

雅室友素食 4 STONES VEGETARIAN CUISINE

Address: #160-7771 Westminster Hwy,
Richmond, B.C., V6X 1A4

Hours: Tues-Sun 11am-3pm, 5pm-8:45pm (close every Mon)

Phone: 604-278-0852

點心 DIM SUM

麵類 NOODLE

其他 OTHER

1 割包 Cut Buns [2pc] A \$8.79

~可選 Choice of

A 台式 Taiwanese **B** 叉燒 Chinese BBQ

2 鍋貼 Gyoza [5pc] A \$7.14 B \$8.24

~可選 Choice of

A 日式 Japanese **B** 全素 Vegan

~有付鍋貼醬 Comes w/ gyoza sauce

3 蒸餃 Steam Dumpling [4pc] \$6.59

~有付蒸餃醬 Comes w/ gyoza

4 炸菇 Deep-Fried Mushroom A \$8.24 B \$8.79

~可選 Choice of

A 蠔菇 Oyster Mushroom **B** 杏鮑菇 Abalone Mushroom

~有付自製甜辣醬 Comes w/ sweet miso sauce

5 炸鹽酥素吉 Deep-Fried Veg. S+P Chicken Nugget \$10.44

~有付自製甜辣醬 Comes w/ sweet miso sauce
做套餐 Make Combo

6 炸春捲 Deep-fried Spring Rolls [6pc] \$6.59

~有付自製甜辣醬 Comes w/ sweet miso sauce

7 炸蘿蔔糕 Deep-fried Radish Cakes [6pc] \$8.24

~有付特製甜辣醬 Comes w/ special sweet miso sauce

8 台式炸豆腐 Taiwanese Deep-fried Tofu \$8.79

蛋奶 ovo-lacto

B) \$8.24

蛋奶 ovo-lacto

~有付豆腐醬和泡菜 Comes w/ tofu sauce & kimchi

9 滷苦瓜 Seasoned Bitter Melon \$8.24

蛋奶 ovo-lacto

B) \$8.24

全素 vegan

10 炸素蚵 Deep-fried Veg. Oyster \$8.24

~有付自製甜辣醬 Comes w/ sweet miso sauce

11 涼煙素鴨 Smoked Cold Bean Curd \$11.54

全素 vegan

12 海苔素鵝 Seaweed Bean Curd Roll \$14.29

全素 vegan

13 清涼哲絲 Sweet Agar & Cucumber Salad \$6.59

蛋奶 ovo-lacto

add \$4.95

全素 vegan

14 銀絲捲 Chinese Bread Roll \$3.50

~可選 Choice of

A 炸 Deep-fried **B** 蒸 Steamed

~有付煉乳 Comes w/ sweet condensed milk

26 番茄素牛腩麵 Tomato & Veg. Beef Brisket Noodle Soup \$14.29

蛋奶 ovo-lacto

27 書香麵 Veg. Beef Noodle Soup \$13.19

蛋奶 ovo-lacto

成為素牛扒 to Grilled Veg Beef
成為吉小扒 to Grilled Veg Chicken
成為排骨 to Taiwanese Veg. Meat Cutlet
成為餘排 to Crispy Fish Cutlet add \$1.10

28 雲吞麵 Wonton Noodle Soup \$13.19

蛋奶 ovo-lacto

29 陽春麵 Plain Noodle Soup \$9.89

全素 vegan

成為排骨 to Taiwanese Veg. Meat Cutlet add \$3.85

30 大魯麵 Napa Cabbage Noodle Thick Soup \$13.19

可全素 vegan Friendly

31 酸辣麵 Hot & Sour Noodle Soup \$13.19

全素 vegan

32 台式炒麵 Taiwanese Chow Mien \$13.19

全素 vegan

33 泡菜炒麵 (中辣) Spicy Kimchi Chow Mien \$14.29

全素 vegan

34 乾麵 Noodle w/ Sauce \$10.99

~可選 Choice of

全素 vegan

A 蒜醬 Sesame sauce **B** 炸醬 Veg. Meat Sauce

17 生菜素鬆 Lettuce Wrap \$19.79

全素 vegan

18 魯飯 Ground Veg. Meat Sauce on Rice \$10.99

全素 vegan

19 時菜 Seasonal Greens \$14.29

~可選 Choice of

A 炒 Stir-fried **B** 燙 Steamed 全素 vegan

~可選 Choice of

A 菠菜 Spinach **B** 芥蘭 Gai Lan

C A菜 Taiwan Lettuce

20 芋泥烤方 (甜點) Deep-fried Taro Square (Dessert) \$9.89

奶素 lacto

For Detailed description see printed menu. Please Notify the staff for any allergies and dietary restrictions. We will do our best to accommodate you. 詳細說明請看列印菜單。如有任何過敏和飲食限制、請通知工作人員、我們會盡量配合您。

🌶️ = 可選大辣、中辣、小辣
Can choose very, medium, or mild spicy

⌚ = 需要時間 20~25分以上
Needs time 20-25 min or more

\$19.79*L

一人套餐 ONE SERVING COMBO

付飯、小菜、湯(當歸或蔬菜)、和水果 [外賣不包湯和水果]
Comes with rice, side dish, choice of soup (Chinese Herbal or Mix Veggie) and fruit. Take out order includes a bowl of rice and side dish only.

41	宮保積丁 Kong Pao Veg. Chicken  *L	\$15.39
	蛋奶 ovo-lacto	
42	全素宮保  Vegan Kong Pao *L ~可選 Choice of	\$14.29
	全素 vegan	
A	豆腐塊 Tofu Nugget	B 豆腸 Bean Curd Roll
43	素牛腩煲 Veg. Beef Brisket Stew *L	\$15.39
	蛋奶 ovo-lacto	
44	素牛腩飯 Veg. Beef Brisket on Rice ~可選 Choice of	A)\$15.39
		B) 15.61
A	番茄 Tomato	B 咖哩 Curry
C	黑椒 Black pepper	C)\$15.39
	蛋奶 ovo-lacto	
45	咕咾素肉 Sweet & Sour Treasure *L	\$14.29
	全素 vegan	
46	鐵板繕餚 Assorted Mushroom on Hot Plate *L	\$18.69
	全素 vegan	

Large Size *L 大份

41.宮保積丁 Kong Pao Veg. Chicken \$21.99
42.全素宮保 Vegan Kong Pao \$20.89
43.素牛腩保 Veg. Beef Brisket Stew \$20.89
45.咕咾素肉 Sweet & Sour Treasure \$20.89
46.鐵板繕餚 Assorted Mushroom \$23.09

47	*L 客家小炒 (可不做辣)  Fried Dry Tofu & Conjac (Can be not spicy)	\$15.39
	全素 vegan	
48	*L 三杯牛蒡 3 Cups of Burdock & Veg. Meat	\$15.39
	蛋奶 ovo-lacto	
49	雅室素燴 Vegetables w/ Walnuts *L	\$14.29
	全素 vegan	
50	芝蔴鮮蔬 (可不做辣)  Vegetables in Sesame Sauce (Can be not spicy)*L	\$18.69
	全素 vegan	
51	咖哩炸素排飯 Crispy veg. Meat Cutlet w/ Curry Sauce on Rice	\$14.84
	蛋奶 ovo-lacto	
	成為素牛扒 to Grilled Veg Beef 成為吉小扒 to Grilled Veg Chicken 成為餘排 to Crispy Fish Cutlet	add \$1.10
52	餘香茄子  Eggplant & Basil w/ Cha Hou Sauce*L	\$14.29
	全素 vegan	

47.客家小炒 Fried Dry Tofu & Conjac \$20.89
48.三杯牛蒡 3 Cups of Burdock \$20.89
49.雅室素燴 Vegetable w/ Walnuts \$20.89
50.芝蔴鮮蔬 Vegetables in Sesame \$23.09
52.餘香茄子 Eggplant & Basil \$19.79

53	糖醋有餘 Sweet & Sour Veg. Fish *L	\$15.39
	蛋奶 ovo-lacto	
54	麻婆豆腐  Mapo Tofu*L	\$14.29
	全素 vegan	
55	茄子豆腐*L Fried Eggplant & Tofu	\$14.29
	全素 vegan	
56	浦燒素鰻 *L Grilled Veg. Unagi 	\$15.39
	蛋奶 ovo-lacto	
57	沙茶素牛肉 Veg. Beef & A Green in Satay Sauce*L ~可選 Choice of	\$15.39
	蛋奶 ovo-lacto	
A	芥蘭 Gai Lan	B 菠菜 Spinach
58	全素餘Vegan Fish*L  ~可選 Choice of	\$18.69
	全素 vegan	
A	水煮 Szechuan Spicy Boiled	B 豆瓣 Szechuan Bean Paste

53.糖醋有餘 Sweet & Sour Veg. Fish \$21.99
54.麻婆豆腐 Mapo Tofu \$20.89
55.茄子豆腐 Eggplant & Tofu \$20.89
56.浦燒素鰻 Veg. Unagi \$21.99
57.沙茶素牛肉 Veg. Beef & Green \$20.89
58.全素餘 Vegan Fish \$23.09

火鍋 HOT POT

付飯 Come with rice

70	養生鍋 Health Pot ~可選 Choice of	\$15.39
A	山藥 Mountain Yam	B 人參 Ginseng
	可全素 vegan Friendly	
71	泡菜鍋 (中辣) Spicy Kimchi Pot (Medium spicy)	\$15.39
	可全素 vegan Friendly	
72	牛蒡素肉鍋 Burdock & Veg. Meat Pot	\$15.39
	蛋奶 ovo-lacto	
73	五更素牛腩  鍋 Spicy Sauce w/ Veg. Beef Brisket Pot	\$15.39
	蛋奶 ovo-lacto	
74	麻辣鍋 Szechuan Spicy Pot 	\$15.39
	可全素 vegan Friendly	
75	雲吞鍋 Wonton Pot	\$15.39
	蛋奶 ovo-lacto	
81	季節限定 Only this Season 金桔麻油鍋 Sesame Oil & Kumquat Pot	\$15.39
	蛋奶 ovo-lacto	
77	南瓜牛奶鍋 Kabocha Squash Milk Pot	\$15.39
	可奶素 Lacto Friendly	

73.五更鍋 Spicy Sauce Pot \$20.89
其己火鍋 Other Hot Pot \$19.79

Rev. Nov 1, 2018

41

宮保積丁
Kong Pao Spicy Veg. Chicken

堂食用
For Dine In
Combo

可下載
Download on
your device



70A

山藥鍋

Health Pot (Mountain Yam)



42A

宮保豆腐

Kong Pao Spicy Tofu Nuggets



44C

黑椒素牛腩飯 Black Pepper Veg Beef Brisket On Rice



49

雅室素燴 Vegetables w/ Walnuts



54

麻婆豆腐 Mapo Tofu



71

泡菜鍋
Spicy Kimchi Pot

42B

宮保豆腸 Kong Pao Bean Curd Roll



45

咕咾素肉

Sweet & Sour Treasure



50

芝麻辣味鮮蔬

Vegetables in Spicy Sesame Sauce



55

茄子豆腐 Fried Eggplant & Tofu



72

牛蒡素肉鍋 Burdock & Veg Meat Hot Pot



43

素牛腩煲

Veggie Beef Brisket Stew



46

鐵板繡餅

Assorted Mushrooms on Hot Plate



51

咖哩素排骨飯

Crispy Veggie Cutlet w/ Curry Sauce on Rice



56

浦燒素鰻 Grilled Veggie Unagi



73

五更素牛腩鍋 Spicy Veg Beef Brisket Pot



44A

番茄素牛腩飯 Tomato Veg. Beef Brisket On Rice



47

客家小炒

Fried Dry Tofu & Conjac



52

餘香茄子 Eggplant & Basil in Cha Hao Sauce



57

沙茶素牛肉 (芥蘭) Veg Beef in Satay Sauce (Gai Lan)



74

麻辣鍋 Spicy Szechuan Pot



44B

咖哩素牛腩飯 Curry Veg. Beef Brisket On Rice



48

三杯牛蒡

Three Cups of Burdock & Veg. Meat



53

糖醋有餘

Sweet & Sour Bean Curd Fish



58A

全素水煮餘 Spicy Szechuan Boiled Vegan Fish



78

南瓜牛奶鍋 Kabocha Squash Milk Pot



1A 台式割包
Taiwanese Cut Buns

1B 文燒割包
Chinese Veg. BBQ Cut Buns

日式鍋貼
Gyoza

2A

蒸餃
Steamed Dumplings

3

4A 炸蠔菇
Deep Fried Oyster Mushrooms

炸杏鮑菇
Deep Fried Abalone Mushrooms

4B

5

炸塩酥吉
Deep-fried S+ P Veg Chicken

6

炸春捲 Deep Fried Spring Roll

12

海苔素鰻 Mushroom Seaweed Bean Curd Roll

7

炸蘿蔔糕 Deep Fried Radish Cake

8

台式炸豆腐 Taiwanese Deep Fried Tofu

9

炸素蚵
Deep Fried Veggie Oysters

10

11

涼煙素鴨
Smoked Bean Curd

13

清涼哲絲
Sweet Agar & Cucumber Salad

14A

炸銀絲卷 Deep Fried Chinese Bread Roll

14B

蒸銀絲卷 Steam Chinese Bread Roll

20

芋泥烤方
Deep-Fried Taro Square

26

番茄素牛腩湯麵
Tomato, Veg. Beef Brisket
Noodle Soup

書香麵
Veggie Beef w/ Noodles in Soup

27

大魯麵
Napa Cabbage Noodle Thick Soup

30

33

泡菜炒麵 Spicy Kimchi Chow Mien

28

雲吞麵
Wonton
Noodle
Soup

31

酸辣麵
Hot & Sour Noodle Soup

34A

麻醬麵 Noodle with Peanut & Sesame Sauce

29

陽春麵 Noodle in Plain Soup

32

台式炒麵 Taiwanese Chow Mien

34B

炸醬麵 Noodle with Veg. Meat Sauce

17

生菜素鬆
Lettuce Wrap

18

素魯飯
Ground Veg. Meat
Sauce on Rice