南北美食

Jean's
CHINESE RESTAURANT

味美实惠

jeansrestaurant.ca

444-7776

The Coast
HALIFAX'S WEEKLY
BEST OF HALIFAX
READERS' CHOICE AWARDS

GOLD WINNER 2017

2017年荣获金奖冠军

2017 GOLD BEST CHINESE

13 YEARS IN A ROW!

RUNNER UP

13年荣获本地传媒报The Coast 读者最佳食物提名

选料上乘

全天送餐

Business & Delivery Hours

Monday-Thursday	10:30am-9:00pm
Friday	10:30am-10:00pm
Saturday	11:30am-10:00pm
Sunday	11:30am-9:00pm

Party for 10 / 20 / 30 / 40 already discounted up to **35%**

Ask for details

APPETIZER SOUP(4-6 PERSONS) 头盘类

			2-4 Persons	5-6 Persons
1	蟹肉鱼肚羹	Crab Meat with Fish Maw Thick Soup	$11.99	$18.99
2	海鲜豆腐羹	Seafood with Bean Curd Thick Soup	$11.99	$18.99
3	西湖牛肉羹	Minced Beef Thick Soup	$ 9.99	$14.99
4	鸡茸玉米羹	Chicken Corn Thick Soup	$ 9.99	$14.99
5	酸辣汤	Hot and Sour Soup(Hot)	$ 9.49	$14.99
6	云吞汤	Won Ton Soup	$ 9.49	$14.99
7	四宝豆腐汤	Assorted Meat, Seafood and Tofu Soup	$10.99	$17.49
8	鸭丝羹	Duck Slices Soup	$11.99	$22.49

FULL MEAL SOUPS 汤面类 (一人份量)

9	云吞汤面	Won Ton & Noodle Soup	$10.99
10	担担面	Dan Dan Mein(Hot)	$12.49
11	鸡肉时菜汤面牛	Chicken Vegetable Noodle Soup	$ 11.99
12	肉时菜汤面牛腩	Beef Vegetable Noodle Soup	$ 11.99
13	时菜汤面海鲜时	Beef Flank Noodle Soup	$ 11.99
14	菜汤面大白菜鲜	Seafood Vegetable Noodle Soup	$14.99
15	带子汤	Nappa & Fresh Scallops in Soup	$ 10.99
16	炸酱面	Minced Pork & Toona Bean Sauce with Noodle in Soup(Hot)	$ 12.49
17	甜酱面	Minced Pork & Hoisin Sauce with Noodle in Soup	$12.49
18	酸辣面	Minced Pork & Hot and Sour Sauce with Noodle in Soup(Hot)	$12.49

CHICKEN & DUCK 鸡鸭类 (Dishes over $10 Includes steam rice) 超过$10 餐包括一碗白饭

19	炸鸡翅	Crispy Fried Chicken Wing(Hot)	$10.99
20	大千鸡	Daqian Chicken(Hot)	$14.99
21	北菇鸡煲	Stewed Chicken and Mushrooms	$14.99
22	铁板湖南鸡	Sizzling Hunan Chicken(Hot)	$15.49
23	宫保鸡丁	Kung Po Chicken(Hot)	$14.99
24	左宗棠鸡	General Tao Chicken(Hot)	$14.99
25	西芹鸡柳	Sliced Chicken with Celery	$14.99
26	双菇鸡片	Sliced Chicken with two kinds of Mushrooms	$14.99
27	鸡片雪豆	Sliced Chicken with Snow Peas	$14.99
28	腰果鸡丁	Diced Chicken with Cashew Nuts	$12.49
29	京酱鸡片	Chicken Stir-fired with Special Sauce	$14.99
30	脆皮烧鸭	Crispy BBQ Duck (Half)$19.99 (Whole)	$35.49
31	北方辣子鸡片	North China Style Spicy Chicken(Hot)	$14.99
32	香辣鸡	Special Chili Chicken(Hot)	$14.99
33	酸辣鸡	Chicken & Hot and Sour Sauce(Hot)	$14.99
34	蒙古鸡或牛	Mongolian Chicken or Beef(Hot)	$14.99

BEEF 牛类 (Dishes over $10 Includes steam rice) 超过$10 餐包括一碗白饭

35	中式牛柳	Beef Steak Chinese Style	$16.99
36	蚝油牛肉	Beef With Oyster Sauce	$14.99
37	葱爆牛肉	Beef with Ginger & Green Onions	$14.99
38	四川牛肉	Szechuan Beef in Hot Sauce(Hot)	$14.99
39	柱候牛腩煲	ChiHou Beef Belly in Hot Pot	$15.99
40	铁板沙嗲牛肉	Beef with Hunan Sauce on a Sizzling Plate	$15.99
41	咖喱牛肉	Curry Beef(Hot)	$12.49
42	铁板湖南牛肉	Hunan Beef on sizzling hot plate(Hot)	$15.99
43	豉椒炒牛肉	Beef with Black Bean Sauce	$12.49
44	新疆孜然炒牛肉	Stir-Fried Beef & Scallions	$14.99
45	黑椒牛仔骨堡	Beef Rib with Black Pepper Sauce in Hot Pot	$14.99
46	红焖牛肉	Beef with Bean Sauce(Hot)	$15.99
47	香辣牛肉	Special Chili Beef(Hot)	$14.99
48	酸辣牛肉	Beef & Hot and Sour Sauce(Hot)	$14.99
49	广东炒什会[包括猪鸡牛]	Cantonese Assorted Meat Stir-Fried	$14.99
50	招牌干炒辣牛	Jean' s Spicy Beef or Chicken(Hot)	$ 14.99
51	招牌酱汁牛肉	Jean' s Ginger Beef(Hot)	$14.99

PORK 猪类 (Dishes over $10 Includes steam rice) 超过$10 餐包括一碗白饭

52	黑椒猪扒	Pork Chops with Black Pepper Sauce	$15.99
53	蜜汁叉烧	Pork Slices in Honey Sauce	$11.99
54	豉汁蒸排骨	Steam Spareribs with Black Bean Sauce	$14.99
55	木须肉	Mu Shu Pork (6 Crepes)(Hot)	$14.99
56	鱼香肉丝	Yu Hsiang Pork(Hot)	$14.99
57	雪菜肉丝	Shredded Pork with Pickled Cabbage	$14.99
58	京酱炒肉丝	Shredded Pork in Brown Sauce	$14.99
59	北方回锅肉	Double Cooked Pork North China Style(Hot)	$14.99
60	四川猪肉	Szechuan Pork(Hot)	$14.99

Lamb 羊类 (Include steam rice)

61 红焖羊肉 Lamb with Red Chili & Bean Sauce(Hot)....$16.49
62 香辣羊肉 Lamb with Chili & Bean Sauce(Hot)....$16.49
63 新疆孜然烩羊肉 Stir–Fried Lamb & Scallion....$16.49

SEAFOOD 海鲜类 (Include steam rice)

64 椒盐中虾 Salt and Pepper Shrimps(Hot)....$16.49
65 椒盐鱿鱼 Salt and Pepper Squid(Hot)....$16.49
66 蒜蓉虾 Garlic Shrimps....$16.49
67 蒜蓉带子 Garlic Scallops....$16.49
68 豆豉虾 Shrimp with Black Bean Sauce(Hot)....$16.99
69 宫保虾 Kung Po Shrimp(Hot)....$16.99
70 豉椒鱿鱼 Squid with Black Bean Sauce....$15.99
71 沙嗲炒鱿鱼 Squid with Satay Sauce(Hot)....$15.99
72 炒双鲜 Seafood Double Happiness....$17.99
73 海鲜豆腐煲 Seafood Bean Curd Hot Pot....$17.99
74 滑蛋虾仁 Shrimp with Smooth Eggs....$16.99
75 西兰花带子 Stir–Fried Broccoli and Scallops....$18.99
76 铁板三鲜 Seafood on a Sizzing Hot Plate....$17.99

CHINESE VEGETABLES 时菜类 (Include steam rice)

77 鱼香茄子 Yu Hsiang Eggplant(Hot)....$14.99
78 炒鲜杂菜 Mixed Chinese Vegetables....$12.49
79 蒜蓉时菜 Chinese Vegetables in Garlic Sauce....$13.49
80 清炒时菜 Stir–Fried Chinese Vegetables....$13.49
81 耗油时菜 Chinese Vegetables in Oyster Sauce....$13.49
82 上素什锦 Sauted Mixed Chinese Vegetables....$13.49
83 带子时菜 Scallops with Chinese Vegetables....$17.99
84 虾球时菜 Shrimp with Chinese Vegetables....$16.99
85 牛肉时菜 Beef with Chinese Vegetables....$14.99
86 鸡片时菜 Chicken with Chinese Vegetables....$14.99
87 四川茄子 Schezuan Eggplant(Hot)....$13.99

Noodle 粉面类

88 干炒牛河 Beef with Rice Noodles in Soy Sauce....$13.49
89 豉椒牛河 Beef with Black Bean Sauce on Rice Noodles....$14.49
90 菜远牛河 Beef with Chinese Vegetables on Rice Noodles..$14.99
91 上海粗炒 Shanghai Noodles(Hot)....$14.99
92 星洲炒米粉 Vermicelli Singapore Style(Hot)....$14.99
93 鸡或牛或叉烧捞面 Chicken or Beef or BBQ pork Lo Mein....$13.49
94 肉丝雪菜窝米 Pork and Pickled Cabbage with Vermicelli Noodle Soup....$13.49
95 什会窝面 Cantonese Chow Mein in Soup....$17.49
96 广东炒面 Cantonese Chow Mein....$17.99
97 时菜海鲜炒面 Seafood Chinese Vegetable Chow Mein....$18.99
98 酸辣炒面[选择牛或鸡或猪肉或什菜] Stir–fried Noodles with Sour & Chili & Bean Sauce(Choice of Beef or Chicken or Pork or Vegetable)(Hot)....$14.99 New
99 香辣炒面[选择牛或鸡或猪肉或什菜] Stir–fried Noodles with Chili & Bean Sauce(Choice of Beef or Chicken or Pork or Vegetables)(Hot)....$14.99
100 四川炒面 Szechuan Noodles (Hot)....$14.99
101 豉椒虾球炒面 Shrimp with Black Bean Sauce on Crispy Egg Noodles....$16.99
102 豉椒牛或鸡肉炒面 Beef or Chicken with Black Bean Sauce on Crispy Egg Noodles..$14.99
103 牛肉菜远炒面 Beef with Chinese Vegetables on Crispy Egg Noodles....$14.99
104 芽菜炒面 Stir–Fried Bean Sprout Egg Noodle in Soy Sauce....$11.99
105 榨菜肉丝炒面 Shredded Pork and Hot Pickled Mustard Greens on Egg Noodles....$13.99

SWEET AND SOUR 甜酸类 (Dishes over $10 Includes steam rice) 超过$10 餐包括一碗白饭

106 甜酸鱼柳 Sweet and Sour Fish....$16.99
107 甜酸鸡球 Sweet and Sour Chicken Balls....$12.99
108 咕噜肉 Sweet and Sour Pork....$12.99
109 京都肉排 House Special Pork Chops....$16.99

BEAN CURD 豆腐类 (Dishes over $10 Includes steam rice) 超过$10 餐包括一碗白饭

110 红烧豆腐 Braised Bean Curd with Vegetables....$12.49
111 耗油叉烧豆腐 BBQ Pork with Bean Curd in Oyster Sauce....$14.99
112 八珍豆腐煲 Bean Curd with Assorted Meats in Hot Pot....$16.99
113 鱼香豆腐 Yu Xiang Tofu(Hot)....$14.99
114 麻婆豆腐 Ma Po Bean Curd(Hot)....$14.99

THAI MEAL 泰国餐类 除炒饭，面外，其余包含白饭
(Include steam rice except dishes of fried rice and noodles dishes)

115 珀泰[选择大虾或牛或鸡或豆腐或什菜] 每另加一样，多收$2 Pad Thai (Your choice of either jumbo shrimp or beef or tofu or chicken or mixed vegetable) (Hot) ....$14.99 $2 for each extra item, $2 extra for shrimp
116 泰式炒大虾 Thai Style Stir–Fried Jumbo Shrimps(Hot)....$16.99
117 泰式炒牛或鸡肉 Thai Style Stir–Fried Beef or Chicken(Hot)....$14.99
118 泰式炒面 Thai Noodle (Hot)....$14.99
119 泰式炒饭 Thai Fried Rice (Hot)....$11.49
120 泰式炒什菜 Stir–fried Mix Vegetables Thai Style(Hot)....$12.49

JAPANESE FOOD 日式餐类 除炒饭，面外，其余包含白饭
(Include steam rice except dishes of fried rice and noodles dishes)

121 日式炒面 Teriyaki Noodle....$14.99
122 日式炒鸡或牛 Choice of Chicken or Beef with Vegetables and Teriyaki Sauce....$14.99
123 日式炒大虾球 Jumbo Shrimp with Vegetables Japanese Style....$16.99
124 日式炒饭 Chicken & Shrimp Fried Rice Japanese Style....$11.09

FRIED RICE 炒饭类

125 扬洲炒饭 Young Chow Fried Rice....$11.99
126 生炒牛肉饭 Beef with Lettuce Fried Rice....$11.99
127 生炒鸡饭 Chicken with Lettuce Fried Rice....$11.99
128 海鲜炒饭 Seafood Fried Rice....$13.99