



RESTORAN

HAINANESE  
DELIGHTS 琼州美食

怀乡居

驰名海南鸡饭

# An Introduction To The HAINANESE CUISINE

*Hainanese Cuisine is a style of cooking developed and perfected by immigrants from the Hainan Island, situated in the Southern coast of China, having an almost identical climate as that of tropical regions around the world.*

*Faced with the raging wars in China and WWII, poverty-stricken inhabitants of the Hainan Island migrated to our shores in search of a better life.*

*Many started working for Colonial masters as cooks. Some established small coffee shops after collecting enough savings. As the years went by, Hainanese dishes have evolved and been recreated to better suit taste buds of the locals and colonial masters. Henceforth, the local Hainanese cuisine simply refers to dishes recreated by Hainanese migrants. It is not identical to the traditional way of cooking by Hainan Island inhabitants. The Malaysian and Singaporean Hainanese cuisine is unique in its own way and cannot be found elsewhere even in Hainan Island.*

*Most Hainanese dishes have evolved under the influence of local and foreign cultures. Specially catered for colonial masters and western influenced towkays' taste buds are curry dishes, chicken, lamb and beef stews, chicken chop and fish and chips. Flavours of nyonya cooking have been infused in Hainanese dishes such as assam fish, kari kapitan, inchee kabin, assam prawns, lor bak and spring rolls.*

*A noted dish from the Hainanese cuisine would ultimately be the Hainanese Chicken Rice, originating from the village of Wen Chang in Hainan Island. The rice, cooked in aromatic chicken stock is served with boiled chicken, specially prepared chilli and ginger sauce. Eating should not just be an act of filling an empty stomach. So we are delighted to reintroduce some long forgotten recipes created by our forefathers, simple yet gratifying, a culinary journey through the realms of Hainanese Cuisine.*

*Comments are most welcome.*

# 琼州(海南) 美食缘起

琼州海南美食是南洋一带的海南族群，在烹饪方面，经过数代人的努力研究与开发，融入不同文化的烹调方式，创出自成一派的美食风格。

海南岛是琼州海南人的原乡，那里的蓝天白云、洁白沙滩、海风习习、椰树摇曳，充满浓浓的热带风情，也是中国最著名及热门的旅游景点之一。

清末民初期间，中国经历连年战祸，民不聊生，大量的琼州海南人从海南岛（现为海南省，旧称琼州），飘洋过海，前来马来半岛谋生。而为当时殖民政府洋人官员与商人当帮佣或厨师，是许多海南先贤在南洋的主要谋生技能之一。海南先贤秉持中华文化的刻苦耐劳精神，努力工作多年后，多数利用储蓄开一间小小咖啡档或者咖啡餐室，养家糊口。

海南先贤在当厨师之余，通过学习西餐料理方式，再融入本地南洋风味的食材，创出一种全新美食风味，以迎合殖民洋主人与本地人的口味，因此海南先贤创造的海南美食，与原乡海南岛的传统味道有别。南洋一带的海南美食具有独特的殖民风味，连在原乡海南岛都无法找到类似的美食风味。

海南美食融合中餐与西餐的烹饪文化与方式，因此具有独特的美味，深受当时的殖民洋主人以及洋行大老板的喜爱，例如咖哩菜肴，海南炖鸡肉、羊肉、牛肉，以及海南鸡扒、鱼扒等。除此之外，海南美食也深受娘惹饮食文化的影响，一些著名的菜肴如亚参鱼，甲必丹咖哩，胭脂鸡，亚参虾，卤肉和春卷等，混合了娘惹烹饪的独特食材，成为特色菜肴。

海南鸡饭是驰名海内外的海南佳肴。海南鸡饭是海南岛文昌县的名菜，香滑可口的鸡肉，加上鸡汤熬煮的油亮鸡饭，再配上由辣椒、幼姜调成的沾酱，这道海南岛名菜，经由海南移民在南洋发扬光大。

我们秉持发扬海南美食的宗旨，让海南先贤多年以来开发的独特菜肴重现，继续让大家细细品尝，再三回味。

我们希望怀乡居的海南美食，能让您找回当年的海南味道。

# 琼州美食 HAINANESE CUISINE

From the Colonial Kitchen  
At 1926 Heritage Hotel, Penang

## APPETISERS

H1.

海南蟹肉春卷

**Spring Roll**

*Homemade spring roll with crabmeat*

@ RM6.60 per roll



H1

H2.

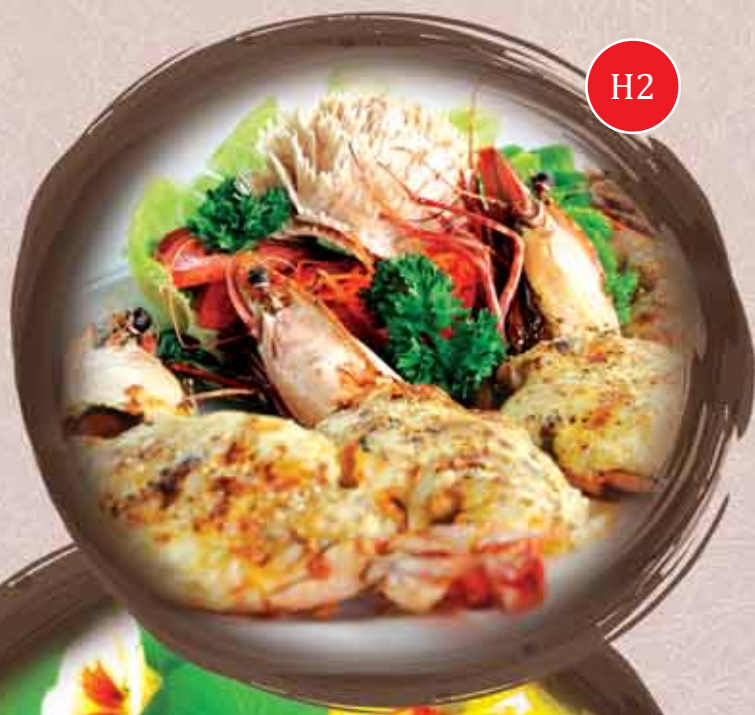
法式芝士焗虎虾

**Prawn Thermidor**

(Minimum order 2pcs)

*Large prawn baked with white sauce  
and cheese served with salad*

@ RM15.00 each



H2

H3.

芝士焗螃蟹

**Crab Mornay**

(Minimum order 2pcs)

*Crab meat & cheese baked in crab shell*

@ RM14.50 each



H4.

卤肉

**Lor Bak**

*Chicken meat with special spices rolled in beancurd skin*

@ RM6.60 per roll



H4

H5.

泰式玻璃虾卡拉武

**Glass Prawn Kerabu**

*In appetising Thai style*

@ RM17.00 {S} RM26.00 {M}



H6.

鸡肉沙嗲

**Chicken Satay**

(6 pieces)

@ RM11.00

H7.

羊肉沙嗲

**NZ Lamb Satay**

(6 pieces)

@ RM17.00

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*24 hours advance order needed for items marked \*  
All prices are subject to 5% service charge & 6% GST.*

*For take-away, food container is chargeable at RM0.50 {S}, RM1.50 {L}  
Acceptance of Credit card payment for minimum bill amount of RM 30.00 & above only.*

# SOUPS

H14



H8.

海南蘑菇汤

## Hainanese-Style Mushroom Soup

*Button mushrooms, chicken meat, liver and gizzard with glass noodles*

@ RM15.00 {S}

RM25.00 {M} RM36.00 {L}

H9.

蔬菜什锦汤

## Mix Vegetables Soup

@ RM15.00 {S}

RM25.00 {M} RM36.00 {L}

H12



H10.

咸菜豆腐汤

## Salted Vegetable Taufu Soup

@ RM15.00 {S}

RM25.00 {M} RM36.00 {L}

H11.

紫菜汤

## Seaweed Soup

@ RM15.00 {S}

RM25.00 {M} RM36.00 {L}

# POULTRY

H12.

甲必丹咖哩鸡

## Chicken Curry Kapitan

*Colonial style with special flavoured curry sauce*

@ RM18.00 {S} RM35.00 {M}

RM48.00 {L}

H13.

海南胭脂鸡

## Inchee Kay Bin

*Deep fried marinated chicken with traditional sauce*

@ RM18.00 {S} RM35.00 {M}

RM48.00 {L}

H14.

海南芋头鸭

## Yam Duck

*Hainanese duck stew with yam*

@ RM30.00 {S} RM48.00 {M}

RM70.00 {L}

H15.

海南鸡饭

## Hainanese Chicken Rice

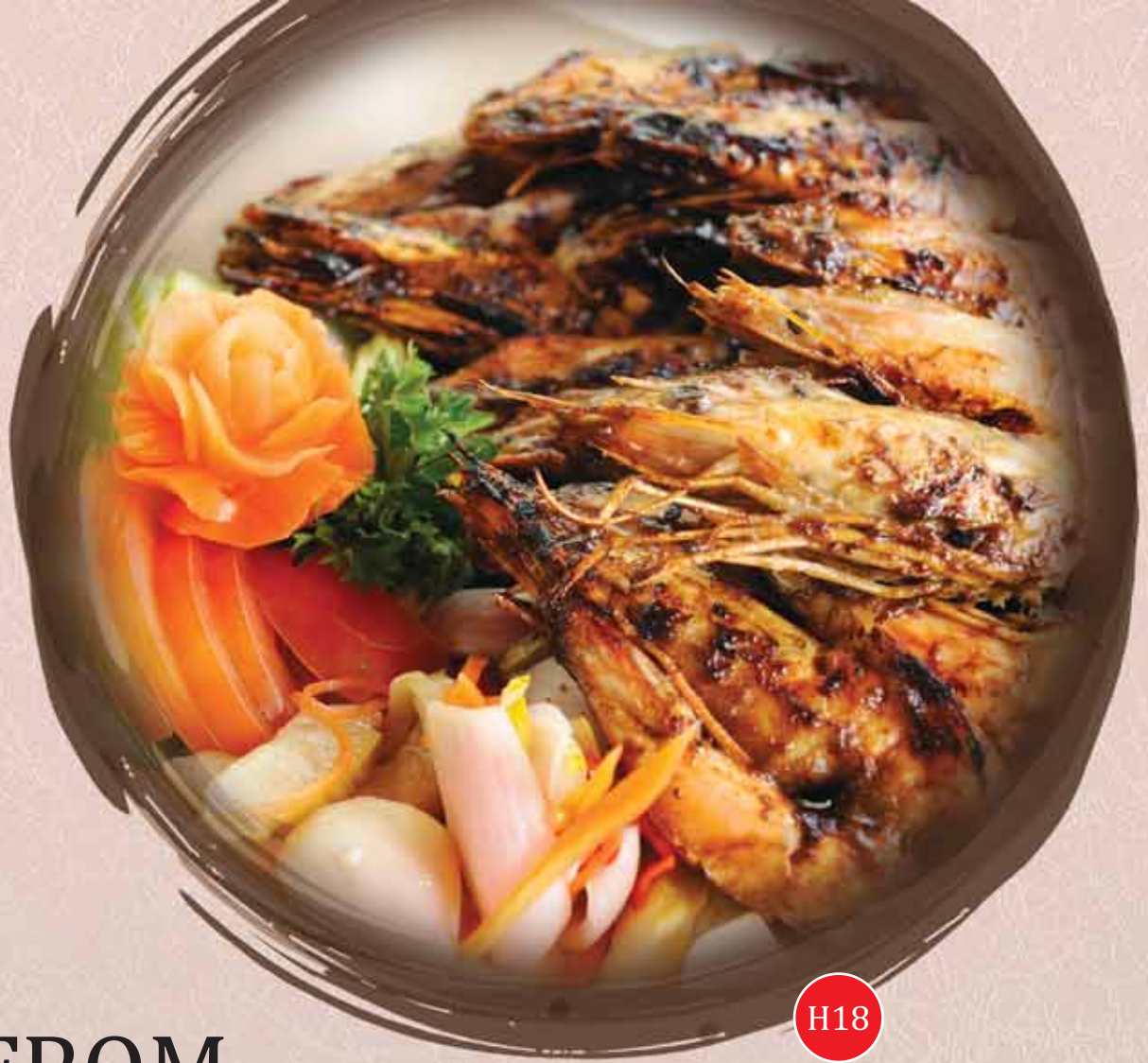
*White chicken boiled to perfection served with aromatic steamed rice and soup of the day*  
@ RM17.00 per portion (Quarter chicken)  
*(Additional charge RM2.50 is applicable for special request of chicken drumstick meat portion)*

H13



H15





## FROM THE OCEAN

H16.

海南芋头鱼 (时价)

### **Hainanese Yam Fish\***

*Hainanese fish stew with yam*  
(Market Price)

H17.

海南亚参鱼 (时价)

### **Hainanese Assam Fish**

*Spicy and sour fish curry*  
(Market Price)

H18.

亚参大虾

### **Assam Prawns**

*\*(Minimum 4 pcs or 200gms)*  
*Fried prawns with sour tamarind sauce*  
(Market Price)

H19.

蒜蓉大虾

### **Garlic Prawns**

*\*(Minimum 4 pcs or 200gms)*  
*Fried garlic prawns with butter sauce*  
(Market Price)

H20.

海南虾球

### **Hainanese Prawn Fritters**

*\*(Minimum 4 pcs or 200gms)*  
*Deep fried prawns coated with special flour*  
(Market Price)

H21.

甘香明虾

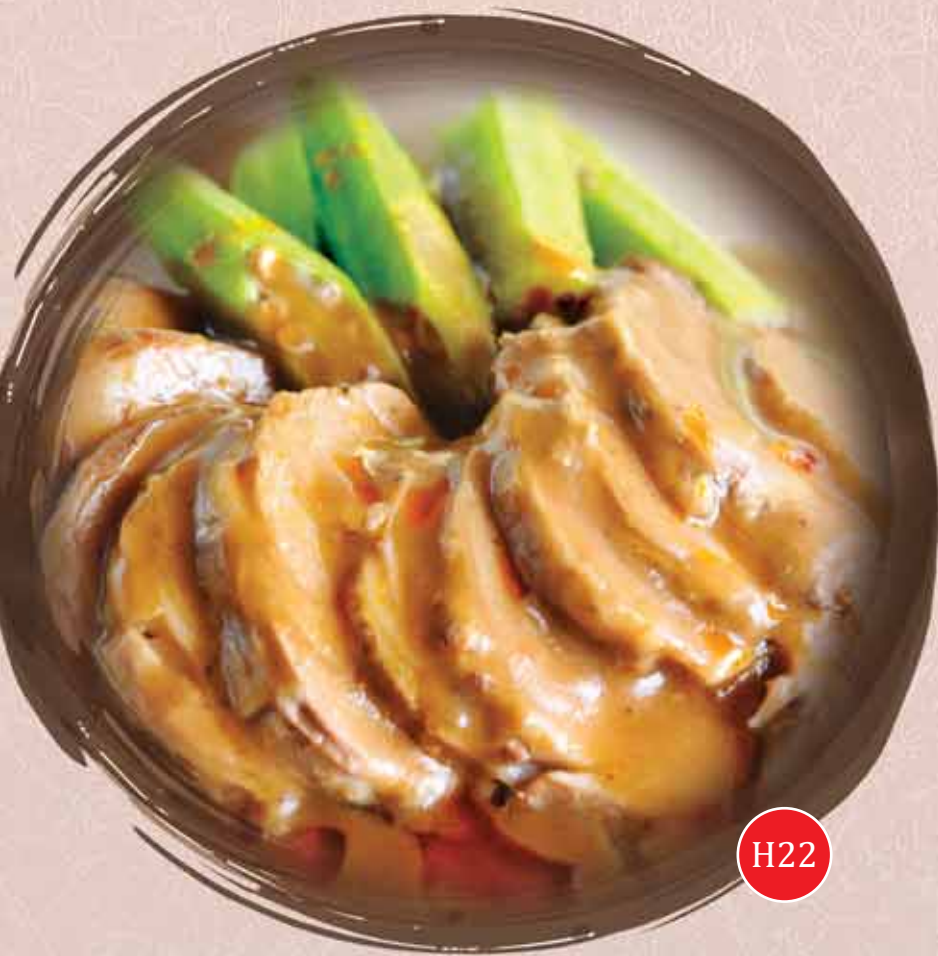
### **Kam Heong Prawns\***

*\*(Minimum 4 pcs or 200gms)*  
*Deep fried, fragrant and spicy*  
(Market Price)

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H22

# FROM THE MEADOW

H22.

海南炖羊肉木耳

## Braised Lamb Hainanese Style\*

*New Zealand Lamb braised with black fungus*

@ RM48.00 {M} RM72.00 {L}

H23.

海南炖羊肉角豆

## Braised Lamb with Lady's Fingers

*New Zealand Lamb braised with lady's fingers*

@ RM27.00 {S} RM48.00 {M} RM72.00 {L}

# PIES AND PASTRIES

*(Freshly baked. Please allow 20-30 minutes for preparation)*

H24

鸡肉派

## Chicken Pie

*Colonial style with puff pastry*

@ RM16.00 {S} RM28.00 {M} RM40.00 {L}

H25.

海南式马克洛尼派

## Macaroni Pie

*Colonial style with meringue*

@ RM16.00 {S} RM28.00 {M} RM40.00 {L}



H24

H26.

羊肉派

## Lamb Pie\*

*Colonial style with puff pastry*

@ RM48.00

# ORIENTAL CUISINE

From the Chinese Kitchen  
At 1926 Heritage Hotel, Penang

## 菜, 蛋 Vegetables & Eggs

炒什菜

### 01. Mixed Vegetables

RM16.00 {S} RM24.00 {M} RM32.00 {L}

马来风光

### 02. Fried Kangkung

RM14.00 {S} RM24.00 {M} RM32.00 {L}

罗汉齐

### 03. Lor Han Chai

RM14.00 {S} RM22.00 {M} RM32.00 {L}

大葱煎蛋

### 04. Onion Omelette

RM10.00 {S} RM15.00 {M} RM20.00 {L}

茜芹

### 05. Celery

Garlic/Oyster Sauce 蒜头/蚝油酱

RM16.00 {S} RM22.00 {M} RM30.00 {L}

芙蓉蟹肉蛋

### 06. Foo Yong Crab

RM17.00 {S} RM25.00 {M} RM32.00 {L}

海南炒什菜

### 07. Hainanese Mixed Vegetables with Glass Noodle

RM17.00 {S} RM25.00 {M} RM32.00 {L}

芥兰

### 08. Kai Lan

Garlic/Oyster Sauce 蒜头/蚝油酱

RM12.00 {S} RM18.00 {M} RM25.00 {L}

豆苗

### 09. Tou Meow (Pea Shoots)

Garlic/Oyster Sauce 蒜头/蚝油酱

RM12.00 {S} RM18.00 {M} RM25.00 {L}

油麦菜

### 010. Yau Mak (Lettuce)

Garlic/Oyster Sauce 蒜头/蚝油酱

RM12.00 {S} RM18.00 {M} RM25.00 {L}

四季豆

### 011. French Beans

Minced Chicken 剁鸡肉

RM14.00 {S} RM22.00 {M} RM28.00 {L}

苦瓜

### 012. Bitter Gourd

Taucheow (Beans paste) 豆酱/

Salted Eggs 咸蛋

RM14.00 {S} RM22.00 {M} RM28.00 {L}

豆芽

### 013. Bean Sprout

Salted Fish 咸鱼

RM12.00 {S} RM18.00 {M} RM25.00 {L}

羊角豆 (秋葵)

### 014. Sambal Ladies Fingers

Sambal 三吧辣酱/Taucheow (Beans paste) 豆酱

RM14.00 {S} RM22.00 {M} RM28.00 {L}

上汤茼菜

### 015. Superior Soup Spinach

RM14.00 {S} RM22.00 {M} RM28.00 {L}

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# ORIENTAL CUISINE

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## 鱼 Fish

清蒸 (时价)

017. **Steamed Fish**  
(Market Price)

豆酱炒 (时价)

018. **Tau Cheow Fish**  
(Market Price)

潮式蒸 (时价)

019. **Steamed Fish Teow Chiew Style**  
(Market Price)

红烧 (时价)

020. **Hung Siew Fish**  
(Market Price)

酸甜 (时价)

021. **Sweet & Sour Fish**  
(Market Price)

## 豆腐

### Bean Curd

沙煲豆腐

022. **Clay Pot Taufu**  
RM19.00 {S} RM32.00 {M} RM42.00 {L}

王子豆腐

023. **Wong Chee Taufu**  
RM19.00 {S} RM32.00 {M} RM42.00 {L}

## 其他 Others

中国茶

024. **Chinese Tea**  
RM1.30 per person

白饭

025. **Steamed Rice**  
RM1.60 per bowl

# LOCAL SPECIALTIES

炒饭

L1. **Fried Rice**  
RM11.50

炒面/米粉

L2. **Fried Ma Mee / Bee Hoon**  
RM11.50

滑蛋炒河粉

L3. **Cantonese Style Fried Hor Fun**  
RM11.50

干炒河粉

L4. **Dry Fried Hor Fun**  
RM11.50

海南炒面/米粉

L5. **Hainanese Fried Mee / Bee Hoon**  
RM11.50

丹那咸鱼炒饭

L6. **Special Fried Rice with Tanau salted fish**  
RM13.50

炒粿条

L7. **Char Koay Teow**  
RM11.50



# BEVERAGES & DESSERTS



## 甜品 Desserts

**D1. Sago with Gula Melaka  
and Coconut Milk**  
@ RM3.80

**D2. Ice Cream  
with Choice of flavours**  
@ RM2.80 per scoop

**D3. Pancake with Ice Cream**  
@ RM4.60

**D4. Fresh Fruits of the Season**  
@ RM14.00 {S} RM25.00 {M}  
RM36.00 {L}



## 果汁 Juices

**J1. Fresh Orange @ RM6.00**

**J2. Fresh Green Apple @ RM6.00**

**J3. Fresh Lime or Lemon @ RM6.00**

**J4. Fresh Watermelon @ RM6.00**

**J5. Fresh Pineapple @ RM6.00**

**J6. Fresh Carrot @ RM6.00**

**J7. Fresh Mixed Fruits Juice @ RM8.00**  
(Choice of two different fruits)

**J8. Roselle Juice @ RM5.80**

## 饮料 Beverages

**B1. Brewed Weasel Coffee @ RM8.80**

**B2. Local Coffee (Hot) @ RM3.80**

**B3. Local Coffee (Cold) @ RM4.60**

**B4. White Coffee**  
@ RM4.80 (hot) / RM5.60 (cold)

**B5. Herbal Tea**  
@ RM2.80 (hot) RM3.30 (cold)

**B6. Brewed Ceylon Tea @ RM3.80**

**B7. Ice Ceylon Tea @ RM4.60**

**B8. Milo (Hot) @ RM4.50**

**B9. Milo (Iced) @ RM5.00**

**B10. Carbonated Drinks (Canned)**  
Assorted @ RM3.60 per can

**B11. Mineral Water**  
@ RM2.80 {S} / RM4.50 {L}

**B12. Beer (Canned)**  
Carlsberg @ RM12.00  
Tiger @ RM12.00

**B13. Stout (Canned)**  
Guinness @ RM15.50



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# COLONIAL WESTERN CUISINE

**W1. Grilled Fish Fillet**  
*(Premium Dory)*  
@ RM17.00

**W2. Fish & Chips**  
*(Premium Dory)*  
@ RM17.00

**W3. Chicken Chop**  
@ RM16.00



W2



W3

**Tidbits - Peanuts**  
RM3.00 per serving



@

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