

**齋菜**

幹扁四季豆	Dry String Beans & Ground Pork Sautéed in Garlic Sauce	9.95
魚香茄子	Eggplant with Ground Pork in Garlic Sauce	9.95
麻婆豆腐	Ma Po Tofu	9.95
羅漢上齋	Buddha's Delight (braised mixed vegetables)	9.95
上湯金銀蛋菠菜	Spinach with Preserved Egg in Broth	12.95
蒜蓉豆苗	Pea Sprouts with Garlic Sauce	12.95
蒜蓉菠菜	Spinach with Garlic Sauce	9.95
蠔油西蘭	Broccoli with Oyster Sauce	9.95
蠔油芥蘭	Chinese Broccoli with Oyster Sauce	9.95
紅燒豆腐	Braised Tofu	9.95
菜心冬菇	Black Mushrooms with Tender Greens	10.95
毛菇豆腐	Fresh Mushrooms with Tofu	9.50
山水豆腐	Steamed Tofu with Oyster Sauce	9.50
蘭豆馬蹄	Pea Pods with Water Chestnuts	9.50

**芙蓉蛋**

蝦芙蓉	Shrimp Egg Foo Young	10.95
牛肉芙蓉	Beef Egg Foo Young	10.95
雞肉芙蓉	Chicken Egg Foo Young	10.95
叉燒芙蓉	BBQ Pork Egg Foo Young	10.95
什菜芙蓉	Mixed Vegetables Egg Foo Young	10.95

**撈麵**

窩撈麵	Deluxe Lo Mein (shrimp, beef, chicken, & pork)	9.25
叉燒撈麵	BBQ Pork Lo Mein	7.75
雞撈麵	Chicken Lo Mein	7.75
牛肉撈麵	Beef Lo Mein	7.75
牛腩撈麵	Beef Stew Lo Mein	9.95
牛筋撈麵	Beef Tendon Lo Mein	9.95
火鴨撈麵	Roast Duck Lo Mein	9.95
海鮮撈麵	Seafood Lo Mein	9.95
什菜撈麵	Mixed Vegetables Lo Mein	7.75

**炒麵 & 炒粉**

港煎面底或濕炒河加\$1	hong kong style chow fun or chow mein with gravy for \$1	
招牌炒麵	Gourmet Special Chow Mein	9.25
海鮮炒麵	Seafood Chow Mein	8.95
蝦球炒麵	Shrimp Chow Mein	8.95
三絲炒麵	Three Shredded Meats Chow Mein	8.25
牛肉炒麵	Beef Chow Mein	8.25
雞炒麵	Chicken Chow Mein	8.25
叉燒炒麵	BBQ Pork Chow Mein	8.25
腰果雞炒麵	Cashew Chicken Chow Mein	9.25
番茄牛肉炒麵	Tomato Beef Chow Mein	9.25
招牌炒粉	Gourmet Special Chow Fun	9.25
海鮮炒粉	Seafood Chow Fun	8.95
幹炒牛河	Beef Chow Fun	8.75
菜心牛河	Beef and Chinese Greens Chow Fun	8.75
豉汁牛河	Black Bean Sauce Beef Chow Fun	8.75
三絲炒米粉	Three Shredded Meats Fried Rice Noodles	8.75
星洲炒米粉	Singapore Style Fried Rice Noodles	8.95
榨菜肉絲炒米粉	Shredded Pork with Preserved Vegetables Fried Rice Noodles	8.95
幹燒伊麵	Birthday Noodles and Vegetables	8.95
豉油皇炒麵	Supreme Soy Sauce Chow Mein	8.25

**Vegetables**

**Egg Foo Young**

**Lo Mein**

**Chow Fun & Chow Mein**

**碟飯**

招牌飯
海鮮飯
蝦龍飯
菜心蝦飯
滑蛋蝦飯
椒鹽蝦飯
椒鹽班球飯
甜酸班球飯
菜心班球飯
椒鹽鮮魷飯
酸菜鮮魷飯
豉汁鮮魷飯
菜心鮮魷飯
蒙古牛肉飯
西蘭牛肉飯
菜心牛肉飯
豆角牛肉飯
豆腐牛肉飯
咖喱牛肉飯
涼瓜牛肉飯
番茄牛肉飯
茄子牛肉飯
滑蛋牛肉飯
蒙古雞飯
左宗雞飯
檸檬雞飯
甜酸雞飯
幹亨雞飯
豆角雞飯
涼瓜雞飯
冬菇雞飯
菜心雞飯
咖喱雞飯
毛菇雞飯
腰果雞飯
宮保雞飯
西蘭雞飯
菜心肉片飯
榨菜肉絲飯
甜酸肉飯
叉燒飯
又鴨飯
菜心鴨火飯
椒鹽骨飯
京都骨飯
豉汁骨飯
麻婆豆腐飯
魚香茄子飯
滑蛋臘腸飯
菜心牛腩飯
梅菜扣肉飯
枝竹羊腩飯
紅燒豆腐飯
什菜飯
蒜子豆角飯
菜心冬菇飯

**炒飯**

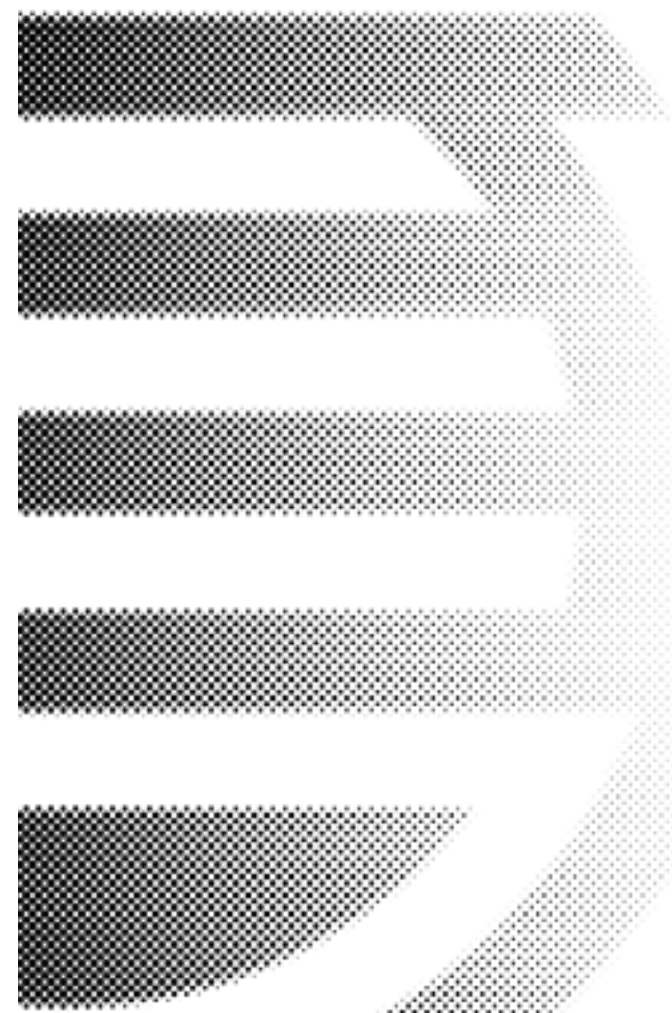
叉燒炒飯
雞粒炒飯
牛肉炒飯
蝦仁炒飯
大蝦炒飯
揚州炒飯
鹹魚雞粒炒飯
海鮮炒飯
白飯

**Rice Plates**

Gourmet Special over Rice	9.25
Seafood over Rice	8.95
Shrimp in Lobster Sauce over Rice (with ground pork & eggs)	8.95
Shrimp with Chinese Greens over Rice	8.95
Scrambled Eggs Shrimp over Rice	8.95
Salt & Pepper Shrimp over Rice (with shells)	8.95
Salt & Pepper Rock Cod Filet over Rice	8.95
Sweet & Sour Rock Cod Filet over Rice	8.95
Rock Cod Fillet with Chinese Greens over Rice	8.95
Salt & Pepper Squid over Rice	8.50
Squid with Preserved Vegetables over Rice	8.50
Squid with Black Bean Sauce over Rice	8.50
Squid with Chinese Greens over Rice	8.50
Mongolian Beef over Rice	7.95
Broccoli Beef over Rice	7.95
Beef with Chinese Greens over Rice	7.95
Beef with String Beans over Rice	7.95
Beef with Tofu over Rice	7.95
Curry Beef over Rice	7.95
Beef with Bitter Melon over Rice	7.95
Tomato Beef over Rice	7.95
Beef with Eggplant over Rice	7.95
Scrambled Eggs Beef over Rice	7.95
Mongolian Chicken over Rice	7.75
General Tso's Chicken over Rice	7.75
Lemon Chicken over Rice	7.75
Sweet & Sour Chicken over Rice	7.75
Honey-Glazed Chicken over Rice	7.75
Chicken with String Beans over Rice	7.75
Chicken with Bitter Melon over Rice	7.75
Chicken with Black Mushrooms over Rice	8.50
Chicken with Chinese Greens over Rice	7.75
Curry Chicken over Rice	7.75
Chicken with Fresh Mushrooms over Rice	7.75
Cashew Chicken over Rice	8.50
Kung Pao Chicken over Rice	7.75
Broccoli Chicken over Rice	7.75
Fresh Pork with Chinese Greens over Rice	7.75
Shredded Pork with Preserved Vegetables over Rice	7.75
Sweet & Sour Pork over Rice	7.75
BBQ Pork with Chinese Greens over Rice	7.75
Roast Duck and BBQ Pork with Chinese Greens over Rice	9.95
Roast Duck with Chinese Greens over Rice	9.25
Salt & Pepper Spareribs over Rice	8.25
Mandarin Spareribs over Rice	8.25
Black Bean Sauce Spareribs over Rice	8.25
Ma Po Tofu over Rice	7.75
Ground Pork with Eggplant over Rice	7.75
Scrambled Eggs Chinese Sausage over Rice	7.75
Beef Stew with Chinese Greens over Rice	9.25
Pork Belly with Preserved Vegetables over Rice	9.25
Braised Tofu and Lamb Stew over Rice	9.25
Braised Tofu over Rice	7.75
Mixed Vegetables over Rice	7.75
Garlic String Beans over Rice	7.75
Chinese Greens and Black Mushrooms over Rice	8.50

**Fried Rice**

BBQ Pork Fried Rice	6.95
Chicken Fried Rice	6.95
Beef Fried Rice	6.95
Baby Shrimp Fried Rice	7.95
Shrimp Fried Rice	8.95
Yang Chow Fried Rice (shrimp & bbq pork)	8.25
Chicken and Salted Fish Fried Rice	9.25
Seafood Fried Rice (served dry or with gravy)	10.50
Steamed Rice (per person)	1.50



高超海鮮  
**Gourmet**  
CAROUSEL

1559 Franklin St T 415.771.2044  
San Francisco, CA 94109 F 415.771.4198  
Mon - Sat 11am - 9:30pm gourmetsf.com

## Family Dinners served for parties of 2 or more.

### *Canton* DINNER 14.95 per person

Soup of the Day  
Fried Shrimp  
Sweet & Sour Pork  
Cashew Chicken  
BBQ Pork Fried Rice  
Fortune Cookies

### *Peking* DINNER 15.95 per person

Hot & Sour Soup  
Fried Shrimp  
Kung Pao Chicken  
Mongolian Beef  
BBQ Pork Fried Rice  
Fortune Cookies

add	for parties of	add	for parties of
Broccoli Beef	3	Mandarin Spareribs	3
Deep Fried Sesame Chicken	4	Mu Shu Pork (6 pancakes)	4
Snow Peas with BBQ Pork	5	String Bean Chicken	5
Crystal Shrimp with Mixed Vegetables	6+	Shrimp with Hot Sauce	6+

## 頭撞

炸雲吞  
春卷  
炸蝦  
炸生蠔  
炸鵪鶉  
炸鮮魷  
椒鹽雞翼  
鍋貼  
蔥油餅  
生菜蠔鼓蒜  
蜜汁叉燒  
燒排骨  
雞沙律  
清拌海哲皮

## Appetizers

Fried Won Tons (no meat) (10)	5.75
Fried Egg Rolls (3)	6.75
Fried Shrimp (10)	9.50
Fried Oysters	12.95
Fried Quail (each)	5.25
Fried Squid	8.25
Salt & Pepper Chicken Wings (8) ✎	9.95
Pot Stickers (pork) (8)	7.75
Scallion Pancakes	5.25
Dried Oyster Lettuce Cups	14.50
BBQ Pork	9.50
BBQ Spareribs	9.50
Chinese Chicken Salad	8.75
Jellyfish Salad	9.25

## 湯類

窩雲吞  
叉燒雲吞  
雞雲吞  
牛肉雲吞  
蝦雲吞  
鴻圖伊吞  
鴨羹伊吞  
肉絲湯米粉  
榨菜肉絲湯米粉  
蛋花湯  
西湖牛肉羹  
酸辣湯  
紫菜肉片湯  
鹹蛋肉片芥菜湯  
冬瓜肉粒湯  
粟米雞蓉湯  
蟹肉粟米湯  
海鮮豆腐湯  
三鮮鍋巴湯  
蟹肉魚肚湯  
韭皇瑤柱羹

## Soups

Deluxe Wonton Soup (shrimp, beef, chicken, & bbq pork)	9.25
BBQ Pork Wonton Soup	7.75
Chicken Wonton Soup	7.75
Beef Wonton Soup	7.75
Shrimp Wonton Soup	9.25
Hung Tao Yee Foo Fried Wonton Soup (krab meat)	9.25
Shredded Duck Fried Wonton Soup	9.25
Rice Noodle Soup with Snow Cabbage and Shredded Pork	7.75
Rice Noodle Soup with Preserved Vegetables and Shredded Pork	7.75
Egg Flower Soup (mixed vegetables)	8.95
West Lake Beef Soup (ground beef, water chestnuts, & cilantro)	8.95
Hot & Sour Soup (shrimp & pork) ✎	8.95
Sliced Pork and Seaweed Soup	8.95
Salted Egg, Pork, and Mustard Greens Soup	9.95
Winter Melon and Diced Pork Soup	8.95
Chicken Corn Soup	8.95
Crab Corn Soup (krab meat)	8.95
Seafood Tofu Soup	9.95
Sizzling Rice Soup (shrimp, scallops, & squid)	9.95
Fish Maw and Crab Soup (krab meat)	10.50
Dried Scallop Soup	30.00

Visa and Mastercard only. Checks are not accepted.  
Minimum charge for credit cards is \$10.

Delivery after 5pm, min. \$35.  
Check online for delivery area.

## 木須類

木須肉  
木須雞  
木須牛  
木須蝦  
木須什菜

## 海鮮類

椒鹽蝦  
幹煎大蝦  
合桃明蝦球  
油泡蝦球  
蝦龍糊  
腰果蝦球  
宮保蝦球  
醬爆蝦球  
咖喱蝦球  
豉汁大蜆  
薑蔥大蜆  
清蒸鮮生蠔  
薑蔥生蠔  
西蘭花帶子  
雙菇帶子  
酸梅帶子  
椒鹽鮮魷  
酸菜鮮魷  
薑蔥鮮魷  
幹煎塔沙  
椒鹽龍利球  
海鮮雀巢  
冬菇鮑片  
甜酸石斑塊  
清蒸石斑  
五柳石斑  
紅燒石斑  
清蒸塘虱  
枝竹炆塘虱  
薑蔥焗蟹  
豉汁焗蟹  
椒鹽焗蟹  
薑蔥焗龍蝦  
豉汁龍蝦  
清蒸龍蝦

## 牛肉類

黑椒牛仔骨  
蒙古牛肉  
豉仔牛肉  
西蘭牛肉  
芥蘭牛肉  
豆腐牛肉  
毛菇牛肉  
薑蔥牛肉  
滑蛋牛肉  
番茄牛肉  
酸菜牛肉  
菜遠牛肉  
菜遠士球  
中式牛肉  
涼瓜牛肉

## Moo Shu

Stir fry with eggs, mushrooms, cabbage, and bamboo shoots. Served with 6 pancakes.  
Moo Shu Pork ..... 9.50  
Moo Shu Chicken ..... 9.50  
Moo Shu Beef ..... 9.50  
Moo Shu Shrimp ..... 11.95  
Moo Shu Vegetables ..... 9.50

## Seafood

Salt & Pepper Shrimp (with shell) ✎ ..... 12.95  
Stir Fried Shrimp with Scallions (with shell) ..... 12.95  
Honey Walnut Shrimp ..... 14.95  
Crystal Shrimp with Mixed Vegetables ..... 13.95  
Shrimp with Lobster Sauce (sauteed with ground pork) ..... 13.95  
Cashew Shrimp ..... 13.95  
Kung Pao Shrimp ✎ ..... 13.95  
Shrimp with Hot Sauce ✎ ..... 13.95  
Curry Shrimp ✎ ..... 13.95  
Clams with Black Bean Sauce ..... 14.95  
Clams with Ginger & Scallions ..... 14.95  
Steamed Oysters (6) ..... 12.95  
Braised Oysters with Ginger & Scallions ..... 12.95  
Scallops with Broccoli ..... 15.95  
Scallops with Fresh Black Mushrooms ..... 15.95  
Scallops with Plum Sauce ✎ ..... 15.95  
Salt & Pepper Squid ✎ ..... 11.95  
Squid with Pickled Chinese Cabbage ..... 11.95  
Squid with Ginger & Scallions ..... 11.95  
Pan Fried Flounder (whole) ..... 12.95  
Salt & Pepper Flounder (filet) ✎ ..... 15.95  
Seafood Birdsnest ..... 12.95  
Sliced Abalone with Black Mushrooms ..... 14.95  
Sweet & Sour Rock Cod Filet (deep fried) ..... 11.95  
Steamed Rock Cod ..... seasonal  
5 Ingredient Rock Cod (whole) (sweet & sour) ..... seasonal  
Braised Rock Cod (whole) ..... seasonal  
Steamed Catfish (whole) ..... seasonal  
Braised Catfish with Braised Tofu Skin (whole) ..... seasonal  
Crab with Ginger & Scallions ..... seasonal  
Crab with Black Bean Sauce ..... seasonal  
Salt & Pepper Crab ✎ ..... seasonal  
Lobster with Ginger & Scallions ..... seasonal  
Lobster with Black Bean Sauce ..... seasonal  
Steamed Lobster ..... seasonal

## Beef

Black Pepper Baby Beef Ribs ..... 14.95  
Mongolian Beef ✎ ..... 11.95  
Beef with Green Beans ..... 11.95  
Broccoli Beef ..... 11.95  
Beef with Chinese Broccoli ..... 11.95  
Beef with Tofu ..... 11.95  
Beef with Fresh Mushrooms ..... 11.95  
Beef with Ginger & Scallions ..... 12.95  
Scrambled Eggs Beef ..... 11.95  
Tomato Beef ..... 11.95  
Beef with Pickled Chinese Cabbage ..... 11.95  
Beef with Yu Choy ..... 11.95  
Beef Steak Cubes with Yu Choy ..... 12.95  
Chinese Beef Steak Cubes ..... 12.95  
Beef with Bitter Melon ..... 11.95

## 雞類

左宗棠雞  
甜酸雞  
檸檬雞  
芝麻雞球  
麻辣雞球  
宮保雞丁  
腰果雞丁  
涼瓜雞球  
豆仔雞球  
醬爆雞球  
毛菇雞球  
冬菇雞球  
咖喱雞球  
招牌炸子雞  
蔥油雞  
東江鹽水雞  
白切雞  
荷葉蒸雞

## Chicken

General Tso's Chicken (deep fried) ✎ ..... 10.95  
Sweet & Sour Chicken (deep fried) ..... 10.95  
Lemon Chicken (deep fried) ..... 10.95  
Sesame Chicken (deep fried) ..... 10.95  
Hot Sauce Sesame Chicken (deep fried) ..... 10.95  
Kung Pao Chicken ✎ ..... 10.95  
Cashew Chicken ✎ ..... 11.95  
Chicken with Bitter Melon ..... 10.95  
Chicken with Green Beans ..... 10.95  
Szechuan Chicken ..... 10.95  
Chicken with Fresh Mushrooms ..... 10.95  
Chicken with Black Mushrooms ..... 11.95  
Curry Chicken ✎ ..... 10.95  
Crispy Fried Chicken (half) ..... 12.50  
Scallion Chicken ..... 12.50  
Steamed Salted Chicken (half) ..... 12.50  
White Cut Chicken (half) ..... 12.50  
Lotus Steamed Chicken ..... 15.95

## 豬肉類

炸釀豆腐  
酥炸大腸  
咕嚕肉  
京都排骨  
椒鹽排骨  
豉汁排骨  
京醬肉絲  
豆腐叉燒  
蘭豆叉燒  
梅菜扣肉  
鹹蛋肉餅  
鹹魚肉餅

## Pork

Deep Fried Stuffed Tofu ..... 10.95  
Deep Fried Pork Intestines ..... 10.95  
Sweet & Sour Pork ..... 10.95  
Mandarin Spareribs ..... 10.95  
Salt & Pepper Spareribs ✎ ..... 10.95  
Spareribs with Black Bean Sauce ..... 10.95  
Shredded Pork with Plum Sauce ✎ ..... 10.95  
BBQ Pork with Tofu ..... 10.95  
BBQ Pork with Peapods ..... 10.95  
Pork Belly with Preserved Vegetables ..... 11.95  
Steamed Minced Pork with Salted Egg ..... 11.95  
Steamed Minced Pork with Salted Fish ..... 12.95

## 鴨類

北京掛爐鴨  
明爐火鴨  
豆腐火鴨  
西蘭火鴨  
椒鹽鵪鶉

## Duck

Peking Duck (12 buns) ..... 33.95  
Roast Duck ..... 13.95  
Roast Duck with Tofu ..... 11.95  
Roast Duck with Broccoli ..... 11.95  
Salt & Pepper Quail (6) ..... 23.95

## 煲仔類

招牌豆腐煲  
海鮮豆腐煲  
鹹魚雞粒豆腐煲  
啫啫雞煲  
生蠔扣肉煲  
咖喱薯仔雞煲  
豬皮粉絲扣肉煲  
枝竹羊腩煲  
柱候牛腩煲  
芋頭牛腩煲  
芋頭牛筋煲  
芋頭牛腩牛筋煲  
節瓜蝦米粉絲煲

## Clay Pot

Gourmet Special Tofu Clay Pot ..... 12.95  
Seafood Tofu Clay Pot ..... 12.95  
Salted Fish, Chicken, and Tofu Clay Pot ..... 13.95  
Sizzling Chicken and Chinese Sausage Clay Pot ..... 11.95  
Oyster and Pork Belly Clay Pot ..... 14.95  
Curry Chicken and Potatoes Clay Pot ✎ ..... 11.95  
Pigskin, Pork Belly, & Rice Noodle Clay Pot ..... 11.95  
Lamb Stew with Braised Tofu Skin Clay Pot ..... 13.95  
Beef Stew with Tofu Clay Pot ..... 12.95  
Beef Stew with Taro Clay Pot ..... 12.95  
Beef Tendon with Taro Clay Pot ..... 12.95  
Beef Stew and Tendon with Taro Clay Pot ..... 12.95  
Chinese Melon, Dried Shrimp, & Rice Noodle Clay Pot ..... 11.95