

福滿庭

Foo  
Man  
Ting

中式



# 菜单

MENU







## Braised Pork Rib with Black Vinegar, with mantou

A complex dish. Ribs deep fried, stewed and then grilled. Sauce is a combination of Zhenjiang vinegar and pineapple.

烹调过程复杂的一道菜肴。排骨经油炸、炖后烤，酱汁是由镇江醋和凤梨调配而成。



【配馒头】  
镇江焗肉排

## Shanghai-Style Braised Pork

Tender, juicy pork is coated in glossy sauce that is sticky, savoury, sweet and full of fragrance.

鲜嫩肉质，裹上一层浓郁、鲜甜的酱汁。

上海  
姥姥  
姥姥  
红烧  
肉



# 主厨推荐

## Chef's Recommendation

|  |                                       |
|--|---------------------------------------|
| 北京烤肥鸭 (二吃)<br>Roasted Peking Duck                                  | 118<br>一只 Whole Duck                  |
| 南洋式烤伊比利亚黑毛猪肋排<br>Nanyang-Style Oven Baked Iberico<br>Pork Ribs     | 280<br>一排 Whole Ribs                  |
| 镇江焗肉排 (配馒头)<br>Braised Pork Rib with Black Vinegar,<br>with Mantou | 60<br>每份 Per Portion                  |
| 彩椒香煎牛仔粒<br>Pan-fried Rib Eye with Bell Peppers                     | 48<br>每份 Per Portion                  |
| 上海姥姥红烧肉<br>Shanghai-Style Braised Pork                             | 60<br>每份 Per Portion                  |
| 杭州东坡肉<br>Hangzhou Braised Pork Belly                               | 32<br>每位 Per Pax                      |
| 中式焗鳕鱼<br>Chinese-Style Baked Cod Fish                              | 185<br>每份两片<br>Two pieces Per Portion |
| 印尼咖喱银鳕鱼<br>Indonesian Curry Cod Fish                               | 130<br>每份 Per Portion                 |
| 椒盐脆皮秃参<br>Crispy Sea Cucumber with Salt and Pepper                 | 68<br>每份 Per Portion                  |
| 甘香焗大明虾<br>Kam Heong Baked Prawn                                    | 68<br>每份 Per Portion                  |
| 上汤焗大头虾<br>Baked Freshwater Prawn with<br>Superior Broth            | 19<br>Per 100g                        |

\*\*\*  
Serving: 4 - 5 pax, per portion.  
No outside food / drink allowed.

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## Hangzhou Braised Pork Belly

Three-layer pork, slow  
cooked in claypot, with  
a sauce of premium soy  
sauce and rock sugar.

精选三层肉，以特级头  
抽，冰糖慢炖而成。

杭  
州  
东  
坡  
肉





## Chinese-Style Baked Cod Fish

Grilled and baked delicately  
with a sauce of superior soy  
sauce, honey, herbs and Shao  
Hsing wine.

采用上等酱油、蜂蜜、香料  
和绍兴酒精心烧烤而成。

中  
式  
焗  
鳕  
鱼



# 前菜

## Appetiser

|  |                      |
|--|----------------------|
| 醉鸡<br>Drunken Chicken  | 26<br>每份 Per Portion |
| 日本青瓜伴海蜇<br>Japanese Cucumber with Jellyfish Salad                    | 24<br>每份 Per Portion |
| 潮州咸菜伴豆腐干<br>Teochew Salted Vegetable with<br>Dried Bean Curd Salad   | 24<br>每份 Per Portion |
| 川味鲜菇木耳日本青瓜<br>Mushrooms, Black Fungus and<br>Japanese Cucumber Salad | 24<br>每份 Per Portion |
| 椒盐软壳蟹<br>Fried Soft Shell Crab with<br>Salt and Pepper               | 32<br>每份 Per Portion |
| 肉松脆茄子<br>Fried Eggplant with Chicken Floss                           | 24<br>每份 Per Portion |
| 椒盐白饭鱼<br>Crispy White Bait with Salt and Pepper                      | 35<br>每份 Per Portion |
| 凉拌米丁<br>Midin Salad  | 38<br>每份 Per Portion |

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# 醉鸡

## Drunken Chicken

A classic Shanghainese cold dish — chicken steeped in Shaoxing rice wine.

经典上海凉菜—以绍兴酒烹调而成。



## Braised Abalone and Goose Feet

Australian abalone with premium imported goose. A combination rich in flavour and texture.

澳洲鲍鱼配优质进口鹅掌，  
深富口感与风味的搭配。

## 红烧 鹅掌 扣 鲍鱼



## Braised Shark Fin

A traditional dish known for its supreme texture and tasty soup. The broth is slow cooked for eight hours.

以口感上乘、汤汁鲜美而闻名的传统菜餚，焖烧熬煮八小时而成。

红烧  
大鲍翅



## Mini Buddha Jumps Over the Wall

鲍  
参  
翅  
肚  
佛  
跳  
墙

Fo Tiao Qiang, known for its rich seafood taste, is a stately banquet dish.

佛跳牆是闽菜系特色名菜，以其浓郁的海鲜味著称，是国宴菜餚之一。



# 经典名菜

## Premium Selection

红烧大鲍翅  
Braised Shark Fin

188  
每位 Per Pax

蚝皇原只澳洲二头鲍鱼  
Australian Abalone, Two Heads,  
in Premium Oyster Sauce

185  
每位 Per Pax

红烧鹅掌扣鲍鱼  
Braised Abalone and Goose Feet

220  
每位 Per Pax

红烧鹅掌扣花胶  
Braised Goose Feet with Fish Maw

88  
每位 Per Pax

红烧花胶扣海参  
Braised Fish Maw with Sea Cucumber

98  
每位 Per Pax

鲍参翅肚佛跳墙  
Mini Buddha Jumps Over the Wall

185  
每位 Per Pax

桂花炒鱼翅  
Fried Dry Shark's Fin

138  
每份 Per Portion

\*\*\*  
Serving: 4 - 5 pax, per portion.  
No outside food / drink allowed.

\*\*\*  
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## Baked Lobster with Mozzarella

Local lobster with chef's own  
'thousand island' dressing, baked  
with mozzarella.

本地龙虾，搭配主厨自制的  
“千岛”酱，与意大利莫札瑞拉  
芝士烘焙而成。

千島芝士  
焗龍蝦





# 汤

蟹肉大生翅  
Shark Fin Soup with Crab Meat

38 168  
每位 Per Pax 每份 Per Portion

四川酸辣羹  
Sichuan Hot and Sour Soup

45  
每份 Per Portion

蟹肉海鲜豆腐羹  
Seafood Bean Curd Soup with Crab Meat

38  
每份 Per Portion

海參魚唇羹  
Fish Lip Soup with Sea Cucumber

48  
每份 Per Portion

鸡茸粟米羹  
Chicken Corn Soup

38  
每份 Per Portion

西湖牛肉羹  
Xihu Beef Soup

48  
每份 Per Portion

三旦苋菜肉碎汤  
Chinese Spinach with Trio Eggs Soup

38  
每份 Per Portion

Soup

\*\*\*  
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\*\*\*  
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## Baked Freshwater Prawn with Superior Broth

Skilfully baked giant prawns with  
Foo Man Ting's interpretation of  
traditional superior stock.

精心熬煮的高汤焗大虾，  
福满庭的招牌菜之一。

上  
汤  
焗  
淡  
水  
虾



# 龙虾 / 大头虾

深海花龙  
Flower Lobster

42  
Per 100g

青龙  
Green Lobster

26  
Per 100g

大头虾  
Freshwater Prawn

19  
Per 100g

## 煮法 Cooking Style

上汤焗

Baked with Superior Broth

星洲

Sin Chew Style of Tomato, Chillies and Egg Gravy

沙律

Freshly Steamed with Salad Dressing

香蒜粉丝煲

Claypot with Garlic and Vermicelli

千岛芝士焗

Baked with Mozzarella

焖伊面

Braised with E-Noodles

Lobster / Freshwater Prawn

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\*\*\*

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# 新鲜海魚

## Fish

|  |                        |
|--|------------------------|
| 龙躉煲<br>Giant Grouper in Claypot<br>煮法 Cooking Style:<br>古法紅燒 Traditional Braised | 160<br>每份 Per Portion  |
| 石斑魚<br>Grouper   | 9.80<br>Per 100g       |
| 老虎斑<br>Tiger Grouper   | 11<br>Per 100g         |
| 大白鯧<br>White Pomfret   | follow<br>market price |
| 七星斑<br>Coral Grouper   | 21<br>Per 100g         |
| 銀鱈魚<br>Round Cod Fish  | 38<br>Per 100g         |
| 金目鲈<br>Seabass   | 6.80<br>Per 100g       |

### 煮法 Cooking Style

|       |  |
|-------|--|
| 广东蒸   | Cantonese-Style Steam                        |
| 油浸    | Oil Poached                                  |
| 酸甜    | Sweet and Sour Sauce                         |
| 剝椒蒸   | Chilli Pepper Sauce                          |
| 潮州蒸   | Teochew-Style Steam                          |
| 陈皮姜丝蒸 | Steam with Shredded Ginger and Mandarin Peel |

\*\*\*  
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## Oven Baked Iberico Pork Ribs

Premium Spanish pork marinated, roasted and then baked. The entire process takes almost eight hours. Served with a refreshing side.

顶级西班牙猪肉腌制后，再进行烧烤和烘烤。整个过程需要近8小时，搭配清爽的果汁。



烤伊比利亚  
黑毛猪肋排



## Hong Kong-Style Roasted Suckling Pig

港式沙皮  
烤乳猪

A Cantonese signature dish. The quality of the dish is determined by the crunchiness of the skin. Pre-order is required.

粤菜招牌菜之一，这道菜最关键的是对皮脆肉嫩的火候掌握度，需提前一天预定。



# 烧味类

## BBQ / Roast

广东吊爐烤鸭  
Guangdong Roasted Duck

98 50  
一只 Whole 半只 Half

古法吊烧鸡  
Crispy Roasted Chicken

48 26  
一只 Whole 半只 Half

玻璃脆皮乳鸽  
Roasted Crispy Skin Pigeon

78  
一只鸟 Per Bird

港式沙皮烤乳猪  
Hong Kong-Style Roasted Suckling Pig

480  
一只 Whole Pig

烤伊比利亚黑毛猪肋排  
Oven Baked Iberico Pork Ribs

280  
一排 Whole Ribs

煮法 Cooking Style:  
南洋 Nanyang / 孜然 Cumin

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\*\*\*

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四川  
宮保  
鸡丁



Sichuan Kung Pao  
Chicken

A dish for the senses. Ingredients include chilli sauces, dried chillies, vinegar, soy and sugar.

刺激味蕾的一道菜。成分包括辣椒酱、乾辣椒、醋、酱油和糖。



# 精選小菜

## Chinese Classics

### 豬 Pork

咸鱼花腩煲  
Claypot Pork Belly with Salted Fish

32  
每份 Per Portion

酸甜咕嚕肉  
Sweet and Sour Pork

32  
每份 Per Portion

### 鸡 Chicken

四川宫保鸡丁  
Sichuan Kung Pao Chicken

28  
每份 Per Portion

三杯蒜子焖鸡煲  
Claypot Three Cup Chicken

28  
每份 Per Portion

君度酒橙花鸡  
Cointreau Orange Chicken

28  
每份 Per Portion

鲍鱼焖鸡煲  
Chicken and Abalone Braised in Claypot

68  
每份 Per Portion

蟲草花荷叶蒸鸡  
Steamed Chicken with Cordycep  
Flowers in Lotus Leaf

38  
每份 Per Portion

潮州川椒鸡  
Teochew Style Sichuan Pepper Chicken

28  
每份 Per Portion

\*\*\*  
Serving: 4 - 5 pax, per portion.  
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\*\*\*  
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## 鲍鱼焖鸡煲

Chicken and Abalone  
Braised in Claypot

One of Foo Man Ting customers' favourite. A tasty Cantonese classic.

福满庭最受客户喜爱的菜肴之一，美味的经典粤菜。

潮州  
川  
椒  
鸡



Teochew Style Sichuan  
Pepper Chicken

Made with fragrant ground Szechuan pepper, this chicken dish is stir-fried with fish sauce. Made with deboned drumstick and thigh meat.

这道鸡肉菜肴，带有麻香的川椒味，并用鱼露爆炒，选取去骨的鸡腿和鸡大腿肉烹制。

# 精選小菜

## Chinese Classics

### 牛 Beef

豉椒炒牛柳  
Stir-fried Beef Rib Eye with  
Fermented Black Bean

48  
每份 Per Portion

鮮菇芥蘭炒牛柳  
Stir-fried Beef Rib Eye with  
Mushroom and Kailan

48  
每份 Per Portion

鑊仔煎澳洲牛柳  
Wok-fried Australia Sirloin

58  
每份 Per Portion

萝卜牛筋焗牛腩  
Australia Wagyu Beef Tendon in Claypot

88  
每份 Per Portion

### 羊 Lamb

黑椒鮮菇煎澳洲羊排  
Pan-Fried Black Pepper Australian  
Lamb Chop with Mushroom

78  
每份三片  
Three pieces Per Portion

醬焗羊煲  
Beijing Style Lamb in Claypot

68  
每份 Per Portion

\*\*\*

Serving: 4 - 5 pax, per portion.  
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\*\*\*

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酸辣蛋蒸  
凤尾虾



Steamed Phoenix Tail  
Prawns with Egg  
in Spicy Sauce

A delicate and beautiful dish of steamed prawns on a bed of egg custard and tomato-chili sauce.

一道精致而美丽的菜肴，蒸虾搭配滑蛋及番茄辣椒酱。

# 精選小菜

## Chinese Classics

海鮮  
Seafood

香蒜粉丝大虾煲  
Claypot Garlic Prawns with Vermicelli

68  
每份 Per Portion

麦片脆虾球  
Crispy Cereal Prawns

68  
每份 Per Portion

奶油虾球  
Butter Prawns

68  
每份 Per Portion

芝麻白汁虾球  
Shrimp Balls with Sesame White Sauce

68  
每份 Per Portion

酸辣蛋蒸凤尾虾  
Steamed Phoenix Tail Prawns with  
Egg in Spicy Sauce

78  
每份 Per Portion

蒜蓉花雕蒸虾  
Steamed Prawn with Garlic and Wine

68  
每份 Per Portion

干烧大明虾煲  
Dry Braised Prawn in Claypot

68  
每份 Per Portion

\*\*\*

Serving: 4 - 5 pax, per portion.  
No outside food / drink allowed.

\*\*\*

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# 精選小菜

## Chinese Classics

### 海鮮 Seafood

露筍油泡帶子  
Stir-fried Asparagus with Scallops

92  
每份 Per Portion

XO醬露筍帶子  
Stir-fried Asparagus with Scallops  
in XO Sauce

92  
每份 Per Portion

XO醬荷蘭豆爆斑球  
Stir-fried Fish Fillet with Snow Peas  
and XO Sauce

55  
每份 Per Portion

碧綠桂林山藥炒斑球  
Stir Fried Fish Fillet with Guilin Yam

52  
每份 Per Portion

豉椒爆炒斑球  
Stir-fried Fish Fillet with Fermented  
Black Bean

48  
每份 Per Portion

西芹蓮藕炒斑球  
Stir-fried Celery and Lotus Root  
with Fish Fillet

48  
每份 Per Portion

\*\*\*  
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\*\*\*  
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碧  
绿  
桂  
林  
山  
药  
炒  
斑  
球



Stir Fried Fish Fillet  
with Guilin Yam

Fish fillets cooked with fresh  
and crunchy imported yam from  
China. A mildly spicy dish.

采用新鲜酥脆的中国进口山药  
煸炒鱼片，一道微辣的菜肴。



# 精選小菜

## Chinese Classics

### 豆腐类 Bean Curd

翡翠蟹肉琵琶豆腐  
Pipa Bean Curd with Crab Meat  
and Vegetable

28  
每份 Per Portion

翡翠鲜菇玉豆腐  
Bean Curd with Mushroom and Vegetable

28  
每份 Per Portion

四川麻婆辣豆腐  
Sichuan Spicy Mapo Bean Curd

28  
每份 Per Portion

魚香茄子豆腐煲  
Claypot Bean Curd with Eggplant  
and Salted Fish

28  
每份 Per Portion

### 蔬菜 Vegetable

上汤三蛋苋菜煲  
Stir-fried Chinese Spinach  
with Trio Eggs

24  
每份 Per Portion

上汤蒜子菠菜  
Stir-fried Spinach with Garlic

24  
每份 Per Portion

杏片四宝蔬  
Mix Vegetables with Almond Flakes

40  
每份 Per Portion

\*\*\*  
Serving: 4 - 5 pax, per portion.  
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\*\*\*  
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## Stir-fried Chinese Spinach with Trio Eggs

A popular vegetable dish for those who love flavourful soups.

高汤配蔬菜的必点菜品。

上汤  
三蛋  
苋菜煲

## Stir-fried Asparagus with Scallops

A simple dish highlighting quality ingredients. Clean, crisp taste.

突显优质食材里，鲜香清脆的味道。

露  
筍  
油  
泡  
帶  
子



## Pipa Bean Curd with Crab Meat and Vegetable

Home-made tofu with unique blend of herbs, egg, mushrooms and Chinese water chestnut.

自制豆腐，搭配混合草本香料、鸡蛋、蘑菇和荸荠。



翡翠蟹肉  
琵琶豆腐

# 田 园 时 蔬

## Imported & Local Vegetables

|                       |    |                            |    |
|-----------------------|----|----------------------------|----|
| 菠菜<br>Spinach         | 24 | 小芥兰<br>Baby Kailan         | 24 |
| 苋菜<br>Chinese Spinach | 24 | 西兰花<br>Broccoli            | 26 |
| 西芹<br>Celery          | 26 | 香港芥兰<br>Hong Kong Kailan   | 26 |
| 西生菜<br>Lettuce        | 26 | 香港菜心<br>Hong Kong Choy Sum | 26 |
| 苦瓜<br>Bitter Gourd    | 24 | 奶白菜<br>Nai Bai             | 26 |
| 露筍<br>Asparagus       | 55 | 米丁<br>Midin                | 28 |

### 煮法 Cooking Style

清炒 • 蒜蓉 • 上汤 • 豆豉 • 三蛋 • XO酱 • 蚝油

Stir-fry • Minced Garlic • With Broth • Fermented Black Bean  
• Trio Eggs (Egg, Salted Egg, and Century Egg) • XO Sauce •  
Oyster Sauce

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Serving: 4 - 5 pax, per portion.  
No outside food / drink allowed.

\*\*\*

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# 飯 / 面

# Rice / Noodle

|  |                      |
|--|----------------------|
| 扬州炒飯<br>Yang Zhou Fried Rice                                   | 25<br>每份 Per Portion |
| 福建海鮮烩飯<br>Hokkien Seafood Rice, with Gravy                     | 25<br>每份 Per Portion |
| 干贝蟹肉蛋白海鮮炒飯<br>Seafood Fried Rice with Scallop<br>and Crab Meat | 45<br>每份 Per Portion |
| 干烧海鮮香港伊面<br>Dry Braised Seafood E-Noodles                      | 38<br>每份 Per Portion |
| 海鮮双面黃炒面<br>Seafood Noodles, with Gravy                         | 38<br>每份 Per Portion |
| 干炒牛肉河<br>Stir-fried Kueh Tiaw with Beef                        | 35<br>每份 Per Portion |
| 滑蛋牛肉河<br>Cantonese Fried Kueh Tiaw                             | 35<br>每份 Per Portion |
| 意大利黑松露牛肉粒炒飯<br>Italy Truffles Fried Rice with Beef Cubes       | 80<br>每份 Per Portion |

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No outside food / drink allowed.

\*\*\*  
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## Seafood Noodles, with Gravy

Handmade noodles with delicious  
prawn, fish slices and squid.

手工麵条配美味的虾、鱼片和  
鱿鱼。

海鮮  
雙面  
黃炒  
麵



## Black Sesame Glutinous Balls

A traditional dessert of Tang Yuan  
with crushed peanuts.

传统甜点，汤圆配碎花生。



# 甜品类

## Dessert

杨枝芒果甘露  
Pomelo Mango Sago

58  
每份 Per Portion

蜜瓜西米露  
Honey Dew Sago

38  
每份 Per Portion

生磨红豆沙  
Red Bean Soup

28  
每份 Per Portion

擂沙汤圆  
Black Sesame Glutinous Balls

2.50  
一粒 Per Piece

豆沙窝饼  
Red Bean Pancake

16  
每份 Per Portion

四季鲜菓盘  
Fruit Platter

38  
每份 Per Portion

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Serving: 4 - 5 pax, per portion.  
No outside food / drink allowed.

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Prices are in RM, subject to government taxes and service charges.  
Photos are for illustration only.



# 主厨简介

## Chef's Profile

楊志堅



Chef Yong  
Chee Kian

b. 1967

At 19 years old, Yong Chee Kian left Kuching for Taiwan to begin his culinary journey.

By his mid 20s, Yong relocated to Singapore, and worked at restaurants including the well-known Furama Hotel and Lei Garden, which is Michelin-starred.

In 2022, Yong set up Foo Man Ting with Hock Seng Lee.

Chef Yong motto is 民以食為天, *mín yǐ shí wéi tiān*, which translates literally as: "The people regard food as heaven".

"Food is life. Having spent 36 years in Chinese culinary arts, my aim for Foo Man Ting is to marry Classical Chinese cuisine with innovation," Chef Yong said.

主厨杨志坚，出生于1967年，19岁时便离开古晋赴台，开始他的烹饪之旅。

随后，杨师傅在新加坡几家著名的餐饮业就职，其中包括了著名的新加坡富丽华河畔大酒店及米其林星级认证的中餐厅-利苑。

杨师傅于2022年与福胜利一起创立了《福满庭》。

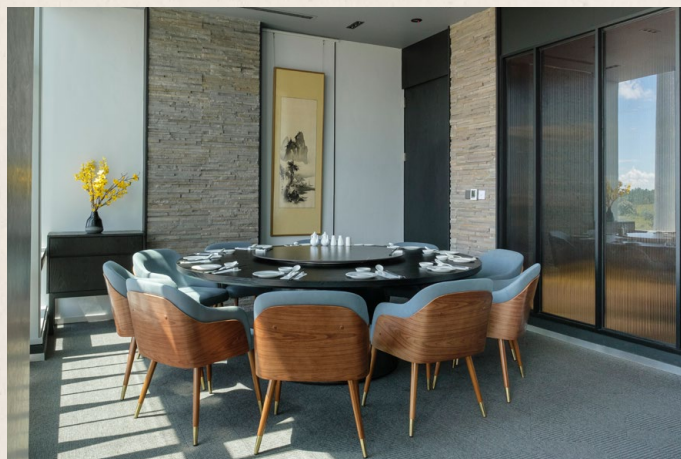
杨师傅对于美食烹饪非常认真，从始至终保持着“民以食为天”的心态。

“食物就是生命，从事中式美食工作 36 年，我希望将中式经典菜肴与创新碰撞出新火花。”



Our restaurant's name, Foo Man Ting / 福满庭, means 'Court Full Of Luck'.  
The word 福 is also the first character of our parent company Hock Seng Lee / 福胜利.  
Notable calligraphy master Liew Boon Poh created Foo Man Ting's logo.  
The original piece is kept in the restaurant.


我们餐厅的名字 福满庭，寓意“福气满堂”，而“福”一字，  
也是母公司福胜利 Hock Seng Lee 的第一个字。  
福满庭的标志，是出自著名书法大师刘文保，而墨宝原件也收藏在餐厅内。




Private rooms are available | 备有包厢





 +6 012 326 8535

 [foomanting.com.my](http://foomanting.com.my)

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