



Fu Lin Men

CHINESE RESTAURANT

To create a delightful gastronomical experience for our guests, there is a value structure that is ingrained in the mind of every team member.

They have the qualities of being:

- **Passionate:** Devoted to one's work and life with enthusiasm
- **Earnest:** Sincere, reliable and original
- **Conscientious:** Detail-oriented and meticulous
- **Exceptional:** The best in class through innovation and continuous learning



EXCELLENT
SERVICE
AWARD
2017



EXCELLENT
SERVICE
AWARD
2018



Best Customer Service
Overall Winner

Group of Restaurants:

Fu Lin Men @ SRC

Fu Lin Men @ CSC

Fu Lin Men @ NSRCC

Fu Lin Men Grand Banquet @ Hotel Royal Queens

Fu Lin Men Banquet @ Keppel Club

ReJoice Ballroom @ Hotel Re!

Passion Cafe @ NSRCC

Fukuya Japanese Restaurant @ Keppel Club



十二头干鲍鱼

Braised Sun-dried Abalone (Size 12-head)

\$128 每位/Per Person

砂煲鲍鱼扣鹅掌

Claypot Abalone with Goose-web

\$128 小/S

Did you know?

Abalone are split into 3 different categories, they are fresh abalone, canned abalone and dried abalone. Among the 3 categories, dried abalone requires the longest time to cook. They are rich in protein, calcium, iron, vitamin A and other healthy elements.

The dried abalone uses Hong Kong's catty as measurement, and according to Hong Kong's catty, 1 catty = 16 tael. Which also means that 1 catty have 10 dried abalones and each dried abalone is called (Size-10 Head) Abalone.

Abalone has many health benefits, which includes lowering blood pressure, promoting metabolism, nourishing kidney, beautifying and enhancing eye sight. In particular, their yin-enriching and vision-improvement properties are extremely potent, making them suitable for people with conditions such as poor vision.

鲍鱼被分成三类，它们是新鲜鲍鱼，罐头鲍鱼和干鲍鱼。在这三类当中，干鲍鱼是需要最长时间去烹调的。它含有很多蛋白质，钙，铁，维生素A和其他的健康维生素和矿物质。

干鲍鱼的大小是用香港的斤来做测量的，一斤 = 十六两。比如，一斤有十粒干鲍鱼，每粒干鲍鱼就是叫做“十头鲍鱼”。

鲍鱼具有滋补养颜、平衡血压、养肝明目、滋阴清热等作用；不但营养丰富，并且含高蛋白，尤以滋阴明目、滋补强身功效甚大，适合肝肾虚弱、视物昏暗等人士食用。



蠔皇煎釀遼參

Pan-fried Sea Cucumber Stuffed with Seafood Paste

\$15 每位/Per Person

\$48 例牌/Regular

砂煲双冬焖海參

Claypot Sea Cucumber with Mushroom and Bamboo Shoot

\$28 小/S

Did you know?

Sea cucumbers are made by drying fresh sea cucumbers. It can be divided into 3 major categories, prickly sea cucumber, sea cucumber and white teat sea cucumber.

They are a kind of seafood that is of high nutritious value. Though they live in the sea, the sea cucumber is of a warm-tonifying nature. Like ginseng in this regard, they are called Haishen (literally "ginseng of the sea") in Chinese. However, they are not of hot nature. Instead, they are a mild nature food. It is also a precious and valuable medicinal herb.

Sea Cucumbers are a type of high-protein, low-fat, and low-cholesterol seafood. They have many health benefits, which includes kidney-tonifying, essence-replenishing, blood-nourishing, skin-moistening, complexion-beautifying, and anti-aging properties. They are especially beneficial to people with weak constitution.

海參是由鲜活海參干制而成，当中可分为刺參，禿參和猪婆參三大种类。海參属于一种具有高营养价值的海产，虽生于海，其性温补，足敌人参，所以取名为海參。海參同人參、燕窩、魚翅齊名，是世界八大珍品之一。海參不僅是珍貴的食品，也是名貴的藥材。

海參是一种高蛋白质、低脂肪、低胆固醇的海味，海參的功效与作用为补肾益精、养血润肤、养颜抗衰老，对身体虚弱人士尤为有益。



上汤大鲍翅

Superior Comb Shark's Fin Soup

\$58 每位/Per Person

金汤蟹黄大鲍翅

Superior Comb Shark's Fin with Crab Roe in Pumpkin Soup

\$58 每位/Per Person

Did you know?

Shark's fin is the shark's cartilage from its fin.

Shark's fin has many health benefits, which includes increasing metabolism and nervous system, beautifying, nourishes blood, internal organs, spleen and stomach, stimulating appetite, regains skin elasticity, prevents wrinkles and increase hair growth. For those that are still at their growing stage, elderly and women who lose a lot of calcium during pregnancy can increase bone strength by eating shark's fin. It also helps prevent osteoporosis and lower the chance of getting fracture.

鱼翅是鲨鱼鳍的软骨。

魚翅含豐富的膠質，有助活化身體細胞提高新陈代谢和神经系统，美化，滋养血，内部器官，脾和胃，刺激食欲，回复皮肤弹性，防皱纹和增加头发生长。那些还在发育的孩子，老人和产妇在怀孕时流失了很多钙质的可以吃鱼翅加强骨骼。鱼翅也可以防骨质疏松和可以减少骨折。



鵝肝汁香煎帶子烩花膠

Braised Premium Whole Fish Maw and
Pan-seared Stuffed Scallops with Foie Gras Sauce

\$22 每位/Per Person

砂煲銀羅龍躉球焖花膠

Claypot Giant Garoupa with Fish Maw

\$48 小/S

Did you know?

Fish maw is made by drying fish's swim bladder. It contains lots of protein, nutrients and collagen which is good for both the skin and health. Fish maw is graded rare degree and gender, male fish maw is better than female fish maw. There are a few different types of fish maw like Yellow lipped fish maw, White Croaker fish maw, Yellow Croaker fish maw, Chinese Bahaba fish maw and Conger Eel maw.

Fish maw has many health benefits, which includes beautifying, healing weak lungs and kidneys, boosts stamina, nourishes the blood and Yin, and helps with anaemia. Taking fish maw before pregnancy helps the fetus grow, and after pregnancy helps the woman recover its vitality. It is also good for people who just had surgery as it helps to recover the wound. Suitable for everyone.

花膠是魚鰾的干制品，富膠質，故名花膠。中國傳統的名貴食品之一，屬於海味的一種，「鮑參翅肚」中的「肚」所指的正是花膠。

現存的花膠有百多種，每種花膠都是來自不同種類的魚鰾部分，價錢平貴在乎魚種的罕有程度和性別來分級的，以公的花膠為佳。頂級魚肚排名依次是魚肚之王：金錢鰻魚肚（黃唇魚）、白花膠（大白花魚）、黃花膠（大黃花魚）、鰻魚肚（大鰻魚）、門鰻肚（大門鰻）等，身價很大差別。另一種叫花膠筒則沒有公雌之分，最適合家庭選用。

花膠有很多對身體好的作用，比如說美化，治療弱的肺和腎，提升耐力，滋養血液陰氣和有助貧血。懷孕前服用花膠可以幫助長胎，懷孕後可以幫助女人恢復活力。花膠也對那些剛動過手術的人很有幫助，因為它有助愈合傷口。適合大家食用。



黄金软壳蟹
Deep-fried Soft-shell Crab with Salted Egg Yolk



极品酱青瓜海蜇头
Marinated Jellyfish with Cucumber

餐前小食 Appetizers

黄金软壳蟹

Deep-fried Soft-shell Crab with Salted Egg Yolk

\$16 例牌/Regular

柠香金沙鲑鱼皮

Crispy Salmon Skin with Salted Egg Yolk

\$14 例牌/Regular

极品酱青瓜海蜇头

Marinated Jellyfish with Cucumber

\$14 例牌/Regular

鸡松炸茄子

Crispy Brinjal with Chicken Floss

\$10 例牌/Regular

椒盐豆腐粒

Deep-fried Diced Tofu with Salt & Pepper

\$9 例牌/Regular

极品酱四川榨菜片

Sichuan Preserved Vegetable in XO Sauce

\$9 例牌/Regular



鸡松炸茄子
Crispy Brinjal with Chicken Floss

鲍，参，翅，肚，汤羹 Abalone, Sea Cucumber, Shark's Fin & Fish Maw

八头干鲍鱼

Braised Sun-dried Abalone (Size 8-head)

\$188 每位/Per Person

十二头干鲍鱼

Braised Sun-dried Abalone (Size 12-head)

\$128 每位/Per Person

砂煲鲍鱼扣鹅掌

Claypot Abalone with Goose-web

\$128 小/S

十六头干鲍鱼

Braised Sun-dried Abalone (Size 16-head)

\$98 每位/Per Person

生捞鲍片

Chilled Sliced Abalone with Chef's Special Sauce

\$48 每位/Per Person

砂煲蟹肉鲍翅

Claypot Braised Superior Shark's Fin
with Crab Meat

\$58 每位/Per Person

上汤大鲍翅

Superior Comb Shark's Fin Soup

\$58 每位/Per Person

金汤蟹黄大鲍翅

Superior Comb Shark's Fin with
Crab Roe in Pumpkin Soup

\$58 每位/Per Person

盅仔蟹肉翅

Braised Shark's Fin with Crab Meat

\$20 每位/Per Person
\$60 小/S \$90 中/M \$120 大/L

砂煲双冬焖海参

Claypot Sea Cucumber with
Mushroom and Bamboo Shoot

\$28 小/S

蠔皇煎釀遼參

Pan-fried Sea Cucumber Stuffed
with Seafood Paste

\$15 每位/Per Person
\$48 例牌/Regular

砂煲银罗龙趸球焖花胶
Claypot Giant Garoupa with Fish Maw

\$48 小/S

鹅肝汁香煎带子烩花胶
Braised Premium Whole Fish Maw
and Pan-seared Stuffed Scallops
with Foie Gras Sauce

\$22 每位/Per Person

龙皇鱼鳔羹
Thick Soup of Fish Maw
and Mixed Seafood

\$14 每位/Per Person
\$42 小/S \$63 中/M \$84 大/L

迷你佛跳墙
Mini Buddha Jumps Over the Wall

\$48 每位/Per Person

云吞鲨鱼骨汤
Shark's Cartilage Soup with Wonton

\$18 每位/Per Person



迷你佛跳墙
Mini Buddha Jumps Over the Wall



辣椒蟹
Chilli Crab



芝士牛油焗龙虾
Baked Lobster with Cheese and Butter

活蟹，活龙虾 Live Crab & Live Lobster

活蟹
Live Crab

时价/Market Price

阿拉斯加蟹
Live Alaskan Crab

时价/Market Price

烹调法 / Cooking Method:

辣椒	Chilli
黑胡椒	Black Pepper
椒盐	Salt and Pepper
豆浆蛋白蒸	Steamed with Soya Milk and Egg White

本地龙虾
Live Local Lobster

时价/Market Price

澳洲龙虾
Live Australian Lobster

时价/Market Price

烹调法 / Cooking Method:

沙律什果	Chilled with Salad Cream and Mixed Fruits
刺身	Sashimi
豆浆蛋白蒸	Steamed with Soya Milk and Egg White
蒜茸蒸	Steamed with Minced Garlic
姜葱炒	Stir-fried with Ginger and Spring Onion
上汤焗	Braised with Superior Broth
芝士牛油焗	Baked with Cheese and Butter



黑胡椒蟹
Black Pepper Crab



黄金香炸虾
Deep-fried Crispy Prawn with Salted Egg



椒盐活虾
Fried Live Prawn with Salt and Pepper

活虾 Live Prawn

药材醉虾
Herbal Drunken Live Prawn

\$7.50/100g

白灼活虾
Poached Live Prawn

\$7/100g

活虾
Live Prawn

\$22 小/S \$33 中/M \$44 大/L

烹调法 / Cooking Method:

椒盐	Fried with Salt and Pepper
黄金香炸	Deep-fried with Salted Egg
麦片	Fried with Cereal
金瓜奶香炒	Fried with Pumpkin Puree
蒜茸蒸	Steamed with Minced Garlic

虾球
Peeled Prawn

\$28 小/S \$36 中/M \$48 大/L

烹调法 / Cooking Method:

雀巢沙律	Salad Cream in Golden Nest
糖醋	Fried with Sweet and Sour Sauce
宫保	Fried Gong Bao Style
麦片	Fried with Cereal
金瓜奶香炒	Fried with Pumpkin Puree
咸蛋金香炒	Wok-fried Golden Salted Egg



咸蛋金香炒虾球
Wok-fried Peeled Prawns with Golden Salted Egg



蒜蓉蒸竹蚌
Steamed Bamboo Clam with Minced Garlic

活贝类 Live Clam

象拔蚌刺身
Geoduck Sashimi

时价/Market Price

竹蚌
Bamboo Clam

时价/Market Price

烹调法 / Cooking Method:

蒜蓉蒸 Steamed with Minced Garlic

豉汁蒸 Steamed with Black Bean Sauce

银盏野菌炒象拔蚌
Stir-fried Geoduck with
Assorted Mushroom

\$38 小/S \$57 中/M \$76 大/L

极品酱炒象拔蚌
Stir-fried Geoduck with XO Sauce

\$38 小/S \$57 中/M \$76 大/L



象拔蚌刺身
Geoduck Sashimi



娘惹蒸红斑
Steamed Red Garoupa with Nonya Sauce

鱼类 Fish

红斑 Red Garoupa \$9.50/100g

筍殼 Marble Goby \$8.50/100g

红鰱 Red Snapper \$6/100g

尼羅红 Red Tilapia \$5.50/100g

龙虎斑 Long Hu Garoupa 时价/Market Price

东星斑 Star Garoupa 时价/Market Price

烹调法 / Cooking Method:

清蒸	Steamed with Soya Sauce	菜脯蒸	Steamed with Preserved Radish
豉汁蒸	Steamed with Black Bean Sauce	油浸	Deep-fried with Oyster Sauce
蒜茸蒸	Steamed with Minced Garlic	娘惹炸	Deep-fried with Nonya Sauce
娘惹蒸	Steamed with Nonya Sauce		



油浸筍殼
Deep-fried Marble Goby with Oyster Sauce



剁椒菜脯蒸鳕鱼

Steamed Cod Fish with Diced Chilli & Preserved Radish



极品酱炒澳洲带子

Stir-fried Scallops with XO Sauce

海鲜类 Seafood Delights

剁椒菜脯蒸鳕鱼

Steamed Cod Fish with Diced Chilli
& Preserved Radish

\$22 每位/Per Person

酸甜龙趸球

Stir-fried Giant Garoupa
with Sweet & Sour Sauce

\$32 小/S \$48 中/M \$64 大/L

姜葱龙趸球

Stir-fried Giant Garoupa
with Ginger & Spring Onion

\$32 小/S \$48 中/M \$64 大/L

娘惹龙趸球

Stir-fried Sliced Giant Groupa
with Nonya Sauce

\$32 小/S \$48 中/M \$64 大/L

豉椒凉瓜龙趸球

Braised Sliced Giant Garoupa
with Bitter Gourd in Black Bean Sauce

\$32 小/S \$48 中/M \$64 大/L

油泡澳洲带子

Sauteed Scallops

\$32 小/S \$48 中/M \$64 大/L

极品酱炒澳洲带子

Stir-fried Scallops with XO Sauce

\$32 小/S \$48 中/M \$64 大/L

脆炸蘇东仔

Crispy Fried Baby Squid

\$14 小/S \$21 中/M \$28 大/L

蘇东油条

Deep-fried Youtiao with Seafood Paste

\$12 小/S \$18 中/M \$24 大/L



北京片皮鸭
Peking Duck



铁板黑椒猪软骨
Sizzling Pork Cartilage with Black Pepper Sauce

肉类 Meat

北京片皮鸭
Peking Duck

\$78 全只/Whole

烧鸭
Roasted Duck

\$29 半只/Half \$58 全只/Whole

黑椒牛柳粒
Sauteed Diced Fillet of Beef
with Black Pepper Sauce

\$26 小/S \$39 中/M \$52 大/L

蒜香烧汁牛柳粒
Sauteed Diced Fillet of Beef
with Garlic in BBQ Sauce

\$26 小/S \$39 中/M \$52 大/L

鑊仔牛柳
Pan-fried Beef Steak

\$14 每位/Per Person

蒜香炸子鸡
Crispy Fried Chicken with Garlic

\$20 半只/Half \$38 全只/Whole

铁板黑椒猪软骨
Sizzling Pork Cartilage with
Black Pepper Sauce

\$20 小/S \$30 中/M \$40 大/L

咕嚕肉
Sweet and Sour Pork

\$18 小/S \$27 中/M \$36 大/L



黑椒牛柳粒
Sauteed Diced Fillet of Beef with Black Pepper Sauce



蒜茸炒芥兰
Fried Kai Lan with Minced Garlic



翡翠豆腐
Braised Homemade Spinach Tofu with Mushroom

蔬菜豆腐 Vegetable & Tofu

野菌海鲜豆腐煲

Claypot Tofu with
Mixed Seafood and Mushroom

\$22 小/S \$33 中/M \$44 大/L

翡翠豆腐

Braised Homemade Spinach
Tofu with Mushroom

\$18 小/S \$27 中/M \$36 大/L

瑶柱皮蛋苋菜苗

Braised Chinese Spinach
with Conpoy and Century Egg

\$18 小/S \$27 中/M \$36 大/L

芦笋 / 西兰花 / 香港芥兰 / 菠菜

Asparagus / Broccoli /
Hong Kong Kai Lan / Spinach

\$18 小/S \$27 中/M \$36 大/L

烹调法 / Cooking Method:

清炒 Stir-fried
叁巴 Sambal
蒜茸炒 Minced Garlic

芥兰仔 / 薺菜

Baby Kai Lan / Kang Kong

\$14 小/S \$21 中/M \$28 大/L

烹调法 / Cooking Method:

清炒 Stir-fried
叁巴 Sambal
蒜茸炒 Minced Garlic
蚝油炒 Oyster Sauce



金丝海皇炒饭

Supreme Fried Rice with Seafood & Golden Egg Thread



上汤生虾煎生面

Pan-fried Crispy Noodles with Prawn in Superior Stock

饭，粉面类 Rice and Noodles

金丝海皇炒饭 Superme Fried Rice with Seafood & Golden Egg Thread	\$18 小/S	\$27 中/M	\$36 大/L
极品酱脆米海鲜炒饭 XO Sauce Fried Rice with Seafood & Crispy Rice	\$18 小/S	\$27 中/M	\$36 大/L
橄榄菜鸡粒炒饭 Olive Vegetable & Diced Chicken Fried Rice	\$16 小/S	\$24 中/M	\$32 大/L
上汤生虾煎生面 Pan-fried Crispy Noodles with Prawn in Superior Stock	\$20 小/S	\$30 中/M	\$40 大/L
海鲜炒面 Fried Noodles with Seafood	\$16 小/S	\$24 中/M	\$32 大/L
海鲜炒河 Fried Horfun with Seafood	\$16 小/S	\$24 中/M	\$32 大/L
马来炒面 Mee Goreng	\$16 小/S	\$24 中/M	\$32 大/L
蛋炒饭 Fried Rice with Egg	\$12 小/S	\$18 中/M	\$24 大/L
白饭 Steamed Rice			\$1 每碗/Per Bowl
炸 / 蒸馒头 Deep-fried / Steamed Bun			\$0.70 每粒/Each

Prices subjected to prevailing GST and Service Charge. 消费税与服务费另计。

All photos are meant for reference only. Presentation of dishes may vary without prior notice. 照片只供参考之用，摆设更改恕不作另行通知。



红莲炖桃胶
Double Boiled Peach Resin with Lotus Seed and Red Date



龟苓糕
Herbal Jelly

甜点 Desserts

红莲炖雪蛤 (冷/热) \$12 每位/Per Person
Double Boiled Hasma with
Lotus Seed and Red Date (Cold/Hot)

红莲炖桃胶 (冷/热) \$6 每位/Per Person
Double Boiled Peach Resin
with Lotus Seed and Red Date (Cold/Hot)

白果芋泥 \$5 每位/Per Person
Sweet Yam Paste with Ginkgo Nuts

龟苓糕 (冷) \$5 每位/Per Person
Herbal Jelly (Cold)

杨枝甘露 \$4.50 每位/Per Person
Chilled Mango Pomelo

芦荟海底椰 \$4 每位/Per Person
Sea Coconut with Aloe Vera

水果拼盘 \$12 小/S \$18 中/M \$24 大/L
Mixed Fruit Platter



白果芋泥
Sweet Yam Paste with Ginkgo Nuts

饮料 Beverages

白啤酒/黑啤酒 Beer/Stout

虎牌啤酒 Tiger Beer	\$8.50 每杯/Per Mug
	\$32.00 每壶/Per Jug
墨西哥啤酒 Corona Beer	\$10.80 每瓶/Per Bottle
喜力啤酒 Heineken	\$10.80 每瓶/Per Bottle
红舌狗 Guinness Stout	\$10.80 每罐/Per Can

汽水 Soft Drinks

可口可乐 Coca-Cola	每杯	每壶
雪碧 Sprite	Per Glass	Per Jug
苏打水 Soda Water	\$3.80	\$15.00
苏打橙汽水 Fanta Orange		
零度可口可乐 Coke Zero	\$3.80 每罐/Per Can	
100号 100 Plus		
茉莉绿茶 Heaven & Earth Jasmine Green Tea		

意大利果味苏打 Italian Fruit Soda

青苹果 Green Apple	\$5.80 每杯/Per Glass
芒果 Mango	
荔枝 Lychee	

矿泉水 Mineral Water

饮用纯净水 Pure Drinking Water (500ml)	\$3.00 每瓶/Per Bottle
维泰勒 Vittel (500ml)	\$4.80 每瓶/Per Bottle
巴黎矿泉水 Perrier (330ml)	\$4.80 每瓶/Per Bottle

饮料 Beverages

果汁 Juices

泰国椰子 Siam Coconut	\$6.80 每粒/Each		
绿岛冰 Green Island Ice Blend	\$8.80 每杯/Per Glass		
蜜瓜 Honeydew	每杯 Per Glass	每壶 Per Jug	
西瓜 Watermelon			
酸柑 Calamansi	\$5.80	\$22.00	
橙汁 Orange			
芦荟酸柑汁 Aloe Vera with Lime			
红毛榴莲 Soursop			

自制饮料 Home-made Drinks

冰柠檬茶 Iced Lemon Tea	\$3.80 每杯/Per Glass	
薏米水 Barley	每杯 Per Glass	每壶 Per Jug
罗汉果 Luo Han Guo		
	\$3.80	\$15.00

咖啡 Coffee

咖啡 Fresh Coffee	\$3.80 每杯/Per Cup
浓缩咖啡 Espresso	\$4.80 每杯/Per Cup
泡沫咖啡 Cappuccino	\$5.80 每杯/Per Cup

茶 Tea

菊花茶 Chrysanthemum Tea	\$1.50 每位/Per Pax
普洱茶 Pu'er Tea	
铁观音茶 Tie Guan Yin Tea	
茉莉花茶 Jasmine Tea	

葡萄酒 House Pouring Wine

有气的葡萄酒 Sparkling Wine

	150ml Glass	750ml Bottle
SP101 Pol Remy Brut Nv (France)	\$12	\$44

白葡萄酒 White Wine

W201 Bellevie Pavillon Sauvignon Blanc (France)	\$11	\$40
W202 Pierre Jean Colombard Chardonnay (France)	\$12	\$44
W203 De Bortoli DB Family Selection Sauvignon Blanc (Australia)	\$13	\$50

红葡萄酒 Red Wine

R301 Bellevie Pavillon Merlot (France)	\$11	\$40
R302 Pierre Jean Merlot (France)	\$12	\$44
R303 De Bortoli DB Family Selection Cabernet Sauvignon (Australia)	\$13	\$50

中国白酒 Chinese Wine

	Bottle
八年塔牌绍兴酒 8yrs Pagoda Sha Hsing (alc 16%)	\$48 (500ml)
十年古越龙山绍兴酒 10yrs Gu Yue Long Shan (alc 16%)	\$58 (500ml)
葫芦绍兴花雕酒 Shao Sing Calabash Hua Tiao Chiew (alc 16%)	\$80 / \$44 (750ml / 375ml)