

重庆烤鱼  
CHONG QING GRILLED FISH

文化的飨宴  
A CELEBRATION OF CULTURES

新加坡  
SINGAPORE

马来西亚  
MALAYSIA



腌腊煊熏爆溜滑，  
甜酸咸苦香辣麻。  
东坡煨焖东坡肉，  
太白清蒸太白鸭。  
诗圣临厨烹蜀笋，  
文君下灶炒川虾。  
百馐百味百盘饌，  
一菜一格一品花。



# 重庆烤鱼的起源

## ORIGINS OF CHONGQING GRILLED FISH

烤鱼菜肴最早可追溯到1700年前的三国时期。重庆万州万川毕汇、万商云集，渔民们在江边打鱼并以木头烤之食用。随着时间的推移，他们尝试添加油、药草及香料来腌鱼，并以炭火烤制从而丰富口感…这种吃法连三国群雄诸葛亮、刘备、关羽等人都十分喜爱。

More than 2000 years ago, fishermen living in Wanzhou, used wood to grill their daily catch. Over time, they experimented with adding oil, herbs and spices to marinate the grilled fish. According to legend, during the Three Kingdoms period, Zhuge Liang (诸葛亮) who was a premier politician and strategist serving under Liu Bei (刘备), loved this marinated charcoal-grilled fish. When Liu Bei ascended the throne soon after, grilled fish was made an imperial dish.





# 招牌烤鱼

## SIGNATURE GRILLED FISH

做法上，结合了炭烤与重庆火锅的吃法，将传统饮食文化与现代创意相结合。以超过20种香料及药材制成的独家配方，经炭火烤制。汤汁红亮浓郁，辣而不燥；烤鱼皮焦脆香，鱼肉与汤汁相融，鲜美入味，令人食指大动、胃口大开！

Made up of the harmonious cross between grilled fish and the ever-popular Sichuan hotpot, our signature dish is carefully prepared with the use of more than 20 herbs and spices. Along with the fragrant aroma meld with the choice flavour of broth, one can taste the varied palate and texture of the crispy and slightly charred fish skin as well as the freshness and sweetness of the firm white fish meat.





# 点烤鱼四步骤

4 STEPS TO ORDERING GRILLED FISH

1

请选鱼类  
CHOICE OF FISH

2

请选口味  
CHOICE OF FLAVOUR

3

请选辣度  
LEVEL OF SPICINESS

4

请选配菜  
CHOICE OF SIDES







# 吃鱼健康

## BENEFITS OF EATING FISH

做法上，结合了炭烤与重庆火锅的吃法，将传统饮食文化与现代创意相结合。以超过20种香料及药材制成的独家配方，经炭火烤制。汤汁红亮浓郁，辣而不燥；烤鱼皮焦脆香，鱼肉与汤汁相融，鲜美入味，令人食指大动、胃口大开

The Omega-3 fatty acids found in fish are critical in promoting brain development in infants and young children. Getting enough Omega-3 during pregnancy is also associated with decreased risk of autism and boost higher brain power for the child. These Omega-3 fatty acids are important in protecting our eyes against cataracts and dry eyes syndrome.



### 金目鲈 Sea Bass

生活在近海浅水。其肉质细嫩，骨刺少，营养丰富。

Lives in shallow coastal waters. Rich in nutrients and has a tender texture with little fish bones. A popular choice.

**68 (R) / 78 (L)**

(R = 1kg / L = 1.2kg)



### 红曹 Golden Snapper

分布于红海等海域。刺少肉多，含丰富蛋白质，是肉质鲜美的优质鱼类。

Found mainly in the Red Sea Coast. Contains high level of collagen with less fish bones and is ranked as one of the higher quality fishes.

**78 (R) / 88 (L)**

(R = 1kg / L = 1.2kg)



### 富贵鱼 Tilapia

生长鱼热带水域，肉质精瘦且蛋白质含量高。适合喜欢肉质较结实的食客享用。

A delicate fish from the tropical waters, the Tilapia is the choice for diners who prefer a medium-firm and flaky texture fish.

**68 (R) / 78 (L)**

(R = 1kg / L = 1.2kg)



### 黑白鱼 Flounder

此类鱼肉质紧实，口感细腻微甜，肉较瘦，脂肪含量少于2克，是很好的蛋白质来源。

A firm-fleshed white fish that comes with a mild sweet flavour and delicate flaky texture. Lean and low fat type of fish with less than 2grams of fat.

**68 (R) / 78 (L)**

(R = 1kg / L = 1.2kg)



### 新鲜活鱼类 Live Fish

时价 Seasonal Price



## 川味麻辣 Spicy Numbing

地道川味麻辣，在你的舌尖上舞蹈！

Go for this mala flavour if  
you prefer the authentic  
Sichuan numbing  
sensation on  
your tongue.







## 一品香辣

### Spicy Fragrant

恰到好处的香辣口感，招牌必点。

With just the right amount of blended spices, this is an absolute must order!

## 酸菜香烤

### Pickled Cabbage



酸菜和鱼简直绝配！韵味绝胜，咸酸喷香。

Pickled cabbage with fish is such a good match with just the perfect blend of sweet and sour.





## 十里菌香

### Mushroom Herbs



含多种菌类，  
飘香十里余味不尽。

Filled with different types of mushroom, this non-spicy flavour is aromatic even from a distance!



## 黄金酸辣

### Hot & Sour

鲜爽的泡萝卜使得鱼肉酸辣开胃，停不下来。

The fresh pickled radish and mustard creates this hot and sour flavour that is bound to awake your senses.



## 干香豆豉

### Fermented Black Bean



天然发酵的特有豉香，五味调和，鲜美可口。

Another non-spicy option, this fermented black bean flavour is lighter yet delightful to taste.



## 辣爽鲜椒

### Fresh Chillies

相较于微辣的口感，  
更偏重于浓郁椒香。

Compared to the rest  
of the spicy flavours,  
this flavour focus on the  
appetising taste of fresh  
pickled chillies. A perk-  
me-up spicy flavour!



## 鸳鸯烤鱼

### Yuan Yang Grilled Fish

锅底费 Pot Base  
Add RM10

含一条金目鲈  
Comes with  
1 Sea Bass





## 香料市场

### SPICE MARKET

四川很多地方依然保留着最传统的香料市场，这里通常挤满了各种客人及三轮摩，喧嚣热闹，充满了别样的烟火气。一走进去四川辣椒的呛味就立马钻进你的鼻子，混杂着四川特有的青花椒，八角、陈皮等其他香料，甚至有些你无法叫出它的名字。但这却是在成都不能错过的体验，仿佛在这里，你已经用鼻子尝遍了各色川味美食！

With the convenience of online shopping nowadays, many places in Sichuan still retain the most traditional spice market. It is usually crowded with people from all walks of life and tricycles, a noisy yet very lively atmosphere. The moment you walk into the alleys you might be choked with the strong smells of Sichuan peppercorns, mixed with other spices such as star anise, orange peels and many others! This is an experience not to be missed in Chengdu - it is as if you've tasted all sort of Sichuan cuisine just by sniffing with your nose!

请选辣度

LEVEL OF SPICINESS



微辣  
MILD



中辣  
MEDIUM



大辣  
EXTREME





# SIDES

配菜与烤鱼汤底一起煮

Sides to be cooked into grilled fish broth.

大白菜	Chinese Cabbage	4.80	午餐肉	Chicken Luncheon	7.80
莲藕	Lotus Root	7.80	火腿肠	Chicken Sausages	6.80
鲜海带结	Kelp	4.80	鹌鹑蛋	Quail Eggs	8.80
炸豆枝	Fried Beancurd Skin	5.80	鸡肉丸	Chicken Ball	7.80
豆腐	Silken Beancurd	5.80	海鲜豆腐	Seafood Tofu	7.80
冻豆腐	Frozen Beancurd	5.80	香菜	Coriander	7.80
薯粉	Thick Vermicelli	4.80	手工面	Handmade Noodles	4.80
黑木耳	Black Fungus	4.80	五花肉片	Pork Belly Sliced	10.80
黄豆芽	Bean Sprouts	4.80	蟹肉棒	Crabstick	7.80
土豆片	Potato Slices	4.80	菌类拼盘	Mushrooms Platter	16.80
芹菜	Celery	4.80	金针菇, 杏鲍菇, 香菇, 白玉菇	Enoki, Oyster Mushroom, Fresh Mushroom & White Shimeji	
白萝卜	White Radish	4.80	蔬菜拼盘	Vegetable Platter	10.80
金针菇	Enoki Mushroom	6.80	莲藕, 黑木耳, 白萝卜, 油麦菜	Lotus Root, Black Fungus, Radish, Leaf Lettuce	
鲜香菇	Fresh Mushroom	8.80			
杏鲍菇	King Oyster Mushroom	7.80			



郭沫若在《波曲》中写：“少年时代在故乡四川吃的白砍鸡，白生生的肉块，红殷殷的油辣子海椒，现在想来还口水长流...” 如此拈来“口水”两字，倒成就了大名鼎鼎的“口水鸡”。

Guo Moruo (Guō mǒruò), a poet and writer, once described this dish from his hometown of Sichuan which he had tasted when he was younger to be “mouth-watering”. Since then, this classic Sichuan dish was widely known as the “Mouth Watering Chicken” in Chinese context.

口水鸡  
Mouth Watering Chicken  
RM16



## 蒜泥白肉

RM18

Sliced Pork Belly with  
Spicy Garlic Sauce





## 风味凉菜 STARTERS



凉拌黄瓜

RM12

Japanese Cucumber Salad



凉拌三丝

RM12

Kelp, Cucumber & Beancurd Skin



炸金针菇

RM12

Golden Fried Enoki Mushroom





## 禽与肉 MEAT

**放** 眼看去满满一大盘朝天椒干和花椒，香酥脆嫩，麻辣可口的鸡肉块都在里面跟你玩捉迷藏！快来享受在辣椒里用筷子挑鸡肉的趣味感吧。

If this is the first time you're ordering this, you will be shocked to see a large plate full of dried chilli peppers and peppercorns and wonder where are the chicken bits?! The crispy, tender, spicy and delicious pieces of chicken are playing hide-and-seek with you! Come and enjoy the fun of finding and picking the chicken bits using only chopsticks!

◆ 重庆辣子鸡  
Spicy Chicken Cubes  
RM30





## 水煮肉片（牛/猪）

RM36

Sichuan "Water-Cooked" Meat with Fragrant Chilli Oil (Beef/Pork)



## 野山椒猪肉片

RM28

Stir Fried Pork with Chilli



## 铁板孜然肉（羊）

RM32

Hot-Plate Meat with Cumin (Mutton)





## 禽与肉 MEAT

### 《竹屿房杂部》

记载：“油爆猪，取熟肉细切脍，投热油中爆香。”  
解释了这道菜“先白煮，后爆炒”的特色烹饪，  
所以被称为“回锅”肉。

This dish is known as "Double-cooked" because the meat is first deep-fry, removed from the wok, sliced thinly and then return to the wok to be stir-fry again with other ingredients!



#### 回锅肉

Double-Cooked Spicy Pork Slices  
RM28





## 干锅肥肠

RM32

Dry Pot Intestines



## 干锅午餐肉

RM24

Dry Pot Luncheon Meat



## 干锅鸡

RM28

Dry Pot Chicken



## 禽与肉 MEAT

### 咕嚕肉

Sweet & Sour Chicken  
RM22







## 咸蛋香脆鸡丁

RM22

Salted Egg Chicken Cubes



## 三杯鸡

RM28

3 Cups Chicken

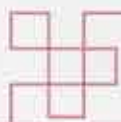


## 黑椒铁板肉 (牛)

RM32

Hot Plate Meat with Black Pepper  
(Beef)





海鲜

SEAFOOD



奶油啦啦

Stir-fried Garlic Butter Lala  
RM28



牡蛎煎蛋

RM20

Oyster Omelette







## 干锅虾

RM38

Dry Pot Prawns



## 麦片虾

RM38

Cereal Prawns



## 香炒啦啦

RM28

Special Stir Fried Lala



海鮮

SEAFOOD

咸蛋魚皮

Salted Egg Fish Skin

RM24







## 黄金飘香苏东

RM28

Salted Egg Calamari with Thai Herbs



## 香脆蚝煎

RM22

Crispy Oyster Omelette Pizza







成都都是一个被水滋润着的城市。成都的水是地地道道的“水泡皮”——茶水。

盖碗茶，已经构成了老成都人一套独特的市井休闲生活文化。茶客大大咧咧地往藤椅上一坐，嗑的瓜子皮满街撒落，三五扎堆侃龙门阵，从早上可以一直坐到晚上。

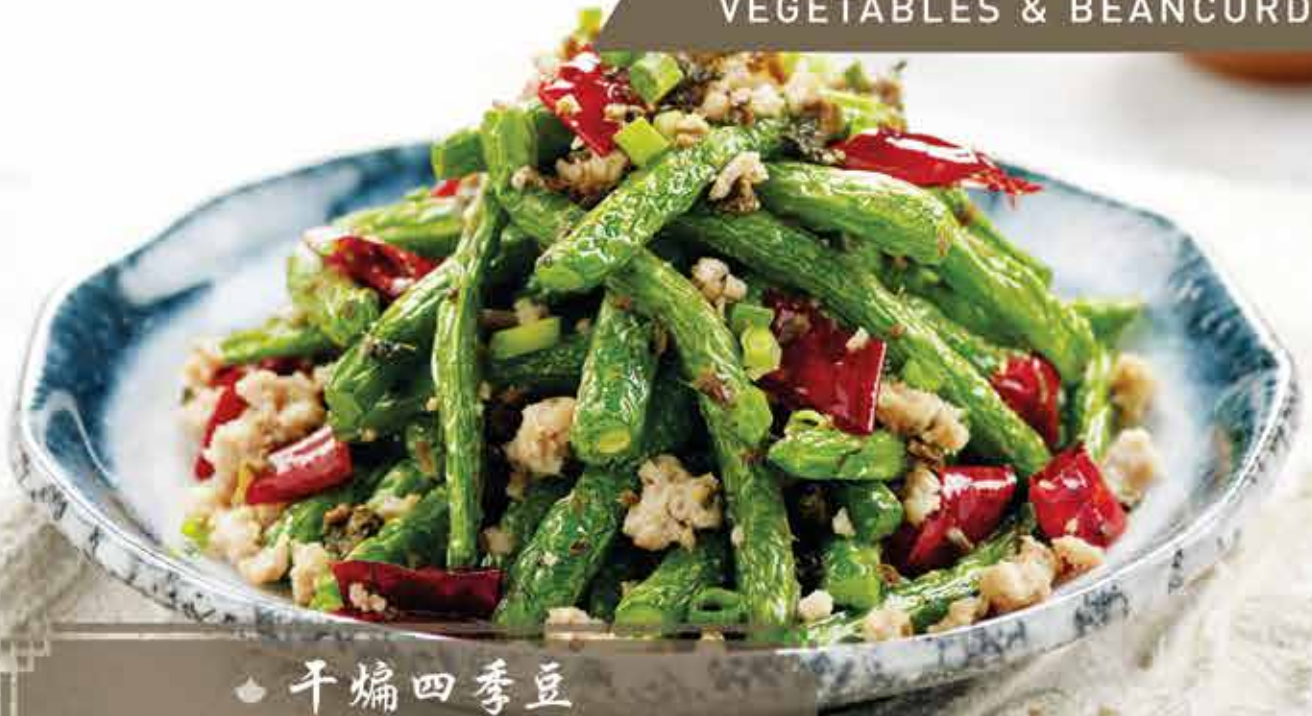
茶艺师的斟茶技巧，是四川茶楼一道独特的风景线。水柱临空而降，泻入茶碗，翻腾有声；须臾之间，嘎然而止，茶水是不能恰与碗口平齐的，碗外也无一滴水珠。

Covered bowl tea has become a leisure urban culture uniquely to the old Chengdu folks. A common sight are tea drinkers sitting on the rattan chair happily chatting, with sunflower seed shells all over the street.

Tea craftsman's tea pouring skills are a unique scenery of Sichuan teahouse. The tea pot comes with a long spout and tea is poured from a distance, flowing through the air before it reaches the tea bowl with a tumbling sound, and with no drop of tea outside the bowl!



## 蔬菜与豆腐 VEGETABLES & BEANCURD



干煸四季豆  
French Beans with Minced Chicken and Dried Chilli  
RM18



金银蛋上汤苋菜苗 RM20

Chinese Spinach with Salted Eggs & Century Eggs



番茄炒蛋 RM16

Fried Eggs with Tomato





## 蔬菜与豆腐

VEGETABLES & BEANCURD



手撕包菜  
Hand Shredded Cabbage  
RM18



脆口木耳菜

RM20

Black Fungus Leaves With Eggs







**咸蛋莲藕**

RM20

Salted Egg Lotus Root



**家常豆腐**

RM18

Home Style Tofu



**咸蛋金沙玉米**

RM16

Salted Egg Coated Corn





## 蔬菜与豆腐

VEGETABLES & BEANCURD



### 咸鱼鸡粒豆腐煲

RM18

Tofu with Salted Fish & Diced Chicken



### 肉松土豆丝

RM18

Shredded Potato with  
Pork Floss

### 铁板豆腐

RM18

Hot Plate Tofu





## 干锅土豆片 RM20

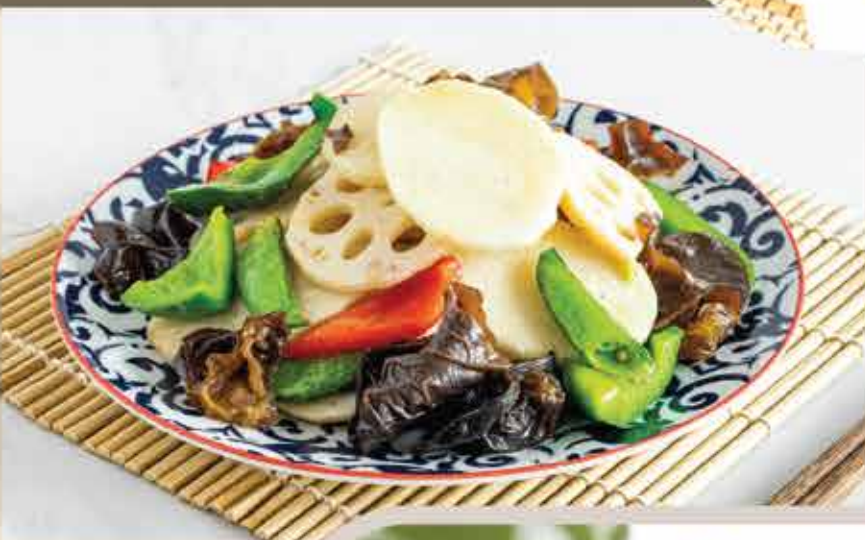
Dry Pot Potato



## 山药杂菜

RM20

Stir Fried Mountain Yam with  
Mix Vegetable



## 时蔬

(清炒、蒜蓉、  
耗油、酸辣)

## Seasonal Vegetables

(Stir-fry, Garlic, Oyster Sauce,  
Sour & Spicy)

RM16

豆苗

Dou Miao

土豆丝

Shredded Potato





主食  
STAPLE



丽江香辣猪肉炒饭  
Lijiang Fragrant Spicy Fried Rice with  
Shredded Pork

RM14 (R 1 pax) RM24 (L 3+ pax)





## 虾仁炒饭

RM14 (R: 1 pax)  
RM24 (L: 3-4 pax)

**Fried Rice with Diced Prawns**



## 黄梨炒饭

RM16 (R: 1 pax)  
RM28 (L: 3-4 pax)

**Pineapple Fried Rice**



## 蛋炒饭

RM10 (R: 1 pax)  
RM18 (L: 3-4 pax)

**Fried Rice with Shredded Egg**



## 麦片炒饭

RM12 (R: 1 pax)  
RM20 (L: 3-4 pax)

**Fried Rice with Cereal**





主食  
STAPLE



海鲜炒面  
Fried Seafood Noodle  
RM16 (for 1 pax)    RM28 (for 2-3 pax)





## 茄汁面

RM22 (4 pax)

**Crispy Noodle Tower with Seafood in Tomato Gravy**



## 生面

RM22 (4 pax)

**Crispy Noodle Tower with Seafood in Soupy Egg Gravy**



## 炸馒头 (6粒)

RM8

**Golden Fried Mantou (6pcs)**



## 香米饭

RM2

**Fragrant Rice**





# 大熊猫

*Giant Panda*

大熊猫已在地球上生存了至少800万年，被誉为“活化石”和“中国国宝”，是中国特有种，主要栖息地是中国四川、陕西和甘肃的山区。黑乎乎的眼睛耳朵，黑白相间憨态可掬的形象是它们专属的可爱特点。每天除去进食，剩下时间多数是在睡梦中度过。善于爬树，也爱嬉戏。在世界各地都深受喜爱。

Giant pandas have been around for at least 8 million years and are known as living fossils. They are also considered a national treasure in China, and are only found in few mountainous ranges in Central China mainly in Sichuan, Shanxi and Gansu provinces. These giant pandas are characterised by large, black patches around its eyes, ears and across its body. They are also good at climbing trees and are playful in nature.





饮料  
BEVERAGES



南瓜玉米靓颜浓汁 (温) RM12

Pumpkin Barley Beauty Drink (Warm)



南瓜芋香暖胃浓汁 (温) RM12

Pumpkin Yam Nourishing Drink (Warm)



# 冷饮料 COLD BEVERAGES

每杯 Cup	RM8	扎饮 Tower	RM28
水蜜桃四季春果茶		Peach Four Seasons Fruit Tea	
百香果四季春果茶		Passion Fruit Four Seasons Tea	
蓝莓四季春果茶		Blueberry Four Seasons Fruit Tea	

新鲜西瓜汁	Watermelon Juice	RM8.00
新鲜黄瓜汁	Cucumber Juice	RM8.00
新鲜萝卜汁	Carrot Juice	RM8.00
新鲜橙汁	Orange Juice	RM8.00

(果汁去冰附加RM1)

(No Ice: Additional Charge RM1)

柠檬蜂蜜	Honey Lemon	RM6.00
新鲜柠檬茶	Fresh Ice Lemon Tea	RM6.00
栋柠可乐	Iced Coke With Sour Plum & Lemon	RM8.00
可乐	Coke	RM4.00
100号	100 Plus	RM4.00
矿泉水	Mineral Water	RM2.00





## 热饮料 HOT BEVERAGES

柠檬蜂蜜	Honey Lemon	RM6.00
中国茶 (每壶)	Chinese Tea per pot (Min 2 pax) (Additional pax: RM3)	RM3.00
• 普尔茶	Pu Er Tea	
• 菊花茶	Chrysthenum Tea	
• 四季花茶	Four Season Tea	

## 酒精饮料 ALCOHOLIC BEVERAGES

嘉士伯 (瓶)	Carlsberg Smooth Draught (Bottle)	RM22.00
红酒 (瓶)	Red Wine (Bottle)	RM88.00
白酒 (瓶)	White Wine (Bottle)	RM88.00
开瓶费 (每瓶/罐)	Corkage Charge (Per Bottle/Can)	RM20.00



## 8 BAR GROUP OF RESTAURANTS



重庆烤鱼 | CHONG QING GRILLED FISH



胖胖鸡 | FAT BIRD



炭 | TAAN



火辣辣 | HUO LA LA SPICY POT



阿新麻辣烫 | AH XIN MALATANG



麻辣味·集 | MALA COLLECTIONS