

封面背部

Warm tips 温馨提示

Please kindly speak to our staff for food allergen and intolerance before you place your order.
如有任何过敏或不耐受，请在点餐前咨询我们的工作人员。

Outside food and beverages are not permitted to be brought inside the restaurant.
非本店出售的食品，酒水谢绝带入餐厅享用。

Kindly do not leave any personal/valuable belongings unattended at all time.
We will not be liable for any loss, damage or theft to your personal belongings.
请在公众场合保管好你的贵重物品。本餐厅将不负责如有任何的遗失。

Please talk with our staff about Food allergy and intolerance, and avoid them before ordering
在你的账单总额中会加入14%的服务费。

Kindly supervise your children at all times during your visit at our restaurant.
We will not be liable or responsible for any accident occurred with any unattended children in our restaurant.
请在本餐厅内时刻照顾好小朋友。本餐厅将不负责如有任何的意外。

All pictures shown are for illustration purpose only. Actual product may vary.
菜品图片仅供参考，请以实际出品为准。

All prices are in Pound Sterling (£).
以上价格均已英镑定价。

Reminder not to drive after consuming alcohol.
请勿饮酒后驾驶。

Please be cautious when you have any hot beverages or hot soup.
请小心饮用热汤或热饮。

During the business hour, oil stains and soup may be spilled on the ground, please be cautious.
在营业过程中，地面或许会撒上汤汁或油污，请你小心以免发生任何意外。

Any form of violence will not be permitted in the restaurant.
本餐厅将不容忍任何的暴力行为。违例者将会报警处理。

Our restaurant has the final right to interpret for this menu.
本餐厅拥有此菜单最终解释权。

History

Bright Courtyard Club is part of the Shanghai Life Fashion Group. Our motto is innovation, style and quality.

Established in 1997, our first restaurant Jia Zhou opened its door for the first time in the Jia Ding district of Shanghai. After a few years of solid expansion and with our heartfelt commitment to innovations and developments, Shanghai Life Fashion Group was founded in 2004.

Currently our group is made up of three high quality brands in Shanghai: Life Fashion Restaurants, Bright Courtyard Club ‘New Tian Di’, and ‘Just Joined Inn’ Business Hotel. Each of them represents a great market share in Shanghai and has strong development potential both in China and internationally.

Bright Courtyard Club London is a contemporary Chinese restaurant, situated in the landmark building 55 Baker Street, within easy walking distance from the popular Mayfair area and buzzy Marylebone High Street. Sophisticated, fashionable yet discreet, Bright Courtyard Club restaurant and lounge is the ideal venue for an important lunch meeting, tranquil afternoon tea or fun-filled dinner party. Opened in autumn 2011, we offer our guests an all-day grazing experience, specialising in authentic dim sum, modern Cantonese and traditional Shanghai cuisine with a twist.

SIGNATURE DISHES

煌庭招牌菜



Braised Hua Jiao Chicken Soup
花胶鸡汤 (半只鸡)
£ 79.00 /half



红烧大鲍翅
£ 58.00



Braised Abalone
红烧鲍鱼
£ 76.00 /10头 £ 44.00 /20头



Diced Wagyu Beef
in Black Pepper Sauce
黑椒和牛粒
£ 58.00



Wasabi King Prawns (4)
芥末虾球
£ 14.80



Emperor King Prawn Glass
Noodle w/ Garlic
蒜蓉粉丝蒸特大老虎虾
£ 26.80



Pan grilled Scallop with
Foie Gras (each)
鹅肝煎带子
£ 29.00 /½ person



Classic Shanghai Smoked Fish
上海熏鱼
£ 19.80



Braised Pork Belly in
Grandmum's Recipe
外婆红烧肉
£ 21.50



Crab Roe Tofu
石锅蟹粉豆腐
£ 29.50



Pan Fried Black Cod
香煎银鳕鱼
£ 56.00



Pan Grilled Honey
Lamb Shank
香煎蜜汁焗羊架
£ 25.80 /½ person

本店推荐

SEAFOOD 海鲜

挪威帝王蟹
Norway King Crab

时价
Seasonal price

法国多宝鱼
French Turbot Crad

时价
Seasonal price

加拿大蟹
Fresh Canadian Crab

时价
Seasonal price

加拿大龙虾
Fresh Canadian Lobster

时价
Seasonal price

澳洲鲍鱼
Australian Wild Abalone

时价
Seasonal price

花蟹
Fresh Blue Crab

时价
Seasonal price

时价

苏格兰龙虾

Fresh Scottish Lobster

苏格兰龙虾的鲜美远超其他品种，
当您品尝第一口，
您将忘却之前吃过的所有龙虾的味道，
从此着迷于苏格兰龙虾。



Black Bean Sauce | Spring Onion & Ginger | Spicy Sauce (S) | Salt & Pepper | Garlic & Chilli (S)
| Steamed | Rice Wine & Chicken Oil Sauce | Steamed with Garlic Sauce | Chopped Chilli Steamed (S)

海鲜烹饪:豉汁 | 草葱 | 酱汁(S) | 椒盐 | 避风塘(S) | 清蒸 | 豉油花雕蒸 | 蒜蓉蒸 | 剁椒蒸(S)

shrimp 虾

Kung Pao King Prawn
宫保虾球 
£ 23.80

King Prawn & Scallop
w/ Spicy XO Sauce
XO酱大虾带子 
£ 26.80

King Prawns in Sichuan
Sweet Spicy Sauce
四川大虾球 
£ 21.80

Stir fried Scallops &
Cuttlefish with Broccoli
带子花枝片
£ 22.80

Salt & Pepper King
Prawns (8)
椒盐虾 
£ 23.80



上海元宝虾
Shanghai Style King
Prawns (w/shell)
上海元宝虾，外脆里嫩，
色泽油亮，鲜香适口。

£ 21.80



Emperor King Prawns glass
noodles with Garlic
蒜蓉粉丝蒸特大老虎虾
£ 26.80



Classic Sweet and Sour Prawns
菠萝咕佬虾
£ 20.80



King Prawns in Spicy XO Sauce
XO酱大虾 
£ 24.80

fish 鱼

龙利鱼自然资源量少，
口味鲜美，山肉率高，口感爽滑，
鱼肉久煮而不老，无腥味和异味，
属于高蛋白，营养丰富，
历来为待客的上等佳品，
深受广大群众的青睐。

骨香龙利两食 (姜葱 / 椒盐)

Dover Sole Fillet in Two Ways
(Ginger & Spring Onion / Salt & Pepper)

£ 56.00



fish 鱼

Steamed Sea Bass w Ginger
& Spring Onions
清蒸鲈鱼
£ 39.80

Black Cod
银鳕鱼
£ 56.00

(香煎/三杯/XO酱)
[Pan-Fried / Three Marinated / XO Sauce]

Sliced Sea Bass
W/Hot chilli Soup
水煮鲈鱼片
£ 41.50

Sliced Steam Sea Bass
w/Chili Sauce
原条剁椒片片鱼
£ 40.50

Steam Yellow Croaker with
Salted Pickles
清蒸雪菜大黄鱼
£ 49.00

位上菜

£ 76.00 / 10头

£ 44.00 / 20头

红烧鲍鱼

Braised Abalone

红烧鲍鱼是一道广东省的传统名菜，属于粤菜系。素称“海味之冠”的鲍鱼，自古以来就是海产“八珍”之一。红烧鲍鱼上料为鲍鱼，该菜色泽红亮，肉软润，味鲜而浓，鲜而不腻，香醇浓郁，营养丰富。为国宴菜肴之一。

鲍鱼必须鲜活，煲时必须用小火。



辽参是属于海参的一种，辽参的营养价值非常高，而且肉更加的嫩。

鲍汁扣辽参是广东省传统名菜之一，属于粤菜菜系。主要食材是刺参、鲍汁。

鲍汁扣辽参
Braised Sea Cucumber
in Abalone Sauce

£ 36.00



SOUPS 汤

明炉老火汤
Cantonese Soup of the Day (pork)
£ 8.80

斋酸辣汤
Vegetarian Hot & Sour Soup (v)
£ 7.50

海鲜酸辣汤
Seafood Hot and Sour Soup
£ 9.50

酸辣龙虾汤
Lobster Hot & Sour Soup
£ 13.50

鸡丝酸辣汤
Chicken Hot & Sour Soup
£ 8.50

玉米羹类
Sweet Corn Soup
£ 8.50 / 蟹肉 Crab meat
£ 8.00 / 鸡 chicken
£ 7.50 / 斋 Plain(v)



木瓜炖官燕
Bird's Nest in
Papaya Fruit
£ 48.00

金牌三宝
Sea Cucumber
/ Abalone/Fish Maw
£ 82.00

螺头鱼翅汤
£ 28.00

腌笃鲜
Sally Pork w/ Bamboo
Shoots Soup
£ 8.00

菜胆南瓜炖汤
Vegetable w/ Pumpkin
and Pork Soup
£ 18.00

红烧大鲍翅是一道广东省的传统名菜，清代末年在广州出现一批名菜，作为广州菜的代表，有着自己独到的口味。

£ 58.00

红烧大鲍翅



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£ 59.00

迷你足料佛跳墙
Mini Buddha's
Temptation Soup

佛跳墙又名福寿全，
是福建省特色名菜。
佛跳墙通常选用鲍鱼、
海参、鱼唇、杏鲍菇、
蹄筋、花菇、等，
加入高汤和福建老酒，
文火煨制而成。
成菜软嫩柔润，
浓郁荤香，
又荤而不腻，
味中有味。



汤品
SOUPS



£ 28.00

松茸花胶炖汤
Hua Jiao Supreme
Soup

£ 79.00 / 半只鸡 half
£ 139.00 / 一只鸡 whole

花胶鸡汤
Braised Hua Jiao
Chicken Soup

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SHANGHAI COLD DISH

上海凉菜

Marinated Pork Knuckle

糟味熏蹄

£15.80



Sliced Lotus Root in Honey Sauce

蜜汁莲藕

£12.80



Mustard Wakame

芥味裙带菜

£7.50

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心太软是用红枣、糯米制作的甜品。红枣富含蛋白质等多种营养成分，具有美容、抗衰老作用的大枣，加上黏黏的糯米粉和白糖，红色的外表，包裹着白色的心儿，味道甜美，造型新颖。

Shanghai Sugar Dates
W/ Glutinous Filling

糖心太软

£11.90



精选头盘
APPETISERS & COLD DISHES

上海辣白菜
Classic Shanghai
Pickled Cabbage

£7.50

周庄咸菜毛豆
Spicy Edamame
W/ Salted Pickles

£11.50



爽口酱萝卜
Braised Radish

£7.00



THE PICTURES ARE FOR REFERENCE ONLY, SUBJECT TO THE ACTUAL PRODUCT

Classic Shanghai Mini Spare Ribs

糖醋小排

£ 14.50

麻辣海蜇
Spicy Jelly-fish



£ 13.50

双椒拌鲜螺
Conch w/ homemade spicy sauce



£ 12.80

蒜香小牛舌
Braised OX tongue w/ Mashed Garlic

£ 15.80

口水鸡
Steamed Chicken Slice in Chili Oil



£ 13.20

四喜烤麸
Marinated Gluten Dough w/ Black Fungus

£ 11.90

上海熏鱼

Classic Shanghai Smoked Fish

£ 19.80

上海熏鱼是中国传统特色名菜，此菜外焦里嫩，口感咸鲜味美。熏鱼虽名带熏字，其实并不是熏制的，而是先用酱油腌制再油炸，最后浸入卤汁入味的。



精选头盘

APPETISERS & COLD DISHES

图片仅供参考·出品以实物为准

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STEAMED

Seafood Dim Sum Platter (6)
海鲜点心拼
£ 13.20

Vegetarian Dim
Sum Platter (v) (6)
斋点心拼
£ 12.20

Fresh Scottish Diver-
caught Scallop (Each)
蒜茸粉丝蒸带子
£ 15.80 /位 person



Classic Shanghai Pork Dumpling 'Siu Long Bao' (5)
小笼包
£ 11.80

SHANGHAI / SICHUAN

本帮特色菜

Braised Lion's Head
Meatball (Pork)
红烧狮子头
£ 21.50

Shanghai Sticky Rice
Cake w/ Pork
烂糊肉丝年糕
£ 13.80

Beef Brisket w/
Chinese Cabbage
白菜牛腩煲
£ 22.80



外婆红烧肉
Braised Pork Belly in
Grandnum's Recipe
£ 21.50



红烧大鲳鱼
Braised Big Pomfret
£ 22.00





£ 38.00

全家福

Soup (Sea Cucumber/
Prawn/Ham/Fish Ball/
Beansprout)

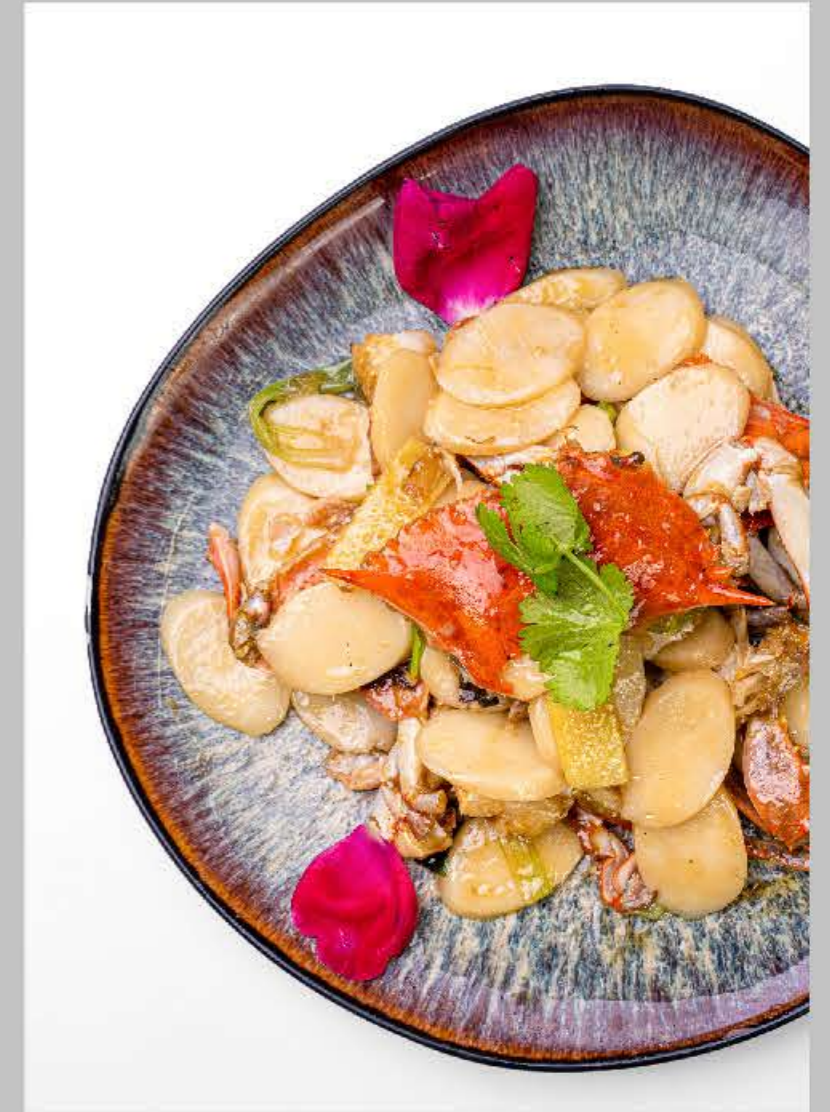
上海本帮传统特色的菜品。
全家福寓意团圆圆满，
幸福美满。
里面的食材品种繁多，
有荤有素，
原汁原味鲜美无比。



Marnied Oil Eel Paste

响油鳝糊

£ 22.80



Shanghai Sticky Rice Cake w/ Blue Crab

花蟹炒年糕

£ 28.00

Wagyu (和牛)

Diced Wagyu Beef in Black Pepper Sauce

黑椒和牛粒

£ 58.00

Pan grilled A5 wagyu

香煎A5和牛 (150g)

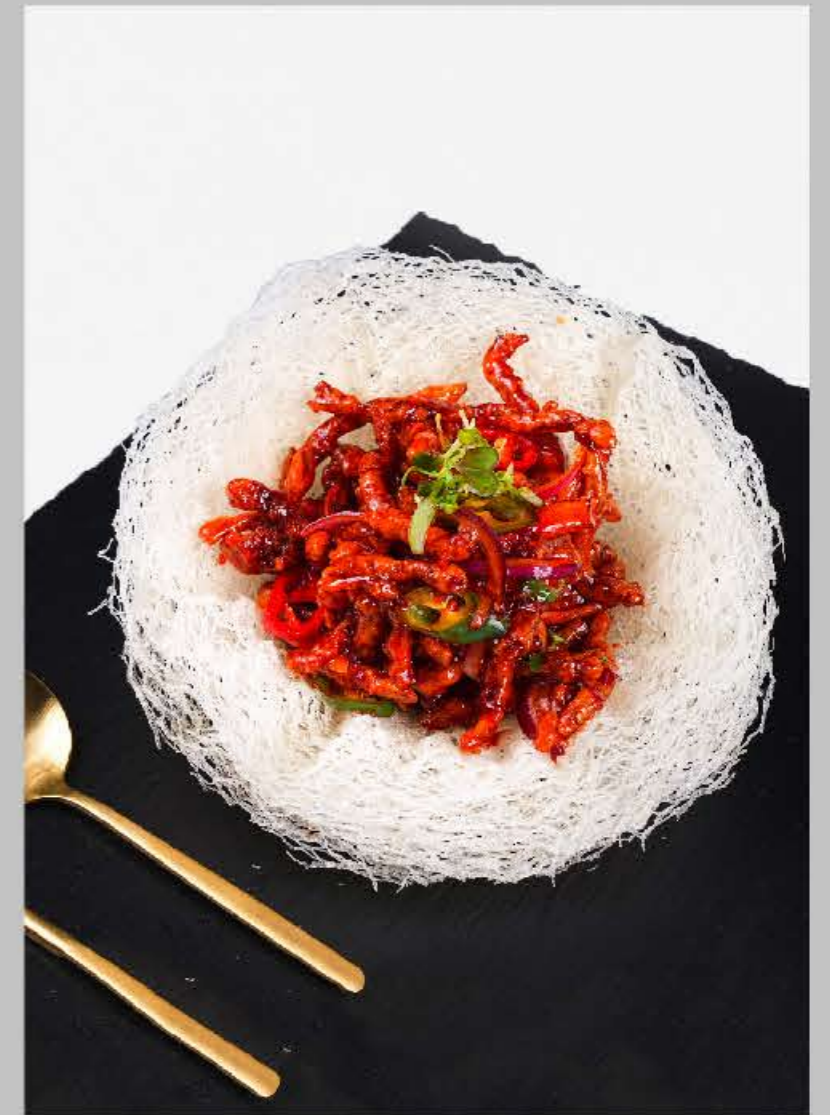
£ 98.00



Diced Beef in Black Pepper Sauce

黑椒牛柳粒

£ 31.00



Beef with Glass Noodle in Sichuan Sauce

川辣牛柳粉丝煲

£ 29.80

Classic Crispy Shredded Beef Stripes

雀巢干牛柳丝

£ 20.80

MEAT 肉类

Salty Fish Chicken
Aubergine Hotpot
咸鱼鸡粒茄子煲
£ 19.80

Three Marinated Chicken
w/ Sweet Basil
台式三杯雞
£ 21.00

Kung-Pao Chicken
w/ Cashew Nuts
腰果宫保鸡
£ 22.00

Pork Slice w/ Dry
Bean Curd and Chili
湘干小炒肉
£ 20.50



£ 21.00

四川辣子鸡

Sichuan Dry Fried
Chilli Chicken

辣子鸡，是一道经典的川渝地区的特色传统名肴，成菜色泽红润，麻辣鲜香，酥香爽脆。

meat 肉类



荔枝咕咾肉
Classic Sweet and
Sour Pork

£ 16.50

豉汁牛
Beef in black bean sauce

£ 22.8

豉汁鸡
Chicken in Black
Bean Sauce

£ 21.00

菠萝咕咾鸡
Classic Sweet and
Sour Chicken

£ 16.50

孜然羊肉
Lamb Slice w/
Cumin Seed & Chilli

£ 21.80

香煎蜜汁焗羊架
Pan Grilled Honey
Lamb Shank

£ 25.80 /2个

姜葱爆羊肉
Lamb Slice w/ Ginger
& Spring Onion

£ 21.80

选用新鲜虾类，
虾壳有光泽，虾头、
壳紧密附着虾体，
坚硬结实，无剥落。
虾肉组织紧密、有弹性。
虾营养丰富，其肉质松软，易消化，
对身体虚弱的人是极好的食物，
虾中含有丰富的镁，
能很好的保护心血管系统。



STARTER

前菜

Salt & Pepper King Prawns (4)

椒盐虾球

£ 13.80

Wasabi King Prawns (4)

芥末虾球

£ 14.80

Mini Sesame Prawn Toast (4)

芝麻凤尾虾多士

£ 13.80



Salt & Pepper Tofu (v)
椒盐豆腐 
£ 9.80



Salt & Pepper Squid
椒盐花枝片 
£ 11.80

Lettuce Wrap 鲜脆生菜包

£14.80 / 海鲜 Seafood

£12.50 / 鸡 Chicken

£11.50 / 蔬菜 Vegetables



蟹，生经过1-3次褪壳，
每一次蜕壳就是新的开始，
在脱壳同时还脱去鳃、食囊、内脏，
因而全身没有原来的“丝污垢”，
软壳蟹的肉质细嫩，香味浓郁，
全身可食用。

椒盐软壳蟹
Salt & Pepper Soft
Shell Crab

£ 15.80



前菜
STARTER



Pan grilled Scallop
w/ Foie Gras (each)

鹅肝煎带子

£ 28.00 /份

Spicy Smoked
Shredded Chicken

熏鸡丝

£ 10.80

Salt & Pepper
Asparagus (v)

椒盐芦笋

£ 11.50

Vegetable Spring
Rolls (2) (v)

斋春卷

£ 7.80

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duck 鴨

Crispy Aromatic Duck
酥炸香酥鴨

£17.80 /四分之一 Quarter

£29.80 /半只 Half

£48.80 /只 Whole

Classic Barbecued Peking Duck
北京烤鴨

£42.00 /半只 Half

£68.00 /只 Whole

Extra £10.00 /兩吃 Served 2 Ways

(椒鹽/蒸/炒飯/生菜卷)
(Salt & Pepper / Soup / Fried Rice / Lettuce Wrap)

Cantonese Roast Duck
明爐燒鴨

£38.00 /半只 Half

£65.00 /只 Whole

VEGETABLE/ TOFU

菜类豆腐

Egg Tofu w Pork & Mushroom in XO Sauce / (v) Option

XO酱肉碎什菌豆腐煲

£ 18.80

Ma-Po Tofu w Pork / (v) Option

麻婆豆腐

£ 16.80



上汤菠菜苗 £ 15.80

Baby Spinach in Supreme Soup Stock (v)

什菌扒西兰花 £ 15.80

Broccoli w/ Assorted Mushrooms (v)

肉末鱼香茄子 £ 16.80

Sea Spiced Aubergine w Pork/ (v) Option

季节中国时菜 (白菜苗, 芥兰, 豆苗) £ 17.80

Baby Pak Choi/ Chinese Broccoli/ Pea Sprouts (v)

椒丝腐乳通心菜 £ 17.80

Morning Glory in Chili Bean Curd Sauce (v)

山药芦笋 £ 19.80

Asparagus w/Yam Shoots (v)

干煸四季豆 £ 16.80

Green Beans w Pork/ (v) Option

黑松茸烩杂菌 £ 16.80

Black Truffle w/ Assorted Mushrooms (v)



RICE/ NOODLE 饭面

Steamed Rice
丝苗白米
£ 3.50

Egg Fried Rice
蛋炒饭
£ 5.80

Vegetable Fried Rice (v)
上素炒饭
£ 10.00

King Prawn Fried Rice
大虾炒饭
£ 18.00

Chicken Fried Rice
鸡丝炒饭
£ 12.50

Special Fried Rice
扬州炒饭
£ 13.80

Seafood Fried Rice
w/ XO Sauce
XO 海鲜炒饭
£ 18.00

Shanghai Chai Fried
Rice (v)
上海菜炒饭
£ 6.50

Egg White Fried Rice
w/ Crab Flakes
瑶柱蟹肉蛋白炒饭
£ 18.00

Shanghai Chai Fried Rice
w/ Salted Pork
咸肉菜饭
£ 7.80

Preserved Pork &
Sausage Rice Pot
腊味煲仔饭
£ 32.00





鱼翅捞饭
鲍鱼捞饭
Braised Abalone
w/ Rice

£ 42.00

£ 46.00



葱油拌面
Shanghai Noodle in
Shallot Oil (V)

£ 13.00

银牙干炒面
Classic Fried Noodle
w/ Beansprouts (V)

£ 13.50



蟹肉烩伊面
Braised Egg Noodle
w/ Crab Flakes

£ 16.50

干炒牛河
Cantonese Beef
Ho-Fun

£ 14.80

上海菜肉馄饨
Shanghai Pork and
Vegetable Wonton

£ 14.80

星洲炒米粉
Spicy Singapore
Noodle/ (V) Option

£ 14.80



生滚海鲜粥 (大锅)
Assorted Seafood Congee
£ 34.50

生滚龙虾粥 (大锅)
Fresh Lobster Congee
£ 79.00

DESSERTS 甜点



Mango Pomelo Sago
杨枝甘露
£ 6.00



Chilled Mango Pudding
芒果布丁
£ 5.50

£ 9.80

拔丝香蕉 / 苹果

Toffee Banana (4) /
or Apple (4)

菜品外脆里嫩，甜糯可口。
色泽浅黄微亮，质地柔软鲜嫩，
吃时蘸水拔丝，香甜可口沁心。





Shanghai Rice Wine Soup w/Rice Bites
酒酿圆子
£ 6.80



Chilled Taro & Coconut Sago
芋头西米露
£ 5.20

封底背部