2026-10-15

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
1/F Harvard Commercial Building, 105-111 Thomson Rd, Wan Chai, HK
+852 68031818

營業時間Business hours 12:00-16:00 | 17:00-01:30

為保持砂鍋類食品風味，我們鼓勵堂食
（外賣需另加12元）。

To preserve the flavor of our clay pot dishes,
we encourage dining in
(an additional $12 will be charged for takeout).

所有食物價格均以港幣計算 All prices in Hong Kong Dollars

【即叫即製煲仔飯 | Claypot Rice】

(12:00-16:00 | 17:00-01:00) 需等候20分鐘 | prep. time 20min

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

新鮮黃耳野菇素煲仔飯
Yellow Fungus & Mushroom Vegetarian Claypot Rice 98

馬蹄土魷/ 鹹魚 肉餅煲仔飯
Water Chestnut & Dried Squid/ Salted Fish Pork Patty Claypot Rice 108

蝦醬蝦乾肉板根煲仔飯
Shrimp Paste and Dried Shrimp with Pork Collar Claypot Rice 118

蟲草花/ 油雞樅🌶北菇滑雞煲仔飯（起骨）
Cordyceps Flower/ Termite Mushroom Chicken (Boneless) Claypot Rice 118/ 138

蘭王窩蛋陳皮牛肉餅煲仔飯
Aged Tangerine Peel & Beef Patty Claypot Rice topped with Nest Ranou Egg 128

茅台金不換蜆肉五花腩煲仔飯🌶
Moutai Clams, Thai Basil and Pork Belly Claypot Rice 138

青麻醬牛舌煲仔飯（麻）🌶
Ox Tongue with Green Peppercorn Sauce Claypot Rice (Numbing Spice) 138

紫蘇豉蒜鹹水白鱔煲仔飯
Perilla, Black Bean, Garlic with Sea Eel Claypot Rice 148

剁椒花膠煲仔飯🌶🌶🌶
Chili Fish Maw Claypot Rice 250

老菜脯花膠滑雞煲仔飯
Aged Radish, Fish Maw & Chicken Claypot Rice 250

舞茸菌柴魚兵庫縣武士蠔肉煲仔飯
Claypot Rice with Maitake Mushrooms, Dried Flounder, and Hyogo Samarai Oysters 250

蟹粉花膠/ 鮑魚煲仔飯
Claypot Rice with your choice of Hairy Crab Roe & Fish Maw/ Abalone 400

茅台紫菜北海道左口魚裙邊煲仔飯
Moutai-infused Claypot Rice with Hokkaido Engawa and Seaweed 400

【鋒哥三寶煲仔飯 | Nansen's Trio Claypot Rice】
玫瑰五五臘腸 + 鮮鵝肝潤腸 + 諾鄧鹽封肉
Rose Wine 55 Sausage + Foie Gras Sausage + Nuodeng Ham Claypot Rice 138

【麗姐海陸空煲仔飯 | Lai's Trio Claypot Rice】
鮑魚臘味滑雞（起骨）
Abalone, Preserved Meat & Chicken (Boneless) Claypot Rice 198

【輝少三金鮑魚煲仔飯 | Chef Macco's Golden Trio Claypot Rice】
金蒜+鹹蛋黃+金蠔 鮑魚煲仔飯
Golden Garlic + Golden Oyster + Salted Egg Yolk with Abalone Claypot Rice 198

【菁雲特級煲仔飯 | J's Garden Special Claypot Rice】
羊肚菌 + 特级皇菇 + 新鮮黃耳 + 諾鄧鹽封肉
Morel + Royal mushrooms + Yellow Fungus + Nuodeng Ham Claypot Rice 198

【胡大俠特製煲仔飯 | Master Wu's Signature Claypot Rice】
薑蓉蟹肉煲仔飯
Crab Meat & Ginger Crumble Claypot Rice 250

加配升級 | Premium Add-ons

鮮鵝肝潤腸 | Foie Gras Sausage +25
玫瑰五五臘腸 | Rose Wine 55 Sausage +25
諾鄧鹽油鴨胗 | Nuodeng Salted Duck Leg +50
諾鄧鹽封肉 | Nuodeng Ham +50
孟加拉馬友鹹魚 | Bangladesh Salted Fish +50
蘭王窩蛋 | Ranou Egg +15

煲仔飯滿足加配 Add-ons For Claypot Rice

濃雞湯泡飯焦 | Chicken Broth with Rice Crisps 50
濃蝦湯泡飯焦 | Prawn Broth with Rice Crisps 80

【開胃前菜｜Appetizer】

宵夜直落｜Late Night Until 01:30

【小食｜Snacks】

炝拌豬順風 🌶🌶 Spicy Pig Ear	68
辣鹵肥腸 🌶 Spicy Braised Pork Intestine	68
櫻花蝦脆皮腸粉 🌶 Crispy Rice Noodle Rolls with Sakura Shrimp	68
海葡萄胡麻茄子拌黃金皮蛋 Chilled Eggplant with Golden Century Egg and Sea Grapes in Sesame Dressing	68
🍽 辣爆雞中翼 🌶🌶 Spicy Chicken Wings	98
鹹蛋黃涼瓜 Salted Egg Yolk Bitter Melon	98
🍽 飛魚卵墨汁香腸 Flying Fish Roe Ink Sausage	98
避風塘名古屋粟米粒 🌶 Typhoon Shelter Style Nagoya Corn Ribs	98
黃金/ 避風塘🌶脆魚皮 Golden/ Typhoon Shelter Style Crispy Fish Skin	88/ 108
脆皮炸大腸 Crispy Fried Pork Intestine	108
麻辣鹵水韮菜鴨血 🌶 Mala Duck Blood Curd with Chinese Chives in Soy Marinade	108
不正宗蒜泥白肉 🌶 Inauthentic Sliced Pork Belly with Minced Garlic Sauce	128
無雙梅香臭豆腐 🌶 Hunan Salty Fish Stinky Tofu	128
🍽 冰鎮沙嗲魷魚 🌶 Chilled Satay Squid	138
東江梅菜椒鹽田雞腿 🌶 Salt & Pepper Frog Legs with Dongjiang Preserved Vegetable	148
椒鹽 九肚魚/ 魷魚鬚 Salt & Pepper Bombay Duck fish/ Squid Tentacles	168/ 188
豉油王鵝腸 Superior Soy Sauce Goose Intestines	188
🍽 辣酒煮花螺 🌶 Spicy Wine Snails	198
🍽 椒麻芥末炝花甲 🌶 Wasabi Clams	208

【鑊氣小炒 | Wok-Fried Specials】

宵夜直落 | Late Night Until 01:30

【小炒/ 煲仔 | Wok & Claypot】

大排檔魚香茄子煲 🌶
Dai Pai Dong Eggplant Pot 128

鹹酸菜炒豬肚
Pickled Mustard Pork Tripe 128

老菜脯/ 涼瓜肉鬆煎蛋
Aged Radish/ Bitter Melon Minced Pork Ranou Egg Omelette 138

乾鍋新鮮田雞腿 🌶
Dry Pot Fresh Frog Legs 168

潤腸臘腸炒芥蘭
Stir-fried Chinese Broccoli with Cured Pork Sausage and Goose Liver Sausage 168

芙蓉粉絲蝦煲 🌶
Spicy Garlic Vermicelli Prawn Pot 198

柱侯新鮮牛筋腩煲
Teochew Clear Soup Beef Tendon & Beef Brisket 238

薑蔥/ 麻辣 🌶 遼參豆腐煲
Scallian Oil/ Mala Sea Cucumber and Tofu Clay Pot 268

烏魚子銀魚仔小炒王
Stir-fried Mullet Roe & Dried Silverfish with Mixed Vegetable 298

【特別介紹 | Special Feature】

復刻經典 | Classic Revival

蟹粉百花釀柚皮
Braised Pomelo Pith stuffed with Minced Shrimp & Hairy Crab Roe 398

砂鍋菜膽雞煲牙揀脊翅/ 花膠 復刻80年代富萬年酒樓（黎汝森師傅）名菜
Claypot Chicken Broth with Fish Maw/ Shark's Fin 半份 Half 500
Recreating 1980s signature dish by Master Chef Lai Yu Sum 一份 Full 888

酸蘿蔔墨魚乾胡椒豬肚金山勾翅/ 遼參湯
Choice of "Kin Shan" Hooked Shark Fin/ Sea Cucumber
in Peppery Pork Stomach Broth with Pickled Radish and Dried Cuttlefish 每位 person 400

【肉類主菜 | Meat Main Courses】

新鮮本地豬 | Fresh Local Pork

豉汁日本南瓜蒸肉排
Steamed Pork Ribs with Japanese Pumpkin in Black Bean Sauce 148

砂薑煎焗粉腸
Pan-Fried Pig's Intestines with Sand Ginger 148

Avize 香檳骨
Avize Champagne Spare Ribs 168

山楂欖角骨
Hawthorn & Preserved Olive Pork Ribs 168

糖心蛋話梅黑醋燜豬手
Soft-poacheed Egg, Plum & Black Vinegar Pork Knuckle 168

意大利黑醋鮮果咕嚕肉
Balsamic Vinegar Fresh Fruit Sweet & Sour Pork 168

石澳梅菜王五花腩片蒸菜心
Steamed Pork Belly and Shek O Preserved Vegetable with Choy Sum 168

鹹魚件蝦乾/ 墨魚汁鮮魷 蒸肉餅
Steamed Pork Patty w/ Salted Fish & Dried Shrimp/ Squid Ink & Fresh Squid 168

梅菜乾紅燒肉跟刈包
Braised Pork Belly with Preserved Mustard Greens served with Gua Bao Buns 188

桂花山楂紅燒肉跟刈包
Braised Pork Belly with Osmanthus and Hawthorn served with Gua Bao Buns 188

招牌三黃雞料理 | Signature Yellow Chicken

大紅袍脆皮雞 (製作需時25分鐘)
Big Red Robe Crispy Chicken (25mins prep.) 半隻Half 300/ 一隻Whole 500

黃金薑蓉大扇雞
Golden Ginger Capon 半隻Half 500/ 一隻Whole 888

路其鵝肝醬片皮雞
Sliced Crispy Chicken Skin with Rougie Foie Gras Sauce 10件pcs 500/ 20件pcs 888

鍋巴辣子雞 🌶🌶
Crispy Rice Crust Chicken with Sichuan Chili 300

【肉類主菜 | Meat Main Courses】

優質牛肉 | Premium Beef

酥脆牛鬆麻婆豆腐
Crispy Beef & Mapo Tofu 168

豉蒜涼瓜炒本地匙仁
Bitter Melon & Black Bean Local Beef (Chuck Flap) 208

沙爹本地匙仁炒芥蘭
Satay Local Beef (Chuck Flap) Stir-fried with Chinese Kale 218

意大利黑醋酸蘿蔔泡椒炒本地匙仁
Stir-fried Local Beef (Chuck Flap) with Pickled Chillies, Preserved Radish (Balsamic Vinegar) 268

黑蒜雞樅菌爆本地匙仁
Black Garlic & Termite Mushroom Local Beef (Chuck Flap) 268

川味乾煸新鮮牛展
Sichuan-Style Dry-Fried Beef Shank 268

藥膳清湯牛腩
Nourishing Beef Brisket in Herbal Clear Soup 268

巴基斯坦咖哩本地牛筋腩煲跟自家製麵包
Pakistani Curry Beef Tendon & Beef Brisket Pot with Homemade Bread 288

金湯酸菜本地匙仁
House-Special Golden Hot & Sour Vegetable Soup with Local Beef (Chuck Flap) 298

鐵板25年陳皮紅酒燴牛尾
Braised Oxtail with Red Wine and 25yr Aged Mandarin Peel served on a Sizzling Iron Plate 328

脆米蜜椒番薯牛柳（SRF美國金標牛）
Crispy Rice & Honey Pepper Beef Tenderloin (SRF Gold Beef) 398

茅台乾燒花仁牛柳（SRF美國金標牛)
Moutai Dry-fried Beef Tenderloin with Peanuts (SRF Gold Beef) 398

寧夏灘羊 | Ningxia Lamb

乾煸土豆孜然羊肉
Dry-fried Cumin Lamb with Potato 188

三蔥爆羊小切
Three-Onion Lamb Chops 268

水燉酸辣羊肉跟刈包
Braised Lamb in Spicy & Sour Sauce with Gua Bao Buns 268

金湯酸菜羊肉 (+羊雜 188)
House-Special Golden Hot & Sour Vegetable Soup with Lamb (+Lamb Offal 188) 298

自調巴基斯坦咖哩羊小切跟自家製麵包
House Special Pakistani Curry Lamb Chops with Homemade Bread 298

黃炆羊肉煲 (+羊雜 188)
Yellow-Braised Lamb in Clay Pot (+Lamb Offal 188) 800

【海產盛宴 | Seafood Feast】

韭黃滑蛋蝦
Scrambled Eggs with Yellow Chives and Shrimp 168

潮汕香酥蠔仔烙
Teochew Crispy Oyster Omelette 188

胡椒湯花甲跟油條🌶
Pepper Soup Clams Pot with Fried Dough Stick 248

豉椒炒花甲伴油條
Black Bean Clams with Fried Dough Stick 208

花甲蒸蘭王水蛋
Steamed Clams with Ranou Egg 208

巴馬臣芝士紫菜酥炸生蠔
Fried Oysters with Parmesan and Seaweed 238

粟米石斑塊
Sweet Corn & Grouper Fillet 298

自家制金湯酸菜魚🌶
House-Special Golden Hot & Sour Vegetable Soup with Fish Fillet 298

黃梅脆鹹水白鱔
Yellow Plum Crispy Eel 298

三杯煎焗鹹水白鱔
Three Cups Style Pan-Fried Sea Eel 298

陳皮欖豉/ 紫蘇豉蒜 蒸鹹水白鱔
Steamed Sea Eel w/ Dried Tangerine Peel, Chinese Olive, & Fermented Black Bean/ Perilla, Garlic and Fermented Black Bean 298

蔥烤瓦片銀雪魚🌶
Baked Sliver Cod with Scallions 388

黃椒醬蟹肉粉絲煲🌶🌶
Yellow Chili Sauce Crab Meat and Glass Noodles in Clay Pot 800

紫蘇豉蒜蒸盤龍鹹水白鱔（原條）
Three Cups Style Pan-Fried/ Perilla, Garlic & Fermented Black Bean in Coiled Shape (Whole piece) 888

大肉蟹 製法：
薑蔥/ 紫蘇豉蒜/ 咖哩🌶/ 黑胡椒🌶/ 避風塘🌶/寧鄉口味🌶（加蝦子麵底 +80）
Giant Mud Crab Cooked in:
Ginger & Spring Onion/ Perilla, Garlic & Fermented Black Bean/ Curry🌶/Typhoon Shelter Style🌶/Black Pepper🌶/Hunan Spicy Garlic Flavour🌶
(+Shrimp Roe Noodles +80) 1,280起 up

【時令蔬菜 | Seasonal Vegetables】

欖菜/ 川味 乾煸四季豆/ 鐵棍淮山
Preserved Olive Vegetable/ Sichuan Dry-fried String Beans/ Iron Stick Yam 98

金銀蛋浸/ 蒜香時蔬
Century Egg & Salted Egg Vegetables/ Garlic Greens 98

蘭王窩蛋金銀蒜蒸茄子
Ranou Egg with Garlic Steamed Eggplant 98

豉蒜涼瓜
Black Bean Bitter Melon 118

啫啫芥蘭/ 涼瓜煲/ 椰菜苗
Sizzling Kale/ Bitter Melon Pot/ Baby Cabbage 128

馬拉盞/ 椒絲腐乳蝦皮唐生菜
Shrimp Paste/ Fermented Tofu Chinese Lettuce 128

青雲黑松露醬野菌百合炒蘆筍
Stir-Fried Wild Mushrooms, Lily Blubs, and Asparagus with J's Garden Black Truffle Paste 128

羊肚菌黃耳百合燒豆腐
Braised Tofu with Morel Mushrooms, Yellow Fungus, Lily Blub 168

【經典澱粉 | Classic Carbs】

豉油皇肉絲炒蝦子麵
Stir-Fried Shrimp Roe Noodles with Shredded Pork in Soy Sauce 98

鹹蛋黃鮮蝦炒飯
Salted Egg Yolk Prawn Fried Rice 128

老菜脯雞粒炒飯
Aged Radish Chicken Fried Rice 138

經典乾炒本地（匙仁）牛河
Classic Local Beef (Chuck Flap) Chow Fun 148

港式黑椒牛柳意粉
HK Style Black Pepper Local Beef Spaghetti 148

麻油胡椒薑米鴨血粉絲湯跟跟油條
Sesame Oil, Pepper, Ginger, Duck Blood Vermicelli Soup with Fried Dough Stick 168

發達燒鵝鮮蟹肉荷葉糯米飯
Steamed Sticky Rice with Fat J Roast Goose & Fresh Crab Meat in Lotus Leaf Wrap 168

煎蛋豉椒免治牛/ 豬肉/ 花甲 煎脆米
Fried Egg Minced Beef/ Pork/ Clams Crispy Rice Noodle 208

上湯海蝦煎米粉
Crispy Pan-Fried Rice Noodles with Sea Prawns in Superior Broth 368

絲苗白飯
Jasmine Rice 15

【甜點 | Desserts】

炸奶黃包（三件）
Fried Custard Bun 60

潮汕鹹蛋卷（四件）
Teochew Salted Egg Roll 60

冰鎮紅酒啤梨
Chilled Poached Pear in Red Wine 68

椰香脆麻花
Crispy Coconut Fried Dough Twists 98

梅乾菜炒湯圓
Stir-fried Glutinous Rice Dumplings with Preserved Mustard Greens (Meicai) 128

潮汕反沙芋（製作需時 20分鐘）
Teochew Candied Taro (prep. time 20min) 138

潮汕糖醋兩面黃（製作需時 20分鐘）
Teochew Sweet & Vinegar Crispy Noodle (prep. time 20min) 138

【飲料 | Drinks】

自家製養生飲料 (凍/ 熱)
Home-made Nourishing Drinks (Cold/ Hot) 40

啤酒 | Beers

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

朝日0.00啤酒
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 | 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 Water (500ml) 40

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

茗茶 | Fine Teas

每位 20 | per person

茉莉花茶
Jasmine

普洱茶
Pu'er

鐵觀音
Tieguanyin

菊花普洱
Chrysanthemum Pu'er

【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

檸檬菠蘿冧酒
Lemon Pineapple Rum 80

檸檬菠蘿沙冰
Lemon Pineapple Slush 45

檸檬菠蘿冧酒沙冰
Lemon Pineapple Rum Slush 85

青檸粉紅石榴汁
Lime Guava Juice 40

青檸粉紅石榴冧酒
Lime Guava Rum 80

青檸粉紅石榴沙冰
Lime Guava Slush 45

青檸粉紅石榴冧酒沙冰
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

天下皆知美之為美，斯惡已；

When everyone knows beauty as beauty, ugliness arises.

為保持砂鍋類食品風味，我們鼓勵堂食
（外賣需另加12元）。

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(an additional $12 will be charged for takeout).

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