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牛排烹饪熟度简介

A Guide to Steak Doneness Levels

通常说来，无论哪种牛排，都以三到七分熟为佳，往往越是好的牛排，为了凸显本身的肉质和汁水的风味，火候越轻。但根据肉质不同以及个人喜好，也有不同的最佳熟度。

The level of doneness is all about how you like your steak cooked.

The cooking temperature and gradation varies depending on the cut of the steak and the quality of the meat itself, as well as personal preferences and liking.

RARE 一分熟

表面肉质紧致，呈灰褐色，剖面为血红色，中心温热。

Seared outside on the surface to a gray-brown color, with a warm but very red center.

MEDIUM RARE 三分熟

牛排的中心肉质依旧带有血丝，但牛排两侧已呈棕色。

Red at the center, with a ring of pinkness between the center and the crust.

MEDIUM 五分熟

牛排外部灰褐色，牛排中心也是温热的，而且已经全部为粉色，口感适宜，温度正佳。

A medium steak no longer contains a red center, but is pink and hot throughout most of the steak, and the outside is gray brown. Both temperature and texture of the steak is well balanced.

MEDIUM WELL 七分熟

牛排中心，仅剩一点点粉红色，质感偏厚重，有咀嚼感。

The steak is cooked throughout, with only a touch of pink inside. The texture is both chewy and firm.

WELL DONE 全熟

牛排内部也为灰褐色，略焦黑，口感厚重。

The steak is broiled until completely cooked and brown throughout, with firm and tougher texture.



所有牛排配黄油酱，BBQ酱汁，阿根廷酱汁
ALL STEAKS ARE SERVED WITH BEARNAISE
BARBECUE AND CHIMICHURRI SAUCE



牛排部位及牛种介绍

Menu Steaks Guide

肉眼 RIB-EYE

集牛肉的口感，汁水及嫩度为一体，拥有丰富的大理石花纹。

Boneless steak, rich, tender, juicy and full-flavored, with generous marbling throughout.

西冷 SIRLOIN

瘦肉较多的牛排部位，口味及嫩度适中，牛排边有些许脂肪，多汁有嚼口。

Steak that offers lean, well-flavored and moderately tender beef. Convenient with no bone and little fat. Versatile, juicy and tasty.

牛柳 TENDERLOIN

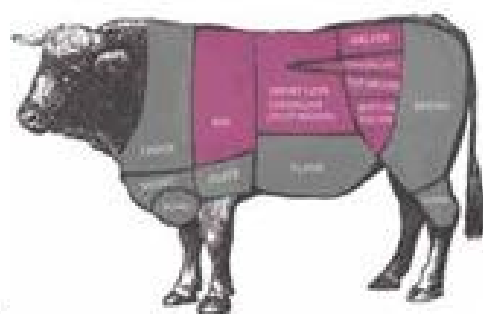
被称之为最嫩的牛排部位，几乎不含脂肪，入口柔软，风味独特。

The most tender beef cut. Lean yet succulent and elegant. Melt-in-your-mouth texture, subtle flavor and compact shape.

战斧 TOMAHAWK

大份量的带骨肉眼牛排，带骨的牛排更能加强牛肉的风味，适合2到3人分享。

Larger version of the bone-in rib eye steak. The bone is been left in to enhance the taste of this flavorful cut.



安格斯黑牛 BLACK ANGUS AUSTRALIAN BEEF

农庄位于新南威尔士州，全部都是精挑细选得上安格斯黑牛，只用谷物喂养300天，这样才能产生独特的花纹及口感。我们还会将它额外排酸20-30天使它进一步提高口感。

Farmed in new South Wales, only using hand picked Black Angus steers. Fed with grain only for 300 days, which gives the beef its unique marbling and flavor. Then they dry age it in house for an extra 20 to 30 days to help enhance the flavor even more.

阿根廷海福特牛 ARGENTINA HEREFORD BEEF

农场位于阿根廷中部潘帕斯大草原，全部都是精挑细选的海福特牛。完全以牧草饲养及自由放牧的形式来饲养牛。在清新自然的环境中，食用茂盛的青草生长，既不需人工辅助饲料，也不受牲畜疾病威胁，而能生产出高品质、高营养、无有害残留物的优质牛肉。

Farmed in the Pampas steppes, the natural grazing systems adopted by argentine producers of Hereford Cattle. Produced off grass forage and the cattle are free to roam the lush green pastures, which can produce high quality, high nutrition, no harmful residue of high-quality beef.

内蒙古牛肉 MONGOLIAN SIMMENTAL BEEF

我们选用的西门塔尔牛眼肉是直接位于科尔沁草原的天然农场，只用无污染无抗生素的草料饲养，在当地拥有欧洲引进的先进设备屠宰加工，以确保最高级别的卫生标准。

Directly sourced from Inner Mongolia. The farm is located at the famous Kerchin plain, where the vast grasslands are ideal for grass-fed. All natural 100% hormone and antibiotic free farming. After 18th months of age, the steers are raised to pasture and are fed with straw & hay for at least 6 more months.



早上11点到下午5点
EVERY SATURDAY & SUNDAY - FROM 11AM TO 5PM



蒸鸡蛋配香肠
EGG N' MEAT CASSEROLE
蒸鸡蛋, 香肠, 番茄, 菠菜
及小土豆

Steamed Eggs, Chorizo, Confit Tomato, Spinach,
Sauteed Baby Potatoes, Thyme

RMB 68



水波蛋配菠菜及培根
THE BENEDICT
水煮蛋, 菠菜, 培根, 面包

Slow Poached Egg, Spinach, Crispy Bacon,
Bearnaise, Muffin Bread

RMB 68



蒸鸡蛋配烟熏三文鱼
EGG N' FISH CASSEROLE
蒸鸡蛋, 烟熏三文鱼, 菠菜
蛋黄酱及小土豆

Steamed Eggs, Smoked Salmon, Spinach
Bearnaise, Sauteed Baby Potatoes, Dill

RMB 68



低温水煮蛋配以鸭肝
65/65 SLOW COOKED EGG
鸭肝, 菠菜, 奶油, 香脆
培根, 炒蘑菇

Duck Liver Foie Gras, Creamed Spinach, Crispy
Bacon, Sauteed Mushrooms

RMB 68

鸡蛋饼

EGG FRITATA

大孔芝士, 土豆, 甜椒, 油封洋葱, 罗勒
Emmental Cheese, Potato, Red Peppers,
Confit Onions, Basil

RMB 68

煎饼或法式吐司

PANCAKES OR FRENCH TOAST

红果酱, 奶油, 香草冰淇淋
Red Fruits Coulis, Vanilla Ice Cream,
Whipped Cream

RMB 68



The Menu



周一至周五11点到2点
MONDAY TO FRIDAY - FROM 11AM TO 2PM

1. 沙拉午餐
SALAD LUNCH SET

无限量自助沙拉吧 + 每日例汤 + 饮料 = RMB 68
SALAD BAR BUFFET + DAILY SOUP + DRINK = RMB 68

2. 午餐套餐
SET LUNCH

今日色拉 + 每日例汤 + 主菜
SALAD OF THE DAY + DAILY SOUP + MAIN DISH

安格斯生牛肉片, 芝士片, 黑松露, 橄榄油
BLACK ANGUS BEEF CARPACCIO
Aged Parmesan, Black Truffle, Confit
Shallots

RMB 88

爆炒蛤蜊
WOK FRIED CLAMS
Cream, Herbs & Bacon or White Wine
& Garlic Sauce

RMB 88

太平洋三文鱼塔塔, 牛油果, 香菜, 甜辣椒
PACIFIC SALMON TARTAR,
Avocado, Cilantro, Sweet Chili

RMB 98

法式三明治, 大孔芝士, 熟火腿, 松露牛奶汁
CROQUE MISTER
Emmental Cheese, Cooked Ham, Truffle
Bechamel

RMB 98

烤整只春鸡配葡式酱汁
WHOLE NATURAL BABY CHICKEN
Peri Peri Sauce

RMB 108

安格斯生牛肉塔塔, 亚洲风味
BLACK ANGUS BEEF TARTAR
Asian Condiments (100GR)

RMB 118

THE CUT 汉堡, 黑胡椒蛋黄酱, 香
菜, 腌番茄, 薄荷
THE CUT WAGYU BURGER
Black Pepper Mayonnaise, Cilantro,
Marinated, Tomato, Mint

RMB 118

煎新西兰三文鱼配塔塔酱汁
ROASTED KING SALMON, Tartar Sauce,
Grilled Lime (150GR)

RMB 158

+ 饮料 DRINK

可乐/苏打水/干姜水/汤力水/雪碧/热红茶/咖啡
COKE/SODA WATER/ GINGER ALE/TONIC WATER/ SPRITE/HOT TEA/ COFFEE

The Menu



色拉吧 SALAD BAR

无限量自助沙拉吧

UNLIMITED ACCESS TO
SEASONAL SALAD BAR

RMB 68/PERSON



开胃菜 BEGINNING



新鲜大卫赫尔生蚝配
干葱汁

OYSTERS DAVID HERVE

#4

3只 - 3PCS/RMB 128

6只 - 6PCS/RMB 198



安格斯生牛肉片, 芝士
片, 黑松露, 橄榄油

BEEF CARPACCIO

Black Angus, Parmesan,

Black Truffle, Confit

Shallots 60GR

RMB 98

太平洋三文鱼塔塔, 牛油果, 香菜, 甜辣椒

PACIFIC SALMON TARTAR

Avocado, Cilantro, Sweet Chili

小份 - Light Sized (80GR)

RMB 78

大份 - Light Sized (120GR)

RMB 118



爆炒蛤蜊

WOK FRIED CLAMS

Cream, Herbs & Bacon or

White Wine & Garlic Sauce

小份 - 0.5KG

RMB 78

大份 - 1KG (Served with french fries)

RMB 138



伊比利亚冷切肉拼盘配

精选面包, 泡菜

IBERIAN COLD CUTS

PLATTER, Bread Selection,

Pickles, Condiments

RMB 168

THE CUT 凯撒沙拉, 原味酱汁

THE CUT CAESAR SALAD

Original Seasoning

RMB 58

配鸡肉 Chicken Breast

RMB 78

炙烤小牛肉片, 酸豆芥苿佐以奶油吞拿鱼酱

VITELLO "TUNATO"

Sliced Roasted Veal, Tuna Creamy

Mayonnaise, Capers

RMB 108

肥鸭肝, 腌小干葱, 烤苹果, 黄油面包

DUCK LIVER FOIE GRAS

Pickled Shallots, Roasted Apples, Brioche

RMB 118

The Menu



伊比利亚冷肉拼盘

Iberian Cold Cuts Platter



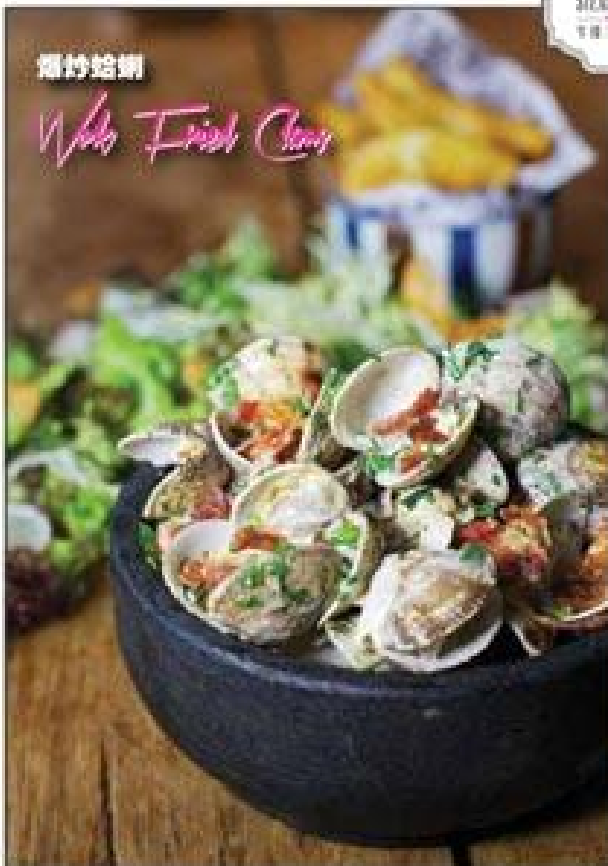
大卫赫尔生蚝

Oysters David Hassel



肥鸭肝

Duck Liver Fava Beans



爆炒蛤蜊

Wild Fresh Clams



安格斯生牛肉片

Bef Carpaccio

The Menu



扒类
ARGENTINIAN GRASS FED HEREFORD BEEF

RMB 278
250克西冷
250GR SIRLOIN

RMB 298
200克牛柳
200GR TENDERLOIN

RMB 308
250克肉眼
250GR RIBEYE

澳洲谷饲安格斯牛
AUSTRALIAN GRAIN FED BLACK ANGUS

RMB 288
250克西冷300天
250GR SIRLOIN 300 DAYS

RMB 298
200克牛柳300天
200GR TENDERLOIN 300 DAYS

RMB 378
380克肉眼300天
380GR GIANT RIBEYE 300 DAYS

内蒙古西门塔尔肉眼
DRY AGED MONGOLIAN SIMMENTAL

100GR/ RMB 120 (MINIMUM ORDER 300GR)

45天干式熟化内蒙古西门塔尔肉眼 45 DAYS DRY AGED RIB EYE

1.2公斤30天干式熟化澳大利亚谷饲战斧牛排
(建议2到4人分享)
1.2KG 30 DAYS DRY AGED AUSTRALIAN GRAIN
FEED TOMAHAWK (For 2 to 4Pax) RMB 798

香煎带骨小牛排, 番茄, 薄荷, 香菜和柠檬
SEARED AUSTRALIAN VEAL CHOP
Chermoula, Tomato, Mint, Coriander &
Lemon Confit RMB 328

油封羊腩, 白蘑菇, 法扁豆和土豆
MONGOLIAN BRAISED LAMB SHANK,
Chinese mushrooms, Green,
Beans, Potatoes RMB 238

烤整春鸡配葡式酱汁
WHOLE NATURAL
BABY CHICKEN, Peri Peri Sauce

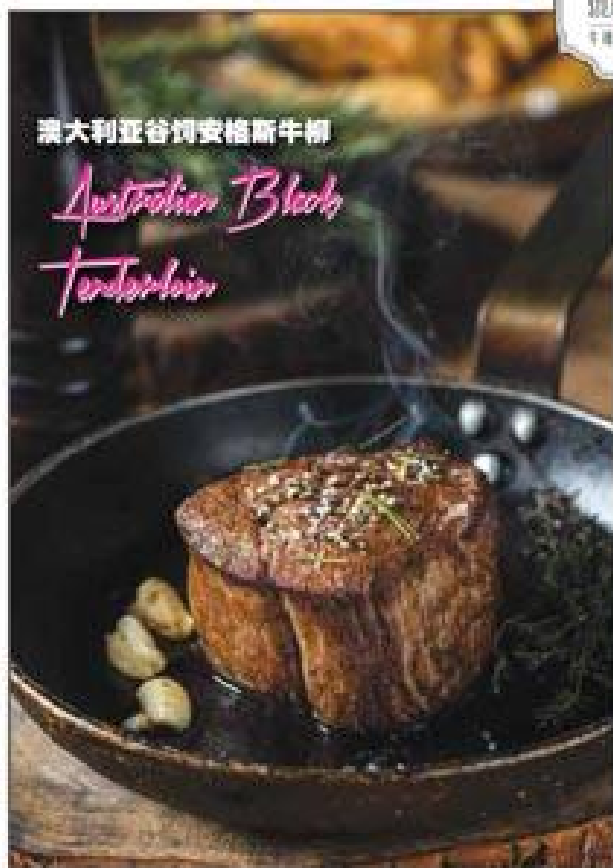
RMB 138

所有牛排包括无限量供应薯角



UNLIMITED POTATO WEDGES

The Menu





其他主食 LAIDBACK



THE CUT 汉堡, 黑胡椒
蛋黄酱, 香菜, 腌番茄, 薄荷
THE CUT WAGYU BURGER
Black Pepper
Mayonnaise, Cilantro,
Marinated Tomato, Mint

RMB 128

法式蓝带猪排, 大孔芝士和
法式火腿
CORDON BLEU
Pork Loin, Emmental
Cheese, French Ham

RMB 178



深海三文鱼, 地中海风味
酱料, 甜辣椒和新鲜香料
KING SALMON
Mediterranean Relish,
Sweet Chili, Herbs

RMB 188

法式三明治, 大孔芝士, 熟火
腿, 松露牛奶汁
CROQUE MISTER
Emmental Cheese, Cooked Ham,
Truffle Bechamel

RMB 98

配菜 BESIDES

炒混合蘑菇, 蒜香黄油和香料
SAUTEED MIXED MUSHROOMS
Garlic Butter & Herbs

RMB 58

黄油土豆泥
POTATO AND BUTTER
MOUSSELINE

RMB 58

奶油烤花菜, 大孔芝士
"CAULI" GRATIN
Creamy Bechamel & Emmental Cheese

RMB 68

香烤千层茄子, 新鲜番茄酱, 巴马臣芝士
EGGPLANT MILLEFEUILLE
Tomato Coulis & Parmesan Cheese

RMB 58

炒混合蔬菜
WOK SAUTEED VEGETABLES
Sesame Oil & Seeds

RMB 48

The Menu



甜品 SWEETS



65%熔岩巧克力, 芝麻冰淇淋, 焦糖酱
65% DARK
CHOCOLATE FONDANT
Sesame Ice Cream,
Salted Caramel Sauce

RMB 68



百香果香草蛋白
PASSION FLOATING
ISLAND
Passion Fruit,
Coconut Crisps

RMB 48



苹果塔, 花生冰淇淋
和奶油
THIN APPLE TART
Peanut Ice Cream,
Whipped Cream

RMB 68

香草焦糖布丁
CREME CAMEL
Vanilla, Grand Marnier Caramel

RMB 48

意大利奶冻, 浆果啫喱和荔枝
"LADY ASIA" PANACOTTA
Flowers Coulis, Berries Jelly, Lychee

RMB 58

Bon Appetit!