



"THE LIGHT THAT CANNOT BE HIDDEN ; THE SALT THAT CANNOT BE TRAMPLED"

WHY LIGHT & SALT

光与盐是一家集餐厅、酒吧、艺术和文化为一体的生活体验空间。第一家光与盐设立在于 1933 年建成
的外滩中国女青年会大楼内，光与盐的寓意来自于圣经，我们以光寓意文化与艺术，以盐体现我们的美食与美
酒。

LIGHT & SALT IS A LEADING LIFESTYLE CONCEPT STORE FEATURING THE MOST DISTINCT OFFERINGS IN RESTAURANTS & BARS, ART & CULTURE. THE VERY FIRST LIGHT & SALT WERE ESTABLISHED IN YWCA BUILDING ON THE BUND, WHICH WAS BUILT IN 1933. LIGHT & SALT WAS TAKEN FROM A PHRASE WITHIN THE HOLY BIBLE. "LIGHT" STANDS FOR ARTS & CULTURES, WHILE "SALT" STANDS FOR ENTICING FOOD & WINE.

LIGHT & SALT GROUP



LIGHT & SALT ON THE BUND
6F 133 YUANMING YUAN ROAD YWCA BUILDING, BUND
外滩 圆明园路 133 号女青年会大楼 6 楼



LIGHT & SALT DAILY
407 NORTH SHANXI ROAD, JING AN
静安 陕西北路 407 号



BOUQUET BY LIGHT & SALT
3F 1829 WEST BEIJING ROAD, JING AN
静安寺 北京西路 1829 号新华书店 3 楼香源

DAILY STORY

陕西路前身是知名的西摩路，在这条路上有许多建于 1914 年早期的摩登感公寓，充满了优雅氛围。如
今的陕西路已是艺术时尚的静安 区的核心，聚集了许多世界时尚品牌与创意公司的总部。LIGHT & SALT
DAILY 如今非常自豪地来到静安，为这里的餐饮与生活方式增 加新的亮点。位于 3 楼的 GARDEN 27 是由
既是设计师，又是艺术家的陈幼坚先生以“花” (FLEUR COUTURE)为灵感的生活空间。

THE HISTORIC SHANXI ROAD, FORMERLY KNOWN AS SEYMOUR ROAD WAS FAMOUS FOR ITS STYLISH HOMES AND GRACIOUS ATMOSPHERE WHEN IT WAS ORIGINALLY BUILT BACK IN THE EARLY 1914. NOWADAYS SHANXI ROAD IS THE CENTER OF JING'AN'S ART AND FASHION DISTRICT, AND THE HEADQUARTERS OF MANY GLOBAL FASHION BRANDS & CREATIVE COMPANIES. LIGHT & SALT DAILY IS NOW PROUDLY TO BECOME THE LATEST ADDITION TO LIGHT & SALT GROUP AND JOIN JING'AN'S DINING & LIFESTYLE SCENE. ALSO, THE GARDEN 27 THAT LOCATED ON THE THIRD FLOOR IS A "FLEUR COUTURE" LIFESTYLE CONCEPT STORE OPERATED BY ALAN CHAN, A WORLD-RENOWNED GRAPHIC DESIGNER & ARTIST.

WINTER TASTING MENU

冬日赏味品鉴

*WE SELECT SEASONAL PRODUCE WITH THE UTMOST RESPECT FOR ONE PURPOSE:
TO GIVE YOU PLEASURE.
THANK YOU FOR YOUR TRUST AND LET IT GUIDE YOU.*

1ST COURSE

FRESH IRELAND OYSTER WITH DRESSING 新鲜爱尔兰生蚝
SALMON ROE WITH MIGNONETTE SAUCE
三文鱼籽红酒醋

2ND COURSE

SEAFOOD CONSOMME 海鲜清汤
ABALONE, PRAWN, MUSHROOM, LEMONGRASS, GALANGAL, LEMON, CHILLI
鲍鱼, 明虾, 平菇, 香茅, 南姜, 柠檬, 辣椒

3RD COURSE

SEARED FOIE GRAS 法式香煎鹅肝
ROASTED HAZELNUT, UMEKO SAUCE, BRIOCHE
烤榛子, 梅子酱, 法式面包

4TH COURSE

MISO COD 味噌鳕鱼 (70g)
PURPLE MASH, MUSHROOM, ORANGE DAIKON, LEMON BUBBLE
紫薯泥, 白玉菇, 橙味萝卜, 柠檬泡沫

5TH COURSE

AUSTRALIA M5 WAGYU RIBEYE 澳洲 M5 和牛肉眼 (100g)
POTATO GALETTE, BROCCOLI, BABY CARROT, ONION PUREE
土豆千层酥, 兰花台, 手指胡萝卜, 洋葱泥

6TH COURSE

DAILY DESSERT
每日精选甜品

RMB 558 PER PERSON
558 元每位

TO SHARE

分享

FRESH OYSTER MARKET 新鲜生蚝

	A PIECE	HALF DOZEN
爱尔兰哈蒂 4 号 HARTY N4 FROM IRELAND	38	228
爱尔兰哈蒂 2 号 HARTY N2 FROM IRELAND	48	288

*WE SEARCH FRESH OYSTERS FROM ALL OVER THE WORLD IN THE SEASON
AND BRING THEM TO YOU WITH AN AFFORDABLE FARE.
寻遍世界各地，每日新鲜而至*

OYSTERS TRIO 生蚝三重奏	117
SALMON ROE WITH MIGNONETTE SAUCE, PICKLED PEAR TOPPING, LIME AND CUCUMBER TABASCO 三文鱼籽红酒醋，腌渍香梨，青柠黄瓜辣椒仔	
FOIE GRAS TERRINE 法式鹅肝塔林	127
WITH PINEAPPLE BUN 配菠萝包	
BEER BUTTER CHICKEN 啤酒炸鸡	87
WITH VEGETABLE CHIPS 配蔬菜脆片	
CHEESES PLATE 精选芝士拼盘	197
COMTE, BRIE, BLUE CHEESE 孔泰芝士，布里芝士，蓝纹芝士	
DAILY COLD CUT PLATE 经典冷肉拼盘	197
36-MONTH IBERICO HAM 36 个月伊比利亚火腿	50g / 70g 197/267
SEAFOOD PLATTER 臻享海鲜盘	197
OYSTERS, HAMACHI, PRAWNS COCKTAIL, SCALLOPS, CLAMS 进口生蚝，红狮鱼刺身，凤尾虾，北海道扇贝，深海北极贝	
ADD HALF BOSTON LOBSTER +半只波士顿龙虾	+187

DAILY DINNER SET MENU

2 COURSES 两道菜 RMB 257

3 COURSES 三道菜 RMB 297

WINE FLIGHT 配三杯酒 RMB 157

包含一杯起泡酒、一杯白葡萄酒、一杯红葡萄酒，请向侍酒师详询当日精选
INCLUDING ONE GLASS OF BUBBLE, ONE GLASS OF WHITE WINE AND ONE GLASS OF RED WINE
PLEASE ASK YOUR SOMMELIER FOR TODAY'S SELECTIONS

随意搭配属于你的菜单，请在每道菜中选取一种菜品
PLEASE SELECT YOUR PREFERRED DISH FROM EACH COURSE

TO START 序曲

A LA CARTE PRICE

SEAFOOD CONSOMME 海鲜清汤	87
ABALONE, PRAWN, MUSHROOM, LEMONGRASS, GALANGAL, LEMON, CHILLI 鲍鱼, 明虾, 平菇, 香茅, 南姜, 柠檬, 辣椒	
LOBSTER BISQUE 龙虾浓汤	87
LOBSTER MEAT, AVOCADO, SEA URCHIN SAUCE 龙虾肉, 牛油果, 海胆汁	
HAMACHI CRUDO 红狮鱼刺身	87
SALMON ROE, KAFFIR LIME LEAVES, LEMONGRASS, FRIED SHALLOTS, LIME AND CHILLI VINAIGRETTE 三文鱼籽, 青柠草, 香茅, 圆葱脆, 青柠酸辣汁	
BEEF TARTA 牛肉塔塔	87
QUAIL EGG, GREEN APPLE, RADISH, LOBSTER CRISP 鹌鹑蛋, 青苹果, 野生萝卜, 龙虾片	
BEEF TONGUE CARPACCIO 意式薄切牛舌	97
RADISH, FRIED CAPERS, PARM CHEESE, DIJON MUSTARD DRESSING 野生萝卜, 水瓜柳酥, 帕尔玛芝士, 大藏芥末酱	
QUINOA & BEETROOT SALAD 藜麦甜菜头色拉	77
CANDIED PECAN, CHERRY TOMATO, BEETROOT VINGRATTE 焦糖核桃, 圣女果, 芝麻菜, 意大利醋	
SAUTÉED PRAWNS 嫩煎明虾(+20RMB)	117
LEMON JAM, CUMIN, CORN SALSA 柠檬酱, 小茴香, 玉米莎莎	
PAN-FRIED HOKKAIDO SCALLOPS 香煎北海道扇贝(+30RMB)	127
MUSHROOM, BACON, GREEN PEAS PUREE 白玉菇, 培根, 青豆泥	
SEARED FOIE GRAS 法式香煎鹅肝(+30RMB)	127
ROASTED HAZELNUT, UMEKO SAUCE, BRIOCHE 烤榛子, 梅子酱, 法式面包	

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE
• 需另加收10%服务费 •

TO CELEBRATE

主乐调

A LA CARTE PRICE

PAN-FRIED SEABASS 香煎海鲈鱼	187
IBERICO HAM, CONFIT KING OYSTER MUSHROOM, CAULIFLOWER PUREE, ARTICHOKE, BALSAMIC REDUCTION 伊比利亚火腿, 油封杏鲍菇, 花椰菜泥, 意大利洋蓟, 意大利醋汁	
SLOW ROASTED SPRING CHICKEN 碳烤慢煮春鸡	187
CHICKPEA, GRAPE PUREE, HONEY MUSTARD SAUCE 鹰嘴豆, 烤葡萄泥, 蜂蜜芥末汁	
SEARED DUCK BREAST 法式香煎鸭胸	197
LE PUY GREEN LENTILS, CUMIN CARROT PUREE, CABBAGE, ORANGE REDUCTION, FIG JAM 法国勒布伊干绿扁豆, 孜然胡萝卜泥, 卷心菜, 焦糖橘味鸭汁, 无花果酱	
ROASTED PORK RIBS 烤黑毛猪肋排	197
BACON, BRUSSLE SPROUTS, RADISH, PUMPKIN MASH 培根, 孢子甘蓝, 野生萝卜, 南瓜泥	
SNOW CRAB AND BLACK TRUFFLE CAVATELLI 雪蟹黑松露面	197
SNOW CRAB, BLACK TRUFFLE, PARMIGIANO REGGIANO 雪蟹肉, 黑松露, 帕尔玛芝士	
CANADA AAA RIBEYE WITH PRAWNS 加拿大 AAA 肉眼配明虾(+50RMB)	237
150G CANADA AAA GRAIN-FED ANGUS RIBEYE, PRAWN, ASPARAGUS, MASHED POTATO 150 克加拿大 AAA 谷饲安格斯肉眼, 明虾, 芦笋, 土豆泥	
MISO COD 味噌鳕鱼 (+100RMB)	297
PURPLE MASH, MUSHROOM, ORANGE DAIKON, LEMON BUBBLE 紫薯泥, 白玉菇, 橙味萝卜, 柠檬泡沫	
BOSTON LOBSTER THERMIDOR 焗波士顿龙虾(+100RMB)	297
TAGLIATELLE, TOMATO, ZUCCHINI 意大利扁面, 番茄, 节瓜	
AUSTRALIA M5 WAGYU RIBEYE 180G 澳洲 M5 和牛肉眼(+180RMB)	367
POTATO GALETTE, BROCCOLI, BABY CARROT, ONION PUREE 土豆千层酥, 兰花台, 手指胡萝卜, 洋葱泥	

THE RESERVE

PERFECT FOR 2 PPL TO SHARE 适宜 2 位分享

SURF & TURF 海陆盛宴(+350RMB PER PERSON)	887
400G AUSTRALIA M5 WAGYU RIBEYE, HALF BOSTON LOBSTER, TRUFFLE POTATO MASH, ROASTED ORGANIC TOMATO 400 克澳洲 M5 和牛肉眼, 半只波士顿龙虾, 松露土豆泥, 烤有机番茄	
MEAT TASTING PLATE 烤肉赏味拼盘(+150RMB PER PERSON)	497
300G CANADA AAA GRAIN-FED ANGUS RIBEYE, ROASTED PORK RIBS, SEARED DUCK BREAST, SEASONAL VEGETABLE 300 克加拿大 AAA 谷饲安格斯肉眼, 烤猪肋排, 香煎鸭胸, 烤时蔬	

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TO MATCH

配菜

BACON, BRUSSELE SPROUTS 培根, 孢子甘蓝	37
HAND CUT FRIES, TRUFFLE CHEESE SAUCE 手切薯角, 松露芝士酱	37
AVOCADO SALAD, PICKLED FENNEL 牛油果沙拉, 腌茴香	37
TRUFFLE POTATO MASH 松露土豆泥	37

*SIDE DISH IS NOT INCLUDED IN THE SET PRICE. 配菜不包含在套餐价格内

SWEET MOMENT

序幕

A LA CARTE PRICE

CHESTNUT TART 栗子塔 ROASTED CHESTNUT, GOLD FOIL 烤栗子, 金箔	67
HAZELNUTS MOUSSE 榛子慕斯 CARAMEL CHOCOLATE, MANGO, PASSION FRUIT, MANGO SORBET 芒果, 百香果, 芒果雪芭	67
CHOCOLATE MOUSSE 黑巧克力慕斯 CARAMEL SAUCE, PEANUTS, ORANGE, FOREST BERRY SORBET 焦糖酱, 花生, 橘子, 森林红莓雪芭	67
CARAMEL PEAR AND VANILLA CUSTARD 焦糖香梨香草奶冻 ALMOND CAKE, LIME SORBET 杏仁蛋糕, 青柠雪芭	67
BLUE BERRY MASCAPONE CHEESE MILLE FEUILLE 蓝莓芝士拿破仑 PISTACHIO TUILE, YOGURT 开心果薄脆, 酸奶酱	67
BANANA AND CHOCOLATE LAVA CAKE 香蕉熔岩蛋糕 BANANA BRULEE, PEANUT GALETO 香蕉布蕾, 花生冰激凌 (NEED 20 MINUTES TO PREPARE 需要 20 分钟新鲜烤制)	67
PURPLE SOUFFLE 梦幻舒芙蕾 BLUEBERRY, VANILLA GALETO 蓝莓, 香草冰激凌 (NEED 20 MINUTES TO PREPARE 需要 20 分钟新鲜烤制)	67

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