



粗茶淡飯

YAO'S DINER

Open 7 Days:


Mon.-Sun.:11:00am-10:30pm

TEL: 631-588-2218

631-588-2288

2503 Middle Country Rd

Centereach NY 11720

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午膳 Lunch Menu

Monday to Friday, 11:00am to 4:00pm

周一至周日

Each Special is **\$8.95**

附贈涼盤 Free Cold Appetizer

1. 家鄉回鍋肉 Spicy Double Cooked Pork
2. 宮保雞丁 Kung Pao Chicken
3. 歡樂山辣子雞 Sliced Chicken w. Chili & Pepper
4. 笋尖肉絲 Shredded Pork w. Baby Bamboo Shoots
5. 炆炒榨菜肉絲 Sauteed Shredded Pork w. Pickle
6. 魚香肉絲 Sauteed Pork in Spicy Garlic Sauce
7. 香干肉絲 Sauteed Pork w. Five Spiced Tofu
8. 香干西芹 Sauteed Celery w. Five Spiced Tofu
9. 西芹笋尖 Sauteed Celery w. Bamboo Shoots
10. 麻婆豆腐 Mapo Tofu
11. 魚香茄子 Sauteed Eggplant in Garlic Sauce
12. 醬燒茄子 Sauteed Eggplant in Black Sauce
13. 干煸四季豆 Dry Sauteed String Beans
14. 木耳尖椒雞香 Sauteed Black Fungus, Egg & Green Pepper
15. 蝦仁豆腐 Shrimp w. Tofu
16. 滑蛋蝦仁 Sauteed Shrimp & Egg
17. 芝麻雞 Sesame Chicken
18. 左宗雞 General Tso's Chicken
19. 芦笋雞 Chicken w. Asparagus
20. 芦笋蝦仁 Shrimp w. Asparagus
21. 芦笋牛 Premium Beef w. Asparagus
22. 芥蘭雞 Chicken w. Broccoli
23. 芥蘭牛 Premium Beef w. Broccoli
24. 芥蘭蝦仁 Shrimp w. Broccoli
25. 四季豆雞 Chicken w. String Beans
26. 四季豆蝦仁 Shrimp w. String Beans
27. 四季豆牛 Premium Beef w. String Beans

涼菜

Cold Appetizers

28. 夫妻肺片 Sliced Beef & OX Tripe w. Hot Pepper Sauce 8.95
29. 口水雞 Steamed Chicken w. Chili Sauce 6.95
30. 椒麻雞 Numbing Chicken 6.95
31. 麻辣腰花 Shredded Pig Kidney w. Chili Sauce 6.95
32. 蒜泥白肉 Pork w. Garlic Sauce 6.95
33. 咸都涼粉 Mund Bean Jello w. Spicy Sauce 3.95
34. 四川泡菜 Chef's Special Szechuan Pickle Vegetable 4.95

小吃

Szechuan Delicacies & Appetizers

35. 鐘水餃 Szechuan Pork Dumplings (8 pcs) 3.95
36. 四川涼面 Spicy Sesame Cold Noodles 5.95
37. 酸辣肥腸粉 Spicy Hot & Sour Cellophane Noodles w. Pork Intestines 6.95
38. 南瓜餅 Fried Pumpkin Pancake (2 pcs) 1.95

主廚推薦

Chef's Special

39. XO珍豆腐 Sauteed Mixed Seafood and Tofu in XO Sauce 22.95
40. 海鮮鍋巴 Mixed Seafood w. Crispy Rice 21.95
41. 東坡肘子 Braised Dongpo Pork 18.95
42. 避風塘大蝦 Cantonese -Style Jumbo Shrimp 17.95
43. 小雞炖蘑菇 Baby Chicken w. Mushroom 15.95
44. 川白肉 Pork w. Sour Cabbage Pot 14.95



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難忘 傳統經典川菜

Famous Szechuan Dishes

45. 麻辣豆花魚	Sliced Basa Fish w. Silken Tofu Pot	15.95
46. 家鄉回鍋肉	Spicy Double Cooked Pork	13.95
47. 成都冒鴨	Stew Roasted Duck in Pot	18.95
48. 歌樂山辣子雞	Sauteed Sliced Chicken w. Chili & Pepper	12.95
49. 三椒燻雞	Sauteed Chicken w. Three Peppers	12.95
50. 山城毛血旺	Pig's Blood Pudding & Beef Omasum in Spiced Chili Broth	16.95
51. 豆瓣全魚	Whole Fish w. Bean Paste	SP
52. 干燒全魚	Dry-Braised Whole Fish	SP
53. 糖醋脆皮魚	Crispy Whole Fish w. Sweet & Sour Sauce	SP
54. 冷鍋魚片	Cold Pot Fish	16.95
55. 飄香笋尖牛腩鍋	Spicy Braised Beef Brisket Pot	18.95
56. 紅燒牛腩鍋	Braised Beef Brisket Pot	18.95
57. 重慶燒雞公	Braised Chicken, Szechuan Style	12.95
58. 香辣蟹	Deep Fried Crabs w. Chili Pepper	16.95
59. 川椒霸王蟹	Sauteed Crabs w. Spicy Sauce	16.95

牛，羊類 Beef & Lamb

77. 蔥爆牛肉	Sliced Premium Beef w. Scallion & Onion	15.95
78. 蔥爆羊肉	Sliced Lamb w. Scallion & Onion	15.95
79. 水煮羊肉	Poached Sliced Lamb in Hot Chili Oil	15.95
80. 水煮牛肉	Poached Sliced Premium Beef in Hot Chili Oil	15.95
81. 孜然羊肉	Fried Lamb w. Cumin	15.95

水產類 Seafood

82. 孜然魚片	Fried Fish Fillets w. Cumin	14.95
83. 姜蔥炒蟹	Sauteed Crabs w. Ginger & Scallion	16.95
84. 蝦仁豆腐	Shrimp w. Tofu	12.95
85. 滑蛋蝦仁	Sauteed Shrimp & Egg	12.95
86. 水煮魚	Poached Sliced Fish in Hot Chili Oil	14.95
87. 宮保蝦仁	Kung Pao Shrimp	12.95

雞肉 Poultry

88. 板栗燒雞	Braised Chicken w. Chestnut	12.95
89. 重慶燒雞公	Braised Chicken w. Mushroom, Szechuan Style	12.95
90. 宮保雞丁	Kung Pao Chicken	12.95
91. 歌樂山辣子雞	Sauteed Sliced Chicken w. Chili & Pepper	12.95
92. 三椒燻雞	Sauteed Chicken w. Three Peppers	12.95

江湖特色菜 Delicacies

60. 巴蜀饅頭蛙	Chef Special Frog in Spicy Hot Pot	23.95
61. 百里香鎮霸王蟹	Crabs in Spicy Hot Pot w. Mixed Veggies	18.95
62. 百里香鎮大蝦	Jumbo Shrimp in Spicy Hot Pot w. Mixed Veggies	18.95
63. 百里香鎮蝦仁	Baby shrimp in Spicy Hot Pot w. Mixed Veggies	17.95
64. 百里香鎮牛蛙	Frog in Spicy Hot Pot w. Mixed Veggies	23.95
65. 百里香鎮大排	Spare Ribs in Spicy Hot Pot w. Mixed Veggies	17.95
66. 百里香鎮雞	Chicken in Spicy Hot Pot w. Mixed Veggies	16.95
67. 百里香鎮肥腸	Pork Intestines in Spicy Hot Pot w. Mixed Veggies	18.95
68. 百里香鎮魚	Basa Fish Fillets in Spicy Hot Pot w. Mixed Veggies	16.95
69. 百里香鎮素什錦	Mixed Vegetables in Spicy Hot Pot	15.95
70. 川味小炒羊	Sauteed Lamb w. Cilantro, Szechuan Style	15.95
71. 野山椒炒羊肉	Sauteed Lamb w. Wild Pepper	15.95
72. 金谷飄香魚	Fish Fillets w. Chili Oil	13.95
73. 巴國香辣長排	Spare Ribs, Szechuan Style	16.95
74. 七星香長排	Multi-Flavors Spare Ribs	16.95
75. 香辣勁湯牛蛙	Spicy Frog w. Pepper & Onion	18.95
76. 家常牛蛙	Frog, Home Style	18.95

豬肉 Pork

93. 鍋巴肉片	Crispy Rice Cake & Sliced Pork	14.95
94. 飄香土匪肉	Spicy Braised Pork Belly w. Dried Bean Curd	14.95
95. 水煮肉片	Poached Sliced Pork in Hot Chili Oil	10.95
96. 笋尖肉絲	Shredded Pork w. Baby Bamboo Shoots	12.95
97. 炆炒榨菜肉絲	Sauteed Shredded Pork w. Pickle	12.95
98. 糖醋里脊	Pork Fillet w. Sweet & Sour Sauce	9.95
99. 菠蘿咕嚕肉	Sweet and Sour Pork w. Pineapple	9.95
100. 魚香肉絲	Sauteed Pork in Spicy Garlic Sauce	10.95
101. 京醬肉絲	Sauteed Pork with Sweet Bean Sauce	12.95
102. 尖椒肉絲	Shredded Pork w. Hot Green Pepper	12.95
103. 火爆腰花	Sauteed Pig Kidney	9.95
104. 三椒燻肥腸	Sauteed Pork Intestines w. Three Peppers	13.95
105. 糖醋排骨	Ribs in Sweet & Sour Sauce	12.95
106. 五更腸旺	Pork Intestines in Spiced Chili Broth	14.95

素菜 Vegetable

107.	蒜蓉清炒芦笋	Sauteed Asparagus / w. Fresh Garlic	10.95
108.	麻婆素什锦锅	Mixed Vegetable Pot	15.95
109.	宫保莲藕	Kung Pao Lotus Root	10.95
110.	清炒莲藕	Sauteed Lotus Root	10.95
111.	西芹笋尖	Sauteed Celery w. Bamboo Shoots	10.95
112.	麻婆豆腐	Mapo Tofu	8.95
113.	家常豆腐	Tofu, Home-style	8.95
114.	地三鲜	Sauteed Potato, Green Pepper & Eggplant	8.95
115.	鱼香茄子	Sauteed Eggplant in Garlic Sauce	9.95
116.	香滑茄子	Sauteed Eggplant in Black Sauce	9.95
117.	干煸四季豆	Dry Sauteed String Beans	8.95
118.	手撕包菜	Hand - Ripped Cabbage	7.95
119.	葱爆木耳	Sauteed Black Fungus w. Scallion	8.95
120.	荷塘小炒	Sauteed Lotus Root w. Walnut & Cashew nut	8.95
121.	木耳尖椒脆骨	Sauteed Black Fungus, Egg & Green Pepper	8.95
122.	蚂蚁上树	Braised Cellophane Noodle w. Chili Minced Pork	11.95
123.	蒜蓉上海青	Sauteed Shanghai Greens w. Fresh Garlic	9.95
124.	蒜蓉清炒时蔬	Stir Fried Seasonal Vegetable	SP
125.	姜葱小南瓜	Sauteed Pumpkins w. Ginger & Scallion	8.95

美式中餐 American Style Chinese Food

126.	芝麻鸡	Sesame Chicken	10.95
127.	左宗鸡	General Tso's Chicken	10.95
128.	芦笋鸡	Chicken w. Asparagus	12.95
129.	芦笋虾仁	Shrimp w. Asparagus	14.95
130.	芦笋牛	Premium Beef w. Asparagus	14.95
131.	芥兰鸡	Chicken w. Broccoli	10.95
132.	芥兰牛	Premium Beef w. Broccoli	12.95
133.	芥兰虾仁	Shrimp w. Broccoli	12.95
134.	四季豆鸡	Chicken w. String Beans	10.95
135.	四季豆虾仁	Shrimp w. String Beans	12.95
136.	四季豆牛	Premium Beef w. String Beans	12.95

湯羹 Soup

137.	西湖牛肉羹	West Lake Beef Soup	8.95
138.	酸辣湯	Hot and Sour Soup	6.95
139.	紫菜蛋花湯	Seaweed and Egg Drop Soup	3.95
140.	酸菜魚片湯	Fish Fillets w. Pickled Mustard Green	8.95
141.	雞蓉粟米湯	Minced Chicken w. Corn Soup	8.95
142.	青菜豆腐羹	Vegetable Soup w. Tofu	6.95

主食 Rice & Noodles

143.	北京炸醬面	Peking Style Minced Pork Noodle	6.95
144.	干炒牛河	Beef Chow Fun	8.95
145.	雞肉炒面	Chicken Lo Mein	6.95
146.	牛肉炒面	Beef Lo Mein	7.95
147.	蝦仁炒面	Shrimp Lo Mein	7.95
148.	揚州炒飯	Fried Rice w. Ham, Egg & Shrimp	7.95
149.	雞肉炒飯	Chicken Fried Rice	6.95
150.	牛肉炒飯	Beef Fried Rice	7.95
151.	蝦仁炒飯	Shrimp Fried Rice	7.95
152.	白飯	White Rice	0.75

飲料 Drink

Sprite	1.00
Coke	1.00
Orange Soda	1.00
Snapple	2.00
Chinese Herbal Tea (王老吉)	2.00

