

Menu

现磨咖啡	Coffee
雀巢咖啡	Nescafe with milk
云南咖啡	Yunnan coffee
冰咖啡	Iced coffee
越南咖啡	Vietnam coffee
魔鬼咖啡	Coffee with brandy
意大利浓醇咖啡	Espresso
卡布奇诺	Cappuccino
拿铁	Café Latte
摩卡	Café Mocha
玛奇朵	Café caramel Machiatto
蓝山	Blue mountain coffee
巴西	Brazilian coffee
哥伦比亚	Columbia coffee
曼特宁	Mandelin coffee
爱尔兰	Irish coffee
茶	Tea
限每壶四人，加杯每人 5 元	Teapot (One pot for four people, every additional person five Yuan)
绿茶	Green tea
红茶	Black tea
茉莉花茶	Jasmine tea
和尚茶	Monk tea
藏式药茶	Tibetan Herbal tea
酥油茶	Tibetan butter tea
白族三道茶/套	Bai Minority Special Tea Set – 3 Cups
哑咕啞藏式花茶	Tibetan flower tea
姜茶	Ginger tea with honey
薄荷茶	Mint tea with honey
柠檬茶	Lemon tea
奶茶	Milk tea
甘草菊花茶	Chrysanthemum with sweet roots
水果冰茶	Fruit with crushed ice



Menu

菊普	Chrysanthemum with Pu'er tea
玫瑰茶	Rose tea
酸梅茶	Plum tea
正宗龙井茶	Dragon pool tea
极品香	Strong fragrant tea
碧螺春	Bi-luo spring tea
铁观音	Tie-Guan-Yin tea
乌龙茶	Wulong tea (Taiwan/Fujian)
陈年普洱	Aged Pu'er tea
苍山雪茶	Cangshan snow tea
蓝贵人	Blue burgeois tea
木瓜茶	Papaya tea

鲜果汁 **Fresh fruit juices**

橙汁	Orange juice
柠檬汁	Lemon juice
菠萝汁	Pineapple juice
苹果汁	Apple juice
香蕉汁	Banana juice
芒果汁	Mango juice
桃子汁	Peach juice
西瓜汁	Watermelon juice
木瓜汁	Papaya juice
乌梅汁	Gooseberry juice
草莓汁	Strawberry juice
凤梨汁	Pear juice
什锦果汁	Mix Fruit juice
黄瓜汁	Cucumber juice
蕃茄汁	Tomato juice
胡萝卜汁	Carrot juice



鲜奶/酸奶奶昔 **Milk- / Yoghurt Shakes**

香蕉奶昔	Banana shake
菠萝奶昔	Pineapple shake



Menu

桃子奶昔	Peach shake
苹果奶昔	Apple shake
芒果奶昔	Mango shake
什锦奶昔	Mixed shake
柠檬奶昔	Lemon shake
巧克力奶昔	Chocolate shake
水果奶昔白兰地或威士忌	Fruit shake with brandy or whiskey
冰淇淋果汁奶昔	Ice-cream fruit shake
薄荷奶昔	Mint shake
木瓜奶昔	Papaya shake
乌梅奶昔	Gooseberry shake
香草奶昔	Vanilla shake
香芋奶昔	Taro shake
草莓奶昔	Strawberry shake

冰淇淋水果奶昔

Ice cream fruit shakes

橙子奶昔加冰淇淋	Orange shake with ice cream
菠萝奶昔加冰淇淋	Pineapple shake with ice cream
苹果奶昔加冰淇淋	Apple shake with ice cream
香蕉奶昔加冰淇淋	Banana shake with ice cream
梨子奶昔加冰淇淋	Pear shake with ice cream
桃子奶昔加冰淇淋	Peach shake with ice cream
芒果奶昔加冰淇淋	Mango shake with ice cream
西瓜奶昔加冰淇淋	Watermelon shake with ice cream
草莓奶昔加冰淇淋	Strawberry shake with ice cream
柠檬奶昔加冰淇淋	Lemon shake with ice cream
薄荷奶昔加冰淇淋	Mint shake with ice cream
什锦奶昔加冰淇淋	Mixed shake with ice cream

软饮

Soft Drinks

可口可乐	Coca-cola
健怡可乐	Diet Coke
雪碧	Sprite
椰子汁	Coconut juice
矿泉水	Mineral water



Menu

核桃乳 Walnut milk

汤力水 Soda water

苏打水 Tonic water

冰汽 **Frizz Floats (Fruit/drinks with Ice cream)**

高橙冰汽 Orange float

可乐冰汽 Coca-cola float

柠檬冰汽 Lemon float

水果冰汽 Fruits float

香草冰汽 Vanilla float

香芋冰汽 Taro float

巧克力冰汽 Chocolate float

薄荷冰汽 Mint float

热饮 **Hot Drinks**

热浓巧克力 Hot chocolate

热鲜奶 Fresh hot milk

热果珍 Hot Tang (Orange and Honey drinks)

热红牛鸡蛋(醒酒) Hot Red Bull with Egg

可乐煮姜片 Hot Coca-Cola with Ginger

热柠檬可乐 Hot Coca-Cola with Lemon

热椰子奶 Hot Coconut milk

热巧克力威仕忌 Hot Chocolate with Whisky

热巧克力白兰地 Hot Chocolate with Brandy

热巧克力白力甜 Hot Chocolate with Baileys

啤酒 **Beer**

大理啤酒 Dali beer

青岛啤酒 Tsingtao beer

青岛精品 Best of Tsingtao beer

冰纯嘉士伯 Carlsberg beer

百威啤酒 Budweiser

小太阳 Sol. (Mexico)

喜力啤酒 Heineken

黑啤健力士 Guinness

科罗娜 Corona

百加得冰锐 Bacardi Breezer (Rum refresher)

中国酒 **Chinese liquor**

大理青梅酒 green Plum wine

中国白兰地 Chinese Brandy

Menu

中国威士忌	Chinese Whisky
宫桂	Gong Gui
桂花陈	Kui Hua Chen wine
红酒	Wine
佐佳爽口山	Zoujia red wine
云南柔红	Yunnan red wine
云南干红	Yunnan dry red wine
玫瑰蜜	Rose Honey (Yunnan dry red wine)
长城干红	Great Wall dry red wine
王朝干红	Dynasty dry red wine
藏秘干红	Tibetan dry red wine
云南水晶干白	Yunnan dry white wine
王朝干白	Dynasty dry white wine
长城干白	Great Wall dry white wine
藏秘干白	Tibetan dry white wine

地方特色小吃	Specialty Snacks
煎乳饼	Fried Goat Cheese
耗牛干巴	Fried Yak Beef
油炸地参子	Fried root Vegetables (roasted deep fried parsnip like chips)
油炸黄金片	Golden mountain fries (Huang Jing Pian)
烤牛肉	Roast Beef
椒盐鸡翅	Fried Chicken wing with salt and pepper
烤猪里脊	Roast Pork
铁板羊肉	Iron skillet Lamb
油炸鸡皮	Deep fried Chicken skin
油炸鸡胃	Deep fried Chicken stomach
油炸带鱼	Deep fried 'dai' Fish
油炸臭豆腐	Deep fried stinky Tofu
鱿鱼丝	Dried cutter Fish (sliced)
爆米花	Pop-corn
油炸花生米	Fried Peanuts
油炸腰果	Fried Cashew nuts
炸薯条	French Fries
油炸香蕉	Fried Banana
油炸洋葱圈	Fried Onion rings
拔丝苹果	Fried Apple chunks

色拉	Salad
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Menu

蔬菜沙拉	Fresh Vegetable salad
土豆沙拉	Potato salad with Garlic and Egg
水果沙拉	Fruit salad

浓汤

Soup

蔬菜汤	Vegetable soup
罗宋汤	Tomato consommé
奶油蘑菇汤	Cream of Mushroom soup
法式葱汤	French Onion soup
火腿蔬菜汤	Ham and Vegetable soup
蕃茄葱汤	Tomato and Onion soup
豆腐葱汤	Tofu and Onion soup
奶油土豆汤	Cream of Potato soup
西红柿蛋汤	Eggs and Tomato soup
黄瓜蛋汤	Eggs and Cucumber soup
榨菜肉丝汤	Pickled Vegetable soup with sliced Pork
酸辣汤 	Hot and Sour soup
火腿蔬菜汤	Vegetables soup with Ham
冬菇鸡块汤	Dried Mushroom and Chicken soup
鲜鱼汤	Sliced Fish soup
西红柿牛肉汤	Tomato and Beef soup

三明治

Sandwiches

蕃茄、黄瓜三明治	Tomato, Cucumber sandwich
蕃茄、黄瓜、乳饼三明治	Tomato, Cheese, Cucumber sandwich
火腿、乳饼三明治	Ham and Cheese sandwich
奶酪三明治	Cheese sandwich
吞拿鱼三明治	Tuna sandwich
培根鸡蛋三明治	Bacon and Eggs sandwich
瘦牛肉、西红柿、鸡蛋、牦牛 奶酪、薯条	Thinly sliced Beef with Tomato, Eggs, Mozzarella Cheese and French Fries
鸡肉、咸肉、黄瓜、西红柿、 奶酪、薯条	Thinly sliced Chicken with Bacon, Cucumber, Tomato, Mozzarella Cheese and French Fries

汉堡包

Hamburgers

鸡肉汉堡	Chicken burger Deep-fried Chicken breast with Cheese, Lettuce, Tomato and French Fries
牛肉汉堡	Beef burger Deep-fried Beef with Cheese, Lettuce, Tomato, and French Fries
菌子汉堡	Minced mushroom burger Deep-fried minced Mushrooms with Cheese, Lettuce, Tomato and French Fries

Menu

猪肉汉堡	Minced pork burger Deep-fried minced Pork with Cheese, Lettuce, Tomato and French Fries
土豆汉堡	Potato hamburger
素菜汉堡	Vegetarian hamburger
牛排、猪排、鸡排 (五分、七分、全熟)	Steak (Beef, Pork or Chicken) (Rare, Medium or Well-done)
铁板黑椒牛排或猪排 	Iron skillet steak with black Pepper sauce
酒商西冷牛排	Marinated Beef steak with red Wine
橙味牛排或猪排	Steak with Orange sauce
日式猪排或牛扒	Japanese style steak
蒜味牛排或猪排	Steak with Garlic sauce
柠檬味猪排或牛排	Steak with Lemon sauce
鸡排 (选配: 煎蛋、炒饭、土条、沙拉)	Chicken steak Choice one of: fried Eggs, fried Rice, French Fries or Salad
猪排或牛排煎双蛋	Steak with fried Eggs
猪排或牛排配色拉	Steak with Salad
猪排或牛排配薯条	Steak with French Fries
猪排或牛排配炒饭	Steak with fried Rice
比萨饼	Pizza (basic with Mozzarella cheese)
意大利比萨	Pizza in Italian style (with Tomato and goat Cheese)
夏威夷比萨	Pizza in Hawaii style (with Pineapple Ham and Cheese)
牛肉洋葱比萨	Pizza with Beef and Onion
火腿蘑菇比萨	Pizza with Chicken Pizza with Mushroom and Ham
水果比萨	Pizza with Fruit
巧克力水果比萨	Pizza with Fruit and Chocolate sauce
蔬菜比萨	Pizza with Vegetable
乳饼比萨	Pizza with goat Cheese
吞拿鱼比萨	Pizza with Tuna
墨西哥辣牛肉比萨 	Pizza in Mexican style (with Tomato, green chili and Beef)
牛肉蔬菜比萨饼	Pizza with Beef, Ham and Vegetable
意大利面 通心粉	Pasta (Spaghetti or Macaroni)
西红柿	Fresh Tomato
鸡肉	Chicken and Tomato sauce
素食	Vegetarian
牛肉蘑菇奶酪	Beef, Mushroom and Mozzarella cheese

Menu

肉酱奶酪		Meat sauce, Mozzarella cheese and fresh Tomato
火腿西红柿肉酱		Meat sauce, Ham and Tomato sauce
火腿、奶酪		Ham and Mozzarella cheese
肉酱		Tomato and Meat sauce
黑橄榄、奶酪、火腿		Ham, Mozzarella cheese and Olives
汤面		Noodle soup
牛肉汤面		Beef noodles
酸辣面		Hot and Sour noodles
杂酱面		Minced Meat noodles
鸡蛋西红柿汤面		Eggs, Tomato noodle soup
三鲜汤面		Three kinds of delicacy noodle soup
炒面		Fried Noodles and Dumplings
蔬菜炒面		Fried noodles with Vegetables
牛肉、猪肉或鸡肉蔬菜炒面		Fried noodles with Beef, Pork or Chicken with Vegetables
咖喱什锦炒面		Fried noodles with curried Beef, Egg and Vegetables
酸辣炒面		Fried noodles with Meat in hot and sour sauce
鸡蛋炒面		Fried noodles with Eggs
什锦炒面		Fried noodles with mixed Vegetables
牛肉炒粉丝		Fried Chinese vermicelli with Beef
饺子(蒸、煎或水煮)		Dumplings (steamed, fried or boiled)
米饭类		Rice and Fried rice
米饭		Plain Rice
蔬菜炒饭		Fried Rice with Vegetables
鸡蛋炒饭		Fried Rice with Eggs
火腿蔬菜炒饭		Fried Rice with Ham and Vegetables
牛肉、猪肉或鸡肉蔬菜炒饭		Fried Rice with Beef, Pork or Chicken and Vegetables
混合炒饭		Fried Rice with Eggs, Beef, Vegetables
蛋包饭		Fried Rice with Omelet
扬州炒饭		Yangzhou's fried Rice
印尼炒饭		Indonesia fried Rice with Sate sauce
火腿虾米炒饭		Fried rice with Ham and Shrimps
黑椒牛肉炒饭		Fried Rice with black Pepper Beef
干巴酸菜炒饭		Fried Rice with dry Beef and sour Vegetable
青椒牛肉炒饭		Fried Rice with green Pepper and Beef
西红柿鸡蛋炒饭		Fried Rice with Eggs and Tomato
糟辣子牛肉炒饭		Fried Rice with mince chili and Beef

Menu

咖喱土豆炒饭

Potato curry fried Rice

咖喱鸡肉炒饭

Chicken curry fried Rice

咖喱、烩饭、焖饭

Curries

咖喱牛肉土豆丸子

Potato balls with Beef curry

咖喱牛肉烩饭

Curried Beef with Rice

咖喱猪肉烩饭


Curried Pork with Rice

咖喱鸡肉烩饭

Curried Chicken with Rice

咖喱蔬菜烩饭


Curried Vegetables with Rice

牛肉黑椒烩饭 

Beef in black Pepper sauce with Rice

沙茶牛肉烩饭

Sate Beef with Rice

红三剁烩饭 

Red minced Pork Rice
(Tomato, green Chili and Pork)

墨西哥辣牛肉烩饭

Spicy Mexican Beef stew Rice



藏式特味

Tibetan specialty Food

酥油茶

Tibetan butter tea

酥油酒

Tibetan butter Wine

藏式酸奶

Yoghurt in Tibetan style

牦牛干巴

Fried Yak Beef

青稞面

Fried barley Flour

藏式奶茶

Tibetan milk Tea

琵琶肉

Tibetan marinated dry Pork ribs

土豆包子

Deep fried Potato Dumplings

奶渣丸子

Deep fried Cheese balls

酥油炒奶渣

Yak Cheese fried in Yak butter

烤羊腿加土豆

Roast Lamb with Potato

烤鸭和粑粑

Roast Duck with Pancake

红酒炖牛肉

Stewed Beef with Tibetan dry red Wine

红酒炖羊肉

Stewed Lamb with Tibetan dry red Wine

风味

Special Dishes

木瓜鸡

Papaya Chicken

药膳鸡

Chicken marinated in herbs

三杯鸡

Three cups Chicken

黄焖鸡 

Stir fried chicken with soy sesame wine and sugar
Stewed Chicken

蚝油鸡块

Oyster sauce Chicken

酱爆海螺 

Chopped Chicken Cantonese style

红烧鱼

Stir fried Snail cooked in soy sauce

Braised Carp with soy sauce

Menu

红烧带鱼

Braised 'dai' Fish with soy sauce

酸辣鱼



Boiled crucian Carp with spicy and sour sauce

葱焗鲫鱼

Baked crucian Carp with spring onions

砂锅鱼

Clay pot crucian Carp

砂锅豆腐

Clay pot Tofu

青椒咸鸭蛋



Stir fried green pepper with salted Duck Egg

糟辣子炒肉



Stir fried Pork with pickled Pepper

青蛙皮炒火腿

Stir fried mountain Vegetable
(Wild tree Bark cook with Ham)

宫保鸡丁

Stir fried Chicken cutlets

腰果鸡丁

Stir fried Chicken with Cashew nuts

糖醋里脊

Sweet and sour Pork fillet sauté

山茅野菜,时令蔬菜

Wild Mountain and Seasonal Vegetables

凉拌青蛙皮

Cold mountain Vegetable (Wild tree bark)

凉拌树花

Cold mountain Vegetable (Tree flower)

素炒树花

Stir fried mountain Vegetable (Tree flower)

金雀花煎蛋

Egg pancake with mountain flowers ("Jin Que Hua")

素炒野生菌

Stir fried Yunnan wild mountain Mushrooms

素炒什锦

Sauté mixed Vegetables

干煸洋芋丝

Fried Potato pancake

素炒洋花菜

Fried Cauliflower

西红柿炒鸡蛋

Scrambled Eggs with Tomato

红烧茄子

Braised Eggplant in soy sauce

素炒青花菜

Fried Broccoli

糖醋白菜

Sweet and sour Cabbage

花菜炒西红柿

Fried Cauliflower with Tomato

蒜泥菠菜

Fried Chinese Spinach with Garlic

糖醋茄合

Sweet and sour Eggplant with Pork

酸菜炒洋芋

Fried Potato with sour Vegetable

洋芋螃蟹

Crispy fried Potato like Crabs

虎皮青椒



Fried pepper like tiger skin

老奶洋芋

Fried mama's potato with sour vegetable

小葱拌豆腐

Stir fried tofu with spring onion

西红柿炒豆腐

Stir fried tofu with tomato

蔬菜粉丝煲

Clay pot with vegetables and Chinese vermicelli

中国菜

Chinese local food

清蒸鱼

Steamed Fish

Menu

水煮肉片		Boiled sliced Pork in pepper sauce
红烧牛肉		Braised Beef in soy sauce
香菇火腿		Fried dried Mushroom with Ham
辣子鸡		Sliced Chicken in pepper sauce
回锅肉		Fried boiled pork slices
芹菜肉丝		Fried Pork with Celery
麻辣肉丝		Fried pork in pepper sauce
青笋肉丝		Fried julienne Pork with sliced green Shoots
酸菜炒肉		Fried Pork with sour Vegetable
青椒肉丝		Fried Pork with green pepper
鱼香肉丝		Julienne Pork in pepper sauce
麻婆豆腐		Minced Meat bean-curd in pepper sauce
茄子炒肉		Eggplant with Pork
香饼		Pancake
乳酪饼		Cheese pancake
巧克力饼		Chocolate pancake
香蕉饼		Banana pancake
巧克力香蕉饼		Chocolate, Banana pancake
柠檬饼		Lemon pancake with Sugar
果酱饼		Jam pancake
火腿饼		Ham pancake
乳酪火腿烙饼		Mozzarella cheese and Ham
甜点		Desserts
巧克力蛋糕		Chocolate Cake with Chocolate sauce
冰淇淋巧克力蛋糕		Chocolate Cake with Chocolate sauce and Ice-cream
水果布丁巧克力沙司		Banana and Apple split with Ice-cream and Chocolate sauce
冰淇淋		Ice-Cream(3-Scoops)
三色冰淇淋		Three color Ice-cream (Three different kinds ice-cream)
香草冰淇淋		Vanilla Ice-cream
巧克力冰淇淋		Chocolate Ice-cream
草莓冰淇淋		Strawberry Ice-cream
香芋冰淇淋		Taro Ice-cream