Located in the southwest of China, Yunnan is arguably the most mountainous and beautiful place on earth. The Ancient Tea Horse Road of the 16th Century started in the remote eastern reaches of the southwest. It was vibrant during the Nanhuai-Dai period, which co-existed with the Tang Dynasty and Song Dynasty. It also thrived during the Ming and Qing Dynasties. Both were at the peak during World War II. Transportation on the Tea Horse Road is still a horse-drawn carriage. It was an international trade route that allowed economic and cultural exchange in southern China.

Today, Lao Cunhuo is proud to offer its diverse and healthy foods along the Ancient Tea Horse Road. Using natural, indigenous ingredients and traditional cooking methods, we havesteen delicious dishes from bygone days. Lao Cunhuo’s contemporary and transnational cooking captures the essence of that land and transforms it to fit the old-fashioned taste. This is a blend of the ancient and the new. We also have strict quality control procedures and other inspections. From Dali to Lijiang to Mianla, we continue to Mt. Baoshan and Rongma in Burma for their unique tropical food culture. Get a taste of the historical roots that Marco Polo and British explorers traveled and captured a glimpse of those glorious eras.

We hope you experience an all-around cultural experience of Lao Cunhuo. Here, you will forget your worries and enjoy natural, healthy and more importantly, delicious food. At Lao Cunhuo, we are a great tasting pot of different cultures and foods and we invite you join us on our journey.
<table>
<thead>
<tr>
<th>No.</th>
<th>Appetizers</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>鸿运当头年糕</td>
<td>48元</td>
<td>Yunan yusheng cake</td>
</tr>
<tr>
<td>2</td>
<td>云南香火春卷</td>
<td>55元</td>
<td>Yunan beef spring rolls</td>
</tr>
<tr>
<td>3</td>
<td>云南云吞</td>
<td>40元</td>
<td>Yunan cold buckwheat noodles</td>
</tr>
<tr>
<td>4</td>
<td>云南酸菜</td>
<td>40元</td>
<td>Yunan isorac acid</td>
</tr>
<tr>
<td>5</td>
<td>云南火腿</td>
<td>68元</td>
<td>Yunan ham pancake</td>
</tr>
<tr>
<td>6</td>
<td>胡椒香肠</td>
<td>55元</td>
<td>Vegetable spring rolls</td>
</tr>
<tr>
<td>7</td>
<td>绿化羊肉三角饼</td>
<td>78元</td>
<td>Burmese lamb samosa</td>
</tr>
<tr>
<td>8</td>
<td>绿化蟹肉</td>
<td>78元</td>
<td>Burmese crab cakes</td>
</tr>
<tr>
<td>9</td>
<td>三元春卷</td>
<td>78元</td>
<td>Shrimp spring roll</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>No.</th>
<th>Salad</th>
<th>Price</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>10</td>
<td>蚂蚁菌汤</td>
<td>68元</td>
<td>Termite mushroom with assorted vegetables salad</td>
</tr>
<tr>
<td>11</td>
<td>云南茄子豆腐</td>
<td>58元</td>
<td>Yunan eggplant and tofu salad</td>
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<tr>
<td>12</td>
<td>串串炒年糕</td>
<td>58元</td>
<td>Stringy beans salad</td>
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<tr>
<td>13</td>
<td>串串酸辣汤</td>
<td>78元</td>
<td>Anise-style ghost chicken salad</td>
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<tr>
<td>14</td>
<td>串串酸辣汤</td>
<td>58元</td>
<td>Mandarin pepper salad</td>
</tr>
<tr>
<td>15</td>
<td>四川风味虾球</td>
<td>150元</td>
<td>Burmese flavour shrimp salad</td>
</tr>
<tr>
<td>16</td>
<td>红烧猪肉</td>
<td>58元</td>
<td>Burmese style chicken cold cut with rice soya bean</td>
</tr>
<tr>
<td>17</td>
<td>串串酸辣汤</td>
<td>78元</td>
<td>Chinese pork in lettuce wrapping</td>
</tr>
<tr>
<td>18</td>
<td>红烧牛肉</td>
<td>68元</td>
<td>Burmese tea leaves salad</td>
</tr>
</tbody>
</table>
**Vegetables**

19. **Burmese shrimp cake** 100元
   Burmese shrimp cake

20. **Kale with bacon** 100元
   Kale with bacon

21. **Braised celery in tomato sauce** 70元
   Braised celery in tomato sauce

22. **Braised eggplant in tomato sauce** 70元
   Braised eggplant in tomato sauce

23. **Stir-fried broccoli with garlic** 80元
   Stir-fried broccoli with garlic

24. **Stir-fried lotus root** 70元
   Stir-fried lotus root

25. **Home style stir-fried yam** 70元
   Home style stir-fried yam

26. **Steamed vegetables in seasoned juice** 70元
   Steamed vegetables in seasoned juice

**Poultry**

29. **Braised hambo sheets with chicken** 80元
   Braised hambo sheets with chicken

30. **Da Li style chicken with chili and green onions** 70元
   Da Li style chicken with chili and green onions

31. **Yunnan chicken salad with chili and sesame** 70元
   Yunnan chicken salad with chili and sesame

32. **Da Li Style stir-fried chicken with chili and ginger** 70元
   Da Li Style stir-fried chicken with chili and ginger

33. **Yunnan gang bao chicken** 70元
   Yunnan gang bao chicken

34. **Yunnan sauce chicken** 70元
   Yunnan sauce chicken

35. **Da Li style chicken with seven spices** 70元
   Da Li style chicken with seven spices

36. **Burmese chicken curry** 70元
   Burmese chicken curry

37. **Ancient style crispy chicken** 70元
   Ancient style crispy chicken
牛肉,猪肉与其它
Beef, Pork and Others

38. 杂烩青蒜炒牛肉
Mixed sautéed beef with scallions

39. 滇盐烤肉
Yunnan-style roast pork

40. 滇江风味烤肉
Lijiang-style grilled pork

41. 滇江风味烧猪肉
Lijiang-style stir-fried pork

42. 丽江猪脚炒牛肉
Yunnan spicy stir-fried beef

43. 滇味菜籽烧猪肉
Stir-fried pork with mung beans and pine nuts

44. 乌龙肥瘦肉
Ancient style crispy pork

45. 坚山黄焖猪脚
Stewed beef

46. 葱香味精炒牛肉
Marinated beef sautéed with soy sauce

47. 贵州口味牛排
Tibetan style stir-fried beef

48. 吉香烤羊小排
Tibetan style grilled rack of lamb

49. 云南风味烧鸡
Yunnan flavor beef pork ribs

50. 云南风味炒蛋
Yunnan-style scrambled eggs

51. 云南风味炒面
Yunnan-style noodles

52. 黑胡椒蘑菇烩
Stir-fried white mushroom and tofu in bamboo tea

53. 云南风味豆腐
Yunnan-style hot & spicy tofu

54. 印式咖喱牛肉
Burmese beef curry

55. 古法腊肉
Ancient style sausages
**Seafood**

56. 傣族式香煎鱼饼  
Dai Tribe stir-fried fish fillet with lemon pepper  
¥98

57. 傣族豆豉鱼  
Steamed sea bass with dai tribe soybean  
¥110

58. 丝瓜煎蛋  
Spicy egg fried in banana leaves  
¥250

59. 傣族豆豉鱼  
Steamed cod with dai tribe salted black bean  
¥250

60. 傣族豆豉鱼  
Spicy cod steamed in banana leaves  
¥250

61. 味增鱼  
Brined sea bass with bamboo shoots  
¥110

62. 香辣葱烧鱼  
Brased sea bass with fresh chili  
¥110

63. 雪花斑arity  
Steamed cod with wild fermile mushroom  
¥350

64. 云南黑松露鱼  
Steamed cod with Yunnan black truffle  
¥380

65. 傣族酸辣汤  
Miso tribe hat and sour prawns  
¥158

**Soup**

71. 云南酸辣鱼  
Yunnan fish and sour sea cucumber soup  
¥100  
¥88

72. 西式肉冻汤  
Vegetable soup  
¥90  
¥68

73. 豆腐火腿汤  
Tofu, meatball, and vegetable soup  
¥68  
¥58

74. 傣族红烧鱼  
Braised black kangaroo and glass noodles soup  
¥88  
¥58

75. 腊排骨汤  
Steamed chicken in clay pot  
¥200  
¥150
93. 西瓜汁  
Watermelon juice

30元

94. 胡萝卜汁  
Carrot juice

30元

95. 菠萝汁  
Pineapple juice

40元

96. 桑葚汁  
Lemon with honey juice

35元

97. 橙汁  
Orange juice

40元

98. 苹果汁  
Apple juice

40元

99. 混合果汁（苹果橙子）  
Mix juice（Apple, Orange）

40元

100. 水果拼盘  
Fruit platter

大30元
中25元
小20元