

<b>Pork</b>		<b>Seafood</b>		<b>Vegetable</b>		<b>Bread, Cake &amp; Pastries</b>	
A01 Lemon Grass Flavoured Pork Chop (* with fresh meat, serve 2)	\$46	D02 Sweet & Sour Fish fillet in Thai style (serves 2)	\$42	E10 Assorted Mushrooms & Celery Cabbage in Pot	\$30	#T01 Chinese Radish Cake (1.5 lb.) (Pls. order 2 days in advance. For order of 10 pcs. or above, pls. enquire in advance for delivery date.)	\$68
A02 Spareribs with Pomelo & Honey Sauce (* with fresh meat)	\$43	D08 Pan-fried stuffed Green Pepper, Eggplant & Mushroom	\$35	E21 Steam Eggplant with Garlic & Bean Vermicelli (High-fibre Meal) (serves 2)	\$28	#T02 Chinese Taro Cake (1.5 lb.) (Pls. order 2 days in advance. For order of 10 pcs. or above, pls. enquire in advance for delivery date.)	\$68
A05 Steam Meatcake with Mushroom & Dried Squid (* with fresh meat; serves 2)	\$36	D20 Fish cake with Eggplant (serves 2)	\$35	E26 Braise Pumpkin with Garlic & Enoki (serves 2)	\$29	#T03 Chinese Water Chestnut Cake (1.5 lb.) (Pls. order 2 days in advance. For order of 10 pcs. or above, pls. enquire in advance for delivery date.)	\$68
A08 Steam Meat Cake with Duck Egg & Mushroom (* with fresh meat; serves 2)	\$38	D23 Sole fillet with Bean Vermicelli & Garlic	\$38	E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli (serves 2)	\$28	#T05 Glutinous cake (1.5lb) (Pls. order 2 days in advance. For order of 10 pcs. or above, pls. enquire in advance for delivery date.)	\$58
A09 Steam Stuffed Hairy Marrow (* with fresh meat; serves 2)	\$33	D26 Stir-fried Fish fillet with fresh Tomato in Tomato sauce	\$32	E36 Braise Assorted Mushrooms with Broccoli (serves 2)	\$35	P01 Tiramisu (1 1/2 lb)	\$175
A10 Steamed Spareribs with Pumpkin (* with fresh meat)	\$44	D43 Steam Sole fillet with Qi Zi & Bean Bermicelli (serves 2)	\$38	E45 Loofah with Assorted Mushrooms & Miso in Soup (serves 2)	\$35	P02 Tiramisu (1 lb)	\$120
A102 Zhenjiang Ribs (serves 4)	\$58	D44 Steam Loofah with Whitebait (serves 2)	\$35	E49 Stir-fry Burdock with Assorted Vegetables (High-fibre Meal; serves 2)	\$33	P04 New York Cheese Cake (1 1/2 lb)	\$175
A108 Pork & Prawn Curd Sheet Rolls (serves 2)	\$39	D82 Steam Luffa with Dried Shrimp in Garlic	\$38	E79	\$32	P05 New York Cheese Cake (1 lb)	\$120
A109 Neck of Pork with Pickled Plums* (with fresh meat; serves 2)	\$48	D83 Steam Monkshood Fish in Black Bean Sauce *	\$79	E82	\$35	P07 Black Forest Cake (1 pound)	\$105
A11 Steamed Meat Cake with Preserved Vegetable (* with fresh meat)	\$36	D84 Steamed Yeung's Grey mullet with Thai source. *	\$79	E83	\$42	P13	\$105
A131 Pork Sausages	\$34	D85 Steamed dried shrimp with garlic & Bean vermicelli	\$39	G01 Organic Choy Sum (Each half catty)	\$18	P41 Healthy 7-cereal bread (1 lb.)	\$18
A145	\$38	D89	\$75	G02 Carrot (Each catty)	\$7	P42 Sandwich bread (1 lb)	\$11
A146	\$38	D96	\$79	G03 Onion (Each catty)	\$9	P43 Banana loaf cake	\$15
A147	\$32	D97	\$28	G05 Tomato (Each catty)	\$8	P44 Cheese Tart (4 pcs.)	\$35
A148	\$42	<b>Soup</b>		G06 Cucumber (Each catty)	\$11	P48 Crunchy Cheese Bread Stick (8 pieces)	\$18
A16 Stir-fried Pork slices with Jade melon & Cucumber in XO sauce (* with fresh meat)	\$44	F100	\$68	G08 Pumpkin (Each catty)	\$7	P50 Fresh Vanilla Cheese Cake (1 lb)	\$120
A28 Steamed Pork Jowl meat with Preserved Vegetable (* with fresh meat)	\$42	F109	\$78	G10 Baby Chinese Cabbage (Each pack)	\$8		
A44 Stir-fried Minced Pork & Hairy Marrow with XO sauce (* with fresh meat)	\$35	F110	\$78	G14 Choy Sum (Each catty)	\$12		
A46 Stir-fry Bean Vermicelli with minced Pork (* with fresh meat; Lee Kum Kee sauce)	\$36	F111	\$89	G15 Kale (Each catty)	\$13		
A66 Stir-fry Pork shreds with High-fibre Assorted Vegetables (Low-sugar Meal) (* with fresh meat; serves 2)	\$38	F17 Seafood, Tomato & Assorted Vegetables Soup (serves 4)	\$43	G16 Broccoli (Each catty)	\$11		
A74 Steam Kin Yin Pig Pork Back ribs with Black Glutinous Rice	\$48	F18 Pork Shank, Papaya, White Fungus Soup (* with fresh meat; serves 4)	\$62	G23 Jade Melon (Each catty)	\$8		
A89 Steam Meat Cake with Oatmeal & Mushroom* (serves 2) (low Cholesterol)	\$38	F30 Pork slices & Hairy Marrow Quick Soup (* with fresh meat; serves 4)	\$38	G27 Green Cabbage (Each pc.)	\$7		
		F46 Nutritious Mixed Vegetables Soup (serves 4)	\$35	<b>Others</b>			
		F48 Pumpkin with Dates Soup (serves 4)	\$28	S01 Special Drink: Lemon Pearl Barley (600 ml)	\$17		
		F72 Huai Shan, Qi Zi, Kamei Chicken Soup (serves 4)	\$69	S02 Special Drink: Lemon Pearl Barley (330 ml)	\$9		
		F82	\$68				
		F84 Pumpkin, Corn & Pork Shank Soup (* with fresh meat; serves 4)	\$68				
		F92 Norwegian Salmon Head & Tomato Soup (serves 4)	\$62				
		F98	\$98				
<b>Beef</b>		<b>Set Meal</b>					
B01 Eggplant & Shortribs Hot Pot (Lee Kum Kee sauce; serves 2)	\$68	Q94	\$98				
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$44	Q95	\$150				
B15 Fried Beef & Spring Onion with Oyster sauce (* with fresh meat)	\$44	Q96	\$175				
B18 Stir-fried Beef & Vegetable in Sa Cha sauce (* with fresh meat)	\$42	<b>Hot Pot/Barbecue pack</b>					
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$68	L02 USA Fatty Beef, Kamei Chicken in Chinese Wine, Meat balls & Udon Mixed Hot Pot (Lee Kum Kee soup base; serves 3-4)	\$195				
B23 Beef & Loofah with Soybean sauce (* with fresh meat)	\$44	L03 Tomato, Vegetarian Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$78				
B24 Shortribs with Peach in Thai style (serves 2)	\$69	<b>Noodle</b>					
B63 Stir-fry Beef with Cucumber & Garlic (serves 2)	\$44	K01 Stir-fry Udon with Beef (* with fresh meat; serves 2-3)	\$52				
B74 Stringy beef with Chinese Kale *	\$48	K29	\$48				
B81	\$48	K30	\$48				

For any other cakes, pls. enquire for price.

B82	\$52
B83	\$48
B84	\$64
B85	\$54

**Chicken**

C04 Stir-fry Chicken with Peach (serves 2)	\$32
C101	\$43
C105 Dried Chinese Lycium mixed Chicken Meat with Bitter Melon	\$35
C108 Stir-fried chicken with Chinese Kale	\$35
C117	\$36
C118	\$69
C119	\$69
C27 Teriyaki Chicken (Lee Kum Kee sauce; serves 2)	\$38
C40 Stir-fried Chicken with Cucumber & Black Fungus (serves 2)	\$33
C49 Deep-fried Chicken with Pomelo	\$35
C68 Steam Kamei Chicken with Chinese Sausage	\$69
C69 Fried Chicken Pieces with Red Wine Lees (serves 2)	\$35
C70 Steamed Kamei Chicken with Dried Lily & Black Fungus # (serves 2)	\$69
C75 Steam Kamei Chicken with Spring Onion & Ginger	\$69
C87 Kamei Egg (6 pieces)	\$25
H09 Kamei Chicken (Whole) + Steam Kamei Chicken with Spring Onion & Ginger (Original Price HK\$208)	\$160
H12 Kamei Chicken (Whole) + Steam Kamei Chicken with Dried Lily, Black Fungus & Chinese Red Date (Original Price HK\$228) (Body replenishment)	\$160

Food manufactured by: Tung Wah Group of Hospitals - CookEasy

Menu designed by: Towngas Cooking Centre

- \* Dishes marked with an asterisk are prepared with fresh meat.
- # Dishes marked with a hash are prepared with chilled chicken.
- 'Good Farmer' brand vegetables, produced by farms accredited by the Agriculture, Fisheries and Conservation Department are used to prepare most of our dishes.
- "Lee Kun Kee" sauces are used to prepare some of our dishes.



**CookEasy 12/11 Menu 精選菜式 & Order Form**  
(2011-11-30 - 2011-12-31)

<http://cookeasy.tungwahcsd.org>

**Terms and Conditions**

Delivery charge:

Residential members Free delivery service. Membership must be registered by a representative in the name of the estate.

Corporate members Free delivery service. Membership must be registered by a representative in the name of the corporation.

Individual customers/members: HK Island - Free delivery service for order of HK\$250 or more. Delivery charge of HK\$30 applies for order less than HK\$250.  
Kowloon - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$45 applies for order less than HK\$400.  
N.T. - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$50 applies for order less than HK\$400.

Delivery time:

12:00 pm - 6:30 pm Monday to Friday  
12:00 pm - 5:30 pm Saturday (except public holidays)

Order cut-off time: Pls. order at/before 10:00 am for same day delivery.

Service areas:

HK Island  
Kowloon--Kowloon City, Kwun Tong, Sham Shui Po, Wong Tai Sin, Yau Tsim Mong  
N.T.---Kwai Chung, Tseung Kwan O, Shatin, Tsuen Wan (except Ma Wan Island, Lantau Island)

Payment methods: Cash or Cheque on delivery (pls. make cheque payable to 'Tung Wah Group of Hospitals').

Remarks: Delivery service will be suspended when Typhoon Signal no. 8 or above, or 'Black' Rainstorm Signal is hoisted. Customers will be notified of the arrangement.

Name: \_\_\_\_\_

Mobile Phone no.: \_\_\_\_\_

Membership:  No  Yes \_\_\_\_\_

pls. state individual member/estate name (for residential members)/corporation name (for corporate members)

Email address: \_\_\_\_\_

Order date: \_\_\_\_\_

Delivery address: \_\_\_\_\_

Order: Pls. state item no., qty. and your requested delivery date.

Item No.:										
Qty.:										
Delivery date:										

- Pls. fax completed order form to 2553 2975
- Tel: 2870 9214
- Office hour: 9:00 am - 5:00 pm Monday to Friday  
9:00 am - 12:00 pm Saturday  
(except public holidays)
- Email: [cookeasy@tungwah.org.hk](mailto:cookeasy@tungwah.org.hk)

