

尚海

SHANGHAI
PLUS

尚海薈是上海菜豐富的文化傳統與粵菜風味的完美交匯之地，為賓客呈現獨特而精緻的餐飲體驗。餐廳由行政總廚潘振超師傅掌舵，以現代手法呈獻經典與新派美饌，盡顯其本真之味。潘師傅入行超過二十五年，自小熱愛烹飪，於粵菜與淮揚菜的深厚基礎上，塑造出獨特的廚藝風格。匠心獨運，使每道菜品兼具傳統魅力和現代風格，引領客人探索中國多元風味的美食世界。

Welcome to Shanghai Plus, where the rich cultural traditions of Shanghai converge with Cantonese inspirations. Under the culinary direction of Executive Chef Poon Chun Chiu, our menu reimagines classic and contemporary dishes with modern techniques, revealing their true essence. With more than 25 years of experience and a lifelong passion for cooking, Chef Poon draws on deep foundations in Cantonese and Huaiyang cuisines to shape a distinctive culinary style. His craftsmanship blends traditional charm with contemporary flair, guiding guests on a journey through China's diverse regional flavours.

午市二人套餐

LUNCH SET FOR TWO

兩位用 for two

HK\$688

精選前菜 APPETISERS

(選兩款 select two)

醬燒茄子 | 四喜烤麩 | 水晶肴肉 | 油燜筍 | 五香鴨舌
Eggplant in sweet soy glaze | Baked bran with black fungus, shiitake, enoki mushrooms and bamboo shoots
Chilled crystal ham | Braised bamboo shoots | Braised duck tongues with five spices

湯羹 SOUP

(選一款 select one)

薺菜豆腐羹 | 酸辣羹 | 西湖牛肉羹
Tofu soup with mustard greens | Hot and sour soup | West Lake beef soup

主菜 MAIN DISHES

(選兩款 select two)

賽螃蟹 | 糖醋桂魚片 | 回鍋肉
京蔥爆牛肉 | 欖菜肉碎乾煸四季豆
Scrambled egg white with conpoy and green peas | Sweet and sour mandarin fish fillets
Sautéed pork belly slices with bean curd and cabbage in chilli sauce
Stir-fried beef with leeks | Sautéed string beans with minced pork and pickled olives

點心或主食 DIM SUM, NOODLES OR RICE

(選一款 select one)

灌湯生煎包 | 招牌小籠包
上海手拉粗炒 | 擔擔麵 | 揚州炒飯
Pan-fried soup buns with pork | Steamed soup dumplings with pork
Shanghai stir-fried handmade thick noodles | Dan dan noodles | Yangzhou fried rice

手作甜點 DESSERTS

(選一款 select one)

酒釀丸子 | 高力豆沙
Glutinous balls in fermented rice wine soup
Deep-fried egg white soufflés stuffed with red bean paste



所有價目以港元計算另加一服務費
All prices in HKD and subject to 10% service charge



如閣下對任何食物有過敏反應，請與服務員聯絡
Please inform your server of any food-related allergies

午市四人套餐

LUNCH SET FOR FOUR

四位用 for four

HK\$1,688

巧手點心 DIM SUM

(選兩款 select two)

灌湯生煎包 | 生煎鮮肉鍋貼 | 蔥油薄餅 | 招牌小籠包

Pan-fried soup buns with pork | Pan-fried pork dumplings

Pan-fried scallion pancake | Steamed soup dumplings with pork

精選前菜 APPETISERS

(選兩款 select two)

四喜烤麩 | 醬燒茄子 | 雞絲粉皮 | 五香鴨舌 | 花雕醉雞

Baked bran with black fungus, shiitake, enoki mushrooms and bamboo shoots | Braised eggplant in soy bean paste

Chilled shredded chicken with green bean noodles in sesame sauce

Braised duck tongues with five spices | Drunken chicken in Hua Diao wine

湯羹 SOUP

(選一款 select one)

薺菜豆腐羹 | 酸辣羹 | 西湖牛肉羹

Tofu soup with mustard greens | Hot and sour soup | West Lake beef soup

主菜 MAIN DISHES

(選三款 select three)

乾煸福菜花 | 芙蓉三鮮 | 回鍋肉

紅燒肉 | 京蔥爆牛肉 | 大煮乾絲

Stir-fried cauliflower | Sautéed scallops, shredded fish and shrimps with egg white

Sautéed pork belly slices with bean curd and cabbage in chilli sauce | Braised pork belly

Stir-fried beef with leeks | Braised shredded pork with ham, dried tofu and shrimps

主食 NOODLES OR RICE

(選一款 select one)

上海炒年糕 | 擔擔麵 | 上海鹹肉菜飯 | 揚州炒飯

Shanghai stir-fried rice cake | Dan dan noodles

Shanghai fried rice with vegetables and salted pork | Yangzhou fried rice

手作甜點 DESSERTS

(選一款 select one)

酒釀丸子 | 高力豆沙

Glutinous balls in fermented rice wine soup | Deep-fried egg white soufflés stuffed with red bean paste



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海派嚐味菜單

HAI PAI TASTING MENU

每位 per person

HK\$688

尚海薈三小碟

SHANGHAI PLUS TRIO APPETISERS

醬燒茄子 | 蔥油海蜇頭 | 四喜烤麩

Eggplant in sweet soy glaze

Chilled jellyfish head in spring onion oil

Baked bran with black fungus, shiitake, enoki mushrooms and bamboo shoots

湯羹 SOUP

金腿菜膽湯雲吞

Jinhua ham and vegetable consommé with wonton

主菜 MAIN DISHES

蜜豆炒河蝦仁

Stir-fried river shrimp with snow peas

蔥燒海參

Braised sea cucumber with scallions

上湯菜苗

Vegetables in superior broth

主食 NOODLES

擔擔麵

Dan dan noodles

甜點 DESSERT

黑芝麻湯丸

Black sesame rice dumplings



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滬派晚市嚐味菜單

HU PAI DINNER TASTING MENU

每位 per person

HK\$1,088

尚海薈三小碟 SHANGHAI PLUS TRIO APPETISERS

酒香富貴蝦 | 五香鴨舌 | 煙燻比目魚
Marinated mantis shrimps in Hua Diao wine sauce
Braised duck tongues with five spices
Smoked halibut

湯羹 SOUP

花膠黃鱔羹
Braised fish maw soup with yellow eels and black fungus,
served with chrysanthemum and lemongrass

主菜 MAIN DISHES

菌皇炒本灣龍蝦球
Stir-fried local lobster with mushrooms

椒鹽黃魚柳
Crispy yellow croaker with salt and pepper

老乾媽蜜豆炒牛柳粒
Stir-fried diced beef tenderloin with Laoganma chilli sauce and snow peas

上湯菜苗
Vegetables in superior broth

點心 DIM SUM

招牌小籠包拼鍋貼
Steamed soup dumplings with pork and pan-fried pork dumplings

甜點 DESSERT

黑芝麻湯丸
Black sesame rice dumplings



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廚師推介

CHEF RECOMMENDATION

椰皇松茸燉綉球

Double-boiled silken tofu flower chicken soup with matsutake mushroom in whole coconut

每位 per person
\$268

雪裡紅蒸星斑

Steamed whole leopard coral groupa with preserved mustard greens, shredded Yunnan ham, shiitake mushrooms and pickled cabbage in Hua Diao wine and chicken oil

時價 market price

玻璃蝦球伴尚海乾燒汁

Sautéed crystal tiger prawn in house-made chilli bean sauce with sweet rice wine

每位 per person
\$298

金湯酸菜桂花魚

Simmered mandarin fish fillets in sour broth with pickled cabbage

例 regular
\$388

遠年陳皮意大利黑醋骨

Fried pork ribs with aged dried tangerine peel in balsamic vinegar sauce

例 regular
\$388

蔥油脆皮雞

Crispy chicken with spring onion oil

半隻 half \$338
一隻 whole \$638

脆皮乳鴿伴鴿蛋 (敬請提早一天預訂, 每天限量供應)

Crispy pigeon with pigeon egg (1 day advance order only, limited daily supply)

每隻 per piece
\$168

蟹肉桂花炒米粉

Fried rice vermicelli with crab meat and egg

例 regular
\$298

蔥燒澳洲黃玉參

Braised Australian yellow sea cucumber with spring onion

每位 per person
\$168

菌皇炒本灣龍蝦球

Stir-fried local lobster with mushrooms

每位 per person
\$388

蜜汁火腿配炸腐皮及荷葉餅

Honey-glazed Chinese ham with fried bean curd skin and mandarin pancakes

四件 4 pieces
\$268





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巧手點心

DIM SUM

	銀絲卷 (炸或蒸) Chinese bun (choice of deep-fried or steamed)	每件 per piece \$45
	灌湯生煎包 Pan-fried soup buns with pork	三件 3 pieces \$68
	生煎鮮肉鍋貼 Pan-fried pork dumplings	三件 3 pieces \$68
	脆皮蝦春卷 Deep-fried shrimp spring rolls	三件 3 pieces \$78
	香煎韭菜餡餅 Pan-fried Chinese chives dumplings	三件 3 pieces \$78
	牛肉餡餅 Pan-fried beef pie	兩件 2 pieces \$78
	香菇素菜包 Mushroom and vegetable steamed bun	三件 3 pieces \$78
	素菜蒸餃 Vegetable steamed dumplings	三件 3 pieces \$68
	蔥油薄餅 Pan-fried scallion pancake	例 regular \$68
	招牌小籠包 Steamed soup dumplings with pork	四件 4 pieces \$88
	蘿蔔干絲酥餅 Baked shredded turnip pastries	三件 3 pieces \$88
	紅油抄手 Spicy wontons in chilli oil	六件 6 pieces \$88



素菜
Vegetarian



香辣
Spicy



推薦
Recommendation

晚市時段限量供應，售完即止
Limited offer during dinner period while stock lasts



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精選前菜

APPETISERS



酒香富貴蝦

Marinated mantis shrimps in Hua Diao wine sauce

例 regular
\$228

蔥油海蜇頭

Chilled jellyfish head in spring onion oil

例 regular
\$188

煙燻比目魚

Smoked halibut

例 regular
\$188

川味蠔子

Sichuan-style razor clams

例 regular
\$188



無錫脆鱧

Crispy eels

例 regular
\$178

五香鴨舌

Braised duck tongues with five spices

例 regular
\$168

花雕醉雞

Drunken chicken in Hua Diao wine

例 regular
\$158



蒜泥白肉

Sliced pork belly with garlic sauce

例 regular
\$108

雞絲粉皮

Chilled shredded chicken with green bean noodles in sesame sauce

例 regular
\$98



素菜
Vegetarian



香辣
Spicy



推薦
Recommendation



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精選前菜

APPETISERS

水晶肴肉
Chilled crystal ham

例 regular
\$88

 酥炸臭豆腐
Fermented crispy tofu

例 regular
\$108

 油燜筍
Braised bamboo shoots

例 regular
\$108

 四喜烤麩
Baked bran with black fungus, shiitake, enoki mushrooms and bamboo shoots

例 regular
\$88

 醬燒茄子
Braised eggplant in soy bean paste

例 regular
\$88

 自家製涼皮
Chilled homemade cold skin noodles

例 regular
\$108

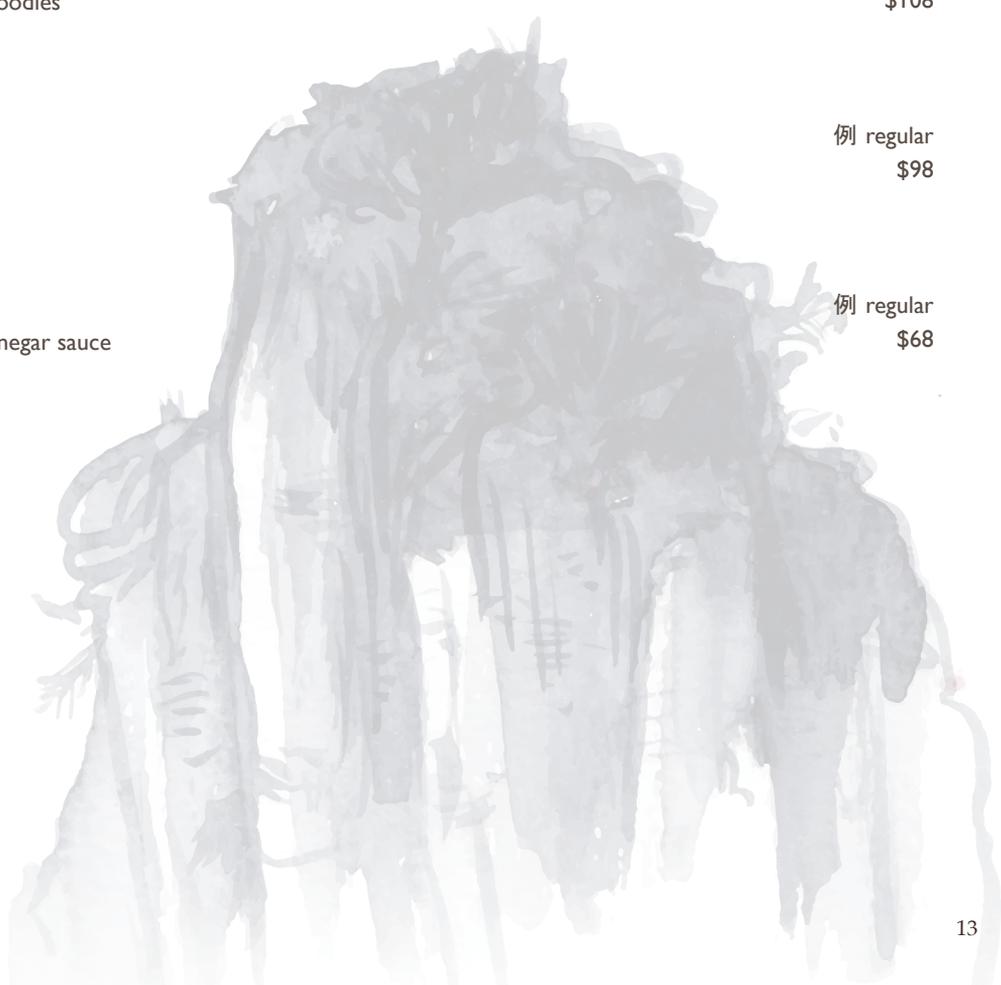
 香菇素鵝
Mushroom vegetarian goose

例 regular
\$98

 陳醋黑木耳
Chilled black fungus in black vinegar sauce

例 regular
\$68

 素菜
Vegetarian





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湯羹

SOUP

砂鍋雲吞雞

Chicken consommé with wontons in casserole

半隻 half
\$368

一隻 whole
\$698

醃篤鮮

Double-boiled pork broth with bamboo shoots

例 regular
\$268



齋菜豆腐羹

Tofu soup with mustard greens

每位 per person
\$88



酸辣羹

Hot and sour soup

每位 per person
\$88



宋嫂魚羹

Hangzhou-style fish soup

每位 per person
\$128

蟹肉粟米羹

Sweet corn soup with crab meat

每位 per person
\$108

西湖牛肉羹

West Lake beef soup

每位 per person
\$108

金腿燉菜膽

Jinhua ham and vegetable consommé

每位 per person
\$168



松茸花膠螺頭湯

Double-boiled chicken soup with matsutake mushroom, fish maw and sea whelk

每位 per person
\$328



素菜
Vegetarian



香辣
Spicy



推薦
Recommendation



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海鮮、海味

SEAFOOD

齊菜蝦仁豆腐
Sautéed shrimps with tofu and mustard greens 例 regular \$178

賽螃蟹
Scrambled egg white with conpoy and green peas 例 regular \$208

糖醋桂魚片
Sweet and sour mandarin fish fillets 例 regular \$208

黃金軟殼蝦
Deep-fried soft shell prawns with salted egg yolk 例 regular \$208

芙蓉三鮮
Sautéed scallops, shredded fish and shrimps with egg white 例 regular \$238

韭黃銀芽炒鱔糊
Sautéed yellow eels with yellow chives and bean sprouts 例 regular \$368

清炒河蝦仁
Stir-fried fresh river shrimps 例 regular \$388

 龍井河蝦仁
Stir-fried fresh river shrimps with Long Jing tea leaves 例 regular \$398

 明蝦（乾燒、豉油王或避風塘）
Braised prawn in (chilli bean sauce with sweet rice wine, soy sauce, or garlic & chilli) 每隻 per piece \$298

蝦籽蔥燒關東遼參
Braised Kanto sea cucumber with dried shrimp roe and spring onion 每位 per person \$388

 松子桂花魚
Sweet and sour mandarin fish with pine nuts 每條 per piece \$588

黃魚片（椒鹽、油泡或糟溜）
Yellow croaker fillets (choice of salt & pepper, stir-fried in oil or sautéed in rice wine sauce) 例 regular \$298





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精選淮揚菜

HUAIYANG SPECIALS

紅燒獅子頭
Braised meatballs

兩件 2 pieces
\$168



回鍋肉
Sautéed pork belly slices with bean curd and cabbage in chilli sauce

例 regular
\$168

咕嚕肉
Sweet and sour pork

例 regular
\$238

紅燒肉
Braised pork belly

例 regular
\$248

京蔥爆安格斯牛肉
Stir-fried Angus beef with leeks

例 regular
\$328

老乾媽鮮菌炒安格斯牛柳粒
Stir-fried Angus beef tenderloin with fresh mushrooms in Laoganma chilli sauce

例 regular
\$368



蝦籽鑊場豆腐
Braised fried tofu and shrimp roe

例 regular
\$188

火丁甜豆
Sautéed garden sweet peas with Jinhua ham cubes

例 regular
\$598

大煮乾絲
Braised shredded pork with ham, dried tofu and shrimp

例 regular
\$228

黑蒜紅燒河鰻
Braised eel with black garlic

六件 6 pieces
\$368

龍鬚桂魚
Steamed fine shredded mandarin fish

例 regular
\$328



香辣
Spicy

田園蔬菜

VEGETABLES

時蔬（上湯、清炒或蒜蓉炒）

Seasonal vegetables (choice of simmered in superior soup, stir-fried or with garlic)

例 regular
\$128

津白（上湯或奶油）

Chinese cabbage (choice of simmered in superior soup or in cream sauce)

例 regular
\$128

雪菜毛豆百頁

Sautéed green peas with snow cabbage and bean curd sheets

例 regular
\$128

欖菜肉碎乾煸四季豆

Sautéed string beans with minced pork and pickled olives

例 regular
\$158

鹹肉百頁小棠菜

Simmered Chinese cabbage with salted pork and bean curd sheets

例 regular
\$168



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手打拉麵

HANDMADE NOODLES



陽春麵

Plain noodles in soup

每碗 per bowl
\$88

蔥油拌麵

Noodles mixed with spring onion oil

每碗 per bowl
\$88

排骨湯拉麵

Noodles in soup with pork ribs

每碗 per bowl
\$148

鱻糊湯拉麵

Noodles in soup with yellow eels

每碗 per bowl
\$208

擔擔麵

Dan dan noodles

每碗 per bowl
\$68

嫩雞燴麵

Stewed tender chicken noodle soup

每碗 per bowl
\$168



素菜
Vegetarian

飯麵主食

NOODLES & RICE

上海炒年糕 Shanghai stir-fried rice cake	例 regular \$168
雪菜肉絲炒年糕 Stir-fried rice cake with shredded pork and snow cabbage	例 regular \$168
上海手拉粗炒 Shanghai stir-fried handmade thick noodles	例 regular \$168
上海鹹肉菜飯 Shanghai fried rice with vegetables and salted pork	例 regular \$168
瑤柱蛋白炒飯 Fried rice with conpoy and egg white	例 regular \$168
雪菜蝦仁炒飯 Fried rice with shrimps and snow cabbage	例 regular \$188
揚州炒飯 Yangzhou-style fried rice	例 regular \$188



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甜點

DESSERTS

酒釀湯丸或丸子

Black sesame rice dumplings or glutinous rice balls in sweet rice wine with osmanthus

每碗 per bowl
\$48

高力豆沙

Deep-fried egg white stuffed with red bean paste

兩件 2 pieces
\$48

豆沙鍋餅

Pan-fried red bean paste pancakes

例 regular
\$88

流沙金球

Deep-fried salted egg yolk lava ball

兩件 2 pieces
\$48

驢打滾

Red bean glutinous rice roll topped with soy bean powder

例 regular
\$58



薑茶水中花

Silken tofu flower in ginger soup

每碗 per bowl
\$108

冰糖燉燕窩

Stewed bird's nest with rock candy

每位 per person
\$288

椰汁燉燕窩

Stewed bird's nest in coconut milk

每位 per person
\$288



推薦
Recommendation



尚海
尚會

SHANGHAI
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