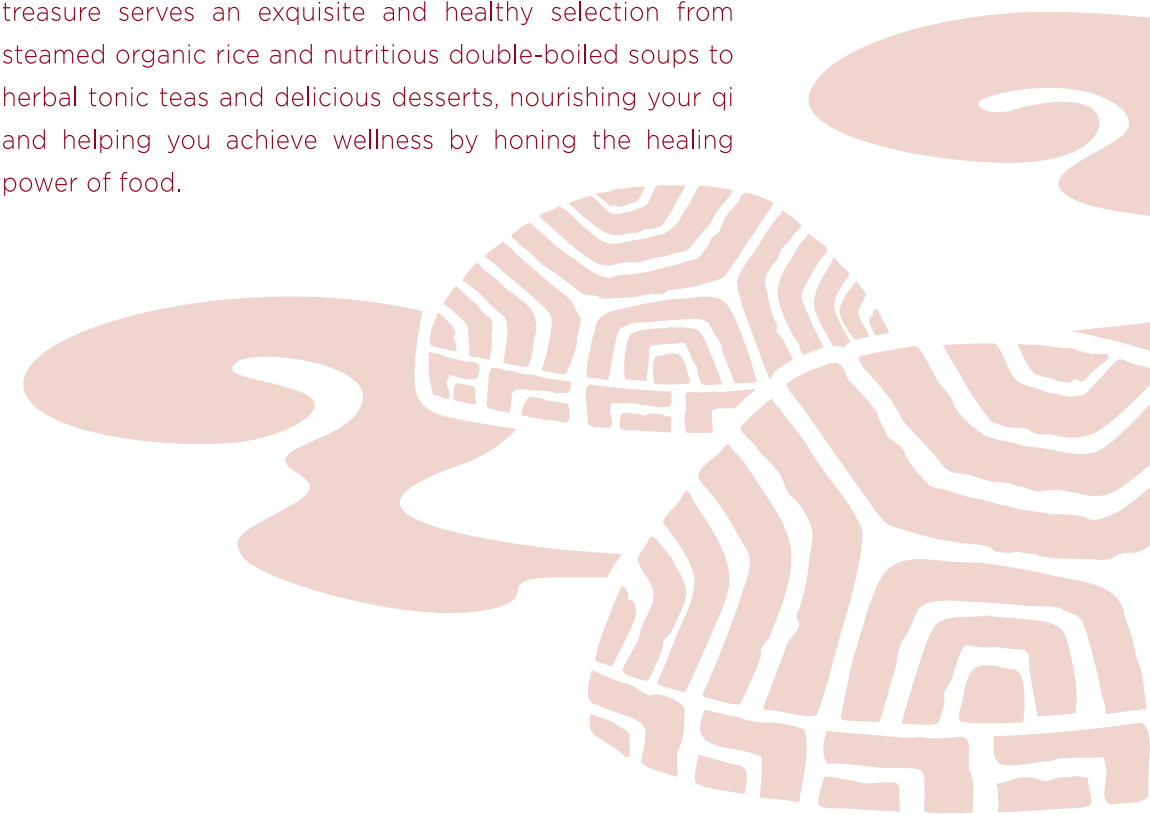




传承中国传统养生智慧，「正盅」遵从药食同源，更与本地权威机构澳门中医药学会合作打造多款营养食疗 - 从有机红米蒸饭、养生炖汤、保健茶到养生炖品、甜品等，款款健康滋味、补气养身。

Collaborating with one of the most authoritative traditional Chinese medicine associations of Macau, this Chinese herbal treasure serves an exquisite and healthy selection from steamed organic rice and nutritious double-boiled soups to herbal tonic teas and delicious desserts, nourishing your qi and helping you achieve wellness by honing the healing power of food.





冬虫夏草炖鸡（益气固精 补肺益肾）
Double-boiled Clear Chicken Soup with Cordyceps 988

高丽参红莲花胶炖乌鸡（生津养血 健脾养阴）
Double-boiled Silkie Fowl Soup with Korean Ginseng and Red Lotus 428

鹿茸刺参羊肚菌炖响螺（固本培元 滋润养颜）
Double-boiled Deer Velvet Antler Soup with Sea Cucumber, Sea Whelk and Morel 388

野山参石斛炖鸽子（提神益胃 清肺润燥）
Double-boiled Pigeon Soup with Dendrobium and Ginseng 348

深海龙马巴戟炖汤（养身补肾 理气益血）
Double-boiled Seahorse with Morinda Officinalis and Chinese Herbs 268

花旗参炖竹丝鸡（滋阴补气 清热宁神）
Double-boiled Silkie Fowl Soup with American Ginseng 158

川贝海椰皇炖鳄鱼肉（清热化痰 润肺止咳）
Double-boiled Crocodile Soup with Chuan Bei and Coquito Nuts 128

牛大力土茯苓炖猪腱（解毒祛湿 通利关节）
Double-boiled Pork Shank with Smilax Glabra and Chinese Herbs 128

请告知您的服务员关于任何食物过敏或餐饮限制。所有价格为澳门币并需加10%服务费。图片只供参考之用。
Please inform our service staff if you have any food allergies or dietary requirements.
All prices are in MOP and subject to a 10% service charge. Photos are for reference only.



鹿茸刺参羊肚菌炖响螺
Double-boiled Deer Velvet Antler Soup with Sea Cucumber, Sea Whelk and Morel
MOP 388



冬虫夏草炖鸡
Double-boiled Clear Chicken Soup with Cordyceps
MOP 988



花旗参炖竹丝鸡
Double-boiled Silkie Fowl Soup with American Ginseng
MOP 158



牛大力土茯苓炖猪腱
Double-boiled Pork Shank with Smilax Glabra and Chinese Herbs
MOP 128



有机五谷杂米蒸饭
Healthy Organic Multigrains and Rice

-  蒜香龙虾鲍鱼蒸饭（两位）
Steamed Rice with Lobster and Abalone (2 Persons) 498
-  甘香榄豉银鳕鱼蒸饭
Steamed Rice with Codfish, Preserved Olives and Fermented Black Bean 188
- 山胡椒酱龙趸腩蒸饭
Steamed Rice with Giant Grouper and Litsea Sauce 168
- 怀旧枣蓉沙姜鸡蒸饭
Traditional Steamed Chicken Rice with Red Date and Sand Ginger 148
- 荷香腊味蒸糯米饭
Steamed Glutinous Rice with Preserved Meat 138
- 涪陵榨菜和牛肉蒸饭
Steamed Rice with Beef and Pickled Mustard Root 128
- 香芋排骨蒸饭
Steamed Rice with Pork Spare Ribs and Taro 128
- 梅菜手剁肉饼蒸饭
Steamed Pork Patty Rice with Preserved Vegetables 128
- 自选：精选香米或有机杂谷米
Choice of Jasmine Rice or Organic Multigrains

 含可持续发展海产 Contains Sustainable Seafood

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梅菜手剁肉饼蒸饭
Steamed Pork Patty Rice with
Preserved Vegetables
MOP 128

 甘香榄豉银鳕鱼蒸饭
Steamed Rice with Codfish,
Preserved Olives and
Fermented Black Bean
MOP 188

怀旧枣蓉沙姜鸡蒸饭
Traditional Steamed Chicken Rice
with Red Date and Sand Ginger
MOP 148

荷香腊味蒸糯米饭
Steamed Glutinous Rice
with Preserved Meat
MOP 138

虾皮葱油拌面配鱼唇汤
Tossed Noodles with Dried Shrimps
and Scallion Oil Served with Fish Soup
MOP 138

花胶辽参豆苗捞面
Braised Sea Cucumber with
Fish Maw and Tossed Noodles
MOP 168



客家黄酒生蚝鸡汤米线
Poached Rice Noodles with Oyster
and Yellow Wine in Chicken Broth
MOP 148



花胶辽参豆苗捞面 168
Braised Sea Cucumber with Fish Maw and Tossed Noodles

客家黄酒生蚝鸡汤米线 148
Poached Rice Noodles with Oyster and Yellow Wine in Chicken Broth

虾皮葱油拌面配鱼唇汤 138
Tossed Noodles with Dried Shrimps and Scallion Oil
Served with Fish Soup

滋补药膳乳鸽汤米粉 138
Pigeon Rice Vermicelli Soup with Chinese Herbs

25年陈皮鸭腿汤河粉 118
Rice Noodle Soup with Duck Leg and Aged Mandarin Peel

沙白肉碎汤粉丝 108
Braised Glass Vermicelli Soup with Pork and Clam

番茄牛肉刀削面 98
Knife Shaved Noodles with Tomato and Beef in Soup

菜心 / 生菜 / 芥兰 / 豆苗 78
(榄油白灼 / 蚝油)
Seasonal Vegetable
(Poached with Olive Oil / Poached with Oyster Sauce)

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药膳汤粉面
Herbal Noodle Soup



枣皇炖官燕 (可选：冰糖 / 杏汁 / 野生蜂蜜) Double-boiled Bird's Nest with Imperial Red Date (Choice of Sugar Syrup / Almond Milk / Pure Honey)	(100g)	688
夏威夷木瓜炖燕窝 Double-boiled Bird's Nest with Hawaiian Papaya	(50g)	388
冰糖莲子鲜奶炖雪蛤 Double-boiled Hasma with Milk, Lotus Seed and Rock Sugar		168
灵芝龟苓膏 Chinese Herbal Jelly with Honey		88
奶香草莓西米露 Sweet Sago with Strawberry and Milk		78
桂花雪燕炖秋梨甜汤 Double-boiled Pear with Osmanthus and Tragacanth Gum		68
养生美点 (雪菊燕窝糕、金砖红糖桂花糕、青提琉璃茶果子) Healthy Desserts (Chrysanthemum and Bird's Nest Jelly, Osmanthus Cake with Brown Sugar, Green Grapes Jelly)		58
陈皮红豆沙 Sweet Red Bean Soup with Aged Mandarin Peel		48

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桂花雪燕炖秋梨甜汤
Double-boiled Pear with Osmanthus
and Tragacanth Gum
MOP 68

灵芝龟苓膏
Chinese Herbal Jelly
with Honey
MOP 88

枣皇炖官燕 (100g)
(可选：冰糖 / 杏汁 / 野生蜂蜜)
Double-boiled Bird's Nest
with Imperial Red Date
(Choice of Sugar Syrup /
Almond Milk / Pure Honey)
MOP 688



菊花杞子明目茶
Chrysanthemum and Berries Tea
MOP 58

野生花旗参灵芝茶（益气养阴 调肝健脾）
Wild American Ginseng and Lingzhi Tea 58

黄芪红参气血茶（补气益血 滋补肝肾）
Astragalus with Red Ginseng Tea 58

菊花杞子明目茶（养肝明目 去除肝火）
Chrysanthemum and Berries Tea 58

甘草金银花清火茶（清热解毒 明目清肝）
Licorice with Honeysuckle Tea 58

