



BAR CARAT  
卡拉·吧

## 燉湯的歷史

關於燉湯的歷史，並無確切的創製日期。

然而今天，廣東湯主要分為三種類型：

滾湯、老火慢煮湯和燉湯。

燉湯至少需要四個小時，而老火慢煮湯則需要三個小時。

任何少於三個小時的湯都被認為是滾湯。

老火慢煮湯和滾湯，食材都是直接在水裡煮，而燉湯是把食材放入砂鍋中加入適量的冷水後再隔水燉。

## History of double-boiled Soup

On double-boiled soup history have no specific date when exactly when was created. However today, there are three main types of Cantonese soups: gwan tong (滾湯 quick-boiled soup), lou fo tong (老火湯 slow-boiled soup) and dan tong (燉湯 double-boiled soup). It takes at least four hours to make double-boiled soups and three for slow-boiled soups. Anything less than three hours is considered a quick-boiled soup.

For slow-boiled soup and quick-boiled soup, ingredients are boiled in water directly, the double-boiled soup is to put the ingredients into a casserole, add an appropriate amount of cold water, and then stew in water.



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## 燉湯的好處

這種方法特別適用於根據中國傳統滋補原則烹製的具有平衡和治療功效的湯品。

以肉湯為基礎的湯可以提供大量的營養物質，如維生素、礦物質和纖維，同時熱量和脂肪含量低。

喝湯可能會帶來額外的健康益處，包括減輕體重以及增加纖維和水的攝入量。

## Benefits of double-boiled soup

This method is especially suitable for soups that are cooked for balancing and healing properties according to traditional Chinese principles of nourishment.

Broth-based soups may provide plenty of nutrients such as vitamins, minerals, and fiber while being low in calories and fat.

Eating soup may provide additional health benefits, including lower body weight and increased fiber and water intake.



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## 八大養生燉湯

### 8 SIGNATURE DOUBLE BOILED SOUPS

高麗參石斛燉關東遼參 (滋補五臟 益胃生津) Kanto sea cucumber soup double boiled with ginseng and dendrobium	668
鮮人參花膠燉乳鴿 (養身補腎 理氣益血) Baby pigeon double boiled with fish maw and fresh ginseng	328
藥膳天麻燉斑魚 (補腎清熱 滋潤補氣) Garoupa fish soup double boiled with gastrodia	288
黑蒜牛蒡燉水鴨 (益氣固精 補肺益腎) Teal double boiled with edible burdock and black garlic	168
海底椰無花果燉鷓鴣 (潤燥生津 補脾理氣) Partridge soup double boiled with sea coconut and figs	168
天籽蘭花瑤柱螺頭燉雞 (補氣寧神 滋補五臟) Sea whelk soup double boiled with conpoy, chicken and dendrobium orchid	168
花旗參燉竹絲雞 (滋陰補氣 清熱寧神) Silky fowl soup double boiled with American ginseng	168
蓮藕黑豆燉豬腱 (補腎清熱 滋潤補氣) Pork shank soup double boiled with lotus root and black beans	138

如有任何食物過敏或餐飲限制，請提前告知我們的服務員。

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

所有標價均以澳門元為單位，並需加收 10% 的服務費及 5% 旅遊稅。

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## 甜品 DESSERT

野蜜靈芝龜苓膏 88  
Chinese herbal jelly in wild honey

杏汁銀耳川貝燉桃膠 88  
Peach resin soup double boiled with almond milk

## 飲品 BEVERAGE

鮮榨果汁 (可任選以下兩款果汁混合) 58  
橙 / 西瓜 / 梨 / 蘋果 / 甘筍  
Fresh juice (2 types mixed combination available)  
Orange / watermelon / Chinese pear / red apple / carrot

茗茶 68  
荔枝紅茶 / 崑崙雪菊 / 金桂花茶 / 玫瑰花茶 / 碧潭飄雪  
Premium tea  
Lychee black tea / Kunlun snow chrysanthemum tea / Golden osmanthus tea /  
Red rose tea / Bi Tan Piao Xue

啤酒 48  
澳門啤酒 / 青島啤酒  
Beer  
Macau / Tsingtao

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