MANI

ENTREES • 前菜

Raw Marinated Seafood Selection 渔筵精选生腌

- OPTION 1: Salmon (I) 三文鱼生腌 — 28.8
- OPTION 2: Salmon, Japanese Scallops, Sydney Rock Oyster, NZ Clam, Arctic Surf Clam (M)
  三文鱼，日本带子, 悉尼岩蚝,新西兰蛤蜊，北极贝 — 58.8
- OPTION 3: NZ Scampi, Salmon, Scallops, Oysters (M)
  新西兰螯虾，三文鱼，日本带子，悉尼岩蚝 — 188.8

Salt-Cured Live Blue Swimmer Crab (A) — 58.8 / EACH
渔筵极品满膏咸呛蟹

精选满膏鲜活母梭子蟹，以古法腌制，低温熟成。蟹肉晶莹似果冻，佐以姜醋，入口即化，堪称“舌尖上的海鲜冰淇淋”。

Premium live female blue swimmer crabs, selected for their rich, creamy roe, are slowly cured at low temperature. The flesh becomes delicately translucent with a jelly-like texture, served with ginger vinegar for a melt-in-the-mouth finish — truly “seafood ice cream for the palate.”

Salmon Sashimi — 28.8
三文鱼刺身配姜汁醋
Salmon (I), Peach, Ginger, Vinegar, Soy, Lemon Olive Oil

Raw Sydney Rock Oysters — 28.8
悉尼岩蚝配姜汁醋 *4pc*
Sydney Rock Oysters (A), Salmon Roe (A), Rice Vinegar, Grated Ginger, Light Soy Sauce

Japanese Scallop Sashimi — 32.8
日本带子刺身佐味增柚子酱
Japanese Scallop (I), Salmon Roe(A), Asparagus, Kombu, Yuzu Miso Dressing

Steamed Scallops in Shell with XO Sauce & Vermicelli (M) — 38.8
XO酱粉丝蒸带子 *4pc*

Seafood Spring Roll with Scallops & Prawns (I) — 18.8
鲜虾带子海鲜春卷 *2pc*
Scallops, King Prawns

Crispy Five-Spice Fish in Shanghai Style Soy Sauce (I) — 38.8
上海风味五香熏牙鱼 *150g*
Glacier 51 Toothfish (I), Chinese Aromatics

Yellow Croaker with Aromatic Spice Blend (I) — 28.8
主厨秘制小黄鱼 *6pc*
Yellow Croaker (I), Chinese Aromatics *(Served Cold)*

OX Tongue Salad — 28.8
椒麻炝牛舌
Beef Tongue, King Oyster Mushroom, Fresh Sichuan Peppercorn

Soft Shell Crab San Choy Bau — 34.8
避风塘软壳蟹的生菜包 *4pc*
Soft Shell Crab (I), Crispy Garlic Crumbs, Cos Lettuce, Yuzu Mayo

HANDMADE DUMPLINGS
手工现包点心

Classic Pork Xiao Long Bao 13.8
Pork, Sesame Oil
传统鲜肉小笼包 *3pc*

Prawn & Garlic Chive Dumplings (GF) 16.8
Prawn (I), Chive, Water Chestnut
鲜虾韭菜饺 *3pc*

Prawn & Spinach Dumplings (GF) 16.8
Spinach, Prawn (I), Shallot, Mushroom, Water Chestnut
鲜虾菠菜饺 *3pc*

Prawn & Scallop Dumplings (GF) 16.8
Scallop (I), Prawn (I), Snow Pea, Water Chestnut, Shallot, Mushroom
鲜虾带子饺 *3pc*

Squid Ink Dumplings (GF) 16.8
Squid (I), Prawn (I), Celery, Onion, Water Chestnut
墨鱼饺 *3pc*

Beef Dumplings 18.8
Beef, Carrot, Onion, Cheese
牛肉饺 *3pc*

Pork, Prawn and Mushroom Siu Mai (I) 16.8
猪肉虾胶烧卖 *3pc*

Chicken, Prawn and Mushroom Siu Mai (I) 16.8
鸡肉虾胶烧卖 *3pc*

Vegetarian Dumplings (Vegan) 13.8
Black Fungus, Vermicelli, Shallot, Celery, Bok Choy
田园蔬菜饺 *3pc*

SOUP • 汤品

Winter Melon & Clam Soup (M) 12.8
冬瓜蛤蜊海鲜汤
Winter Melon, Clams, Dried Scallop (Conpoy)

Jade Prawn Soup with Choy Sum (M) 11.8
竹笙白玉菇虾滑汤
Bamboo Fungus, White Beech Mushrooms, Handmade Prawn Mousse, Dried Scallop (Conpoy), Dried Choy Sum

SEAFOOD WOK HEI SPECIALS
海鲜锅气推荐

Wok-fried Green-lipped Abalone Slices with Seasonal Vegetables (A) **爆炒青边鲍片** 4头，2只 — 118.8
Greenlip Abalone, with Seasonal Greens
Flavor: Original/ XO Sauce/ Black Pepper
口味选择：清炒/XO酱/黑胡椒

Traditional Shanghai Style Crab with Homemade Rice Cake (A) — 78.8/ MP
老上海梭子蟹或肉蟹配手工年糕
Blue Swimmer Crab or Live Mud Crab, Handmade Rice Cakes, Scallion, Ginger, Soy-Based Braising Sauce

Crispy Crab with Garlic & Black Bean (A) — 68.8/ MP
避风塘梭子蟹或肉蟹
Blue Swimmer Crab or Live Mud Crab, Crispy Garlic Crumbs, Fermented Black Bean, Chilli

Crispy Prawns and Eggplant (I) — 38.8
宫保茄香虾球
Prawns, Eggplant, Cashew Nuts, Kung Pao Sauce

Wok-Fried Prawns with Black Truffle Sauce (I) — 39.8
黑松露碧绿炒虾球
Prawns, Sugar Snap Pea, Capsicum, Black Truffle Sauce

Salt and Pepper Prawns (I) — 38.8
椒盐虾球
Prawns, Garlic, Salt and Pepper Seasoning

House Special Salt and Pepper Calamariv (I) — 36.8
翡翠椒盐鲜鱿佐蜂蜜柚子酱
Calamari, Chinese Seaweed Salt, Honey Mustard Mayo with Yuzu

Wok-Fried Scallops with Sugar Snap Pea and XO Sauce (I) — 48.8
XO酱蜜豆炒带子
Scallops, Sugar Snap Pea, Capsicum, Onion, XO Sauce

Fish Fillet & Tofu Claypot (I) — 44.8
鳕鱼柳豆腐煲
Ling Fish Fillet, Egg Tofu, Chef's Special Sauce, Served in Claypot

LIVE SEAFOOD 游水海鲜

MP

Southern Rock Lobster (A) 南澳游水龙虾

- **Lemongrass, Sea Urchin, Black Pepper 香茅海胆黑胡椒** +30
- **Rice in Soup with Vegetable and Lobster Broth 海鲜高汤菜泡饭配菜心** +28
- Sashimi 刺身
- Ginger and Shallot 姜葱
- Salt and Pepper 椒盐
- Garlic Butter 蒜子牛油
- Garlic Butter with Black Truffle 黑松露蒜子牛油 +20
- Bamboo Shoots & Preserved Mustard Greens 笋干菜 +20
- Salted Egg Yolk with Corn 金沙玉米 +20
- Traditional Shanghai Style with Handmade Rice Cake 家烧配手工年糕 +15
- Typhoon Shelter Style (Crispy Garlic & Breadcrumbs) 港式避风塘
- Sichuan Fragrant Chili 川式香辣
- Two Way 二吃 +$20/kg
- Add on Spinach Noodle Base 加菠菜面底 +15
- Add on Shanghai Style Crispy Rice Cake 加老上海苔条糍饭糕 +15
- Add on Handmade Rice Cake 加宁波手工年糕 +15

Tasmanian King Crab (A) 皇帝蟹

- **Ginger and Shallot 姜葱**
- Salt and Pepper 椒盐
- Garlic Butter 蒜子牛油
- Garlic Butter with Black Truffle 黑松露蒜子牛油 +20
- Salted Egg Yolk with Corn 金沙玉米 +20
- Typhoon Shelter Style (Crispy Garlic & Breadcrumbs) 港式避风塘
- Traditional Shanghai Style with Handmade Rice Cake 家烧配手工年糕 +15
- Sichuan Fragrant Chili 川式香辣
- **Fried Rice with Crab Roe 蟹黄炒饭** +30
- Steamed Egg with Crab Roe 蟹黄蒸蛋 约30分钟 +20
- Two Way 二吃 +$20/kg
- Add on Spinach Noodle Base 加菠菜面底 +15
- Add on Shanghai Style Crispy Rice Cake 加老上海苔条糍饭糕 +15
- Add on Handmade Rice Cake 加宁波手工年糕 +15

Snow Crab (A) 太子蟹

- **Salted Egg Yolk with Corn 金沙玉米** +20/kg
- **Sichuan Fragrant Chili 川式香辣**
- Bamboo Shoots & Preserved Mustard Greens 笋干菜 +20
- Traditional Shanghai Style with Handmade Rice Cake 家烧配手工年糕 +15
- Ginger Shallo 姜葱
- Salt and Pepper 椒盐
- Garlic Butter 蒜子牛油
- Garlic Butter with Black Truffle 黑松露蒜子牛油 +20
- Typhoon Shelter Style (Crispy Garlic & Breadcrumbs) 港式避风塘
- Add on Shanghai Style Crispy Rice Cake 加老上海苔条糍饭糕 +15
- Add on Spinach Noodle Base 加菠菜面底 +15
- Add on Handmade Rice Cake 加宁波手工年糕 +15

MP

Mud Crab (A) 肉蟹

- **Traditional Shanghai Style with Handmade Rice Cake 家烧配手工年糕** +15
- **Sichuan Fragrant Chili 川式香辣**
- **Singaporean Chilli 新加坡香辣**
- Ginger Shallot 姜葱
- Salt and Pepper 椒盐
- Garlic Butter 蒜子牛油
- Garlic Butter with Black Truffle 黑松露蒜子牛油 +20
- Salted Egg Yolk with Corn 金沙玉米 +20
- Typhoon Shelter Style (Crispy Garlic & Breadcrumbs) 港式避风塘
- Add on Shanghai Style Crispy Rice Cake 加老上海苔条糍饭糕 +15
- Add on Spinach Noodle Base 加菠菜面底 +15
- Add on Crispy Bun *4pc* 加炸馒头片4片 +8
- Add on Handmade Rice Cake 加宁波手工年糕 +15

Coral Trout / Morwong / Parrot Fish (A) 星斑 / 三刀 / 青衣

- Steamed with Ginger and Shallot 清蒸
- Two Ways: Fillet Wok-Fried / Salt and Pepper 两吃: 清炒斑球 / 椒盐 +20
- **Sichuan-Style Poached Fish in Tangy Pickled Mustard Broth 酸菜鱼** +20
- Sichuan-Style Poached Fish in Spicy Chilli Broth with Sichuan Peppercorn 水煮鱼 +20

Baby Abalone / Oyster (A) 16.8 /each
翡翠青边鲍鱼仔 / 大生蚝

- Steamed with Ginger & Shallot 清蒸
- Steamed with Garlic & Vermicelli 蒜蓉粉丝蒸 +2 *each*
- Steamed with XO Sauce & Vermicelli XO酱粉丝蒸 +2 *each*

Live Large Green Lip Abalone (A) 游水大青边鲍鱼

- **Wok-fried with Seasonal Greens 爆炒鲍片**
  Flavor: Original / XO Sauce / Black Pepper 口味选择：清炒 / XO酱 / 黑胡椒

Pipi (A) 游水活蚬

- Bamboo Shoots & Preserved Mustard Greens 笋干菜
- XO Sauce XO酱炒
- Add on Shanghai Style Crispy Rice Cake 加老上海苔条糍饭糕 +15
- Add on Spinach Noodle Base 加菠菜面底 +15
- Add on Handmade Rice Cake 加宁波手工年糕 +15

Queesland Yabby (A) 昆士兰小龙虾

- Sichuan Fragrant Chili 川式香辣
- Garlic-Infused 蒜香
- Marinated with Chinese Rice Wine 冰镇话梅橘子花雕熟醉 +15
- Add on Handmade Rice Cake 加宁波手工年糕 +15

MEAT • 肉类

Classic Sweet & Sour Pork 32.8
经典咕咾肉
Pork, Pineapple, Onion, Capsicum

Crispy Garlic Pork Ribs 32.8
黄金蒜香骨

Wok-Fried Angus Beef with Cumin and White Beech Mushroom 44.8
孜然安格斯牛仔粒配香酥白玉菇

Wok-Fried Angus Beef with Black Truffle 42.8
黑松露安格斯洲牛仔粒
Angus Beef, Black Truffle Sauce, King Oyster Mushroom

Wok-Fried Veal with King Oyster Mushroom and Taro 42.8
杏鲍菇炒小牛肉配鲜芋
Veal, King Oyster Mushroom, Chilli, Taro

Beef Braised in Tangy Pickled Mustard Broth 46.8
酸菜焖吊龙
Oyster Blade, Pickled Mustard Greens, Chinese Cabbage

Wok-Fried Beef in Chef's Savory Sauce 42.8
酱爆吊龙
Oyster Blade, Red Capsicum, Mushrooms, Chef's Special Sauce

Sichuan Chilli Chicken 32.8
风味辣子鸡
Chicken, Dried Chilli, Garlic, Cashew Nuts

Crispy Chicken Strips with Salt and Pepper 32.8
香酥鸡柳
Free Range Chicken and Spiced Salt

Braised Chicken with Mashed Potato 38.8
火烧云油焖鸡
Chicken, Potato, Lemongrass, Tomato, Garlic and Cardamom

House Tea Smoked Duck Breast with Native Davidson Plum Sauce 主厨秘制烟熏鸭胸肉配特色梅子酱 44.8

VEGETABLES • 蔬菜

Stir-Fried Green Beans 28.8
干煸四季豆
Green Beans, Dried Shrimp, Pork Mince

Mani Crispy Tofu Bites 28.8
渔筵豆腐小方
Silken Tofu, Seaweed Salt, Sesame

Braised Baby Cabbage with Conpoy in Clear Broth 36.8
上汤瑶柱娃娃菜
Baby Cabbage, Conpoy, Cured Ham, Chicken Broth

Special Mapo Tofu 32.8
特色麻婆豆腐
Tofu, Chilli Oil, Bamboo Shoots, Preserved Mustard Greens

Signature Silken Tofu with Crab & Crab Roe (M) 48.8
招牌蟹粉豆腐
Silken Tofu, Blue Swimmer Meat, Mitten Crab Meat, Salmon Roe

Wok-fried Eggplant with Garlic and Fermented Rice 32.8
酒酿鱼香茄子

Stir-fried Seasonal Vegetables 32.8
清炒时令蔬菜
Broccolini, Cauliflower, Yellow Squash, King Oyster Mushroom
西兰花苗，花菜，金纽扣瓜，杏鲍菇

Frost-kissed Chinese Broccoli with Garlic 19.8 S
招牌蒜蓉炒霜降芥兰 34.8 L

RICE AND NOODLE • 主食

Signature Seafood Purple Sticky Rice (M) 36.8
渔筵养生海鲜咸蛋黄紫米饭 ***(Please allow 30mins.)***
Salted Egg Yolk, Purple Sticky Rice, Scallops, Squid, Mussels, King Prawns

Beef Fried Rice with Black Truffle 36.8
黑松露牛肉炒饭
Black Truffle Sauce, Beef, Egg, Fennel

Seafood & Conpoy Fried Rice (M) 36.8
海皇瑶柱炒饭
Dried Scallop (Conpoy), Prawn, Calamari

Braised Rice with Bamboo Shoots & Cured Pork 34.8
笋干菜咸肉炒饭
Bamboo Shoots, Cured Pork, Preserved Vegetables

Signature Stir-Fried Spinach Noodle with Seafood (M) 28.8
招牌海鲜炒菠菜面
Prawns, Squid, Scallop, Spinach Noodles

Stir-Fried Spinach Noodle with Black Truffle & Mushrooms 26.8
黑松露蘑菇炒菠菜面
Black Truffle, Mushrooms, Spinach Noodles

Steamed Rice 白米饭 4

DESSERTS • 甜品

Deep-fried Ice Cream 18.8
炸雪糕
Your choice of Vanilla, Hazelnut or Pandan Coconut

♚ **Caramelised Apple with Crystal Sugar** 28.8
拔丝苹果
Add on green tea ice cream 加抹茶冰淇淋 +6

♚ **Basque Cheesecake** 28.8
巴斯克芝士蛋糕 *4 inch*

2026 Sydney Royals National Champion

- Luxuriously silky, creamy, and beautifully caramelised on top
- Made with pure ingredients and Australian dairy. Every bite of this cake is a symphony of quality and flavour, perfectly balanced and utterly irresistible.

2026 悉尼皇家美食大赛全国冠军

- 奢华丝滑的口感，浓郁细腻，顶部烤至迷人的焦糖色泽。
- 严选纯净食材与澳大利亚优质乳制品制作。每一口都呈现品质与风味的完美交响，层次均衡，令人难以抗拒。

NOTES
Card Surcharge of 1.8% Applies;
5% Weekend Surcharge Applies; 15% Public Holiday Surcharge Applies;
Minimum Spend of $30 PP Applies;
Dining Time Limit 90mins Applies.

PRODUCT OF AUSTRALIA (A)
PRODUCT OF IMPORTED (I)
PRODUCT OF MIXED ORIGIN (M)

打开微信扫一扫 添加客服
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