



Shanghai Family
大滬人家





Shanghai Family
大滬仁家

大滬仁家：品味传统，创新上海美食

大滬仁家是一家独具匠心的上海菜餐厅，致力于传承经典，同时融入现代创意元素。自开业以来，我们秉持着“精致烹饪，诚挚待客”的理念，为每一位顾客呈现正宗的上海风味。除了主打上海菜，我们还兼顾湖南菜和四川菜，提供更加多元化的味觉体验。

大滬仁家的起源可以追溯到几代人的餐饮传承。我们的创始人吴氏家族，起初经营着一家老上海传统小馆，经过多年积累，最终于二十世纪末创立了“大滬仁家”餐饮品牌。如今，大滬仁家不仅保留了昔日的老上海风味，还不断创新，致力于将这份美食文化发扬光大。2022年品牌漂洋过海，立足伦敦，毗邻英国著名景点——大英博物馆，现已成为本地家喻户晓的名店，不仅吸引了大量本地食客，还成为旅游团体的必选之地。

上海菜：江南文化的味觉盛宴

作为中国八大菜系之一，上海菜（本帮菜）起源于江南地区，以浓油赤酱、口味丰富见长。传统上海菜讲究选材新鲜、烹饪细致，菜肴普遍偏甜，清香不腻，是江南文化的味觉表达。从著名的红烧肉到狮子头，从生煎锅贴到小笼包，上海菜将时令食材与独特调料相结合，烹制出让人百吃不厌的经典佳肴。

大滬仁家精选本地新鲜食材，保留传统工艺，力求让每一道菜品都呈现出正宗的上海风味。同时，我们的湖南、四川菜品将辣与香的完美平衡带给顾客，满足多样化的口味需求。通过线上线下的互动，我们不仅致力于传递美食的温度，更希望与顾客分享这背后的文化与故事。

无论是品味地道的上海风味，还是探索一脉“湘”承、海纳百“川”的湘蜀经典，大滬仁家都将带给您不一样的美食体验。

Shanghai Family: Savor Tradition, Innovate Shanghai Cuisine

Shanghai Family is a unique Shanghai cuisine restaurant dedicated to preserving classic flavors while infusing modern creative elements. Since opening, we have adhered to the philosophy of "exquisite cooking and sincere hospitality," bringing authentic Shanghai flavors to every guest. In addition to our signature Shanghai dishes, we also offer a variety of Hunan and Sichuan specialties, providing a more diverse culinary experience.

The origins of Shanghai Family trace back to generations of culinary heritage. The founding Wu family originally ran a traditional Shanghai eatery. After years of experience and refinement, they established the Shanghai Family brand in the late 20th century. Today, Dahu Renjia not only preserves the flavors of old Shanghai but also innovates to further promote this rich culinary tradition. In 2022, the brand crossed continents and set roots in London, near the iconic British Museum. It has since become a well-known local landmark, attracting not only local diners but also becoming a must-visit destination for tourist groups.

Shanghai Cuisine: A Culinary Feast of Jiangnan Culture

As one of China's eight major culinary traditions, Shanghai cuisine (Benkong Cuisine) originates from the Jiangnan region, renowned for its rich flavors and emphasis on "freshness." Known for subtle but distinct taste flavors and perfection in the choice of ingredients.

啤酒 Beers

Tsing Tao Beer	青岛啤酒	£ 4.80 /330ml bottle
Tiger Beer	老虎啤酒	£ 4.80 /330ml bottle
Budweiser	百威啤酒	£ 4.80 /330ml bottle

洋酒 Spirits

Jack Daniel's	杰克丹尼	£ 4.50 /25ml
Chivas Regal	芝华士	£ 5.00 /25ml
Jameson	爱尔兰威士忌	£ 5.00 /25ml
Bell's Whisky	金领威士忌	£ 4.50 /25ml
Remy Martin	人头马	£ 5.50 /25ml
Gordon's Gin	戈登社松子酒	£ 4.50 /25ml
Smirnoff Vodka	斯密尔诺夫	£ 4.50 /25ml
Barcadi Rum	百加得	£ 4.50 /25ml
Captain Morgan Rum	摩根船长朗姆酒	£ 4.50 /25ml
Malibu / Martini / Campari / Southern Comfort / Pims		£ 4.50 /25ml

白酒 Chinese Spirits

Moutai	贵州茅台	£ 480.00 /Bottle
Wu Liang Ye	五粮液	£ 450.00 /Bottle
National Cellar 1573 Guo Jiao	国窖1573	£ 290.00 /Bottle
Lu Zhou Lao Jiao	泸州老窖精品特曲	£ 88.00 /500ml £ 18.00 /100ml
Jiugui	酒鬼酒	£ 88.00 /500ml
Heng Xing Er Guo Tou	红星二锅头	£ 118.00 /Bottle £ 15.00 /100ml

饮料 Soft Drinks

Still or Sparkling water	矿泉水	£ 3.50 /330ml £ 5.50 /750ml
Coca Cola/Zero Sugar	可口可乐/无糖可乐	£ 3.00 /330ml can
Diet Coke	健怡可乐	£ 3.00 /330ml can
Fanta	芬达	£ 3.00 /330ml can
7up	七喜	£ 3.00 /330ml can
Tonic Water	汤力水	£ 3.60 /200ml can
Chinese Herbal Tea	王老吉	£ 3.90 /310ml can
Coconut Milk	椰汁	£ 3.90 /245ml can
Apple Juice	苹果汁	£ 2.80 /glass
Orange Juice	橙汁	£ 2.80 /glass
Pinapple Juice	菠萝汁	£ 2.80 /glass
Mango Juice	芒果汁	£ 2.90 /glass
Cranberry Juice	蔓越莓汁	£ 2.80 /glass
Fresh Soy Milk	新鲜豆浆	£ 3.90 /glass
Milk Tea	原味奶茶	£ 5.00 /glass
Ice Lemon Black Tea	冰爽柠檬红茶	£ 5.00 /glass
Plum Juice	酸梅汤	£ 3.60 /500ml bottle
Iced Green Tea	冰绿茶	£ 3.60 /500ml bottle
Iced Black Tea	冰红茶	£ 3.60 /500ml bottle
Aloe Vera	芦荟汁	£ 4.50 /0.5L £ 12.50 /1.5L

茶品 Chinese Tea

Jasmine Tea	茉莉花茶	£ 2.50
Po'er Tea	普洱茶	£ 2.50
Oolong Tea	铁观音茶	£ 2.50
Chrysanthemum Tea	菊花茶	£ 2.50
Chrysanthemum & Po'er Tea	菊普茶	£ 3.50

per person

酒水饮料

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Sparkling Wine

1. Prosecco Spumante DOC, Italy **£ 9.50 /200ml £ 24.50/750ml**
A pleasing and elegant sparkling wine with fruity bouquet. it is well-balanced and appealing with the delicate almond note. Silver medal winner at the Vinitaly International Wine Competition

White Wine

2. SanLeo Bianco, Italy **£ 5.80 /Glass £ 18.00/Bottle**
A fresh, fruity and pleasant wine, harmonic and well balanced by a clean, crisp acidity and a dry finish
3. Pinot Grigio, Ca'Vescovo, Friuli DOC, Italy **£ 23.00/Bottle**
This Pinot Grigio is a refreshing white from a historic family estate in Italy's top area for this grape, Friuli. A light white wine with pronounced notes of apple, ripe pear character and a lovely lemon zest. Crisp and flavoursome.
4. Chenin Blanc, Du Toitskloof, South Africa **£ 24.80/Bottle**
A fresh, fruity and pleasant wine, harmonic and well balanced by a clean, crisp acidity and a dry finish.
5. Sauvignon Blanc Reserva, Dos Almas, Chile **£ 9.80 /Glass £ 25.80/Bottle**
A full, crisp and powerful wine with intense aromas and flavours of passion fruit, underlying gooseberry, green herbal tones and elderflowers.
6. Chablis, France **£ 48.00/Bottle**
Flavours of fresh lemon and green apple and a long mineral finish. Great with fish and seafood.

Red Wine

7. SanLeo Rosso, Italy **£ 5.80 /Glass £ 18.00/Bottle**
Dry, fruity, fresh and well-balanced wine.
8. Merlot, Ca'Vescovo, Italy **£ 23.00/Bottle**
Aroma of red fruits, reminiscent of sour cherry and raspberry. On the palate it's dry and well structured with slight acidity.
9. Cabernet Sauvignon, Du Toitskloof, South Africa **£ 25.00/Bottle**
This full-bodied red wine displays aromas of blackcurrant, cassis and spices. Smooth and rich on the palate with dry tannins and a long finish.
10. Malbec, Proemio, Argentina ORGANIC **£ 28.00/Bottle**
Intense aromas of red fruit, cherries and plum. Medium bodied with a velvety texture and a long persistent finish, revealing its full potential.
11. Chateau Lafont-Fourcat, Bordeaux, France 2018 **£ 48.00/Bottle**
This is a fruity, well-balanced and genuine Claret with ripe black cherry fruit, medium body and a lush finish. The bottle ageing gives it velvety and complex characteristics.

Rosé

12. Prosecco Rosé, Italy **£ 26.00/Bottle**
Prosecco Rosé is delicate and fresh with elegant flavours of strawberries. The grapes are sourced from DOC vineyards in North-East Italy where the traditional white Glera is given a summery pink hue with the addition of Pinot Noir. It makes a fantastic aperitif, or is great with antipasti.



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厨师特别推荐

Chef's Special

黄焖膳段 £32.80
Braised Sliced Eel in Yellow Sauce



鳝鱼毛血旺 £39.80
Spicy Boiled Eel with Duck Blood and Vegetables

无法提供
NOT AVAILABLE
£48.80



无法提供
NOT AVAILABLE
£30.80



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厨师特别推荐

Chef's Special

剁椒鱼头 £42.80
Steamed Fish Head with
Chopped Chili



无法
NOT AVAILABLE
£3.80
Soft-S

无法
NOT AVAILABLE
£128.80
(Served with Chicken)



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沪上面点

Shanghai Style handmade Dimsum



上海小笼包 (S4) £ 8.90

Shanghai Xiaolong Bao (Small)

上海小笼包 (L8) £ 14.90

Shanghai Xiaolong Bao (Large)

蟹粉小笼包 (S4) £ 10.90

Xiaolong Bao with Crab Meat (Small)

蟹粉小笼包 (L8) £ 18.90

Xiaolong Bao with Crab Meat (Large)



大滬小笼双拼(8) £ 18.90

Mixed Xiaolong Bao (Pork & Crab
Meat 4 Pieces Each)

大滬点心拼笼(8) £ 18.90

Mixed Steamed Siu Mai & Xiaolong Bao



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Shanghai Style handmade Dimsum



三丁素烧麦 (S4) £8.90
Shanghai Style Vegetarian Siu Mai (Small)
三丁素烧麦 (L6) £12.90
Shanghai Style Vegetarian Siu Mai (Large)

鲜肉香菇烧麦 (S4) £8.90
Shanghai Style Pork Siu Mai with
Shitake Mushrooms (Small)

鲜肉香菇烧麦 (L6) £12.90
Shanghai Style Pork Siu Mai with
Shitake Mushrooms (Large)



鲜肉咸蛋黄烧麦 (S4) £9.90
Pork and Salted Egg Yolk Siu Mai (Small)
鲜肉咸蛋黄烧麦 (L6) £13.90
Pork and Salted Egg Yolk Siu Mai (Large)



烧麦拼笼 (L6) £13.90
Mixed Siu Mai Platters



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沪上面点

Shanghai Style handmade Dimsum



菜包子(1个) £2.20

Vegetable Bun (1 Piece)

菜包子(4个) £8.20

Vegetable Bun (4 Pieces)

猪肉包子(1个) £2.20

Pork Pork Bun (1 Piece)

猪肉包子(4个) £8.20

Pork Pork Bun (4 Pieces)

锅贴-素(4) £7.90

Pan-Fried Vegetable Dumplings

锅贴-猪(4) £7.90

Pan-Fried Pork Dumplings

锅贴-鸡(4) £7.90

Pan-Fried Chicken Dumplings



生煎包(S4) £7.90

Pan Fried Pork Bun (S4)

生煎包(S6) £10.90

Pan Fried Pork Bun (S6)

生煎包(L8) £13.90

Pan Fried Pork Bun (S8)



拇指生煎包(L12) £7.90

Mini Pork Bun (12 Pieces)

拇指生煎包(S12) £13.90

Mini Pork Bun (12 Pieces)



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馄饨

Wontons

荠菜馄饨 (S6) £12.90

Pork and Shepherd's Purse
Wontons (Small)

荠菜馄饨 (L8) £15.90

Pork and Shepherd's Purse
Wontons (Large)

麻酱荠菜馄饨(S6) £12.90

Wonton with Sesame Sauce (6 pieces)

麻酱荠菜馄饨 (L8) £15.90

Wonton with Sesame Sauce (8 pieces)



鲜虾馄饨 £17.90
Shrimp Wonton Soup

红油荠菜馄饨 (S6) £12.90

Wonton with Chili Oil (6 pieces)

红油荠菜馄饨 (L8) £15.90

Wonton with Chili Oil (8 pieces)



燕皮小馄饨 £12.90
Mini Wonton

燕皮小馄饨+鸡锅贴 £17.90
Small Pork Wonton Soup + Pan Fried Chicken Dumplings

燕皮小馄饨+猪锅贴 £17.90
Small Pork Wonton Soup + Pan Fried Pork Dumplings

燕皮小馄饨+生煎包 £18.90
Small Pork Wonton Soup + Pan Fried Buns

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经典头盘

Traditional Appetizers

椒盐排条 £16.90
Salt and Pepper Deep-Fried Pork



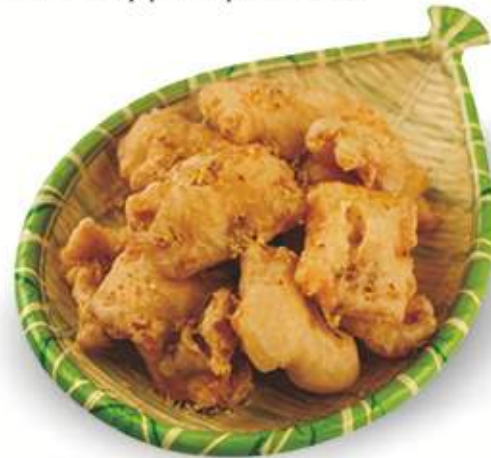
椒盐鸡 £14.90
Salt and Pepper Chicken



椒盐排骨 £14.90
Salt and Pepper Spare Ribs



椒盐鱿鱼 £18.90
Salt and Pepper Squids



桂花酥肉 £14.90
Osmanthus Crispy Pork



椒盐炸大虾 £18.90
Salt and Pepper Prawns



咸蛋黄大虾 £19.80
Fried Prawns in Salted Egg Yolk

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经典头盘

Traditional Appetizers

虾片 £2.50

Prawn Cracker

斋春卷 £4.50

Vegetarian Spring Rolls (6 pieces)

芝麻虾 £4.50

Sesame Shrimp

香酥鸭卷 £4.80

Crispy Duck Roll

鲜虾卷 £6.80

Fresh Shrimp Roll

蝴蝶虾 £6.80

Butterfly Shrimp



拼盘 £16.80

(虾片/芝麻虾/蝴蝶虾/斋春卷)

Mixed Platter (Prawn Cracker/
Sesame Shrimp 4/Butterfly Prawn 4/
Vegetable Spring Rolls 6)

香酥鸭 1/4 £11.90

Crispy Duck (1/4)

香酥鸭 1/2 £16.90

Crispy Duck(1/2)

香酥鸭一只 £31.90

Crispy Duck (Whole)



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本帮头盘和风味凉菜

Shanghai Syle Apppetizers

上海白切鸡四分之一 £9.90

Shanghai White Cut Chicken (1/4)

上海白切鸡半只 £16.90

Shanghai White Cut Chicken (1/2)

上海白切鸡一只 £28.90

Shanghai White Cut Chicken (whole)



桂花糖藕 £14.90

Sweet Osmanthus Lotus Root
Stuffed Sticky Rice

香糟门腔 £14.90

Marinated Pig Tongue in Rice Wine Sauce



油焖春笋 £14.90

Braised Spring Bamboo Shoots

凉拌藕片 £14.90 ▷

Lotus Roots Salad

松花蛋拌豆腐 £14.90

Century Egg with Tofu



本帮头盘和风味凉菜

Shanghai Style Appetizers



卤牛肉 原味/辣味 £16.90
Braised Beef Original / Spicy



四喜烤麸 £14.90
Marinated Bran Dough With Black Fungus



鲜椒螺片 £16.90
Sautéed Sliced Whelks in Hot and Spicy Sauce



松仁香干拌时蔬 £18.90
Pine Nut with Five-Spice Pressed Tofu
and Seasonal Vegetables



糖醋排骨 £14.90
Shanghai Style Sweet and Sour Spare Ribs



凉拌猪耳 £14.90
Pig Ear Salad With Cucumber and Coriander

凉拌木耳 £6.90
Cold Dressed Black Fungus

上海熏鱼 £14.90 ▷
Shanghai Style Smoked Fish

腐皮丝花生 £12.90
Cold Dressed Tofu Skin with Peanuts



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Soup

汤羹



番茄蛋花汤(小) £5.90

Tomato and Egg Drop Soup (Small)

番茄蛋花汤(6-8) £19.90

Tomato and Egg Drop Soup (Big)



荠菜肉丝豆腐羹(小) £5.90

Shepherd's Purse Soup with Pork and Tofu (Small)

荠菜肉丝豆腐羹(6-8) £21.90

Shepherd's Purse Soup with Pork and Tofu (Big)

酸辣汤(小) £5.90

Hot and Sour Soup (Small)

酸辣汤(6-8) £19.90

Hot and Sour Soup (Big)



腌笃鲜(小) £9.90

Salted Pork and Fresh Bamboo
Shoot Soup (1 serving)

腌笃鲜(中) £22.90

Salted Pork and Fresh Bamboo
Shoot Soup (2-3 serving)

腌笃鲜(大) £39.90

Salted Pork and Fresh Bamboo
Shoot Soup (6-8 serving)



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汤羹

Soup



鸭血粉丝汤 £14.90
Duck Blood in Vermicelli Soup



咖喱牛肉粉丝汤 £14.90
Beef Curry With Vermicelli Soup

上汤菠菜 £16.90
Spinach in Soup

上汤菠菜烩肚片 £21.90
Spinach and Tripe Soup



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海鲜

Seafoods



清蒸鲈鱼 £32.90

Steamed Sea Bass

蒜蓉粉丝蒸鲈鱼 £34.90

Steamed Sea Bass with Vermicelli & Garlic

松鼠鲈鱼 £38.90

Deep Fried Seabass with Pine Nuts
in Sweet & Sour Sauce

蒜蓉粉丝蒸带子

Steamed Scallops with Vermicelli & Garlic

7.90/pc (Minimum 2)

£7.90/个 (2个起)



需要预定 Please Book in Advance

姜葱蟹 £时价

Crab with Ginger and Spring Onion

姜葱龙虾 £时价

Ginger and Scallion Lobster

姜葱龙虾捞面 £时价

Ginger and Scallion Lobster Noodles



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海鲜

Seafoods



椒盐小黄鱼 £22.90
Deep Fried Salt and Pepper Yellow Croaker

白灼虾 £19.90
Boiled Prawns

蒜蓉粉丝蒸大虾 £26.90
Steamed Shrimp with Garlic Vermicelli

冰糖河鳗 £148.00
Braised Eal with Rock Sugar



雪菜蒸小黄鱼 £24.90
Steamed Yellow Croaker with
Pickled Vegetables

芥菜冬笋大黄鱼 £39.90
Yellow Croaker with Shepherd's Purse
and Winter Bamboo Shoots

需要预订 Book in Advance

红油 (无辣) £88.00
Broiled (No Spicy)

红油 (有辣) £128.00
Broiled (Spicy) (鸡) Stew with Chicken



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红烧/咕佬系列

Braised / Sweet & Sour Series



本帮红烧肉(小) £17.90
Shanghai Style Braised Pork Belly (Small)

本帮红烧肉(大) £22.90
Shanghai Style Braised Pork Belly (Large)



红烧狮子头 1个 £12.90
Braised Lion's Head Meatball (1 piece)

红烧狮子头 2个 £22.90
Braised Lion's Head Meatballs (2 pieces)



红烧蹄膀 £32.90
Braised Pork Knuckle



红烧猪手 £14.90
Braised Pig Trotters



菠萝鸡 £14.90
Sweet & Sour Chicken with Pineapple

菠萝肉 £14.90
Sweet & Sour Pork with Pineapple



菠萝虾 £16.90
Sweet & Sour Prawn with Pineapple

菠萝鱼 £15.90
Sweet & Sour Fish with Pineapple

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特色主菜
Mains



尖椒肚片 £16.90
Stir-Fried Shredded Pork Tripes
with Green Peppers



尖椒肥肠 £16.90
Stir-fried Intestines with Peppers



肉丝尖椒炒香干 £18.90
Stir Fried Pork with Peppers and
Dried Bean Curd



尖椒童子鸡 £16.90
Stir-fried Small Free Range Chicken
with Pepper



宫保鸡丁 £18.90
Kung Pao Chicken

宫保虾 £19.90
Kung Pao Prawn

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特色主菜

Mains

荠菜肉丝炒年糕 £16.90

Stir-fried Rice Cakes with Pork and Shepherd's Purse

黑椒牛肉炒年糕 £19.90

Stir-fried Rice Cakes with Black Pepper Beef



海派炒年糕 £16.90

Shanghai Style Stir-fried Rice Cakes

花蟹炒年糕 £24.90

Stir-fried Crab with Rice Cakes

葱烤大排 £8.90

Braised Pork Chop with Green Onions

排骨年糕 £16.90

Pork Chop with Rice Cakes

上海炸猪排 £16.90

Shanghai Style Fried Pork Chop



三鲜老油条 £21.90

Mixed Seafoods with Pickled Cabbage on Deep Fried Dough Sticks

脆炸肥肠老油条 £22.90

Deep Fried Pork Intestines and Dough Sticks



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特色主菜

Mains

西红柿炒鸡蛋 £12.90
Stir Fried Tomato and Scrambled Eggs

虾仁炒鸡蛋 £18.90
Stir-fry Shrimp and Egg



土豆焖牛腩 £18.90
Braised Beef Flank with Potatoes

火腿肉皮笋片 £21.90
Stir-fried Bamboo Shoots with
Ham & Pork Skin



豉椒鸡/姜葱鸡 £16.90
Chicken with Green Peppers in Black
Bean Sauce/Ginger Scallion Chicken

豉椒牛/姜葱牛 £17.90
Beef with Green Peppers in Black Bean
Sauce /Ginger Scallion Beef

豉椒虾/姜葱虾 £18.90
Prawn with Green Peppers in Black
Bean Sauce/Ginger Scallion Prawns

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蔬菜

Vegetables



酱爆/干煸四季豆 £14.90
Stir-fried Green Beans with Shredded Pork



荠菜炒冬笋 £18.90
Stir-fried Shepherd's Purse with
Winter Bamboo Shoots



荷塘小炒 £15.90
Stir-fried Lotus Root with Mangetout



手撕包菜 £14.90
Stir-fried Cabbage



茭白炒三丝 £18.90
Stir-fried Water Bamboo with
Shredded Peppers



茄子尖椒炒毛豆 £17.90
Stir-fried Aubergine with Green
Pepper and Edamame

油焖茭白 £18.90
Braised Water Bamboo

肉末茄子 £16.90
Minced Pork with Aubergine

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蔬菜

Vegetables



青菜豆腐 £17.90

Stir-fried Pak Choy with Deep Fried Five Spice Tofu



清炒莴笋 £18.90

Stir-fried Celtuce Stem



清炒菠菜 £14.90

Stir-fried Spinach

上海素什锦 £15.90

Stir-Fried Cabbage and Tofu Puff

炒通菜 £15.90

Stir-fried Water Spinach

清炒时蔬(西芹/木耳/胡萝卜) £15.90

Stir-fried Seasonal Vegetables

白菜木耳香干 £16.90

Chinese Leaf Lettuce with Black Fungus and Five Spice Tofu

清炒藕片 £15.90

Stir-fried Lotus Root Slices

蚝油双菇 £16.80

Double Mushroom with Oyster Sauce

蘑菇小青菜 £15.90

Shanghai Pak Choi with Mushrooms



清炒上海青 £14.90

Stir-fried Shanghai Pak Choi



土豆丝(清炒/酸辣) £12.90

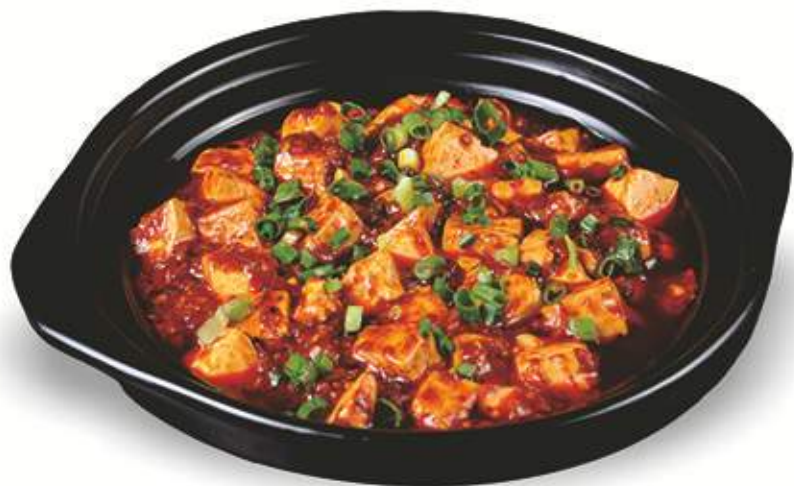
Shredded Potatoes

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铁板/煲仔

Clay Pot Style



老妈麻婆豆腐 £13.90
Mom's Special Recipe Mapo Tofu

海鲜豆腐煲 £18.90
Tofu Pot with Mixed Seafood



蟹粉虾仁豆腐煲 £24.90
Tofu Pot with Crab Meat

花蟹豆腐煲 £22.90
Tofu Pot with Crab



洋葱大肠煲 £19.90
Braised Intestines with Onion in Hot Pot



铁板/煲仔

Clay Pot Style



铁板黑椒鸡 £17.90
Sizzling Black Pepper Chicken

铁板黑椒牛肉 £18.90
Sizzling Black Pepper Beef

铁板黑椒虾 £19.90
Sizzling Black Pepper Prawns



全家福砂锅(2-3人) £59.90
Happy Family Hot Pot (Serves 2-3 People)

全家福砂锅(5-6人) £99.90
Happy Family Hot Pot (Serves 5-6 People)

汤底：大棒骨老鸡精心熬制6个小时

砂锅食材：蛋饺/肉圆/带壳大虾/肚片/童子鸡/豆腐/粉丝/大白菜/黑木耳/笋片/肉皮

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一脉湘承

Hunan Style

干锅牛杂

£ 18.90

Dry Pot Mixed Beef Offal



干锅肥肠

£ 18.90

Spicy Dry Pot Intestines



干锅虾

£ 19.90

Spicy Dry Pot Shrimp



干锅藕片

£ 16.90

Spicy Dry Pot Lotus Roots



干锅土豆片

£ 14.90

Spicy Dry Pot Potato Slices

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一脉湘承

Hunan Style



辣椒炒肉 £15.90
Stir-Fried Pork with Chili Peppers

干锅小黄鱼 £21.90
Spicy Dry Pot Yellow Croakers

干锅小黄鱼+面底 £24.90
Spicy Dry Pot Yellow Croakers + Noodles



剁椒鲈鱼 £32.90
Steamed Sea Bass with Chopped Red Chili

剁椒鲈鱼+面底 £35.90
Steamed Sea Bass with Chopped Red Chili and Noodles



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海纳百川

Sichuan Style

沸腾肥肠 £18.90

Sichuan Style Poached Pork Intenstines
in Spicy Chili Broth



沸腾牛杂 £18.90

Sichuan Style Mixed Beef Offal.



沸腾牛 £25.90

Sichuan Style Poached Beef in
Spicy Chili Broth



沸腾鱼 £25.90

Sichuan Style Poached Fish in
Spicy Chili Broth



毛血旺 £25.90

Sichuan Style boiled Blood Curd and Tripe

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香辣蟹
Spicy Crab

£ 23.90



麻辣啤酒鸭
Spicy Beer Duck

£ 19.90

麻辣牛腩
Spicy Beef Flanks

£ 18.90

飘香辣子鸡
Spicy Chicken with Dry Chillies

£ 19.90



金汤酸菜鱼
Fish in Golden Soup with Pickled
Vegetables

£ 26.90

金汤肚片
Pig Tripe in Golden Soup with Pickled
Vegetables

£ 22.90

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主食饭面

Rice & Noodles



盖浇饭

Rice with Topppings

老妈麻辣豆腐饭 £16.90
Mom's Tofu Rice

红烧大排盖浇饭 £16.90
Braised Pork Chop with Rice

红烧排骨盖浇饭 £14.90
Braised Spare Ribs with Rice

糖醋小排盖浇饭 £14.90
Shanghai Styel Spare Ribs with Rice



红烧狮子头盖浇饭 £14.90
Braised Lion's Head Meatball with Rice



红烧小肉盖浇饭 £15.90
Braised Pork with Rice

红烧猪手盖浇饭 £14.90
Braised Pig Trotters with Rice



盖浇饭

Rice with Toppings

- 西红柿鸡蛋饭 £13.90
Stir Fry Tomato and Egg with Rice
- 素什锦饭 £14.90
Stir-fry Mixed Vegetable with Rice
- 姜葱牛饭 £15.90
Ginger Scallion Beef with Rice
- 姜葱鸡饭 £15.90
Ginger Scallion Chicken Rice
- 豉椒鸡饭 £15.90
Black Pepper Chicken Rice
- 豉椒牛饭 £15.90
Black Pepper Beef Rice
- 土豆牛腩饭 £15.90
Braised Beef Brisket and Potatoes with Rice

土豆黄焖鸡腿饭 £13.90
Braised Chicken Drumsticks with
Potatoes and Rice

主食饭面

Rice & Noodles

- 菠萝鸡饭 £15.90
Sweet and Sour Chicken Rice
- 菠萝肉饭 £15.90
Sweet and Sour Pork Rice
- 菠萝鱼饭 £17.90
Sweet and Sour Fish Rice
- 菠萝虾饭 £19.90
Sweet and Sour Shrimp Rice
- 茄子尖椒毛豆饭 £16.90
Eggplant with Green Pepper and Edamame Rice
- 尖椒肥肠饭 £16.90
Stir-fried Intestine and Green Chili with Rice
- 尖椒肚片饭 £16.90
Stir-fried Pork Tripe and Green Chili with Rice



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主食饭面

炒饭 Fried Rice

Rice & Noodles

白饭	£ 3.50
Steamed Rice	
蛋炒饭	£ 9.90
Egg Fried Rice	
杂菜炒饭	£ 12.90
Mixed Vegetables Fried Rice	
上海菜饭	£ 12.90
Shanghai Fried Rice (Eggs/ Salted Pork/ Vegetables)	
扬州炒饭	£ 13.90
Yangzhou Fried Rice (Eggs, Chicken, Shrimps, Peas)	
鸡炒饭	£ 13.90
Chicken Fried Rice	
牛肉炒饭	£ 15.90
Beef Fried Rice	
大虾酱油炒饭	£ 17.90
Soy Sauce Fried Rice with Prawns	

雪菜笋丝蛋炒饭 £ 13.90
Fried Rice with Preserved Vegetables
and Bamboo Shoots

黑松茸炒饭 £ 25.90
Black Truffle Fried Rice



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炒面/粉类 Noodles



干炒牛河 £15.90
Stir- Fried Hofun with Beef

上海炒面 £12.90
Shanghai Chow Mein

海鲜炒面 £16.90
Seafood Chow Mein

鸡肉炒面 £13.90
Chicken Chow Mein

牛肉炒面 £15.90
Beef Chow Mein

大虾炒面 £17.90
Chow Mein with Prawns

西红柿鸡蛋汤面 £13.90
Egg & Tomato Soup Noodles

雪菜笋丝肉丝汤面/河粉 £14.90
Soup Noodles/Ho Fun with Preserved Vegetables

红烧大肠汤面/河粉 £13.90
Braised Intestine Soup Noodles/Ho Fun

牛腩汤面/河粉 £13.90
Braised Beef Soup Noodles/Ho Fun

罗汉上素汤面/河粉 £13.90
Vegetarian Soup Noodles/Ho Fun

主食饭面

Rice & Noodles



葱油拌面 £12.90
Scallion Oil Noodles

麻酱拌面 £12.90
Sesame Noodles

红烧肉葱油拌面 £15.90
Braised Pork with Scallion Oil Noodles



汤面 Soup Noodles



葱烤大排面 £15.90
Soup Noodles with Braised Pork Chop
with Spring Onions

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甜品

Deserts



桂花酒酿小丸子(小) £6.90

Osmanthus Rice Wine Soup with
Glutinous Rice Balls (Small)

桂花酒酿小丸子(6-8) £28.90

Osmanthus Rice Wine Soup with
Glutinous Rice Balls (large)



杨枝甘露(小) £6.90
Chilled Mango Dessert with Pomelo
and Sago (Small)

杨枝甘露(6-8) £28.90
Chilled Mango Dessert with Pomelo
and Sago (Large)



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