. Other restaurants interested in enrolling as EatSmart Restaurants may obtain the enrolment form at the "EatSmart Website" of the Department of Health (<http://restaurant.eatsmart.gov.hk>).



有營食肆

EatSmart Restaurants

以下資料截至二零零九年五月六日，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 May 2009. Names listed in random order. For the latest EatSmart Restaurant list, please visit the "EatSmart Website" <http://restaurant.eatsmart.gov.hk>

東區

EASTERN DISTRICT

大家樂 (小西灣店)	Café de Coral (Siu Sai Wan 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)	(Oceanic and Montane Mansions Shop)	2911 4485
(健威坊店)	(Fit Fort 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
太興燒味餐廳	Tai Hing Roast Restaurant	2567 7362
江南美廚	Kong Nam Kitchen	3971 0271
有機草本園	Organic Herbarry	3619 3609
阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	2560 9666
迎禧大酒樓	Cheers Restaurant	3520 1268
美心MX (友邦廣場店)	Maxim's MX (AIA Tower Shop)	2219 7223
(杏花新城店)	(Heng Fa Chuen Shop)	2558 8541
(南天大廈店)	(Fortress Hill Shop)	2578 9629
(英皇大樓店)	(King's House Shop)	2561 5760
(康怡商場店)	(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
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
海皇粥店	Ocean Empire	2887 5879
彩福海鮮酒家	Choi Fook Seafood Restaurant	2566 8289
彩臨門酒家	Superior Choice Restaurant	2811 9668
聯邦金閣酒家	Golden Federal Restaurant	2628 0183
鍾菜	Chung's Cuisine	3691 9818
稻香超級漁港	Tao Heung Super 88	3520 1288
Bistro Délifrance	Bistro Délifrance	2143 5722
Epoch Coffee Bar	Epoch Coffee Bar	2811 2140

南區

SOUTHERN DISTRICT

大家樂 (石排灣商場店)	Café de Coral (Shek Pai Wan Shopping Centre Shop)	2294 9100
(利東邨店)	(Lei Tung Commercial Centre Shop)	2871 2681
(香港仔店)	(Aberdeen Centre Shop)	2553 7867
(華貴邨商場店)	(Wah Kwai Shopping Centre Shop)	2550 8056
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
太興燒味餐廳	Tai Hing Roast Restaurant	2552 9820
生活知味	The Taste of Living	2538 9338
有機草本園食坊	Organic Herbarry	3619 3609
美心MX	Maxim's MX	2580 7364
海皇粥店	Ocean Empire	2870 3884
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
富臨漁港臨門	Pleasant Palace	2553 0699
肇順名匯海鮮專門店	Siu Shun Village Cuisine	2884 9088
翠華餐廳	Tsui Wah Restaurant	2552 6998
嘉豪酒樓	Ka Ho Restaurant	2551 1228
瑪麗醫院職員餐廳 (只供職員)	Queen Mary Hospital Staff Canteen (Staff only)	2818 0070

中西區

CENTRAL & WESTERN DISTRICT

力寶軒	Lippo Chiuchow Restaurant	2526 1168
大家樂 (八達大廈店)	Café de Coral (Federate Building Shop)	2858 6627
(中信大廈店)	(Citic Tower Shop)	2104 5838
(北街店)	(North Street Shop)	2986 4461
(長江中心店)	(Cheung Kong Centre 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
(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
木馬會	Le Manége	3667 9233
北京拉麵店	Peking Noodles	2537 1320
秀日本料理	Oishi House	2517 6618
美心MX	Maxim's MX	2857 2910
原味家作 (皇后中心店)	Original Taste Workshop (Queen's Place Shop)	2525 6667
(香港站店)	(Hong Kong Station Shop)	2868 3227
港式餐廳	Hong Kong Style Restaurant	2542 2288
富臨味之道	Foo Lum	2815 1088
富臨漁港臨門	Pleasant Palace	2803 0182
翠華餐廳	Tsui Wah Restaurant	2525 6338
Bistro Délifrance	Bistro Délifrance	2865 7421
Madison's Restaurant & Bar	Madison's Restaurant & Bar	2523 4772

灣仔區

WANCHAI DISTRICT

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2511 1228
中	川居雲南風味米線專門店	Chuan Ju Restaurant	2575 7700
法	大家樂	Café de Coral	
	(京華中心店)	(Capitol 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
法	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	2798 8332
法	有機地	Organic Land	2850 6166
西	利景酒店-蒲點美式酒吧	The Charterhouse - Champs Bar	2833 9086
亞	客家好棧	Hakka Hut	2881 8578
中	迎鸞大酒樓	Cheers Restaurant	3167 7288
法	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	香港港安醫院食堂(只供職員)	Hong Kong Adventist Hospital Canteen (Staff only)	2835 0634
亞	泰式食	Thai Perfect	2890 4899
法	海皇粥店	Ocean Empire	
	(東角道店)	(East Point Road Shop)	2890 8717
	(莊士敦道店)	(Johnston Road Shop)	2591 9003
中	益新美食館	Yixin Restaurant	2576 2355
中	彩福皇宴	Choi Fook Royal Banquet	2811 9181
中	菊月日本料理	Kiku Tsuki Japanese Restaurant	2577 0803
中	富豪金殿中菜廳	Regal Palace Restaurant	2837 1773
中	富臨酒家	Foo Lum Restaurant	2528 2468
中	新星海鮮酒家	New Star Seafood Restaurant	2838 2186
中	粵軒	Canton Room	2866 2166
法	新森林焗之專門店	New Forest Restaurant	2573 0558
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2572 6938
法	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
亞	潮樓	Chao Inn	2892 0988
中	稻香	Tao Heung	2838 3097
中	稻香超級漁港	Tao Heung Super 88	2831 9155
中	橋底辣蟹	Under Bridge Spicy Crab	
	(華發大廈店)	(Wah Fat Mansion Shop)	2893 1289
	(榮華商業大廈店)	(Winner Commercial Building Shop)	2834 6818
	(駱克道店)	(Lockhart Road Shop)	2573 7698
	(謝斐道店)	(Jaffe Road Road)	2834 6268
亞	鍾菜	Chung's Cuisine	2506 9128
中	警察總部雅膳中菜廳(只供職員)	Police Headquarters Arsenal Place (Staff Only)	2860 2688
西	警察總部匯敘西餐廳(只供職員)	Police Headquarters Cafe Rendezvous (Staff Only)	2860 2299
法	警察總部職員餐廳(只供職員)	Police Headquarters Staff Canteen (Staff Only)	2860 5878
西	灣景	Bayview Café Dessert Restaurant Bar	3427 3726
西	Bistro Délifrance	Bistro Délifrance	2506 3022
法	CEO	CEO	2137 9777
西	Epoch Coffee Bar	Epoch Coffee Bar	3525 1570

觀塘區

KWUN TONG DISTRICT

中	太興新世代	Tai Hing New Century	2535 9831
中	北京拉麵店	Peking Noodles	2345 7360
中	百樂門宴會廳	Paramount Banquet Hall	2798 8332
中	沁園春	Cheerful Restaurant	2251 3636
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671
法	美心MX	Maxim's MX	
	(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
法	原味家作	Original Taste Workshop	2799 9113
中	索迪斯(香港)有限公司-渣打銀行(香港)有限公司職員餐廳(只供職員)	Sodexo (HK) Ltd-Staff Cafeteria of Standard Chartered Bank (HK) Ltd (Staff only)	2388 8682
法	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
	(輔仁仁店)	(Fu Yan Street Shop)	2172 4558
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	御苑皇宴	The Banqueting House	2798 8866
中	御苑酒家	The China House	2798 8110
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	
	(企業廣場店)	(Enterprise Square Shop)	2759 1818
	(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	嘉豪酒樓	Ka Ho Restaurant	2755 2982
亞	潮館	Chao Inn	3542 5788
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
法	聯合醫院職員餐廳(只供職員)	United Christian Hospital Staff Canteen (Staff only)	3513 4065
亞	鍾菜	Chung's Cuisine	2995 3038
西	Bistro Délifrance	Bistro Délifrance	2756 9565
西	Studio City Bar & Cafe	Studio City Bar & Cafe	3543 5638

- 中 中菜 Chinese
- 西 西餐 Western
- 法 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others

油尖旺區 YAU TSIM MONG DISTRICT

中	川居雲南風味米線 專門店 (花園街110號店) (花園街113號店)	Chuan Ju Restaurant (110 Fa Yuen Street Shop) (113 Fa Yuen Street Shop)	2381 5613 2789 2223
法	大家樂 (九龍機鐵站店) (友誠商業中心店) (百誠大廈店) (希爾頓中心店) (旺角中心店) (星光行店) (重慶大廈店) (海港城店) (奧海城店) (富達大廈店) (雅蘭商場店) (新世紀廣場店) (康寧大廈店) (愛賓商業大廈店)	Café de Coral (Kowloon Station Shop) (Yau Shing Commercial Centre Shop) (Pak Shing Building Shop) (Hilton Tower Shop) (Argyle Centre Shop) (Star House Shop) (Chungking Mansion Shop) (Gateway Arcade Harbour City Shop) (Olympian City Shop) (Foo Tat Building Shop) (Grand Tower Shop) (Grand Century Place Shop) (Honland Building Shop) (Albion Plaza Shop)	2376 2315 2390 9694 2782 3115 2311 6031 2396 8797 2736 4900 2367 0802 2175 0181 2271 4165 2770 5339 2393 2667 2142 3679 2397 1252 2369 1210
亞	上樓	Shanghai Inn	2780 8138
中	月滿坊	Full Moon	2955 5113
中	北京拉麵店	Peking Noodles	2380 2183
法	功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
法	伊利沙伯醫院職員 飯堂 (只供職員)	Queen Elizabeth Hospital Staff Canteen (Staff only)	2384 2656
中	百樂門宴會廳	Paramount Banquet Hall	2798 8332
中	金皇朝海鮮酒家	Golden Dynasty Seafood Restaurant	2770 2328
中	欣宴	Eky's Banquet	2332 2698
亞	客家好棧	Hakka Hut	3528 0868
亞	青葉日本料理	AOBA Japanese Restaurant	2300 1985
亞	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	3188 2555
法	波羅密素食 (海防道店) (廣東道店)	Paramita Vegetarian Restaurant (Haiphong Road Shop) (Canton Road Shop)	2736 3939 2317 6908
法	美心MX (友誠商業大廈店) (太興廣場店) (金巴利道店) (港鐵旺角東站店) (新文華中心店)	Maxim's MX (Yau Shing Commercial Centre Shop) (Tern Plaza Shop) (Kimberley Road Shop) (Mong Kok East Station Shop) (New Mandarin Plaza Shop)	2390 7530 3523 0350 2311 5006 2397 6303 2311 8589
西	風月堂 (亞皆老街店) (奧海城店)	Orchard Garden Café & Restaurant (Argyle Street Shop) (Olympian City Shop)	2699 3002 2393 3959
西	皇家太平洋酒店 - 柏景餐廳	The Royal Pacific Hotel & Towers - Cafe on the Park	2738 2322
西	查理布朗咖啡室專 門店	Charlie Brown Café	2366 6325
西	風情畫意大利餐廳	Zeffirino Ristorante	2313 8612
西	紅蔥頭 (始創中心店) (朗豪坊店) (通菜街店)	Cafe Med (Pioneer Centre Shop) (Langham Place Shop) (Tung Choi Street Shop)	2626 0596 3514 9322 3514 9223
中	泉聚居海鮮酒家	Chuen Chui Kui Restaurant	2369 2870
中	迎禧大酒樓 (雅蘭中心店) (彌敦道店)	Cheers Restaurant (Grand Tower Shop) (Nathan Road Shop)	2308 1668 2770 3323
法	茶禪	Cafe Zen	9606 2086
法	原味家作	Original Taste Workshop	3404 6278
法	海皇粥店 (旺角道店) (彌敦道店)	Ocean Empire (MongKok Road Shop) (Nathan Road Shop)	2396 0126 2385 6732
中	荔軒中餐廳	Lychee Garden Chinese Restaurant	2397 9609

油尖旺區 YAU TSIM MONG DISTRICT

中	御苑皇宴	The Banqueting House	3962 1188
中	彩福皇宴 (始創中心店) (莊士倫敦廣場店) (彌敦道店)	Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuang's London Plaza Shop) (Nathan Road Shop)	2766 0886 2142 8898 2332 2698
西	甜蜜蜜新生咖啡店	Teresa New Life Coffee Shop	2723 6634
法	普光齋	Light Vegetarian Restaurant	2384 2833
西	雅廊咖啡室	Cafe Allegro	2313 8718
西	雅敘閣西餐廳	Cafe Concourse	2397 9612
亞	超壽司	Super Sushi	2398 2006
中	富臨酒家 (協成行店) (創興廣場店)	Foo Lum Restaurant (HSH Mongkok Plaza Shop) (Chong Hing Square Shop)	2396 2980 2770 3386
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2148 2188
中	富臨漁港臨門 (百誠大廈店) (安達中心店)	Pleasant Palace (Pak Shing Building Shop) (Auto Plaza Shop)	2770 6883 2723 8132
亞	鐵板超純和風日本 料理	Teppan Chiu Japanese Restaurant	2787 5135
茶	新松園茶餐廳	New Chung Yuen Restaurant	2782 6334
中	新星海鮮酒家 (赫德道店) (廣華街店)	New Star Seafood Restaurant (Hart Avenue Shop) (Kwong Wa Street Shop)	2366 1428 2780 2226
中	福苑海鮮酒家	Fuk Yuen Seafood Restaurant	3422 8222
法	新森林焗之專門店 (庇利金街店) (通菜街店)	New Forest Restaurant (Pilkem Street Shop) (Tung Choi Street Shop)	2575 5237 2332 5233
茶	翠華餐廳 (白加士街店) (北海街店) (加拿芬道店)	Tsui Wah Restaurant (Parkes Street Shop) (Pak Hoi Street Shop) (Carnarvon Road Shop)	2384 8388 2780 8328 2366 8250
亞	靚煲皇	Supreme Hot Pot	2399 0812
亞	潮樓 (北京道店) (彌敦道店)	Chao Inn (Peking Road Shop) (Nathan Road Shop)	2369 8819 2780 8193
亞	潮館	Chao Inn	2628 3728
中	稻香 (加拿芬廣場店) (新九龍廣場店)	Tao Heung (Carnarvon Plaza Shop) (New Kowloon Plaza Shop)	2367 1328 3529 1282
中	稻香超級漁港 (雅蘭中心店) (新港中心店) (彌敦道店)	Tao Heung Super 88 (Grand Tower Shop) (Silvercord Shop) (Nathan Road Shop)	2390 0882 2375 9128 2771 3922
中	聯邦大酒樓	Federal Restaurant	2626 0033
中	聯邦金閣酒家	Golden Federal Restaurant	2628 0823
中	聯邦皇宮大酒樓	Federal Palace Restaurant	2626 0022
西	Bistro Délifrance	Bistro Délifrance	2388 4072
西	Marco's	Marco's	2375 2352
西	Mezzo Grill	Mezzo Grill	2313 8788
西	MUNCH	MUNCH	2952 9991

九龍城區 KOWLOON CITY DISTRICT

中	又一居會所餐廳 (只供會員)	Club Oasis Restaurant (Members only)	2788 3881
法	大家樂 (又一城店) (九龍城廣場店) (北帝街店) (昌景閣店) (黃埔花園百合苑店)	Café de Coral (Festival Walk Shop) (Kowloon City Plaza Shop) (Pak Tai Street Shop) (Chong Chien Court Shop) (Commercial Podium Whampoa Garden Shop)	2265 8225 2383 5322 2713 8150 2774 4823 2994 5253
	(黃埔花園第一期商場店) (寶怡大廈店)	(Site 1 Whampoa Garden Shop) (Bowie Mansion Shop)	2363 7435 2764 7131
西	五洲餐廳	Five Continents Restaurant	2132 3388
法	生果報社	Fruit Magazine	2713 8319
中	江南美廚	Kong Nam Kitchen	2798 8921
法	美心MX (黃埔花園店) (馬頭涌道店)	Maxim's MX (Whampoa Garden Shop) (Ma Tau Chung Road Shop)	2333 7136 2712 2917
法	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
中	香港城市大學 (城軒海鮮酒家) (城峰閣西餐廳)	City University of Hong Kong (City Chinese Restaurant) (City Top Restaurant)	2788 8163 2788 8139
中	香港理工大學聚賢樓中菜廳	The Hong Kong Polytechnic University Four Seas Restaurant	2766 4778
法	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
法	浸信會醫院餐廳	Hong Kong Baptist Hospital Canteen	2337 6976
法	海皇粥店 (馬頭圍道店) (黃埔花園店)	Ocean Empire (Ma Tau Wai Road Shop) (Whampoa Garden Shop)	2330 3200 2330 2389
中	彩福皇宴	Choi Fook Royal Banquet	2811 1983
中	富臨漁港 (明安街店) (馬頭角道店)	Foo Lum Fishman's Wharf Restaurant (Ming On Street Shop) (Ma Tau Kok Road Shop)	2363 2883 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	豪苑海鮮酒家	Regal Seafood Restaurant	2132 3456
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2330 2866
法	醫管局大樓職員餐廳 (只供職員)	Hospital Authority Building Staff Canteen (Staff only)	2194 6801
中	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) (黃埔花園店)	Bistro Délifrance (Festival Walk Shop) (Whampoa Garden Shop)	2265 7072 2330 3933

中	中菜 Chinese
西	西餐 Western
法	快餐店 Fast Food Restaurant
亞	亞洲菜 Asian
茶	茶餐廳 Chinese Style Tea Restaurant
其	其他 Others

黃大仙區 WONG TAI SIN DISTRICT

法	大家樂 (黃大仙中心店) (華興工業大廈店) (慈雲山中心店) (鳳德商場店) (龍翔中心店)	Café de Coral (Wong Tai Sin shopping Centre Shop) (Wah Hing Industrial Mansions Shop) (Tsz Wan Shan Shopping Centre Shop) (Fung Tak Shopping Centre Shop) (Lung Cheung Mall Shop)	2352 2032 2352 2117 2194 7376 2327 8486 2320 7441
茶	金飯碗餐廳	Gold Rice Bowl Restaurant	2329 7112
法	美心MX (竹園中心店) (黃大仙中心店)	Maxim's MX (Chuk Yuen Shopping Centre Shop) (Wong Tai Sin Shopping Centre Shop)	2327 8551 2321 9331
法	海皇粥店	Ocean Empire	2339 3365
中	御苑酒家	The China House	3162 3788
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2320 8088
中	富臨漁港蕙臨門	Pleasant Palace	2320 9080
中	肇順名匯河鮮專門店	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

深水埗區 SHAM SHUI PO DISTRICT

法	大家樂 (元州街店) (百老匯街店) (李鄭屋邨商場店) (長沙灣道店) (萬事達廣場店) (德利工業大廈中心店)	Café de Coral (Un Chau Shop) (Broadway Shop) (Lei Cheng Uk Shopping Centre Shop) (Cheung Sha Wan Road Shop) (Mount Sterling Mall Shop) (Elite Industrial Centre Shop)	2725 6403 2785 4103 2958 1671 2728 3007 2785 5821 2741 2705
中	北京拉麵店	Peking Noodles	2361 9069
中	江南美廚	Kong Nam Kitchen	3575 9222
法	美心MX	Maxim's MX	2742 4679
法	海皇粥店	Ocean Empire	2307 6184
中	富臨漁港	Foo Lum Fishman's Wharf Restaurant	2368 3738
中	富臨漁港蕙臨門 (長沙灣廣場店) (富華廣場店)	Pleasant Palace (Cheung Sha Wan Plaza Shop) (Florence Plaza Shop)	2310 8880 2370 3262
茶	新生餐廳	New Life Restaurant	2777 4726
中	新星海鮮酒家	New Star Seafood Restaurant	2991 4903

北區 NORTH DISTRICT

法	大家樂 (名都商場店) (雍盛商場店) (新都廣場店) (新豐路店)	Café de Coral (Fanling Town Centre Shop) (Yung Shing Shopping Centre Shop) (Metropolis Plaza Shop) (San Fung Avenue Shop)	2144 4657 2278 2575 2649 3498 2673 5005
中	多福居酒家	Tremendous Luck Restaurant	3690 2738
中	金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
茶	金裝嫩奶佬	Daniel 's Restaurant	2639 0886
亞	客家好棧	Hakka Hut	2639 5088
中	叙福大酒樓	Lucky House Restaurant	3156 1283
法	原味家作	Original Taste Workshop	3404 6198
法	海皇粥店	Ocean Empire	2682 3798
中	稻香	Tao Heung	2682 5889
法	潮興明記食品屋	Chiu Hing Ming Kee Food House	-
茶	圍府統請(禾穗子)餐廳	Hop Fu Tong Ching	2256 1335
西	Bistro Délifrance	Bistro Délifrance	2672 5256

元朗區

YUEN LONG DISTRICT

快	大家樂 (天澤商場店) (香港濕地公園店) (頌富商場店)	Café de Coral (Tin Chak Shopping Centre Shop) (Hong Kong Wetland Park Shop) (Chung Fu Shopping Centre Shop)	2486 3039 2617 2652 2253 0441
中	太興新世代	Tai Hing New Century	2443 4410
茶	叻哥茶餐廳	Daniel's Restaurant	2446 2345
茶	金裝嫩奶佬 (千色廣場店) (俊宏軒商場L08號 舖店) (俊宏軒商場L11號 舖店) (新北江商場店)	Daniel's Restaurant (Citimall Shop) (L08, G/F, Grandeur Terrace Shop) (L11, G/F, Grandeur Terrace Shop) (Kingswood Richly Plaza Shop)	2477 0708 3401 1266 3401 1255 2445 6321
快	美心MX (天晴商場店) (天盛商場店) (天耀商場店) (元朗廣場店)	Maxim's MX (Tin Ching Commercial Centre Shop) (Tin Shing Shopping Centre Shop) (Tin Yiu Shopping Centre Shop) (Yuen Long Plaza Shop)	2351 5772 2254 2736 2445 2527 2476 6300
快	原味家作	Original Taste Workshop	2476 1773
快	海皇粥店	Ocean Empire	2477 8050
快	博愛醫院餐廳 (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
亞	潮樓	Chao Inn	2478 0628
中	稻香	Tao Heung	2475 9251
中	囍慶大酒樓	Happiness Restaurant	2827 6668
中	YoHo會所 (只供會員)	YoHo Club (Members only)	2470 1550

西貢區

SAI KUNG DISTRICT

快	大家樂 (尚德商場店) (東港城店) (彩明商場店) (新都城店) (翠林邨商場店)	Café de Coral (Sheung Tak Shopping Centre Shop) (East Point City Shop) (Choi Ming Shopping Centre Shop) (Metro City Plaza Shop) (Tsui Lam Shopping Centre Shop)	2178 4070 2628 4535 3409 5070 3194 3539 2702 0118
亞	上樓	Shanghai Inn	2623 2811
中	太興燒味餐廳	Tai Hing Roast Restaurant	2628 6072
中	北京拉麵店	Peking Noodles	2266 6157
快	美心MX (君薈坊店) (東港城店) (新都城店)	Maxim's MX (The Edge Shop) (East Point City Shop) (Metro City Shop)	2752 1061 2628 5010 3194 4210
亞	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JP one	Ocean Empire JP One	2628 5225
快	海皇粥店 (將軍澳中心店) (新都城中心店)	Ocean Empire (Park Central Shop) (Metro City Shop)	3417 4059 3194 4893
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
茶	翠華餐廳	Tsui Wah Restaurant	-
中	稻香	Tao Heung	3157 1198
亞	潮館	Chao Inn	2191 0788
中	稻香超級漁港	Tao Heung Super 88	2701 3800

沙田區

SHATIN DISTRICT

快	大家樂 (好運中心店) (金禧花園商場店) (威力工業中心店) (恒安邨店) (美林商場店) (秦石商場店) (第一城中心店) (頌安邨商場店) (新城市廣場店) (新港城中心店) (錦英苑店) (耀安商場店) (瀝源商場店) (顯徑商場店)	Café de Coral (Lucky Plaza Shop) (Grandeur Garden Shop) (Valiant Industrial Centre Shop) (Hang On Estate Shop) (Mei Lam Shopping Centre Shop) (Chun Shek Shopping Centre Shop) (City One Plaza Shop) (Chung On Shopping Centre Shop) (New Town Plaza Shop) (Sunshine City Plaza Shop) (Kam Ying Shopping Centre Shop) (Yiu On Shopping Centre Shop) (Lek Yuen Shopping Centre Shop) (Hin Keng Shopping Centre Shop)	2697 4114 2605 8112 2145 4619 2642 0488 2605 0772 2604 0770 2145 8871 2683 5653 2692 7563 2631 6055 2640 4376 2642 4204 2607 0276 2687 3704
茶	王廚咖啡	Wong's Kitchen and Café	2601 3218
中	太興燒味餐廳	Tai Hing Roast Restaurant	2693 2782
茶	叻哥茶餐廳	Daniel's Restaurant	2648 6778
中	江南美廚	Kong Nam Kitchen	3580 1608
西	老爹茶居	Daddy's Kitchen	2640 3878
快	沙田醫院職員餐廳 (只供職員)	Shatin Hospital Staff Canteen (Staff only)	2686 8223
中	君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
中	金都海鮮酒家	Golden City Seafood Restaurant	2633 8899
中	金福酒家	Golden Fortune Restaurant	2698 8288
茶	金裝嫩奶佬 (第一城分店) (積福街分店)	Daniel's Restaurant (City One Plaza Shop) (Chik Fuk Street Shop)	2648 6111 2608 1331
快	美心MX (禾輦商場分店) (利安邨商場店) (新城市廣場店) (新港城中心店)	Maxim's MX (Wo Che Commercial Complex Shop) (Lee On Shopping Centre Shop) (New Town Plaza Shop) (Sunshine City Plaza Shop)	2694 7608 2640 8926 2693 0906 2144 9610
快	香港專業教育學院 (沙田分校)學生餐廳 (只供學生)	Hong Kong Institute of Vocational Education (Shatin) Student Canteen (Student Only)	2601 1663
快	威爾斯親王醫院飯 堂 (只供職員)	Prince of Wales Hospital Canteen (Staff only)	2646 1132
中	峰山美食	Fung Shan Canteen	2947 7589
快	海皇JP one	Ocean Empire JP One	2607 1693
快	海皇粥店 (好運中心店) (頌安廣場店)	Ocean Empire (Lucky Plaza Shop) (Chung On Shopping Centre Shop)	2692 4150 2633 5715
中	嘉豪酒樓	Ka Ho Restaurant	2602 3228
中	稻香超級漁港	Tao Heung Super 88	2681 3828
中	囍慶酒樓	Happiness Cuisine	282 78803

大埔區

TAI PO DISTRICT

快	大家樂 (大埔中心店) (太和商場店) (富亨商場店) (新達廣場店) (廣福商場店)	Café de Coral (Tai Po Centre Shop) (Tai Wo Shopping Centre Shop) (Fu Hang Shopping Centre Shop) (Upton Plaza Shop) (Kwong Fuk Commercial Centre Shop)	2665 2731 2653 8336 2660 6295 2657 6908 2650 6823
中	迎囍大酒樓	Cheers Restaurant	2144 0889
快	美心MX	Maxim's MX	2638 8239
快	香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
快	彩福海鮮酒家	Choi Fook Seafood Restaurant	2766 3788
中	稻香	Tao Heung	2666 9923

荃灣區

TSUEN WAN DISTRICT

快	大家樂 (昌耀大廈店) (南豐中心店) (海濱花園店) (荃新天地店) (荃灣中心店) (荃灣廣場店) (麗城廣場店)	Café de Coral (Cheong Yiu Mansion Shop) (Nam Fung Centre Shop) (Riviera Garden Shop) (Citywalk Shop) (Tsuen Wan Centre Shop) (Tsuen Wan Plaza Shop) (Belvedere Square Shop)	2499 8518 2413 6314 2408 9941 2941 0172 2411 0128 2499 3515 2417 3959
中	北京拉麵店	Peking Noodles	2944 8282
茶	合發(翠華)餐廳	Hop Fat (Tsui Wah) Restaurant	2490 0723
亞	客家好棧	Hakka Hut	2406 9338
茶	金裝嫩奶佬 (大壩街63號店) (大壩街65號店)	Daniel's Restaurant (63 Tai Pa Street Shop) (65 Tai Pa Street Shop)	2414 7639 2498 5622
快	美心MX (東亞商場店) (荃錦中心店) (愉景新城商場店) (綠楊坊店) (樂悠居店)	Maxim's MX (East Asia Commercial Centre Shop) (Tsuen Kam Centre Shop) (Discovery Park Shop) (Luk Yeung Galleria Shop) (Indihome Shop)	2499 9595 2498 9401 2940 5821 2498 0283 2439 1070
中	迎囍大酒樓	Cheers Restaurant	2405 3928
快	海皇JP one	Ocean Empire	2439 1675
快	海皇粥店	Ocean Empire	2740 4232
西	荃灣港安醫院職員 餐廳(只供職員)	Tsuen Wan Adventist Hospital Staff Canteen (Staff only)	2276 7338
中	富臨漁港臨門	Pleasant Palace	2409 0883
中	新星海鮮酒家	New Star Seafood Restaurant	2402 8866
茶	翠華餐廳	Tsui Wah Restaurant	2419 7738
中	稻香	Tao Heung	2940 6233
中	稻香超級漁港	Tao Heung Super 88	2499 0032
茶	爵悅庭住客會所(只 供會員)	Club Chelsea (Staff only)	2480 6022
中	聯邦大酒樓	Federal Restaurant	2626 0883

葵青區

KWAI TSING DISTRICT

快	大家樂 (青衣城店) (梨木樹商場店) (葵涌商場店) (葵涌廣場店) (藍澄灣商場店)	Café de Coral (Martime Square Shop) (Lei Muk Shue Shopping Centre Shop) (Kwai Chung Shopping Centre Shop) (Kwai Chung Plaza Shop) (Rambler Plaza Shop)	2436 1025 2401 3192 2279 4102 2410 0313 2495 0379
亞	生活知味	The Taste of Living	2435 6966
快	美心MX (石蔭商場店) (石籬商場店) (長發商場店) (新葵興商場店) (賢麗苑商場店)	Maxim's MX (Shek Yam Shopping Centre Shop) (Shek Lei Shopping Centre Shop) (Cheung Fat Shopping Centre Shop) (Sun Kwai Hing Shopping Mall Shop) (Yin Lai Court Shopping Centre Shop)	2276 0119 2425 0230 2433 3665 2428 0636 2743 8651
西	風月堂	Orchard Garden Café & Restaurant	2421 4817
快	原味家作	Original Taste Workshop	2420 9869
茶	新生餐廳	New Life Restaurant	2435 1077
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
快	葵涌醫院職員餐廳 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff only)	2959 0474
中	漢福海鮮酒家	Hon Fook Seafood Restaurant	2827 8338
快	瑪嘉烈醫院職員飯 堂(只供職員)	Princess Margaret Hospital Staff Canteen (Staff only)	2741 1185
茶	廣發餐廳	Kong Fat Restaurant	2612 1842
中	稻香 (青衣城店) (寶星廣場店)	Tao Heung (Maritime Square Shop) (Po Sing Plaza Shop)	2433 1103 2487 2999
亞	潮樓	Chao Inn	2189 7638
中	潮館	Chao Inn	3521 0018
中	聯邦皇宮	Federal Palace	2626 0618
西	Bistro Delifrance	Bistro Delifrance	2429 8936

屯門區

TUEN MUN DISTRICT

中	二宜樓客家菜	Eryi Tower Southern China Provinces	2613 1386
茶	大姆指茶餐廳	Big Top Restaurant	2440 4321
快	大家樂 (山景邨商場店) (屯門市廣場店) (安定商場店) (啟民徑店) (新屯門中心店) (蝴蝶商場店) (錦薈坊店)	Café de Coral (Shan King Shop) (Tuen Mun Town Plaza Shop) (On Ting Shop) (Kai Man Path Shop) (Sun Tuen Mun Centre Shop) (Butterfly Shopping Centre Shop) (Kam Wah Garden Shop)	2456 0068 2451 2431 2441 9702 2441 7035 2454 7520 2455 7980 2458 4860
快	生果報社	Fruit Magazine	2458 5291
快	青山醫院餐廳(只供 職員)	Castle Peak Hospital Canteen (Staff only)	2456 7090
亞	客家好棧	Hakka Hut	2618 7008
茶	金裝嫩奶佬 (屯門時代廣場店) (華都花園商場店)	Daniel's Restaurant (Tuen Mun Trend Plaza Shop) (Tuen Mun Waldorf Garden Shop)	2451 4408 2441 5863
快	美心MX (屯門市廣場店) (卓爾廣場店) (華都花園商場店)	Maxim's MX (Tuen Mun Plaza Shop) (Chelsea Heights Shop) (Waldorf Garden Shopping Arcade Shop)	2618 2952 2465 5769 2618 7458
快	海皇粥店	Ocean Empire	2450 5938
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
西	愛琴會悠閒閣(只供 會員)	La Fantasie Leisure Lounge (Members only)	2949 5333
中	肇順名匯河鮮專門店	Siu Shun Village Cuisine	2462 8898
茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
亞	潮館	Chao Inn	2404 0892
中	稻香超級漁港	Tao Heung Super 88	2449 2822
西	樂融融餐廳	Cafe Fusion	3511 0748
中	聯邦大酒樓	Federal Restaurant	2626 0088
西	Bistro Delifrance	Bistro Delifrance	2452 4307

離島區

ISLANDS DISTRICT

亞	空港居酒屋	Airport Izakaya	-
中	東薈軒海鮮酒家	Easterngate Seafood Restaurant	2955 5188
中	紅軒中菜廳	Rouge	2286 6868
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
快	原味家作	Original Taste Workshop	2109 0291
中	索迪斯(香港)有限公 司-香港電燈有限公 司-南丫發電廠職員 餐廳(只供職員)	Sodexo (HK) Ltd-Staff Cafeteria of Lamma Power Station, The Hongkong Electric Co. Ltd (Staff only)	2388 8682
西	浪濤軒	Concerto Inn	2982 1668
西	藝廊咖啡室	Cafe Aficionada	2286 6868
亞	潮樓	Chao Inn	3197 9098
中	龍門客棧	Dragon Inn	2286 6878
中	聯邦皇宮	Federal Palace	2626 0181

中	中菜 Chinese
西	西餐 Western
快	快餐店 Fast Food Restaurant
亞	亞洲菜 Asian
茶	茶餐廳 Chinese Style Tea Restaurant
其	其他 Others