

# 寒舍汤铺

HAN SOUP BAR

We are committed to making the most authentic, healthy and conscientious Cantonese double steamed soup in Sydney, not relying on a lot of flavoring ingredients and thickening agents, but only seeking the authentic ingredients as the basis, with a well-matched recipe of safe herbs and full 3 hours of original steamed stew as a supplement. We fully acquainted with the soup before making it. We will serve you the most original and healthy Cantonese soup inherited from Guangdong and Hong Kong with the combination of medicine and ingredients



A surcharge of 15% applied on the public holidays  
\*Foods may contain allergens, please let our staff know

## Wednesday, Thursday, Friday Menu

Jul 2024

### Double Steamed Soup

1. **Silkie Chicken Soup in the Brown Coconut** \$30.8  
Benefits: Clearing interior heat, benefiting stomach, spleen and facial  
Perfect For: All ages, Pregnancy, Postpartum Recovery, Breastfeeding
2. **Cornish Chicken Soup with Coconut, Bamboo Pith, Fish Maw and Conpoy** \$27.8  
Benefits: Delaying premature aging, clearing interior heat, benefiting stomach, spleen and facial  
Perfect For: All ages, Pregnancy, Postpartum Recovery, Breastfeeding
3. **Pork Minced Soup with Morels Mushroom, Dried Tangerine Peel and Egg** \$24.8  
Benefits: Neither warm nor dry nor greasy, Refreshingly sweet, nourishing, and easily absorbed. High nutritional value, replenishes deficiencies and nutrition Perfect For: Post-surgery, Illness, Body Weakness, Child's Poor Health, Pregnancy Eating Issues, Postpartum, Breastfeeding: For all nutrition boosts UNSUITABLE: Fever
4. **Silkie Chicken Soup with Cordyceps Militaris, Monkeyhead Mushroom, Agaricus Blazei and Conch** \$25.8  
Benefits: Warmly nourish the stomach, beautify and nurture the complexion  
Perfect For: Suitable for pregnant women, postpartum period, breastfeeding period, and people of all ages, genders, and those in need of calcium and nutritional supplementation  
UNSUITABLE: Individuals Allergic to Mushrooms or Seafood, those with extremely Sensitive Constitutions
5. **Cornish Chicken Soup with Ground Almond Juice and Fish Maw** \$28.8  
Benefits: Clears heat and moistens the lungs, stops cough and transforms phlegm, moisturizes the skin for beauty, nourishes Yin and moistens dryness UNSUITABLE: Infants and toddlers under 3 years old, pregnant women
6. **Silkie Chicken Soup with Colla Corii Asini, Egg and Radix Astragali** \$32.8  
Benefits: The best product for tonifying qi and nourishing blood! It promotes beauty, nourishes the skin, enhances physical fitness, increases essence and blood, and promotes the flow of meridians.  
Perfect For: For those who work with high mental intensity, anemia, poor sleep, dull complexion, deficiency with excessive sweating, irregular menstrual cycles, scanty periods, cold hands and feet, and staying up late.  
UNSUITABLE: Period, Pregnant women, the early postpartum Period (only after the lochia has been discharged), Cold, Children
7. **Pork Ribs Soup with Radix Pseudostellariae, Taro, Mushroom and Dried Squid** \$18.8  
Benefits: Tonifies Qi and enriches blood, strengthens spleen and moistens lungs, resolves phlegm and quenches thirst, benefits weak and sickly bodies, rich in potassium, reduces fats and blood sugar, disperses nodules Perfect For: Post-illness weakness, dry mouth and loss of appetite, night sweats in children, nutritional supplement for children  
UNSUITABLE: Stomach bloating, constipation, colds and fever, children under 3 years old, pregnant women
8. **Cornish Chicken Soup with Abalone with Shell, Dried Hemifusus and Conpoy** \$27.8  
Benefits: Suppressing hyperactive liver, invigorating kidney and stomach, nourishing Yin and blood  
Perfect For: All ages, Pregnancy, Postpartum recovery, Breastfeeding
9. **Pear Soup with Crocodile Meat, Fritillaria and Dried Fig** \$20.8  
Benefits: Replenishes moisture, stops cough and resolves phlegm, calms the heart and soothes the spirit, nourishes Yin and moistens dryness UNSUITABLE: Pregnant women should drink only if they have coughing symptoms
10. **Pork Ribs Soup with Mulberry, Polygonatum Sibiricum, Cooked Rehmannia Glutinos Root with Black Beans** \$18.8  
Benefits: Nourishes both liver and kidneys, enriches blood and nourishes Yin, aids sleep, anti-aging, darkens hair and improves vision, promotes hair health  
UNSUITABLE: Do not consume on an empty stomach, period, pregnancy, for diabetic patients, and children
11. **Cornish Chicken Soup with Panax Notoginseng and Red Ginseng** \$23.8  
Benefits: Enhances Qi and beauty, invigorates blood and strengthens the body, relaxes tendons and disperses stasis, stops bleeding and relieves pain, reduces blood lipids, sugar, and pressure  
Perfect For: Three highs (high blood pressure, blood sugar, cholesterol); middle-aged and elderly with cardiovascular issues; contusions and sprains; Qi and blood deficiency, cold body. Suitable to drink after menstruation if there are blood clots UNSUITABLE: Pregnant women, breastfeeding period, early postpartum period (after lochia discharge is complete), and children under 14 years old
12. **Oxtail Soup with Millettia Speciosa, Hairy Fig Root and Shark Bone (Peanuts)** \$21.8  
Benefits: Strengthen the spleen and dispel dampness, nourish the kidneys and strengthen the back, strengthen the sinews and bones, replenish qi and blood, and nourish the lungs to treat deficiency  
Perfect For: tonics due to deficiency, lumbar muscle strain, joint pain, eczema, mild gout, prolonged sitting, heavy dampness, bad breath, fatigue and weakness, thick white tongue coating  
UNSUITABLE: Pregnant women, Period, Children, those allergic to Millettia Speciosa or Peanuts
13. **Pork Ribs Soup with Bitter Gourd, Yellow Beans and Dried Oyster** \$18.8  
Benefits: Clearing heat, internal and intestines cleansing, Lipid Removal  
Perfect For: Mouth ulcers, Debilitating heat, Eczema, Stinging pain in urination  
UNSUITABLE: Period, Pregnancy, Postpartum recovery, Breastfeeding

### Today's Double-stewed Soup

14. It will be Changed with Seasons. Please Ask Our Staff for Today's Soup

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### Lotus Leaf Steamed Rice

1. Beef and Pickled Mustard Root \$10.8
  2. Minced Pork and Eggs \$10.8
  3. Minced Pork and Preserved Vegetables \$10.8
  4. Soybean Sauce Pork Spare Ribs \$11.8
  5. Soybean Sauce Sliced Perch \$12.8
  6. Sliced Perch and Yellow Chilli Paste \$12.8
  7. Chinese Sausage and Spare Ribs \$11.8
  8. Rice Noodle with Braised Beef Brisket \$10.8
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|---------------------|-------|
| Vegetable Cold Dish | \$3.8 |
|                     | \$4.8 |

### Signature Dish

1. Bamboo Cornish Chicken (Boneless) with Coconut rice \$20.8
2. Bamboo Chinese Sausage Rice \$15.8
3. Slow Cooked Lamb Shank with Angelica Sinensis + Conpoy Rice \$24.8  
\*Not for Pregnancy!!

### Dim Sum

1. Garlic Scallops 4 Pieces with Rice Noodle \$11.8
2. Steamed Truffle Dumplings 5 Pieces \$9.8
3. Choose any Two Dim Sum below for \$15.8
4. Steamed Pea Dumplings 5 Pieces \$8.8
5. Barbecured Pork Buns 3 Pieces \$8.8
6. Siu Mai 4 Pieces \$8.8
7. Bean Curd Skin Roll 3 Pieces \$8.8
8. Spare Ribs with Soybean Sauce \$8.8

### Soft Drink

- \$3.5
- Plum Juice
  - Wanglaoji
  - Calpis
  - Peach Soda Water
  - Lychee Soda Water
  - Coke/Coke Zero

