



Jiàn Kāng Zhāi Chū Healthy Veggie Speisekarte

<https://speisekarte.menu/>

G/F, 34 Fei Fung Street, Wong Tai Sin, Hong Kong, hong-kong
+85267330283 - <https://www.foodpanda.hk/restaurant/v3gl/healthy-veggie>



Jiàn Kāng Zhāi Chū Healthy Veggie Sp



Vegetarian dishes

MA PO TOFU HK\$80

飲料 Beverage

KĚ LÈ COKE HK\$12

飲品 Drinks

SNOW WHITE SPRITE HK\$12

輕食小品

XIĀNG CHŪN CHǎO DÀN HK\$90

單點(菜類)

HÓNG SHǎO JIǎ ZI HK\$80

平價快炒及炸物

HÓNG SHǎO DÒU Fŭ HK\$85

現炒麵及飯類

XIĀNG CHŪN CHǎO FÀN HK\$75

單點飯、麵、粥、河粉及湯品

SHÌ YÓU HUÁNG CHǎO MIÀN HK\$75

小菜 Dishes

LIÁNG GUǎ CHǎO NIÚ RÒU HK\$85

新增加點

BÁI FÀN WǎN HK\$15

泰式獨享餐盒

SHĀ DIĒ NIÚ RÒU FÀN HK\$65

Noodles 面類

E-FU NOODLE Yǐ MIÀN HK\$8

Choice_Toppings

NOODLE MIÀN

Lollihot Saucy Side Dish 小菜

UDON WŪ DŌNG HK\$10

Hong Kong Kitchen

XĪNG ZHŌU CHǎO Mǐ HK\$80

湯麵·撈麵類

GÀN SHǎO Yǐ MIÀN HK\$80

廚師推介 Chef Specials

LIÁNG GUǎ CHǎO DÀN HK\$90

套餐（配例湯）Set (With Daily Soup)

YÚ XIĀNG JIǎ ZI FÀN HK\$65

廚師推介 Chef Recommendation

JǐN Lǚ YÚN TŪN HK\$95

Jiàn Kāng Zhāi Chú Healthy Veggie Sp



飲品 Non Alcoholic Beverage

LÍNG XÌ KĚ LÈ HK\$15

粉麵飯 Noodles, Flat Rice Noodles & Rice

LUÓ HÀN Zhāi Chǎo Miàn HK\$90

冷飲品類 Cold Beverages

LÍNG XÌ KĚ LÈ COKE ZERO HK\$12

菜蔬類 Vegetables

Dōng gū shí cài HK\$85

冬季時令菜式 Winter Seasonal Dishes

Zhī zhú yáng nǎn bǎo HK\$95

炒飯類 Fried Rice Series

Shēng chǎo niú fàn HK\$75

大廚推介 Chef's Special Menu 11 : 30後供應

Jiāng dàn chǎo fàn HK\$80

飲品（罐裝汽水）

Xuě bì HK\$15

Popular Selections

Xiān yú jī lì chāo fàn HK\$80

Stir-Fry

Fān jiā for staging HK\$90

Yú xiāng jiā zǐ HK\$80

單點

Yú xiāng jiā zǐ bǎo HK\$80

Kung pao chicken HK\$15

中式炒粉麵飯 10:30Am—8:30Pm

Xī chǎo fàn HK\$75

Gàn chǎo sān sī yì fēn HK\$75

Shà mén chǎo mǐ HK\$75

其他 Others

Lǎo huǒ lì tāng wǎn HK\$15

Lǎo huǒ lì tāng wō HK\$70

Zì jiā zhì luó hàn guǒ jú huā chǎ dòng HK\$22

IF 100% yē qīng shuǐ dòng HK\$22

炒飯 Fried Rice

Lǎn cài dōng gū chǎo fàn HK\$75

Zá jīn chǎo fàn HK\$75

Zhà cài sù jī chǎo fàn HK\$75

Huáng jiāng yāo guǒ chǎo fàn HK\$85

碟頭飯 Rice With Side Dishes

Wèi cài sān sī fàn HK\$65

Shí cài sù yā fàn HK\$65

Jiàn Kāng Zhāi Chú Healthy Veggie Sp



ZHĀO PÁI LUÓ HÀN ZHĀI FÀN HK\$65

FĀN JIĀ SUÌ NIÚ HUÁ DÒU FŮ FÀN HK\$65

FĀN JIĀ XIĀN ZHÚ FÀN HK\$65

廚師推介 Chef's Recommendation



ZÌ JIĀ ZHÌ ZHĀI Lǚ WÈI XÌ HK\$55

ZÌ JIĀ ZHÌ ZHĀI Lǚ WÈI DÀ HK\$75

SHĀ LĀ JUǎN HK\$95

Wǚ LIǚ Sù Xiān Bān Yù Tóu Yú HK\$108

ZHĀO PÁI SHĒNG CHǎO PÁI Gǔ HK\$100

SHÌ ZHĪ Sù Mǎn Yú HK\$90

JĪNG DIǎN XIĀNG LÌ SŪ JUǎN XĪN TUǐ CHŪ HK\$108

XĪ NÍNG QIǎN CÉNG HK\$95

JĪN SHĀ JUǎN BÙ SHÌ XIÁN DÀN HUÁNG HK\$95

新品推介 New Item



SÙ BÀO YÚ BĀ SHÍ SHŪ HK\$110

KĀ LÍ Sù GĀN BÈI LÓNG XIĀ QIÚ HÀN YĒ ZHĪ JÍ HUĀ Nǎi HK\$100

MÌ ZHÌ JIĀ ZHĪ Sù GĀN BÈI XIĀ RÉN HK\$100

XIĀNG CUÌ YĀO GUǒ XIĀ DĪNG HK\$100

SÙ Hǎi CĀN BĀ SHÍ SHŪ HK\$110

SÙ BÀO YÚ BĀ DÒU FŮ HK\$115

SÙ Hǎi CĀN BĀ DÒU FŮ HK\$115

SÙ BÀO YÚ PĪN BĀ ZHĒN SHÀNG SÙ HK\$125

SÙ Hǎi CĀN PĪN BĀ ZHĒN SHÀNG SÙ HK\$125

Uncategorized

CONTAINS COCONUT MILK AND EVAPORATED MILK HÀN YĒ ZHĪ HUĀ Nǎi

DOES NOT CONTAIN COCONUT MILK AND EVAPORATED MILK BÙ HÀN YĒ ZHĪ HUĀ Nǎi

BÁI FÀN WǎN RICE HK\$13

ZÌ JIĀ ZHÌ LUÓ HÀN GUǒ JÚ HUĀ CHÁ (600ML) SHĒNG DAILY HERBAL TEA (600ML) HK\$22

IF 100% CHÚN YĒ QĪNG SHUǐ COCONUT WATER HK\$22

DÒU JIĀNG WÈI TIÁN SOYA BEAN MILK LESS SUGAR HK\$22

WÚ WÈI JĪNG Lǎo HUǒ TǎNG WǎN CHINESE SOUP HK\$13

SHǎO FÀN LESS RICE

BÙ YÀO FÀN NO RICE

湯羹、粥 Soup & Congee



HÓNG SHĀO ZHÚ SHĒNG Sù CHÌ WŌ HK\$140

RĚ WÈI SUÌ Sù NIÚ ZHŌU WŌ XĪN TUǐ CHŪ HK\$95

NÁN GUĀ Sù CHÌ WŌ HÀN YĒ ZHĪ JÍ HUĀ Nǎi XĪN TUǐ CHŪ HK\$110

RUǎN MIÁN MIÁN NÁN GUĀ ZHŌU WŌ XĪN TUǐ CHŪ HK\$95

HÓNG SHĀO JĪ SĪ Sù CHÌ WŌ HK\$100

XĪ HÚ NIÚ RÒU GĒNG WŌ HK\$95

LÌ Mǐ GĒNG WŌ HK\$95

LÌ Mǐ DÒU FŮ GĒNG WŌ HK\$95

XIĀNG TIÁN Sù Mǐ ZHŌU WŌ XĪN TUǐ CHŪ HK\$95

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MIÈ DŌU YŌU JÍ DÌ ZHŌU WŌ
XĪN TUǐ CHŪ HK\$110

炒粉麵 Fried Noodle



LUÓ HÀN ZHĀI CHǎO
Mǐ HK\$90

JIǎ ZHĪ RÒU JIÀNG YÌ
FĒN HK\$75

XUĒ CÀI YĀ SĪ WÉN Mǐ HK\$80

GĀN CHǎO SÙ NIÚ YÌ FĒN HK\$75

ZHÀ CÀI SĀN SĪ WÉN Mǐ HK\$75

XUĒ CÀI SHUĀNG GŪ WÉN Mǐ HK\$75

QĪ Cǎi CHǎO Mǐ HK\$80

LUÓ HÀN ZHĀI BÀN Mǐ HK\$90

LUÓ HÀN ZHĀI BÀN MIÀN HK\$90

HĒI JIǎO JIǎ ZI YÌ FĒN HK\$75

煲仔菜 (奉送白飯)



KĀ LÍ Fŭ QIÚ SÌ SHŪ
BĀO HÁN YĒ ZHĪ JÍ HUĀ Nǎi HK\$95

SHÌ ZHĪ SÙ MÁN YÚ
BĀO HK\$95

SHĀ DIĒ JĪN GŪ SÙ NIÚ BĀO HK\$90

SÙ YĀ FĒN SĪ ZÁ CÀI BĀO HK\$90

DŌNG GŪ JIÉ GUĀ XIĀN ZHÚ
BĀO HK\$85

LÍ HÓNG JIǎ ZI DÒU Fŭ BĀO HK\$95

LIÁNG GUĀ XIĀN ZHÚ BĀO HK\$85

HÓNG SHĀO JIǎ ZI BĀO HK\$80

SHÍ CÀI FĒN SĪ SÙ NIÚ BĀO HK\$90

HĒI JIǎO JIǎ ZI XIĀN ZHÚ BĀO HK\$90

PÚ ZHĪ XIĀN ZHÚ ZÁ CÀI BĀO
HÁN YĒ ZHĪ JÍ HUĀ Nǎi HK\$90

KĀ LÍ YÁNG NǎN BĀO HÁN YĒ
ZHĪ JÍ HUĀ Nǎi HK\$95

PÚ ZHĪ YÁNG NǎN BĀO HÁN YĒ
ZHĪ JÍ HUĀ Nǎi HK\$95

Gŭ Fǎ SHÀNG ZHĀI BĀO HK\$95

YĒ ZHĪ XIĀN HUÁI SHĀN NÁN
GUĀ BĀO HÁN YĒ ZHĪ JÍ HUĀ
Nǎi HK\$100

HUÁNG ĚR SHÀNG ZHĀI BĀO HK\$120

ZHÚ SHĒNG SHÀNG ZHĀI BĀO HK\$120

ZHÚ SHĒNG DÒU Fŭ BĀO HK\$120

小菜 (奉送白飯)



LǎN CÀI SÌ Jì DÒU
CHǎO SÙ JĪ HK\$85

XIĀN ZHÚ MÙ ĚR
CHǎO CUÌ YÙ GUĀ HK\$80

PÍ PÁ DÒU Fŭ HÁN DÀN HK\$100

XIĀN HUÁI SHĀN CHǎO NÁN GUĀ
HÁN YĒ ZHĪ JÍ HUĀ Nǎi HK\$95

KĀ Lǐ JĪ QIÚ HÁN YĒ ZHĪ JÍ HUĀ
Nǎi HK\$90

WÈI CÀI CHǎO SĀN SĪ HK\$85

YĀO GUŌ GŪ DĪNG HK\$85

XUĒ CÀI DÒU Fŭ HK\$85

NÁN GUĀ SHŭ Zǐ HÁN YĒ ZHĪ JÍ
HUĀ Nǎi HK\$85

JIĀNG ZHĪ CHǎO ZÁ CÀI HK\$85

SHUĀNG GŪ Fŭ QIÚ HK\$80

JIĀNG ZHĪ CHǎO XĪ LÁN HUĀ HK\$80

LIÁNG GUĀ XIĀN ZHÚ HK\$80

FĀN JIǎ SUÌ NIÚ HUÁ DÒU Fŭ HK\$80

JIĀNG ZHĪ CHǎO CÀI XĪN HK\$75

BĀ ZHĒN SHÀNG SÙ HK\$95

BŌ LUÓ SHĒNG GĒN HK\$80

Jiàn Kāng Zhāi Chú Healthy Veggie Sp



XĪ QÍN CHǎO XÌNG YÙN CHÁNG	HK\$80
XIĀNG CHŪN HUÁ DÒU FŮ	HK\$80
BÌ LŮ QIĀN CÉNG	HK\$80
Kǎ Lǐ NIÚ RÒU HÁN YĒ ZHǐ JÍ HUĀ Nǎi	HK\$90
ZHÚ SHĒNG DÒU FŮ	HK\$100

湯粉麵 Rice Vermicelli And Noodles In Soup

WÈI CÀI Jǐ SĪ TĀNG Mǐ Wǒ	HK\$125
WÈI CÀI Jǐ SĪ TĀNG Mǐ Wǎn	HK\$65
LUÓ HÁN ZHĀI TĀNG Mǐ Wǎn	HK\$65
LUÓ HÁN ZHĀI TĀNG Mǐ Wǒ	HK\$125
XUĚ CÀI YĀ SĪ TĀNG Mǐ Wǎn	HK\$65
XUĚ CÀI YĀ SĪ TĀNG Mǐ Wǒ	HK\$125
SHĀ DIĒ NIÚ RÒU TĀNG Mǐ Wǎn	HK\$65
SHĀ DIĒ NIÚ RÒU TĀNG Mǐ Wǒ	HK\$125

SHUĀNG GŮ TĀNG Mǐ Wǎn	HK\$65
SHUĀNG GŮ TĀNG Mǐ Wǒ	HK\$125
BĚI GŮ TĀNG Mǐ Wǎn	HK\$65
BĚI GŮ TĀNG Mǐ Wǒ	HK\$125
SÙ YĀ TĀNG Mǐ Wǎn	HK\$65
SÙ YĀ TĀNG Mǐ Wǒ	HK\$125
XIĀN ZHÚ TĀNG Mǐ Wǎn	HK\$65
XIĀN ZHÚ TĀNG Mǐ Wǒ	HK\$125
XUĚ CÀI SĀN SĪ TĀNG Mǐ Wǎn	HK\$65
XUĚ CÀI SĀN SĪ TĀNG Mǐ Wǒ	HK\$125
ZHÀ CÀI SĀN SĪ TĀNG Mǐ Wǎn	HK\$65
ZHÀ CÀI SĀN SĪ TĀNG Mǐ Wǒ	HK\$125
FĀN JIĀ SÙ NIÚ TĀNG Mǐ Wǎn	HK\$65
FĀN JIĀ SÙ NIÚ TĀNG Mǐ Wǒ	HK\$125
FĀN JIĀ XIĀN ZHÚ TĀNG Mǐ Wǎn	HK\$65
FĀN JIĀ XIĀN ZHÚ TĀNG Mǐ Wǒ	HK\$125

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G/F, 34 Fei Fung Street, Wong
Tai Sin, Hong Kong, hong-kong

Öffnungszeiten:

Montag 11:00 -20:45
Dienstag 11:00 -20:45
Mittwoch 11:00 -20:45
Donnerstag 11:00 -20:45
Freitag 11:00 -20:45
Samstag 11:00 -20:45
Sonntag 11:00 -20:45

Gemacht mit [Menu](#)

