



菜根香

素食館

*Green Gourmet Restaurant*

*Enjoy Our  
Creative & Healthy  
Vegetarian Meals!*

No alcohol is to be consumed on the premises.  
Wide range of healthy & organic beverages available.

[www.greengourmet.com.au](http://www.greengourmet.com.au)

Newtown Restaurant: 115-117 King Street Phone: (02) 9519 5330  
Vegan's Choice Café & Grocery: 113 King Street, Newtown Phone : (02) 9519 7646

*All our drinking & cooking water is Grander energized water.*

\* = Wheat Free Dish      ° = Low Gluten Wheat Starch

## ENTRÉE & YUM CHA DISHES

### MIXED SELECTION & SALADS

**1. Assorted Entrée \$4.60 什炸拼盆**

(1 piece each) Deep fried Dim Sim, Pumpkin Cake & Spring Roll.

**2. Steamed Dumpling Selection \$9.60 三式蒸拼(餃子、鮮菠菜餃、潮州粉果)**

(2 pieces each) Gow Ghee, New-Moon Spinach & Chau Zhou Dumplings.

**3. Deluxe Gourmet Entrée \$26.40 for 4 people @\$6.60/head**

牛蒡沙律拼盤 (麥芽叉燒, 串燒沙爹, 酥炸生蠔, 鮮菠菜餃, 涼拌牛蒡絲)

Spoil yourself with this mouth-watering mini-banquet starter – BBQ Roasted 'Pork', Satay skewer, Oyster fritter, New moon Spinach Dumpling & Burdock Salad.

**4. \*Raw Organic Burdock Salad \$5.60 鮮有機牛蒡沙律**

Japanese style shredded burdock roots, snowpea, lettuce & carrot, seasoned with sesame seeds & vinegar. According to the Yellow Emperor (Father of Chinese Traditional Medicine) burdock is very effective in cleansing the digestive system.

### WRAPS & ROLLS

**5. Crispy Beijing Duck Wrap (5 pieces) \$15.20 北京鴨**

A refreshing Northern Chinese entrée containing crispy mock duck, refreshing pickled cucumber & carrot with Hoi Sin Sauce. Served with hand-made traditional Beijing pancakes.

**6. Shredded Beijing Duck Wrap (5 pieces) \$15.20 三絲薄餅**

A refreshing Northern Chinese entrée containing shredded mock duck, chicken, bean sprouts, snow peas & carrots. Served with hand-made traditional Beijing pancakes.

**7. \*Chestnut Sang Choy Bow \$8.60 for 2 people @\$4.30/head 馬蹄玉鬆生菜包**

Crisp chilled fresh lettuce leaves ready to be filled with soy mince, finely cut water chestnut, Sichuan radish, mushroom, shredded snow pea and sweet corn braised to piping hot in their own juices.

**8. \*Lo Han Vegetable Rolls (2 pieces) \$4.60 羅漢齋卷**

Traditional yum cha dish. Fresh tofu skin wrapping shredded veg & black mushroom, steamed with vegan oyster sauce.

**9. \*Vegan Rice Paper Roll (2 pieces) \$3.60 越南米紙齋卷**

Fresh Vietnamese rice paper wrapping a delightful filling of seaweed, tofu, rice noodles, lettuce, pickled carrot, turnip & crumbed soy protein. Served with sweet 'fish' sauce.

**10. Spring Roll (3 pieces) \$3.60 齋炸春卷**

Wheat pastry with bamboo shoot, carrot, cabbage, wood fungi & celery.

### DUMPLINGS

**11. Steamed Dim Sim (4 pieces) \$4.60 蒸燒賣**

Wheat pastry ball stuffed with soy mince, black mushroom, carrot and water chestnut.

**12. °Steamed Gow Ghee/ 'Prawn' Dumplings (3 pieces) \$4.60 蒸餃子**

Sea kelp protein and water chestnut wrapped with delicate opaque pastry made from low gluten wheat starch.

**13. °Steamed New-moon Spinach Dumpling (3 pieces) \$4.60 鮮菠菜餃**

Dumpling shaped like a half-moon containing spinach, water chestnut and mushroom. Pastry of low gluten wheat starch.

**14. °Steamed Chao Zhou Dumpling (3 pieces) \$4.60 蒸潮州粉果**

From the Chao Zhou province of southern China famous for their traditional Kung Fu Tea, this popular yum cha dish has a low gluten wheat starch pastry wrapped with roasted peanut, mushroom, cabbage and water chestnut.

**15. Steamed Water Dumpling (4 pieces) \$4.60 蒸水餃**

Fine vegan pastry wrapped with soy protein, mushroom and vegetables steamed with ginger and rice vinegar sauce.

**16. Shanghai Wor\_Tip (3 pieces) \$4.60 上海鍋貼**

A traditional dumpling in Shanghai. Wheat flour pastry stuffed with tofu and bok choy.

**17. \*Kumera Ginger Purse (2 pieces) \$3.60 恩平蕃薯角**

Country style wheat free dumpling. Sweet potato & ginger pastry filled with sweet corn, soy bean, carrot and pickled radish.



1. Assorted Entrée  
什炸拼盆



3. Deluxe Gourmet Entrée  
牛蒡沙律拼盤 (麥芽叉燒, 串燒沙爹, 酥炸生蠔, 鮮菠菜餃, 涼拌牛蒡絲)



5. Crispy Beijing Duck Wrap  
北京鴨



7.\*Chestnut Sang Choy Bow  
馬蹄玉鬆生菜包



4. \*Raw Organic Burdock Salad  
鮮有機牛蒡沙律



6. Shredded Beijing Duck Wrap  
三絲薄餅



8. \*Lo Han Vegetable Rolls  
羅漢齋卷



11. Steamed Dim Sim  
蒸燒賣



12. °Steamed Gow Ghee/  
'Prawn' Dumplings 蒸餃子



9. \*Vegan Rice Paper Roll  
越南米紙齋卷



14. °Steamed Chao Zhou  
Dumpling 蒸潮州粉果



16. Shanghai Wor\_Tip 上海鍋貼



15. Steamed Water Dumpling  
蒸水餃



13. °Steamed New-moon  
Spinach Dumpling 鮮菠菜餃



17. \*Kumera Ginger Purse  
恩平蕃薯角

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## BUNS & SAVOURY CAKES

### 18. **Steamed Vegetable Bun (2 pieces) \$3.60** 素菜飽

Made of wheat flour & small quantity of sugar, stuffed with carrot, celery, Shiitake mushroom and cabbage.

### 19. **Steamed BBQ Not\_Pork Bun (2 pieces) \$3.60** 叉燒飽

Made of wheat flour & small quantity of sugar, filled with water chestnut, wheat protein marinated with Hoi Sin sauce.

### 20. **\*White Turnip Cake (Steamed or Panfried) \$4.60** 蘿蔔糕(蒸或煎)

A steamed traditional savoury cake made of white radish, mushroom and rice flour. A favourite with the young and old.

### 21. **\*Steamed Pumpkin Cake (4 pieces) \$4.60** 蒸番瓜(南瓜) 黑豆餅

Savoury cake made of pumpkin, tofu and whole black bean.

### 22. **\*Thai "Fish" Cake (4 pieces) \$4.60** 泰式魚餅

Deep fried Tofu cake made with lemon grass, coriander and chilli.

### 23. **NEW Steamed Wholemeal Peppercorn Bun (2 pieces) \$4.00** 喬麥黑椒飽

Made with buckwheat flour, stuffed with a spicy peppercorn vegetable filling.

### 24. **NEW Steamed Chickpea Curry Bun (2 pieces) \$4.00** 喬麥咖哩飽

Made with buckwheat flour, stuffed with a Malaysian style chickpea, vegetable curry filling.

## CRISPY SNACKS

### 25. **Better\_Than\_Oyster Fritter (4 pieces) \$5.60** 酥炸紫菜球 (生蠔)

An old time favourite. Fresh mushroom wrapped with seaweed deep fried. Wheat free batter available upon request.

### 26. **\*Tasty Tofu Pastry \$5.60** 素我

Fluffy fried bean curd skin marinated in soy and spicy sauce served with pickled Sichuan cabbage.

### 27. **\*Satay Soy Skewer (4 sticks) \$5.60** 串燒沙爹

Soy protein skewer served with satay sauce.

### 28. **Eggplant Parcel (3 pieces) \$4.60** 炸釀芋茸茄子

Eggplant stuffed with taro (yam) mash deep fried.

### 29. **\*Soy Drumstick (3 pieces) \$4.60** 焗素腿

Soy protein and seasonings.

### 30. **Deep fried Won Ton (6 pieces) \$4.60** 炸甜酸雲吞

Crispy soy mince dumpling served with sweet and sour sauce.

### 31. **Diamond Curry (3 pieces) \$3.60** 眉豆咖哩角

Fine pastry folded in triangle with a tasty & mildly hot filling of eyebrow bean, tomato and curry spices.

## MUSHROOM DELIGHTS

### 32. **Five Spices Mushroom Tempura \$15.80** 椒鹽鮮菇

Lightly battered fresh mushroom sautéed with tasty five spice seasonings. Can be shared by 4 people as an entrée. Wheat-free batter available upon request.

### 33. **\*Pan Fried Fresh Mushroom with Taro Stuffing \$15.80** 珍珠元寶

Fresh mushroom stuffed with taro, sticky rice & peanut served in light soy sauce with broccoli and goji berries.

### 34. **\*Braised Mushroom Steak, Ginger & Snow Pea \$15.80** 菇柳玉片炒荷豆

Braised mushroom steak, roast soy slice with broccoli, snow pea in ginger and coriander sauce.

### 35. **\*Ling Zhi Mushroom with Seasonal Vegetable \$22.80** 鮮靈芝菇扒時菜

Ling Zhi is an ancient Chinese mushroom that has only recently been successfully grown in Australia. Among all other mushrooms, it has the highest nutritional value. Its texture is firm, yet silky with a naturally sweet taste.

### 36. **\*Ling Zhi Mushroom in Clay Pot \$22.80** 鮮靈芝菇煲

Stewed in a clay pot with broccoli and fried tofu.

### 37. **\*Braised Ling Zhi Mushroom with Snow Pea \$22.80** 荷豆炒鮮靈芝菇

Slices of delectable Ling Zhi & straw mushrooms braised with snow peas in a vegan mushroom sauce.



18. Steamed Vegetable Bun 素菜飽



20. \*White Turnip Cake 蘿蔔糕(蒸或煎)



21. \*Steamed Pumpkin Cake 蒸番瓜(南瓜)黑豆餅



23. Steamed Wholemeal Peppercorn Bun 喬麥黑椒飽



22. \*Thai "Fish" Cake 泰式魚餅



25. Better Than Oyster Fritter 酥炸紫菜球(生蠔)



26. \*Tasty Tofu Pastry 素我



27. \*Satay Soy Skewer 串燒沙爹



29. \*Soy Drumstick 焗素腿



28. Eggplant Parcel 炸釀芋茸茄子



32. Five Spices Mushroom Tempura 椒鹽鮮菇



36. \*Ling Zhi Mushroom in Clay Pot 鮮靈芝菇煲



34. \*Braised Mushroom Steak, Ginger & Snow Pea 菇柳玉片炒荷豆



33. \*Pan Fried Fresh Mushroom with Taro Stuffing 珍珠元寶



37. \*Braised Ling Zhi Mushroom with Snow Pea 荷豆炒鮮靈芝菇

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## SOUP

**38. \*Vegetarian Shark Fin Soup \$6.60** 八珍魚翅羹

Seaweed vegetable, shredded snow pea, black mushroom, tofu, ginger, goji berry & coriander.

**39. \*Sichuan Hot and Sour Soup \$5.50** 四川酸辣湯

Black mushroom, fresh mushroom, bean curd, bamboo shoot, goji berry, ginger, rice vinegar and chilli.

**40. \*Ocean Treasure Soup \$5.50** 海鮮豆腐羹

Medium-thick broth with kelp protein, Shitake mushroom and coriander.

**41. Won Ton Soup (Short Soup) \$5.50** 雲吞湯

Six dumplings in vegetable stock.

**42. \*Tofu Cream Corn Soup \$5.50** 粟米豆腐羹

Diced bean curd and cream corn in vegetable stock.

**43. \*Tomato Ginger Seaweed Soup \$5.50** 蕃茄紫菜豆腐羹

Tomato, ginger, bean curd & seaweed in vegetable stock.

**44. Won Ton and Noodle Soup \$8.40** 雲吞湯麵

Five Won Ton with vegan 'egg' noodle in vegetable stock.

**45. \*Laksa \$13.80 (As a meal)** 喇沙湯米粉

Soy protein, bean sprout, shredded vegetables, fried bean curd, bamboo shoot, ginger, coriander and coconut milk with thin rice noodle in soup.

**46. Combination Won Ton Noodle Soup \$13.80 (As a meal)** 什會雲吞湯麵

A light and simple standalone meal. Soy protein, Won Ton and seasonal vegetables with vegan 'egg' noodle in clear vegetable stock.

## SPICY SELECTION

**47. \*Rainbow Shredded Delight \$15.80** 紫竹鮮瑚(紫菜 腐竹 珊瑚菇)

Crisp fried shredded tofu skin, seaweed and fresh mushroom tossed with sweet & black vinegar sauce.

**48. \*Hot & Spicy Mushroom Steak Black Peppercorn \$15.80** 黑椒菇柳(拌唐芥)

Mushroom steak, soy slice, capsicum, black peppercorn, hot & spicy sauce, garnished with Gai Lan (Chinese broccoli).

**49. \*Sizzling Mongolian Soy Slices \$15.80** 鐵板蒙古玉片

Tasty soy slices in a spicy sweet miso paste on a bed of bean sprouts served on a sizzling hotplate.

**50. \*Chilli Stir Fry Soy Nugget with Snow Peas \$15.80** 荷豆辣子玉丁

A mild hot & spicy home style stirfry of soy protein, snowpea, babycorn, bamboo shoot, chilli radish & broccoli.

**51. \*Spicy Green Bean in Chilli Black Bean Sauce \$15.80** 豉椒百花炒四季豆

Crispy green beans and firm tofu slices sautéed in a spicy black bean sauce with a hint of chilli.

**52. Sichuan Style Eggplant \$15.80** 四川炸茄子

Fine strips of lightly battered eggplant sautéed in a delicious sauce of red vinegar, soy sauce and light chilli.

**53. \*Steamed Spicy Eggplant \$15.80** 麻辣蒸茄絲

Peeled eggplant steamed with sesame oil, soy sauce, red rice vinegar and garnished with dry seaweed and dry tofu.



38. \*Vegetarian Shark Fin Soup 八珍魚翅羹



40. \*Ocean Treasure Soup 海鮮豆腐羹



39. \*Sichuan Hot and Sour Soup 四川酸辣湯



41. Won Ton Soup (Short Soup) 雲吞湯



43. \*Tomato Ginger Seaweed Soup 蕃茄紫菜豆腐羹



42. \*Tofu Cream Corn Soup 粟米豆腐羹



45. \*Laksa 喇沙湯米粉



46. Combination Won Ton Noodle Soup 什會雲吞湯麵



47. \*Rainbow Shredded Delight 紫竹鮮瑚(紫菜 腐竹 珊瑚菇)



49. \*Sizzling Mongolian Soy Slices 鐵板蒙古玉片



52. Sichuan Style Eggplant 四川炸茄子



50. \*Chilli Stir Fry Soy Nugget with Snow Peas 荷豆辣子玉丁



48. \*Hot & Spicy Mushroom Steak Black Peppercorn 黑椒菇柳(拌唐芥)



51. \*Spicy Green Bean in Chilli Black Bean Sauce 豉椒百花炒四季豆



53. \*Steamed Spicy Eggplant 麻辣蒸茄絲

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## SEA'S FOOD (made from kelp & yam extract)

**54. NEW Sashimi Salmon Entrée (8 pcs) \$8.80 Main (16 pcs) \$16.80 三文魚生**

Made from yam extract and carrot juice, served with a wasabi dipping sauce.

**55. Better\_Than Salt & Pepper Calamari \$16.80 椒鹽鮮魷一樣**

Brilliantly composed from yams extract with zero cholesterol, enveloped with the same texture and taste as the real calamari. Fried crispy.

**56. Chilli Calamari with Chinese Broccoli \$16.80 麻椒炒吊片**

The spicy, tasty chilli sauce is infused with green Gai Lan and calamari to bring a heart-warming dish to the table.

**57. \*Steamed Nori Tofu Roll \$15.80 招牌蒸紫菜素魚**

Fresh bean curd wrapped with seaweed, steamed and served with ginger, coriander and light soy sauce.

**58. \*Taro Fish with Sweet & Sour or Mushroom Sauce \$15.80 秘制芋頭魚**

From the potato family, Taro is rich in potassium and vitamin C. Deep fried taro mashed with shitake mushroom and spices with a sauce of your choice.

**59. 'Honey' & Lemon King Prawn \$17.80 蜜糖蝦**

By substituting the original honey with maple syrup & lemon, we now present all vegans an experience in enjoying this wonderful Australian-Chinese prawn dish.

**60. \*Sea's Food Clay Pot \$22.80 靈芝鮑魚海鮮煲**

A delicious combination of 'abalone', Ling Zhi mushroom, 'prawn', 'salmon', and 'calamari'. Complimented with tofu, fresh kelp and ginger.

**61. \*Ginger Sea Treasures \$15.80 海中寶 (素班尾)**

Succulent rolls of seaweed and soya bean pastry, served with a mushroom ginger sauce.

**62. \*Sizzling Sichuan Sea Treasures \$15.80 鐵板海中寶**

Succulent rolls of seaweed and soya bean pastry with a spicy Sichuan sauce served on a sizzling hotplate.

## BETTER-THAN-REAL-MEAT

**63. Crisp Skin Not\_Chicken Shangtung Sauce \$15.80 香酥山東玉塊**

Crisp fried wheat protein served with pickled vegetables, coriander, chilli, vinegar and peanut.

**64. \*Golden Slices with Plum Sauce \$15.80 歲寒三友 (松子 竹筍 梅子扒釀芋茸豆飽)**

Tofu pillow stuffed with taro mash, deep fried and served with bamboo shoot and plum sauce.

**65. BBQ King Roast 'Pork' \$15.80 麥芽叉燒**

A popular vegetarian take of the old-time favourite. Wheat protein marinated with hoi sin brown sauce and glazed with caramel malt sugar.

**66. \*Sweet & Sour Taro Fritters \$15.80 糖醋古老玉**

Better\_Than Sweet & Sour Pork. Fried taro fritters served with carrot, capsicum, pineapple and tomato.

**67. \*Nori Soy Cutlets in Plum Sauce \$15.80 梅子豆腐魚**

Panfried Nori cutlets and fresh tofu, cooked with traditional salted plum and Chinese coriander sauce.

**68. \*Steamed Soy Mince with Water Chestnut \$15.80 鹹豆片馬蹄蒸玉餅**

Soy mince & water chestnut, steamed and served with ginger, coriander and light soy sauce. Great with boiled rice.



54. *NEW* Sashimi Salmon 三文魚生



55. *Better Than* Salt & Pepper Calamari 椒鹽鮮魷一樣



60. *\*Sea's Food* Clay Pot 靈芝鮑魚海鮮煲



56. Chilli Calamari with Chinese Broccoli 麻椒炒吊片



61. *\*Ginger Sea* Treasures 海中寶(素班尾)



57. *\*Steamed Nori* Tofu Roll 招牌蒸紫菜素魚



62. *\*Sizzling Sichuan* Sea Treasures 鐵板海中寶



59. *'Honey' & Lemon* King Prawn 蜜糖蝦



58. *\*Taro Fish* with Sweet & Sour Sauce 秘制芋頭魚



67. *\*Nori Soy* Cutlets in Plum Sauce 梅子豆腐魚



65. *BBQ King* Roast 'Pork' 麥芽叉燒



63. *Crisp Skin* Not\_Chicken Shangtung Sauce 香酥山東玉塊



66. *\*Sweet & Sour* Taro Fritters 糖醋古老玉



64. *\*Golden Slices* with Plum Sauce 歲寒三友(松子 竹筍 梅子扒釀芋茸豆飽)



68. *\*Steamed Soy* Mince with Water Chestnut 鹹豆片馬蹄蒸玉餅

## TOFU & TOFU PILLOW DISHES

- 69. \*Seasoned Salt & Pepper Spicy Tofu \$15.80** 椒鹽豆腐  
Deep fried fresh bean curd sautéed with capsicum, coriander, salt, five spices & fresh chilli.
- 70. \*Ma Po Tofu \$15.80** 白花玉麻婆豆腐  
Traditional Sichuan chilli hot dish. Diced Tofu braised with bamboo shoots, Sichuan pickled radish, baby corn in a tangy spicy soy bean paste sauce.
- 71. \*Curry Tofu and Potato in Malaysian Style \$15.80** 馬來咖哩薯仔素玉  
Tofu, potato and protein 'meat' in curry sauce.
- 72. \*Braised Tofu with Tomato & Ginger \$14.80** 荷豆薑茜蕃茄豆腐  
Golden fried cubes of tofu are simmered in a sauce of fresh tomato segments, ginger, snow pea topped with coriander.
- 73. \*Tofu in Black Bean Sauce with Snow Pea \$15.80** 豉椒荷豆炒豆腐  
Old time favourite tofu dish cooked with snow pea, capsicum, bamboo shoot in black bean sauce.
- 74. \*Seasoned Salt & Pepper Spicy Nori Soy Slices \$15.80** 椒鹽魚塊  
Deep fried nori soy slices sautéed with capsicum, coriander, salt, five spices & fresh chilli.
- 75. \*Sweet & Sour Pan Fried Nori Tofu Roll \$15.80** 醋溜魚塊  
Fresh bean curd wrapped with seaweed, pan fried and served with sweet and sour sauce.
- 76. \*Tom Yum Curry Nori Tofu Roll \$15.80** 冬蔭咖哩魚塊  
Sliced bean curd rolls with tomato in coconut curry and lemon grass sauce.
- 77. \*Tofu Pillow with Miso & Lemongrass \$15.80** 香茅豆包  
Succulent pillows of tofu pastry marinated in a miso and lemongrass sauce served on a bed of Chinese greens.
- 78. \*Tofu Pillow with Cashew Nuts \$15.80** 西汁燴豆包  
Served in an exotic sauce of green soy bean, carrot, capsicum and soy mince.

## CLAYPOTS & VEGETABLE COMBOS

- 79. \*Lo Han Tsai - Monk's Choice \$15.80** 十八羅漢齋煲  
An East China traditional dish made for the Buddhist Monks. We take bean curd stick, baby sweet corn, carrot, tiger lily buds, wood ear, red date, bean vermicelli and fresh vegetables, stir fried with a delightful blend of Hoi Sin and soy sauce.
- 80. \*Lion King's Clay Pot \$15.80** 沙煲紅燒獅子球  
A vegetarian version of the traditional Shanghai winter dish with 'meat' balls made of taro, mushroom and water chestnut.
- 81. \*Clay Pot Tofu Pillow with Eggplant \$15.80** 梅菜茄子燴豆包  
Succulent pillow of tofu sheets cooked slowly with fresh eggplant and pickled vegetables
- 82. \*Broccoli in Goji berry & Coconut Sauce \$15.80** 椰香白汁西蘭花  
Crisp fresh broccoli florets, baby corn & fresh mushroom, braised with a light coconut cream, goji berry sauce.
- 83. Steamed Eggplant, Tofu & Pak Choy \$12.80** 白卓鮮蔬  
A light and oil-free dish, enhancing the taste of the freshly cooked vegetables with a touch of ginger soy sauce.
- 84. \*Seasonal Green Chinese Vegetables \$12.80** 薑汁炒時菜  
Seasonal yet unusual greens personally recommended by our chef. Be prepared to try something new, ask what our special vegetable of the day is before you order.
- 36. \*Ling Zhi Mushroom in Clay Pot \$22.80** 鮮靈芝菇煲  
Stewed in a clay pot with broccoli and fried tofu.
- 60. \*Sea's Food Clay Pot \$22.80** 靈芝鮑魚海鮮煲  
A delicious combination of 'abalone', Ling Zhi mushroom, 'prawn', 'salmon', and 'calamari'. Complimented with tofu, fresh kelp and ginger.



69. \*Seasoned Salt & Pepper Spicy Tofu 椒鹽豆腐



70. \*Ma Po Tofu 白花玉麻婆豆腐



71. \*Curry Tofu and Potato in Malaysian Style 馬來咖哩薯仔素玉



73. \*Tofu in Black Bean Sauce with Snow Pea 豉椒荷豆炒豆腐



74. \*Seasoned Salt & Pepper Spicy Nori Soy Slices 椒鹽魚塊



78. \*Tofu Pillow with Cashew Nuts 西汁燴豆包



75. \*Sweet & Sour Pan Fried Nori Tofu Roll 醋溜魚塊



77. \*Tofu Pillow with Miso & Lemongrass 香茅豆包



72. \*Braised Tofu with Tomato & Ginger 荷豆薑蕃茄豆腐



80. \*Lion King's Clay Pot 沙煲紅燒獅子球



79. \*Lo Han Tsai - Monk's Choice 十八羅漢齋煲



81. \*Clay Pot Tofu Pillow with Eggplant 梅菜茄子燴豆包



76. \*Tom Yum Curry Nori Tofu Roll 冬蔭咖哩魚塊



36. \*Ling Zhi Mushroom in Clay Pot 鮮靈芝菇煲



82. \*Broccoli in Goji berry & Coconut Sauce 椰香白汁西蘭花

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## NOODLES

\* Wheat Free ingredients available upon request for all noodle dishes

### 85. \*Kelp Seaweed Stir Fried with Rice Noodle \$13.80 海苔炒米粉

Pickled kelp seaweed stir fried with wheat-free tofu & veg. A touch of tomato sauce gives a tangy taste.

### 86. °Singapore Rice Noodle \$13.80 星洲炒米

A delightful alternative to fried rice. Thin rice noodles are stir fried with shredded capsicum, bamboo shoot, carrot, bean sprout in mildly hot curry flavour.

### 87. °Braised Green Vegetables and Tofu with Noodle \$13.80 時菜鮮菇炒麵

Wheat or rice noodle with fresh green vegetable, assorted mushroom and tofu.

### 88. \*Braised Fresh River Noodle \$13.80 乾炒河粉

River noodle - fresh flat rice noodle stir fried with soy "meat", bean sprout, shredded snow pea, carrot and cabbage.

### 89. °Three Treasures Chow Mein \$13.80 三絲炒麵

Wheat or rice noodle with shredded black mushroom, carrot, bamboo shoot & bean sprout.

### 90. °Monk's Choice Noodle \$13.80 羅漢齋炒麵

Wheat or rice noodle with all the best ingredients from Monk's Choice.

## RICE

### 91. Green Gourmet Fried Rice \$9.80 楊州炒飯

With shredded snow pea, cabbage, carrot, bean sprout and soy & wheat protein.

### 92. \*Five-Grain Rice \$3.00 per bowl 五穀營養糙米飯

Brown rice, black & red grain rice, black bean, pearl barley, kidney bean, raw buckwheat, soy bean & eyebrow bean.

### 93. \*Jasmine White Rice \$2.50 per bowl or \$3.00 per head 茉莉絲苗白飯

## DESSERT

### 94. \*Organic Raw Chocolate & Strawberry 'Cheesecake' \$8.80

Served with tofu ice-cream. Sugar free cakes using Mexican agave, organic cashew nut cream, lemon juice, strawberry, vanilla bean & coconut oil.

般若知士糕，無色素，無麵粉，無蛋，無沙糖，無化學油，無烘烤，純天然墨西哥甜露，配合腰果醬，士多啤梨汁製成。

### 95. \*Steam Vegan Custard Coconut Dumpling \$6.40 奶黃糯米糍

### 96. Crispy Vegan Custard Crepe \$6.40 奶黃班戟伴豆腐雪糕

Served with Tofu Ice Cream

### 97. \*Black Sticky Rice & Coconut in Pandan Leaf \$6.40 香葉椰子黑糯米

### 98. \*Steam Banana & Black Stickyrice in Coconut Milk \$6.40 香蕉黑糯米球

### 99. Banana Fritter with Tofu Ice Cream \$6.40 炸香蕉伴豆腐雪糕

Wheat-free batter available upon request.

### 100. \*Vegan Deep Fried Tofu Ice Cream \$6.40 炸豆腐雪糕

Vanilla Ice Cream with crisp coconut & buckwheat crumb coating. Choice of Maple Syrup, Strawberry or Choc Sauce.

### 101. \*Sago Mango Pudding with Ice Cream \$6.40 西米芒果布丁伴豆腐雪糕

### 102. \*Home Made Tofu Ice Cream \$6.40 豆腐雪糕

Choice of 2 flavours : Purple Taro, Black Sesame, Green Tea, Lotus Seed Ginger, Coconut, Mango, Strawberry, Kiwifruit, Chocolate or Vanilla

### 103. \*Seventh Heaven Tofu Ice Cream \$19.80 雪糕七友

A sensation for the tastebuds plus a great dessert to share with friends. Includes 7 scoops of our most popular homemade tofu ice cream.



85. \*Kelp Seaweed Stir Fried with Rice Noodle 海苔炒米粉



87. °Braised Green Vegetables and Tofu with Noodle 時菜鮮菇炒麵



88. \*Braised Fresh River Noodle 乾炒河粉



90. °Monk's Choice Noodle 羅漢齋炒麵



94. \*Organic Raw Chocolate & Strawberry 'Cheesecake'



95. \*Steam Vegan Custard Coconut Dumpling 奶黃糯米糍



98. \*Steam Banana & Black Stickyrice in Coconut Milk 香蕉黑糯米球



97. \*Black Sticky Rice & Coconut in Pandan Leaf 香葉椰子黑糯米



99. Banana Fritter with Tofu Ice Cream 炸香蕉伴豆腐雪糕



101. \*Sago Mango Pudding with Ice Cream 西米芒果布丁伴豆腐雪糕



105. Home-made Ginger & Lemon Herbal Tea 家鄉鮮檸薑涼茶



100. \*Vegan Deep Fried Tofu Ice Cream 炸豆腐雪糕



103. \*Seventh Heaven Tofu Ice Cream 雪糕七友



112. Green Lime Twist 荷香翠映

118. Icy Young Coconut & Fresh Mint Drink 冰凍薄荷椰子水



*All our drinking & cooking water is Grander energized water.*  
\* = Wheat Free Dish      ° = Low Gluten Wheat Starch

## BEVERAGES

### HOT DRINKS

Standard teapot serves maximum 2 people

**104. Jasmine Green Tea from China** (per head) **\$2.00** 中國茉莉花茶 (每位計)

**105. Home-made Ginger & Lemon Herbal Tea** (per glass) **\$4.00**

家鄉鮮檸薑涼茶 (每杯計, 凍或熱)

Made of prunella, sweet dates & fruits. A must to recover from bad flu. Also served cold.

**106. The Last Empress** (per pot) **\$4.50** 末代皇后 (每壺計)

The Ching Empress's favourite chrysanthemum with young rose flower.

**107. Oriental Beauty** (per pot) **\$4.50** 東方美人 (每壺計)

Taiwanese top selling Oolong Tea and Roses. Create a perfect blend of colour, aroma and taste.

**108. Rose & Lemon Grass Tea** (per pot) **\$4.50** 玫瑰花茶 (每壺計)

This refreshing, champagne-coloured herbal tea is naturally rich in Vitamin C and has a mild flavour.

**109. Sencha** (per pot) **\$4.50** 煎草茶 (每壺計)

With its mixture of sweetness, bitterness and fresh green scent. This is the most popular kind of green tea for everyday use.

**110. Genmaicha** (per pot) **\$4.50** 煎米茶 (每壺計)

Genmaicha is obtained by adding Genmai (husked grains of rice) to Bancha. It has the aroma of frying rice and husks, the colour is bright green and has a mild flavour.

**111. Organic Fair Trade Coffee** (per cup) **\$4.80** 咖啡

Original or Decaffeinated UK 'Hyper Hyper' coffee with Bonsoy milk.

### COLD DRINKS

**112. Green Lime Twist** (per glass) **\$4.50** 荷香翠映 (每杯計, 凍或熱)

High quality Japanese green tea powder with fresh lime & peppermint leaves. Also served hot.

**113. Japanese Soft Drinks \$4.00**

**114. Phoenix Soft Drinks or Organic Juices \$4.00**

**115. Sparkling or Still Mineral Water \$3.50** 礦泉水

**116. Soft Drink \$3.50** (Coke, Sprite, Fanta,) 可樂, 雪碧, 芬達, 礦泉水

**117. Fresh Soy Milk** (per glass, serve cold or hot) **\$4.00** 豆奶 (每杯計)

**118. Icy Young Coconut & Fresh Mint Drink \$4.50** 冰凍薄荷椰子水