

# 豆腐

## TOFU/BEAN CURD DISHES

- 66. Braised Tofu with Vegetables  
紅燒豆腐扒蔬菜 \$14.9
- 67. Salt & Pepper Roasted Tofu  
椒鹽紅燒豆腐 \$14.9
- 68. Pipa Tofu with Chinese Broccoli  
琵琶豆腐扒芥蘭 \$15.9
- 69. Ma-po Tofu 麻婆豆腐 \$14.9
- 70. Mince Meat Olive Roasted Tofu  
肉鬆榨菜紅燒豆腐 \$14.9

# 素飯

## VEGETARIAN RICE

- 71. Special Fried Rice (egg/without egg)  
特別炒飯 (有蛋/沒蛋) \$9.9
- 72. Nasi Goreng (egg/without egg)  
馬來炒飯 (有蛋/沒蛋) \$10.9
- 73. Sweet & Sour Pork with Fried Rice (egg/without egg)  
咕嚕肉炒飯 (有蛋/沒蛋) \$10.9
- 74. Lemon Chicken with Fried Rice (egg/without egg)  
檸檬雞炒飯 (有蛋/沒蛋) \$10.9
- 75. Honey Chicken with Fried Rice (egg/without egg)  
蜜糖雞炒飯 (有蛋/沒蛋) \$10.9
- 76. Beef Black Bean with Fried Rice (egg/without egg)  
黑豆豉牛炒飯 (有蛋/沒蛋) \$10.9
- 77. Black Pepper Beef with Fried Rice (egg/without egg)  
黑椒牛炒飯 (有蛋/沒蛋) \$10.9
- 78. Hainanese Chicken Rice 海南雞飯 \$10.9
- 79. Nasi Lemak (egg/without egg) 椰漿飯 (有蛋/沒蛋) \$11.5

# 素麵

## VEGETARIAN NOODLES

- 80. Curry Laksa 咖哩拉薩 \$10.9
- 81. Roast Duck Noodle Soup (rice noodle)  
燒鴨湯米粉 \$10.9
- 82. Wonton Noodle Soup (egg noodle)  
雲吞湯麵 \$10.9
- 83. Vegetables Tofu Noodle Soup (rice noodle)  
清菜豆腐湯米粉 \$10.9
- 84. Tom Yum Noodle Soup 泰式湯米粉 \$10.9
- 85. Char Kway Teow (egg/without egg)  
炒貴刁 (有蛋/沒蛋) \$10.9
- 86. Hor Fan (egg/without egg)  
滑蛋河 (有蛋/沒蛋) \$10.9
- 87. Singapore Fried Noodle (egg/without egg)  
星洲炒米粉 (有蛋/沒蛋) \$10.9

- 88. Beef Kway Teow (egg/without egg)  
乾炒牛河 (有蛋/沒蛋) \$10.9
- 89. Hokkien Mee 福建炒麵 \$10.9
- 90. Mee Goreng (egg/without egg)  
馬末炒麵 (有蛋/沒蛋) \$10.9
- 91. Combination Crispy Noodle 雜錦脆麵 \$10.9
- 92. Roast Duck Noodle Dry (Egg Noodle)  
燒鴨拌麵 \$10.9
- 93. Longevity Noodle 長壽麵 \$11.5
- 94. Combination Noodle with Oyster Sauce 雜錦炒麵 \$10.9
- 95. Combination Noodle with Hot & Spicy Sauce \$10.9

# 小吃類

## SIDE DISHES

- 96. Roti Paratha (2pcs)  
印度麵包 \$4.0
- 97. Roti Paratha with Rendang Curry  
印度麵包仁推羊肉 \$9.9
- 98. Coconut Rice 椰菜飯 \$3.0
- 98a. Brown Rice 糙米飯 \$3.0
- 99. Steamed Rice 絲苗飯 \$2.5

# 甜品

## DESSERT

- 100. Banana Split 香蕉雪糕 \$6.0
- 101. Banana Fritter with Ice Cream  
炸香蕉雪糕 \$6.0
- 102. Pineapple Fritter with Ice Cream  
炸菠蘿雪糕 \$6.0
- 103. Lychee with Ice Cream  
荔枝雪糕 \$5.0
- 104. Mango Sago with Coconut Milk  
芒果椰汁西米露 \$5.0
- 105. Bubur Cha Cha (cold or hot)  
摩摩啫啫 (冷/熱) \$5.0
- 106. Durian Ice Cream 榴槤雪糕 \$6.0



# TAKEAWAY MENU



# Vegie Bowl RESTAURANT

BYO

**FOREST HILL**  
382 Springvale Road  
Forest Hill VIC 3131  
TEL: 8822 3873

**SPRINGVALE**  
894-896 Princes Hwy  
Springvale VIC 3171  
TEL: 8522 2169

Open 7 Days  
Lunch 11:30am to 3:00pm  
Dinner 5:00pm to 10:00pm

Open 6 Days  
Lunch 11:30am to 3:00pm  
Dinner 5:00pm to 10:00pm  
(Closed on Monday)



Functions & Catering Available

Ample parking available on site

\* Prices are GST inclusive & subject to change without notice.

• Natural • Healthy • Delicious

# 頭盤

## ENTRÉE

1. Crispy Cracker 炸脆片 \$2.9
2. Crispy Samosa (4pcs) 脆皮加哩角 \$3.9
3. Sesame Prawn (2pcs) 芝麻蝦 \$4.5
4. Drumsticks (2pcs) 大鸡腿 \$3.9
5. Fried Wonton (4pcs) 炸雲吞 \$3.9
6. Spring Roll (4pcs) 炸春卷 \$3.9
7. Satay Skewer (4 skewers) 沙爹串燒 \$5.9
8. Lobak (2pcs) 腐皮卷 \$5.9
- 8a. Dumplings (fried/steamed) (5pcs) 水餃 (蒸或炸) \$4.5

# 湯類

## SOUP

9. Veggie Fin Soup 魚翅湯 \$5.5
10. Hot & Sour Soup 酸辣湯 \$4.9
11. Seaweed Tofu Soup 紫菜豆腐湯 \$4.9
12. Sweet Corn Soup 玉米湯 \$4.5
13. Wonton Soup 雲吞湯 \$4.5
- 13a. Tom Yum Soup 泰式湯 \$4.9

# 鐵板燒

## PAN FRIED

14. Tofu with XO Sauce 豆腐XO醬 \$16.9
15. Black Pepper Slice Beef 黑椒牛肉片 \$16.9
16. Prawns with XO Sauce 蝦XO醬 \$18.9
17. Black Pepper Monkey Head Mushroom 黑椒猴頭菇 \$20.9



## BRAISED

# 紅燒

18. Seafood Mushroom 紅燒海鮮蘑菇 \$18.9
19. Tofu with Mushroom 紅燒豆腐蘑菇 \$18.9
20. Sea-Cucumber Abalone Mushroom 海參鮑魚菇 \$18.9
21. Fresh Mixed Mushroom 新鮮雜菇 \$21.9
22. Herbal Lamb 紅燒藥膳羊腩 \$17.9

# 素海鮮

## VEGETARIAN SEAFOOD

23. Seafood Bird Nest 海鮮雀巢 \$21.9
24. Sweet & Sour Fish 甜酸魚 \$15.9
25. Salt & Pepper Slice Fish 椒鹽魚 \$15.9
26. Sweet & Sour Pomfret Fish 甜酸斗鰱魚 \$23.9
27. Salt & Pepper Pomfret Fish 椒鹽斗鰱魚 \$23.9
28. Assam Fish 亞參魚 \$15.9
29. Curry Fish 咖哩魚 \$15.9
30. Teow Chew Steamed Fish 潮州清蒸魚 \$16.9
31. Salt & Pepper King Prawn 椒鹽蝦王 \$18.9
32. Honey King Prawn with Cashew Nuts 腰果蜜糖蝦王 \$19.9
33. Kung Bao Calamari with Cashew Nuts 宮保腰果魷魚 \$16.9
34. Sambal Chilli Calamari 馬來薑辣椒魷魚片 \$15.9

# 素肉

## VEGETARIAN MOCK MEAT

35. Crispy Yam Basket 佛手薯香 \$22.9
36. Sweet & Sour Pork 咕嚕肉 \$14.9
37. Sweet & Sour Spare Rib 京都糖醋骨 \$14.9
38. Crispy Roasted Goose 紅燒蜜餞 \$14.9
39. Honey Chicken with Cashew Nuts 腰果蜜糖雞 \$15.9
40. Lemon Chicken 檸檬雞 \$14.9

41. Crispy Roasted Chicken 脆皮紅燒雞 \$14.9
42. Chicken Curry 咖哩雞 \$15.9
43. Kung Bao Chicken with Cashew Nuts 宮保腰果雞丁 \$15.9
44. Five Spice Duck 五香鴨 \$15.9
45. Crispy Roasted Duck 脆皮紅燒鴨 \$14.9
46. Roasted Pork Leg 紅燒蜜糖手 \$23.9
47. Rendang Curry Lamb 仁推咖哩羊肉 \$15.9
48. Black Bean Slice Beef 黑椒牛肉片 \$15.9
49. Stewed Mock Meat with Pickled Mustard 梅菜扣肉 \$15.9

# 蔬菜

## VEGETABLES DISHES

50. Stir Fried Snow Peas Shoot (Seasonal) 清炒豆苗 \$15.9
51. Braised Mushroom with Snow Peas Shoot 鮮菇燉豆苗 \$16.9
52. Spinach Belachan 馬來薑蔥菜 \$14.9
53. Mixed Mushroom with Vegetables 雜菇扒蔬菜 \$15.9
54. Stir Fry Goji Berries with Spinach 枸杞扒菠菜 \$15.9
55. Abalone Mushroom with Spinach 鮑魚菇扒菠菜 \$15.9
56. Japanese Egg Tofu with Vegetables 雞膽日本豆腐 \$15.9
57. Chinese Broccoli with Roast Pork 芥蘭炒燒肉 \$15.9
58. Loh Han Mixed Vegetables 薑蔥上湯蔬菜 \$15.9
59. Roast Pork with Eggplant 茄子炒燒肉 \$15.9
60. Curry Mixed Vegetables 咖哩蔬菜 \$15.9
61. Green Beans with Roast Pork 四季豆炒燒肉 \$15.9
62. Four Heaven King 四大天王 \$15.9
63. Salt & Pepper Abalone Mushroom 椒鹽鮑魚菇 \$14.9
64. Sweet & Sour Abalone Mushroom 甜酸鮑魚菇 \$14.9
65. Abalone Mushroom with Oatmeal Butter Sauce 奶油麥片鮑魚菇 \$15.9

