



炒 拉麵或刀削麵 STIR FRIED

HAND PULL NOODLE OR SHAVED NOODLE

- | | | | |
|------------|-----|--|------|
| 牛肉炒拉麵/刀削麵 | 56. | Beef Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 雞片炒拉麵/刀削麵 | 57. | Chicken Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 鮮蝦炒拉麵/刀削麵 | 58. | Shrimp Hand Pull Noodle OR Shaved Noodle | 9.00 |
| 海鮮炒拉麵/刀削麵 | 59. | Seafood Hand Pull Noodle OR Shaved Noodle | 9.50 |
| 本樓炒拉麵/刀削麵 | 60. | House Special Hand Pull Noodle OR Shaved Noodle | 9.50 |
| 牛筋炒拉麵/刀削麵 | 61. | Beef Tendons Hand Pull Noodle OR Shaved Noodle | 8.50 |
| 牛雜炒拉麵/刀削麵 | 62. | Mixed Beef Intestine Hand Pull Noodle OR Shaved Noodle | 8.50 |
| 素菜炒拉麵/刀削麵 | 63. | Mixed Vegetable Hand Pull Noodle OR Shaved Noodle | 7.00 |
| 豬大腸炒拉麵/刀削麵 | 64. | Intestine Hand Pull Noodle OR Shaved Noodle | 8.50 |

炒 米粉或粉干 STIR FRIED MEI FUN OR DRY NOODLE

- | | | | |
|-----------|-----|--|------|
| 牛肉炒米粉/粉干 | 65. | Beef Mei Fun OR Dry Noodle | 8.00 |
| 雞片炒米粉/粉干 | 66. | Chicken Mei Fun OR Dry Noodle | 8.00 |
| 鮮蝦炒米粉/粉干 | 67. | Shrimp Mei Fun OR Dry Noodle | 9.00 |
| 海鮮炒米粉/粉干 | 68. | Seafood Mei Fun OR Dry Noodle | 9.50 |
| 本樓炒米粉/粉干 | 69. | House Special Mei Fun OR Dry Noodle | 9.50 |
| 牛筋炒米粉/粉干 | 70. | Beef Tendons Mei Fun OR Dry Noodle | 8.50 |
| 牛雜炒米粉/粉干 | 71. | Mixed Beef Intestine Mei Fun OR Dry Noodle | 8.50 |
| 素菜炒米粉/粉干 | 72. | Mixed Vegetable Mei Fun OR Dry Noodle | 7.00 |
| 豬大腸炒米粉/粉干 | 73. | Intestine Mei Fun OR Dry Noodle | 8.50 |
| 海瓜子炒米粉/粉干 | 74. | Clams Mei Fun OR Dry Noodle | 8.00 |
| 牛尾炒米粉/粉干 | 75. | OX Tail Mei Fun OR Dry Noodle | 8.00 |
| 羊肉炒米粉/粉干 | 76. | Lamb Mei Fun OR Dry Noodle | 8.00 |



蘭州拉麵的曆史

蘭州舊稱《金城》，位於中國地理中心點，屬大西北區域黃土高原的一部份，黃河蜿蜒流經市區。蘭州自古即為絲路之起點，目前則是甘肅的省會啊現有人口兩百九十九萬人。

蘭州拉麵原為西北游牧民族招待高級賓客之風味食品，距今已有160餘年曆史，清朝初年，蘭州第一家牛肉麵館《月陽樓》創立，供應官紳及富商。

蘭州拉麵的湯汁清澈濃鬱，蘿蔔潔白，辣油紅艷，點倉青翠，肉味渾厚無膾味。麵條寬窄厚薄形狀由客選，配料配菜由客訂，為空前絕後之美食。

自此，蘭州拉麵開始鳳飛社會大眾，並精心規劃傳承推廣至全中國，如今蘭州拉麵不僅已成為當地人的飲食主體，更是老少皆宜，聞名中外的頂級美食。



HISTORY OF LAN ZHOU PULLED NOODLE

The city of Lan Zhou was once call "Golden City". It sits in the heart of the Chinese land on the yellow-earthed plateau of the great northwest, along the wriggling path of the Yellow River. From ancient times, Lam Zhou was the Starting point of the Silk Road. Later it became the capital of Gansu Province, and today it is home of 2,900,000 people.

The Lan Zhou pulled noodle, now with over 160 years of history, was originally a special dish that the nomadic people of the northwest would serve to guest of high status. Lan Zhou's first beef-noodle house, the Sun and Moon Inn, which was established in the early years of the Ching Dynasty, served only officials, gentry, and wealthy merchants.

The broth of the Lan Zhou pulled noodle is crystal clear and densely fragrant, with the clean whiter of radish, the red of chili oil, touches of fresh green garnish, and a bold flavor of meat, without any odor of mutton. The guests selects whether the noodles are broad or narrow, thick or thin, and orders his assortment of condiments and greens, to achieve an unsurpassed delicacy.

For this reason, Lan Zhou pulled noodles started to become popular in all levels of society. At the same time, there was a concentrated effort to promote the noodles throughout all of China. So nowadays Lan Zhou pulled noodles have not only become a staple of the locale diet, but are superior delicacy enjoyed by young and old, in China and abroad.

福昇拉麵



Noodle 2

2 East Broadway
New York, NY 10038

紐約唐人街東百老匯二號

Tel : 212-219.8223

We Deliver (Min. \$15)

OPEN 7 DAYS

Sunday - Wednesday 10:00am - 10:00pm
Thursday - Saturday: 10:00am - 9:30pm





頭 檔 APPETIZERS

- | | | |
|-------------|-----------------------------------|-------|
| 涼 拌 黃 瓜 | 1. Cucumber in Sauce | 4.00 |
| 涼 拌 海 帶 絲 | 2. Shredded Seaweed in Sauce | 4.00 |
| 香 辣 牛 筋 | 3. Spicy Beef Tendons | 8.75 |
| 夫 妻 肺 片 | 4. Sliced Beef & Tripe in Hot Oil | 8.75 |
| 滷 味 大 腸 | 5. Marinated Intestine | 8.75 |
| 滷 味 拼 盤 | 6. Marinated Mixed Platter | 12.75 |
| 滷 味 牛 筋 | 7. Marinated Beef Tendons | 8.75 |
| 豬 肉 韭 菜 水 餃 | 8. Pork & Chive Dumpling | 4.00 |
| 鍋 貼 | 9. Fried or Steamed Dumpling | 4.50 |
| 炸 醬 麵 | 10. Noodle w. Pork Soy Sauce | 5.50 |
| 花 生 醬 拌 麵 | 11. Noodle in Peanut Sauce | 3.00 |

素 菜 類 VEGETABLE

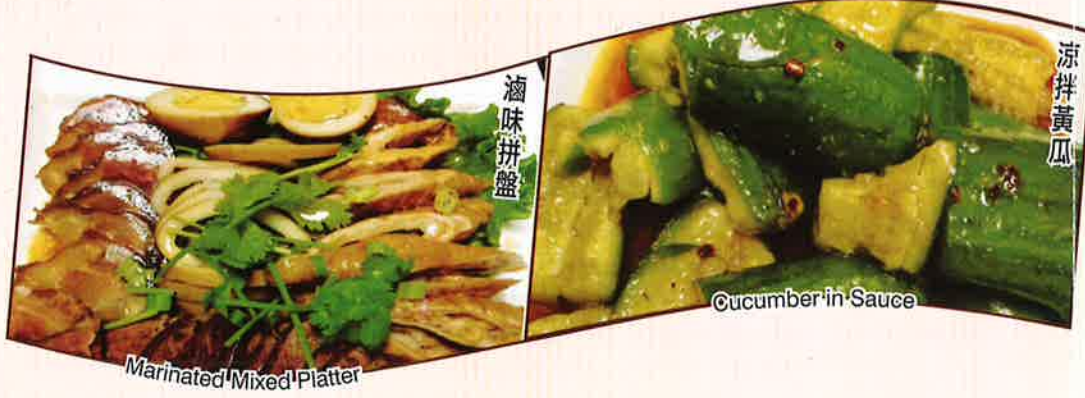
- | | | |
|---------|---------------------------|------|
| 炒 空 心 菜 | 12. Sauteed Water Spinach | 9.00 |
| 炒 豆 苗 | 13. Sauteed Snow Pea Leaf | 9.00 |
| 炒 菠 菜 | 14. Sauteed Spinach | 9.00 |
| 炒 小 白 菜 | 15. Sauteed Bok Choy | 9.00 |

Hot & Spicy



- ## 湯 拉麵或刀削麵 NOODLE SOUP
- ### HAND PULL NOODLE OR SHAVED NOODLE
- | | | |
|-----------|--|------|
| 牛肉拉麵/刀削麵 | 16. Beef Hand Pull Noodle OR Shaved Noodle | 6.75 |
| 牛腩拉麵/刀削麵 | 17. Beef Stew Hand Pull Noodle OR Shaved Noodle | 7.00 |
| 牛雜拉麵/刀削麵 | 18. Mixed Beef Intestine Hand Pull Noodle OR Shaved Noodle | 6.75 |
| 牛尾拉麵/刀削麵 | 19. OX Tail Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 牛筋拉麵/刀削麵 | 20. Beef Tendons Hand Pull Noodle OR Shaved Noodle | 7.00 |
| 排骨拉麵/刀削麵 | 21. Spare Rib Hand Pull Noodle OR Shaved Noodle | 6.75 |
| 燒鴨拉麵/刀削麵 | 22. Roast Duck Hand Pull Noodle OR Shaved Noodle | 7.00 |
| 大腸拉麵/刀削麵 | 23. Intestine Hand Pull Noodle OR Shaved Noodle | 7.00 |
| 羊肉拉麵/刀削麵 | 24. Lamb Hand Pull Noodle OR Shaved Noodle | 7.50 |
| 雙丸拉麵/刀削麵 | 25. Double Ball Hand Pull Noodle OR Shaved Noodle | 6.75 |
| 素菜拉麵/刀削麵 | 26. Vegetable Hand Pull Noodle OR Shaved Noodle | 6.00 |
| 水餃拉麵/刀削麵 | 27. Dumpling Hand Pull Noodle OR Shaved Noodle | 6.50 |
| 雲吞拉麵/刀削麵 | 28. Wonton Hand Pull Noodle OR Shaved Noodle | 6.50 |
| 海瓜子拉麵/刀削麵 | 29. Clams Hand Pull Noodle OR Shaved Noodle | 7.50 |
| 鮮蝦拉麵/刀削麵 | 30. Shrimp Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 海鮮拉麵/刀削麵 | 31. Seafood Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 本樓拉麵/刀削麵 | 32. House Special Hand Pull Noodle OR Shaved Noodle | 8.00 |
| 豬扒拉麵/刀削麵 | 33. Pork Chop Hand Pull Noodle OR Shaved Noodle | 6.50 |
| 魚蛋拉麵/刀削麵 | 34. Fish Ball Hand Pull Noodle OR Shaved Noodle | 6.00 |
| 銅骨拉麵/刀削麵 | 35. Pork Bone Hand Pull Noodle OR Shaved Noodle | 6.50 |
| 海蚌拉麵/刀削麵 | 36. Sea Clams Hand Pull Noodle OR Shaved Noodle | 7.50 |

以上可加不同配料
Add 75¢ for an Egg / 可加雞蛋 75¢



湯 米粉或粉干 NOODLE SOUP MEI FUN OR DRY NOODLEE

- | | | |
|----------|--|------|
| 牛肉米粉/粉干 | 37. Beef Mei Fun OR Dry Noodle | 6.75 |
| 牛腩米粉/粉干 | 38. Beef Stew Mei Fun OR Dry Noodle | 7.00 |
| 牛雜米粉/粉干 | 39. Mixed Beef Intestine Mei Fun OR Dry Noodle | 6.75 |
| 牛尾米粉/粉干 | 40. OX Tail Mei Fun OR Dry Noodle | 7.50 |
| 牛筋米粉/粉干 | 41. Beef Tendons Mei Fun OR Dry Noodle | 7.00 |
| 排骨米粉/粉干 | 42. Spare Rib Mei Fun OR Dry Noodle | 6.75 |
| 燒鴨米粉/粉干 | 43. Roast Duck Mei Fun OR Dry Noodle | 7.00 |
| 大腸米粉/粉干 | 44. Intestine Mei Fun OR Dry Noodle | 7.00 |
| 羊肉米粉/粉干 | 45. Lamb Mei Fun OR Dry Noodle | 7.50 |
| 雙丸米粉/粉干 | 46. Double Ball Mei Fun OR Dry Noodle | 6.75 |
| 素菜米粉/粉干 | 47. Vegetable Mei Fun OR Dry Noodle | 6.00 |
| 水餃米粉/粉干 | 48. Dumpling Mei Fun OR Dry Noodle | 6.50 |
| 雲吞米粉/粉干 | 49. Wonton Mei Fun OR Dry Noodle | 6.50 |
| 海瓜子米粉/粉干 | 50. Clams Mei Fun OR Dry Noodle | 7.50 |
| 鮮蝦米粉/粉干 | 51. Shrimp Mei Fun OR Dry Noodle | 8.00 |
| 海鮮米粉/粉干 | 52. Seafood Mei Fun OR Dry Noodle | 8.00 |
| 本樓米粉/粉干 | 53. House Special Mei Fun OR Dry Noodle | 8.00 |
| 銅骨米粉/粉干 | 54. Pork Bone Mei Fun OR Dry Noodle | 6.50 |
| 海蚌米粉/粉干 | 55. Sea Clams Mei Fun OR Dry Noodle | 7.50 |

