



# 美麗小廚 LAI's Kitchen

香港灣仔譚臣道105-111號豪富商業大廈 一樓  
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## 午市精選

Lunch Special (12:00-16:00) 送無味精老火湯 Served with no-MSG home style soup

### 【邪惡碟頭飯 | Rice Plates】

- 酥脆牛鬆麻婆豆腐 飯/手工麵 

Crispy Beef & Mapo Tofu Rice/ Handmade Noodles 68/ 78
- 十字飯：煎蛋豉椒免治牛飯炒底

Fried Ranou Egg with Minced Beef in Black Bean Chili Sauce on Fried Rice 88
- 柱侯新鮮牛筋腩飯

Chu Hou Braised Beef Tendon & Beef Brisket Rice 98
- 25年陳皮紅酒燴牛舌飯
 

Braised Ox Tongue with Red Wine & 25yr Dried Tangerine Peel, Served with Rice 108
- 黃金薑蓉大扇雞飯 (轉雞牌+30)

Golden Ginger Capon Rice (+30 for thigh) 128
- 粟米石斑塊飯
 

Sweet Corn & Grouper Fillet Rice 138

### 【健康蒸飯 | Healthy Steamed Rice】

飯是配角，油係靈魂 | "Rice plays supporting role, oil is the soul"

- 新鮮黃耳野菇素蒸飯

Yellow Fungus & Mushroom Vegetarian over Rice 68
- 梅菜肉餅蒸飯

Pork Patty with Preserved Vegetables over Rice 68
- 玫瑰五五臘腸北菇蒸滑雞 (起骨) 飯

Rose Wine 55 Sausage, Black Mushrooms & Chicken (Boneless) over Rice 88
- 蘭王窩蛋本地 (匙仁) 蒸飯

Ranou Egg with Sliced Local Beef (Chuck Flap) over Rice 98
- 紫蘇豉蒜鹹水白鱸蒸飯

Perilla, Black Bean, Garlic with Sea Eel Rice 108
- 蒸飯加配 | Add-ons for Steamed Rice

  - 鵝肝潤腸 | Foie Gras Sausage +25
  - 玫瑰五五臘腸 | Rose Wine 55 Sausage +25
  - 諾鄧鹽油鴨腿 | Nuodeng Salted Duck Leg +50
  - 諾鄧鹽封肉 | Nuodeng Ham +50
- 加配 | Add-ons

  - 蘭王窩蛋 | Ranou Egg +15
  - 鮮蟲草花杞子雞湯浸時蔬
  - Seasonal Vegetables Poached in Cordyceps Flower & Goji Berry Chicken Soup +20

### 【經典粉麵 | Classic Noodles】

- 鮮茄濃湯嫩雞米線

Fresh Tomato Broth with Tender Chicken and Rice Noodles 68
- 豉油皇肉絲炒蝦子麵

Stir-Fried Shrimp Roe Noodles with Shredded Pork in Soy Sauce 98
- 自家製金湯酸菜本地 (匙仁) 米線 

House-Special Golden Hot & Sour Veg. Soup w/ Local Beef (Chuck Flap) Rice Noodles 98
- 雪菜肉絲煎兩面黃

Pan-fried Crispy Noodles with Pickled Mustard Greens and Shredded Pork 98
- 冬瓜粒鴨腿湯飯

Diced Winter Melon and Duck Leg Soup with Rice 108
- 椰香芋艿牛腩手工麵

Handmade Noodles in Coconut Baby Taro Soup with Fresh Beef Brisket 108
- 經典乾炒本地 (匙仁) 牛河
 

Classic Local Beef (Chuck Flap) Chow Fun 148
- ### 【炒飯 | Fried Rice】
- 宜賓芽菜黃金炒飯 (宜賓芽菜碎、西班牙豬肉鬆、蘭王蛋、重胡椒粉)

Yibin Preserved Mustard, Minced Iberico Pork, & Ranou Egg, with Strong Pepper Powder Fried Rice 98
- 五福臨門炒飯 (斗門蝦子、海蝦乾、大澳蝦醬、自練蝦頭油、海蝦仁)

Shrimp Roe, Dried Shrimps, Shrimp Paste, Homemade Shrimp Oil, & Shrimps with Fried Rice 168

### 【巴基斯坦咖哩飯系列 | Pakistani Curry with Rice Series】

- 李廷輝師傅獨門配方 | Chef Macco Lee's secret recipe

自選一項：寧夏羊肉/ 石斑塊/ 新鮮牛筋腩/ 本地 (匙仁) 牛肉

Choose one: Ningxia Lamb/ Grouper Fillet/ Beef Tendon & Brisket/ Local Beef (Chuck Flap) 98
- 咖哩加配 | Add-ons for Curry

  - 蕃茄 +10 | Tomato +10
  - 紫洋蔥 +10 | Onion +10
  - 改手工麵 +10 | Upgrade to Handmade Noodle +10

## 【飲料 | Drinks】

### 自家製養生飲料 (凍/ 熱)

Aged Tangerine & Luo Han Guo Drink (Cold/ Hot) 40

### 啤酒 | Beers

朝日啤酒  
Asahi Beer 1罐 can 40/ 6罐 cans 200

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Asahi 0.00 1罐 can 40/ 6罐 cans 200

三得利啤酒  
Suntory Beer 1罐 can 40/ 6罐 cans 200

西班牙金星啤酒  
Estrella Damm Inedit 1支 bottle 100

青島原漿啤酒  
Tsingtao Draft 1支 bottle 150

### 汽水 | Soft Drinks

可樂 / 零度可樂 / 雪碧 / 忌廉 / 梳打水  
Coke / Diet Coke / Sprite / Cream Soda / Soda Water 20

### 礦泉水 | Mineral Water

依雲礦泉水 (500毫升)  
Evian Mineral Water (500ml) 40

聖培露有汽水 (500毫升)  
S.Pellegrino Sparkling Mineral Water (500ml) 40

自來酒水 (750毫升以下) 每支收費100 | Corkage HK\$100 per bottle (under 750ml)

## 【特調飲品/ 鮮果汁冰 (無添加糖)

## Specialty Drinks/ Iced Fresh Juice (No added Sugar)】

青檸白玉甘蔗汁  
Lime Sugarcane Juice 40

青檸白玉甘蔗杜松子酒  
Lime Sugarcane Gin 80

青檸白玉甘蔗沙冰  
Lime Sugarcane Slush 45

青檸白玉甘蔗杜松子酒沙冰  
Lime Sugarcane Gin Slush 85

四季柑桔檸檬汁 (超酸)  
Kumquat Lemon Juice (super sour) 40

四季柑桔檸檬杜松子酒 (超酸)  
Kumquat Lemon Gin (super sour) 80

四季柑桔檸檬沙冰 (超酸)  
Kumquat Lemon Slush (super sour) 45

四季柑桔檸檬杜松子酒沙冰 (超酸)  
Kumquat Lemon Gin Slush (super sour) 85

檸檬菠蘿汁  
Lemon Pineapple Juice 40

檸檬菠蘿酒  
Lemon Pineapple Rum 80

檸檬菠蘿沙冰  
Lemon Pineapple Slush 45

檸檬菠蘿酒沙冰  
Lemon Pineapple Rum Slush 85

青檸粉紅石榴汁  
Lime Guava Juice 40

青檸粉紅石榴酒  
Lime Guava Rum 80

青檸粉紅石榴沙冰  
Lime Guava Slush 45

青檸粉紅石榴酒沙冰  
Lime Guava Rum Slush 85

檸檬茶沙冰 (正常/ 走甜)  
Lemon Tea Slush (Regular/ No Sugar) 40

檸檬茶杜松子酒沙冰 (正常/ 走甜)  
Lemon Tea Gin Slush (Regular/ No Sugar) 85

青檸愛文芒果沙冰  
Irwin Mango Lime Slush 65

青檸愛文芒果燒酎沙冰  
Irwin Mango Lime Shochu Slush 105