



海 天 樓
HAI TIEN LO



海天楼老灶味



菜单 menu

老灶味 之 北京烤鸭 Peking Duck of Lao Zao Wei

炭烧火烤，京师美饌招四海；
皮酥肉嫩，香弥海天引八方。

经典老北京 Classical Peking Duck

RMB 298元 / 只 per
RMB 198元 / 半只 half

配以鸭饼两笼、京葱条、黄瓜条、心里美萝卜条、
网纹瓜条，甜面酱、黄糖

Served with 2-cage of steamed Chinese pancake,
sliced scallion, cucumber, radish, rock melon,
sweet soybean paste and sugar

招牌酥不膩 Signature SuBuNi Roast Duck

RMB 398元 / 只 per
RMB 298元 / 半只 half

配以鸭饼两笼、京葱条、黄瓜条、心里美萝卜条、
网纹瓜条、甜面酱、黄糖

Served with 2-cage of steamed Chinese pancake,
sliced scallion, cucumber, radish, rock melon,
sweet soybean paste and sugar



菜单 menu

老灶味 之 白斩 Cold Sliced Meat Platter of Lao Zao Wei

选自大堰^① 的土猪 Selected Pig from Dayan

白斩卤猪尾	RMB 46元 / 份 per
Boiled Pigtail Served with Soy Sauce and Spices	
白切卤大肠	RMB 46元 / 份 per
Boiled Pork Intestine Served with Soy Sauce and Spices	
白斩卤门腔	RMB 48元 / 份 per
Boiled Pork Tongue Served with Soy Sauce and Spices	
葱油白切肚尖	RMB 58元 / 份 per
Boiled Pork Tripe with Scallion and Oil	



白斩卤海鸭

Marinated Duck Fed by Seaside with Soy Sauce, Crystal Sugar and Spices

白斩宁式风味走地鸡	RMB 58元 / 份 per
Boiled Chicken Served with Soy Sauce	
白斩卤海鸭	RMB 58元 / 份 per
Marinated Duck Fed by Seaside with Soy Sauce, Crystal Sugar and Spices	
白斩鹅	RMB 68元 / 份 per
Boiled Goose Served with Soy Sauce	

注：

^① 大堰
大堰镇位于宁波市奉化区奉化江上游，气候温润，水土适宜，其耕地面积约2433亩，农产品丰富。

菜单 menu

老灶味 之 白斩

Cold Sliced Meat Platter of Lao Zao Wei

自制五香酱牛腱肉

RMB 68元 / 份 per

Stewed Beef Shank with Five Spices



自制五香酱牛腱肉

Stewed Beef Shank with Five Spices

菜单 menu

老灶味 之 开胃 Appetizer of Lao Zao Wei

天起鱼鳞斑，晒谷勿用翻

糟香毛豆节	RMB 18元 / 份 per
Marinated Green Soy Bean in Rice Wine	
刀拍刺毛青瓜	RMB 18元 / 份 per
Fresh Cucumber Served with Vinegar	
甬味烤菜	RMB 18元 / 份 per
Braised Vegetables with Soy Sauce	
手撕本地茄	RMB 18元 / 份 per
Steamed Eggplant with Sesame Oil and Salt	
老坛臭冬瓜	RMB 18元 / 份 per
Preserved “Smelly” Watermelon with Sesame Oil and Salt	
老滋味香辣白菜卷	RMB 26元 / 份 per
Marinated Cabbage with Spicy Dressing	



老坛臭冬瓜

Preserved “Smelly” Watermelon with Sesame Oil and Salt

菜单 menu

老灶味 之 开胃 Appetizer of Lao Zao Wei

醋汁开胃独蒜	RMB 26元 / 份 per
Marinated Garlic Clove with Vinegar	
老坛酸茭白	RMB 26元 / 份 per
Marinated Wild Rice Shoots	
韭菜糯虾皮	RMB 28元 / 份 per
Fried Dried Shrimp with Chives	
鱼酱臭豆腐	RMB 36元 / 份 per
Fermented Bean Curd with Fish Sauce	
小葱烤鲫鱼	RMB 36元 / 份 per
Braised Crucian Carp and Scallion with Soy Sauce	
五香手剥核桃	RMB 36元 / 份 per
Braised Walnut with Soy Sauce and Spice	
象山风味糟红虾	RMB 38元 / 份 per
Marinated Local Raw Shrimp in Chinese Liquor	
捞汁马家沟芹菜	RMB 38元 / 份 per
Majiagou Celery with Homemade Sauce	
甬式熏鱼	RMB 38元 / 份 per
Deep-fired Grass Carp with Sweet and Sour Flavor	

菜单 menu

老灶味 之 开胃

Appetizer of Lao Zao Wei

海天双素

RMB 48元 / 份 per

Vegetarian Platter

茭白烤素鸡拼素烧鹅

Braised Wild Rice Shoots with Bean Curd Roll and Marinated Skin Wrapped with Vegetables

生呛海虾

RMB 48元 / 份 per

Marinated Fresh Sea Shrimp in Chinese Liquor

酱香马鲛鱼

RMB 58元 / 份 per

Marinated Mackerel Fish with Soy Sauce



酱香马鲛鱼

Marinated Mackerel Fish with Soy Sauce

菜单 menu

老灶味 之 开胃 Appetizer of Lao Zao Wei

甬城土特黄泥螺	RMB 68元 / 份 per
Marinated Bullacta in Chinese Liquor	
萝卜丝海蜇皮	RMB 68元 / 份 per
Jellyfish and Shredded Turnip Salad	
自腌蟹股	RMB 68元 / 份 per
Shredded Marinated Live Crab with Salt and Chinese Liquor	
渔家酱香小黄鱼	RMB 68元 / 份 per
Braised Small Yellow Croakers with Soy Sauce	
干煎海带鱼	RMB 78元 / 份 per
Deep-fried Hairtail	
酒坛香糟拼	RMB 88元 / 份 per
Marinated Pig Tripe, Shrimp, Duck Tongue and Green Soy Bean in Chinese Liquor	
酸辣捞汁小海鲜	RMB 88元 / 份 per
Braised Clam, River Shrimp, Shell with Spicy and Sour Soup	
甬式咸呛蟹	RMB 288元 / 份 per
Ningbo-style Marinated Whole Live Crab with Salt and Chinese Liquor	



甬式咸呛蟹

Ningbo-style Marinated Whole Live Crab with Salt and Chinese Liquor

菜单 menu

老灶味 之 汤汤水水 Soup of Lao Zao Wei

一日三餐咸齋汤，脚骨每日酸汪汪

酱油油条汤	RMB 18元 / 份 per
Deep-fried Dough Soup with Soy Sauce	
油渣豆酱芋苳羹	RMB 38元 / 份 per
Braised Taro and Crispy Lard Broth with Bean Sauce	
韭黄鸡杂羹	RMB 38元 / 份 per
Chicken GIBLETS and Chives Broth	
蟹粉冬苳海鲜羹	RMB 48元 / 份 per
Braised Winter Melon with Crab Meat in Seafood Broth	
香酥筒骨年糕胶菜羹	RMB 48元 / 份 per
Braised Rice Cake and Cabbage in Pork Broth	
雪菜夜开花螺肉羹	RMB 48元 / 份 per
Braised Shell Meat and Vegetable Broth	
海参鱼肚黄鱼羹	RMB 68元 / 份 per
Braised Yellow Croaker Broth with Sea Cucumber and Fish Maw	
原味枸杞炖土鸡	RMB 68元 / 位 pax
Original-flavor Chicken Soup with Wolfberry	
原味醇香炖黄牛展	RMB 78元 / 位 pax
Original-flavor Beef Soup	



香酥筒骨年糕胶菜羹

Braised Rice Cake and Cabbage in Pork Broth



原味枸杞炖土鸡

Original-flavor Chicken Broth with Wolfberry

菜单 menu

老灶味 之 风味

Local Flavor of Lao Zao Wei

带鱼吃肚皮，闲话讲道理

香葱椒盐前童 ^② 豆腐	RMB 28元 / 份 per
Pan-Fried Qiantong Tofu with Scallion	
香葱大堰 ^③ 土豆煲	RMB 28元 / 份 per
Braised Dayan Potato with Scallion	
烫嘴落饭肉糊辣	RMB 36元 / 份 per
Stewed Shredded Cabbage and Pork	
鸡汁百叶包	RMB 48元 / 份 per
Braised Minced Pork Wrapped in Tofu Sheet in Chicken Soup	
出缸肉大堰 ^③ 笋	RMB 48元 / 份 per
Braised Salty Pork and Dried Bamboo Shoot	
小镇筒骨烧萝卜	RMB 58元 / 份 per
Braised Pork Bone with Turnip	
风味蒸虾潺	RMB 58元 / 份 per
Steamed Bombay Duck with Homemade Sauce	
苔菜拖鱼条	RMB 58元 / 份 per
Deep-Fried Yellow Croaker with Dried Sea Grass	
手拆蟹粉炖蛋汤	RMB 58元 / 份 per
Steamed Egg Soup with Crab Meat	
老坛酸菜嫩鱼片	RMB 58元 / 份 per
Boiled Fish Meat with Chinese Sauerkraut	
家常鱼头煲	RMB 68元 / 份 per
Fish Head Soup in Casserole	

注：

② 前童

前童镇地处宁波市宁海县西南，为浙江省历史文化名镇。拥有完整古建筑群，灿烂人文景观和优美自然风光，形成了以传统建筑风貌和民间生活为特色的历史文化保护区。

③ 大堰

大堰镇位于宁波市奉化区奉化江上游，气候温润，水土适宜，其耕地面积约2433亩，农产品丰富。

菜单 menu

老灶味 之 风味 Local Flavor of Lao Zao Wei

宁式炒鳝丝	RMB 68元 / 份 per
Wok-Fried Shredded Eel with Chives	
葱香腐皮包黄鱼	RMB 68元 / 份 per
Deep-Fried Yellow Croaker Wrapped in Bean Curd Sheet	
大堰 [®] 干菜狮子头	RMB 68元 / 位 pax
Braised Pork Ball with Dried Vegetable	



葱香腐皮包黄鱼

Deep-Fried Yellow Croaker Wrapped in Bean Curd Sheet



大堰干菜狮子头

Braised Pork Ball with Dried Vegetable

菜单 menu

老灶味 之 风味 Local Flavor of Lao Zao Wei

花雕酒蒸新风鱼鲞拼	RMB 78元 / 份 per
Steamed Preserved Fish Platter with Chinese Rice wine	
海味老三鲜	RMB 78元 / 份 per
Ningbo-Style Classic Seafood Soup	
老底子糖醋小排	RMB 88元 / 份 per
Ningbo-Style Braised Pork Ribs in Sweet and Sour Flavor	
鳗鲞老灶红烧肉	RMB 88元 / 份 per
Braised Pork and Preserved Eel with Soy Sauce	
象山风味糟骨头蒸黄鱼鲞	RMB 88元 / 份 per
Steamed Preserved Fish with Rice Wine	
油煎拖网风带鱼	RMB 88元 / 份 per
Deep-Fried Marinated Hairtail	
黄鱼鲞炖老鸭	RMB 88元 / 份 per
Braised Duck with Preserved Yellow Croaker	
锅烧两头乌走地鸡	RMB 98元 / 份 per
Braised Chicken with Pork Ribs	
鲜笋河笃鲜	RMB 98元 / 份 per
Braised Preserved Meat and Bamboo Shoot Soup	



大堰薯粉烧黄鱼
Braised Yellow Croaker with Dayan Potato Noodle

菜单 menu

老灶味 之 风味 Local Flavor of Lao Zao Wei

海鲜农家茭白干	RMB 108元 / 份 per
Braised Seafood with Dried Rice Shoots	
大堰 ^④ 薯粉烧黄鱼	RMB 118元 / 份 per
Braised Yellow Croaker with Dayan Potato Noodle	
酸汤海捕杂鲜汇	RMB 168元 / 份 per
Braised Assorted Seafood in Sour Stock	
秘汁烧甲鱼	RMB 288元 / 份 per
Braised Soft-Shelled Turtle with Soy Sauce and Sprices	



酸汤海捕杂鲜汇
Braised Assorted Seafood in Sour Stock



秘汁烧甲鱼
Braised Soft-Shelled Turtle with Soy Sauce and Sprices

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菜单 menu

老灶味 之 时蔬 Vegetable of Lao Zao Wei

吃饭要来老灶味，每日胃口骄关好

酸辣大堰 ^④ 土豆丝	RMB 18元 / 份 per
Wok-Fried Shredded Potatoes with Vinegar and Chili	
青椒茭白炒毛豆	RMB 18元 / 份 per
Wok-Fried Rice Shoots with Green Bean and Green Pepper	
清炒鲜嫩豌豆苗	RMB 18元 / 份 per
Wok-Fried Pea Seedlings	
前童 ^⑤ 香干炒豆芽	RMB 18元 / 份 per
Wok-Fried Bean Sprout with Spiced Dried Bean Curd	
油渣子生炒菜心	RMB 28元 / 份 per
Wok-Fried Green Vegetable with Crispy Fat	
芋艿仔滑鸡毛菜	RMB 28元 / 份 per
Wok-Fried Baby Taro and Green Vegetable	
米仔青瓜炒肉丝	RMB 36元 / 份 per
Wok-Fried Shredded Pork with Baby Cucumber	
风味蒜子水冬芥	RMB 36元 / 份 per
Wok-fried Leaf Mustard with Garlic	
上汤发皮娃娃菜	RMB 36元 / 份 per
Braised Baby Cabbage in Chicken Stock	
芦笋炒双耳	RMB 46元 / 份 per
Wok-Fried Asparagus with Fungus	

注：

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⑤ **前童**
前童镇地处宁波市宁海县西南，为浙江省历史文化名镇。拥有完整古建筑群，灿烂人文景观和优美自然风光，形成了以传统建筑风貌和民间生活为特色的历史文化保护区。

菜单 menu

老灶味 之 海味 Seafood of Lao Zao Wei

黄鱼吃嘴巴，肋鱼吃尾巴，鲳鱼吃下巴

小黄鱼	雪菜汁蒸、酱汁蒸	RMB 48元 / 位 pax
Small Yellow Croaker		

舟山带鱼	酱汁蒸、红烧	RMB 108元 / 份 per
Hairtail from Zhoushan		

东钱湖鲈鱼	酱汁蒸、抱腌刀板肉蒸	RMB 188元 / 份 per
Fish from Dongqian Lake		

大黄鱼	雪菜笋丝烧、酱汁蒸、秘汁蒸、	RMB 218元 / 份 per
Big Yellow Croaker	抱腌刀板肉蒸	

东海鲳鱼	酱汁蒸、红烧、薯粉烧、萝卜丝烧	RMB 488元 / 份 per
Pomfret from the East China Sea		



江白虾	雪菜烧、萝卜丝烧、笋麸烧	RMB 58元 / 小份 Small
White River Shrimp		RMB 88元 / 大份 Large

河虾	油爆、风味烧	RMB 88元 / 小份 Small
River Shrimp		RMB 118元 / 大份 Large

菜单 menu

老灶味 之 海味 Seafood of Lao Zao Wei

黄鱼吃嘴巴，肋鱼吃尾巴，鲳鱼吃下巴

小花螺	盐水	RMB 88元 / 小份 Small
Baby Snail		RMB 168元 / 大份 Large

芝麻螺	盐水	RMB 88元 / 小份 Small
Planaxidae		RMB 168元 / 大份 Large

蛏子	盐焗、葱油、姜葱炒	RMB 78元 / 小份 Small
Razor Clam		RMB 188元 / 大份 Large



香螺	盐水	RMB 98元 / 小份 Small
Whelk		RMB 188元 / 大份 Large

基围虾	白灼、盐水	RMB 118元 / 小份 Small
Shrimp		RMB 198元 / 大份 Large

海瓜子	葱油	RMB 128元 / 小份 Small
Baby Clam		RMB 198元 / 大份 Large

大海螺	酱爆	RMB 268元 / 小份 Small
Conch		RMB 398元 / 大份 Large

梭子蟹	葱油、清蒸、盐烤、糟骨头蒸	RMB 328元 / 小份 Small
Portunus		RMB 658元 / 大份 Large

菜单 menu

老灶味 之 缸鸭狗 Gang Ya Gou of Lao Zao Wei

百年老字号，工艺的传承

缸鸭狗汤圆	RMB 22元 / 位 pax
Glutinous Rice Dumpling Filled with Sesame Paste	
榴莲汤圆	RMB 22元 / 位 pax
Glutinous Rice Dumpling Filled with Durian Paste	
抹茶汤圆	RMB 22元 / 位 pax
Glutinous Rice Dumpling Filled with Matcha Paste	
浆板圆子	RMB 22元 / 位 pax
Glutinous Rice Dumpling in Sweet Rice Wine	
水晶油包	RMB 28元 / 份 per
Steamed Buns Stuffed with Lard, Sugar and Various Nuts	
红糖米馒头	RMB 28元 / 份 per
Pan-fried Glutinous Rice Buns with Brown Sugar	
苔菜米馒头	RMB 28元 / 份 per
Pan-fried Glutinous Rice Buns with Seaweed	



缸鸭狗汤圆

Glutinous Rice Dumpling Filled with Sesame Paste



苔菜米馒头

Pan-fried Glutinous Rice Buns with Seaweed

菜单 menu

老灶味 之 炊烟 Pastry of Lao Zao Wei

老酒三年陈，油包当点心

雪菜年糕汤
Poached Rice Cake with Pickle Vegetable Soup

RMB 18元 / 位 pax



虾汤麦虾汤
Poached Dough with Seafood in Soup

RMB 18元 / 位 pax

芋艿菜泡饭
Boiled Rice with Taro and vegetable in Soup

RMB 18元 / 位 pax



葱香阳春面
Handmade Soup Noodles with Spring Onion

RMB 18元 / 位 pax

猪油馅炖奎
Steamed Glutinous Rice Cake with Lard and Sesame Paste

RMB 18元 / 位 pax

仓桥油条
Deep-Fried Dough Sticks

RMB 28元 / 份 per

松花圆子
Steamed Glutinous Rice Dumpling in Red Bean Soup

RMB 28元 / 份 per

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老灶味 之 炊烟 Pastry of Lao Zao Wei

老酒三年陈，油包当点心

海天小糖糕
Deep-Fried Glutinous Sweet Dough

RMB 28元 / 份 per



海天小麻花
Deep-Fried Small Sweet Dough Twist

RMB 38元 / 份 per

海天小金团
Steamed Sweet Glutinous Rice Cake

RMB 38元 / 份 per

海天灰汁团
Steamed Crystal Glutinous Rice Dumpling

RMB 38元 / 份 per

红糖青汁年糕
Steamed Rice Cake with Green Sauce and Brown Sugar Paste

RMB 38元 / 份 per



海天楼老灶味



名字：老灶味菜单

尺寸：183mmx305mmH

材质：（封面）唯美雪白卡250g
（内页）唯美雪白卡150g