

舌尖上的

# 美食

汕头是潮汕文化的发源地之一，  
凡“有海水的地方就有潮人”，  
有潮人的地方无疑就有潮汕文化的存在。

汕头以刻苦耐劳，勇于开拓，善于经营，诚实信义而著称于世。  
为了家庭，为了生活，他们漂洋过海，远渡重洋到海外打拼，  
让故乡的家人可以有个更美好的家园。

潮菜是饮食三大流派之一，拥有千年历史。菜色种类繁多如海鲜，素材和甜菜。  
潮汕美食注重以最新鲜的食材，保持鲜美原味的特色。

汕头城为了体现深厚潮汕的饮食文化，多年来培养优秀的精英厨师团队，  
用心烹调与研发潮汕美食精髓，从家常小菜，潮州小点至潮州宴席，  
道道呈现潮汕经典与美味，为辛苦来到南洋打拼多年的先贤们呈现的佳肴，  
安慰籍他们的思乡情缘。

**Shantou (formerly Swatow)** is deemed as one of the many birthplaces of the  
Chaoshan culture. As the saying goes, "Teochew go where the sea flows",  
Teochews bring their culture with them wherever they go.

One of the three major culinary classics of China, Teochew cuisine boasts  
a rich history of over a thousand years. From seafood and vegetarian dishes  
to desserts, it is known for its emphasis on using only the freshest of  
ingredients for richer and more wholesome flavours.

Swatow Restaurant presents you the longstanding tradition of Chaoshan culture  
on a plate, specialising in Teochew cuisine so as to serve up the  
authentic flavours of Chauzhou. So come and tuck in as a family.

汕頭 海鮮  
SWATOW

# 潮州

TEOCHEW  
SPECIALTIES

经典

潮州冻蟹  
Teochew Cold Crab



潮式卤鸭片伴豆干  
Braised Sliced Duck with Tau Kwa in Teochew Style



潮州酥炸虾枣  
Teochew Crispy-Fried Prawn & Pork Roll




图片仅供参考。所有数额需另加服务费与消费税。  
Pictures are for illustration purposes only. Prices subject to service charge and prevailing GST.

厨师推荐  
MUST TRY

101. **潮州冻蟹**   
**Teochew Cold Crab** 时价/Seasonal Price
- 
102. **汕头大拼盘**   
**Swatow Cold Dish Combination Platter**  
 Braised Sliced Duck, Chilled Pork Knuckles,  
 Chilled Sliced Pig's Phiz, Crispy Liver Roll,  
 Crispy Prawn & Pork Roll  
 卤鸭片、猪脚冻、猪头粽、肝花、虾枣
- |  |             |              |
|--|-------------|--------------|
|  | 中/M         | 大/L          |
|  | <b>\$68</b> | <b>\$108</b> |
|  | 6位 pax      | 10位 pax      |
- 
103. **汕头卤味拼盘**  
**Assorted Braised Combination Platter**  
 Braised Sliced Duck, Chilled Pork Knuckles,  
 Chilled Sliced Pig's Phiz  
 卤鸭片、猪脚冻、猪头粽
- |  |             |
|--|-------------|
|  | <b>\$36</b> |
|  | 4位 pax      |
- 
104. **潮式卤鸭片伴豆干**   
**Braised Sliced Duck with  
 Tau Kwa in Teochew Style**
- |             |             |             |             |
|-------------|-------------|-------------|-------------|
| 小/S         | 大/L         | 半只/Half     | 每只/Whole    |
| <b>\$20</b> | <b>\$38</b> | <b>\$42</b> | <b>\$76</b> |
- 
105. **潮式豆酱鸡**   
**Kampung Chicken in  
 Teochew Bean Sauce**
- |             |             |
|-------------|-------------|
| 半只/Half     | 每只/Whole    |
| <b>\$24</b> | <b>\$46</b> |



106. **潮式猪脚冻**   
**Chilled Jellied Pork Knuckles in Teochew Style** 每份/Per Portion
- 
107. **潮式猪头粽**   
**Chilled Sliced Pig's Phiz in Teochew Style**
- 
108. **潮州虾枣**   
**Teochew Crispy-Fried Prawn & Pork Roll**
- 
109. **潮州肝花**   
**Teochew Crispy Minced Pork Liver Roll**
- 
110. **白灼苏东**  
**Poached Squid**
- 
111. **潮州蚝烙**   
**Teochew Crispy Oyster Omelette**



# 汤·海中宝

SOUP • SEA TREASURES



红炆海参

Braised Sea Cucumber & Seasonal Green in Superior Broth

201. 上汤蟹肉鱼翅

Braised Shark's Fin  
Soup with Crab Meat

每盅/PAX

小/S

大/L

\$20

\$80

\$155

202. 蟹肉海参鱼鳔羹

Braised Fish Maw &  
Crabmeat with Sea  
Cucumber in  
Superior Broth

每盅/PAX

小/S

大/L

\$15

\$40

\$75

蚝皇碧绿原只六头鲍鱼

Braised Whole Six Head  
Abalone & Seasonal Green



蟹肉海参鱼鳔羹

Braised Fish Maw & Crabmeat with  
Sea Cucumber in Superior Broth



北葱焗鱼鳔

Braised Fish Maw in  
Teochew Style



- |      |  |                           |
|------|--|---------------------------|
| 203. | <b>潮州黄炆大鲍翅</b><br>Braised Teochew Superior Shark's Fin   | 每盅/Portion<br><b>\$58</b> |
| 204. | <b>潮式龙趸鱼件汤</b> <br>Sliced Jumbo Grouper in Superior Broth                 | <b>\$48</b><br>5位 pax     |
| 205. | <b>汕头御品佛跳墙</b> <span style="background-color: red; color: white; border-radius: 10px; padding: 2px;">预定 Advanced Order</span><br>Buddha Jump Over The Wall | <b>\$1,288</b><br>10位 pax |



**潮式龙趸鱼件汤**  
Slice Jumbo Grouper in Superior Broth

- |      |  |                     |                     |
|------|--|---------------------|---------------------|
| 206. | <b>蚝皇碧绿原只六头鲍鱼</b><br>Braised Whole Six Head Abalone & Seasonal Green   | 小/S<br><b>\$68</b>  | 大/L<br><b>\$136</b> |
| 207. | <b>红炆海参</b> <br>Braised Sea Cucumber & Seasonal Green in Superior Broth               | 小/S<br><b>\$38</b>  | 大/L<br><b>\$74</b>  |
| 208. | <b>北葱焖鱼鳔</b><br>Braised Fish Maw in Teochew Style  | 小/S<br><b>\$38</b>  | 大/L<br><b>\$74</b>  |
| 209. | <b>潮式鱼鳔海参</b> <br>Braised Sea Cucumber & Fish Maw in Teochew Style                    | 小/S<br><b>\$58</b>  | 大/L<br><b>\$114</b> |
| 210. | <b>奇珍海味煲</b> <br>Treasure Dried Seafood Casserole with Braised Abalone & Sea Cucumber | 小/S<br><b>\$118</b> | 大/L<br><b>\$234</b> |





本地

LOCAL LOBSTER & CRAYFISH

# 龙虾·虾婆

咸蛋金沙龙虾  
Wok-Fried with  
Golden Salted Egg Yolk

301. 本地龙虾 预定 Advanced Order  
Local Lobster

时价/Seasonal Price

烹饪方法  
Cooking Method

金银蒜蒸

Steamed with Garlic

咸蛋黄金沙炒

Wok-Fried with Golden Salted Egg Yolk

姜葱炒

Stir-Fried with Ginger & Scallion

302. 潮汕特色虾婆   
Swatow Signature Crayfish

时价/Seasonal Price



潮汕特色虾婆  
Swatow Signature  
Crayfish

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 厨师推荐  
MUST TRY

# 鱼类 FISH



潮州蒸鲳鱼  
Steamed Pomfret in  
Teochew Style

401. **潮州蒸斗鲳**   
Steamed Pomfret in  
Teochew Style

时价/Seasonal Price

402. **红斑**  
Red Grouper

时价/Seasonal Price

烹饪方法  
Cooking Method

潮州蒸  
港式蒸  
油浸

Steamed in Teochew Style  
Steamed in Hong Kong Style  
Deep-Fried with Soy Sauce



香煎鲳鱼  
Deep Fried Cod Fish  
with Soy Sauce



半煎煮午鱼尾  
Stewed Threadfin Tail with  
Fermented Bean & Leeks

403. **半煎煮午鱼尾**   
Stewed Threadfin Tail with Fermented  
Bean & Leeks

每份/Per Portion

\$88

404. **潮州蒸午鱼尾**  
Steamed Threadfin Tail in  
Teochew Style

每份/Per Portion

\$88

405. **港蒸鲳鱼**  
Steamed Cod Fish in Hong Kong Style

每份/Per Portion

\$38

406. **香煎鲳鱼**  
Deep Fried Cod Fish with Soy Sauce

2-3人份 / Served 2-3pax

\$38

2-3人份 / Served 2-3pax



# 海鲜 虾类

PRAWN • SHELLED PRAWN



## 501. 虾类 Prawn

小/S

大/L

\$28

\$52

### 烹饪方法 Cooking Method

麦片炒

Crispy Cereal

咸蛋黄金沙炒

Stir-Fried with Salted Egg Yolk

药膳汤

Herbal Soup in Chinese Wine

花雕白灼

Poached with Chinese Wine

## 502. 虾球 Shelled Prawn

小/S

大/L

\$28

\$52

### 烹饪方法 Cooking Method

麦片炒

Crispy Cereal

咸蛋黄金沙炒

Stir-Fried with Salted Egg Yolk

菜白虾球  
Stir-Fried Prawns with  
Yellow Chives (De-Shelled)



## 503. 菜白虾球 Stir-Fried Prawns with Yellow Chives (De-Shelled)

小/S

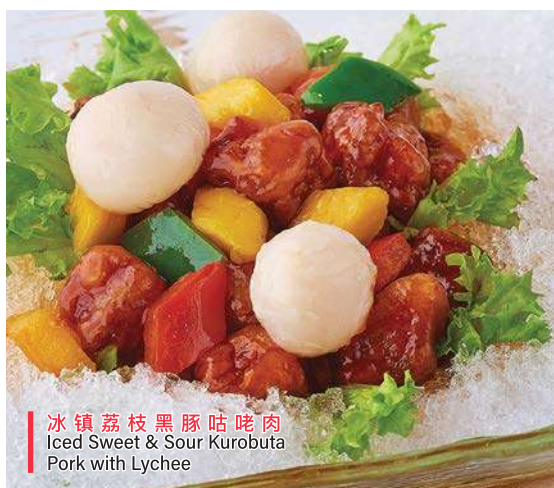
大/L

\$38

\$72



601. **炭烤全体乳猪** 预定 Advanced Order  
**Teochew Charcoal Roasted Whole Suckling Pig** 每只/WHOLE  
\$328
- 
602. **芝麻酱黑猪肉** 👍  
**Stir-Fried Kurobuta Pork with Black Sesame Sauce**  
小/S \$32 大/L \$60
- 
603. **冰镇荔枝黑豚咕咾肉** 👍  
**Iced Sweet & Sour Kurobuta Pork with Lychee**  
小/S \$30 大/L \$56
- 
604. **咸蛋金沙鸡球**  
**Fried Diced Chicken with Salted Egg Yolk**  
小/S \$22 大/L \$40
- 
605. **麦片炸鸡球**  
**Fried Diced Chicken with Cereal**  
小/S \$22 大/L \$40
- 
606. **梅菜蒸肉饼**  
**Steamed Minced Pork with Preserved Vegetables** 每份/Per Portion  
2-3人份 / Served 2-3pax \$20



701. **芥兰菜脯粿条** 👍  
**Fried Kway Teow with Kai-Lan & Preserved Radish**  
小/S \$16 大/L \$30
- 
702. **潮式海鲜炒面线**  
**Teochew Fried Mee Sua with Seafood**  
小/S \$22 大/L \$42
- 
703. **芥兰蚧肉炒饭**  
**Fried Rice with Crab Meat & Kai Lan**  
小/S \$22 大/L \$42
- 
704. **樱花虾干烧伊面**  
**Braised Ee-Fu Noodle with Sakura Ebi**  
小/S \$22 大/L \$42
- 
705. **潮州长寿面**  
**Longevity Noodle**  
小/S \$28 大/L \$52
- 
706. **白饭 / 白粥**  
**Steamed Rice / Porridge** 每碗/Per Bowl  
\$1.20

# 蔬菜·豆腐类

VEGETABLE • BEANCURD



潮州干贝八宝菜  
Conpoy Braised Eight  
Treasure Vegetable

- |      |   |      |      |
|------|---|------|------|
| 801. | <b>潮州干贝八宝菜</b>  | 小/S  | 大/L  |
|      | Conpoy Braised Eight Treasure Vegetable                       | \$22 | \$40 |
| 802. | <b>潮式铁脯芥兰</b>   | 小/S  | 大/L  |
|      | Stir-Fried Kai-Lan in Teochew Style                           | \$18 | \$32 |
| 803. | <b>肉碎榄菜四季苗</b>  | 小/S  | 大/L  |
|      | Stir-Fried French Beans with Minced Pork & Olive Vegetables   | \$16 | \$30 |
| 804. | <b>干贝上汤苋菜</b>   | 小/S  | 大/L  |
|      | Conpoy Braised Chinese Spinach in Superior Broth              | \$20 | \$38 |
| 805. | <b>鲜菌滑豆腐</b>  | 小/S  | 大/L  |
|      | Swatow Homemade Beancurd with Mushroom                        | \$22 | \$40 |
| 806. | <b>潮式虾球滑豆腐</b>  | 小/S  | 大/L  |
|      | Swatow Homemade Beancurd with Prawn                           | \$32 | \$60 |
| 807. | <b>香港芥兰/奶白/菠菜/芦笋/西兰花</b>                                      |      |      |
|      | HK Kai-Lan / Chinese Cabbage / Spinach / Asparagus / Broccoli |      |      |

## 烹饪方法 Cooking Method

带子炒	Sautéed w/Scallop	小/S	大/L
		\$34	\$64
虾球炒	Sautéed with Shelled Prawn	小/S	大/L
		\$32	\$60
北菇扒	Braised with Mushroom	小/S	大/L
		\$26	\$48
清炒	Wok-Fried		
蒜蓉炒	Stir-Fried w/Minced Garlic		
蚝油	Stir-Fried w/Oyster Sauce		
白灼	Poached	小/S	大/L
		\$18	\$32



健康

# 素菜

VEGETARIAN  
ALA CARTE



金汁素珍石榴球  
Steamed Mushroom Wrapped  
with Pumpkin Broth

- |      |   |                |
|------|---|----------------|
| 810. | 百合芹杏香    | 每份/Per Portion |
|      | Stir-Fried Lily Bulb & Celery   | <b>\$18</b>    |
| 811. | 菠萝咕嚕猴头菇       |                |
|      | Wok-Fried Sweet & Sour "Hou Tou Gu"   | <b>\$18</b>    |
| 812. | 潮州炸豆干         |                |
|      | Fried Beancurd in Teochew Style   | <b>\$16</b>    |
| 813. | 金汁素珍石榴球   |                |
|      | Steamed Mushroom Wrapped with<br>Pumpkin Broth  | <b>\$20</b>    |
| 814. | 金素XO酱芦笋杏鲍菇   | 4粒   4pcs      |
|      | Sautéed King Oyster Mushroom in XO Sauce  | <b>\$20</b>    |
| 815. | 橄榄菜炒饭    |                |
|      | Fried Rice with Preserved Olive Leaves  | <b>\$20</b>    |



百合芹杏香  
Stir-Fried Lily Bulb & Celery



橄榄菜炒饭  
Fried Rice with Preserved  
Olive Leaves



金素XO酱芦笋杏鲍菇  
Sautéed King Oyster  
Mushroom in XO Sauce



菠萝咕嚕猴头菇  
Wok-Fried Sweet & Sour  
"Hou Tou Gu"

# 甜品

DESSERT



潮州反沙香芋条  
Teochew Sugar-coated  
Crispy Fried Taro Stick

- |      |   |                                |             |                |
|------|---|--------------------------------|-------------|----------------|
| 901. | <b>榴莲麻薯(雪媚娘)</b>  |                                |             | 每粒/Per Piece   |
|      | Durian Mochi  |                                |             | <b>\$3.00</b>  |
| 902. | <b>潮式金瓜白果芋泥</b>   | 每盅/PAX                         | 小/S         | 大/L            |
|      | Teochew Yam Paste with<br>Pumpkin & Ginkgo Nuts             | <b>\$6.80</b>                  | <b>\$22</b> | <b>\$40</b>    |
| 903. | <b>杨枝玉露</b>   |                                |             | 每份/Per Portion |
|      | Chilled Mango Sago  |                                |             | <b>\$6.80</b>  |
| 904. | <b>龟苓膏</b>  |                                |             | 每份/Per Portion |
|      | Chilled Herbal Jelly  |                                |             | <b>\$6.00</b>  |
| 905. | <b>芒果布丁</b>   |                                |             | 每份/Per Portion |
|      | Chilled Mango Pudding                                       |                                |             | <b>\$6.00</b>  |
| 906. | <b>宫廷桂花糕</b>  |                                |             | 每份/Per Portion |
|      | Chilled Osmanthus Jelly with Goji Berry                     |                                |             | <b>\$6.00</b>  |
| 907. | <b>百香果冻</b>   |                                |             | 每份/Per Portion |
|      | Chilled Passion Fruit Jelly                                 |                                |             | <b>\$6.00</b>  |
| 908. | <b>红枣雪耳炖桃胶</b>  |                                |             | 每份/Per Portion |
|      | Simmered Peach Collagen in<br>Red Dates & Snow Fungus Syrup |                                |             | <b>\$8.00</b>  |
| 909. | <b>红枣炖雪蛤</b>  |                                |             | 每份/Per Portion |
|      | Double-Boiled Red Dates with Hashima                        |                                |             | <b>\$12</b>    |
| 910. | <b>蛋白杏仁露</b>  |                                |             | 每份/Per Portion |
|      | Silky Almond Tea with Egg White                             |                                |             | <b>\$12.80</b> |
| 911. | <b>潮州反沙香芋条</b>  |                                |             | 每份/Per Portion |
|      | Teochew Sugar-Coated<br>Crispy Fried Taro Stick             |                                |             | <b>\$18</b>    |
|      |   | (制作需时30分钟 Preparation: 30mins) |             |                |



榴莲麻薯(雪媚娘)  
Durian Mochi



潮式金瓜白果芋泥  
Teochew Yam Paste with  
Pumpkin & Ginkgo Nuts



红枣雪耳炖桃胶  
Simmered Peach Collagen in  
Red Dates & Snow Fungus Syrup

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## 饮料 · BEVERAGE

### 中国茶 | CHINESE TEA

- 每位/Per Pax
001. **潮州凤凰单丛 Phoenix Dan Cong**  
茶色黄褐，油润有光，清香持久，滋味浓醇鲜爽，润喉回甘。 **\$3.80**
002. **茉莉香片 Jasmine Xiang Pian**  
茶色黄明亮，花香袭人，甘芳满口，滋味浓醇鲜爽。 **\$3.00**
003. **陈香铁观音 Tie Guan Ying**  
茶色浓郁，绵甜甘醇，滋味沉香凝韵。 **\$3.00**
004. **普洱茶 Pu Er**  
茶汤红浓明亮，味道醇厚且甜，口感柔和 **\$3.00**
005. **八宝花茶 Eight Treasures Flower Tea**  
散发温润舒畅的香气，口味清香迷人，具有舒缓及放松心情，让人心灵平静的功效。滋味迷人的养颜美容花茶。 **\$4.80**

### 啤酒 | BEER

- 每瓶/Per Bottle
006. **青岛啤酒 Qing Dao Beer** **\$13.80**
007. **喜力啤酒 Heineken** **\$13.80**
008. **黑啤 Guinness Stout** **\$12.80**
- 每罐/Per Can
009. **虎标啤酒 Tiger Beer** **\$10.80** **\$39.80** **\$498**  
杯/Mug 扎/Jug 桶/Barrel
010. **札幌啤酒 Sapporo Premium Beer** **\$6.90** **\$30**  
瓶/Bottle 桶/Bucket (5 bottles)

### 其他饮料 | OTHER BEVERAGE

- 每杯/Per Glass
011. **金桔梅子 Honey Kumquat** **\$6.80**
012. **酸柑汁 Lime Juice** **\$4.80**
013. **红毛榴莲汁 Soursop Juice** **\$6.80**
014. **泰式冰奶茶 Iced Thai Milk Tea**  **\$6.80**
015. **汽水 Canned Drink** **\$3.80**  
每罐/Per Can  
Coke / Coke Light / Sprite / Fanta Orange / Ice Lemon Tea /  
Jasmine Green Tea / Chrysanthemum Tea  
可口可乐 / 无糖可口可乐 / 雪碧 / 芬达橙 / 柠檬茶 /  
茉莉绿茶 / 菊花茶

# 汕頭 SWATOW

“潮州人，自己人，来到汕头都是自己人！  
潮州菜，好鱼，好菜，好运来！”

Teochew People "Gagi Nang" our own people.  
Once in Swatow, we are "Gagi Nang", we are one family.  
Teochew cuisine is well known for its seafood dishes and is often  
regarded as being very healthy, good food, good fortune!



SWATOW TOA PAYOH  
181 Lorong 4 Toa Payoh #02-602, S310181

Call To Book

**6363 1717**



swatowseafood



swatowrestaurant