

廿四節氣



延續傳統智慧

Continuing Traditional Wisdom

廿四節氣食療概念起源自遠古中國，此傳統智慧流傳至今，繼續於逸東軒繁汙。在這家享負盛名的粵菜食府裡，名廚團隊按照傳統中醫學說及廿四節氣理論，推出一系列節氣滋補食療，讓客人細嚼補健佳餚的精髓。

The 24 solar terms dining concept was first adopted in China thousands of years ago. Today, this tradition continues at Yat Tung Heen. With our brigade of skillful chefs, our award winning restaurant presents an array of nourishing dishes that embrace the wisdom of Traditional Chinese Medicine (TCM) and the solar terms concept offering guests an authentic, delicious and healthy dining experience.



春養肝 · 祛濕除困

Spring · To nurture the liver

秋養肺 · 滋陰潤燥

Autumn · To nourish the lungs

夏養心 · 清熱消暑

Summer · To strengthen the heart

冬養腎 · 固本培元

Winter · To revitalise the kidneys

廿四節氣養生食譜

24 Solar Terms Nourishing Menu

滋補燉湯

Double-boiled Soup

天山雪蓮燉竹絲雞

Double-boiled Black Silky Chicken Soup with Saussurea Involucrata

每位港幣 HK\$138 per person

土茯苓石斛燉竹絲雞

Double-boiled Black Silky Chicken Soup with Dendrobium

每位港幣 HK\$138 per person

前菜

Appetiser

芥香婆參黑木耳

Marinated Sea Cucumbers and Black Fungi with Wasabi

港幣 HK\$88

臘月雞絲

Marinated Shredded Chicken and Turnip with Preserved Pickle and Black Sesame

港幣 HK\$78

精選菜餚

Main

蜜餞金蠔帶子

Honey-glazed Sun Dried Oysters accompanied with Pan-fried Scallops

例 Regular 港幣 HK\$368

金菊羊柳

Sautéed Lamb Fillets with Bell Peppers and Chinese Celery, garnished with Pan-fried Omelettes

例 Regular 港幣 HK\$280

柚皮蝦子炆金沙骨

Stewed Spareribs with Pomelo Peels and Shrimp Roes

例 Regular 港幣 HK\$268

蔥爆肉絲夾芝麻餅

Sautéed Shredded Pork, Water Chestnut and Scallions, served with Sesame Puff Pastries

例 Regular 港幣 HK\$228

花菇雲腿伴豆苗

Braised Pea Sprouts with Japanese Black Mushrooms and Yunnan Ham

例 Regular 港幣 HK\$258

牛肚菌浸魚羊窩

Poached King Bolete Mushrooms, Garoupa Fillets and Lamb Fillets in a Fish Broth

例 Regular 港幣 HK\$328

滋補甜品

Nourishing Desserts

椰香金盞香芋 (供四位用, 烹調需時約30分鐘)

Double-boiled Sweetened Whole Pumpkin Soup with Taro,

Sea Coconut, Ginkgo and Lily Bulbs (For 4 persons; Cooking time is approximately 30 minutes)

港幣 HK\$138

酒釀圓杞芝麻湯圓

Sweetened Sesame Dumplings with Dried Longan and Chinese Wine

每位港幣 HK\$38 per person

另加一服務費 Plus 10% service charge