

**Bistro on the Mile**

**Chiu Chow + Sichuan 自助餐菜單**

**Lunch Menu Nov 2022**

Cooked Prawns with Shell 凍蝦

Cooked Blue Mussel 凍藍青口

Cooked yabbies

Brown Crab 凍蟹

Cooked Green Whelk 翡翠螺

Salad 沙律

Marinated prawn with mango salsa 鮮蝦配芒果莎莎醬

Chicken salad with Fruit and pecan in curry mayonnaise 咖哩雞肉配鮮果合桃沙律

German Potato salad

Spicy papaya with Crab Meat salad 香辣木瓜配蟹肉沙律

Roast beef salad, shitake mushrooms, asparagus 燒牛肉沙律配日本冬菇露筍

Cheese and Sausage Salad 芝士香腸沙律

Pasta salad with smoked salmon

Japanese bean sprouts salad 鮑魚銀芽沙律

Korean noodle salad with mushroom and spring onion 韓式冷麵沙律

Jelly fish and chicken with wasabi mayonnaise salad 海蜆雞肉沙律

Rocket, Endive, Baby Spinach, Butter Lettuce

火煎菜, 萵苣, 菠菜, 牛油生菜

Asparagus 蘆筍, Cucumber 青瓜, Tomato 蕃茄, Pumpkin 南瓜

Kidney bean 腰豆, Baby corn 玉米筍, Mushroom 蘑菇, Beetroot 紅菜頭

Italian dressing, Thousand Island, French dressing

Red Onion, Onions chop, Capers, Lemon wedges, Croutons, Bacon,

紅洋蔥, 洋蔥粒, 酸豆, 檸檬角, 麵包粒, 烟肉粒

Appetizer 前菜

Smoked Ham 煙火腿

Smoked Salmon 煙三文魚

Lyoner Sausage 利安娜腸

Grilled vegetable with balsamic

Cherry tomato and buffalo cheese with basil oil

Marinated prawn with mango salsa 鮮蝦配芒果莎莎醬

Sliced beef and ox organs in chili sauce 夫妻肺片

Chicken in Sichuan Chili Sauce 口水雞

Cheese plater

Goat cheese, 羊奶芝士, Whole brie 法國芝士, English Cheddar 車打芝士,

Gouda cheese, Danish Bleu 藍芝士

Grapes, cracker, walnut, dried plum, carrot stick, cucumber stick

提子, 餅乾, 核桃, 西梅乾, 甘筍條, 青瓜條

Soup 湯

Western Soup 西式湯

Chinese Soup 中式湯

Sashimi Station 精選刺身

Salmon, Tuna, Snapper, Amaebi, Sliced abalone,

三文魚刺身、吞拿魚刺身、鯛魚刺身、甜蝦, 仿鮑片,

Assorted ten kinds of sushi 十款精選壽司

Soba Noodles 冷麵

Edamame, Gobo, lotus root 枝豆, 牛蒡, 蓮藕

Noodles station 粉麵檔

Ramen noodle, Udon noodle, bean sprout, wakame, tempura vegetable

Pork belly, bamboo, spring onion, corn, boiled egg,

Miso soup, Soy broth Tokyo style and Pork broth

拉麵, 烏冬, 芽菜, 昆布, 雜菜天婦羅

日式叉燒, 竹筍, 青蔥, 粟米, 溫泉蛋

麵豉湯, 東京醬油湯, 豬骨湯

#### Tempura Station

Vegetable tempura 雜菜天婦羅

#### Western Hot Food

Yakitori Chicken with Ginger, Garlic 日式蒜香雞扒

Chicken ballotine with foie gras and ham 鴨肝釀火腿雞卷

Roasted veal fillet with mushroom and foie gras cream sauce 燒牛仔柳配炒雜菌伴鴨肝汁

Pasta with foie gras and truffle sauce 鴨肝黑松露意粉

Sautéed potato and zucchini with basil 香草炒意大利青瓜

Mashed potato

#### Carving

Bone ham with honey gravy 燒火腿配蜜糖燒汁

Roasted Sirloin 燒西冷

#### Chinese Hot Food

Wok-fried Prawn with broccoli and garlic 蒜香西蘭花炒蝦仁

Abalone and chicken fried rice 鮑魚雞粒炒飯

Steam fish with ginger and onion

Kung Po Chicken dice with dried chili 宮保雞丁

Kung Po bean curd 宮保豆腐

Hot and Spicy Pork Slices 回鍋肉、

Braised Ma Po Bean curd 麻婆豆腐

Smoked tea Duck 樟茶鴨子

Boiled beef in chili broth 水煮牛肉

Dried Oyster with scallion and batter 蚝烙

Poached Goose, Chiu Chow combination 滷水鵝拼盤

Bean curd in soya sauce 滷水豆腐

Convenience Sauce Egg 滷水雞蛋

Sautéed beef with kale 芥蘭炒牛肉

Poached cuttlefish slice with prawn paste

Roasted BBQ pork 叉燒

Roasted duck 燒鴨

#### Indian Hot Food

Mushroom Do Pyaza (Veg) 磨菇, 蕃茄咖喱

Kerala Fish Curry 魚咖喱

Parkora (Fritter with vegetable) 印度炸雜菜

Papadum 印度薄脆

#### Dessert

Peanut Butter Strawberry Cake 花生士多啤梨餅

Yuzu White Chocolate Cake 柚子白朱古力餅

Hazelnut Honey Cake 榛子蜜糖蛋糕

Salted Caramel Vanilla Milk Chocolate Cake 焦糖海鹽牛奶朱古力蛋糕

Raspberry Breton Tart 紅桑子布頓撻

Pecan Praline Tart 山核桃果仁撻

Hazelnut Praline Mousse 榛子薄脆蛋糕

Green Apple Terrine 青蘋果蛋糕

American Cheese Cake 美式芝士蛋糕

Gateau Saint-Honoré 法式聖安娜蛋糕

Angel Cake 天使蛋糕

White Chocolate Mousse and Raspberry 紅桑子白朱古力忌廉

Almond Praline with Mango Compote 杏仁芒果杯

Green Tea Red Bean Cream 綠茶紅豆忌廉

Portuguese Egg Tart 葡撻

Cream Cheese Crumble Pudding 焗芝士金寶布甸

Watermelon

Pineapple

Cantaloupe melon

Fruit Salad

Coffee ice-cream

Chocolate ice-cream

Strawberry - ice-cream

The food menu items will be on rotation, 菜單會訂期轉換