

## Traditional Tonic Soup For Nourishing

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*The Chinese have used traditional tonic soups for hundreds of years. The preparation and herbal ingredients of this soup ensure delicious flavours that can prevent and treat ailments as well as increase longevity, sexual performance, and beauty of complexion and anti aging. The soup is also well known for enhancing mental clarity and intelligence.*



### Double Boiled Duck Meat Soup

- Tonic herbal soup with duck meat , red dates & wolf berries
- Enhances vitality & libido

杞棗燉鴨肉

\$ 12.00



### Double Boiled Fungus Soup

- A herbal vegetarian soup with assorted mushroom and celery.
- Improves immune system.

春笋竹笙燉湯

\$ 12.00

### Double Boiled Chicken Soup

- Shredded chicken combined with wolfberries and bamboo shoot.
- Helps strengthen immune system

栗棗燉雞肉

\$ 12.00

### Won Ton Soup

- Home-made dumpling & vegetable in clear soup.
- A very comforting dish.

菜膽雲吞湯

\$ 7.00



### Hot & Sour Seafood Soup

- Shredded bean Curd & fungus cooked with Chinese vinegar & chilli. Stimulates digestion

宮廷酸辣湯

\$ 9.00

### Seafood Bean Curd Soup

- Thick soup with seafood, mashed spinach, bean curd and egg white
- Highly nourishing dish

海鮮菠菜羹

\$ 10.00

## Shanghai's Cold Entrée

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	<b>Mustard Cress Salad</b> - Finely chopped special Chinese vegetable & dry bean curd salad with clean & refreshing aroma	蓬花菜香干	\$ 7.90
	<b>Baby Bamboo</b> - Strips of steamed baby bamboo in sweet soy sauce	油燜笋	\$ 8.90
	<b>Soya Bean</b> - Deep green soya beans and Raddish combined in a mild chili sauce.	蘿卜干毛豆	\$ 8.90
	<b>Szechuan Dry Beef</b> - Slices of very thin beef tossed with chilli, coriander and spring onion	四川燈影牛	\$ 9.90
	<b>Drunken Chicken</b> - Tender boneless chicken marinated in Chinese wine	花雕醉香雞	\$ 9.90

## Appetizer

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	<b>Spring Onion Pancake</b> - Pan fried homemade pancake with spring onions	上海蔥油餅	\$ 5.90
	<b>Duck Spring Rolls (2pcs)</b> - Filled with minced vegetables and shredded duck meat.	脆皮鴨春卷	\$ 6.90
	<b>Spicy Phoenix Prawns (4pcs)</b> - Deep fried fresh prawns in light batter tossed with salt & pepper	椒鹽鳳尾蝦	\$ 8.90
	<b>Spices Lamb Fillet</b> - Good taste with strong bouquet served in lettuce leaf	新疆炒烤羊	\$ 8.90
	<b>Grilled Eggplant</b> - Half Eggplant topped with spicy sauce in country style	魚香茄子船	\$ 8.90
	<b>Five Spices Quail</b> - Juicy tender Quail prepared in a reduction of shallots, soy and chinese spices	七味烤鸕鶿	\$ 11.90
	<b>Shanghai Pork Belly</b> - Braised Pork belly in a thick, sweet soy sauce. Traditional Shanghai dish.	上海醬汁肉	\$ 13.90
	<b>San Choi Bao (1pc)</b> - Wok tossed finely chopped vegetables with minced meat served in lettuce cup	肉鬆生菜包	
	your choice of	<b>Chicken</b>	\$ 5.90
		<b>Seafood</b>	\$ 8.90
		<b>Lobster</b>	\$ 12.90

## Fresh Homemade Dim Sim

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 <b>Steamed Shanghai Pork Dumpling (3pcs)</b>	上海小籠包	\$ 6.90
 <b>Pan Fried Beef Dumpling (3pcs)</b>	生煎牛肉貼	\$ 6.90
 <b>Chilli Pork Dumpling (3pcs)</b>	紅油拌水餃	\$ 6.90
 <b>Steamed Prawn Dumpling (3pcs)</b>	翡翠鮮蝦餃	\$ 6.90
<b>Chives &amp; Seafood Dumpling (3pcs)</b>	鮮蝦韭菜餃	\$ 6.90
<b>Steamed Scallop Dumpling (3pcs)</b>	鮮蝦帶子餃	\$ 9.90
 <b>Fried Lamb Dumpling (3pcs)</b>	京蔥羊肉餃	\$ 6.90

## Vegetarian Entrée

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<b>Grilled Eggplant</b> - Half Eggplant topped with spicy sauce in country style	魚香茄子船	\$ 8.90
 <b>Mustard Cress Salad</b> - Finely chopped special Chinese vegetable & dry bean curd salad	蓬花菜香干	\$ 7.90
<b>Salt &amp; Spicy Bean Curd</b> - Deep fried bean curd stick in light batter with salt & pepper	椒鹽脆豆腐	\$ 8.90
<b>Steamed Vegetarian Dumpling (3pcs)</b>	羅漢齋素餃	\$ 6.90
<b>Vegetarian San Choi Bao (1pc)</b>	素齋生菜包	\$ 5.90
 <b>Spring Onion Pancake</b>	上海蔥油餅	\$ 5.90
<b>Bean Curd Spinach Soup</b>	香滑豆腐羹	\$ 7.00
 <b>Shanghai Hot &amp; Sour Soup</b>	宮廷酸辣湯	\$ 7.00
 <b>Double Boiled Fungus Soup</b>	春筍竹筴湯	\$ 12.00

## Seafood

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### **Prawn** *Traditionally used for anti-aging, nourishes kidney & liver, stimulate libido*

 <b>Crystal 'Long Jing' Prawns</b> - Sauteed prawns with 'Long Jing' green tea leaves & wolfberries	水晶龍井蝦	\$	28.90
 <b>Garlic King Prawns</b> - Stir fried king prawns with garlic, snow peas & coriander	蒜香炒蝦球	\$	28.90
 <b>'Gong Bo' Prawns</b> - Sauteed king prawns with diced vegetables & cashew nuts in sweet chilli vinegar sauce	宮保辣蝦球	\$	28.90
<b>Soft Shell Prawns</b> - Deep fried soft shell prawns tossed with chilli, pepper & salt	椒鹽軟殼蝦	\$	28.90

### **Scallop** *Enhance digestion*

 <b>'Mock Crab' - Sai Pang Xie</b> - Wok tossed egg white with diced scallops & fresh fish served with Shanghai black vinegar	上海賽螃蟹	\$	28.90
<b>Ginger Scallop</b> - Stir fried fresh scallops with snow peas in ginger shallot	薑蔥焗帶子	\$	28.90

## Fish

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### Fish *Enhance digestion, nutrition and beautifying*



#### Fish Fillet in Rice-Wine

- Sauteed Rockling fillet with wood ear fungus in aromatic Chinese rice wine

糟溜雪魚片 \$ 24.90



#### Coriander Trout Fillet

- Stir fried trout fillet with coriander & snow peas

芫爆石斑魚 \$ 28.90

#### Steamed Fish Fillet in Country Style

- Steamed fillet of silver fish with Chinese mushroom and herbal vegetables in light soy sauce, top with ginger & shallot

雙冬蒸魚片 \$ 26.80

### Calamari *Build 'Chi' energy (yang)*



#### Salt & Spicy Calamari

- Deep fried tender calamari in light batter tossed with salt & pepper

椒鹽脆鮮魷 \$ 20.90

#### Calamari with Chinese ham

- Stir fried calamari rolls with Chinese preserved pork

獵味炒鮮魷 \$ 20.90

### Cray Fish

#### Wok sauteed lobster tail (400g) with your choice of

- Black Bean Sauce
- Salty Duck Egg York
- Ginger & Shallot

豉椒龍蝦尾 \$ 78.00  
黃金龍蝦尾  
薑蔥龍蝦尾

## Red Meat

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### **Beef** *Nourishing 'Chi' and blood, strengthen muscles*

#### **Garlic & Mustard Eye Fillet**

- Diced tenderised eye-fillet steak in a dry mustard & garlic dressing.

蒜芥牛柳球 \$ 24.90



#### **Emperors Beef**

- Pan fried tender eye-fillet steak with onion & seasonal vegetables in secret ginger soy sauce

宮廷祕制牛 \$ 24.90

#### **Szechuan Chilli Beef**

- Stir fried diced eye-fillet steak with hot chilli sauce

四川牛柳球 \$ 24.90



#### **Golden Eye Fillet Steak**

- Stir fried diced eye-fillet steak with bok choy in black bean, honey & oyster sauce

金錢牛柳球 \$ 24.90

### **Lamb** *Increase the warming energy or 'Yang'*

#### **Mongolian Lamb**

- Sizzling Sliced lamb with leek & onion in tattering hot & spicy sauce

蒙古羊柳片 \$ 22.90

#### **Lamb Ribs in Clay Pot**

- Large chunks of lamb, leek and shitake mushroom, mixed with asian herbs and slow cooked in a traditional way.

滋補羊肉煲 \$ 25.90

### **Pork** *Strengthen kidney & liver, whilst nourishing the blood and vital essence*



#### **Mandarin Pork Ribs**

- Sauteed Pork chops with aromatic vinegar & malt sugar

鎮江香醋骨 \$ 19.90



#### **Spicy Shredded Pork**

- Stir fried shredded pork and vegetable with hot & sweet gravy

魚香爆肉絲 \$ 18.90



#### **Stewed Pork Knuckle** (Advance Order - 30 mins cooking time)

- Well tender pork knuckle with three kinds of date & Bok Choy in special oyster sauce

三棗燒元蹄 \$ 32.90



#### **Shanghai Meat Balls**

- Stewed homemade meat balls in Shanghai vinegar & sweet soy sauce.  
Name called 'Lion Head' in Chinese

上海獅子頭 \$ 22.90

## Poultry

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### Chicken *Energy 'Chi' tonic*



#### 'Da Qian' Chicken

- Chicken fillet with dry chilli, garlic & spring onion in spicy dark soya

大千辣雞丁 \$ 18.90



#### Five Nuts Chicken

- Stir fried diced chicken, vegetables & nuts in sweet plum sauce

五仁爆雞丁 \$ 18.90

#### 'Nan - Yu ' Chicken Ribs

- Lightly fried chicken ribs soaked in lemongrass & ginger tossed with red bean curd sauce.

南乳炸雞扒 \$ 18.90

### Duck *Nourishing 'Ying' (cool energy), and helps to alleviate dryness of skin*



#### Peking Duck Supreme

- Carefully sliced meat & skin from the roasted duck wrapped in a home made pancake with cucumber, spring onion and special plum sauce

北京片皮鴨 6 pieces \$ 30.00  
12 pieces \$ 57.00  
extra piece \$ 5.00



#### Shredded Duck Meat

- Stir fried shredded Peking duck meat with bean sprout, shredded carrot & capsicum in sweet plum paste

醬爆火鴨絲 \$ 18.90



#### Shanghai 'Eight Treasure' Duck (serve for 4 person)

- Steamed whole duck stuffed with sticky rice, lotus seed, straw mushroom, shitake mushroom, smoked ham, Chinese sausage, red date & dried shrimps. **(Advance Order - 2 days)**

上海八寶鴨 \$ 78.90



#### Shanghai Soya Duck

- Duck legs marinated in dark sweet plum sauce, served warm

上海醬鴨 \$ 20.90

## Vegetarian Dish

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 <b>Shanghai Spinach &amp; Bamboo Shoot</b> - Lightly stir fried, high in protein, fibre & calcium	齋菜炒春筍	\$ 17.90
<b>Stir fried Chinese Vegetables in Garlic or Oyster Sauce</b> - Choice of Chinese broccoli or Bok Choy stir fried in your flavor sauce	炒時令蔬菜	\$ 15.90
 <b>Chilli Chinese Beans</b> - Stir fried four season beans with chilli & diced cabbage	乾扁四季豆	\$ 17.90
 <b>Seasonal Vegetables in Family Style</b> - Stir fried mixed vegetables with fried tofu in spicy chilli sauce	家常豆腐	\$ 17.90
<b>Tofu with Assorted Mushroom</b> - Sauteed Tofu with different kinds of mushroom in special oyster sauce	三菇扒豆腐	\$ 16.90
<b>Herbal Shanghai Bok Choy</b> - Braised Bok Choy with wolfberries & mushroom in a homemade stock		\$ 16.90

## Noodle & Rice

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 <b>Shanghai Fried Thick Noodle</b> - Stir fried thick udon noodle with pork & mushroom in dark soy sauce	上海粗炒麵	\$ 13.90
 <b>Shanghai Rice Cake</b> - Stir fried rice starch cake with Chinese spinach & pork	上海炒年糕	\$ 13.90
<b>Seafood Crispy Noodle</b> - Sauteed sea catches & vegetable layered on crispy egg noodle	海鮮兩面黃	\$ 20.90
<b>Vegetarian Crispy Noodle</b>	素菜兩面黃	\$ 14.90
 <b>Silver Thread Bread Roll</b> (steamed or fried)	蒸炸銀絲卷	\$ 4.00
<b>David's Fried Rice</b>	揚州炒飯	\$ 12.90
<b>Vegetarian Fried Rice</b>	羅漢齋炒飯	\$ 11.90
<b>Steamed Rice</b> (per person)	絲苗白飯	\$ 2.90

## Dessert

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### Soft Pumpkin Cake (3 pcs)

- Pan Fried rice pastry & mashed pumkin with golden syrup

香煎南瓜餅 \$ 6.00

### Banana Fritter

- Crispy banana served with vanilla ice cream

脆皮炸香蕉 \$ 7.90



### Almond Pudding (6 pcs)

- deep fried almond custard sprinkled with sesame sugar

杏仁茸鍋炸 \$ 7.90



### Red Bean Pancake

- deep fried pancake with red bean filling. Served with ice cream

紅豆沙鍋餅 \$ 10.90

### Chocolate chestnuts

- steamed chestnuts dusted with ginseng and coated with chocolate sauce

奶香板栗糕 \$ 8.90

### Banana won ton (3 pcs)

- banana & hawthorn fruit wrapped in crispy sweet dumpling

香蕉炸雲吞 \$ 7.90



### Golden Red Date Rice Cake (2 pcs)

- Crispy on the outside with a lovely textured sweet rice inside.

紅棗煎米糕 \$ 8.90

### David's Dessert Platter

- Selection house dessert including pumkin cake, almond pudding, banana won ton, rice cake & green tea ice cream

甜品拼盤 \$ 15.90