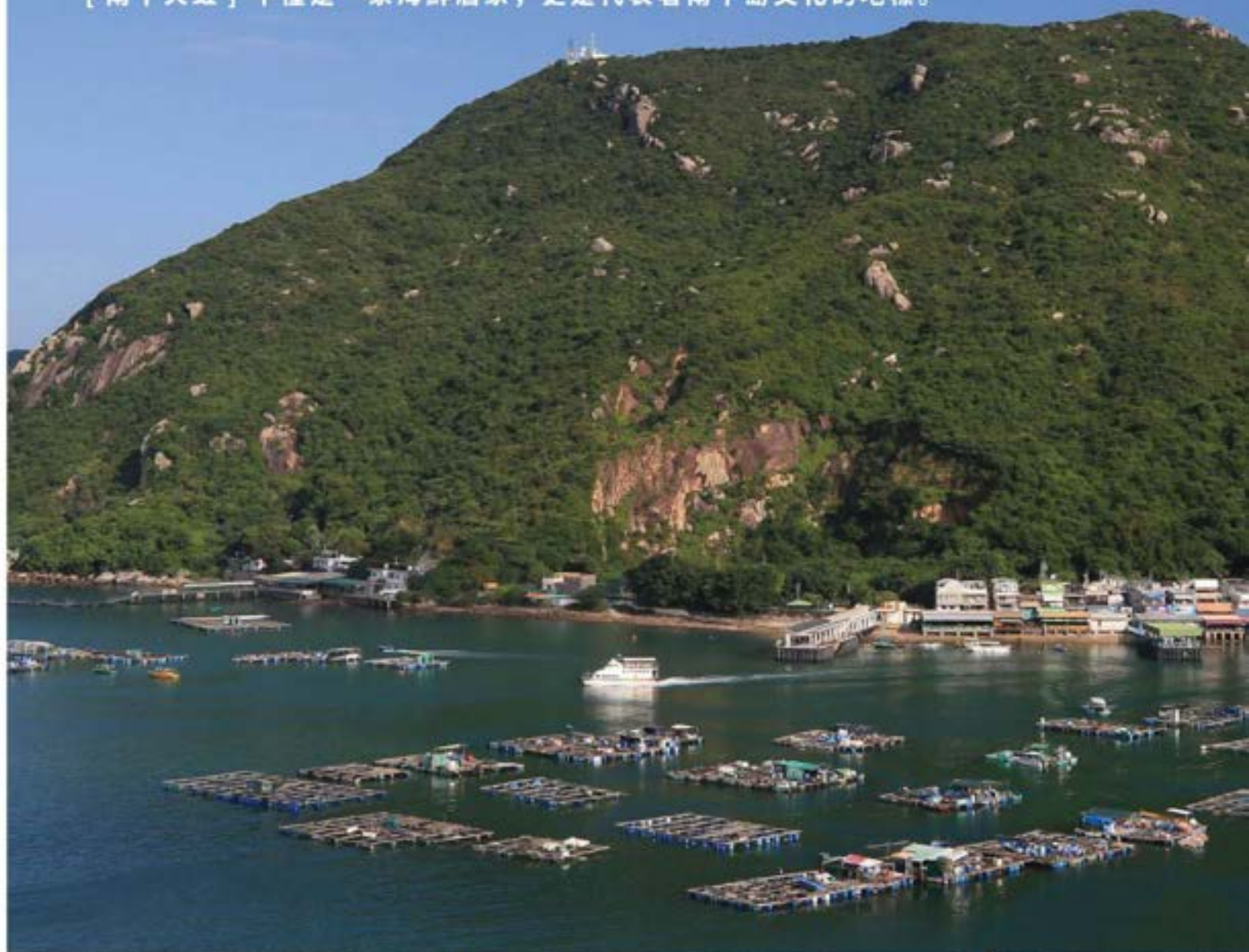


南丫天虹海鮮酒家創立於 1984 年，位於南丫島索罟灣，是島上最大的海鮮酒家。

- 致力推廣南丫島的文化和飲食傳統，並注重使用新鮮、當地和永續的食材。
- 自設優質養魚場，與本地漁民合作，並提供免費專船接載服務。
- 關注環境保護，是索罟灣第一家大規模裝置太陽能板的餐廳。
- 品質和服務要求嚴格，並榮獲多個殊榮。
- [南丫天虹] 不僅是一家海鮮酒家，更是代表著南丫島文化的地標。

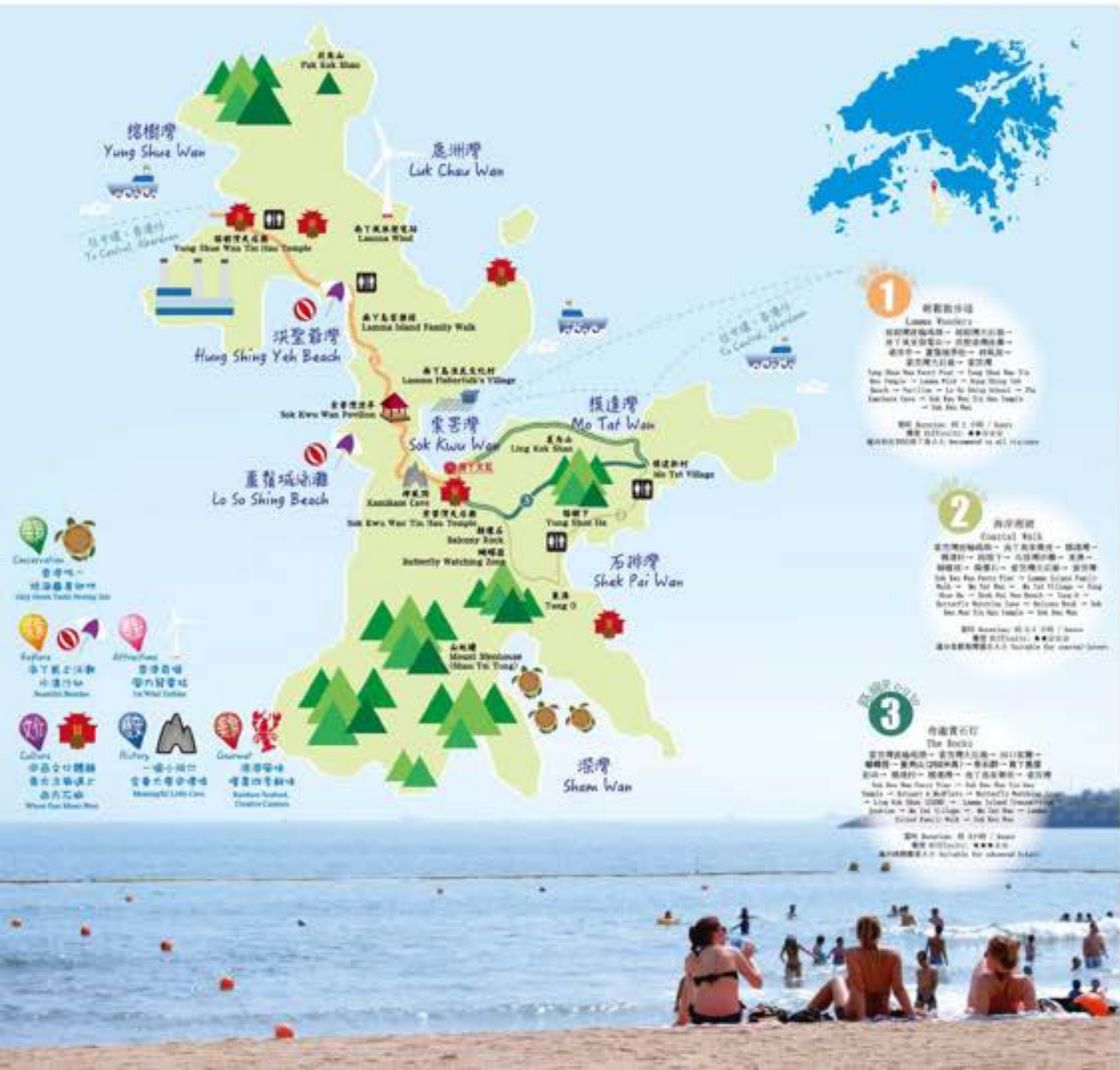


Lamma Rainbow Seafood Restaurant was founded in 1984 and is located in Sok Kwu Wan.

We are the largest seafood restaurant on the island and are dedicated to promoting the culture and culinary traditions of Lamma Island while using fresh, local, and sustainable ingredients.

We have our own high-quality fish farm, work with local fishermen, and provide free shuttle services. We are committed to environmental protection and were the first restaurant in Sok Kwu Wan to install a large-scale solar panel system.

Our strict focus on food quality and service has earned us multiple accolades. Lamma Rainbow is not only a seafood restaurant, but also a cultural landmark.



天虹賓客專船服務

Rainbow VIP Boat Free Shuttle Service



南丫天虹海鮮酒家擁有豪華貴賓船隊，免費接載客人來回市區及南丫島。客人可於豪華冷氣遊船上欣賞維多利亞港內穿梭不絕的貨船、帆船、舢舨以及豪華郵輪，連同鱗次櫛比的摩天大樓，拼湊出別具風貌的海上景色。

Lamma Rainbow has luxury VIP cruises, taking customer back and forth in the city and Lamma Island for free. Guests can enjoy the breathtaking scenery of beautiful Victoria Harbour with the skyscrapers and going to a peaceful fisher village, Sok Kwu Wan.



中環九號碼頭 (公眾碼頭)
Central Pier No.:9 Parking 2(near by obersavtion wheel)

尖沙咀公眾碼頭 (鐘樓前)
Tsim Sha Tsui Pier No.5 (near by clock tower)

獎項及所獲榮譽：

Honor and Awards:



以下為得獎菜



阿公炒蟹
Fried Chilli Crab with Crispy Rice



芝士焗龍蝦
Baked Lobster with Cheese



辣中辣蝦中蝦
Spicy Prawns in Dual Style
(必須預訂)
(pre-ordering required)



原個菠蘿咕嚕肉
Sweet and Sour Pork in Pineapple Boat

訂座 Booking:

www.lammarainbow.com



微信聯系



電話聯系



FISH 魚



索罟灣
Sok Kwu Wan



大星斑龍吐珠

Rainbow Fish (Coral Hind)

グルーパー レインボー スタイル

우럭볶음

星斑龍吐珠

本酒家於1984年經過研究，創出“一魚兩吃”方式，把體形較大的海斑頭腩骨清蒸，將最嫩部份炒球，然後合併上碟。由於烹調考究，賣相精美吸引，而成為了天虹招牌名菜。

Our chef created the “one fish, two flavors” cooking method back in 1984. The large sized garoupa head and bones been steamed, the most tender part been stir-fried and then put together. Due to the exquisite presentation of the dish, it has become one of the famous dishes of the restaurant.



大海斑龍吐珠

Rainbow Fish (Black Garoupa)

グルーパー レインボー スタイル

우럭볶음

清蒸遊水斑

Steamed Fish (Garoupa)

蒸したグルーパー

우럭찜



古法蒸斑頭腩

Steamed Garoupa Head & Belly

蒸しグルーパーの頭と腹 古いタイプ

찜 생선 머리 & 배



紅炆斑頭腩

Fried Garoupa Head & Belly

海グルーパー 2タイプ

튀긴 생선 머리 & 배



甜酸脆香魚

Deep Fried Whole Fish in Sweet & Sour Sauce

甘くて酸っぱい揚げた魚

달콤한 튀김과 신 소스



酸甜鮮斑塊

Fried Fresh Sliced Garoupa with Sweet & Sour Sauce

甘くて酸っぱいスライスグルーパー

튀긴 알게 썬 생선을 감미로운 소스로

得獎菜 🏆 素食 🌱 必點菜 🌟 辣維 🌶️



麻香酸辣龍躉球

Sour & Spicy Giant Garoupa Slices

スパイシーフィッシュフィレ

매운 생선 필레



西蘭花鮮斑球

Fried Fresh Sliced Garoupa with Broccoli

炒めた新鮮なスライスグルーパーとブロッコリ

브로콜리로 튀긴 썬 생선



翡翠炒斑球

Sauteed Sliced Garoupa with Green Vegetables

炒めたスライスグルーパーと野菜

녹색 채소로 가루를 썰어서 볶은 것

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傳統南丫島生曬鹹魚 (蒸或香煎)

Lamma Salty Fish (Steamed or Pan-fried)

ラマ島の塩漬け魚 (蒸し / フライ)

라마섬 젓갈 (증기 / 팬 튀김)



得獎菜 🏆 素食 🌱 必點菜 🍴 辣維 🌶️

SQUILLA 瀨尿蝦
PRAWNS 蝦
LOBSTER 龍蝦



天后廟

Tin Hau Temple



椒鹽瀨尿蝦

Fried Squilla with Salt & Pepper

塩とコショウで揚げたシャコ

소금과 후추가 든 스킨라

富貴蝦用了最適當的油溫，配合自家研製的椒鹽配料口感彈 Q，鮮甜美味，令人回味無窮。此菜品是多年來天虹客戶必選和銷量最高菜式之一。

The squilla is fried perfectly with the most suitable temperature, seasoned with secret recipe of salt and pepper, simply sweet and delicious. This is one of the must-have dish for many years.



椒鹽焗中蝦

Fried Prawn with Salt & Pepper

揚げたエビとスパイシー塩

새우와 소금과 후추



椒鹽焗蝦球

Fried Prawn with Salt & Pepper without Shell

塩こしょうシュリンプボール

소금 후추 새우 볼





天虹秘製蝦 (3 隻)

Fried Scampi with Honey & Black Pepper (3 pcs)

ハチミツとコショウで揚げた車エビ レイン
ボースタイル v 3本

꿀과 검은 후추로 만든 큰 새우

備註：另可選擇 [天虹秘製蝦球]

Remark: option of WITH or WITHOUT SHELL



豉油皇煎中蝦

Fried Prawn with Superior Soy Sauce

揚げたエビと最高の醤油

간장 새우





積奇蝦

Fried Prawn with Spicy Sweet and Sour Sauce

揚げたエビとスパイシーな甘くて酸っぱいソース
새우 매콤 달콤하고 신 소스



蒜蓉蒸中蝦

Steamed Prawn with Garlic Sauce

蒸しエビとニンニクソースー
마늘 새우찜



白灼生海蝦

Boiled Shrimps

ゆでエビ
삶은 새우



芝士焗龍蝦
Baked Lobster with Cheese
チーズと焼きたてのロブスター
치즈와 함께 구운 가재



牛油焗龍蝦

Fried Lobster with Butter Sauce

炒めたロブスターとバターソース
튀긴 국산 랍스타 버터 소스



蒜蓉蒸龍蝦

Steamed Lobster with Garlic Sauce

海のクラスの竜の吐き出さ
마늘 소스를 곁들인 가재 찜



上湯大龍蝦 (可另加煎米粉底)

Fried Giant Lobster with Superior Soup
(addition of Fried Rice Noodles @extra charge)

大きなロブスターのスープ
(焼きビーフン追加@別料金)

수프에 담긴 큰 랍스터
(볶음면 추가 @ 추가요금)



上湯本地龍蝦 (可另加伊麵底)

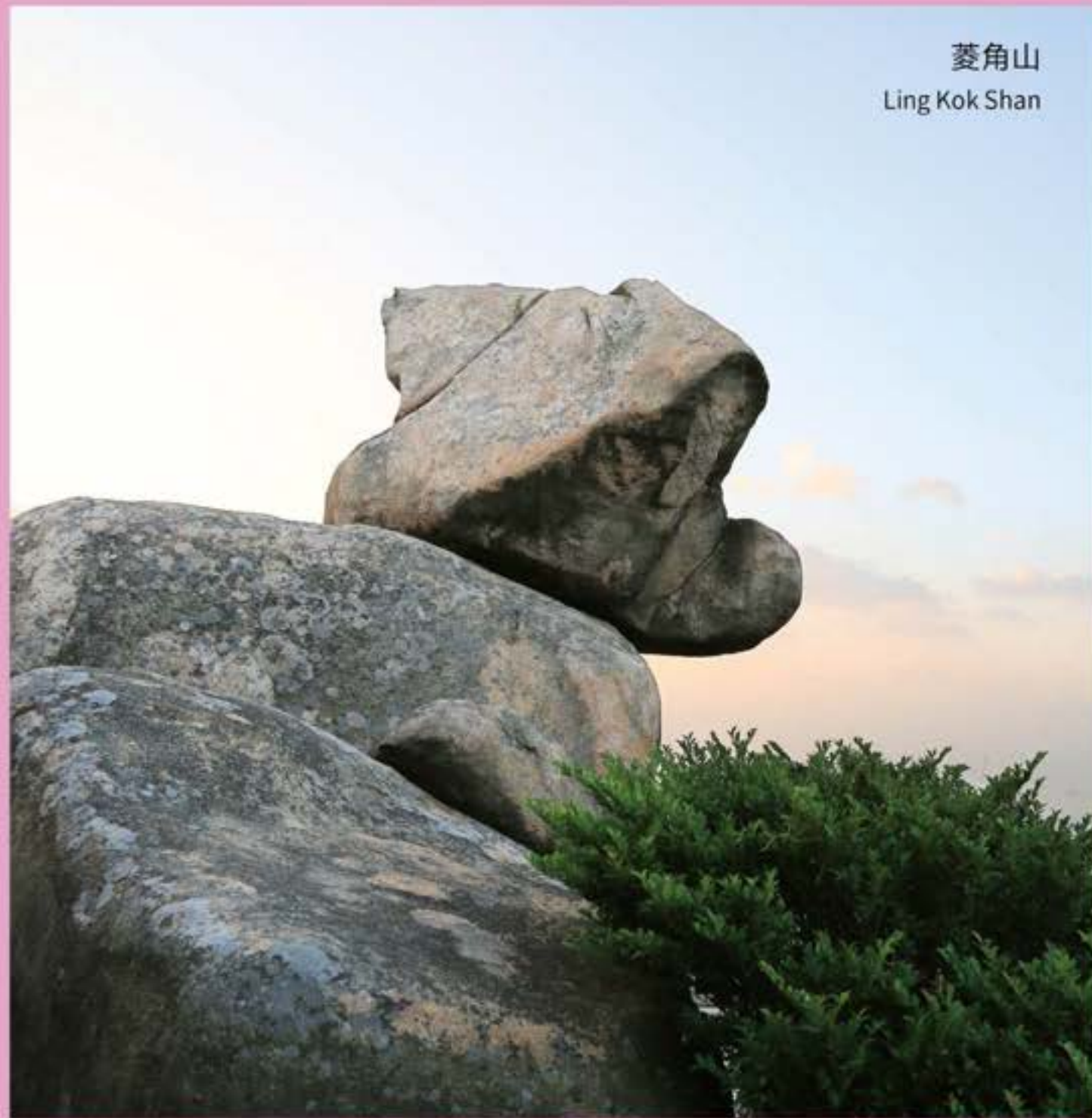
Fried Local Lobster with Superior Soup
(addition of E-Fu Noodles @extra charge)

炒めたロブスターとスープ
(麵追加 @ 別料金)

우수한 수프와 현지 가재
(면 추가 @ 추가요금)

CRAB 蟹

菱角山
Ling Kok Shan





金獎阿公炒蟹

Fried Chilli Crab with Crispy Rice

漁師のチリカニ

튀긴 칠리 크랩 파삭 파삭 한 밥

此為天虹大廚獨創的烹調方法，亦是避風塘炒法的升級版！大廚巧妙加入了脆米的原素，令口感更有層次，亦因此奪得美食之最大賞金獎。

This is the unique cooking method created by Rainbow! The chef skillfully added the ingredients of crisp rice, which enhance complex taste of chili crab, and thus won the Gold Medal of BOB Culinary Award.



薑蔥炒蟹

Fried Crab with Ginger & Spring Onion

生姜と玉ねぎで揚げたカニ

크랩 생강 & 봄 양파



南丫咖喱炒蟹

Lamma Curry Crab

カレーカニフライ

카레 튀김 게



花彫蛋白蒸海蟹

Steamed Crab with Chinese Rice Wine on Egg White

カニのタンパク蒸し

계란 흰자에 청주를 곁들인 게찜

貝CLAMS

南丫島漁民文化村位於南丫島索罟灣養魚區，展示了香港漁民的傳統文化和捕魚業發展歷程。遊客可以體驗無鉤釣魚、拉漁網、學習編織打魚用的繩纜等活動。南丫島漁民文化村適合團隊戶外活動和家庭親子遊。

Lamma Fisherfolks Village is located in the fish farming area of Sok Kwu Wan on Lamma Island. It showcases the traditional culture of Hong Kong fishermen and the development of the fishing industry. Visitors can experience activities such as hookless fishing, pulling fishing nets, and learning to weave fishing ropes. Lamma Fisherfolks Village is suitable for team activities and family visits.

漁民文化村
Lamma Fisherfolk's Village



www.lfv.com.hk



漁家醬蒸元貝
Steamed Scallops with Fisherman Sauce
帆立の湯家ソース蒸し
어부의 소스 곁들인 가리비



蒜蓉蒸元貝
Steamed Scallops with Garlic Sauce
蒸しホタテとニンニクソース
가리비 마늘찜

芝士焗元貝
Baked Scallops with Cheese
焼きホタテとチーズ
구운 치즈 가리비

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招積 (椒鹽) 鮑魚

Deep Fried Abalone with Salt & Pepper

塩とコショウで揚げたアワビ

소금 후추로 튀긴 전복

XO 醬澳洲大鮑魚 (另可選白灼)



Giant Australian Abalone with XO Sauce
(Option of Cooking Method: Boiled)

大きなアワビの XO 醬漬け
(オプション調理方法: 煮る)

XO 소스를 곁들인 큰 전복
(조리방법 선택: 삶음)



陳皮蒸南非鮑魚

Steamed Abalone with Dried Tangerine Peel

蒸しアワビとチンピ (柑橘類)

남 아프리카 전복 찜

蠔皇鮮扣南非鮑魚

Braised Abalone with Oyster Sauce

煮詰めたアワビとカキソース

굴 소스 전복 찜 전복

得獎菜 🏆 素食 🌱 必點菜 🌟 辣維 🌶️

豉椒炒蜆子皇

Fried Bamboo Clam with Black Bean
& Chilli Sauce

炒めマテ貝と黒豆、チリソース

블랙 콩 & 칠리 소스와 함께 면도 면도칼 조개



(可另加配煎米粉底) 漁家醬炒蜆子皇

Fried Bamboo Clams with Fisherman Sauce
(addition of Fried Rice Noodles @extra charge)

炒めマテ貝漁師のソースで (焼きビーフン追加@別料金)

마늘 소스를 곁들인 면도기 조개

蒜蓉蒸蜆子皇

Steamed Bamboo Clam with Garlic Sauce

蒸しマテ貝とニンニクソース

마늘 소스를 곁들인 면도기 조개

以上圖片只供參考, 一切以實物為準。產品價格請參閱後頁
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漁家醬蒸貴妃蚌

Steamed Queen's Clam with Fisherman Sauce

蒸しミル貝と黒豆、チリソース
어부 소스와 함께 조개 찜



豉椒蒸象蚌仔

Steamed Geoduck Clam with Black Bean & Chilli Sauce

蒸しミル貝と黒豆、チリソース
블랙 콩 & 칠리 소스 찜 구이



大象拔蚌 (美國或加拿大)

Geoduck Clam (pre-ordering)

ゾウジオダック (予約可能)

거덕 (예약 가능)



油鹽水北寄貝

Surf Clams with Salt & Oil in Broth

油と塩漬ほっき貝

기름기가 많고 소금에 절인 조개류



酥炸生蠔

Crispy Fried Oysters

揚げカキ

굴 튀김



白灼花螺

Boiled Sea Snails

ゆでたツブ貝

삶은 바다 달팽이



辣酒煮花螺

Spicy Sea Snails with Chinese Rice Wine

紹興酒煮ツブ貝、辛い鍋

매콤한 바다 달팽이와 중국 쌀 술





豉椒炒蜆

Fried Clams with Black Bean & Chilli Sauce

黒豆とチリソースの揚げ貝

검은 콩 & 칠리 소스와 함께 튀긴 조개



油鹽水浸蜆

Boiled Clams with Salt & Oil in Broth

塩とスープでた貝

소금 & 기름으로 삶은 조개



風味羅勒炒蜆

Spicy Fried Clams with Basil Leaves

あさりのスパイシー揚げ バジルの葉添え

바질 잎을 곁들인 매운 조개

得獎菜 🏆 素食 🌱 必點菜 🌟 辣味 🌶️

HOT DISHES 小菜



南丫風采發電站
Lamma Winds



(時令) 油泡墨魚

Fried Cuttle Fish with Yellow Chive

炒めイカ

열로우 골파와 튀긴 오징어

備註：另可選白灼墨魚

Remark: Option with Boiled Fresh Cuttle Fish



吉列魷魚

Deep Fried Squid with Sweet & Sour Sauce

揚げイカと甘くて酸っぱいソース

튀김 오징어와 달콤 하고 신 소스

備註：雞蛋脆醬

Remark: with Egg Batter



椒鹽魷魚

Deep Fried Squid with Salt & Pepper

塩とコショウで揚げたイカ

소금과 후추가 든 튀긴 오징어

備註：椒鹽脆醬

Remark: with Salt & Pepper Batter



得獎原個菠蘿咕嚕肉

Award Winning Sweet and Sour Pork in Pineapple Boat

酢豚 ホンコンの金賞受賞

달콤하고 신 돼지 고기



得獎咕嚕肉

Sweet and Sour Pork

酢豚 ホンコンの金賞受賞

달콤하고 신 돼지 고기



惹味椒鹽豬扒

Pork Chops with Salt & Pepper

塩コショウのポークチョップ

소금 후추 돼지 갈비



黑椒安格斯牛柳粒

Angus Beef Cubes with Black Pepper
ブラックペッパーの[アンガス]ビーフキューブ
검은 후추로 만든 쇠고기 입방체



蜜糖豆炒安格斯牛仔粒

Angus Beef Cubes with Honey Beans
さいの目に切ったカウボーイのハニービーンズ炒め
깍둑썬 카우보이 볶음



豉椒炒安格斯牛仔粒

Angus Beef Cubes with Black Bean & Pepper
黒豆とペッパーのアンガスビーフ
검은콩과 후추를 곁들인 앵거스 비프



龍井茶香雞

Longjing Tea Smoked Chicken
お茶の燻製チキン
차 훈제 치킨



紅燒脆皮乳鴿

Roasted Crispy BB Pigeon
クリスピー・ビジョン
치킨 홍콩 스타일



薑蔥霸王雞

Chicken with Scallions
しょうがとネギのチキン
생강 파 치킨



漁家醬腰果炒雞丁

Fried Chicken with Cashew Nuts in Fisherman Sauce
フライドチキンとカシューナッツのフィッシャーマンソース添え
피서맨 소스에 캐슈넛을 곁들인 프라이드 치킨



清炒時菜蓮  
Fried Green Kale (Vegetable)
炒め野菜
녹색 채소



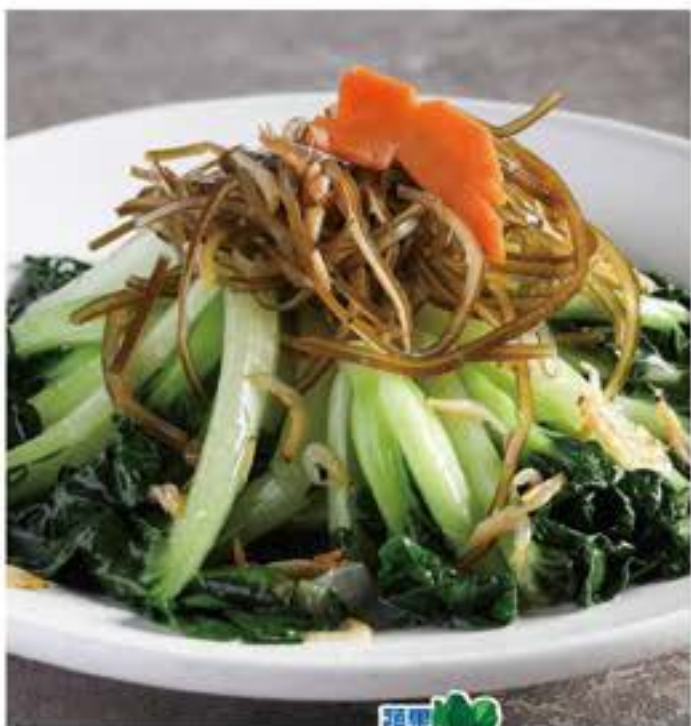
腰果炒西芹  
Fried Celery with Cashew Nuts
セロリのカシューナッツ炒め
캐슈와 셀러리 볶음




金磚椒鹽豆腐 
Deep Fried Bean Curd with Salt & Pepper
塩とコショウで揚げた豆腐
소금과 후추가 든 튀긴 콩 두부



香脆椒鹽腰果茄子 
Crispy Fried Egg Plants and Cashew Nuts with Salt & Pepper
塩とコショウのカシューナス
소금과 후추를 곁들인 바삭한 가지와 캐슈넛 튀김



櫻花蝦海帶浸時蔬  
Seasonal Vegetables with Seaweed and Sakura Shrimps in Broth
季節野菜のわかめと桜海老の出汁
미역과 사쿠라 새우를 곁들인 제철 야채 국물



北菇扒雙蔬  
Stewed Mushrooms with Mixed Vegetable
野菜と煮込んだキノコ



漁民豆腐
Braised Tofu with Fishermen Sauce
煮込み豆腐
두부조림



羅漢齋上素春卷 
Deep Fried Vegetarian Spring Roll
揚げた菜食主義の春巻き
야채 스프링 롤



紫菜海鮮羹

Seaweed & Seafood Soup

海苔とシーフードスープ

미역&해물 스프



馳名海鮮湯

Assorted Seafood with Vegetable Soup

シーフードと野菜スープ

야채 스프와 함께 모든 된 해산물



雞蓉粟米羹

Sweet Corn Soup with Minced Chicken

鶏ひき肉のコーンスープ

다진 닭고기를 곁들인 옥수수 수프

MAIN 飯麵



東澳 / 石排灣
Tung O & Shek Pai Wan



乾炒安格斯牛河

Fried Flat Noodles with Angus Beef

アンガスビーフ焼きそば

앵거스 쇠고기를 곁들인 튀긴 납작한 국수



豉油皇炒麵



Fried Noodles with Bean Sprouts & Salt Sauce

炒めヌードルと最高の醤油

간장 볶음면



星洲炒米



Singapore Noodles

炒めヌードル シンガポールスタイル

싱가포르 쌀국수



乾燒伊麵



Braised E-Fu Noodles

炒めイフヌードルとキノコ

버섯 볶음면



鹹魚雞粒炒飯

Fried Salted Fish & Diced Chicken Rice

チャーハンと塩漬け魚とチキン

튀김 판 생선 & 치킨 라이스



菜粒蛋炒飯

Fried Rice with Vegetable & Eggs

チャーハンと野菜と玉子

야채 & 계란 볶음밥



南丫島蝦羔炒飯

Fried Rice with Fermented Shrimp Paste

チャーハンと発酵エビペースト

발효 새우 볶음밥



天虹炒飯

Rainbow Special Fried Rice

チャーハン レインボースタイル

천홍 볶음밥



海膽海鮮炒飯

Fried Rice with Sea Urchin and Seafood

チャーハンと塩漬け魚とチキン

튀김 편 생선 & 치킨 라이스



時令蟹粥

Seasonal Crab Congee

季節のカニ粥

제철 꽃게죽

備註：活蟹品種按季節有所不同

Remark: Live crab species vary by seasons

