

**Pork/Beef/Lamb**

A04 Thai Sweet & Sour Pork with Fresh Mango( KinYing Pork )	\$79
A102 Zhenjiang Ribs	\$88
A15 Steam Meatcake with Mushroom & Water Chestnut (with Kin Ying Pork )	\$69
A180 Steam Meatcake with Black garlic, Mushroom & Water Chestnut (with Kin Ying Pork )	\$79
A28 Steamed Pork Jowl meat with Preserved Vegetable (* with fresh meat)	\$69
A39 Pan-fry stuffed Lotus Root slices (* with fresh meat; serves 2)	\$69
A65 Stir-fried Preserved Olive, Minced Pork and Courgettes	\$69
A84 Steam Meatcake with Mushroom and Dried Squid in Water Lily leaf (* with fresh meat; serves 2)	\$69
A94 Pan-fry Pork Cheek with Chinese Chive & Fungus in XO sauce (serves 2)	\$69
B04 Stir-fry Beef with Young Ginger & Pineapple (* with fresh meat; serves 2)	\$69
B07 Stir-fried Beef with fresh Tomato (* with fresh meat)	\$69
B12 Shortribs in Black Pepper sauce	\$79
B14 Stir-fried Beef shreds with Preserved Vegetable	\$69
B16 Sichuan spicy Beef (* with fresh meat; Lee Kum Kee sauce)	\$69
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$79

**Vegetable/Vegetarian**

E12 Stir-fried Assorted Vegetables with Thyme in Italian style	\$59
E20 Stir-fry Mushroom with Black Fungus & Loofoah	\$59
E24 Dried Shrimp, Bean Vermicelli & Suet Choi	\$69
E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus	\$69
E26 Braise Pumpkin with Garlic & Enoki	\$59
E28 Stir-fry fresh Mushroom with Sweet Peas	\$59
E40 Stir-fried Mushroom with Celery Cabbage	\$59
E76 Vegetarian Abalone slices with Jade Melon	\$69
E77 Stir-fried Vegetarian chicken with peach & Thai source	\$69
E90 Crab meat with braised Assorted Mushrooms with Broccoli	\$79

**Soup**

F02 Pork, Winter Melon & Seaweed Soup (* with fresh meat)	\$69
F07 Spareribs, Sea Coconut & Pear	\$99
F09 Peanut, Black-eyed Peas, Chicken Feet & Pork Shank Soup*	\$99
F113 Ka Mei Chicken shell soup with Dried Longan Prlp , Fox nuts & pork	\$129
F17 Seafood, Tomato & Assorted Vegetables Soup	\$69
F18 Pork Shank, Papaya, White Fungus Soup *	\$99
F45 Pork Shank, Sweet & Bitter Apricot Kernels & Apple Soup (* with fresh meat)	\$99
F95 Fresh Coconut Kamei Chicken Soup (with fresh meat)	\$129

**Seafood**

D100 Honey grapefruit Fish fillets	\$69
D13 Braise Fish fillet with assorted Mushrooms	\$69
D54 Sole fillet Roll with Chinese Chive, Carrot & Baby Corn	\$69
D62 Steam Scallop with Tofu in Black Bean Sauce	\$79
D68 Pan-fry Sole Fillet with Celery & Courgettes	\$69
D70 Stir-fried Squid with Garlic in XO Sauce (Serves 2)	\$69
D81 Fried Shrimp Ball with Asparagus in XO Sauce	\$79
D93 silver fish dried steamed Hairy Cucumber	\$69

**Set**

Q168 Nutritious Meal Set - Steamed Kamei Chicken with Mushroom, Cloud Ears and Lily Buds, Stir-fried Broccoli with Fish fillet, White CloudEars with fresh coconut Kam Mei Chicken Soup	\$239
Q248 Zhenjiang Ribs,Braise Assorted Mushrooms with Broccoli & Sweet Corn, Carrot, Burdock and Pork Soup (* with fresh meat)	\$179
Q259 Convenience meal set: Vietamese Pork Chop (Kin Ying Pork), Stir-fry Chicken with Young Ginger & Pineapple, Dried seaweed, minced meat & fuzzy melon soup	\$199

**Others**

S01 Lemon Pearl Barley (600 ml)	\$26
S02 Lemon Pearl Barley (330 ml)	\$16
S10 Burdock red date tea (600ml)	\$26
S11 Burdock red date tea (330ml)	\$16
S20 Five green juice ( green pepper,cucumber, green apple,celery, bitter melon,330ml)	\$24
S22 Apple, Beet root, carrot juice (330ml)	\$22
S23 Chrysanthemum Tea with pear 330ml	\$16
S24 Chrysanthemum Tea with pear 600 ml	\$26
S28 Pickled Young Ginger	\$45
Z06 Pork Knuckles & Ginger Stew (Serves 4) (limited quantity & require 14 days pre-ordering)	\$220
Z08 Pork Knuckles & Ginger Stew (Serves 8) (limited quantity & require 14 days pre-ordering)	\$350
Z09 Pork Knuckles & Ginger Stew (Serves 12) (limited quantity & require 14 days pre-ordering)	\$500

**Chicken/Duck**

C04 Stir-fry Chicken with Peach	\$69
C07 Stir-fry Chicken with Young Ginger & Pineapple (serves 2)	\$69
C103 Malaysian Satay Chicken	\$69
C11 Curry Chicken with Potato (# with chilled chicken)	\$69
C114 Mushrooms fungus steamed Kamei chicken	\$99
C130 Stewed Cordyceps Sinensis with Kami chicken	\$99
C17 Pan-fry Chicken steak with Onion sauce	\$69
C20 Stir-fried Chicken with Celery, assorted Peppers & Mango	\$69
C21 Stewed Chicken Wing with Pineapple & Onion	\$69
C99 Stewed Fermented red bean curd sauce (Nam Yu) with Kamei Chicken	\$99

Food manufactured by: Tung Wah Group of Hospitals - CookEasy



Menu designed by: Towngas Cooking Centre



- \* Dishes marked with an asterisk are prepared with fresh meat.
- # Dishes marked with a hash are prepared with chilled chicken.
- "Good Farmer" brand vegetables, produced by farms accredited by the Agriculture, Fisheries and Conservation Department are used to prepare most of our dishes.
- "Lee Kun Kee" sauces are used to prepare some of our dishes.



3.2018 (上半月) & Order Form  
(2018-03-01 - 2018-03-31)

<http://cookeasy.tungwahcsd.org>

**Terms and Conditions**

**Delivery charge:**

**Residential members** Free delivery service. Membership must be registered by a representative in the name of the estate.

**Corporate members** Free delivery service. Membership must be registered by a representative in the name of the corporation.

**Individual customers/members:** HK Island - **By Cash/Cheque/Credit card**  
Free delivery service for order of **HK\$300** or more.  
Delivery charge of **HK\$40** applies for order less than **HK\$300**

Kowloon & N.T. - **By Cash & Cheque**  
Free delivery service for order of **HK\$300** or more.  
Delivery charge of **HK\$50** applies for order less than **HK\$300**

Kowloon & N.T. - **By Credit Card**

Amount	HK\$10 discount	Exemption HK\$50 delivery fee
<HK\$200	✗	✗
HK\$200-\$499.99	✓	✗
HK\$500 or above	✓	✓

**Delivery time:**

Monday to Saturday - 3:00 to 6:00 p.m  
(except public holidays)

Order cut-off time: Pls. order at/before 10:00 am for same day delivery.

**Service areas:**

HK Island  
Kowloon---Kowloon City, Kwun Tong, Sham Shui Po, Wong Tai Sin, Yau Tsim Mong

\* N.T. ---Kwai Chung, Tseung Kwan O, Shatin, Tsuen Wan (except Ma Wan Island, Lantau Island)

**Payment methods: Prepaid with Credit card**

Cash or Cheque on delivery (pls. make cheque payable to 'Tung Wah Group of Hospitals').

Remarks: Delivery service will be suspended when Typhoon Signal no. 8 or above, or 'Black' Rainstorm Signal is hoisted. Customers will be notified of the arrangement.

**\* Attention:**

For Extend Area and New Territories, Please contact us to confirm the delivery coverage before place order.

Name: \_\_\_\_\_ Mobile Phone no.: \_\_\_\_\_ Membership:  No  Yes \_\_\_\_\_  
pls. state individual member/estate name (for residential members)/corporation name (for corporate members)

Email address: \_\_\_\_\_ Order date: \_\_\_\_\_ Delivery address: \_\_\_\_\_

Order: Pls. state item no., qty. and your requested delivery date.									
Item No.:									
Qty.:									
Delivery date:									

- Pls. fax completed order form to 2553 2975 (HK Island) / 2616 9571 (N.T. & Kowloon)
- Tel: 2870 9214 (HK Island) / 2562 5878 (N.T. & Kowloon)
- Office hour: 9:00 am - 5:00 pm Monday to Friday  
9:00 am - 13:00 pm Saturday  
(except public holidays)
- Email: cookeasy@tungwah.org.hk (HK Island)  
cpc@tungwah.org.hk (N.T. & Kowloon)

