

## 夏季養生美饌 Summer Wellness Cuisine

### 黃芪黨參燜牛腱

228

**Braised Beef Shank with Sun Dried Astragalus and Dang Shen**

功效：健脾益氣、溫中養血、改善食欲不振  
Health Benefits: Helps replenish energy, support digestion, and awaken the appetite.

嚴選鮮嫩牛腱，與黃芪和素有「平民人參」美譽的當歸一起慢燜，熬煮出溫潤柔和、藥香縈繞的時令湯品。蘿蔔與鮮甜玉米為其增添天然甘甜，是屬性平和的夏季開胃佳品。

Tender beef shank is slow-braised with golden astragalus and mild dang shen, often known as “Poor Man’s Ginseng,” to create a dish with comforting warmth, herbal depth and a mellow aroma. Sweet carrots and corn add a natural sweetness, making it a balanced and appetizing choice for summer.

### 清湯花旗參三件子 (位)

128

**Double boiled American Ginseng Soup with Chicken, Duck and Pork (Per person)**

功效：扶正固本、益氣養陰、清熱生津

Health Benefits: Helps restore energy, refresh the body, and support hydration.

此款滋補湯品選用花旗參、蟲草花和枸杞等等傳統上被視為能增強體力、促進身體健康的食材，並配以雞、鴨和豬肘一同慢燉，清澈鮮甜、層次豐富，是夏季消暑的理想之選。

This revitalising soup brings together American ginseng, cordyceps flowers and goji berries, ingredients traditionally valued for supporting vitality and overall wellbeing. Slow-simmered with chicken, duck and pork knuckle, the broth carries a clean, delicate flavour with natural depth, making it a soothing choice for the summer season.

### 鮮筍馬齒莧燒肉包 (個)

38

**Roasted Pork Bun with Bamboo Shoot and Purslane (Each)**

功效：清熱利濕、養陰潤燥、調和補益

Health Benefits: Offers cooling refreshment, helps relieve dryness, and provides satisfying nourishment.

精選馬齒莧及脆嫩竹筍，搭配濃郁豐潤紅燒肉，製成皮柔餡豐的包子。馬齒莧清爽解膩，竹筍脆爽開胃，交織出層次鮮明且風味清新的夏季佳餚。

Soft, fluffy buns are filled with wild purslane, crisp bamboo shoots and richly braised pork. Purslane is traditionally appreciated as a refreshing summer ingredient, while bamboo shoots bring a clean, crisp bite. The result is a savoury seasonal treat with layers of texture and a fresh herbal note.

### 五指毛桃燉雞

168

**Stewed Chicken with Hairy Fig Root and Coconut**

功效：補而不燥、健脾補氣、化濕生津

Health Benefits: Helps ease seasonal tiredness and provides gentle nourishment for humid summer days.

採用嫩滑雞肉與自帶天然椰香的五指毛桃、茯苓和清甜玉竹悉心慢燉，特別適合夏季濕熱天氣，將鮮美雞肉、清雅藥材香氣和香醇湯頭完美呈獻。

Succulent chicken is slow-simmered with wild ficus root, prized for its natural coconut-like aroma, together with white poria and sweet Solomon’s seal. Created with the heat and humidity of summer in mind, this dish brings together tender chicken, subtle herbal notes and a naturally fragrant broth.

### 養生河鰻湯 (位)

98

**Double boiled Eel Soup with Angelica Sinensis and Chinese Herbs (Per person)**

功效：溫補氣血、固表斂汗、溫通四肢

Health Benefits: Helps ease fatigue, encourage circulation, and bring a gentle sense of warmth.

新鮮河鰻搭配當歸、黃芪、枸杞、紅棗和米酒，以慢火熬成一道香氣撲鼻、滋補養生湯品。這道湯尤其適合感到身體疲倦、精神不濟之人，入口醇厚，餘韻溫和。

Fresh eel is gently simmered with Chinese angelica, golden astragalus, goji berries, red dates and rice wine to create a fragrant, restorative soup. Traditionally enjoyed as a nourishing tonic, it is especially suited to those who feel tired or run down, offering a rounded flavour and a warming finish.



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