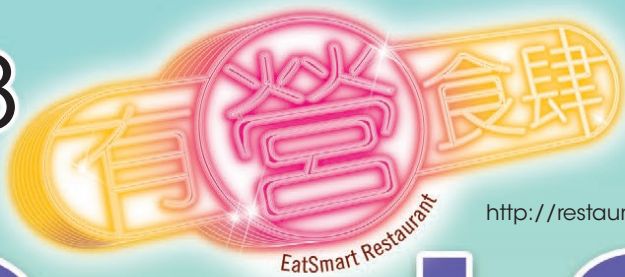


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二零一八年七月 · July 2018

<http://restaurant.eatsmart.gov.hk>



CookSmart

營廚



暢享水果
有「營」健康

Enjoying Fruit for Health



張名雅
Carat CHEUNG




3 少之選
3 Less Dish

代表菜式以較少脂肪或油分、鹽分和糖分烹調或製作，符合「3 少之選」的要求。
Means that the dish has less fat or oil, salt and sugar, meeting the "3 less" requirement.



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編者的話 Editor's Words

夏天炎熱，食慾不免大減，外出用餐也想吃些清淡開胃的菜餚，而加入水果材料的菜餚正是上佳之選。讀者可從今期《營廚》學習如何炮製健康開胃的水果菜餚，並向營養師了解選擇和進食水果的健康貼士。另外，我們繼續訪談本地飲食集團老闆，了解他們對健康飲食的理念。希望讀者在這個炎夏吃得健康，吃得開懷！

Summer heat dulls our appetite so much that we prefer to have something lighter and more appetising while eating out. Dishes prepared with fruits are nice choices. In this issue of *CookSmart*, you can find out how to prepare healthy, appetising fruit dishes. You can also learn from dietitians about healthy tips on choosing and eating fruits. In addition, we continue to interview heads of local restaurant groups on their vision for healthy eating. We hope you can eat your way to health and happiness this summer!

蔬果之選

Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其替代品¹的兩倍或以上。

Means that either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives¹ present in the dish.

¹ 肉類替代品包括雞蛋、豆類、黃豆製品和果仁等。

¹ Meat alternatives include egg, beans, soybean products, nuts, etc.

常用分量換算

Conversion of Common Measurement Units

1 兩 = 37.5 克	1 tael = 37.5 g
1 茶匙 = 5 毫升	1 teaspoon = 5 mL
1 湯匙 = 15 毫升	1 tablespoon = 15 mL
1 量杯 = 240 毫升	1 cup = 240 mL
1 中號碗 = 250-300 毫升	1 medium bowl = 250-300 mL



芝麻芒果羽衣甘藍沙律
Sesame Mango + Kale

有營
菜式推介

Recommended
ESR dishes

California Pizza Kitchen

California Pizza Kitchen (CPK) 在 1985 年始創於美國比華利山，在眾多加州餐廳中佔有領導地位，以創新菜式為人熟知。CPK 的餐廳遍布全球十多個國家，提供多款美食，包括以烤爐烘製的加州特色薄餅、沙律、意大利粉、湯及特色主菜，映照出加州那股充滿玩味風格及實驗精神的獨特氣息。

Founded in Beverly Hills of the United States in 1985, California Pizza Kitchen (CPK) is a leader in authentic California style cuisine widely known for its innovative menu items. With outlets in over 10 different countries around the globe, CPK provides a long list of house specialties ranging from the signature California-style hearth-baked pizzas to salads, pastas, soups and main plates, all of which reflect a playful, experimental spirit that is unique to California.



- 將軍澳唐賢街 9 號 1 樓 PopCorn F10 號舖
Shop F10, 1/F. PopCorn, 9 Tong Yin Street, Tseung Kwan O
- 3902 3875



藜麥羽衣甘藍薄餅
Kale + Quinoa Salad Pizza

其他店舖資料可參閱第 33 及 35 頁。For information of other branch(es), please refer to Page 33 and 35.



蛋黃醬螺絲粉沙律
Gemelli and Salad with
Mayo Sauce

有營
菜式推介

Recommended
ESR dishes

Café Lohas

Café Lohas 由香港耀能協會開設，專門為殘疾人士提供餐飲工作訓練。

咖啡廳採用不同的烹調方法，配以優質食材，為食客提供健康而美味的食物。咖啡廳的特色菜是蛋黃醬螺絲粉沙律及芝士菠菜薯蓉蘑菇，兩者均是令人垂涎欲滴之作。

Established by the SAHK, Café Lohas offers catering training to persons with disabilities. Using various cooking methods, the café provides customers with healthy, delicious meals made with premium ingredients. Two of its mouth-watering signature dishes are "Gemelli and Salad with Mayo Sauce" and "Portobello Stuffed with Cheese, Spinach and Mashed Potato".



- 九龍何文田常盛街 51 號地下
G/F, 51 Sheung Shing Street, Ho Man Tin, Kowloon
- 2363 2263



芝士菠菜薯蓉蘑菇
Portobello Stuffed with Cheese,
Spinach and Mashed Potato



純子餐廳
JoonGo House
韓國餐廳
Korean Restaurant



純子餐廳

JoonGo House Korean Restaurant

美麗的李英子女士是韓籍人，在 1984 年創辦純子餐廳，以美味家庭料理介紹韓國文化。

餐廳以天然食材烹製新鮮佳餚。李女士的秘密配方巧妙結合甜辣味道，為味蕾帶來神奇的美妙體驗。熱門菜餚包括韓式解酒湯、烤肉和鹹煎餅。

JoonGo House Korean Restaurant was founded in 1984 by Ms Lee Young Ja, a beautiful Korean lady, with the aim of introducing Korean culture through delicious homemade dishes.

JoonGo House offers scrumptious dishes freshly prepared with natural ingredients. A superb combination of sweet and hot flavours, Ms Lee's secret recipe gives your taste buds a delightful magical experience. Popular dishes at the restaurant include Korean "hangover soup", barbecued meat and savoury pancakes.



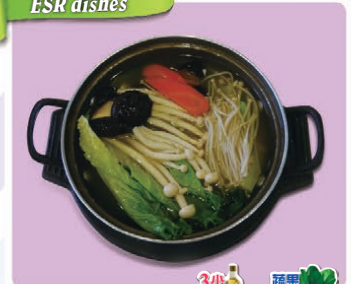
- 灣仔謝斐道 209 號地下
G/F, 209 Jaffe Road, Wan Chai
- 2827 9287 / 2827 5252



人蔘雞湯 (去皮)
Ginseng and Skinless
Chicken Soup



Recommended
ESR dishes



什錦磨菇鍋
Mixed Mushroom Hot Pot



green common



Green Common

Green Common 是一家創新的素食概念店，集餐飲及超市服務於一身，匯聚全球最新綠色飲食潮流，致力革新本地的飲食文化，與大家攜手締造一個有利於個人、社會以至地球的生活模式。

Green Common 每季推廣來自世界各地的精選素食食材與菜式，風格嶄新，營養均衡，打破素食的傳統形象。

Green Common is a pioneering plant-based concept store that offers both casual dining and shopping services and brings together the latest global trends in plant-based dining. It is revolutionising the way we eat in order to create a lifestyle that is good for ourselves, good for humanity and good for the planet.

Green Common's seasonal promotion features selected vegetarian ingredients and dishes from around the world. Trendy in style and well-balanced in nutrition, they break away from the traditional image of plant-based foods.



- 九龍尖沙咀廣東道 17 號海港城海運大廈地下 OT G61 號舖
Shop OT G61, G/F, Ocean Terminal, Harbour City,
17 Canton Road, Tsim Sha Tsui, Kowloon
- 3102 1220



羽衣甘藍無花果沙律
Kale and Fig Salad
with Kidney Beans and
Pine Nuts



Recommended
ESR dishes



豆乳家常麵
Shanghai Noodles
in Radish Soy Milk Soup



其他店舖資料可參閱第 34 頁。For information of other branch(es), please refer to Page 34.



水煮三文魚天使麵
Capellini with Poached Salmon

Beach Bums and Cannibals

Beach Bums and Cannibals 是 Tikitiki Bowling Bar 的一部分，餐廳氣派豪華，裝潢獨特，上至天花、下至地板，每分每寸都令人著迷。餐廳選料新鮮健康，提供自製番茄醬，不含任何添加成分，以 Island Fusion 菜帶來獨一無二、帝王式的美食體驗。

Part of the Tikitiki Bowling Bar establishment, Beach Bums and Cannibals has an opulent ambience and a truly unique decoration that will mesmerise you from floor to ceiling. In addition to fresh and healthy ingredients, the restaurant provides homemade tomato sauce, which is free of additives. Its Island Fusion cuisine delivers a one-of-a-kind fine dining experience fit for a king.



- 西貢翠塘路 1A 號 Centro 4 樓
4/F, Centro, 1A Chui Tong Road, Sai Kung
- 2657 8488



有營
菜式推介

Recommended
ESR dishes



水煮蘆荀沙律
Poached Asparagus Salad



蔬菜沙律拌低脂乳酪
與罌粟籽沙律醬
Green Wonder Salad with
Low-fat Yogurt and Poppy
Seed Dressing

The Octopus's Garden

The Octopus's Garden 是 Tikitiki Bowling Bar 的一部分，餐廳呈獻令人陶醉、變化萬千的現場音樂表演，是 Tikitiki 的心魂所在。你在這兒除了可以享受健康的特色美食外，亦可讓音調的起伏轉變牽動感官，讓美妙音樂在腦海中回響。

Part of the Tikitiki Bowling Bar establishment, The Octopus's Garden gives Tikitiki its heart and soul with enchanting and eclectic live music performances. While enjoying the healthy signature dishes here, you can treat your senses to musical inflections and modulations, and let the wonderful music resonate in your mind.



- 西貢翠塘路 1A 號 Centro 4 樓
4/F, Centro, 1A Chui Tong Road, Sai Kung
- 2657 8488



有營
菜式推介

Recommended
ESR dishes



薄荷雜果沙律
Mint-infused Fruit Salad



新店登場內食肆排名不分先後。The restaurants in Newly Registered ESR are in no particular order.

「有『營』食肆」流動應用程式 "EatSmart Restaurant" Mobile Application

想出外用膳時品嚐健康美味菜式？「有『營』食肆」流動應用程式幫你搜尋全港「有『營』食肆」資訊，請即下載「有『營』食肆」流動應用程式！

Do you wish to enjoy healthy and delicious dishes when dining out? "EatSmart Restaurant" mobile application helps you search for the information of all EatSmart Restaurants in Hong Kong. Download the "EatSmart Restaurant" mobile application now!



《營廚雜誌：有營食譜》流動應用程式 "CookSmart: EatSmart Recipes" Mobile Application

想在流動裝置上輕鬆閱讀各期《營廚》雜誌和學煮有營菜式？請即下載《營廚雜誌：有營食譜》流動應用程式，你可以瀏覽超過 200 款有營食譜，讓你更易掌握健康飲食！

Want to read different issues of *CookSmart* magazines and learn how to cook EatSmart Dishes? Download the "CookSmart: EatSmart Recipes" mobile application now to view more than 200 recipes of EatSmart Dishes and enjoy the experience of healthy diet!



蔬菜與水果 Fruit and Vegetables

蔬菜與水果含豐富的膳食纖維和維生素，是均衡飲食中不可或缺的一部分。根據「健康飲食金字塔」的建議，成人每天應進食至少三份蔬菜和兩份水果。然而，《2014/15年度人口健康調查報告》發現，94.4% 年齡介乎 15 至 84 歲的人士沒有進食足夠蔬菜及水果，未能遵從每天進食至少五份蔬果的建議。由於蔬果有助預防多種慢性疾病及健康問題，如便秘、高血壓、糖尿病、中風、心臟病、某些癌症及肥胖，因此進食足夠蔬果尤其重要。

Fruit and vegetables are a rich source of dietary fibre and vitamins as well as an essential part of a balanced diet. According to the Healthy Eating Food Pyramid, adults are recommended to consume at least three servings of vegetables and two servings of fruit every day. Yet, it was discovered in the *Report of Population Health Survey 2014/2015* that 94.4% of persons aged between 15 and 84 have an inadequate intake of fruit and vegetables, failing to meet the recommendation of at least five servings per day. As fruit and vegetables help prevent a number of chronic diseases and health problems such as constipation, hypertension, diabetes, stroke, heart disease, certain types of cancers and obesity, it is particularly vital to have an adequate intake of fruit and vegetables.

下表為一份蔬菜及一份水果的例子：

Below are examples of one serving of vegetables and one serving of fruit:

1 份蔬菜約等於
serving of vegetables is
approximately equivalent to



半碗煮熟的蔬菜、瓜類或
菇菌（如菜心、節瓜、木
耳）
1/2 bowl of cooked vegetables,
gourds or mushrooms (e.g.
choy sum, hairy gourd and
wood ear fungus)



一碗未經烹調的葉菜（如
生菜）
one bowl of raw leafy
vegetables (e.g. lettuce)



180 毫升沒有添加糖或鹽
的純蔬菜汁（如新鮮番茄
汁、新鮮紅蘿蔔汁）
180 ml of pure vegetable juice
with no added sugar or salt
(e.g. fresh tomato juice and
fresh carrot juice)

1 份水果約等於
serving of fruit is
approximately equivalent to



兩個小型水果（如奇異
果、布林）
two small-sized fruits (e.g.
kiwi fruit and plum)



一個中型水果（如橙、蘋
果）
one medium-sized fruit (e.g.
orange and apple)



半個大型水果（如香蕉、
西柚）
1/2 large-sized fruit (e.g.
banana and grapefruit)



半碗顆粒狀水果（如提
子、士多啤梨、荔枝）
1/2 bowl of mini-sized fruit
(e.g. grapes, strawberries
and lychees)




180 毫升沒有添加糖分的
純果汁
180 ml of pure fruit juice with
no added sugar

註 Note



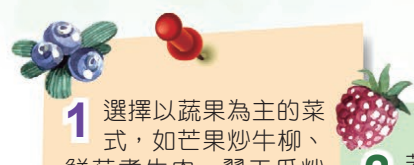
= 250~300
毫升 ml






香港人生活忙碌，經常出外用膳。若在食肆也可多吃蔬果，大家便可輕易實現每天吃至少五份蔬果的目標。大家不妨參考以下幾個貼士：

Living a hectic life, Hong Kong people often eat out. If we can eat more fruit and vegetables at restaurants, it will be easy to meet the target of eating at least five servings of such foods every day. Here are some tips for you to consider:




1 選擇以蔬果為主的菜式，如芒果炒牛柳、鮮茄煮牛肉、翠玉瓜炒雜菇、雜菜煲

Choose cooked dishes with fruit and vegetables as the main ingredient, e.g. stir-fried mango and beef fillet, tomatoes and beef, stir-fried zucchini with assorted mushrooms, and mixed vegetables in casserole




2 若主餐為肉類，可另加一份蔬菜，例如田園沙律或一碟時令蔬菜

Order one serving of vegetables (e.g. a salad or a dish of seasonal vegetables) if your main dish is meat-based




3 點選配菜時，以蔬果取代炸薯條，如牛扒伴沙律（選用低脂沙律醬）、雞柳伴番茄

Ask for fruit and vegetables instead of French fries when ordering your side dish. For example, accompanying steak with salad (and low-fat salad dressing), and chicken fillet with tomatoes



4 如所選餐款提供少於一份蔬菜，可追加一碟蔬菜

Order a veggie dish if your set meal has less than one serving of vegetables




5 以水果作甜品，如水果拼盤

Choose fruits as your dessert, e.g. fruit platter


由於沒有單一的蔬果能為身體提供所有的營養，因此我們鼓勵大家多進食不同種類和顏色（如紅、黃、綠、橙、紫、白色）的蔬果。但是，以下食物和飲品不宜經常進食或飲用：

As there is no single fruit or vegetable that can provide all the nutrients required by our body, we encourage everyone to eat fruits and vegetables of various types and colours (e.g. red, yellow, green, orange, purple and white). However, the following food and drink items are not recommended for frequent consumption:




醃製蔬菜（如梅菜、雪菜、酸菜）和某些加工蔬菜乾（如加工紫菜），這些食物的油鹽或糖分較高

Preserved vegetables (e.g. preserved mustard, preserved mustard greens and pickles) and some processed dried vegetables (e.g. processed seaweed), since these foods contain higher levels of oil, sodium or sugar



高脂肪的水果（如椰子、榴槤、牛油果）

Fruits that contain a high amount of fat (e.g. coconut, durian and avocado)



添加大量糖分的水果，如罐頭水果、添加了糖分的水果乾

Fruits with a lot of added sugar, e.g. canned fruits and dried fruits with added sugar



果汁^註

Fruit juice ^{Note}

為了均衡吸收營養，我們每天應進食至少三份蔬菜和兩份水果。食肆可透過上述方法提供蔬果，讓顧客更易達到每天進食至少五份蔬果的目標。

To maintain a balanced intake of nutrients, we should consume at least three servings of vegetables and two servings of fruit every day. Restaurants may offer more fruit and vegetables by adopting the above methods, so as to make it easier for customers to attain the goal of eating at least five servings of such foods every day.

註： 水果在榨汁的過程中會流失不少維生素、礦物質和膳食纖維等營養素；一杯果汁要用上兩至三個水果，熱量和糖分較原個水果高，但膳食纖維較低，營養素也不及原個水果多。

Note: Fruits lose much of their nutrients such as vitamins, minerals and dietary fibre when they are juiced. As it takes two to three fruits to make a glass of fruit juice, fruit juice contains more calories and sugar but less dietary fibre and nutrients than a whole fruit.



A RESTAURATEUR'S INSIGHT
『營』商有道



海皇 OCEAN EMPIRE

蕭楚基先生

海皇國際有限公司執行董事

Mr C.K. SIU
Managing Director,
Ocean Empire International Ltd

海皇粥店主要售賣廣東傳統粥品、麵食及小吃。創辦人蕭楚基先生於 1992 年開設首間海皇粥店，將現代化的經營理念引入傳統粥店。時至今日，海皇粥店已發展成擁有 20 多間分店的連鎖品牌。

Ocean Empire Food Shop mainly provides traditional Cantonese congee, noodles and snacks. In 1992, its first restaurant was established by Mr C.K. SIU, whose vision is to bring modern business practices to the conventional congee business. As of today, Ocean Empire Food Shop has expanded into a restaurant chain with more than 20 stores.

問
Q

蕭先生為何會經營粥店？

Why did you choose to start a congee restaurant, Mr SIU?

我自小已喜歡吃粥。由於粥檔及粥店工作辛勞，衛生環境不理想，很少人願意入行繼承衣鉢。九十年代初，我得知政府會逐漸取締街頭的大排檔，深怕粥店會日漸式微。為了延續廣東粥品這款地道美食，我和一位同樣喜愛粥品的朋友決定合作開辦粥店，並以現代化管理模式經營。

I have been very fond of congee since I was young. Yet, working at a congee stall or a congee restaurant is tough. Sanitary conditions are also poor. Very few people are willing to enter the field and carry the torch. In the early 90s, I was aware that the government would eventually phase out street food stalls. It worried me to think that the congee business would slowly die out. To preserve the traditional Cantonese congee, I decided to establish a congee restaurant with a friend, who has the same liking for congee. We used modern management methods to run the congee restaurant.

問
Q

你覺得經營粥店最困難的地方是甚麼？

What are the biggest challenges in running a congee restaurant?

粥底可說是各款粥品的靈魂，但煲粥需要四、五個小時，廚師往往要半夜開始煮粥，期間不斷攪拌粥底，以免米粒沉底而燒焦「糊底」。經過我們反復研究及嘗試，我們創製了獨特的煮粥器具，可避免米粒黏在鍋底；此外，我們更開發了安全運送粥底的系統，確保食物品質優良之餘，員工安全亦得到保障。這兩個設計均獲得香港總商會頒發「香港服務業獎——創意獎」。

Congee base is the soul of all kinds of congee. As it takes four to five hours to cook a congee base, the cook has to start his work at midnight. During the process, the congee has to be stirred constantly to prevent rice grains from sticking to the bottom of the pot and getting burnt. After extensive research and attempts, we have invented a unique cooking device to prevent rice grains from sticking to the pot bottom. In addition, we have also developed a system for safe delivery of the congee base. This guarantees the high quality of food and protects the safety of our employees. The two inventions won us the "Hong Kong Award for Services: Innovation Award" from the Hong Kong General Chamber of Commerce.



南瓜粟米肉碎粥

Pumpkin, corn & minced pork congee

問
Q

近年市民越來越重視健康飲食，貴店的菜式如何緊扣這個主題？

In recent years, members of the public have become increasingly aware of the importance of healthy eating. How does Ocean Empire Food Shop keep pace with this trend?

海皇粥店是全港最具規模的連鎖粥店，不僅保留傳統粥品及小吃，還供應多款健康美食。我們是少有供應油菜的粥店。除了清粥以外，我們研製多款以蔬菜為食材的粥，例如芥菜排骨粥和南瓜粟米肉碎粥。為滿足顧客的不同需求，顧客點選粥品時可選併多款健康小吃，包括較清淡的素腸粉及羅漢齋腸粉。其他食品如魚片腸粉、牛肉腸粉也是少鹽、少油、不含味精。

Ocean Empire Food Shop is the largest congee restaurant chain in Hong Kong. In addition to traditional congee and snacks, we offer a variety of healthy and delicious food choices. We are one of the few congee restaurants that offer vegetable dishes. Apart from plain congee, we create several vegetable congee recipes, such as congee with mustard greens and pork rib as well as congee with pumpkin, corn and minced pork. To satisfy customers' different needs, we allow them to order congee along with various healthy snacks, including lighter food choices such as plain ricesheet rolls and ricesheet rolls with vegetables. Other choices like ricesheet rolls with fish slices and ricesheet rolls with minced beef are cooked with less salt and oil. They do not contain any MSG.



羅漢齋腸粉

Mixed vegetables ricesheet rolls



腸粉

Ricesheet rolls

問
Q

貴店如何建立健康形象？

How does Ocean Empire Food Shop build up a healthy image?

我們的顧客遍布各年齡層，尤其受女性喜愛。我們重視食物質素，除了提供上述的健康美食外，亦持續引入創新粥款，讓顧客有更多輕盈健康之選。此外，我們以提供舒適乾淨的用餐環境為重點，店面經常有專人清潔。我們亦注重員工的培訓及個人衛生，處理食物的員工須佩戴口罩、頭罩，讓顧客可在我們的店舖安心用餐。

While our customers spread across different age groups, we are particularly popular among female customers. Our restaurants place strong emphasis on food quality. Apart from serving the aforementioned foods, we continue to introduce various types of innovative congee so as to provide customers with lighter, healthier choices. We also focus on providing a comfortable and clean dining environment by assigning our staff to perform cleaning duties frequently in the restaurants. In addition, we emphasise staff training and pay due attention to our staff's personal hygiene. Food handlers are required to wear masks and caps. All these enable our customers to enjoy their meals with peace of mind.

問
Q

貴店對於「有『營』食肆」運動有何看法？

What is Ocean Empire Food Shop's opinion on the "EatSmart@restaurant.hk" Campaign?

26年來，我們一直重視出品新鮮，全日提供即製粥品及小吃。現時，社會各界注重健康飲食，公司上下也十分認同這個方向。我們會大力支持「有『營』食肆」運動，期望繼續為顧客提供更健康、更有營養的選擇。

Over the past 26 years, we have been dedicated to providing freshly made dishes. Our restaurants offer freshly cooked congee and snacks on an all-day basis. Nowadays, healthy eating is gaining momentum in the community. It is something that our entire staff approve of. We will continue to give our full support to the "EatSmart@restaurant.hk" Campaign and provide our customers with healthier and more nutritious food choices.



暢享水果 有「營」健康 - 張名雅

Enjoying Fruit for Health - Carat CHEUNG

移居加國 嚐盡健康水果 *Feasting on Healthy Fruits in Canada*

Carat 談及加拿大的生活時，仍然回味不已，說道：「在加拿大可經常買到新鮮時果，例如蘋果、橙和香蕉。當地亦盛產草莓和藍莓，每年收成時，果園會向公眾開放，供人採摘水果。果樹結實纍纍，田野盡是豐滿厚實的草莓和藍莓，訪客可吃過痛快，更可購買回家享用或製作果醬。」

不少加拿大人會在後園種植瓜果，Carat 家中亦種有無花果樹。她憶述：「每到收成季節，我們可採集無花果，與鄰居及親友分享。」

Carat has fond memories of life in Canada. She said, "Fresh seasonal fruits such as apples, oranges and bananas are available at all time in Canada. There are also a plentiful supply of strawberries and blueberries. Every year at harvest time, orchards are open to the public for 'pick-your-own' activities. You can find fruits growing in clusters on trees. Plump strawberries and blueberries can be seen everywhere in the fields. Visitors are allowed to eat all they can and bring home some fruits to eat or make jams."

In Canada, many people grow fruit and vegetables in their backyards. Carat also had some fig trees at home. She recalled, "During the harvest season, we used to pick fig fruits and share them with neighbours, family and friends."

張名雅 (Carat) 約 12、13 歲時，便隨家人移居加拿大，在當地完成學業。加拿大盛產水果，當地人生活作息定時。Carat 久居當地，逐漸建立健康生活模式，養成進食水果的習慣。

When Carat CHEUNG was 12 to 13 years old, she and her family migrated to Canada, where she finished her studies. Canada is a large producer of fruits. Its people live a regular and ordered life. Residing in the country for a long time, Carat eventually managed to adopt a healthy lifestyle and develop a habit of eating fruits.



勤吃水果 飲食清簡

*Simple, Light Diet
with Plenty of Fruits*

Carat 回港發展演藝事業，亦接觸到不同種類水果，荔枝、龍眼、木瓜和大樹菠蘿均是她的心頭好。Carat 特別喜歡木瓜，更會在家自製木瓜鮮奶。藝人日常工作繁重，不僅食無定時，還要經常在外用膳。儘管如此，Carat 不忘進食充足水果，同時又會帶水果上班作為小食，以維持健康飲食習慣。

加拿大人在飲食方面崇尚簡單，Carat 與家人也不例外，經常以焗雞肉或青菜為膳食。Carat 的住家菜講求健康清淡，以少油、少鹽、少糖烹調，例子包括蒸魚、蒸肉餅、炒菜、番茄煮蛋。此外，她和家人會以鮮果為材料，煲煮不同湯水，例如蘋果湯和川貝雪梨湯。

Carat has come across a wide range of fruits after starting her acting career in Hong Kong. Her favourite fruits are lychees, longans, papayas and jackfruits. An avid fan of papayas, Carat makes papaya milk smoothie at home. Due to hectic working schedules, artists have irregular meal times and often eat away from home. In spite of this, Carat never forgets to eat sufficient fruits. To maintain a healthy diet, she brings fruits to work as snacks.

People in Canada prefer a simple diet. Carat and her family are no exception. Most of their meals include blanched chicken and green vegetables. When preparing meals for her family, Carat prefers something healthy and light and cooks with less oil, salt and sugar. Some examples are steamed fish, steamed minced pork, stir-fried vegetables and fried eggs with tomatoes. In addition, Carat and her family use fresh fruits to make different soups, such as apple soup and double-boiled pear soup with fritillary bulbs.





新手媽媽

教兒健康飲食

Teaching Son to Eat Healthy



Carat 年前喜獲麟兒。小寶寶已開始進食固體食物，在父母循循善誘下，喜歡吃菜心和西蘭花等蔬菜。Carat 談及飲食原則時，表示會盡量避免在孩子的膳食加入調味料，讓他品嚐食材原味。她又鼓勵孩子嘗試各類食物，保持飲食均衡，避免養成偏食的壞習慣。故此，Carat 在家中常備蘋果、香蕉和提子等水果，給寶寶作為零食。

A year ago, Carat became a mother for the first time. Now, her baby boy is old enough to eat solid food. Under the guidance of Carat and her husband, her son has developed a liking for vegetables such as choy sum and broccoli. Carat's dietary principles are to avoid adding seasonings to her son's meals and let him taste the original flavours of the food ingredients. She also encourages her son to try out different foods, thereby giving him a balanced diet and helping him avoid picky eating habits. As such, Carat always makes apples, bananas and grapes available at home for her son as snack choices.

恆常運動 親子同樂 Regular Exercise and Family Fun

Carat 一向喜歡跳舞，涉獵過爵士舞 (jazz funk)、街舞 (hip-hop) 和肚皮舞等。即使現時工作繁忙，她仍不忘抽空練舞，閒時亦會打羽毛球和游泳，讓自己定時做運動。此外，Carat 會在假期相約其他朋友到公園及郊外野餐，讓兒子於大自然跑跑玩玩，自己亦可和丈夫享受片刻寧靜。

Carat is very keen on dancing. She has learnt jazz funk, hip-hop and belly dance. Despite her busy work life, she makes time for her dance practice. To exercise regularly, she also plays badminton and goes swimming during her spare time. When it is holiday time, Carat arranges family outings with friends. Together they go on picnics in parks and the countryside. As his son has fun exploring the nature, Carat and her husband can enjoy a moment of peace.



有營菜式推介

EatSmart Dishes



鮮果伴醃烏頭

Baked Mullet with Fruits

切件的烏頭以香茅和南薑辟味，伴以龍眼、荔枝、提子及酸子等水果，味道甜甜酸酸，清新開胃。

Lemongrass and galangal help remove the fishy smell of the sliced mullet. Added with longans, lychees, grapes and tamarind, this sweet, sour and tangy dish is an appetising delight.



柚子沙律

Pomelo Salad

清新的甘柚伴以洋蔥、提子及生菜等配料，並以青檸提味。整道菜不濃不膩，別具風味。

This stylish dish has a balanced flavour, neither too rich nor too heavy. The refreshing pomelo has its flavour enhanced by lime and is accompanied by onions, grapes and lettuce.



紅天桃沙律

Watery Rose Apple Salad

紅天桃（俗稱蓮霧）甜中帶酸，配上香茅、青檸和酸子汁製成的醬料來做沙律，更能凸顯多層次的甜酸滋味。

This salad dish features the sweet-sour watery rose apple (also known as wax apple) and a sauce made with lemongrass, lime and tamarind, highlighting the sweet and sour layers of flavour.



哈密瓜雞柳

Chicken Fillet with Hami Melon

哈密瓜清甜多汁，炒後不軟不硬，口感仍然爽脆，與鮮嫩的雞柳配搭，味道更是匹配。

The sweet, juicy Hami melon is cooked just right to retain a crunchy texture, without being too soft or too chewy. It makes a good match with the tender chicken fillet.



「果」真有「營」

The Incredible Health Benefits of Fruits

大家都知道多吃水果對身體有益。天時暑熱胃口欠佳，正好以水果入饌。然而，水果也可以是健康陷阱。註冊營養師黃兆章（Anson）教你如何選擇水果，攝取均衡營養。

Everybody knows that eating more fruits is beneficial for our body. Fruity recipes, in particular, are refreshing delight in summer when the heat takes away our appetite. Yet, some fruits could be a health trap. Accredited practising dietitian Anson WONG shares with you some tips on choosing fruits and having a balanced intake of nutrients.

水果蔬菜 營養同中有異

Similarities and Differences in Nutrients between Fruit and Vegetables

要達至均衡飲食，便應每天進食適量蔬果。水果和蔬菜均具有豐富的維生素、礦物質與膳食纖維，外皮和種子的膳食纖維屬非水溶性，可促進腸道蠕動，有助預防便秘和大腸癌。可是，水果和蔬菜的營養成分也有不同之處。舉例而言，水果比蔬菜含有較多果糖，過量進食可致肥，令血液中的三酸甘油脂增加，不利心血管健康。

Anson 說：「一般來說，水果含有較多維生素 C，蔬菜則含豐富礦物質。另外，果肉中的膳食纖維屬水溶性，有軟化大便、穩定血糖及降膽固醇等作用。」Anson 建議大家按照食物金字塔的建議，每天進食最少兩份水果及三份蔬菜。

To attain a balanced diet, we should have a sufficient intake of fruit and vegetables every day. Both fruit and vegetables are rich in vitamins, minerals and dietary fibre. Their skins and seeds contain water-insoluble dietary fibre, which can stimulate bowel movements and prevent constipation as well as colon cancer. Yet, there are also some differences between fruit and vegetables in terms of nutrient composition. For instance, fruit contains a higher level of fructose than vegetables. Too much fructose will lead to obesity and higher levels of triglycerides in the blood, thus posing a greater threat to cardiovascular health.

“Generally speaking, fruit has more vitamin C, whereas vegetables are rich in minerals. In addition, the fruit flesh contains water-soluble dietary fibre, which helps soften stools, control blood glucose levels and lower the cholesterol levels.” Anson suggested that we should follow the recommendation of the Healthy Eating Food Pyramid and eat at least two servings of fruit and three servings of vegetables every day.

黃兆章
Anson WONG

澳洲註冊營養師
香港營養學會健康教育統籌
Accredited Practising Dietitian (DAA, Australia)
Health Promotion Sub-committee of Hong Kong Nutrition Association



水果入饌 = 營養豐富? Fruity Recipes = Better Nutrition?

Anson 指出，水果中的水溶性維生素 B 和 C 在接觸水、空氣、光線或熱力後，容易流失或受到破壞，因此水果去皮或切開後，應該盡快食用。不少中西菜式會加入水果，包括菠蘿粒炒牛柳、士多啤梨炒雞柳。如以水果入饌，水果宜最後下鑊，減少營養素的流失。

很多人喜歡以水果煲湯，相信這可令湯水更有營養。水果的水溶性維生素雖會溶於湯中，卻會在煲煮的過程中受到熱力破壞，降低營養價值。由於湯水會吸收水果中的糖分，因此喝湯時要注意分量，以免攝取過量果糖。水果用作煮湯後，仍保留大量礦物質和纖維素，喝湯時順帶吃掉水果湯料，便可攝取更多營養素。

Anson 又提醒大家，雖然水果是甜品的常用材料，可是吃了芒果布甸或榴槤班戟，也不等於吃了水果。這些甜品通常加入大量砂糖、椰漿、忌廉或全脂奶，大大增加糖分及脂肪含量。為了健康着想，還是選擇新鮮的水果為佳。

Anson pointed out that fruit contains the water-soluble vitamins B and C, which are easily lost or damaged when they are exposed to water, air, light or heat. Therefore, all fruits should be consumed as soon as possible after they are peeled or cut up. Fruits are also used in many western and Chinese recipes. Examples are stir-fried beef fillet with pineapple dices and stir-fried chicken fillet with strawberries. When cooking with fruits, they should be added at the very end to reduce the loss of nutrients.

Many people like to make soup with fruits, believing that this will make the soup more nutritious. While the water-soluble vitamins in fruits will dissolve into the soup, they may be damaged by heat during the boiling process, resulting in a lower nutritional value. Due to the leaching of fructose into the soup, we should be aware of the serving size so as to avoid an excessive intake of fructose. Fruits that have been boiled in a soup still have a lot of minerals and fibres. To boost our nutrient intake, we can eat the soup along with its fruit ingredients.

While fruits are frequently used as ingredients for desserts, Anson added that eating mango pudding or durian pancake is not the same as eating fresh fruits. These desserts are usually added with a lot of sugar, coconut milk, cream or whole milk, thus having a much higher sugar and fat content. For our health's sake, it is better to opt for fresh fruits.



進食水果貼士 Tips on Eating Fruit

高脂水果不可不防 Beware of high-fat fruits

部分水果如椰子、牛油果的脂肪含量偏高，不宜多吃。
Fruits like coconuts and avocados are high in fat and should not be consumed too often.

鮮果代替加糖食物 Choose fresh fruits over foods with added sugar

水果甜品和罐頭水果可能添加了糖，進食鮮果會更健康。
Fruit desserts and canned fruits may contain added sugar. Eating fresh fruits is healthier.

輕炒快食留住營養 Cook fast to retain nutrients

水果的維生素 B 和 C 會在加熱後流失，故此烹煮時間越短，營養流失越少。
Fruits contain vitamins B and C, which are vulnerable to high temperature. The shorter the cooking time, the more nutrients are retained.



慎重選擇水果食品

Choose Fruit Products Wisely

Anson 談及市面常見的乾果及罐頭水果時，指出它們與新鮮水果的營養成分也有不同。他解釋道，一般製作乾果的方法是透過日照或焗爐的熱力，蒸發水果中的水分。這個過程會令水溶性維生素 B 和 C 流失，令乾果的營養價值低於鮮果。另外，由於乾果被抽乾水分，果糖因而變得濃縮，一湯匙的乾果已可提供一份水果的糖量。多吃乾果，便會容易令人攝取過多糖分。至於選購罐頭水果時，則以水浸或天然果汁浸的罐頭水果為佳，並應避免食用含糖水的罐頭水果。乾果及罐頭水果均可能含有添加糖或添加劑，例如防腐劑和亞硫酸鹽，大家選購時應注意成分表和營養標籤。

Anson also talked about dried fruits and canned fruits, both of which are widely available on the market. These food products are different from fresh fruits in terms of nutrient composition. In order to make dried fruits, the common way is to make use of the heat of the sun or an oven. As the dehydrating process results in the loss of vitamins B and C, dried fruits have a lower nutritional value than the fresh ones. With the water content removed from dried fruits, the concentration of fructose is high. One tablespoon of dried fruit has the same amount of sugar as one serving of fruit. If we eat dried fruits frequently, we may risk consuming too much sugar. When shopping for canned fruits, it is better to buy fruits canned in water or natural fruit juice instead of those canned in syrup. Since both dried fruits and canned fruits may contain added sugar or additives, such as preservatives and sulphite, it is important to read the ingredient list and nutrition label of the food item before making a purchase.



衡量個人健康 選擇合適水果

Take Health into Consideration When Choosing Fruits

Anson 表示每個人選擇水果時，應考慮個人的健康狀況。杏桃、無花果、西梅和大樹菠蘿的鉀質較高，腎臟功能欠佳者須留意。至於糖分較高的西瓜、荔枝和龍眼，患有糖尿病的人士應注意進食分量。部分水果的脂肪含量很高，例如 100 克的椰子肉已含 33.5 克脂肪，包括 30 克飽和脂肪；100 克牛油果亦有 14.7 克的脂肪，不宜多吃。

Anson reminded us that everyone should choose fruits according to his or her health condition. Since apricots, figs, prunes and jackfruits have a high level of potassium, people with kidney impairment should watch out for these fruits. As for people with diabetes, they should be mindful of the portion size when they eat watermelons, lychees and longans, all of which are rich in sugar. Some fruits are high in fat and should not be frequently consumed. For example, 100g of coconut flesh contains 33.5g of fat, 30g of which are saturated. The same weight of avocado has 14.7g of fat.



常見水果及水果食品的營養資料 Nutrition Information on Common Fruits and Fruit Products

水果名稱 Food Items (每 100 克 per 100g)	熱量 Calories (千卡 kcal)	碳水化合物 Carbohydrates (克 g)	脂肪 Fat (克 g)	膳食纖維 Dietary Fibre (克 g)	糖 Sugar (克 g)
橙 Oranges	47	11.8	0.1	2.4	9.4
蘋果 (連皮) Apples (with skin)	52	13.8	0.2	2.4	10.4
蘋果 (去皮) Apples (without skin)	48	12.8	0.1	1.3	10.1
西瓜 Watermelon	30	7.6	0.2	0.4	6.2
木瓜 Papayas	39	9.8	0.1	1.8	5.9
車厘子 Cherries	63	16.0	0.2	2.1	12.8
香蕉 Bananas	89	22.9	0.3	2.6	12.2
士多啤梨 Strawberries	32	7.7	0.3	2.0	4.9
藍莓 Blueberries	57	14.5	0.3	2.4	10.0
荔枝 Lychees	66	16.5	0.4	1.3	15.2
龍眼 Longans	60	15.1	0.1	1.1	NA
桃 Peaches	39	9.5	0.3	1.5	8.4
火龍果 Dragon fruit	56	9.6	1.4	1.7	7.6
青奇異果 Kiwi fruits (green)	61	14.7	0.5	3.0	9.0
金奇異果 Kiwi fruits (golden)	60	14.2	0.6	2.0	11.0
罐頭菠蘿 (水浸) Pineapple canned in water	32	8.3	0.1	0.8	7.5
罐頭菠蘿 (菠蘿汁浸) Pineapple canned in pineapple juice	57	12.0	0.6	0.8	12.0
罐頭菠蘿 (糖水浸) Pineapple canned in syrup	78	20.2	0.1	0.8	16.9
罐頭荔枝 (糖水浸) Lychees canned in syrup	96	21.3	1.0	0.5	NA
罐頭桃 (水浸) Peaches canned in water	24	6.1	0.1	1.3	4.8
提子 Grapes	69	15.0	0.6	微量 Trace	14.0
提子乾 Raisins	299	79.2	0.5	3.7	59.1
杏桃 Apricots	48	11.1	0.4	2.0	9.2
杏脯 Dried apricots	241	62.7	0.5	7.3	53.4
芒果 Mangos	65	17	0.3	1.8	14.8
芒果乾 Dried mangos	319	78.6	1.2	2.4	66.3
無花果 Figs	74	19.2	0.3	2.9	16.3
無花果乾 Dried figs	259	54.5	0.7	14.3	52.6

資料來源：食物環境衛生署食物安全中心和美國農業部轄下的營養素資料實驗室
備註：資料表中的 "NA"，表示沒有該項營養素的資料。

Source: The Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture

Remark: "NA" means that relevant nutrient data for that particular food item is not available.



中式美饌 味「營」嘉賓 — 彩福皇宴 Entertaining Guests with Healthy Chinese Cuisine - Choi Fook Royal Banquet

中式餐廳或會予人千篇一律的感覺，彩福皇宴卻是例外。彩福皇宴一向選用最優質、最新鮮、最合時的材料，堅守健康烹調的理念，用心為顧客提供多元化、營養豐富的美味菜式。

何志強先生是彩福婚宴集團的董事長，人稱「強哥」，入行超過 30 年。強哥相信只要有自家創作的獨特菜式，自能給食客留下深刻印象。他說：「我們不斷研創健康新菜式，讓顧客有更多選擇。另外，我們很著重食材的來源，希望顧客食得安心。」

While Chinese restaurants may give off an impression of lack of variety, Choi Fook Royal Banquet is an exception. Adhering to the principle of healthy cooking, Choi Fook Royal Banquet strives to offer a variety of healthy, delicious dishes cooked with quality, fresh and seasonal ingredients.

Mr HO Chi-keung is the Managing Director of Choi Fook Wedding Banquet Group. Nicknamed Brother Keung, he has worked in the catering industry for more than 30 years. He believes that creating one's own original recipes is the key to leave customers with a great impression. He explained, "We keep working on healthy new recipes to provide customers with more choices. In addition, we attach great importance to the sources of our ingredients to ensure that our customers can enjoy their meals with their mind at ease."

少用調味 呈獻原味

Bringing out Original Flavours with Light Seasonings

強哥續說：「我們堅持選用世界各地的新鮮食材，讓顧客品嚐食材原味。如果食材新鮮，加上少量的油、鹽、糖或醬料，已可提升食物的鮮味。」

彩福皇宴為菜式的食材分量及烹調步驟設下嚴格要求，強調「酒樓價錢，酒店出品」，確保每間分店的菜式水準一致，以上佳食物質素贏取顧客的信心。

Mr HO added, "To enable our customers to taste the original flavours of foods, we insist on using fresh ingredients from around the world. If the ingredients are fresh enough, it will be easy to highlight their refreshing flavours with just a little bit of oil, salt, sugar or sauce."

Choi Fook Royal Banquet sets strict requirements for the quantity of ingredients as well as the cooking procedure of its dishes, with a view to providing customers with quality cuisine comparable to a hotel restaurant at affordable prices. In doing so, the restaurant group is able to ensure consistency in food quality across all branches and gain the customers' confidence with excellent specialties.

何志強先生在 80 年代從深圳來港，即投身飲食業，由低做起。何先生曾任職多間酒樓、酒店、會所及郵輪餐廳，在 2000 年與胞弟合作開辦彩福酒樓。彩福現已發展成擁有 11 間分店的餐飲集團。2013 年，何先生在第 13 屆「中國飯店金馬獎」頒獎禮上，榮獲「中國十大廚神」之譽。

After moving to Hong Kong from Shenzhen in the 80s, Mr HO Chi-keung started working as an apprentice in the catering industry. He worked for various Chinese restaurants, hotels, clubhouses and specialty restaurants on cruise ships. In 2000, Mr HO established Choi Fook Restaurant with his younger brother. Choi Fook Restaurant has now expanded into a restaurant group with 11 outlets. In 2013, Mr HO was named one of China's top 10 chefs at the prize presentation ceremony of the 13th Golden Horse Awards hosted by China Hotel Magazine.

糅合中外特色 因時烹煮菜譜 Cooking Seasonally in Chinese and Western Styles

彩福皇宴敢於推陳出新，中菜西煮，為傳統菜式加入新元素。強哥又表示會因應季節選用當造食材，推出健康菜式，符合養生之道。時屆夏令，該店以雪梨、啤梨、蘋果和哈密瓜等水果食材炮製多款燉湯，滋潤解暑；而啤梨炒帶子、番茄南瓜汁烏冬也是上佳的夏令食品。數月前，彩福皇宴更在午市時段提供水耕菜沙律，包括五款新鮮的水耕蔬菜，清新爽口。

彩福皇宴積極推廣健康的飲食理念，多年前已加入「有『營』食肆」運動，在餐牌上標明「有『營』菜式」，並傳授員工有關健康飲食的知識，讓他們向客人推介相關菜式。另外，集團推出「無翅婚宴」和「素一道」，又與惜食堂合作回收剩餘食品，為響應環保不遺餘力。

Choi Fook Royal Banquet is eager to add new elements to traditional dishes. The restaurant group incorporates new culinary ideas into the existing recipes and applies western cooking techniques to Chinese cuisine. Mr HO revealed that he likes to select ingredients that are in season in preparation of healthy dishes that help maintain the well-being of customers. To relieve the summer heat, the restaurant group offers a number of nourishing double-boiled soups that feature fruits such as snow pears, western pears, apples and Hami melons. Stir-fried scallops with pears and udon in tomato and pumpkin sauce are also great choices in summer time. Over the past few months, Choi Fook Royal Banquet has made a green salad available during lunch hours. Featuring five kinds of fresh hydroponic vegetables, this salad dish is a refreshing and crunchy delight.

Choi Fook Royal Banquet actively promotes healthy eating and has participated in the “EatSmart@restaurant.hk” Campaign for many years. Apart from including “EatSmart Dishes” in its menus, the restaurant group passes on knowledge of healthy eating to its staff, enabling them to recommend healthy dishes to customers. Choi Fook Royal Banquet also makes every effort to support environmental protection. It hosts shark fin-free wedding banquets and features at least one veggie dish in its set menus. In addition, it collaborates with Food Angel to implement a food cycling scheme.



番茄冰豆腐浸津白 Poached Chinese Cabbage with Chilled Tofu and Tomato

冰豆腐爽口嫩滑，配以番茄及津白，鮮甜美味，符合均衡飲食的原則。The smooth, silky chilled tofu goes side by side with tomato and Chinese cabbage, giving the whole dish a refreshingly sweet flavour. This recipe is a fine example of a well-balanced dish.

大良炒桃姿帶子 Stir-fried Egg White with Scallops and Peach Resin

以低脂牛奶、蛋白與帶子同炒，配上爽滑煙韌的桃膠，清新健康。This healthy dish features low-fat milk, which is stir-fried together with egg white, scallops and the smooth, chewy peach resin.



龍鳳金粟泡時蔬 Garoupa and Chicken with Poached Seasonal Vegetables

雞肉及龍躉肉配以白菜烹調，加入黃金粟米粒，令整道菜色彩繽紛，老少皆宜。This dish is a combination of garoupa, chicken, Chinese white cabbage and corn kernels. It has a colourful appearance and is suitable for people of all ages.

伴水芹香水中花 Stir-fried Seasonal Green with Lotus Root

蜜糖豆配以馬蹄、蓮藕及百合，口感豐富，是一款滋味可口的素食菜式。This delicious vegetable dish is prepared with honey beans and side ingredients such as water chestnuts, lotus root and lily bulbs, offering a rich and complex mouthfeel.



茶餐廳的健康「煮」意 - 廣發餐廳

Healthy Cooking at Tea Restaurant — KF Café & Restaurant



廣發餐廳主廚謝國釗先生入廚超過 30 年，曾任職多間西餐廳，三年前加入廣發餐廳。釗哥十分認同餐廳推廣健康飲食的理念，喜愛在港式燴菜中加入西式烹調概念。

Mr TSE Kwok-chiu is the head chef of KF Café & Restaurant. He has over 30 years of experience in cooking. He worked for various western restaurants before joining KF Café & Restaurant three years ago. Mr TSE very much agrees with the restaurant's vision for promoting healthy eating. He likes to combine western cooking elements with Hong Kong-style meals.

提起茶餐廳，大家或會聯想起高糖和高脂肪的濃味食物。近年健康風氣甚盛，葵涌葵盛東邨的廣發餐廳積極推廣健康飲食，打破茶餐廳的固有印象。

廣發餐廳負責人馬健亮先生深明健康飲食的重要性，為推動健康飲食不遺餘力。餐廳除了供應「碟頭飯」及粉麵外，亦設有數十道廣東小菜，當中不乏有「營」之選，吸引了附近的居民及學生光顧。

Speaking of tea restaurants (*cha chaan teng*), we may think of high-sugar, high-fat foods that are of intense flavours. In recent years, healthy lifestyle has become very trendy. KF Café & Restaurant in Kwai Shing East Estate, Kwai Chung manages to overcome the stereotypes associated with tea restaurants by actively promoting healthy eating.

Mr MA Kin-leong is the owner of KF Café & Restaurant. Being well aware of the importance of a healthy diet, he works tirelessly to promote healthy eating. Apart from rice dishes, noodles and rice noodles, the restaurant also offers a few dozens of Cantonese dishes. With various nutritious menu items, the restaurant is able to attract residents and students nearby.



鮮茄蛋白蝦球帶子

Prawns and Scallops with Tomato and Egg White

鮮蝦和帶子配搭得宜，輔以原個番茄、西蘭花和蛋白芡，令菜式得以把鮮、爽、脆、滑集於一身。

The pairing of prawns and scallops is perfectly accompanied by the whole tomato, broccoli and egg white sauce. These ingredients give the dish a sense of freshness as well as a tender, smooth yet crunchy texture.

「煮」意新穎 「營」味十足 Making Creative and Healthy Dishes

三年前加盟的主廚謝國釗先生，有着與馬先生相同的健康飲食理念。人稱「釗哥」的謝先生說：「現時，不少同輩朋友的身體開始出現『三高』（高血壓、高血糖、高膽固醇）及『三高』引致的疾患，令我更加相信健康飲食的重要性。」釗哥補充，餐廳顧客不乏居於屋邨的長者，他們較喜愛清淡食物，不時要求菜式少油、少鹽和少糖，餐廳定必配合。

釗哥在傳統美食加入新元素，令菜式既健康又有創意。蒸魚、蒸水蛋和灼菜等菜式主要以上湯提味，少用其他調味料；不少菜式更以水果入饌，例如蜜桃牛柳粒和蘋果鮮雜菜粒炒飯。餐廳的其中一道招牌菜式是杞子圓肉浸菠菜，曾在《營廚》舉辦的「有『營』廚藝大比拼」中獲得冠軍。此外，餐廳的多款下午茶餐均配以水果沙律。

Mr TSE Kwok-chiu has served as the head chef of KF Café & Restaurant for three years. Affectionately known as Brother Chiu, he upholds the same vision for healthy eating as Mr MA. "Many friends around my age have been diagnosed with 'three highs' (high cholesterol level, high blood pressure and high blood sugar) and related illnesses," said Mr TSE. "This has strengthened my belief that healthy eating plays an important role in our life." He added that many customers of the restaurant are elderly persons residing in housing estates. They prefer a simple, light diet and may request at times that their dishes be cooked with less oil, salt and sugar. When receiving such requests, the restaurant is happy to oblige.

Mr TSE likes to instill new elements into traditional recipes in attempt to deliver healthy and creative dishes. He mainly relies on the use of broth rather than seasonings when bringing out the flavours of steamed eggs, steamed fish and blanched vegetables, etc. The restaurant also offers plenty of fruit dishes, such as braised beef dices with peach and fried rice with apple dices and mixed vegetables. Spinach with Chinese wolfberries and dried longans in chicken broth, one of the restaurant's signature dishes, was the winner of the EatSmart Restaurant Cooking Competition organised by CookSmart. In addition, the restaurant includes fruit salad in many of its afternoon tea sets.

優待老幼 回饋社區 Giving back to Young and Old in Neighbourhood

雖然廣發餐廳的食品價錢大眾化，但釗哥絕不將貨就價，嚴選優質食材，又會以新鮮材料烹製自家醬汁。他亦常與馬先生商討新的健康菜式及健康飲食推廣策略。

廣發餐廳以「取之社會，用之社會」為宗旨。八年以來，每逢農曆十五，餐廳會向60歲或以上的長者派發100份健康早餐。釗哥解釋，免費早餐包括麥包及麥皮，以長者健康為大前提，希望他們吃得又飽又有營養。餐廳去年更推出餐券，獎勵鄰近學校成績優異的同學。由這些窩心善舉可見，餐廳與社區建立了獨特的感情。

釗哥不時與餐廳員工分享健康飲食的理念，讓他們向顧客推廣健康菜式。他亦希望員工建立良好飲食習慣，從而將健康訊息帶給家人。

While KF Café & Restaurant provides an inexpensive menu, Mr TSE never compromises on food quality. He is meticulous about choosing the best ingredients. His homemade sauces are made with fresh ingredients. Mr TSE and Mr MA also regularly discuss providing brand new healthy dishes and developing strategies to promote healthy eating.

KF Café & Restaurant adheres to one motto: "What is taken from the community should be used in the interests of the community." On the 15th of every Lunar month, the restaurant gives away 100 sets of free breakfast to elderly persons aged 60 or above. This arrangement has already been in place for eight years. According to Mr TSE, the restaurant gives key consideration to the elderly's health when preparing the free breakfast, which consists of oat bread and oatmeal. His hope is to give the elderly a full and wholesome meal. Last year, meal vouchers were also awarded to academically excellent students of nearby schools. All these heart-warming acts are hints of the restaurant's unique emotional ties with the neighbourhood.

From time to time, Mr TSE shares his vision for healthy eating with his co-workers, who in turn promote healthy dishes to customers. He also hopes that his co-workers can develop a good eating habit and help spread healthy messages to their family members.



金菇螺片西蘭花

Broccoli with Enokitake Mushrooms and Sliced Sea Whelks

這道家常小炒淋上香氣四溢的醬汁，更能凸顯材料的鮮美味道。

This homey stir-fried dish is topped with an aromatic sauce, highlighting the fresh and delicate flavours of the ingredients.



雜菌炒三色米飯

Tricolour Fried Rice with Assorted Mushrooms

粟米粒、鮮雜菌與紅米、糙米及白米飯共炒，不油不膩，雜菌鮮味滲入飯粒，健康滋味。

In this healthy and delicious dish, red, brown and white rice grains are stir-fried together with corn kernels and several varieties of mushrooms, without becoming too oily or heavy. The fresh flavour of the mushrooms is nicely absorbed by the rice grains.



窩心菇菌炒雜菜

Stir-fried Mushrooms and Vegetables

以雲耳、秀珍菇、翠肉瓜、西蘭花和洋葱共同炒製而成，清嫩爽脆，口感豐富。

This refreshing, crunchy dish features cloud ears, oyster mushrooms, zucchini, broccoli and onion, offering a rich mouthfeel.



美果蝦球



Fried Shrimps
with Fruits



試食兵團
話你知

Message from
Tasting Team

鮮蝦爽口彈牙，配上荔枝、番茄、紅椒等多種蔬果及自製的番茄膏，味道清新怡人。

The shrimps are fresh with a firm bite. Fruits and vegetables such as lychees, tomatoes and red bell peppers are used as side ingredients. A homemade tomato paste helps round out this delicious and refreshing dish.

每一份 Per Serving

熱量
Energy
129
千卡 (kcal)

碳水化合物
Carbohydrate
7
克 (g)

蛋白質
Protein
3
克 (g)

脂肪
Fat
10
克 (g)

糖
Sugar
5
克 (g)

鈉質
Sodium
122
毫克 (mg)

To serve

3

人分量



材料 Ingredients

蝦..... 10 隻 10 shrimps	紅椒（切粒）..... 1/8 個 1/8 red bell pepper (diced)
荔枝（去皮去核）..... 3 顆 3 lychees (skinned and stoned)	青椒（切粒）..... 1/8 個 1/8 green bell pepper (diced)
龍眼（去皮去核）..... 3 顆 3 longans (skinned and stoned)	黃椒（切粒）..... 1/8 個 1/8 yellow bell pepper (diced)
提子..... 3 顆 3 grapes	洋蔥片..... 數塊 a few onion slices
車厘茄..... 3 顆（約 15 克） 3 cherry tomatoes (approx. 15g)	芥花籽油..... 2 茶匙 2 teaspoons canola oil
芒果粒..... 4 顆（約 8 克） 4 mango dices (approx. 8g)	蒜蓉..... 1 茶匙 1 teaspoon chopped garlic
菠蘿粒..... 4 顆（約 8 克） 4 pineapple dices (approx. 8g)	乾葱..... 少許 Some dried onion



調味料 Seasoning

糖..... 1 茶匙 1 teaspoon sugar
紹興酒..... 1 茶匙 1 teaspoon Shaoxing wine
豉油..... 1 茶匙 1 teaspoon soy sauce
自製番茄膏..... 1 茶匙 1 teaspoon homemade tomato paste



自製番茄膏 Homemade Tomato Paste

番茄..... 2 個（搗碎） 2 tomatoes (crushed)
蒜茸..... 1 湯匙 1 tablespoon chopped garlic
糖..... 1/2 茶匙 1/2 teaspoon sugar



步驟 Cooking Method

- 將蝦、荔枝、龍眼、椒粒、洋蔥片汆水備用。
Blanch the shrimps, lychees, longans, bell pepper dices and sliced onions. Set aside.
- 將鑊燒熱，加入芥花籽油，再將蒜蓉、乾葱爆香。
Heat the wok and add canola oil. Stir-fry the chopped garlic and dried onion until aromatic.
- 將已汆水的材料放入鑊中快炒，快炒時加入餘下材料。最後加入調味料，炒半分鐘即可。
Add the blanched ingredients to the wok for quick stir-frying. While stir-frying, add the remaining ingredients. Then add the seasonings and stir-fry for half a minute.



特色 Feature

這食譜用上數種新鮮水果，不但能帶出天然甜味，亦能同時減少使用白糖的分量。自製番茄膏以新鮮番茄和蒜蓉所製成，可帶出香濃的味道。整道菜式少鈉高鉀，有助維持理想的血壓水平。

This dish features several fresh fruits, which give a natural sweet taste and reduce the use of white sugar. Prepared with fresh tomatoes and chopped garlic, the homemade tomato sauce has an aromatic and intense flavour. As the whole dish is low in sodium but high in potassium, it can help keep blood pressure at a healthy level.



本食譜由泰式食提供。
This recipe is provided by Thai Perfect.

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.



冰鎮惹味 鮑魚柚子秋葵

Chilled Abalones with
Pomelo and Okra



試食兵團 話你知

Message from
Tasting Team

冰鎮鮑魚彈牙入味，配上清甜柚子，只需少量的自製醬汁，即可帶出鮑魚的鮮味。

Accompanied by the aromatic, sweet pomelo, the chilled abalones are well-flavoured and have a springy texture. Their refreshing taste can be brought out with just a little bit of homemade sauce.

每一份 Per Serving

熱量
Energy
87
千卡 (kcal)

碳水化合物
Carbohydrate
8
克 (g)

蛋白質
Protein
11
克 (g)

脂肪
Fat
1
克 (g)

糖
Sugar
0
克 (g)

鈉質
Sodium
385
毫克 (mg)

To serve

6

人分量



材料 Ingredients

南非十頭鮑魚..... 6 隻
6 ten-head South African abalones

秋葵..... 6 條
6 pieces okra

柚子（只取果肉）..... 1/2 個
1/2 pomelo (flesh only)



醬汁 Sauce

青檸汁..... 2 湯匙
2 tablespoons lime juice

水..... 50 毫升
50 ml water

日式豉油..... 1 湯匙
1 tablespoon Japanese soy sauce

芫茜（切碎）..... 2 湯匙
2 tablespoons chopped coriander

日本芥末粉..... 0.5 茶匙
0.5 teaspoon wasabi powder

蒜茸..... 1 茶匙
1 teaspoon chopped garlic

冰凍自製雞湯 Chilled Homemade Chicken Broth

雞..... 1/4 隻（去皮）
1/4 skinless chicken

水..... 1.5 公升
1.5 L water

步驟 Cooking Method

1. 把水煮沸，然後放入去皮雞，煲煮 45 分鐘。
Bring the water to boil and add the skinless chicken. Boil for 45 minutes.
2. 將雞湯放入雪櫃。
Put the chicken broth in the refrigerator.



步驟 Cooking Method

1. 鮑魚蒸 2 至 3 分鐘後，浸進冰水。
Steam the abalones for 2 to 3 minutes, then soak in ice water.
2. 鮑魚去掉外殼及內臟後，浸進冰冷的雞湯 6 至 8 小時。外殼留起備用。
Remove the shells and internal organs of the abalones. Soak the abalones in the chilled chicken broth for 6 to 8 hours. Set the shells aside.
3. 秋葵放進沸水，灼 20 秒後取出，浸進冰水，斜切備用。
Blanch the okra in boiling water for 20 seconds and soak in ice water. Slice diagonally and set aside.
4. 柚子去皮，柚肉切絲，備用。
Peel the pomelo and shred the flesh. Set aside.
5. 鮑魚殼內放入柚子絲，再把鮑魚置於柚子絲上，然後加入秋葵。醬汁另上。
Place the shredded pomelo in the abalone shells. Arrange the abalones on top of the shredded pomelo, then add the okra. Serve the sauce separately.

特色 Feature

這食譜用了柚子、秋葵和鮑魚，做出像刺身般的食法。醬汁中加入青檸汁、芥末粉、蒜蓉、芫茜，十分清新刺激，且可以減少使用豉油和其它調味料，有助實踐少鹽飲食。

Prepared with pomelo, okra and abalones, this dish is served in a style similar to sashimi. As its sauce is a refreshing and intriguing mix of lime juice, wasabi powder, chopped garlic and coriander, we can reduce the use of soy sauce as well as other seasonings and eat less salt.



熱量和各營養素含量，是參考食物環境衛生署食物安全中心及美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

The energy and nutrient content is estimated according to the information compiled from the Centre for Food Safety, Food and Environmental Hygiene Department and the Nutrient Data Laboratory, US Department of Agriculture. Values are for reference only.

本食譜由彩福皇宴提供。

This recipe is provided by Choi Fook Royal Banquet.



蘋果 鮮雜菜粒炒飯

Fried Rice with Diced
Apple and Vegetables



試食兵團
話你知

Message from
Tasting Team

以蘋果、甘荀、西蘭花、菜心等蔬果切粒炒飯，香甜爽口，清新開胃。

With a blend of diced apple, carrot, broccoli and choy sum, this savoury fried rice dish will bring up your appetite.

每一份 Per Serving

熱量
Energy
310
千卡 (kcal)

碳水化合物
Carbohydrate
58
克 (g)

蛋白質
Protein
8
克 (g)

脂肪
Fat
4
克 (g)

糖
Sugar
3
克 (g)

鈉質
Sodium
335
毫克 (mg)

To serve

2

人分量



材料 Ingredients

甘筍（切粒）.....	20 克
20g carrot (diced)	
西蘭花（切粒）.....	20 克
20g broccoli (diced)	
菜心（切粒）.....	40 克
40g choy sum (diced)	
雞蛋.....	1 隻
1 egg	
白飯（已煮熟）.....	375 克
375g rice (cooked)	
蘋果（去皮切粒）.....	1/4 個
1/4 apple (skinned and diced)	



調味料 Seasoning

芥花籽油.....	1/2 茶匙
1/2 teaspoon canola oil	
鹽.....	1/4 茶匙
1/4 teaspoon salt	



步驟 Cooking Method

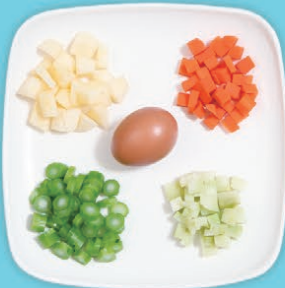
1. 把甘筍、西蘭花、菜心和蘋果洗淨切粒，汆水備用。
Rinse and dice the carrot, broccoli, choy sum and apple. Blanch the diced ingredients and set aside.
2. 拌勻雞蛋。
Beat the egg well.
3. 在鑊中燒熱油，加入拌勻的雞蛋，再加入熟飯及切粒的材料炒勻，灑鹽調味即成。
Heat oil in the wok and add the beaten egg. Add the cooked rice and diced ingredients, stir-fry until well combined and season with salt.



特色 Feature

此炒飯最特別之處是用蘋果粒作為配料，令口感更清爽之餘，亦能帶出天然甜味。甘筍含豐富的胡蘿蔔素，胡蘿蔔素會在身體轉化成維生素 A，有助改善夜間視力。

This fried rice dish is characterised by its use of diced apple as a side ingredient to give a refreshing mouthfeel and a natural sweet flavour. Carrot is rich in carotene, which is converted to vitamin A in human body and is effective in improving night vision.



本食譜由廣發餐廳提供。
This recipe is provided by KF Café & Restaurant.

熱量和各營養素含量，是參考食物環境衛生署食物安全中心及美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

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珍菌火龍果 炒玉帶子

Sautéed Scallops and Dragon
Fruit with Assorted Mushrooms



試食兵團
話你知

Message from
Tasting Team

菜式選用清甜可口的火龍果、肥美豐厚的雞脾菇和香氣濃郁的本菇，是解暑消熱的佳饌。

Prepared with the sweet tasty dragon fruit, fleshy king oyster mushrooms and aromatic beech mushrooms, this culinary delight can help you beat the summer heat.

每一份 Per Serving

熱量
Energy
106
千卡 (kcal)

碳水化合物
Carbohydrate
13
克 (g)

蛋白質
Protein
4
克 (g)

脂肪
Fat
4
克 (g)

糖
Sugar
6
克 (g)

鈉質
Sodium
343
毫克 (mg)

To serve

4

人分量



材料 Ingredients

火龍果 (切角) 半個 1/2 dragon fruit (cut into wedges)	黃椒 (切片) 1/8 個 1/8 yellow bell pepper (sliced)
雞脾菇 (切片) 37.5 克 37.5g king oyster mushrooms (sliced)	帶子 8 粒 8 scallops
本菇 37.5 克 37.5g beech mushrooms	蔥 (切段) 少許 Some spring onions (sectioned)
甜豆 225 克 225g snap peas	蒜 (切片) 少許 Some garlic (sliced)
紅椒 (切片) 1/8 個 1/8 red bell pepper (sliced)	



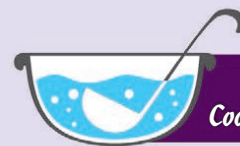
調味料 Seasoning

鹽 1/2 茶匙 1/2 teaspoon salt	芥花子油 2 茶匙 2 teaspoon Canola oil
糖 1/3 茶匙 1/3 teaspoon sugar	麻油 1 茶匙 1 teaspoon sesame oil



芡汁 Thickening sauce

生粉 2 茶匙 2 teaspoons cornstarch	水 3 茶匙 3 teaspoons water
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步驟 Cooking Method

1. 豆殼去根去衣，以沸水灼熟甜豆。
Remove the strings and skin from pea pods. Blanch the snap peas in boiling water until cooked.
2. 雞脾菇、本菇洗淨，加 1/4 茶匙鹽，快炒。
Rinse the king oyster mushrooms and beech mushrooms. Add 1/4 teaspoon of salt and sauté quickly.
3. 帶子煎至兩面金黃 (約八成熟)，備用。
Sauté the scallops until both sides are golden brown (i.e. about 80% cooked). Set aside.
4. 加油下鑊，爆香蔥、蒜，加入紅椒和黃椒，再放入所有材料，快炒。
Add oil to the wok. Sauté the spring onions and garlic until aromatic, then add the red and yellow bell pepper. Add all the ingredients and sauté quickly.
5. 加入餘下的鹽、糖、麻油及適量生粉水。
Add the remaining salt, sugar, sesame oil and an appropriate amount of cornstarch-water mixture.



特色 Feature

此食譜採用了兩種菇類、紅黃椒、火龍果及帶子來做出一碟顏色鮮豔的菜式。菇類和火龍果均含豐富的膳食纖維，帶子則含豐富的蛋白質，有助身體修補組織，且脂肪含量低，有利體重控制。

This colourful dish features two types of mushrooms, red and yellow bell pepper, dragon fruit and scallops. Both the mushrooms and dragon fruit are good sources of dietary fibre. Since scallops are high in protein and low in fat, they can help repair body tissues and control weight.



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本食譜由錦繡花園鄉村俱樂部提供。
This recipe is provided by Fairview Park Country Club.



鮮百合 秋葵炒鳳梨

Sautéed Pineapple with
Lily Bulbs and Okra



試食兵團
話你知

Message from
Tasting Team

菠蘿味道酸甜，鮮百合脆嫩清香，加上紅椒粒、黃椒粒以及口感細膩的秋葵，整道菜式巧妙地糅合了豐富的色彩及味道。

Featuring the sweet-sour pineapple, crunchy and mildly fragrant lily bulbs, red and yellow pepper dices and slender okra, this dish is a beautiful combination of various colours and flavours.

每一份 Per Serving

熱量
Energy
44
千卡 (kcal)

碳水化合物
Carbohydrate
15
克 (g)

蛋白質
Protein
1
克 (g)

脂肪
Fat
0
克 (g)

糖
Sugar
2
克 (g)

鈉質
Sodium
100
毫克 (mg)

To serve

4

人分量



材料 Ingredients

菠蘿	70 克
70g pineapple	
紅椒	20 克
20g red bell pepper	
黃椒	20 克
20g yellow bell pepper	
秋葵	60 克
60g okra	
百合	60 克
60g lily bulbs	



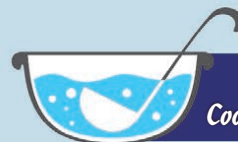
調味料 Seasoning

鹽	1 克
1g salt	
糖	1 克
1g sugar	
花雕酒	半茶匙
½ teaspoon Huadiao wine	
芥花籽油	2 茶匙
2 teaspoons canola oil	



芡汁 Thickening sauce

生粉	2 茶匙
2 teaspoons cornstarch	
水	3 茶匙
3 teaspoons water	



步驟 Cooking Method

1. 把百合、紅椒、黃椒和秋葵一起氽水，備用。
Blanch the lily bulbs, red and yellow bell pepper and okra. Set aside.
2. 在鑊中燒熱油，加入已氽水的材料。
Heat oil in the wok and add the blanched ingredients.
3. 加入調味料炒熟。
Add the seasonings and sauté until the ingredients are well cooked.
4. 加入菠蘿及適量芡汁炒勻即成。
Add the pineapple and an appropriate amount of thickening sauce. Sauté and mix well.



特色 Feature

秋葵和百合均含豐富的膳食纖維，有助增加飽肚感，促進腸部蠕動，預防便秘。鳳梨含維生素 C，幫助身體吸收鐵質，並增強免疫力。

Okra and lily bulbs are rich in dietary fibre, which can increase satiety, stimulate bowel movements and prevent constipation. Pineapple contains vitamin C, which helps our body absorb iron and boosts immunity.



熱量和各營養素含量，是參考食物環境衛生署食物安全中心及美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。

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本食譜由功德林上海素食提供。

This recipe is provided by Kung Tak Lam Shanghai Vegetarian Cuisine.



以下資料截至二零一八年六月二十九日，排名依筆劃序。欲知最新「有『營』食肆」名單，請瀏覽衛生署「有『營』食肆」專題網站http://restaurant.eatsmart.gov.hk。

Last updated on 29 Jun 2018. Names are listed in a Chinese stroke order. For the latest EatSmart Restaurant list, please visit the "EatSmart Restaurant" thematic website at http://restaurant.eatsmart.gov.hk

灣仔區 Wan Chai District

大自然素食	Gaia Veggie Shop	2808 1386
大喜屋日本料理	Daikiya Japanese Restaurant	3622 2182
牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniku Restaurant	3167 7138
元味壽司刺身專門店	Yummy Sushi Ya	2574 9263
甘味手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	3907 0689
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2881 9966
迎驛大酒樓	Cheers Restaurant	8300 8198
美味廚	Megan's Kitchen	2866 8305
皇室1號	Royal One	2351 9882
律敦治醫院-職員餐廳	Ruttonjee Hospital - Staff Canteen	2838 4126
香港01空間	HK 01 SPACE	6589 0101
盈福小廚	Fortune Kitchen	2697 7317
純子餐廳	Joongo House Restaurant	2827 9287/ 2827 5252
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2836 5600
家全七福酒家	Seventh Son Restaurant	2892 2888
泰式食	Thai Perfect	2890 4899
索迪斯(香港)有限公司-警察總部匯叙西餐廳	Sodexo (Hong Kong) Limited - PHQ Western	2860 2688
索迪斯(香港)有限公司-警察總部雅膳中餐廳	Sodexo (Hong Kong) Limited - PHQ Arsenal Place	2860 2688
索迪斯(香港)有限公司-警察總部匯叙快餐	Sodexo (Hong Kong) Limited - PHQ Fast Food	2860 2688
海皇粥店(莊士敦道)	Ocean Empire Food Shop (Johnston Road)	2575 0417
海皇粥店(駱克道)	Ocean Empire Food Shop (Lockhart Road)	2891 1902
泰國人海南雞(譚臣道)	Koon Thai Hai Nam Chicken (Thomson Road)	2152 9832
泰國人海南雞(電氣道)	Koon Thai Hai Nam Chicken (Electric Road)	2892 8892
海港薈	Victoria Harbour Supreme	3577 8688
曼谷泰菜	Bangkok Thai Restaurant	3102 1618
彩福皇宴	Choi Fook Royal Banquet	2566 7778
跑馬地萬興茶餐廳	Man Hing Restaurant	2574 9228
富豪金殿·富豪香港酒店	Regal Palace Restaurant - Regal Hongkong Hotel	2837 1773
煌府婚宴專門店	Wedding Banquet Specialist	2834 8899
粵軒·六國酒店	Canton Room - Gloucester Luk Kwok Hong Kong	2866 2166
新新酒家	Sun Sun Restaurant	2838 2186
新豐記魚蛋牛什大王	Sun Fung Kee	2574 4328
漁川米線	Shunde Cuisine	2386 4188
滬江飯店	Wu Kong Shanghai Restaurant	2506 1018
翠華餐廳(謝斐道)	Tsui Wah Restaurant (Jaffe Road)	2892 2633
翠華餐廳(博匯大廈)	Tsui Wah Restaurant (The Broadway)	2542 2288
翠華餐廳(景隆街)	Tsui Wah Restaurant (Cannon Street)	2573 4338
翠華餐廳(駱克道)	Tsui Wah Restaurant (Lockhart Road)	2838 9086 / 2838 9087
翠華餐廳(糖街)	Tsui Wah Restaurant (Sugar Street)	2890 9266
翡翠拉麵小籠包(世貿中心)	Crystal Jade La Mian Xiao Long Bao (World Trade Centre)	2915 6988
翡翠拉麵小籠包(時代廣場)	Crystal Jade La Mian Xiao Long Bao (Times Square)	2506 0080
銀龍茶餐廳	Ngan Lung Restaurant	2413 1811
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2881 5298
蒲點美式酒吧	Champs Bar	2892 3386
稻香	Tao Heung	8300 8121
稻香超級漁港	Pier 88	8300 8162

樂農	Happy Veggies	2529 3338
築地日本料理	Tsukiji Japanese Restaurant	2504 3338
橋底辣蟹(駱克道429號)	Under Bridge Spicy Crab (429 Lockhart Road)	2573 7698
橋底辣蟹(謝斐道)	Under Bridge Spicy Crab (Jaffe Road)	2834 6268
橋底辣蟹(駱克道421-425號)	Under Bridge Spicy Crab (421-425 Lockhart Road)	2834 6818
龍皇酒家	Dragon King Restaurant	2895 2288
龍鳳冰室	Lung Fung Café	2618 8088
薯仔屋	Small Potato	2890 4884
禮頓會	Club Leighton	3198 9805
鍾廚	Chung's Kitchen	8300 8005
麗姐廚房	Liza Veggies	2575 6060
譽宴(利舞臺廣場)	U-Banquet (Lee Theatre Plaza)	2811 9181
譽宴(信和廣場)	U-Banquet (Sino Plaza)	2811 9628
權發海鮮酒家	Kuen Fat Restaurant	2893 8080
Délifrance (Café)(大有廣場)	Délifrance (Café) (Tai Yau Plaza)	2591 1600
Délifrance (Café)(中國恆大中心)	Délifrance (Café) (China Evergrande Center)	2527 7201
Délifrance (Café)(香港中央圖書館)	Délifrance (Café) (Hong Kong Central Library)	2504 0115
Délifrance (Café)(瑞安中心)	Délifrance (Café) (Shui On Centre)	2802 4465
Grove Sandwiches	Grove Sandwiches	3115 7300
MX	MX	2838 6173
Verde Mar	Verde Mar	2810 0888

中西區 Central & Western District

一念素食	Bijas Vegetarian Restaurant	2964 9011
力寶軒	Lippo Chiuchow Restaurant	2526 1168
心齋	Pure Veggie House	2525 0552
北園酒家	North Garden Restaurant	2526 3163
西港城-大舞臺	The Grand Stage	8202 2809
美心MX(卑路乍街)	Maxim's MX (Belchers Street)	2819 1196
美心MX(創業中心)	Maxim's MX (Chong Yip Centre)	2857 2910
哈佛提素	Harvester	2542 4788
帝景園會所(只供會員)	Dynasty Court Club Royal (Members Only)	2522 0080
茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2323 1778
海皇	Ocean Empire	2845 0768
海港酒家(康威花園)	Victoria Harbour Restaurant (Hongway Garden)	3643 0228
海港酒家(西貢城)	Victoria Harbour Restaurant (The Westwood)	2836 3282
麥明記	Mak Ming Noodles	2633 2368
富臨粵之味	Fulum	2815 1088
翠華餐廳(威靈頓街)	Tsui Wah Restaurant (Wellington Street)	2525 6338
翠華餐廳(德輔道中)	Tsui Wah Restaurant (Des Voeux Road)	2815 3000
翡翠拉麵小籠包(金鐘廊)	Crystal Jade La Mian Xiao Long Bao (Queensway Plaza)	2529 9908
翡翠拉麵小籠包(國際金融中心)	Crystal Jade La Mian Xiao Long Bao (IFC Mall)	2295 3811
嘉豪酒家	Ka Ho Restaurant	2815 8133
嘉禧餐廳	Le Cleret Brasserie	2833 5667
Délifrance (Café)(華懋廣場)	Délifrance (Café) (Chinachem Plaza)	2581 4391
Délifrance (Café)(環球大廈)	Délifrance (Café) (World Wide Plaza)	2868 1355
Eatology	Eatology	2368 6331
Grove Café	Grove Café	2530 0043
Grove Sandwiches	Grove Sandwiches	2851 1198
La Parole	La Parole	2436 4099
MX(中華總商會大廈)	MX (CCGC)	2140 6689
MX(信德中心)	MX (Shun Tak Centre)	2857 6566
MX(富衛金融中心)	MX (FWD Financial Centre)	2696 5638

南區 Southern District

牛角日本燒肉專門店	Gyu-kaku Japanese Restaurant	2555 2418
中華廚藝學院(英語餐飲學會)(只供會員)	Chinese Culinary Institute (The English-Speaking Dining Society) (Members Only)	3717 7388
太興	Tai Hing	2552 9820
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2523 7378
百分百餐廳	Hundred Percent Restaurant	2645 9100
百樂門薈宴	Joy Cuisine	2580 8183

茶木 · 台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2325 2200
旅遊服務業培訓發展中心 (英語餐飲學會 - 薄扶林) (只供會員)	Hotel and Tourism Institute (The English-Speaking Dining Society - Pokfulam) (Members Only)	3717 7388
浪琴園住客會所(只供住客)	Pacific View (Residents Only)	2813 9336
富臨皇宮	Fulum Palace	2553 0699
綠野仙踪	Greenland Corner	2552 4022
翠華餐廳	Tsui Wah Restaurant	2552 6998
肇順名匯河鮮專門店	Siu Shun Village Cuisine	2884 9088
嘉豪酒家	Ka Ho Restaurant	2551 1228
瑪麗醫院職員飯堂	Queen Mary Hospital Staff Canteen	2818 0070
稻香	Tao Heung	8300 8136
稻香超級漁港	Pier 88	8300 8173
鐘菜	Chung's Cuisine	8300 8006
LIS Café	LIS Café	3968 8833
MX (香港仔)	MX (Aberdeen)	2580 5133
MX (海怡廣場)	MX (Marina Square)	2983 9168

東區

Eastern District

人和平小飯店	Ren Ren Heping Restaurant	2570 8616
三葉屋	Mitsubaya	3594 6069
甘味讚岐手打烏冬專門店 (藍灣半島廣場)	Yummy Handmade Sanuki Udon Restaurant (Island Resort Mall)	2812 9689
甘味讚岐手打烏冬專門店 (杏花邨)	Yummy Handmade Sanuki Udon Restaurant (Heng Fa Chuen)	2896 7489
百份百餐廳	Hundred Percent Restaurant	2469 8100
美心MX	Maxim's MX	2897 7513
香港專業教育學院 (柴灣)飯堂	Hong Kong Institute of Vocational Education (Chai Wan) Canteen	2411 2773
洋紫荊維港遊 (民安)	Harbour Cruise - Bauhinia (Man On)	2802 2886
洋紫荊維港遊 (民樂)	Harbour Cruise - Bauhinia (Man Lok)	2802 2886
洋紫荊維港遊 (民儉)	Harbour Cruise - Bauhinia (Man Kim)	2802 2886
茶木 · 台式休閒餐廳 (杏花新城)	TeaWood Taiwanese Cafe & Restaurant (Paradise Mall)	2172 7848
茶木 · 台式休閒餐廳 (康怡廣場)	TeaWood Taiwanese Cafe & Restaurant (Kornhill Plaza)	2795 0838
海皇粥店	Ocean Empire Food Shop	2887 5879
泰國人海南雞	Koon Thai Hai Nam Chicken	2870 2196
海港香	Victoria Harbour Supreme	2811 1679
柴灣東區醫院職員飯堂	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
曼谷泰菜 (珠璣大廈)	Bangkok Thai Restaurant (Chu Kee Building)	2856 0818
曼谷泰菜 (天后)	Bangkok Thai Restaurant (Tin Hau)	2566 9966
曼谷泰菜 (藍灣廣場)	Bangkok Thai Restaurant (Island Resort Mall)	2568 6800
麥明記	Mak Ming Noodles	2623 9896
梅花邨小館	Mui Fa Chuen Restaurant	2561 9797
彩福喜宴	Choi Fook Delight Banquet	2566 8289
茗館小廚燒味皇	Ming Guan	2886 1987
富臨皇宮 (英皇道)	Fulum Palace (King's Road)	2563 0222
富臨皇宮 (藍灣半島廣場)	Fulum Palace (Island Resort Mall)	2274 2473
富臨皇宮 (康翠商業中心)	Fulum Palace (The Comm BLK Of Greenwood Terrace)	2889 2200
會所1号	ClubONE	2770 3010
福岡拉麵	Fukuoka Noodle Restaurant	3488 7550
翠華餐廳	Tsui Wah Restaurant	2177 5066/ 2177 5055
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2897 7669
嘉豪酒家	Ka Ho Restaurant	2884 1022
稻香	Tao Heung	8300 8161
御名軒	Royal Legend	2578 9983
錦江軒食府	Kum Gang Hin Cuisine	2887 3281
龍悅 (小西灣)	Dragon Delight (Siu Sai Wan)	2613 2322
龍悅 (柴灣)	Dragon Delight (Chai Wan)	2110 6990
龍鳳冰室 (北角)	Lung Fung Café (North Point)	2618 3003
龍鳳冰室 (大坑)	Lung Fung Café (Tai Hang)	2618 1800
龍鳳冰室 (太古)	Lung Fung Café (Quarry Bay)	2618 9198
聯盛宴	Federal Restaurant	2628 0183
譽廚	U-Kitchen	2811 9668
權發海鮮酒家	Kuen Fat Restaurant	2897 0688
龔粵	Canton Nice	2872 6228
Délices (Café) (太古城)	Délices (Café) (Taikoo Shing)	2904 8603
Délices (Café) (港運城)	Délices (Café) (Island Place)	2565 1335
Grove Sandwiches	Grove Sandwiches	2811 3010
Kim's Spoon	Kim's Spoon	2907 0832
MX (杏花新城)	MX (Paradise Mall)	2558 8541
MX (香港友邦大樓)	MX (AIA Hong Kong Tower)	2679 8229
MX (康怡)	MX (Kornhill Plaza)	2885 5095

黃大仙區

Wong Tai Sin District

大自然素食	Gaia Veggie Shop	2887 3363
甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2322 9189
美心MX	Maxim's MX	2327 8551
紅蔥頭	Cafe Med	2955 4988
海皇	Ocean Empire	2792 9871
富臨皇宮 (新光中心)	Fulum Palace (San Kwong Building)	2320 9080
富臨皇宮 (樂富廣場)	Fulum Palace (Lok Fu Plaza)	2794 3883
富臨漁港	Fulum Fisherman's Wharf Restaurant	2320 8088
翠華餐廳 (新蒲崗)	Tsui Wah Restaurant (San Po Kong)	2324 6486
翠華餐廳 (黃大仙)	Tsui Wah Restaurant (Wong Tai Sin)	2392 9933
稻香超級漁港	Pier 88	8300 8172
龍皇酒家	Dragon King Restaurant	2711 8233
譽廚	U-Kitchen	2811 3281
California Pizza Kitchen	California Pizza Kitchen	3105 0352
Grove Café	Grove Café	2155 4843
MX	MX	2321 9331

九龍城區

Kowloon City District

牛角日本燒肉專門店 (紅磡)	Gyu-kaku Japanese Yakiniku Restaurant (Hung Hom)	3904 1368
牛角日本燒肉專門店 (又一城)	Gyu-kaku Japanese Yakiniku Restaurant (Festival Walk)	3105 9708
好味廚	Homey Kitchen	2336 0701
美心MX	Maxim's MX	3695 0899
紅蔥頭	Cafe Med	2327 6320
香港公開大學大學會所 (只供學生及職員)	Hong Kong Open University Canteen (Students & Staff Only)	2713 4717
泰國人海南雞	Koon Thai Hai Nam Chicken	2459 1883
海港酒家	Victoria Harbour Restaurant	2992 0120
茶木 · 台式休閒餐廳 (黃埔花園)	Little TeaWood Taiwanese Cafe & Restaurant (Whampoa Garden)	2303 0122
茶木 · 台式休閒餐廳 (樂富廣場)	TeaWood Taiwanese Cafe & Restaurant (Lok Fu Shopping Centre)	2363 0339
茶木 · 台式休閒餐廳 (九龍塘又一城)	TeaWood Taiwanese Cafe & Restaurant (Kowloon Tong Festival Walk)	2336 0277
康姨小廚	Madam Hong Restaurant	2386 1877
康美烘焙有限公司 (崇潔街)	Bakery Diets' Limited (Sung Kit Street)	6933 5646
康美烘焙有限公司 (民樂街)	Bakery Diets' Limited (Ma Tau Wai Road)	6933 5646
彩福皇宴	Choi Fook Royal Banquet	2766 0886
富臨皇宮 (馬頭角道)	Fulum Palace (Ma Tau Kok Road)	2310 4201
富臨皇宮 (萬基大廈)	Fulum Palace (Man Kee Mansion)	3192 4788
富臨漁港 (九龍城)	Fulum Fishman's Wharf Restaurant (Kowloon City)	2718 3318
富臨漁港龍臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2365 2881
富臨漁港 (明安街)	Fulum Fisherman's Wharf Restaurant (Ming On Street)	2363 2883
渝齋烤魚	Yu Heung Grilled Fish	2382 4168
博藝會	Spotlight Recreation Club	8202 8606
會所1号	ClubONE	3107 0381
煌府婚宴專門店	Wedding Banquet Specialist	2180 6198
翠華餐廳 (黃埔)	Tsui Wah Restaurant (Whampoa)	2109 0652 / 2109 0653
翠華餐廳 (欣榮花園)	Tsui Wah Restaurant (Jubilant Place)	2760 9828
稻香超級漁港	Pier 88	8300 8177
龍皇酒家	Dragon King Restaurant	2774 6288
潮家	Chiu Ka	2338 3112
嚐在心	Taste in Mind	6417 3490
聯邦郵輪宴會中心	Federal Cruise Banquet Center	2626 0033
簡單小廚	Simple Kitchen	2327 2727
醫管局大樓職員飯堂	Hospital Authority Building Staff Canteen	2194 6801
龔慶酒家	Happiness Cuisine	2712 8168
Cafe Lohas	Cafe Lohas	2363 2263
California Pizza Kitchen	California Pizza Kitchen	3152 3313
Grove Café (城市大學 - 邵逸夫創意媒體中心)	Grove Café (City University of Hong Kong - Run Run Shau Creative Media Center)	2778 7390
Grove Café (城市大學 - 學術交流大樓)	Grove Café (City University of Hong Kong - Academic Exchange Building)	2812 0019
Grove Sandwiches	Grove Sandwiches	2677 2038
MX (九龍黃埔)	MX (Whampoa Garden)	2620 0180
MX (土瓜灣)	MX (To Kwa Wan)	2632 5980

油尖旺區

Yau Tsim Mong District

3106 餐廳 (只供住客)	Carat 3106 (Residents Only)	3904 1328
大自然素食 (始創中心)	Gaia Veggie Shop (Pioneer Centre)	2148 1163
大自然素食 (美麗華商場)	Gaia Veggie Shop (Miramar Shopping Centre)	2376 1186
大喜屋日本料理	Daiikiya Japanese Restaurant	2739 0086
川燒	Chuan Shao	2311 1230
大瀛喜日本料理	Daieiki Japanese Restaurant	3622 2211 / 3622 2266
牛角日本燒肉專門店 (奧海城)	Gyu-kaku Japanese Yakiniku Restaurant (Olympian City)	2702 8128
牛角日本燒肉專門店 (尖沙咀)	Gyu-kaku Japanese Yakiniku Restaurant (Tsim Sha Tsui)	2153 1686
火間土	KAMADO Japanese Dining	2269 5051
功德林上海素食	Kung Tak Lam Shanghai Vegetarian Cuisine	2312 7800
北海道活壽司	Hokkaido Katsu Sushi	2392 1220
百份百餐廳	Hundred Percent Restaurant	2703 9100
伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
百樂門龍宴	Joy Cuisine	3910 8388
百樂門宴會廳	Paramount Banquet Hall	2721 8821
住家	Home Feel	3105 0515
君滙港會所餐廳 (只供會員)	Harbour Green Club Banquet Room (Members Only)	3516 1121
迎·潮	Joyous One	8300 8192
男爵大排檔	Baron Cuisine	2369 1959
東來順	DongLaiShun	2733 2020
金皇廷龍宴	Banquet Palace	2770 2328
Love Café - 拉斐特 Lafayette Wedding	Love Café - Lafayette Wedding	3899 0062
帝京軒 - 帝京酒店	Di King Heen - Royal Plaza Hotel	2622 6161
皇室1號	Royal One	2109 1418
查理布朗咖啡專門店	Charlie Brown Café	2366 6315
柏景餐廳 - 皇家太平洋酒店	Café on the Park - The Royal Pacific Hotel & Towers	2738 2322
泰閣 (中港城)	Koon Thai Cuisine (China Hong Kong City)	2878 7666
泰閣 (彌敦道)	Koon Thai Cuisine (Nathan Road)	2393 3068
紅蔥頭 (始創中心)	Cafe Med (Pioneer Centre)	2626 0596
紅蔥頭 (朗豪坊)	Cafe Med (Langham Place)	3514 9322
海皇 (樂道)	Ocean Empire Food Shop (Lok Road)	2697 9308
海皇 (水渠道)	Ocean Empire Food Shop (Nullah Road)	2656 9308
海皇粥店	Ocean Empire Food Shop	2385 6732
茶木 · 台式休閒餐廳 (瓊華中心)	TeaWood Taiwanese Cafe & Restaurant (King Wah Centre)	2780 2321
茶木 · 台式休閒餐廳 (朗豪坊)	TeaWood Taiwanese Cafe & Restaurant (Langham Place)	2897 3008
茶木 · 台式休閒餐廳 (ISQUARE)	TeaWood Taiwanese Cafe & Restaurant (ISQUARE)	2668 5011
真味鮮廚	Taste Full Kitchen	2782 3836
泰國人海南雞 (砵蘭街)	Koon Thai Hai Nam Chicken (Portland Street)	2802 8777
泰國人海南雞 (弼街)	Koon Thai Hai Nam Chicken (Bute Street)	2668 8202
海港酒家 (始創中心)	Victoria Harbour Restaurant (Pioneer Centre)	2369 6380
海港酒家 (維景酒店)	Victoria Harbour Restaurant (Metropark Hotel)	2319 5833
骨煲皇	King of Hot Pot	2380 4441
御苑皇宴	The Banqueting House	3962 1188
康美烘焙有限公司	Bakery Diets' Limited	6857 2277
常悅素食	M Garden Vegetarian	2787 3128
彩福皇宴 (彌敦道)	Choi Fook Royal Banquet (Nathan Road)	2332 2689
彩福欣宴	Choi Fook Eky's Banquet	2332 2689
彩福皇宴 (尖沙咀)	Choi Fook Royal Banquet (Tsim Sha Tsui)	2766 3538
朝陽飯莊	Chao Yang Restaurant	2369 8202
雅廊咖啡室 - 富豪九龍酒店	Cafe Allegro - Regal Kowloon Hotel	2313 8718
富豪軒	Regal Court	2313 8681
富臨酒家	Fulum Restaurant	2770 3386
富臨漁港龍門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2770 6883
富臨漁港龍門皇宴	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2396 2880

蜀一燒	Sichuan BBQ Restaurant	2780 2889
殿大喜屋日本料理	Tono Daiikiya Japanese Restaurant	3622 3000 / 3622 3009
圓方王子飯店	Prince Restaurant	2577 4888
會所1号 (空中花園)	ClubONE (Sky Garden)	3582 4077
會所1号 (尖東薈)	ClubONE (La Plaza)	3575 8580
極尚大喜屋日本料理	Deluxe Daiikiya Japanese Restaurant	3188 2882 / 3188 1988
煌府婚宴專門店 (旺角道)	Wedding Banquet Specialist (Mongkok Road)	2180 6138
煌府婚宴專門店 (港景匯商場)	Wedding Banquet Specialist (Victoria Mall)	3520 1888
煌府婚宴專門店 (The One)	Wedding Banquet Specialist (The One)	2180 6178
煌府婚宴專門店 (始創中心)	Wedding Banquet Specialist (Pioneer Centre)	2180 6128
鉄板超	Teppan Chiu Teppanyaki	2787 5135
新發茶餐廳	Sun Fat Restaurant	2388 1713
滬江飯店	Wu Kong Shanghai Restaurant	2366 7244
綠野林·生活·素食餐廳	Green Woods Raw Café	3428 2416
綠野仙踪	Greenland Corner	2336 6001
嘉彩漁村	Kar Choi Fish Village	2450 6333
翠華餐廳 (北海街)	Tsui Wah Restaurant (Pak Hoi Street)	2780 8328
翠華餐廳 (白加士街)	Tsui Wah Restaurant (Parkes Street)	2384 8388
翠華餐廳 (港晶中心)	Tsui Wah Restaurant (Harbour Crystal Centre)	2722 6600
翠華餐廳 (碧街)	Tsui Wah Restaurant (Pitt Street)	2771 8080
翠華餐廳 (加拿芬道)	Tsui Wah Restaurant (Carnarvon Road)	2366 8250
翠華餐廳 (砵蘭街)	Tsui Wah Restaurant (Portland Street)	2392 3889
翡翠拉麵小籠包 (港威商場)	Crystal Jade La Mian Xiao Long Bao (Gateway Arcade)	2622 2699
翡翠拉麵小籠包 (瓊華中心)	Crystal Jade La Mian Xiao Long Bao (King Wah Centre)	2673 3839
銓滿記餐廳小廚	Chuen Moon Kee Restaurant	3760 8855
銀龍茶餐廳 (通菜街)	Ngan Lung Restaurant (Tung Choi Street)	2380 2566
銀龍茶餐廳 (集友大廈)	Ngan Lung Restaurant (Friend's House)	2721 1155
樂天大喜屋日本料理	Joy Daiikiya Japanese Restaurant	3188 8818 / 3188 8822
稻坊	Tao Square	8300 8151
稻香 (荷里活商業中心)	Tao Heung (Hollywood Plaza)	8300 8142
稻香 (恆星樓)	Tao Heung (Star Mansion)	8300 8084
稻香 (愛民商場)	Tao Heung (Oi Man Shopping Centre)	8300 8082
稻香 (新九龍廣場)	Tao Heung (New Kowloon Plaza)	8300 8123
稻香 (彌敦酒店)	Tao Heung (Nathan Hotel)	8300 8163
稻香超級漁港	Pier 88	8300 8168
稻菊日本料理	Inagiku Grande Japanese Restaurant	2733 2933
龍璽	Dragon Seal Restaurant & Bar	2568 9886
點一龍	Dim Sum Bar	2175 3100
聯邦皇宮	Federal Palace Restaurant	2626 0022
聯邦金閣酒家	Golden Federal Restaurant	2628 0823
豐碩	Harvest Seafood Restaurant	2391 1828
譽宴	U-Banquet	2811 1983
譽宴·星海	U-Banquet · The Starview	2811 9980
觀自在素食	Bodhisattva Vegetarian Restaurant	2382 7688
Bugis Corner	Bugis Corner	3160 8499
Canton pot	Canton pot	3968 7888
Délifrance (Café)	Délifrance (Café)	2311 1320
Green Common (尖沙咀)	Green Common (Tsim Sha Shui)	3102 1220
Green Common (旺角)	Green Common (Mong Kok)	2110 0194
Jimmy's Coffee & Kitchen	Jimmy's Coffee & Kitchen	2380 2387
Lab 66	Lab 66	3709 2866
Le Soleil	Le Soleil	2733 2033
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2375 2352
Mezzo - 富豪九龍酒店	Mezzo - Regal Kowloon Hotel	2313 8788
MX (西洋菜街)	MX (Sai Yeung Choi Street)	2390 7530
MX (旺角東港鐵站)	MX (Mong Kok East MTR Station)	2397 6303
MX (海富)	MX (Hoi Fu)	2351 7866
MX (新文華中心)	MX (New Mandarin Plaza)	2311 8589
Oak Tree Ristorante	Oak Tree Ristorante	2893 4442

觀塘區

Kwun Tong District

🔥 (上海)榮華川菜館	Shanghai Wing Wah (Sze Chuen) Restaurant	2341 0583
🔥 小廚港作	Rocoma Kitchen	3188 0514
🔥 牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniku Restaurant	3101 0128
🔥 太興 (淘大商場)	Tai Hing (Amoy Plaza)	2243 2068
🔥 太興 (MegaBox)	Tai Hing (MegaBox)	2359 0138
🔥 百份百餐廳 (翠屏邨)	Hundred Percent Restaurant (Tsui Ping North Estate)	2598 8100
🔥 百份百餐廳 (寶達商場)	Hundred Percent Restaurant (Po Tat Shopping Centre)	2697 8100
🔥 百樂門宴會廳	Paramount Banquet Hall	2798 8332
🔥 百樂門國際宴會廳	Paramount International Banquet Hall	2806 8173
🔥 美心MX (翠屏商場)	Maxim's MX (Tsui Ping Shopping Circuit)	2763 4180
🔥 美心MX (牛頭角上村)	Maxim's MX (Upper Ngau Tau Kok)	2481 3768
🔥 美心MX (麗港城商場)	Maxim's MX (Laguna City)	2772 3314
🔥 美心MX (秀茂坪商場)	Maxim's MX (Sau Mau Ping Shopping Centre)	2615 1218
🔥 客家好棧 (大本型)	Hakka Hut (Domain Mall)	8300 8109
🔥 客家好棧 (淘大商場)	Hakka Hut (Amoy Plaza)	8300 8110
🔥 茶木 · 台式休閒餐廳 (德福廣場)	TeaWood Taiwanese Cafe & Restaurant (Telford Plaza)	2174 9488
🔥 茶木 · 台式休閒餐廳 (淘大商場)	TeaWood Taiwanese Cafe & Restaurant (Amoy Plaza)	2806 3087
🔥 茶木 · 台式休閒餐廳 (創紀之城)	TeaWood Taiwanese Cafe & Restaurant (apm Millennium City)	2336 3168
🔥 茶木 · 台式休閒餐廳 (MegaBox)	TeaWood Taiwanese Cafe & Restaurant (Megabox)	2386 1510
🔥 真味鮮廚	Taste Full Kitchen	3468 5228
🔥 海皇粥店	Ocean Empire Food Shop	2304 7468
🔥 酒店及旅遊學院 (英語餐飲學會 - 九龍灣) (只供會員)	Hotel and Tourism Institute (The English-Speaking Dining Society - Kowloon Bay) (Members Only)	2750 6919
🔥 海港酒家 (亞太中心)	Victoria Harbour Restaurant (One Pacific Centre)	3974 6128
🔥 海港酒家 (啟田商場)	Victoria Harbour Restaurant (Kai Tin Shopping Centre)	2379 9089
🔥 御苑皇宴	The Banqueting House	2798 8866
🔥 華峰美食	Wa Fung Fine Food	2951 0008
🔥 富臨酒家	Fulum Restaurant	2379 1293
🔥 皇室1號	Royal One	2759 1808
🔥 富臨漁港	Fulum Fisherman's Wharf Restaurant	2342 4252
🔥 煌府一號	Palace One	2904 2788
🔥 會所1號 (九龍東)	ClubONE - Kowloon East	8202 9298
🔥 會所1號 (海濱長廊)	ClubONE - One Bay East	3586 0951
🔥 會所1號 (郵輪堤岸)	ClubONE - Harbourfront	8209 9223
🔥 煌府婚宴專門店	Wedding Banquet Specialist	2681 4888
🔥 翠華餐廳	Tsui Wah Restaurant	2343 3866
🔥 肇順名匯河鮮專門店	Siu Shun Village Cuisine	2798 9738
🔥 嘉豪酒家	Ka Ho Restaurant	2755 2982
🔥 銀龍茶餐廳 (鯉魚門廣場)	Ngan Lung Restaurant (Lei Yue Mun Plaza)	2709 3344
🔥 銀龍茶餐廳 (彩盈坊)	Ngan Lung Restaurant (Choi Ying Plaza)	2679 7388
🔥 稻香 (德福廣場)	Tao Heung (Telford Plaza)	8300 8175
🔥 稻香 (淘大商場)	Tao Heung (Amoy Plaza)	8300 8124
🔥 稻香 (MegaBox)	Tao Heung (MegaBox)	8300 8085
🔥 慶相逢喜譚	Jubilant Feast Restaurant	2354 8863
🔥 潮館	Chao Inn	8300 8145
🔥 德藝會	Telford Recreation Club	8202 2892
🔥 龍皇酒家	Dragon King Restaurant	2955 0668
🔥 龍悅	Dragon Delight	2677 2666
🔥 鐘菜	Chung's Cuisine	8300 8010
🔥 嚐越	Deli Viet	3694 0329
🔥 譽宴 · 星海	U-Banquet · The Starview	2811 9788
🔥 靚雲天	Cheerful Sky Cuisine	2827 2886
🔥 California Pizza Kitchen	California Pizza Kitchen	3421 2351
🔥 Délifrance (Café) (淘大商場)	Délifrance (Café) (Amoy Plaza)	2757 4518
🔥 Délifrance (Café) (德福廣場)	Délifrance (Café) (Telford Plaza)	2756 9565
🔥 forte	forte	3968 8222
🔥 Grove Sandwiches (九龍灣)	Grove Sandwiches (Kowloon Bay)	2468 1636
🔥 Grove Sandwiches (觀塘)	Grove Sandwiches (Kwun Tong)	2537 0202
🔥 Kim's Spoon (MegaBox)	Kim's Spoon (MegaBox)	2359 0088
🔥 Kim's Spoon (淘大商場)	Kim's Spoon (Amoy Plaza)	2707 9936
🔥 MX	MX	2793 9239

深水埗區

Sham Shui Po District

🔥 小廚港作	Rocoma Kitchen	3105 0618
🔥 大叻越式料理	Da Lat Viet Cuisine	2370 3998
🔥 北京拉麵店	Peking Handmade Noodles Restaurant	2361 9069
🔥 百樂門龍宴	Joy Cuisine	2741 1222
🔥 百樂門宴會廳 - 百味王火鍋酒家	Paramount Banquet Hall - Best Hotpot Restaurant	2111 9833
🔥 紅蔥頭	Cafe Med	2361 0813
🔥 海皇粥店 (美孚新邨)	Ocean Empire Food Shop (Mei Foo Sun Chuen)	2307 6184
🔥 海皇粥店 (元州商場)	Ocean Empire Food Shop (Un Chau Shopping Centre)	2760 0522
🔥 泰國人海南雞	Koon Thai Hai Nam Chicken	2668 8606
🔥 梅花邨小館	Mui Fa Chuen Restaurant	2650 9668
🔥 富臨皇宮	Fulum Palace	2368 3738
🔥 富臨酒家	Fulum Restaurant	2361 2213
🔥 富臨漁港臨臨門	Fulum Fisherman's Wharf Restaurant & Pleasant Palace	2310 8880
🔥 嘉豪酒家	Ka Ho Restaurant	2708 1888
🔥 銀龍茶餐廳	Ngan Lung Restaurant	2746 2226
🔥 稻坊	Tao Square	8300 8140
🔥 稻香	Tao Heung	8300 8139
🔥 稻香超級漁港	Pier 88	8300 8171
🔥 德豐麵粉餐廳	Tak Fung Noodles Restaurant	2748 0755
🔥 Cafe Ateen	Cafe Ateen	2776 6290
🔥 Délifrance (Café)	Délifrance (Café)	2242 6669
🔥 Grove Sandwiches	Grove Sandwiches	2743 3293
🔥 Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	3580 1728
🔥 MX (昇悅居)	MX (Liberte Place)	2628 9909
🔥 MX (美孚新邨)	MX (Mei Foo Sun Chuen)	2371 2701

西貢區

Sai Kung District

🔥 牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniku Restaurant	2918 4866
🔥 太興	Tai Hing	2628 6072
🔥 甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 1298
🔥 百份百餐廳 (明德商場)	Hundred Percent Restaurant (Ming Tak Shopping Centre)	2271 9100
🔥 百份百餐廳 (景林商場)	Hundred Percent Restaurant (King Lam Shopping Centre)	2845 8100
🔥 金門建築有限公司 - 員工飯堂	Gammon Construction Limited - Staff Canteen	2528 7582
🔥 金飯碗美食	Gold Rice Bowl Delicious Food	2325 2533
🔥 香港科技大學學生飯堂 (只供學生及職員)	Hong Kong University of Science & Technology Student Canteen (Students & Staff Only)	2243 1287
🔥 海皇	Ocean Empire	2628 5225
🔥 茶木 · 台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2606 0179
🔥 海王漁港	King Harbour Seafood Restaurant	2319 1182
🔥 真味鮮廚	Taste Full Kitchen	2703 1877
🔥 海港酒家	Victoria Harbour Restaurant	2703 1860
🔥 將軍澳醫院職員飯堂 (只供職員)	Tseung Kwan O Hospital Staff Canteen (Staff Only)	2208 0063
🔥 富臨漁港	Fulum Fisherman's Wharf Restaurant	3143 9002
🔥 富臨	Fulum	2457 7127
🔥 翠華餐廳 (尚德廣場)	Tsui Wah Restaurant (Sheung Tak Plaza)	2760 8882
🔥 翠華餐廳 (厚德)	Tsui Wah Restaurant (Hau Tak)	2661 3138
🔥 翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2673 3108
🔥 稻香 (尚德商場)	Tao Heung (Sheung Tak Shopping Centre)	8300 8083
🔥 稻香 (新都城)	Tao Heung (Metro City)	8300 8129
🔥 稻香超級漁港	Pier 88	8300 8167
🔥 Beach Bums & Cannibals	Beach Bums & Cannibals	2657 8488
🔥 California Pizza Kitchen	California Pizza Kitchen	3902 3875
🔥 Grove Café (大本型)	Grove Café (Domain Mall)	2340 0085
🔥 Grove Café (明愛專上學院)	Grove Café (Caritas Institute of Higher Education)	2811 3012
🔥 MCL翠華餐廳	MCL Tsui Wah Restaurant	2525 5288
🔥 MX (天晉)	MX (PopWalk)	2523 3053
🔥 MX (厚德商場)	MX (Hau Tak Shopping Centre)	2590 6208
🔥 MX (新都城)	MX (Metro City)	2253 6299
🔥 The Octopus's Garden	The Octopus's Garden	2657 8488

元朗區

Yuen Long District

🍣	牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	2725 9188
🏠	加州豪園住客會所 (Club Mirace) (只供住客)	Royal Palms Resident Club (Club Mirace) (Residents Only)	2482 3100
🏠	加州花園住客會所 (只供會員)	Club Oasis (Members Only)	2482 2836
🍜	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2487 2089
🍷	迎·潮	Joyous One	8300 8002
🍷	美心MX	Maxim's MX	2351 5772
🍷	客家好棧	Hak Ka Hut	8300 8107
🍷	海皇粥店	Ocean Empire Food Shop	2415 6780
🍷	茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2450 2866
🍷	海港酒家	Victoria Harbour Restaurant	2408 0010
🍷	富臨皇宮 (金龍樓)	Fulum Palace (Kam Lung Mansion)	2470 9923
🍷	富臨	Fulum	2562 2726
🍷	富臨皇宮 (天盛商場)	Fulum Palace (Tin Shing Shopping Centre)	2377 9978
🍷	博愛醫院職員餐廳 (只供職員)	Pok Oi Hospital Canteen (Staff Only)	2486 8822
🍷	翠華餐廳	Tsui Wah Restaurant	2651 2033 / 2651 2633
🍷	銀龍粉麵茶餐廳	Ngan Lung Restaurant	2254 4999
🍷	銀龍茶餐廳 (天盛商場)	Ngan Lung Restaurant (Tin Shing Estate)	2254 2188
🍷	銀龍茶餐廳 (朗善邨)	Ngan Lung Restaurant (Long Shin Estate)	2679 3918
🍷	潮館	Chao Inn	8300 8148
🍷	稻坊	Tao Square	8300 8152
🍷	稻香	Tao Heung	8300 8137
🍷	稻香超級漁港	Pier 88	8300 8170
🍷	錦綉花園鄉村俱樂部 (錦綉樓) (只供會員)	Fairview Park Country Club (Chinese Restaurant) (Members Only)	2471 6333
🍷	錦綉花園鄉村俱樂部 (亭林閣餐廳) (只供會員)	Fairview Park Country Club (Country Café) (Members Only)	2471 6333
🍷	Délifrance (Café)	Délifrance (Café)	2771 2080
🍷	MX (洪福商場)	MX (Hung Fuk Shopping Centre)	2656 9020
🍷	MX (落馬洲站)	MX (Lok Ma Chau Station)	2725 0225
🍷	O2 Café	O2 Café	2488 5099
🍷	YOHO Midtown 住客會所 (只供會員)	YOHO Midtown Club Midtown (Members Only)	2443 2226
🍷	YOHO 會所 (只供會員)	YOHO Club (Members Only)	2470 1550

屯門區

Tuen Mun District

🍣	大叻越式料理	Da Lat Viet Cuisine	2468 2189
🍣	牛角日本燒肉專門店 (V City)	Gyu-kaku Japanese Yakiniiku Restaurant (V City)	2617 1338
🍣	牛角日本燒肉專門店 (屯門市廣場)	Gyu-kaku Japanese Yakiniiku Restaurant (Tuen Mun Town Plaza)	2845 7588
🍷	生果報社	Fruit Magazine	2458 5291
🍷	迎驛大酒樓	Cheers Restaurant	8300 8194
🍷	四季紅風味酒家 (華都花園)	Red Seasons Aroma Restaurant (Waldorf Garden)	2404 6663
🍷	四季紅風味酒家 (藍地大街)	Red Seasons Aroma Restaurant (Lam Tei Main Street)	2462 7038
🍷	青山醫院職員餐廳 (只供職員)	Castle Peak Hospital Canteen (Staff Only)	2456 7090
🍷	美食坊	Food Hall	2465 3817
🍷	客家好棧	Hak Ka Hut	8300 8102
🍷	美心MX	Maxim's MX	2910 1366
🍷	星堤餐廳 (只限住客)	Café Avignon (Residents Only)	2949 5424
🍷	茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2648 0288
🍷	海皇粥店	Ocean Empire Food Shop	2450 5938
🍷	海皇	Ocean Empire	2907 8804
🍷	海港酒家	Victoria Harbour Restaurant	2321 7600
🍷	悅翠堂粥麵甜品	C-Jade Meal Plus	2430 1909
🍷	富臨皇宮	Fulum Palace	2404 5688
🍷	富臨漁港	Fulum Fisherman's Wharf Restaurant	2463 0380
🍷	富臨酒家	Fulum Restaurant	2457 5277
🍷	「粵」中菜廳 - 香港黃金海岸酒店	Yue - Hong Kong Gold Coast Hotel	2452 8668
🍷	愛琴會悠閒廊 (只供會員)	La Fantasie Leisure Lounge (Members Only)	2949 5333
🍷	翠華餐廳	Tsui Wah Restaurant	2411 1700
🍷	翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2430 1909
🍷	稻香 (建生商場)	Tao Heung (Kin Sang Commercial Centre)	8300 8081
🍷	稻香 (海趣坊)	Tao Heung (Ocean Walk)	8300 8135
🍷	稻香超級漁港	Pier 88	8300 8166
🍷	樂融融餐廳	Café Fusion	3511 0702
🍷	聯邦皇宮	Federal Palace	2626 0088

葵青區

Kwai Tsing District

🍣	山本吉列料理	Yamamoto Cutlet Cuisine	6671 9115
🍷	百份百餐廳 (華景商場)	Hundred Percent Restaurant (Wonderland Villas)	2574 8100
🍷	百份百餐廳 (長亨商場)	Hundred Percent Restaurant (Cheung Hang Shopping Centre)	2547 9100
🍷	百份百餐廳 (長康邨)	Hundred Percent Restaurant (Cheung Hong Estate)	2954 9100
🍷	牧羊少年咖啡·茶·酒館	The Alchemist Café Bistro	2439 5669
🍷	美心MX (石蔭商場)	Maxim's MX (Shek Yam Shopping Centre)	2276 0119
🍷	美心MX (長發商場)	Maxim's MX (Cheung Fat Shopping Centre)	2497 2140
🍷	美心MX (石籬商場)	Maxim's MX (Shek Lei Shopping Centre)	2425 0230
🍷	盈彩海鮮火鍋酒家	Ying Choi Seafood Restaurant	3188 3888
🍷	香港國際貨櫃碼頭有限公司 (職員餐廳) (只供職員)	Hong Kong International Terminals Ltd (Staff Canteen) (Staff Only)	2614 4527
🍷	海皇	Ocean Empire	2426 5432
🍷	御苑	China Hall	3955 8008
🍷	曼谷泰菜	Bangkok Thai Restaurant	3580 2888
🍷	茗苑宴會廳	Ming Yuen Banquet Hall	2429 6388
🍷	茗酒酒家	Ming Harbour	2716 6988
🍷	富臨皇宮 (恆景花園商場)	Fulum Palace (Hang King Shopping Arcade)	2787 0183
🍷	富臨酒家	Fulum Restaurant	2416 1886
🍷	富臨皇宮 (青衣)	Fulum Palace (Tsing Yi)	2321 4068
🍷	葵涌醫院職員飯堂 (只供職員)	Kwai Chung Hospital Staff Canteen (Staff Only)	2959 0474
🍷	瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
🍷	銀龍粉麵茶餐廳 (石蔭商場)	Ngan Lung Restaurant (Shek Yam Shopping Centre)	2276 5888
🍷	銀龍粉麵茶餐廳 (葵芳廣場)	Ngan Lung Restaurant (Kwai Fong Shopping Centre)	3156 1112
🍷	銀龍粉麵茶餐廳 (葵盛東商場)	Ngan Lung Restaurant (Kwai Shing East Shopping Centre)	2408 2315
🍷	銀龍茶餐廳	Ngan Lung Restaurant	2495 2600
🍷	稻香	Tao Heung	8300 8126
🍷	稻香超級漁港	Pier 88	8300 8183
🍷	廣發餐廳	Kwong Fat Restaurant	2612 1842
🍷	龍川上海料理	Long Chuan Shanghai Restaurant	3488 0083
🍷	聯邦皇宮	Federal Palace	2626 0618
🍷	Grove Sandwiches	Grove Sandwiches	2395 2428
🍷	MX	MX	2428 0636

大埔區

Tai Po District

🍣	牛角日本燒肉專門店	Gyu-kaku Japanese Yakiniiku Restaurant	3708 8418
🍷	百份百餐廳	Hundred Percent Restaurant	2557 9100
🍷	美心MX	Maxim's MX	2638 8239
🍷	咪走雞燒味餐廳	Delicious Roasted Chicken Restaurant	2667 7225
🍷	茶木·台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2619 1013
🍷	海港酒家	Victoria Harbour Restaurant	2653 9333
🍷	桃園粥麵·小廚	Tao Yuen	2834 1200
🍷	彩福喜宴	Choi Fook Delight Banquet	2766 3788
🍷	彩福國宴	Choi Fook Luxury Banquet	2766 3788
🍷	雅麗氏何妙齡那打素醫院-職員餐廳	Alice Ho Miu Ling Nethersole Hospital - Staff Canteen	2666 7650
🍷	翠華餐廳	Tsui Wah Restaurant	2660 8028
🍷	銀龍茶餐廳	Ngan Lung Restaurant	2562 0001
🍷	稻香	Tao Heung	8300 8127
🍷	龍悅	Dragon Delight	2677 6622

沙田區

Sha Tin District

🍷	大自然素食	Gaia Veggie Shop	2376 1186
🍷	中大一起素	CU VEGETHER	2386 4366
🍷	仁安醫院餐廳	Union Hospital Canteen	2608 3388
🍷	仁安醫院蘭亭閣	Green Café	2608 9537
🍷	太興	Tai Hing	2693 2782
🍷	甘味讚岐手打烏冬專門店	Yummy Handmade Sanuki Udon Restaurant	2637 6011
🍷	百份百餐廳	Hundred Percent Restaurant	2975 8100
🍷	百樂門煌宴	Euphoric Banquet	2692 8022
🍷	君好飲食管理有限公司-香港中文大學伍宜孫書院餐廳	Betterment Careting Management Limited - CUHK Wu Yee Sun College Canteen	2603 0007

君好飲食管理有限公司 - 眾志堂學生膳堂	Betterment Careting Management Limited - Chung Chi Tang Student Canteen	2603 6623
君臨宴會廳	King's Fortune Banquet Hall	2667 6338
季季紅風味酒家	Red Seasons Aroma Restaurant	2383 8989
沙龍會	Salem Club	2696 2112
美心MX (禾童商場)	Maxim's MX (Wo Che Shopping Centre)	2694 7608
美心MX (大學地鐵站)	Maxim's MX (KCR University Station)	2603 6256
突破青年村	Breakthrough Youth Village	2632 0100
香港中文大學 - 和聲書院 (學生飯堂)	The Chinese University of Hong Kong - LWS (Student Canteen)	2603 5568
香港科學園 - Park Gourmet	Hong Kong Science Park - Park Gourmet	2607 4080
威爾斯親王醫院職員飯堂	Prince of Wales Hospital Staff Canteen	2646 1132
茶木 · 台式休閒餐廳 (新港城中心)	TeaWood Taiwanese Cafe & Restaurant (Sunshine City Plaza)	2321 9926
茶木 · 台式休閒餐廳 (連城廣場)	TeaWood Taiwanese Cafe & Restaurant (Citylink Plaza)	2816 7511
海王漁港	King Harbour Seafood Restaurant	2633 9362
海皇粥店 (好運中心)	Ocean Empire Food Shop (Lucky Plaza)	2692 4150
海皇粥店 (迎濤灣商場)	Ocean Empire Food Shop (Marbella)	2613 1262
海港燒鵝海鮮酒家 (美林商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Mei Lam Shopping Center)	2321 6119
海港燒鵝海鮮酒家 (馬鞍山中心商場)	Victoria Harbour Roasted Goose & Seafood Restaurant (Ma On Shan Centre)	2630 9818
彩福皇宴	Choi Fook Royal Banquet	2766 2848
雅典居住客會所 (只供住客)	Villa Athena Club House (Residents Only)	2633 4318
越潮越南餐廳	Trend Vietnamese Restaurant	2602 3198
富臨皇宮 (石門)	Fulum Palace (Shek Mun)	2516 9072
富臨漁港	Fulum Fishman's Wharf Restaurant	2601 2989
富臨皇宮 (馬鞍山)	Fulum Palace (Ma On Shan)	2310 4201
會所1号 (科學園)	ClubONE - Science Park	2177 5155
會所1号 (萬濶)	ClubONE - Riverview	8209 9288
煌苑	Royal Courtyard	2640 9888
綠野仙踪	Greenland Corner	3579 4668
翠華餐廳	Tsui Wah Restaurant	2601 9292
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2591 5988
醉月樓	Dream Catering Limited	2697 7832
稻香	Tao Heung	8300 8087
稻坊	Tao Square	8300 8134
稻香超級漁港 (沙田正街)	Pier 88 (Sha Tin Centre Street)	8300 8178
稻香超級漁港 (馬鞍山)	Pier 88 (Ma On Shan)	8300 8179
龍悅 (火炭)	Dragon Delight (Fo Tan)	2947 7388
龍悅 (沙角邨)	Dragon Delight (Sha Kok)	2331 8882
龍悅 (禾童邨)	Dragon Delight (Wo Che)	2338 1228
禧慶酒樓	Happiness Cuisine	2827 8803
Délifrance (Café)	Délifrance (Café)	2606 4881
Grove Sandwiches	Grove Sandwiches	3188 0074
MX (新港城廣場)	MX (Sunshine Bazaar)	2623 7132
MX (銀禧薈)	MX (Jubilee Square)	2592 8055

北區 North District

百份百餐廳 (華心商場)	Hundred Percent Restaurant (Wah Sum Shopping Centre)	2445 8100
百份百餐廳 (天明樓)	Hundred Percent Restaurant (Ting Ming House)	2656 9100
美心MX	Maxim's MX	2672 2013
海王漁港	King Harbour Seafood Restaurant	2611 9318
茶木 · 台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2661 3233
海皇粥店 (名都商場)	Ocean Empire Food Shop (Sheung Shui Town Center)	2698 3699
海皇粥店 (名都廣場)	Ocean Empire Food Shop (Fanling Town Centre)	2682 3798
海港酒家 (帝庭軒購物商場)	Victoria Harbour Restaurant (Rengville)	2339 0121
海港酒家 (新豐路)	Victoria Harbour Restaurant (San Fung Avenue)	2673 1223
桃園粥麵 · 小廚 (華心商場)	Tao Yuen (Wah Sum Shopping Centre)	2452 1200
桃園粥麵 · 小廚 (嘉福商場)	Tao Yuen (Ka Fuk Shopping Centre)	2642 1200
富臨皇宮	Fulum Palace	2509 9662
銀龍粉麵茶餐廳	Ngan Lung Restaurant	2278 1733
稻香	Tao Heung	8300 8131
稻香超級漁港	Pier 88	8300 8184
聯和素食	Luen Wo Vegetarian Limited	2682 6488
闔府統請	Hop Fu Tong Ching	2256 1335
Délifrance (Café)	Délifrance (Café)	2234 5668
MX (粉嶺地鐵站)	MX (Fanning MTR Station)	2675 0538
MX (置富嘉湖)	MX (Fortune Kingswood)	2698 5563

荃灣區 Tsuen Wan District

大自然素食	Gaia Veggie Shop	2148 1819
牛角日本燒肉專門店	Gyu-kaku Japanese Yakimiku Restaurant	2780 6116
百樂門靚宴	Joy Cuisine	2813 6913
百樂門宴會廳	Paramount Banquet Hall	2419 0348
季季紅風味酒家	Red Seasons Aroma Restaurant	2615 9333
美心MX (悅來坊)	Maxim's MX (Panda Place)	2887 7093
美心MX (樂悠居)	Maxim's MX (Indihome)	2439 1070
珀麗灣藍色會所餐飲部 (啟勝管理服務有限公司) (只供會員)	Park Island Blue Blue Club F & B (Kai Shing Management Services Ltd.) (Members Only)	2296 4000
茶木 · 台式休閒餐廳 (綠楊坊)	TeaWood Taiwanese Cafe & Restaurant (Luk Yeung Galleria)	2148 5533
茶木 · 台式休閒餐廳 (荃新天地)	TeaWood Taiwanese Cafe & Restaurant (Citywalk)	2677 0890
海皇粥店	Ocean Empire Food Shop	2439 4510
殷悅中菜廳	Yin Yue	2490 3182
泰國人海南雞	Koon Thai Hai Nam Chicken	2660 6999
海港酒家	Victoria Harbour Restaurant	2615 0326
彩福皇宴	Choi Fook Royal Banquet	2766 2388
彩福欣宴	Choi Fook Eky's Banquet	2766 2388
富臨	Fulum	2755 6282
會所1号	ClubONE	3582 4085
煌府婚宴專門店	Wedding Banquet Specialist	2490 4333
漁川米線	Shunde Cuisine	2614 2628
翠華餐廳	Tsui Wah Restaurant	3126 9233 / 3126 9268
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2363 8698
銀龍茶餐廳 (328廣場)	Ngan Lung Restaurant (Plaza 328)	2439 0288
銀龍茶餐廳 (眾安街22號)	Ngan Lung Restaurant (22 Chung On Street)	2416 6990
稻坊	Tao Square	8300 8164
稻香	Tao Heung	8300 8125
樂農	Happy Veggies	2490 9882
爵悅庭住客會所 (只供住客)	Club Chelsea (Residents Only)	2480 6022
豐盛閣 - 挪亞方舟度假酒店	Harvest Restaurant - Noah's Ark Hotel and Resort	3411 8836 / 3411 8837
BALCONY 歐陸餐廳	BALCONY	2409 3226
Délifrance (Café)	Délifrance (Café)	2940 4830
Kim's Spoon	Kim's Spoon	2384 5222
Marco's Oyster Bar & Grill	Marco's Oyster Bar & Grill	2328 5655
MX (錦綉中心)	MX (Tsuen Kam Centre)	2498 9401
MX (荃灣廣場)	MX (Tsuen Wan Plaza)	2558 8363
MX (綠楊坊)	MX (Luk Yeung Galleria)	2498 0283
Panda Café 咖啡室	Panda Café	2409 3218

離島區 Islands District

天虹海鮮酒家	Rainbow Seafood Restaurant	2982 8100
空港居酒屋 - 富豪機場酒店	Airport Izakaya - Regal Airport Hotel	2286 6668
紅軒 - 富豪機場酒店	Rouge - Regal Airport Hotel	2286 6868
客家好棧	Hak Ka Hut	8300 8101
南島書蟲	Bookworm Café	2982 4838
香港飛機工程有限公司基地 維修3A機庫 (職員餐廳)	Hong Kong Aircraft Engineering Company Limited (Aircraft Hanger No.3) (Staff Canteen)	2286 0238
茶木 · 台式休閒餐廳	TeaWood Taiwanese Cafe & Restaurant	2572 1198
索迪斯 (香港) 有限公司 - 香港電燈南丫島發電廠職員餐廳 (只供職員)	Sodexo (Hong Kong) Limited - Staff Cafeteria of Lamma Power Station, the Hongkong Electric Company Limited (Staff Only)	2388 8682
凱星軒	Winsea Seafood Restaurant	2982 8338
翠華餐廳 (機場)	Tsui Wah Restaurant (Airport)	2261 0306
翠華餐廳 (富東廣場)	Tsui Wah Restaurant (Fu Tung Plaza)	2811 2877
翠華餐廳 (機場客運大樓離境禁區)	Tsui Wah Restaurant (Airport Departures East Hall)	2261 0277
翡翠拉麵小籠包	Crystal Jade La Mian Xiao Long Bao	2261 0553
稻香	Tao Heung	8300 8133
潮樓	Chao Inn	8300 8141
龍門客棧 - 富豪機場酒店	Dragon Inn - Regal Airport Hotel	2286 6878
聯邦宮	Federal Palace	2626 0181
藝廊咖啡室 - 富豪機場酒店	Café Aficionado - Regal Airport Hotel	2286 6238
BÉBÉ V	BÉBÉ V	2982 8212
Délifrance (Café)	Délifrance (Café)	2261 2056

