

LOST HEAVEN

YUNNAN FOLK CUISINE

花马天堂 云南餐厅

MENU

一 开胃菜 Appetizers

云南野菜饼
Yunnan wild vegetable cakes
云南香芋春卷
Yunnan taro spring rolls
云南凉荞粉
Yunnan buckwheat cold noodles
云南豌豆粉
Yunnan bean jelly
云南火腿饼
Yunnanese ham pancake
云南蔬菜春卷
vegetable spring rolls
缅式羊肉三角饼
Burmese Lamb Samosa
缅式蟹肉饼
Burmese Crab Cakes

Shrimp Spring Roll
虾泥春卷

三. 蔬菜 Vegetables

缅式虾酱炒四季豆
Burmese shrimp paste with string beans
蕃茄炒花椰菜
Sauteed Broccoli with Tomato
椰奶番茄酱烩佛手瓜
Braised chayote in coconut tomato sauce
番茄酱烩茄子
Braised Eggplant in Tomato Sauce
虾酱烩茄子
Braised Eggplant in Shrimp Sauce
蒜蓉西兰花
fried Broccoli with Garlic
百合炒荷兰豆
Stir-fried lily bulbs with snow peas
家常炒小瓜
Home Style Stir-fried Yunnan gourd
家常炒芥蓝
Home Style Stir-fried Kale
酸角汁炖青菜
Simmered vegetables in Tamarind Juice

二. 沙拉 Salad

鸡纵菌拌什锦菜
Ji-zong mushrooms with assorted vegetables
云南茄子拌豆腐
Yunnan eggplant and tofu salad
凉拌四季豆
Strings beans salad
景颇鬼鸡
Jin Bo-style Ghost Chicken Salad
曼德勒凉拌木瓜
Mandalay papaya salad
缅式风味拌虾
Burmese flavour shrimps salad
缅式凉鸡米线
Burmese style chicken cold cut with rice noodles
傣族生菜包肉
Dai Tribe pork in lettuce wrapping
缅式凉拌茶叶
Burmese tea leaves salad

四. 鸡肉 Poultry

云笋烩鸡丝
Braised Bamboo shoots with chicken
大理风味葱椒鸡
Da Li style chicken with chili and green onions
云南凉拌椒麻鸡
Yunnan chicken salad with chili and sesame
大理茭头炒鸡
Da Li style stir-fried chicken with Jiao Tou
云南宫保鸡
Yunnan Gong Bao Chicken
云南竹笙蒸鸡肉泥
Steamed Yunnan ground chicken with bamboo fungus
玉溪酱油鸡
Yu-xi soy sauce chicken
傣族七里香炒鸡
Dai Tribe chicken with seven spices
缅式咖喱鸡
Burmese chicken curry
古道吊烧鸡
Ancient Trail Crispy Chicken

五. 牛肉、猪肉与其它 Beef, Pork and Others

花腰傣味炒牛柳
Hua Yao Dai-style Sauteed Beef Tenderloin
傣族蕉叶烧肉
Dai Tribe roast pork in banana leaf
丽江风味爆炒牛肉
Lijiang style stir-fried beef
丽江风味爆炒猪肉
Lijiang style stir-fried pork
彝族辣炒牛肉
Yi Tribe Spicy Beef
干巴菌韭菜花炒肉
Stir-fried pork with thelephora ganbajun and chive flower
马帮脆皮烧肉
Ancient Trail Crispy pork
卡拉山火塘烧肉
Mt.Kala grilled Pork
巍山彝族打歌牛肉（凉拌）
Marinated beef salad with peppers
藏族香炒牛肉
Tibetan Style Stir-fried Beef
藏族烤羊小排
Tibetain Style Grilled Rack of Lamb
云南风味炸猪小排
Yunnan flavour fried pork ribs
云南白蓼炒蛋
Yunnan scrambled eggs with white mushrooms
云南黑松露蒸蛋
Yunnan truffle steamed eggs
蕉叶白蓼蒸豆腐
Steam White Mushrooms and Tofu in Banana Leaf
云南麻辣豆腐
Yunnan Style hot & Spicy Tofu
缅式咖喱牛肉
Burmese beef curry
古道腊肠
Ancient road sausages

六. 海鲜 Seafood

傣族七里香炒鱼柳
Dai Tribe stir-fried with seven spices
傣族豆豉鲈鱼
Steamed sea Bass with Dai Tribe salt black bean
傣族豆豉雪鱼
Steamed cod with Dai Tribe salt black bean
丛林蕉叶蒸鳕鱼
Spicy Cod Steamed in Banana Leaves
缅式番茄酱烩鳕鱼
Burmese braised Cod with Tomato Sauce
云笋烩鲈鱼
Braised sea Bass with bamboo shoots
鲜花椒烧鲈鱼
Braised sea Bass with fresh Sichuan peper
野生鸡枞菌蒸鳕鱼
Steamed cod with wild Ji-zhong mushroom
云南黑松露蒸鳕鱼
Steamed cod with Yunnan black truffle
蓝凤凰酸辣虾
Miao Tribe hot and sour prawns
鸡棕菌炒虾
Stir-fried Prawns with Ji-zong mushrooms
缅式椰奶烩螃蟹
Braised crab in coconut tomato sauce
傣族七里香炒蛤蜊
Dai Tribe stir-fried clams with seven spices
缅式蕃茄酱烩虾
Burmese prawns with tomato sauce
蓝凤凰烩蟹肉蛋卷
Miao Tribe style braised crab meat omelet

七. 汤 Soup

云南酸辣海蔘汤

Yunnan hot and sour sea cucumber soup

懒人杂菜汤

Vegetable Soup

竹笙萝卜酥肉粉丝汤

Zhu mushrooms Radish and fried pork with glass noodles soup

汽锅鸡

Steamed chicken in clay pot

缅式黑木耳粉丝汤

Burmese black fungus and glass noodles soup

豆腐圆子蔬菜汤

Tofu, meatball, and vegetable soup

黑松露南瓜汤(一人份)

Black truffle pumpkin soup (individual servings)

八. 炒饭、炒面与其它

Fried rice, noodles & others

云南大救驾(年糕 火腿 炒腌菜)

Yunnan rice cakes with ham and preserved vegetables

云腿蛋炒饭

Fried rice with Yunnan ham and egg

金三角炒饭

Golden Triangle fried rice

曼德勒蔬菜炒面

Mandalay stir-fried vegetable noodles

蔬菜蛋炒饭

Fried rice with vegetables

南瓜饼

Pumpkin Cake

古道铜盘锅贴

Copper Plate Pot Stickers

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