

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



【即叫即製煲仔飯 | Claypot Rice】 (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
🍲 紫蘇豉蒜豬頸肉煲仔飯 Perilla Black Bean Pork Neck Claypot Rice	108
馬蹄土魷/ 鹹魚 肉餅煲仔飯 Water Chestnut & Dried Squid/ Salted Fish Pork Patty Claypot Rice	108
蟲草花/ 油雞糞 北菇滑雞煲仔飯 (起骨) Cordyceps Flower/ Termite Mushroom Chicken (Boneless) Claypot Rice	118/ 138
陳皮欖角田雞煲仔飯 Tangerine Peel and Olive, Frog Leg Claypot Rice	138
茅台金不換蜆肉五花腩煲仔飯 Moutai Clams, Thai Basil and Pork Belly Claypot Rice	138
蝦醬蝦乾肉板根煲仔飯 Shrimp Paste and Dried Shrimp with Pork Collar Claypot Rice	138
夠薑芫茜鹿茸菌雞雜煲仔飯 Ginger, Coriander, and Chicken GIBLETS with Deer-Tail Mushroom Claypot Rice	138
青麻醬牛舌煲仔飯 (麻) Ox Tongue with Green Peppercorn Sauce Claypot Rice (Numbing Spice)	148
燒汁魷魚桶煲仔飯 Teriyaki Squid Claypot Rice	148
黃豆醬黑蒜池魚煲仔飯 Soy Bean Paste, Black Garlic, and Dried Anchovies Claypot Rice	168
芝士泡菜虎蝦煲仔飯 Tiger Prawn with Kimchi and Cheese Claypot Rice	168
金銀黑蒜鹹水白鱈煲仔飯 "Gold & Silver" Garlic (Crispy & Fresh) & Black Garlic, with Sea Eel Claypot Rice	168
🍲 剝椒花膠煲仔飯 Chili Fish Maw Claypot Rice	250
老菜脯花膠滑雞煲仔飯 Aged Radish, Fish Maw & Chicken Claypot Rice	250
蟹粉花膠/ 鮑魚煲仔飯 Clay Pot 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 Clay Pot 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
🍲 【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
- 諾鄧鹽油鴨腿 | 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

【鑊氣小炒 | Wok-Fried Specials】 宵夜直落 | Late Night Until 01:30

【小食 | Snacks】

🍲 飛魚卵墨汁香腸 Flying Fish Roe Ink Sausage	98
🍲 辣爆雞中翼 🌶️ Spicy Chicken Wings	98
鹹蛋黃涼瓜 Salted Egg Yolk Bitter Melon	98
燴拌豬順風 🌶️ Spicy Pig Ear	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	108/ 128
辣鹵肥腸 🌶️ Spicy Braised Pork Intestine	108
脆皮炸大腸 Crispy Fried Pork Intestine	108
麻辣鹵水菲菜鴨血 🌶️ 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
🍲 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
蜂巢芋蓉煙燻發達燒鵝 Fat J Smoked Roast Goose with Crispy Honeycomb Taro Purée	188
🍲 辣酒煮花螺 🌶️ Spicy Wine Snails	198
🍲 椒麻芥末燴花甲 🌶️ Wasabi Clams	208

【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
芥菜黃豆臘雞煲 Preserved Chicken, Mustard Greens, and Soybean Clay Pot	188
芙蓉粉絲蝦煲 🌶️ Spicy Garlic Vermicelli Prawn Pot	198
柱侯新鮮牛筋崩沙腩煲 Teochew Clear Soup Beef Brisket	238
🍲 烏魚子銀魚仔小炒王 Stir-fried Bottarga & Dried Silverfish	298
麻辣遼參豆腐煲 🌶️ Mala Sea Cucumber and Tofu Clay Pot	328

【肉類主菜 | Meat Main Courses】

新鮮本地豬 | Fresh Local Pork

🍷 Avize 香檳骨 Avize Champagne Spare Ribs	168
薄荷脆粉腸 Crispy Mint Pig's Intestines	168
砂薑煎焗粉腸 Pan-Fried Pig's Intestines with Sand Ginger	168
話梅黑醋燜豬手 Plum & Black Vinegar Pork Knuckle	168
🍷 意大利黑醋鮮果咕嚕肉 Balsamic Vinegar Fresh Fruit Sweet & Sour Pork	168
梅乾菜五花腩片蒸菜心 Steamed Pork Belly and Preserved Vegetable with Choy Sum	168
鹹魚件蝦乾/ 墨魚汁鮮魷/ 羊肚菌雙味 蒸肉餅 Steamed Pork Patty w/ Salted Fish & Dried Shrimp/ Squid Ink & Fresh Squid/ Dual-Flavor Morel Mushrooms	168/ 168/ 198
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

優質牛肉 | Premium Beef

🍷 酥脆牛鬆麻婆豆腐 Crispy Beef & Mapo Tofu	128
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
黑蒜雞樅菌爆本地匙仁 Black Garlic & Termite Mushroom Local Beef (Chuck Flap)	268
潮式清湯蘿蔔新鮮崩沙腩 Teochew Clear Soup Beef Brisket	268
巴基斯坦咖哩本地牛腩煲跟油炸鬼 Pakistani Curry Beef Brisket Pot with Fried Dough Stick	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
檸檬25年陳皮乾焗新鮮牛展 Lemon Honey & 25yr Aged Tangerine Peel Beef Shank	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

乾焗土豆孜然羊肉 Dry-fried Cumin Lamb with Potato	188
三蔥爆羊小切 Three-Onion Lamb Chops	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油炸鬼 House Special Pakistani Curry Lamb Chops with Fried Dough Stick	338
🍷 水燉酸辣羊肉跟刈包 Braised Lamb in Spicy & Sour Sauce with Gua Bao Buns	338
🍷 黃炆羊肉煲 (+羊雜 188) Yellow-Braised Lamb in Clay Pot (+Lamb Offal 188)	800

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 Tea 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
鍋巴辣子雞 🍲 Crispy Rice Crust Chicken with Sichuan Chili	半隻Half 300/ 一隻Whole 500
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

【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
【🍲】豉椒炒花甲伴油炸鬼 Black Bean Clams with Fried Dough Stick	208
花甲蒸蘭王水蛋 Steamed Clams with Ranou Egg	208
胡椒湯花甲跟油炸鬼 🍲 Pepper Soup Clams Pot with Fried Dough Stick	248
濃雞湯花甲蜂巢豆腐 Clams and Honeycomb Tofu in Rich Chicken Broth	268
巴馬臣芝士酥炸生蠔 Parmesan Fried Oysters	238
宮保鍋巴生蠔 🍲 Kung Pao Oysters with Crispy Rice Crusts	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
黃梅脆鹹水白鱈 Yellow Plum Crispy Eel	298
【🍲】三杯煎焗鹹水白鱈 Three Cups Style Pan-Fried Sea Eel	298
陳皮欖豉蒸鹹水白鱈 Steamed Sea Eel w/ Aged Mandarin Peel & Olive-Leaf Black Beans	298
紫蘇爆炒鹹水白鱈 🍲 Stir-Fried Sea Eel with Perilla	328
茅台乾燒中蝦 🍲 Moutai Dry-Braised Prawns	328
胡椒檸檬中蝦 🍲 Pepper Lemon Prawns	328
木姜子蒸烏頭魚 Steamed Grey Mullet with Litsea Cubeba	328
蔥烤瓦片銀雪魚 🍲 Griddled Black Cod with Scallions on a Hot Tile	368
白子麻婆豆腐 🍲 Shirako Mapo Tofu	450
【🍲】黃椒醬蟹肉粉絲煲 🍲 Yellow Chili Sauce Crab Meat and Glass Noodles in Clay Pot	800
【🍲】薑蔥/ 避風塘/ 咖哩/ 黑胡椒/ 紫蘇豉蒜 肉蟹 (加蝦子麵底 +80) 🍲 Mud Crab: Ginger & Spring Onion/ Typhoon Shelter Style/ Curry/ Black Pepper/ Perilla, Black Bean & Garlic (+Shrimp Roe Noodles +80)	1,280起 up
【🍲】古法碎焗海斑 Traditional Braised Grouper	1,280
一魚貳食 (翡翠黃耳炒班球, 枝竹五花腩蒜子) *需48小時前預訂 Two-Way Fish (Stir Fried Fillet with Vegetable & Yellow Fungus, Fish Braised with Fried Tofu Skin & Pork Belly) (48hrs advance order)	

【時令蔬菜 | Seasonal Vegetables】

川味乾煸四季豆	98
Sichuan Dry-fried String Beans	
金銀蛋浸/ 蒜香時蔬	98
Century Egg & Salted Egg Vegetables/ Garlic Greens	
蘭王窩蛋金銀蒜蒸茄子	98
Ranou Egg with Garlic Steamed Eggplant	
豉蒜涼瓜	118
Black Bean Bitter Melon	
啫啫芥蘭/ 涼瓜煲	128
Sizzling Kale/ Bitter Melon Pot	
馬拉盞/ 椒絲腐乳蝦皮唐生菜	128
Shrimp Paste/ Fermented Tofu Chinese Lettuce	
🍲 羊肚菌黃耳百合燒豆腐	148
Braised Tofu with Morel Mushrooms, Yellow Fungus, Lily Blub	

【經典澱粉 | Classic Carbs】

鹹蛋黃鮮蝦炒飯	128
Salted Egg Yolk Prawn Fried Rice	
豉油皇肉絲炒蝦子麵	128
Stir-Fried Shrimp Roe Noodles with Shredded Pork in Soy Sauce	
老菜脯雞粒炒飯	138
Aged Radish Chicken Fried Rice	
🍲 經典乾炒本地 (匙仁) 牛河	148
Classic Local Beef (Chuck Flap) Chow Fun	
🍲 港式黑椒牛柳意粉	168
HK Style Black Pepper Local Beef Spaghetti	
麻油胡椒薑米鴨血粉絲湯跟油炸鬼	168
Sesame Oil, Pepper, Ginger, Duck Blood Vermicelli Soup with Fried Dough Stick	
煎蛋豉椒免治牛/ 豬肉/ 花甲 煎脆米	208
Fried Egg Minced Beef/ Pork/ Clams Crispy Rice Noodle	
絲苗白飯	15
Jasmine Rice	

【特別介紹 | Special Feature】 復刻經典 | Classic Revival

砂鍋菜膽雞煲牙擦脊翅/ 花膠	復刻80年代富萬年酒樓 (黎汝森師傅) 名菜	半份 Half 500
Claypot Chicken Broth with Fish Maw/ Shark's Fin		一份 Full 888
Recreating 1980s signature dish by Master Chef Lai Yu Sum		
🍲 酸蘿蔔墨魚乾胡椒豬肚金山勾翅/ 遼參湯		每位 person 400
Choice of "Kin Shan" Hooked Shark Fin/ Sea Cucumber		
in Peppery Pork Stomach Broth with Pickled Radish and Dried Cuttlefish		

【甜點 | Desserts】

薑汁奶凍	50
Ginger Milk Pudding	
炸奶黃包	80
Fried Custard Bun	
潮汕鹹蛋卷	88
Teochew Salted Egg Roll	
椰香脆麻花	98
Crispy Coconut Fried Dough Twists	
🍲 潮汕反沙芋 (製作需時 20分鐘)	138
Teochew Candied Taro (prep. time 20min)	
潮汕糖醋兩面黃 (製作需時 20分鐘)	138
Teochew Sweet & Vinegar Crispy Noodle (prep. time 20min)	

【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)

【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

檸檬菠蘿釀酒
Lemon Pineapple Rum 80

檸檬菠蘿沙冰
Lemon Pineapple Slush 45

檸檬菠蘿釀酒沙冰
Lemon Pineapple Rum Slush 85

青檸粉紅石榴汁
Lime Guava Juice 40

青檸粉紅石榴釀酒
Lime Guava Rum 80

青檸粉紅石榴沙冰
Lime Guava Slush 45

青檸粉紅石榴釀酒沙冰
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

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

天下皆知美之為美，斯惡已；

When everyone knows beauty as beauty, ugliness arises.