



始于1999年
Established in 1999...

米氏西餐厅冬季晚餐菜单

M's
Winter Dinner Menu
2020

上海市广东路20号外滩五号7楼
7/F, No.5 The Bund
20 Guangdong Road, Shanghai
Tel: (86 21) 6350 9988

www.m-restaurantgroup.com

欢迎来到米氏西餐厅

Welcome to M on the Bund

非常荣幸能在这里见到您...

二十一周岁的米氏西餐厅，可谓是在上海这座奇妙城市里出生和长大的幸运儿。

1999年初，米氏西餐厅在外滩方才开业不久，上海还远非今日之繁华盛景，我们作为黄浦江畔唯一的高端西餐厅，也显得相当孤单。当时大家的目光都聚焦在北方的外滩历史建筑群... 而今，更多的目光则是望向对岸高楼林立、霓虹闪耀的浦东陆家嘴天际线。一个东方新时代已然到来...

跟上潮流步伐的同时，保持真实、诚信和不断追求卓越的品质 — 这既是一种挑战，也激励着我们蓬勃地发展。

我们从上海本地的季节性农产品中汲取灵感，精心打造出至臻美味的全新米氏秋季菜单，无论何种情绪、口味或场合都能够找到共鸣。甄选通过责任采购的、可持续发展来源的高品质食材，仔细地切配并精心地烹饪，从头至尾亲力亲为，以达到口味与营养的完美平衡，尽显西餐品质精髓。

米氏的大厨们 Hamish, Phil, Andy, Tony 带领着厨师团队，全心全意致力于打造您餐盘上的美味珍馐。将他们对于烹饪的热情注入每一道菜，并赋予它们灵魂。

米氏的餐厅经理们 Matt, Mandy, Alex, Ada 则恭候在此，为您提供无微不至的周到服务。而酒吧经理 Johnny 和专业侍酒师们则会为您不断奉上美酒佳酿。

祝您用餐愉快！

It's our pleasure to have you here...

Here at **M on the Bund** we count ourselves lucky to have been born & raised in the marvellous city of Shanghai over 21 years ago.

When we opened in **January 1999** our focus was all to the north... the old Waitan. Today the action is in the East, both literally and metaphorically, nowadays no one pays much attention to our northern views, it's all about the newness of the East.

Keeping up with the new whilst maintaining our authenticity and integrity and our commitment to excellence is a constant challenge, but nevertheless it is the challenge on which we thrive.

In creating our new **Autumn Menu** we've selected the best imported and local ingredients, dealing only with trusted suppliers to ensure we are providing good quality nutritious foods.

Excellent food starts with responsible & reliable sourcing, wholesome produce, careful handling and thorough preparation. We closely monitor all our suppliers and if you'd like any information about our suppliers and procedures please don't hesitate to ask.

Chef **Hamish** and his team, **Phil, Andy** and **Tony** and all the kitchen girls & boys very proudly put their hearts and souls into producing everything that goes onto your plates and a good dose of passion into making sure it's truly delicious.

Whilst **Matt, Mandy, Alex, Ada** and their teams are here to ensure you receive warm, attentive and caring service. And **Johnny** and the bar gang will look after your libations keeping the wine, cocktails, or tea flowing.

Happy dining!

 = 素食 Vegetarian


 = 素食不含奶制品 Vegan

汤和色拉


Soups & Salads

大厨托尼推荐~ 奶油蛤蜊浓汤配红蟹油及面包粒
(新西兰可持续供源,可选小份茶杯装)

M's Clam Chowder
Rich chowder from sustainably-sourced Diamond Clams
(from Cloudy Bay, New Zealand)
laced with fragrant crab oil & spiced croutons 128.00
or in M's teacup 78.00

 时令菌菇汤配黑松露牛肝菌泡沫
(可选小份茶杯装)

Wild Yun'nan Mushroom Cappuccino ~
Chanterelles & Ceps & Princesses & Buttons
all whipped up into a soup
& topped with truffl'd Porcini foam 98.00
or in M's teacup 58.00

 秋季轻食色拉配煎洋蓍, 茴香菜, 橙肉,
玉兰菜, 红菊苣, 水萝卜及橄榄面包

An Autumnal Salad
Grilled artichokes, charred fennel, chili roasted oranges
& crunchy olive croutes on a bed of red radicchio,
white radish & red & white endives
dressed with chimichurri verde 108.00

 米氏经典色拉~ 什锦生菜, 花瓣, 松仁及芝士

M's Classic House Salad
Fiery Rocket, Mixed leaves, Pretty Petals,
Parmesan peels and toasted Pinenuts
~simple but delicious! 88.00

 彩色番茄色拉配布拉塔芝士, 罗勒酱及自制黑醋

Fresh Burrata Cheese & Heirlooms
on a bed of green, red, orange & yellow heirloom tomatoes
drizzled with basil pesto
& our house fermented rich dark vinegar 128.00

前菜

Starters

香炸澳洲明虾火腿片丝网卷
配番茄沙司, 玉米苗及蛋黄酱


Crispy King Prawns wrapped in Jamon Iberico
Spanish sofrito, baby corn sprouts & mayonnaise 148.00

奶油鹅肝冻配荞麦华夫饼, 甜味咖啡冻及白兰地樱桃酱

A Classic French Foie Gras Parfait
with not-so-classic buckwheat waffles,
M's brandied cherry jam & espresso jelly 158.00

香煎加拿大扇贝配苹果西芹鱼皮黄瓜卷,
麻油寿司醋及酸梅蛋黄酱 (可选小份)

Seared Canadian Scallops
cucumber rolls filled with pickled fish skin, apple and celery
dressed with sesame ponzu & umeboshi mayo 148.00 / 288.00

 咖喱烟熏甜薯团
配松仁泥及橄榄紫米碎 (可选小份)

M's famous Sweet Potato Gnocchi
cashew-nut curds, olive crumbs & purple rice salt 128.00 / 248.00

炸鳕鱼球配番茄, 水萝卜及咖喱酱

Crunchy Cod Fritters
on a red bed of tomatoes & radishes
with a hot pot of curry sauce 118.00

千岛湖人工养殖鱼子酱 (30克)
配自制黑麦饼, 小葱及酸奶油

Mandarin Beluga Caviar (30g)
(sustainably farmed from Qiandaoshu, Zhejiang)
buckwheat blinis, crème fraîche & fine chives 488.00

招牌主食

M. Signature Dishes

香煎鲑鱼 (可持续发展供源)

配土豆饼, 珍珠洋葱及酸奶油鱼子酱

*Icelandic Arctic Char (sustainably sourced)
with crisp potato latkes, pearl onions,
sour cream & Beluga Caviar 358.00*

米氏脆皮乳猪, 猪肉香肠配苹果醋卷心菜, 咖喱南瓜及鼠尾草

*M's Crispy Suckling Pig & Pork Sausage
With cider braised cabbage, curried pumpkin,
crispy sage and a good pig sauce 398.00*

新西兰草饲牛菲力 (180克) 配黄油面包, 鹅肝及黑松露片

*Tournedos Rossini ~
Best Fillet of New Zealand grass-fed Beef (180g)
served on a Brioche croute, topped with a slab of Foie gras
& finished with Truffles & Madeira 488.00*

米氏盐焗羊腿肉配节瓜芝士土豆饼及酸甜茄子酱

*Slowly baked salt-encased selected Leg of Lamb
with layered zucchini, potato & gruyere gratin,
sweet & sour eggplant chutney and a rich lamb sauce 388.00*

配菜

And a Bit on the Side

蒜香薯条~ 必点!

Garlic'd & parsley'd French Fries ~ hard to resist 58.00

炒时蔬 (可选配香料黄油)

*A bowl of good Greens tossed with lemon and herb butter
or plain if you wish 48.00*

焦黄油烤南瓜

Roasted Pumpkin finished with a sage brown butter 68.00

黑松露土豆泥

Truffle'd Mash 68.00

炒什锦菌菇

A medley of chefs selected Mushrooms 68.00

蒜味迷迭香烤土豆

Roasted Chat Potatoes with rosemary and garlic 58.00

米氏小色拉

M's House Salad 48.00

其它主食

Other Mains

蒜味黄油炸猪排配鼠尾草,
意大利白醋及小色拉

Pork Chop Viennese ~

*Tenderised Pork Chop, lightly crumbed
pan-fried in butter with garlic, sage & white Balsamic,
served with a crisp green salad 338.00*

香煎金枪鱼 (可持续发展供源)

配油浸茴香菜, 新西兰青口, 海葡萄及柠檬

*Seared Tuna from the Southern Seas
garnished with confit'd fennel,
sauced with NZ green-lip mussels, sea grapes & lemon 388.00
(no no no not Bluefin... it's sustainably sourced Yellowfin)*

鸭肉栗子意饺配黄油沙司, 糖渍橙皮及脆鸭皮

*Duck & Chestnut Ravioli
drizzled with beurre noisette, candied orange zest
& duck skin cracklings 298.00*

烩海鲜配米氏自制小宽面及香草料
明虾, 蛤蜊, 墨鱼, 软壳蟹, 海鱼, 青口

*A Rich Seafood Stew
with fishes, crustaceans, mollusks & cephalopods
on fettuccini and lots of lovely herbs 388.00*

 烤花菜配芝麻酱, 开心果, 芥末石榴, 水瓜榴及香草料

*Fans of Roasted Cauliflower & Spicy Floret Fritters
on Tahini Sauce scattered with toasted pistachios,
pomegranate seeds, caperberries and lots of fresh herbs 198.00*

慢炖比利时啤酒兔腿肉配酸菜及土豆泥

*A Rich Belgium Rabbit Stew ~
Rabbit marinated in mustard
then braised in dark Belgian beer
served with soured cabbage & whipped potatoes 328.00*

分享美食拼盘

M's Platters to Share

适合分享的米氏主食大拼盘, 与家人好友共享美味盛宴~
(每款可选两个配菜, 需等候约40分钟)

Our platters are designed to share with family and friends
choose one or more of our delicious selections
and add two side dishes of your choice per platter
(Please allow 40 minutes...)

搭配米氏店红或店白葡萄酒 (优惠价228元/瓶)

*Pair with M's award-winning Ozzie Cab Sav or Sav Blanc
228.00 per bottle*

澳洲草饲战斧牛排 (1.3公斤) 配辣根汁及黑胡椒汁

*The Mighty Tomahawk Steak (1.3kg)
Grass-fed Australian Beef
served with a horseradish and black pepper jus 1388.00*

香烤整鸡填馅黄油面包及菌菇配芥末浓汁 (约1.3公斤)

*Whole Roasted Corn-fed Hombre Chicken (approx 1.3kg)
with a herbed brioche & mushrooms stuffing
and a jug of chicken mustard gravy 588.00*

米氏脆皮乳猪拼盘 (450克)

*A Platter of M's delicious Crispy Suckling Pig (450g)
Locally sourced from a small sustainable farmer in rural Anhui
...served with a good pig sauce 788.00*

请选择配菜

Please select your sides from the list below...

蒜香薯条~ 必点!

Garlic'd & parsley'd French Fries ~ hard to resist 58.00

炒时蔬 (可选配香料黄油)

*A bowl of good Greens tossed with lemon and herb butter
or plain if you wish 48.00*

焦黄油烤南瓜

Roasted Pumpkin finished with a sage brown butter 68.00

黑松露土豆泥

Truffle'd Mash 68.00

炒什锦菌菇

A medley of chefs selected Mushrooms 68.00

蒜味迷迭香烤土豆

Roasted Chat Potatoes with rosemary and garlic 58.00

米氏小色拉

M's House Salad 48.00

甜品

M's Fabulous Desserts

米氏双层甜食拼盘~ 每位158元, 两位起点

*M's Truly Grand Dessert Platter ~
Mocha Coffee Soufflé, Mocha Tea Cheesecake,
Chocolate Fudge Brownie with Cookies & Cream,
Nisha's Creme Brulée, Bruléed Figs,
Ice Cream & Sorbet...
and that very famous Pavlova too!
158.00 per person (minimum two people)*

摩卡热蛋奶酥配巧克力酱及香草巧克力碎冰淇淋

*Mocha Coffee Soufflé
Chocolate liquor raising sauce & chocolate chip ice cream 118.00*

蛋白酥南瓜派配素奶油 (无麸质)

*A Very Vegan Version of Pumpkin Pie (gluten free)
topped with Torched Marshmallow & vegan vanilla cream 88.00*

焦糖无花果配葡萄干朗姆酒味冰淇淋

*Crunchy Bruléed Plump Autumn Figs
with Rum-n-Raisin ice cream 88.00*

果仁奶油千层酥配太妃糖沙司

*Nisha's Mille Feuille
fine filo biscuits layered with sweet baked cream
drizzled with butterscotch sauce
then scattered with shards of praline 96.00*

抹茶芝士蛋糕配香椰冰淇淋

Mocha Tea Cheesecake served with coconut ice cream 92.00

米氏名点~

烤蛋白饼配奶油, 新鲜水果丁及激情果沙司 (口味偏甜)

*M's Very Famous Pavlova
be warned... it's for the sweet toothed 108.00*

巧克力栗子粉布丁配香草冰淇淋 (无麸质)

*Molten Chocolate & Chestnut Pudding ~ bonus, gluten free!
with a scoop of vanilla bean ice cream 98.00*

冰淇淋和雪芭 (多种口味, 自选搭配)

*Ice Creams & Sorbets ~
We have many flavours of ice cream and sorbet, you pick and choose
~one scoop 38.00 ~two scoops 68.00 ~three scoops 98.00*

土耳其咖啡配自制软糖及核桃千层酥

Turkish Coffee with home-made Turkish delight & baklava 68.00

另加收10%服务费 10% service charge applies