

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

Saturday, Sunday and Monday 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 and Bamboo Pith** \$22.8
Benefits: Nourishes yin and moistens dryness, strengthens the spleen and lungs, clears heat and reduces fire, improves sleep quality
Perfect For: All ages, Pregnancy, Postpartum Recovery, Breastfeeding
 3. **Pork Ribs Soup with Black Garlic, Canoderma luridum, Conpoy and NZ Black Thorny Sea Cucumber** \$29.8
Benefits: Sterilization and detoxification, liver and intestine protection, antioxidant, nourishing the spleen and stomach, regulating blood sugar, and boosting vitality
Perfect For: Staying up late and fatigue, suffering from cold and dampness, preparing for pregnancy, having inflammations (including gynecological inflammations), weak immunity, and the three highs (hypertension, hyperlipidemia and hyperglycemia)
UNSUITABLE: Cold and fever
 4. **Pork Ribs Soup with Green Olive, Dried Hemifusus, Dried Dendrobium Stem and Abalone** \$26.8
Benefits: Generates saliva, cools heat, clears lungs/throat, moisturizes, clears liver, improves vision, nourishes yin/stomach, boosts immunity
Perfect For: All ages. For those who stay up late, smokers, those with pharyngitis, cough, and lung heat
UNSUITABLE: For those allergic to olives, infants and toddlers under 3, and when gastrointestinal function is particularly poor atm
 5. **Cornish Chicken Soup with Deer Antler, Red Ginseng, Scallop, and Tangerine Peel** \$33.8
Benefits: Enhances Qi and blood, boosts vitality for both genders! Strengthens kidney yang, enhances essence and blood, improves physical condition, relieves fatigue, and enhances sleep quality
Perfect For: Qi deficiency and cold body, cold uterus leading to infertility, lumbar muscle pain, overall weakness, kidney yang deficiency
UNSUITABLE: individuals with hypertension, liver disease, colds and fever, period, pregnancy, early postpartum period (after lochia discharge is complete), children, and breastfeeding period
 6. **Silkie Chicken Soup with Four Kinds of Chinese Herbs** \$19.8
Benefits: Replenishing blood, regulating menstruation
Perfect For Female: Deficiency of Qi and blood, cold hand and feet, constantly before/after period
UNSUITABLE: Period, Pregnancy, Postpartum recovery, Breastfeeding
 7. **Deer Whip Soup with Beef Tendon, Morinda Root, Eucommia Ulmoides and Herba Cynomorii (Black Beans)** \$31.8
Benefits: Tonifies kidney & yang, nourishes blood, benefits tendons/bones, strengthens body and waist
Perfect For: Petrol station for male (boosting male vitality), ladies who need kidney tonification, those preparing for pregnancy, lumbar muscle strain, and lumbar muscle soreness
UNSUITABLE: Period, Pregnancy, Postpartum recovery, Children under 14
 8. **Pork Ribs Soup with Black Moss, Dried Oyster, Mushroom and Conpoy** \$22.8
Benefits: Clears heat and detoxifies, high nutritional value, rich in protein, calcium, magnesium, and iron for blood nourishment, lowers blood lipids and blood pressure, cleanses the intestines and stomach, aids digestion, reduces swelling
Perfect For: Patients with high blood pressure, high blood sugar, high cholesterol, thyroid issues, lung heat cough, bronchitis, etc.
 9. **Cornish Chicken Soup with Ginseng, Fish Maw, Morels Mushroom and Conpoy** \$33.8
Benefits: Tonifies Qi and nourishes Yin without causing dryness, soothes and clears deficient heat, promotes beauty and skincare, delays aging, nourishes the spleen and stomach, prevents colds, enhances immunity
Perfect For: Both Qi and Yin deficiency, experiencing high mental stress, prone to irritability, fatigue, dry cough with little phlegm, dry throat, and nasal dryness
UNSUITABLE: Period, pregnancy, early postpartum period (after lochia discharge is complete), children, and breastfeeding period
 10. **Silkie Chicken Soup with American Ginseng and Dried Dendrobium Stem** \$19.8
Benefits: Moistening dryness, Nourishing vitality, Anti-fatigue, Over Staying up late, smoking or drinking
Perfect For: Mouth dryness, Debilitating heat, Insomnia, Easily tired
UNSUITABLE: Period, pregnancy, breastfeeding, early stage of postpartum recovery
 11. **Fish Head Soup with Gastrodia, Ligusticum, and Angelica Dahurica** \$22.8
Benefits: Disperses wind and activates blood circulation, alleviates headache due to wind, nourishes the brain and enhances intelligence, calms the spirit and aids sleep
Perfect For: Migraines, declining memory, postpartum treatment for dispelling wind (drink after washing hair), dizziness and headaches caused by wind exposure, menstruation, or poor sleep. (There should be a few hours gap between drinking soup and breastfeeding during lactation, prepare breast milk in advance, or drink after breastfeeding)
UNSUITABLE: Pregnant women, children, those with colds and fever, allergic constitution, and individuals with deficient Yin constitution (experiencing constipation and dry mouth), Period
 12. **Silkie Chicken Soup with Coconut Milk** \$19.8
Benefits: Clears heat, promotes beauty, strengthens deficiency, supplements nutrition
Perfect For: Pregnant women, breastfeeding period, postpartum confinement, and children
 13. **Papaya Soup with Pork Ribs and Peanuts** \$18.8
Benefits: Clears heat and moistens dryness, promotes beauty and health, calms the mind and soothes the spirit
Perfect For: Skin and mouth dryness, Postpartum recovery, Breastfeeding
UNSUITABLE: Pregnant women (especially those who are cautious about consuming papaya during pregnancy)
- Today's Double-stewed Soup**
14. **Cornish Chicken Soup with White Pepper, Pork Tripe, Gingko and Tofu skin** \$18.8
Function: Nourishing and benefiting stomach
Perfect For: Stomach issues, Irregular diet
UNSUITABLE: Period, Pregnancy, Children under 3

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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 + Coconut 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

