

藥膳同源  
養生有道

春日喝好湯  
四季都安康

Spring  
Wellness  
Nourishing  
Soup



*The Homology  
of Food  
and Traditional  
Chinese  
Medicine*

2026.5.8 - 6.30



GRAND LISBOA PALACE RESORT  
澳門上葡京綜合度假村 MACAU



澳門中醫藥學會  
ASSOCIAÇÃO DOS INVESTIGADORES, PRATICANTES  
E PROMOTORES DA MEDICINA CHINESA DE MACAU



## 南芪紅棗燉水鴨

*Double Boiled Teal with Hairy Figs and Red Dates*

功效：

健脾補氣、化濕舒筋、調和脾胃

**Health Benefits:**

Supports Digestion, Replenishes Energy and Restores Body Balance

這道傳統的嶺南養生湯膳，以椰香四溢著稱，入口清甜甘醇。湯品不僅美味，更具有祛濕益氣之效，特別適宜春夏時節飲用。

This traditional Lingnan wellness soup is known for its refreshing coconut aroma and a light, rounded flavour. Beyond its comforting taste, it helps ease dampness and replenish energy, making it especially suitable for the humid spring and summer months.



## 石斛黑枸杞燉老雞

*Double Boiled Chicken Soup with Dendrobium and Black Goji Berries*

功效：

滋陰潤燥、益精明目、清補虛勞

**Health Benefits:**

Nourishes Yin, Relieves Dryness, Supports Eye Health and Replenishes Vitality

這道經典養生湯以「滋陰聖品」石斛為主料，配搭黑枸杞與老雞慢燉，湯味清香回甘。能養陰降火、養血安神，尤其適合熬夜人士用作日常調理。

This classic wellness soup highlights yin-nourishing dendrobium as its star ingredient. It is paired with black goji berries and slow-simmered with chicken to create a fragrant, deeply nourishing broth. Known for nourishing yin and calming the nerves, it is especially soothing for anyone who feels sleep-deprived.



## 老陳皮茨實燉鷓鴣

*Double Boiled Partridge Soup with Aged Tangerine Peel and Fox Nuts*

功效：

健脾祛濕、化痰理氣、補虛固腎

**Health Benefits:**

Supports Digestion, Disperses Dampness, Clears Phlegm, Restores Vitality and Supports Kidney Health

鷓鴣補益五臟、蛋白質豐富，與健脾固腎的茨實、理氣醇香的老陳皮同燉，湯味醇和且補而不膩。此方性質平和，特別適合日常調理脾胃之用。

Partridge provides rich, high-quality protein and a deeply savoury flavour. Slowly simmered with delicate fox nuts and aged tangerine peel, this soup restores energy and promotes everyday digestive health. Its balanced nature makes it ideal for daily digestive support.



溫馨提示：因川芎有活血作用，孕婦及經期者慎用。

Warm reminder: Pregnant women and those who are menstruating should consume this soup with caution, as Szechwan lovage rhizome promotes blood circulation.

## 川芎天麻燉魚頭

*Double Boiled Fish Head with Szechwan Lovage Rhizome and Tall Gastrodia Tuber*

功效：

祛風通絡、活血止痛、補腦益智

**Health Benefits:**

Improves Blood Flow, Relieves Joint Discomfort and Revitalises Mental Clarity

魚頭配以川芎及天麻熬燉而成，香氣撲鼻，湯頭鮮甜濃郁。川芎善通血絡、天麻長於熄風、魚頭則有補腦益智之效，是溫和補益之選。

This soup combines fish head with Szechwan lovage rhizome and tall gastrodia tuber, releasing a rich aroma. Szechwan lovage rhizome helps promote healthy blood circulation, tall gastrodia tuber is a traditional carminative and fish head nourishes the brain while supporting mental clarity, making it a balancing yet restorative choice.



## 土茯苓麥冬燉鱷魚

*Double Boiled Crocodile Meat with Glabrous Greenbrier Rhizome and Dwarf Lilyturf Tuber*

功效：

滋陰潤肺、清心安神、健脾利濕

**Health Benefits:**

Replenishes Energy, Promotes the Respiratory System, Calms the Mind, Supports Digestion and Clears Dampness

此湯專為現代人「濕熱夾雜陰虛」體質而設。土茯苓清熱利濕，麥冬滋陰生津，搭配滋補的鱷魚肉，能同步祛濕、潤燥、固本，溫和調理身心，改善倦怠與虛火。

This soup helps ease the common symptoms of inflammation, dryness and fatigue often associated with modern lifestyle. Glabrous Greenbrier Rhizome clears heat and dampness, while Dwarf Lilyturf Tuber nourishes Yin and alleviates dryness. Together with the crocodile meat, it strengthens the body's core functions to restore balance, relieve fatigue and calm inflammation.

78 / 位  
Per person

288 / 供3-4位用  
For 3-4 persons

如有任何食物過敏或餐飲限制，請提前告知我們的服務員。

此菜單不適用於任何折扣及優惠。所有價格均以澳門元為單位元，並需要加收10%服務費。

Please inform our service staff of any food allergies or dietary requirements.

This menu is not eligible for any discounts and offers. All prices are in MOP, subject to 10% service charge.



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