

# 太陽冰室

## 原盅蒸飯

Steamed rice in pot

即叫即蒸 (需時15 - 20分鐘)

Cook to order (15 - 20 mins)

A02 窩蛋牛肉飯 Steamed rice with beef patty and raw egg	\$52	A05 北菇滑雞飯 Steamed rice with chicken and Chinese mushroom	\$45
A03 鳳爪排骨飯 Steamed rice with pork rib and chicken feet	\$45	A06 土魷肉餅飯 Steamed rice with dried squid and pork patty	\$45
A04 鹹魚肉餅飯 Steamed rice with salted fish and pork patty	\$45	A07 梅菜肉餅飯 Steamed rice with preserved vegetable and pork patty	\$45

## 亞太特色

Asian signature

E01 濃湯花膠雞米 Fish maw and chicken in superior soup with vermicelli	\$78
E02 濃湯雞米 Chicken in superior soup with vermicelli	\$58
E03 米酒雞湯米 Chicken in Chinese herbal soup with vermicelli	\$48
E04 馬來西亞海鮮喇沙 Malaysian laksa with seafood	\$65
E05 泰式牛筋腩米 Thai style simmered beef tendon with vermicelli	\$65
E06 越南生牛肉河 Vietnamese rice noodle with beef slice (Pho Bo)	\$65
P01 泰式海南雞飯 Thai style Hainan chicken rice	\$63
P02 越式香茅豬扒飯 Vietnamese lemongrass pork chop with rice	\$45
P03 越式香茅雞扒飯 Vietnamese lemongrass chicken chop with rice	\$45

- (1) 金峰南岸員工點選任何飯類加送汽水。
- (2) 所有價錢以澳門幣計算。
- (3) 外賣盒每個 +\$2。

- (1) One Oasis staff to get a free soft drink by purchasing any rice.
- (2) All prices are in MOP.
- (3) Take away box +\$2 each.

## 燒味

Chinese barbecue

C01 脆皮迷你乳豬仔 (需提前3天預訂) Barbecued whole suckling pig (3 days advance order)	\$635
C02 燒鴨 (半隻 / 隻) Roasted duck (half / whole)	\$124 / \$238
C03 油雞 (半隻 / 隻) Chicken in soya sauce (half / whole)	\$100 / \$195
C04 白切雞 (半隻 / 隻) Chicken (half / whole)	\$100 / \$195
C05 燒肉 (斤) Roasted pork (catty)	\$128
C06 蜜汁梅肉叉燒 (斤) Barbecued pork (catty)	\$95
C07 燒排骨 (斤) Barbecued pork rib (catty)	\$95
C08 蜜汁腩肉叉燒 (斤) Barbecued pork belly (catty)	\$84
C09 切雞全脾 Whole chicken leg	\$48
C10 油雞全脾 Whole chicken leg in soya sauce	\$48
C11 燒鴨全脾 Roasted whole duck leg	\$48

## 燒味飯

Chinese barbecue with rice

B01 四寶飯 Assorted Chinese barbecue meat with rice	\$56
B02 燒味雙拼飯 Chinese barbecue meat with rice (combo)	\$52
B03 切雞全脾飯 Whole chicken leg with rice	\$52
B04 油雞全脾飯 Whole chicken leg in soya sauce with rice	\$52
B05 燒鴨全脾飯 Roasted whole duck leg with rice	\$52
B06 切雞飯 Chicken with rice	\$45
B07 油雞飯 Chicken in soya sauce with rice	\$45
B08 燒鴨飯 Roasted duck with rice	\$45
B09 燒肉飯 Roasted pork with rice	\$45
B10 叉燒飯 / 腩叉飯 Barbecued pork with rice / Barbecued pork belly with rice	\$43
B11 燒排骨飯 Barbecued pork rib with rice	\$43
H01 老火靚湯 Daily soup	\$19

所有燒味飯奉送老火靚湯  
Complimentary daily soup for any selection of Chinese barbecue meat with rice

雙拼飯不可拼任何脾類  
(油雞脾 / 燒鴨脾 / 切雞脾)  
Chinese barbecue meat with rice cannot substitute any meat selection with chicken leg / duck leg

咸蛋 (隻) \$5  
Salted egg (pc)

白飯 (碗) \$12  
Steamed rice (bowl)

## 飯類

Rice

J04 沙丹豬扒飯 Rice w/ pork chop & egg in tomato sauce	\$52	J21 粟米吉列班塊飯 Rice w/ fish fillet cutlet in sweet corn sauce	\$42
J15 黑椒牛扒飯 Rice w/ steak in black pepper sauce	\$42	J25 咖喱薯仔牛腩飯 Curry beef brisket & potato with rice	\$42
J16 洋蔥豬扒飯 Rice w/ pork chop in onion sauce	\$42	J26 蘿蔔柱侯牛腩飯 Braised beef brisket and turnip with rice	\$42
J17 咖喱雞扒飯 Rice w/ chicken chop in curry sauce	\$42	J27 咖喱薯仔雞翼飯 Curry chicken wing and potato with rice	\$42
J20 咖喱吉列豬扒飯 Rice w/ pork chop cutlet in curry sauce	\$42	J28 葡式燴牛脷飯 Portuguese ox tongue stew with rice	\$52

炒飯底 +\$5  
Substitute with fried rice

## 炒鑊

Stir fry dish

供應時段 Serving period  
11:30 - 14:30 | 17:00 - 20:30

J02 乾免治牛肉飯 Rice w/ stir fried minced beef & potato	\$52	J14 鮮茄牛肉飯 Rice w/ beef in tomato sauce	\$42
J03 濕免治牛肉飯 Rice w/ minced beef in tomato sauce	\$52	J18 菜遠肉片飯 Rice w/ pork slice & vegetable	\$42
J05 揚州炒飯 Yeung Chow fried rice	\$49	J19 麻婆豆腐飯 Rice w/ sauteed tofu and minced pork in spicy sauce	\$42
J06 咸魚雞粒炒飯 Fried rice with salted fish and chicken dice	\$49	J22 滑蛋牛肉飯 Rice w/ beef & scramble egg	\$42
J07 生炒牛肉飯 Fried rice with beef	\$49	J23 涼瓜牛肉飯 Rice w/ beef & bitter melon in black bean sauce	\$42
J08 叉燒炒蛋飯 Rice w/ barbecued pork and scramble egg	\$45	J24 芙蓉蛋飯 Rice w/ egg foo yung	\$42
J09 豆腐火腩飯 Rice w/ tofu & roasted pork belly	\$45	N01 乾炒牛河 Stir fried beef with rice noodle	\$52
J10 咕嚕肉飯 Rice w/ sweet & sour pork	\$45	N02 星洲炒米 Singaporean fried vermicelli	\$52
J12 椒鹽骨飯 Rice w/ salt and chilli pork chop	\$45	N03 肉絲炒麵 Stir fried noodle with shredded pork	\$49
J13 番茄炒蛋飯 Rice w/ tomato and scramble egg	\$42	N04 豉油皇炒麵 Stir fried noodle with soya sauce	\$49

## 鐵板餐

Sizzling set

需時15 - 20分鐘

Cooking time

15 - 20 mins

M01 鐵板牛仔骨 Grilled beef rib on sizzling plate	\$138
M02 鐵板雜扒 Mixed grill on sizzling plate	\$128
M03 鐵板雞扒 Grilled chicken chop on sizzling plate	\$118
M04 鐵板豬扒 Grilled pork chop on sizzling plate	\$118
M05 鐵板沙丹豬扒 Grilled pork chop with ham and egg on sizzling plate	\$128
M06 鐵板美國牛小扒 Grilled US boneless short rib on sizzling plate	\$238

可選: 黑椒汁 / 蒜蓉汁  
Choice of sauce:  
black pepper / garlic

配白飯或茄汁意粉  
Served with steamed rice or tomato sauce spaghetti

## 焗飯 / 意粉

Baked rice / Spaghetti

需時15 - 20分鐘

Cooking time

15 - 20 mins

L01 焗海鮮飯 Baked seafood rice	\$63
L02 肉醬焗飯 Baked bolognese rice	\$56
L03 焗骨飯 Baked pork chop rice	\$56
L04 焗雞扒飯 Baked chicken chop rice	\$56
L05 焗魚柳飯 Baked deep fried fish fillet rice	\$56
L06 焗雜菜飯 Baked vegetable rice	\$52
L07 焗葡國雞飯 Baked Portuguese chicken rice	\$56

可選: 茄汁 / 咖喱汁 / 白汁  
Choice of sauce: tomato / curry / white sauce

# 太陽冰室

電話 Tel

2877 2686

供應時間 Serving period

週一至週日 Mon - Sun 11:30 - 20:30

地址 Address

澳門石排灣馬路金峰南岸10-11號舖  
Estrada de Seac Pai Van, One Oasis,  
Shop 10 - 11, Macau

## 湯麵

Noodle in soup

E08 水餃麵 (4粒) Noodle with pork & shrimp dumpling (4 pcs)	\$42	E17 咖喱魚蛋麵 Noodle with curry fish ball	\$29
E09 雲吞麵 (4粒) Noodle with wonton (4 pcs)	\$42	E18 雞蛋麵 Noodle with fried egg	\$29
E10 雞扒麵 Noodle with chicken chop	\$38	E19 咖喱薯仔麵 Noodle with curry potato	\$29
E11 豬扒麵 Noodle with pork chop	\$38	E20 冬菇麵 Noodle with braised Chinese mushroom	\$29
E12 牛尾湯通粉 Macaroni in ox tail soup	\$32	E21 菜麵 Noodle with vegetable	\$29
E13 咖喱牛腩麵 Noodle with curry beef brisket	\$32	E22 香腸麵 Noodle with sausage	\$29
E14 柱侯牛腩麵 Noodle with braised beef brisket	\$32	E23 餐肉麵 Noodle with luncheon meat	\$29
E15 沙爹牛肉麵 Noodle with satay beef	\$32	E24 火腿麵 Noodle with ham	\$29
E16 咖喱雞翼麵 Noodle with curry chicken wing	\$32	E28 淨麵 Noodle in soup	\$20

加底 +\$12 轉出前一丁 +\$5 轉撈麵 +\$6  
Extra noodle Substitute with instant noodle Substitute with tossed noodle

粗麵, 幼麵, 油麵, 米粉, 河粉, 通心粉同價  
Same price: thick egg noodle, fine egg noodle, yellow noodle, vermicelli, rice noodle, macaroni

加 \$9 可配: 火腿 / 雞蛋 / 咖喱魚蛋 / 咖喱薯仔 / 冬菇 / 生菜 / 香腸 / 午餐肉 /  
Add \$9 for: ham / fried egg / curry fish ball / curry potato / Chinese mushroom / lettuce / sausage / luncheon meat /

加 \$12 可配: 咖喱牛腩 / 柱侯牛腩 / 咖喱雞翼 / 沙爹牛肉  
Add \$12 for: curry beef brisket / braised beef brisket / curry chicken wing / satay beef

加 \$18 可配: 豬扒 / 雞扒 / 雲吞 (2粒) / 水餃 (2粒)  
Add \$18 for: pork chop / chicken chop / wonton (2 pcs) / pork & shrimp dumpling (2 pcs)

## 小食

Snack

G03 淨雲吞 / 淨水餃 (6粒) Wonton in soup / Pork & shrimp dumpling in soup (6 pcs)	\$52	G05 炸雞脾配薯條 Deep fried chicken leg with French fries	\$36
G04 炸雲吞 / 炸餃子 (6粒) Deep fried wonton / Deep fried pork & shrimp dumpling (6 pcs)	\$52	G06 炸雞翼配薯條 Deep fried chicken wing with French fries	\$30
G10 越式炸春卷 (6件) Vietnamese spring roll (6 pcs)	\$52	G07 咖喱魚蛋 (10粒) Curry fish ball (10 pcs)	\$24
G11 咖喱牛腩菜 Curry beef brisket with vegetable	\$58	G12 柱侯牛腩菜 Braised beef brisket with vegetable	\$58

## 包類

Toast, Sandwich & Bun

供應時段  
Serving time  
11:30 - 17:30

F01 法蘭西多士 (咖央 / 花生醬) French toast (Kaya / peanut butter)	\$30
F03 火腿芝士治 Ham and cheese sandwich	\$27
F04 餐蛋治 Luncheon meat and fried egg sandwich	\$27
F05 腿蛋治 Ham and fried egg sandwich	\$27
F06 香茅豬扒包 Lemongrass pork chop hard roll	\$27
F07 香茅雞扒包 Lemongrass chicken chop hard roll	\$27
F08 芝士蛋治 Cheese and fried egg sandwich	\$24
F09 餐肉治 Luncheon meat sandwich	\$20
F10 火腿治 Ham sandwich	\$20
F13 蛋治 Fried egg sandwich	\$17
F14 芝士治 Cheese sandwich	\$17
F15 奶厚多士 Toast with condensed milk and butter	\$16
F16 奶醬厚多士 Toast with condensed milk and peanut butter	\$16
F17 咖央多士 Toast with Kaya	\$16
F18 鴛鴦多士 Toast with butter, peanut butter & condensed milk	\$16
F19 菠蘿油 Pineapple bun with butter	\$16
F21 鮮油厚多士 Toast with slice butter	\$14
F22 花生厚多士 Toast with peanut butter	\$14
F23 果占厚多士 Toast with apricot jam	\$14

三文治, 多士, 豬仔包及甜餐包同價  
Same price: Sandwich, Toast, hard roll and soft roll

轉菠蘿包 +\$8  
Substitute with pineapple bun

## 懷舊飲品

Nostalgic drink

Z20 雪糕紅豆冰 Ice cream with red bean milk	\$26	Z17 荔枝冰 Iced lychee	\$20
Z15 菠蘿冰 Iced pineapple	\$20	Z18 涼粉冰 Iced grass jelly	\$20
Z16 雜果冰 Iced mixed fruit	\$20	Z19 懷舊紅豆冰 Iced red bean milk	\$20

## 飲料

Beverage

	熱 Hot	凍 Iced		熱 Hot	凍 Iced
Z01 香濃咖啡 Coffee	\$15	\$18	Z14 檸檬利賓納 Ribena with lemon	\$18	\$20
Z02 招牌奶茶 Signature milk tea	\$15	\$18	Z21 菊蜜 Chrysanthemum honey	\$16	\$19
Z03 鴛鴦 Mixed coffee and milk tea	\$15	\$18	Z22 西洋菜蜜 Watercress honey	\$16	\$19
Z04 黑磚凍奶茶 Milk tea with grass jelly	-	\$19	Z23 柚子蜜 Citron honey	\$16	\$19
Z05 檸檬茶 Lemon tea	\$16	\$19	Z24 杏仁奶露 Almond cream milk	\$16	\$18
Z06 檸檬水 Lemon water	\$15	\$18	Z25 檸樂 Coke with lemon	\$18	\$18
Z07 檸蜜 Lemon with honey	\$16	\$19	Z26 青檸雪碧 Sprite with lime	-	\$18
Z08 好立克 Horlicks	\$15	\$18	Z27 罐裝汽水 Soft drink in can	-	\$13
Z09 阿華田 Ovaltine	\$15	\$18	Z28 支裝豆漿 Soybean milk in bottle	-	\$15
Z10 牛奶 Milk	\$18	\$18	Z29 支裝汽水 (大支) Soft drink in bottle (large)	-	\$15
Z11 蛋奶水 Raw egg in condensed milk	\$20	-	Z30 支裝汽水 (細支) Soft drink in bottle (small)	-	\$13
Z12 滾水蛋 Raw egg in hot water	\$16	-	Z31 哈爾濱啤酒 (大支) Harbin beer (large)	-	\$30
Z13 利賓納 Ribena	\$16	\$19			

(1) 金峰南岸員工點選任何飯類加送汽水。

(2) 所有價錢以澳門幣計算。(3) 外賣盒每個 +\$2。

(1) One Oasis staff to get a free soft drink by purchasing any rice.

(2) All prices are in MOP. (3) Take away box +\$2 each.