

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，素菜和甜菜。  
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，  
慰藉他们的思乡情缘。

**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

新春团圆

# 盆菜

PROSPERITY FORTUNE POT

## 全家福鲍鱼海味盆菜

Abalone Prosperity Fortune Pot

小/S

大/L

\$298

\$498

原只十头鲍鱼、海参、日本冬菇、鱼鳔、大白菜、发菜、莲藕、烧肉、熏鸭、美人虾、蚝豉、鱼腩、豆扎、带子、鸡腿菇

10-Head Abalone, Sea Cucumber, Japanese Shitake Mushrooms, Fish Maws, White Cabbage, Black Moss, Lotus Roots, Roasted Pork Belly, Smoked Duck, Venemei Prawn, Dried Oyster, Fish Stomach, Beancurd Sticks, Scallops, Coprinus Comatus Mushroom



图片仅供参考。所有数额需另加服务费与消费税。

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富 贵 吉 祥

PROSPERITY YU SHENG

# 鱼生



潮  
州  
鱼  
生

## 潮州富贵鱼生(三文鱼)

Teochew Prosperity Yu Sheng (Salmon)

小/S

大/L

\$68

\$98

## 鲍鱼潮州鱼生

Teochew Prosperity Abalone Yu Sheng

小/S

大/L

\$98

\$148

## 潮州素鱼生

Teochew Vegetarian Yu Sheng

Shredded Salted Preserved Radish, Shredded Carrot, Shredded Cucumber, Shredded White Radish, Shredded Lettuce, Celery, White Sesame Seeds, Plum Sauce, Crushed Peanuts, Sesame Oil, Shredded Scallions

菜脯丝(咸)、红萝卜丝、青瓜丝、白萝卜丝、生菜丝、芹菜、白芝麻、梅膏、花生碎、香油、北葱丝

小/S

大/L

\$58

\$78

### 另加 | Add-On

#### 二头鲍鱼(1粒)

2-Head Abalone (1pc)

每粒/Piece

\$68

#### 二头鲍鱼(2粒)

2-Head Abalone (2pcs)

2粒/2pcs

\$118.00

#### 三文鱼

Smoked Salmon

每碟/Plate

\$16.80

#### 香酥咸蛋鱼皮

Crispy Salted Egg Fish Skin

每碟/Plate

\$8.80

#### 卜脆

Crispy Cracker

每包/Pack

\$5.00

 素食 Vegetarian

# 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



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# 潮州经典 • TEOCHEW SPECIALTIES

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>\$78</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
- \$36**  
 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>\$40</b> | <b>\$48</b> | <b>\$78</b> |
- 
105. **潮式豆酱鸡**   
**Kampung Chicken in  
 Teochew Bean Sauce**
- |  |             |             |
|--|-------------|-------------|
|  | 半只/Half     | 每只/Whole    |
|  | <b>\$24</b> | <b>\$48</b> |



106. **潮式猪脚冻**   
**Chilled Jellied Pork Knuckles in Teochew Style** 每份/Per Portion
- \$16**
- 
107. **潮式猪头粽**   
**Chilled Sliced Pig's Phiz in Teochew Style**
- \$16**
- 
108. **潮州酥炸虾枣**   
**Teochew Crispy-Fried Prawn & Pork Roll**
- \$18**
- 
109. **潮州肝花**   
**Teochew Crispy Minced Pork Liver Roll**
- \$18**

# 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

\$22

\$80

\$160

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

\$18

\$50

\$100

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



汤品 | 海中宝 • SOUP | SEA TREASURES

203. **潮州黄炆大鲍翅** 每盅/Portion  
 Braised Teochew Superior Shark's Fin \$58
- 
204. **潮式龙趸鱼件汤**  5位 pax  
 Sliced Jumbo Grouper in Superior Broth \$48
- 
205. **汕头御品佛跳墙** 预定 Advanced Order 10位 pax  
 Buddha Jump Over The Wall \$1,288



206. **蚝皇碧绿原只六头鲍鱼 (4粒/8粒)**  
 Braised Whole Six Head Abalone & Seasonal Green 小/S 大/L  
\$88 \$176
- 
207. **红炆海参**  小/S 大/L  
 Braised Sea Cucumber & Seasonal Green in Superior Broth \$38 \$76
- 
208. **北葱焖鱼鳔**  
 Braised Fish Maw in Teochew Style 小/S 大/L  
\$38 \$76
- 
209. **潮式鱼鳔海参**  小/S 大/L  
 Braised Sea Cucumber & Fish Maw in Teochew Style \$58 \$116

LOBSTER & CRAYFISH

# 龙虾·虾婆

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



301. 波士顿龙虾 预定 Advanced Order  
Boston Lobster

\$8.80

100克/Per 100g

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

上汤焗

Baked with Superior Broth

白胡椒

White Pepper

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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# 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

Steamed in Teochew Style

港式蒸

Steamed in Hong Kong Style

油浸

Deep-Fried with Soy Sauce

405. 港蒸鳕鱼

每份/Per Portion

Steamed Cod Fish in Hong Kong Style

\$38

2-3人份 / Served 2-3pax

406. 香煎鳕鱼

Deep Fried Cod Fish with Soy Sauce

\$38

2-3人份 / Served 2-3pax



香煎鳕鱼  
Deep Fried Cod Fish  
with Soy Sauce

海鲜

# 虾类

PRAWN • SHELLED PRAWN



501. **虾类**  
Prawn

小/S

大/L

\$30

\$60

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

\$32

\$64

烹饪方法  
Cooking Method

麦片炒

Crispy Cereal

咸蛋黄金沙炒

Stir-Fried with Salted Egg Yolk

806. **潮式虾球滑豆腐**  
Swatow Homemade Beancurd  
with Prawn

小/S

大/L

\$38

\$76

药膳花雕酒煮虾  
Herbal Soup Prawn in  
Chinese Wine



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602. **芝麻酱黑猪肉**   
**Stir-Fried Kurobuta Pork with Black Sesame Sauce**  
 小/S \$34 大/L \$68
603. **冰镇荔枝黑豚咕咾肉**   
**Iced Sweet & Sour Kurobuta Pork with Lychee**  
 小/S \$32 大/L \$64
607. **特式羊扒**  
**Signature Lamb Chop**  
 每支/Per Piece  
 最少2支/Min. 2pcs \$16
608. **当归黑猪排骨**  
**Black Pork Ribs with Angelica Herb (Dang Gui)**  
 每份/Per Portion  
 每份2支/2pcs Per Portion \$36
609. **鲍鱼啫啫鸡煲**  
**Claypot Chicken with Abalone in Sizzling Sauce**  
 小/S \$38 大/L \$76
610. **豉椒爆鸡球**  
**Stir-fried Chicken with Black Bean & Chili**  
 小/S \$22 大/L \$44
611. **中式排骨皇**  
**Chinese-style Pork Ribs**  
 小/S \$28 大/L \$56



701. **芥兰菜脯粿条**   
**Fried Kway Teow with Kai-Lan & Preserved Radish**  
 小/S \$16 大/L \$32
702. **潮式海鲜炒面线**  
**Teochew Fried Mee Sua with Seafood**  
 小/S \$22 大/L \$44
703. **芥兰蚧肉炒饭**  
**Fried Rice with Crab Meat & Kai Lan**  
 小/S \$22 大/L \$44
704. **樱花虾干烧伊面**  
**Braised Ee-Fu Noodle with Sakura Ebi**  
 小/S \$22 大/L \$44
707. **X.O.酱海鲜炒饭**  
**Seafood Fried Rice with X.O. Sauce**  
 小/S \$22 大/L \$44
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  | \$24 | \$48 |
| 802. | <b>潮式铁脯芥兰</b>         | 小/S  | 大/L  |
|      | Stir-Fried Kai-Lan in Teochew Style  | \$18 | \$36 |
| 803. | <b>肉碎X.O.酱四季苗</b>  | 小/S  | 大/L  |
|      | Stir-Fried French Beans with Minced Pork & X.O. Sauce  | \$18 | \$36 |
| 804. | <b>干贝上汤苋菜</b>  | 小/S  | 大/L  |
|      | Conpoy Braised Chinese Spinach in Superior Broth   | \$22 | \$44 |
| 805. | <b>鲜菌滑豆腐</b>   | 小/S  | 大/L  |
|      | Swatow Homemade Beancurd with Mushroom   | \$22 | \$44 |
| 808. | <b>黑松露白松菇炒带子西芹</b>  | 小/S  | 大/L  |
|      | Sautéed Scallops with Black Trufflé, White Beech Mushrooms & Celery                                    | \$40 | \$80 |
| 807. | <b>香港芥兰/奶白/生菜/芦笋/西兰花</b>   |      |      |
|      | HK Kai-Lan / Chinese Cabbage / Lettuce / Asparagus / Broccoli  |      |      |

## 烹饪方法 Cooking Method

		小/S	大/L
带子炒	Sautéed w/Scallop	\$36	\$72
虾球炒	Sautéed with Shelled Prawn	\$38	\$76
北菇扒	Braised with Mushroom	\$26	\$52
清炒	Wok-Fried		
蒜蓉炒	Stir-Fried w/Minced Garlic		
蚝油	Stir-Fried w/Oyster Sauce		
白灼	Poached	\$18	\$36

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# 甜品

DESSERT



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

- | Item No. | Item Name   | 每盅/PAX | 小/S  | 大/L                       |
|----------|---|--------|------|---------------------------|
| 902.     | 潮式金瓜白果芋泥 <br>Teochew Yam Paste with<br>Pumpkin & Gingko Nuts | \$6.80 | \$22 | \$44                      |
| 903.     | 杨枝玉露<br>Chilled Mango Sago  |        |      | 每份/Per Portion<br>\$6.80  |
| 904.     | 龟苓膏<br>Chilled Herbal Jelly   |        |      | 每份/Per Portion<br>\$6.00  |
| 905.     | 芒果布丁<br>Chilled Mango Pudding   |        |      | 每份/Per Portion<br>\$6.00  |
| 906.     | 宫廷桂花糕<br>Chilled Osmanthus Jelly with Goji Berry  |        |      | 每份/Per Portion<br>\$6.00  |
| 907.     | 百香果冻<br>Chilled Passion Fruit Jelly   |        |      | 每份/Per Portion<br>\$6.00  |
| 908.     | 红枣雪耳炖桃胶<br>Simmered Peach Collagen in<br>Red Dates & Snow Fungus Syrup  |        |      | 每份/Per Portion<br>\$8.00  |
| 909.     | 红枣炖雪蛤<br>Double-Boiled Red Dates with Hashima   |        |      | 每份/Per Portion<br>\$12    |
| 910.     | 蛋白杏仁露 <br>Silky Almond Tea with Egg White                  |        |      | 每份/Per Portion<br>\$12.80 |
| 911.     | 雷沙年糕 <br>Prosperity New Year Rice Cake                     |        |      | 每份/Per Portion<br>\$8.00  |
| 912.     | 泡参燕窝 <br>Braised Bird's Nest with American Ginseng         |        |      | 每份/Per Portion<br>\$28    |



杨枝玉露  
Chilled Mango Sago



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

001. **潮州凤凰单丛** Phoenix Dan Cong 每位/Per Pax  
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 \$3.00  
茶色黄明亮，花香袭人，甘芳满口，滋味浓醇鲜爽。
003. **陈香铁观音** Tie Guan Ying \$3.00  
茶色浓郁，绵甜甘醇，滋味沉香凝韵。
004. **普洱茶** Pu Er \$3.00  
茶汤红浓明亮，味道醇厚且甜，口感柔和
005. **八宝花茶** Eight Treasures Flower Tea \$4.80  
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

### 啤酒 | BEER

006. **青岛啤酒** Qing Dao Beer 每瓶/Per Bottle \$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

011. **金桔梅子** Honey Kumquat 每杯/Per Glass \$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 每罐/Per Can \$3.80  
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
016. **清热凉茶** Refreshing Herbal Tea \$4.80 \$15  
杯/Glass      扎/Jug

# 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

小红书

新加坡Swatow Seafood  
小红书号:7263094222