



「禾」 Restaurant Hé

淮扬菜 Huaiyang Cuisine

A La Carte Menu

	冷碟 COLD DISHES STARTERS	GBP
	如意鸡卷 RU YI CHICKEN ROLL Steamed chicken twister in sweet & spicy sauce end up with sesame topping.	5.80
	干切五香牛肉 DRIED CUTTING PICKLED BEEF Dried cutting pieces of braised beef shanks in soy sauce & sesame topping.	6.80
	苏式熏鱼 SU STYLE SMOKED FISH <i>seasonal*</i> Su style fried slow cooked grass carp pieces & mixed spices, finishing in sweet salted smoked fish.	7.80
	江南口水鸡 JIANG NAN KOU SHUI CHICKEN Steamed chicken with chilli sauce, hot & spicy.	9.80
	卤鸭冷切拼 NAN JING DUCK FOUR <i>limited!</i> Marinated duck necks, duck wings, duck heart, and duck gizzards.	6.80
	吮指泡椒凤爪 SHUN ZHI PAO JIAO CHICKEN FEET Chicken feet cooked with pickled peppers ending with sour & spicy taste.	7.80
	金陵什锦菜 JIN LING CHILLED VEGETARIAN DELIGHTS (V) Dried tofu strips with Chinese black fungus, carrots&celery mixed in sauce.	5.80
	淮扬泡菜 HUAI YANG PAO CHOI (V) Chef style pickled Chinese cabbage in bits sweet & chilli.	4.00
	爽口萝卜 SHUANG KOU LUO BO (V) Refreshing pickled mooli in sugar and vinegar.	4.00
	梅汁西红柿 PLUM TOMATOES SALAD (V) Marinated tomatoes slices in house plum jam salad.	4.00

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蓝莓山药 YAM IN BLUEBERRY JAM GBP
6.80

Steamed yam stick, ending with blueberry jam.

桂花糯米藕 GUI HUA LOTUS RICE (V) 7.80

Steamed lotus root stuffed with sweet sticky rice, osmanthus flower topping.

主菜 MAIN DISHES GBP

●SEAFOOD GBP

龙虾/螃蟹/蛭子等活海鲜, 请提前预定 时令价
LOBSTER/CRAB/RAZOR CLAMS etc. pre-order seasonal price

蒜蓉粉丝蒸带子 GARLIC SCALLOP (min 2) 6.50each
Steamed fresh scallop with vermicelli end up with chopped garlic.

小米带子盅 MILLET SCALLOP SOUP 11.80pp
Slow boiled scallop with millet soup, freshness and warmed-up your stomach.

金汤鲍鱼盅 GOLDEN ABALONE SOUP 15.80pp
Chef special cooked abalone in slow cooked chicken and pork bone soup.

葱爆花蟹 GREEN CRISPY CRAB 18.80
Stir-fried sea crab with ginger & onion, for crab lovers!

金汤花蟹 GOLDEN SOUP CRAB 18.80
Braised sea crab in slow cooked chicken and pork bone soup.

韭香海虹 YUMMY LEEKS MUSSELS 18.80
Tasted mussels stir-fried with leeks and enoki mushroom.

松鼠鱼 SWEET AND SOUR SQUIRREL FISH ♥ 22.80
One of our historical and signature dish created over 200 years ago and now is famed at home and abroad. Deep fried carved beautiful pinecone-shaped whole sea bass with sweet & sour sauce.

👉 青椒酱蒸鱼 MARINATED CHILLI SEABASS ♥ 22.80
Fresh whole sea bass steamed with chef's house pickled chilli sauce in hot & spicy tasting, for hot and spicy lover!

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	GBP
豉椒鲈鱼 CHI JIAO SEA BASS	23.80
Chef's whole umami sea bass slice with enoki mushroom & vegetable.	
金蒜脆皮虾 GOLDEN CRISPY GARLIC PRAWNS ♥	20.80
Whole fresh crispy tiger prawns covered with hot minced garlic topping.	
🍷 小坛酸菜鱼 FISH SLICES WITH PICKLED MUSTARD-GREEN ♥	15.80
Sliced fish in bits spicy oil with pickled cabbage broth, sesame ending.	
西芹墨鱼仔 BABY OCTOPUS WITH CELERY	14.80
Sautéed celery with baby octopus in fresh light tasting.	
金汤鱼丸 GOLDEN SOUP WITH HOMEMADE FISH BALLS new*	15.80
Home-made Fish balls, Fungus & veggies in Golden soup.	
芙蓉虾球 FU RONG SHRIMP BALLS	14.80
Sautéed prawn balls in egg white, finished in fresh tasting.	
翡翠虾球 FEI CUI SHRIMP BALLS	16.80
Stir-fried prawn balls with jade-colour celery, fresh and light.	
荷塘小炒 HE TANG DELIGHT	14.80
Sautéed lotus, green peas and shrimps.	
玉米虾仁 CORN WITH SHRIMP new*	14.80
Salty and fresh taste corn, green beans & shrimps.	
茄汁鱼片 FISH FILLET IN TOMATO SAUCE new*	15.80
Sweet and sour taste Fish fillet ending with tomato sauce.	
翡翠鲜带 FEI CUI SCALLOP	16.80
Braised fresh scallops with tasty green peas.	
江南一锅鲜 JIANG NAN FRESH SEAFOOD POT	22.80
A delight pot filled with mussels, prawns, scallops, fish balls & garden peas.	
●DUCK DISHES	GBP
招牌盐水鸭 SIGNATURE SALT-WATER DUCK(1/4) ♥	13.80
A 400-year old recipe complicated with more than 10 precise steps stewed salt-preserved duck. As a result it is a braised bird with layered depths, rich taste, which is very delicious and tender.	

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GBP

金陵烤鸭 JINLING ROASTED DUCK (1/4) ♥ 13.80
Roasted crispy duck in traditional & unique sweet soy sauce which can be found in local only. Its history can be reached 1 generation earlier than Peking duck.

●BEEF DISHES

GBP

🍴 酸汤肥牛 SOUR & HOT HOTPOT BEEF ♥ 16.80
Features enoki mushrooms & sliced beef, thick vermicelli in sour & hot pepper soup.

🍴 水煮牛肉 BOILED HOT & SPICY BEEF ♥ 17.80
Poached pre-marinated beef slices & vegetables in hot chilli oil bowl.

🍴 杭椒牛柳 HOT GREEN BEEF FILET ♥ 14.80
Sautéed shredded beef filet with hot green pepper.

🍴 江南灶红烧牛腩 POTATOES BEEF BRISKET 14.80
House special braised beef brisket with potatoes in sauce.

🍴 白菜粉丝牛腩煲 ASSORTED BEEF BRISKETS 16.80
House stewed beef brisket in casserole with Chinese cabbage & vermicelli.

黑椒牛尾 HOUSE SPECIAL BLACK PEPPER OXTAIL ♥ 14.80
House sautéed oxtail with onion & bell peppers rich in black pepper sauce.

傣家牛柳 DAI JIA BEEF 16.80
Stir-fried black pepper boneless beef tenderloin, on top of fried jasmine rice cooked with yellow curry.

●LAMB DISHES

GBP

🍴 特色羊棒 FEATURES ROAST LAMB LEG 28.80 Half/49.80 Whole
House roasted pre-salted leg of lamb ending with spices.

清汤羊肉锅仔 STEWED LAMB BROTH ♥ 25.80
Stewed Boneless Lamb pot, minimum 2 side dishes should be chose from the list: Spinach £4, Enoki Mushroom £4, Cellophane Noodles £4, Tofu £3, Potato £3, Chinese Cabbage £3; add Extra lamb meat £10, extra original soup £5. 「清汤去骨羊肉 + 至少选择两种配菜: 菠菜£4, 金针菇£4, 粉丝£4, 豆腐£3, 土豆£3, 大白菜£3; 另+羊肉£10, +羊汤£5」.

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● PORK DISHES GBP

红烧狮子头 NANJING 'LION'S HEADS' PORK MEAT BALLS ♥ 14.80
Stewed chef special made meatball with egg in brown sauce, freshness & not greasy.

江南扣肉 JIANGNAN PORK BELLY ♥ 14.80
Steamed sliced pork belly with seasonal vegetables in sauce.

观音蜜茶香肉 HONEY GUANYIN TEA PORK ♥ 15.80
Grilled pork belly mixed fried Chinese iron buddha green tea in honey, tea helps gain floral tasing full of mouth.

糖醋小排 SWEET VINEGAR TANGY PORK RIBS ♥ 14.80
Fried spare ribs with sweet & sour sauce.

🍴 回锅肉片 TWICE-COOKED PORK SLICE 12.80
Huaiyang style sautéed double cooked pork slice with bell peppers & onions.

京酱肉丝 PEKING SAUCE PORK 14.80
Sautéed shredded pork in peking sauce (sweet bean) & steamed pancake.

三鲜烩百叶 SANXIAN BAIYE new* 15.80
Braised Cabbage, fungus, shredded pork, straw mushroom, and dried tofu.

🍴 香辣猪手 SPICY PORK TROTTER 15.80
Fried pre-salted pork trotter, finishing with crisp and tender tasting.

南京木须肉 NANJING MUXU PORK new* 12.80
Sautéed Sliced Port, eggs, Enoki mushroom and black fungus .

淮南腊肉 HUAI NAN PRESERVED PORK 14.80
Sautéed home-made smoked pork with celery, green peas.

皮肚烩肉丸 PORK BELLY STEWD MEATBALLS new* 15.80
Braised Skin belly, Homemade meatballs, fungus and cabbage.

毛豆藕饼 LOTUS ROOT PATTIES 14.80
Crispy pan fried lotus root cake mixed pork meat with green soybean rice.


● CHICKEN & EGG DISHES GBP

香波咕嚕鸡球 SWEET SOUR CHICKEN BALLS 12.80
Fried chicken balls in sweet and sour pineapple sauce.

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	小米辣爱上小公鸡 JIANG NAN SPICY CHICKEN ♥	GBP 12.80
	Stir-fried baby rooster (with bones) with peppers & chilli.	
	● MIXED DISHES	GBP
	全家福 FAMILY STEWED ASSORTED DELICACIES ♥	23.80
	One of the features traditional popular dishes in Nanjing, using a variety of materials: Fish Ball, Pork Skin Belly, Black Fungus, Chinese Cabbage, Pork Meatball, Oyster Mushroom, Egg Rolls & Shredded Chicken. 「鱼丸, 皮肚, 木耳, 白菜, 肉圆, 平菇, 蛋皮&鸡丝」	
	金陵干丝 JINGLIN DRIED TOFU ♥	15.80
	Braised shredded chicken with ham, prawns, dried tofu and mixed vegetables.	
	毛豆香干肉丝 GREEN PEAS TOFU PORK ♥	12.80
	Stirred shredded pork & baked beancurd, green beans.	
	中山煎豆腐 ZHONG SHAN PAN TOFU	12.80
	Golden fried soft tofu with/without pork mince sauce.	
	家常豆腐 HOME-STYLE TOFU	12.80
	Classic home-style fried beancurd with sliced pork & pepper.	
	小笼蒸蛋 XIAO LONG CHINESE STEAMED EGG	10.80
	Traditional Chinese home cooking: steamed eggs (with/without)minced pork in basket.	
	● VEGETABLES DISHES	GBP
	爽口茭白 「HÉ」 FRESH WHITE BAMBOO ♥	13.80
	Fresh and healthy cooking white bamboo (with/without) pork meat.	
	江南菜心 JIANG NAN CHAI CHOW ⑤	11.80
	Stir-fried green leaves with garlic and pepper silk in sauce.	
	山药黑木耳 PEARL BLACK FUNGUS ⑤	11.80
	Fresh lighting cooked Chinese yam stick and black fungus with mixed vegetables.	



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	GBP
👉 锅仔手撕包菜 HAND-RIPPED CABBAGE (V)	11.80
Griddle shredded cabbage with/without meat mince.	
莴笋肉丝 FRIED SHREDDED PORK WITH CELTUCE new*	13.80
Sautéed shredded pork with Celtuce.	
👉 鱼香茄子 YU-SHIANG EGGPLANT	10.80
Braised aubergine pieces (with/without pork mince(V))in spicy garlic sauce.	
清炒时蔬 SEASONAL CHINESE GREENS (V)	9.80
Stir-fried seasonal vegetables with garlic (seasonal vegetables).	
👉 干锅土豆 GAN GUO POTATO	11.80
Griddle potatoes slices with onions, green and red pepper & pork meat slices.	
青椒土豆丝 GREEN PEPPER POTATOES (V)	10.80
Sautéed shredded potatoes with green pepper.	
青椒炒藕丝 GREEN PEPPER WITH LOTUS (V)	11.80
Sautéed lotus root slices with slices green pepper.	
👉 鱼香土豆肉丝 YUXIANG FRIED PORK WITH POTATOES new*	12.80
Shredded potato, pork and green pepper fried with yuxiang taste.	
香煎玉米烙 CRISCOIN PAN CAKE (V)	10.80
Panfried sweet corn till crispy in sweet smelling.	
秦淮小吃 QINHUAI XIAO CHI	GBP
金陵锅贴 JINLING BEEF GUO TIE (5) ♥	8.80
Special pan-fried long dumpling pockets of dough filled with beef.	
「禾」式生煎「HÉ」SHENG JIAN BAO (5) ♥	8.80
Pork and leek pan fried soup buns.	
平桥豆腐羹 PING QIAO TOFU SOUP	6.80
Jelly tofu boiled in pork broth & egg white.	



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「禾」牛汤粉 NANJING BEEF VERMICELLI SOUP ♥ GBP
9.80
Tasty soy sauce pickled beef boiled with vermicelli in chef beef soup.

江南锅巴 JIANGNAN CRISPY RICECAKE 8.80
Home made fried crispy rice pancake with sweet sour pork mince sauce.

主食 RICE DISHES **GBP**

江南卤肉饭 JIANGNAN BRAISED PORK ON RICE ♥ 10.80
House recipe marinated pork belly in soy based sweat sauce, with steamed rice, lettuce side.

🍴 金陵酸豇豆炒饭 SOUR COWPEA PORK FRIED RICE ♥ 10.80
Sautéed salted and sour pickled long beans fried rice, with pork, egg, lettuce.

「禾」牛炒饭 「HÉ」 BEEF FRIED RICE 10.80
Tenderness stir-fried rice with beef, egg & carrot, lettuce & crunchy cabbage.

秦淮疙瘩汤 QINHUAI GE DA TANG ⑤ 9.80
Hand made dough drop and assorted mixed vegetables soup.

扬州炒饭 YANGZHOU EGG FRIED RICE 10.80
A classic Chinese-style fried rice & eggs, ham, prawns, green beans & sweetcorn.

「禾」式炒米粉 「HÉ」 CHOW MEI FUN RECIPE ⑤ 9.80
Stir-fried rice noodles with egg & mixed vegetables.

蛋炒饭 EGG FRIED RICE 4.00

白饭 JASMINE RICE 3.00

甜点 DESSERTS **GBP**

赤豆酒酿小元宵 PEARL PILLON ♥ 6.80
Red bean glutinous rice ball in sweet wine lees.

黄金小甜饼 GOLDEN PUMPKIN PIE 6.80
Fried glutinous rice flour mixed with pumpkin filled with black sugar.

甜蜜糍粑 HONEY CI BA 6.80
Fried glutinous rice flour cake filled with black sugar.

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