

南北美食

jeansrestaurant.ca

选料上乘

Jean's

CHINESE RESTAURANT

味美实惠

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!

13年荣获本地传媒报The Coast 读者最佳食物提名

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.....	\$10.99	\$17.99
2	海鲜豆腐羹 Seafood with Bean Curd Thick Soup.....	\$10.99	\$17.99
3	西湖牛肉羹 Minced Beef Thick Soup.....	\$ 8.99	\$13.99
4	鸡茸玉米羹 Chicken Corn Thick Soup.....	\$ 8.99	\$13.99
5	酸辣汤 Hot and Sour Soup(Hot).....	\$ 8.49	\$13.99
6	云吞汤 Won Ton Soup.....	\$ 8.49	\$13.99
7	四宝豆腐汤 Assorted Meat, Seafood and Tofu Soup.....	\$ 9.99	\$16.49
8	鸭丝羹 Duck Slices Soup.....	\$10.99	\$21.49

FULL MEAL SOUPS 汤面类 (一人份量)

9	云吞汤面 Won Ton & Noodle Soup.....	\$ 9.99
10	担担面 Dan Dan Mein(Hot).....	\$11.49
11	鸡肉时菜汤面牛 Chicken Vegetable Noodle Soup.....	\$ 10.99
12	肉时菜汤面牛腩 Beef Vegetable Noodle Soup.....	\$ 10.99
13	时菜汤面海鲜时 Beef Flank Noodle Soup.....	\$ 10.99
14	菜汤面大白菜鲜 Seafood Vegetable Noodle Soup.....	\$13.99
15	带子汤 Nappa & Fresh Scallops in Soup.....	\$ 9.99
16	炸酱面 Minced Pork & Toona Bean Sauce with Noodle in Soup(Hot).....	\$11.49
17	甜酱面 Minced Pork & Hoisin Sauce with Noodle in Soup.....	\$11.49
18	酸辣面 Minced Pork & Hot and Sour Sauce with Noodle in Soup(Hot).....	\$11.49

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).....	\$8.99
20	大千鸡 Daqian Chicken(Hot).....	\$14.49
21	北菇鸡煲 Stewed Chicken and Mushrooms.....	\$14.49
22	铁板湖南鸡 Sizzling Hunan Chicken(Hot).....	\$15.49
23	宫保鸡丁 Kung Po Chicken(Hot).....	\$14.49
24	左宗棠鸡 General Tao Chicken(Hot).....	\$14.49
25	西芹鸡柳 Sliced Chicken with Celery.....	\$14.49
26	双菇鸡片 Sliced Chicken with two kinds of Mushrooms.....	\$14.49
27	鸡片雪豆 Sliced Chicken with Snow Peas.....	\$14.49
28	腰果鸡丁 Diced Chicken with Cashew Nuts.....	\$11.49
29	京酱鸡片 Chicken Stir-fired with Special Sauce.....	\$14.49
30	脆皮烧鸭 Crispy BBQ Duck.....(Half)\$19.49.....(Whole)\$34.99	
31	北方辣子鸡片 North China Style Spicy Chicken(Hot).....	\$14.49
32	香辣鸡 Special Chili Chicken(Hot).....	\$14.49
33	酸辣鸡 Chicken & Hot and Sour Sauce(Hot).....	\$14.49
34	蒙古鸡或牛 Mongolian Chicken or Beef(Hot).....	\$14.49



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.....	\$16.49
36	蚝油牛肉 Beef With Oyster Sauce.....	\$14.49
37	葱爆牛肉 Beef with Ginger & Green Onions.....	\$14.49
38	四川牛肉 Szechuan Beef in Hot Sauce(Hot).....	\$14.49
39	柱候牛腩煲 ChiHou Beef Belly in Hot Pot.....	\$15.49
40	铁板沙嗲牛肉 Beef with Hunan Sauce on a Sizzling Plate.....	\$15.49
41	咖喱牛肉 Curry Beef(Hot).....	\$11.49
42	铁板湖南牛肉 Hunan Beef on sizzling hot plate(Hot).....	\$15.49
43	鼓椒炒牛肉 Beef with Black Bean Sauce.....	\$11.49
44	新疆孜然炒牛肉 Stir-Fried Beef & Scallions.....	\$ 14.49
45	黑椒牛仔骨煲 Beef Rib with Black Pepper Sauce in Hot Pot.....	\$14.49
46	红焖牛肉 Beef with Bean Sauce(Hot).....	\$15.49
47	香辣牛肉 Special Chili Beef(Hot).....	\$14.49
48	酸辣牛肉 Beef & Hot and Sour Sauce(Hot).....	\$14.49
49	广东炒什会[包括猪鸡牛] Cantonese Assorted Meat Stir-Fried.....	\$14.49
50	招牌干炒辣牛 Jean' s Spicy Beef or Chicken(Hot).....	\$14.49
51	招牌酱汁牛肉 Jean' s Ginger Beef(Hot).....	\$14.49



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.....	\$15.49
53	蜜汁叉烧 Pork Slices in Honey Sauce.....	\$10.99
54	鼓汁蒸排骨 Steam Spareribs with Black Bean Sauce.....	\$14.49
55	木须肉 Mu Shu Pork (6 Crepes)(Hot).....	\$14.49
56	鱼香肉丝 Yu Hsiang Pork(Hot).....	\$14.49
57	雪菜肉丝 Shredded Pork with Pickled Cabbage.....	\$14.49
58	京酱炒肉丝 Shredded Pork in Brown Sauce.....	\$14.49
59	北方回锅肉 Double Cooked Pork North China Style(Hot).....	\$14.49
60	四川猪肉 Szechuan Pork(Hot).....	\$14.49

Lamb 羊类 (Include steam rice)

- 61 红焖羊肉
- Lamb with Red Chili & Bean Sauce(Hot).....
- \$15.99
- 62 香辣羊肉
- Lamb with Chili & Bean Sauce(Hot).....
- \$15.99
- 63 新疆孜然烩羊肉
- Stir–Fried Lamb & Scallion.....
- \$15.99

SEAFOOD 海鲜类 (Include steam rice)

- 64 椒盐中虾
- Salt and Pepper Shrimps(Hot).....
- \$15.99
- 65 椒盐鱿鱼
- Salt and Pepper Squid(Hot).....
- \$15.99
- 66 蒜蓉虾
- Garlic Shrimps.....
- \$15.99
- 67 蒜蓉带子
- Garlic Scallops.....
- \$15.99
- 68 豆豉虾
- Shrimp with Black Bean Sauce(Hot).....
- \$16.49
- 69 宫保虾
- Kung Po Shrimp(Hot).....
- \$16.49
- 70 鼓椒鱿鱼
- Squid with Black Bean Sauce.....
- \$15.49
- 71 沙嗲炒鱿鱼
- Squid with Satay Sauce(Hot).....
- \$15.49
- 72 炒双鲜
- Seafood Double Happiness.....
- \$17.49
- 73 海鲜豆腐煲
- Seafood Bean Curd Hot Pot.....
- \$17.49
- 74 滑蛋虾仁
- Shrimp with Smooth Eggs.....
- \$16.49
- 75 西兰花带子
- Stir–Fried Broccoli and Scallops.....
- \$18.49
- 76 铁板三鲜
- Seafood on a Sizzling Hot Plate.....
- \$17.49

CHINESE VEGETABLES 时菜类 (Include steam rice)

- 77 鱼香茄子
- Yu Hsiang Eggplant(Hot).....
- \$14.49
- 78 炒鲜杂菜
- Mixed Chinese Vegetables.....
- \$11.99
- 79 蒜蓉时菜
- Chinese Vegetables in Garlic Sauce.....
- \$12.99
- 80 清炒时菜
- Stir–Fried Chinese Vegetables.....
- \$12.99
- 81 耗油时菜
- Chinese Vegetables in Oyster Sauce.....
- \$12.99
- 82 上素什锦
- Sauted Mixed Chinese Vegetables.....
- \$12.99
- 83 带子时菜
- Scallops with Chinese Vegetables.....
- \$17.49
- 84 虾球时菜
- Shrimp with Chinese Vegetables.....
- \$16.49
- 85 牛肉时菜
- Beef with Chinese Vegetables.....
- \$14.49
- 86 鸡片时菜
- Chicken with Chinese Vegetables.....
- \$14.49
- 87 四川茄子
- Schezuan Eggplant(Hot).....
- \$13.49



Noodle 粉面类

- 88 干炒牛河
- Beef with Rice Noodles in Soy Sauce.....
- \$12.49
- 89 豉椒牛河
- Beef with Black Bean Sauce on Rice Noodles.....
- \$13.49
- 90 菜远牛河
- Beef with Chinese Vegetables on Rice Noodles..
- \$14.49
- 91 上海粗炒
- Shanghai Noodles(Hot).....
- \$14.49
- 92 星洲炒米粉
- Vermicelli Singapore Style(Hot).....
- \$14.49
- 93 鸡或牛或叉烧捞面
- Chicken or Beef or BBQ pork Lo Mein.....
- \$12.49
- 94 肉丝雪菜窝米
- Pork and Pickled Cabbage with Vermicelli Noodle Soup.....
- \$12.49
- 95 什会窝面
- Cantonese Chow Mein in Soup.....
- \$16.99
- 96 广东炒面
- Cantonese Chow Mein.....
- \$17.49
- 97 时菜海鲜炒面
- Seafood Chinese Vegetable Chow Mein.....
- \$18.49



- 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).....
- \$14.49
- 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).....
- \$14.49
- 100 四川炒面
- Szechuan Noodles (Hot).....
- \$14.49
- 101 豉椒虾球炒面
- Shrimp with Black Bean Sauce on Crispy Egg Noodles.....
- \$16.49
- 102 豉椒牛或鸡肉炒面
- Beef or Chicken with Black Bean Sauce on Crispy Egg Noodles..
- \$14.49
- 103 牛肉菜远炒面
- Beef with Chinese Vegetables on Crispy Egg Noodles.....
- \$14.49
- 104 芽菜炒面
- Stir–Fried Bean Sprout Egg Noodle in Soy Sauce.....
- \$11.49
- 105 榨菜肉丝炒面
- Shredded Pork and Hot Pickled Mustard Greens on Egg Noodles.....
- \$13.49

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.....
- \$16.49
- 107 甜酸鸡球
- Sweet and Sour Chicken Balls.....
- \$11.99
- 108 咕嚕肉
- Sweet and Sour Pork.....
- \$11.99
- 109 京都肉排
- House Special Pork Chops.....
- \$16.49

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.....
- \$11.99
- 111 耗油叉烧豆腐
- BBQ Pork with Bean Curd in Oyster Sauce.....
- \$14.49
- 112 八珍豆腐煲
- Bean Curd with Assorted Meats in Hot Pot.....
- \$16.49
- 113 鱼香豆腐
- Yu Xiang Tofu(Hot).....
- \$14.49
- 114 麻婆豆腐
- Ma Po Bean Curd(Hot).....
- \$14.49



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] Pad Thai (Your choice of either jumbo shrimp or beef or tofu or chicken or mixed vegetable) (Hot)
- \$14.49
- 每另加一样，多收\$2
- \$2 for each extra item, \$2 extra for shrimp
- 116 泰式炒大虾
- Thai Style Stir–Fried Jumbo Shrimps(Hot).....
- \$16.49
- 117 泰式炒牛或鸡肉
- Thai Style Stir–Fried Beef or Chicken(Hot).....
- \$14.49
- 118 泰式炒面
- Thai Noodle (Hot).....
- \$14.49
- 119 泰式炒饭
- Thai Fried Rice (Hot).....
- \$10.99
- 120 泰式炒什菜
- Stir–fried Mix Vegetables Thai Style(Hot).....
- \$11.99

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.....
- \$14.49
- 122 日式炒鸡或牛
- Choice of Chicken or Beef with Vegetables and Teriyaki Sauce...
- \$14.49
- 123 日式炒大虾球
- Jumbo Shrimp with Vegetables Japanese Style.....
- \$16.49
- 124 日式炒饭
- Chicken & Shrimp Fried Rice Japanese Style.....
- \$10.59

FRIED RICE 炒饭类

- 125 扬州炒饭
- Young Chow Fried Rice.....
- \$10.99
- 126 生炒牛肉饭
- Beef with Lettuce Fried Rice.....
- \$10.99
- 127 生炒鸡饭
- Chicken with Lettuce Fried Rice.....
- \$10.99
- 128 海鲜炒饭
- Seafood Fried Rice.....
- \$13.49

