

ENGLISH

食尚源素

VEGETARIAN

RESTAURANT

Vege'
Saveurs
— Restaurant menu —



Restaurant **Végé'Saveurs**

We don't use any meat, any seafood in our vegetarian cooking.

Egg, alcohol and glutamate aren't used either.

The Dishes called : "fish", "chicken", "beef", or "pork" are made from a soy bean products.

Meat substitute cooking is an integral part of Chinese culinary tradition.

We are pleased to be able to share it with our customers.

素食餐馆 ----- 食尚源素

本餐馆所有的菜里面不含酒精，鸡蛋，味精
所谓的“鱼”，“鸡”，“虾”，“牛”或“猪”都是豆制品做的
如果您不吃五辛，要提早告诉服务员，谢谢。
祝您好胃口。



LUNCH MENU 10.50€

(ONLY MONDAY TO FRIDAY AND ONLY EAT IN THE RESTAURANT,)

STARTER + MAIN DISH + SIZE DISH

Choixe of starter

- S15* Chef's salad
- P01* Hot and sour soup
- F25* "Chicken" spring roll (3 pieces)
- F31* Fried ravioli (3 pieces)

Choice of main

- \$55* Vegetable chop suey
- \$63* Fried tofu with basil
- \$70* Fried "Pork" with satay sauce
- \$71* Fried "Beef" with onions
- \$74* "Chicken" with cashew nut

Side dish

- N50* Fried noodles
- R81* Plain rice
- R85* Cantonese rice



CHILD MENU 7.00€

(- 12)

MENU A

- 2 Nems
- Fried noodles ou Cantonese rice
- Apple or Banana Doughnut
- OR Chinese Nougat

MENU B

- "Steak" breaded + french chips
- Apple or Banana Doughnut
- OR Chinese Nougat



**If you don't want onion or garlic in your dishes,
thank you to indicate to our server when ordering.**

Have a nice meal !

Soup

- P01 Hot and sour soup (spicy and sour) 酸辣汤**4.00€
Black mushrooms, bean vermicelli, bamboo, tofu, "ham" and coriander
- P03 Soup with vermicelli 粉丝汤**4.00€
Veimicelli black mushrooms, bamboo, tofu "chicken", Batavia and tomato
- P05 Thai soup 泰国汤**4.50€
"Shrimp", tomato, straw mushrooms, "chicken", young corn and pineapple
- P06 Thai soup with coconut milk 泰国椰子汤**4.50€
"Shrimp", coconut milk, tomato, straw mushrooms, "chicken" young corn and pineapple

Fried food

- F19 Fried tofu 炸豆腐**4.50€
Tofu, pepper, salt
- F20 Fried perfumed mushrooms 炸冬菇**6.00€
Perfumed mushrooms, pepper, salt
- F21 Hot hors d'oeuvres 热拼盘**7.00€
2 spring rolls, 2 thai rolls, "steak", 2 fried dumplings
- F22 Fried vegetables varied 炸蔬菜**6.00€
Potato, celery, capsicum, carrot, coriander, sesame, onion
- F23 Fred"Steak" 香吉排**6.50€
"Steak" breaded, french chips, salad, ketchup
- F24 Fried"Chicken" 炸鸡块**6.50€
"Chicken", pepper, salt



Salads

- 015 Chef's salad 清沙拉**4.50€
Tomato, bean sprouts, carrot, Batavia, "ham", cucumber and dressing
- 016 Vietnamese salad (slightly spicy) 越式沙拉**5.50€
White cabbage, pineapple, bell pepper, carrot, tomato, soybean, "ham", peanuts, mint and batavia
- 018 Green papaya salad 木瓜沙拉**6.50€
Papaya, carrot, tomato, lime, peanuts and garlic



Ravioli, Rolls and Pasta

- F25 "Chicken" spring roll (4 pieces) 鸡"春卷**4.50€
Stuffing: taro, soy noodles, black mushrooms, "chicken", carrot
- F26 "Shrimp" spring roll "虾"春卷**4.50€
Stuffing: taro, soy noodles, "shrimp", carrot
- F28 Rice Spring rolls 生春**4.50€
Stuffing: bean sprouts, mint, bi vegetarian, tofu, vermicelli salad
- F29 "Shrimp" dumping (4 pieces) 虾饺**4.50€
Stuffing: "chopped shrimp", carrots, golden mushrooms
- F30 Toasted ravioli (4 pieces) 煎饺子**4.50€
Stuffing: "minced meat", scented mushrooms, Chinese cabbage
- F31 Fried ravioli (4 pieces) 炸粉果**4.00€
Stuffing: "minced meat", scented mushrooms, carrot
- F32 Vietnamese ravioli 越式长粉**5.20€
Stuffing: "minced meat", black mushrooms, perfumed mushrooms
- F35 Makis 寿司**5.00€
Rice, carrots, turnips, Batavia, seaweed, tofu



Stir-fry dishes

- \$055 Vegetables chop suey 炒杂碎**6.00€
Soy, black mushrooms, carrots, bamboo
- \$055a Broccoli stir-fry 炒西兰花**6.00€
Broccoli, bamboo, carrots, black mushrooms
- \$057 Celery stir-fry cashews 芹菜炒腰果**7.00€
Cashew, celery, carrot
- \$058 Tofu with spicy sauce 麻辣豆腐**7.00€
Tofu, scented mushrooms, "minced meat"
- \$059 Tofu with 5 kind of perfumed spices 五香豆腐**7.00€
- \$060 Tofu stir-fry with black mushrooms 木耳炒豆腐**7.00€
Tofu, black mushrooms, bamboo, carrots, peas
- \$064 "Pork, beef, chicken or fish" with curry" 肉类或鱼类 "咖喱** ...7.00€
"Pork, beef, chicken or fish", pepper, bamboo, tofu, potato, Paris mushrooms, curry, tomato, pineapple
- \$065 Tofu stir-fry with Citronella 香茅豆腐**7.50€
- \$066 Tofu, "Pork, beef, chicken, fish, duck" stir-fry with basil 金不换豆腐** .7.00€
Tofu, "pork, beef, chicken, fish, duck," bell pepper, mushrooms of Paris, bamboo, basil
- \$067 Tofu "pork, beef or chicken" stir-fry with vegetables 蔬菜豆腐** ..7.00€
"Tofu, pork, beef or chicken," vegetables of your choice
- \$068 "Pork" or tofu with sweet and sour sauce" 古老肉 "或酸甜豆腐**7.00€
"Pork" or tofu, pineapple, carrot, tomato, cucumber, corn
- \$069 "Chicken" with citronella 香茅 "鸡 "**7.50€
"Chicken", citronella
- \$070 "Pork" or "Beef" on satay sauce 沙茶 "猪肉 "或者 "牛肉 "**7.00€
"Pork" or "beef" Paris mushrooms, bamboo, zucchini, bell pepper
- \$071 "Chicken, pork or beef" stir-fry with onions 洋葱 "肉类 "**7.00€
"Pork" or "Chicken", "beef", onions
- \$072 "Pork" or "Chicken" with the black bamboo and mushrooms** 7.00€
"Pork" or "Chicken", bamboo, black mushrooms 双冬 "肉类 "
- \$073 "Beef" with black pepper 黑胡椒 "牛肉 "**7.00€
"Beef", pepper, black pepper, ginger, dried peppers, celery, carrot



\$077



\$066



\$075



\$074

- \$074 "Chicken" with cashew nuts 腰果 "鸡"**7.00€
"Chicken", cashew nuts, bamboo, bell pepper, baby corn, carrots, zucchini
- \$075 "Chicken" or "Fish" Ginger 姜葱 "鸡或鱼"**7.50€
"Chicken" or "Fish" ginger
- \$076 "Chicken" with spicy sauce 辣子 "鸡"**7.00€
"Chicken", ginger, onion, pepper
- \$077 Peking "Duck" brown sauce 烤 "鸭"**7.00€
"Duck", vegetable oyster sauce



Pots

- 038 Pot with "Seafood" 海鲜 "煲"**8.00€
"Fish or shrimp", bamboo, gold mushroom, carrot, tofu, Chinese cabbage
- 039 Pot noodle "Beef" in their satay sauce 沙茶 "牛肉" 面煲**8.00€
"Beef" Chinese cabbage, paris mushrooms, tofu, peanut
- 040 Marmite vegetable dumplings 红烧狮子头煲**8.00€
Vegetable dumplings, bamboo, black and fragrant mushrooms, Chinese cabbage, carrot, tofu
- 041 Vegetable stew 罗汉斋**8.00€
Tofu, soy noodles, golden mushrooms, bamboo, baby corn, Chinese cabbage, black mushrooms, fragrant mushrooms
- 043 Pot with "Chicken" caramelized 甜 "鸡" 煲**8.00€
"Chicken", shallot, coconut milk, ginger
- 043a Pot with curry 咖喱 "鸡" 煲**8.00€
"Chicken", potato, tomato, pineapple, Paris mushrooms, peppers
- 043b Pot with "Beef" black pepper 黑胡椒 "牛肉" 煲**8.00€



Dishes on hot plate and melted

- 044 Tofu hot plate 铁板豆腐**8.00€
Tofu, pepper, black mushrooms, bamboo, bell pepper, peas greedy
- 045 "Chicken" grilled on a hot plate 铁板 "鸡"**8.50€
"Chicken" toast, ginger, peppers, tofu, black mushrooms, bamboo
- 046 Skewers with meatballs "Pork" 串烧 "肉丸" 铁板**8.50€
Dumplings "Pork", pepper, tofu, zucchini
- 047 Skewers "Beef" with citronella 串烧香茅 "牛肉" 铁板**8.50€
"Beef", citronella pepper, tofu, zucchini

Plats à base de riz

- R081 Plain rice 白饭**2.00€
- R082 Sticky rice. 糯米饭**3.00€
- R083 Sticky rice stir-fry 炒糯米饭**6.00€
Sticky rice "ham, chicken", tofu, fragrant mushrooms, pea, carrot
- R084 Sticky rice "Chicken" in a lotus leaf 糯米 "鸡"**7.00€
Sticky rice "chicken", chestnuts, mushrooms perfumed
- R085 Cantonese rice 广东炒饭**5.50€
"Ham", tofu, carrot, pea
- R087 Plain rice with vegetables 蔬菜盖饭** 7.50€
Green vegetables, tofu, "ham, chicken"
- R089 Thaiandese rice 泰国饭**6.00€
"Chicken", tomato, pineapple, carrot, tofu, basil
- R091 Rice with "beef" Lok Lak (slightly spicy) 咯哩饭**8.00€
"Beef" tomato, citronella onion



Nouilles et galettes à base de blé

- 050 **Fried noodles 炒面**6.00€
"Ham", carrot, bamboo, bean sprouts, Batavia
- 054 **Vietnamese crepe 黄脆薄饼**8.50€
"Minced meat", tofu, Paris mushrooms, bean sprouts, vegetarian bi

Soupes aux nouilles et pâtes

- T008 **Chinese dumplings soup 饺子汤**7.50€
- T009 **PHÒ soup 越南米粉**7.50€
Rice pasta ribbons, "beef", "ham", "beef meatballs", tofu, mint, lemon
- T012 **Rice vermicelli soup with curry (Thai) 泰式咖喱米粉汤**7.50€
Rice noodles, potatoes, "ham", "chicken", pineapple, tomato, cucumber, bean sprouts
- T013 **"Chicken" or "Fish" in coconut milk (Thai) 泰式椰汁 "鸡或鱼" 汤** 7.00€
"Chicken" or "fish", straw mushrooms, pineapple, pepper, bamboo, tomato
- V092 **Vietnamese rice vermicelli 越式凉拌米粉**7.50€
Rice vermicelli, Bi vegetarian, cucumber, mint, peanuts, soy, salad, tofu
- V093 **Rice vermicelli "Beef" and citronella (Thai) 泰式香茅 "牛肉" 粉** 7.50€
"Beef", citronella onion, tofu, soy
- V094 **Rice noodles stir-fry Singapore 咖喱炒米粉**7.50€
Ham", scented mushrooms, bean sprouts, bamboo, bell pepper
- V095 **Bobun 越式小春粉**7.50€
Spring rolls, salad, cucumber, peanuts, mint, tofu, soy
- V096 **Vietnamese sautéed rice dough 越式沙茶果条**7.50€
"Pork" or "Chicken", green vegetables, bamboo, carrots, soy, tofu
- V097 **Thai sautéed rice dough (slightly spicy) 泰式炒果条**7.50€
"Ham", bean sprouts, peppers, mushrooms scented
- V56 **Vermicelli vegetables 蔬菜炒粉丝**6.00€
Vermicelli vegetables



Desserts

- D02 Lychees in syrup 荔枝 3.20€
- D03 Chinese Nougat 芝麻糖 3.00€
- D04 Candied ginger 糖姜 3.00€
- D05 Donut banana or pineapple or apple 炸香蕉, 菠萝, 苹果 3.00€
- D06 Banana in coconut milk 椰汁香蕉 4.00€
- D08 Coconut Balls 糯米糍 3.50€
- D09 Brioche mashed lotus seeds 莲蓉包 3.50€
- D10 Almond Jelly 杏仁豆腐 3.00€
- D11 Glutinous rice balls 汤圆 4.00€
- D12 Glutinous rice cake 糯米果 3.00€
- D13 Glutinous rice cake with coconut milk 烤糯米 3.50€



Carte des Boissons

- B01 Cocktail without alcohol3.50€**
- B02 Coco Juice 椰子水 3.20€**
- B03 Soy milk 豆奶2.80€**
- B04 Pure organic juice 25cl3.20€**
(Apple, Red Grape, Grapefruit)
- B05 Bionade: Organic Lemonade 33cl3.50€**
(Any flavor: lychee, orange-ginger, elderberry, cola, fruit orchard)
- B06 Celtic: flat water or sparkling 50cl 矿泉水2.80€**
- B07 Celtic: flat water or sparkling 1L .矿泉水4.50€**
- B08 Cherrylor Cherry: 33cl organic beer WITHOUT alcohol 无酒精的啤酒4.00€**
- B09 Cannabia: beer WITH hemp 33cl alcohol4.00€**
- B10 Tsingtao: Chinese beer 青岛啤酒3.50€**
- B11 Jasmine green tea or mint BIO (hot tea) 绿茶或茉莉花茶2.50€**
- B12 Tea cold: Grapefruit, lemonade 柚子茶柠檬茶3.50€**
- B13 Grenadine or mint3.50€**
- B14 Coffee 咖啡1.80€**



Price with inclusive service



食尚源素