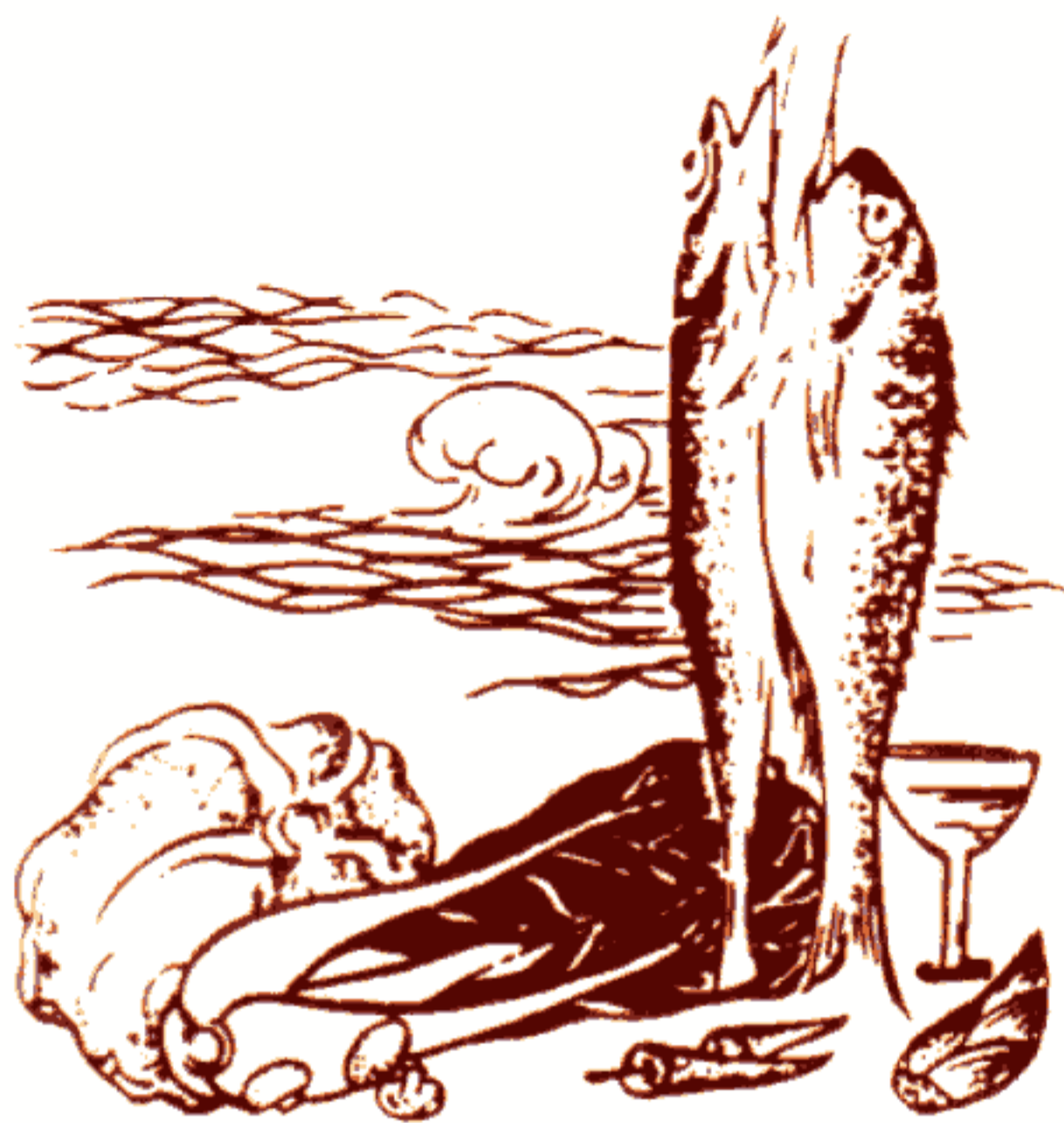


*Long Life Vegi House*

長壽素菜館  
海鮮



NO MSG  
ADDED

VEGETARIAN & SEAFOOD SPECIALTY

Serving Authentic Chinese Cuisine

LUNCH • DINNER • ORDERS TO GO • CATERING

Open 7 Days a Week

Mon. - Thurs. & Sun. : 11:30 a.m. - 10:00 p.m.

Fri. & Sat. : 11:30 a.m. - 10:30 p.m.

2129 University Avenue  
Berkeley, California

Tel: (510) 845-6072

# VEGETARIAN SECTION

## 素頭檔

### Vegetarian Appetizers

炸素雲吞	FRIED WON-TON (Vegetable Stuffed)	3.95
素春卷	SPRING ROLLS (Vegetable Stuffed) (4)	3.95
素鍋貼	POT STICKERS (Vegetable Stuffed) (6)	4.50
素蒸餃	STEAMED DUMPLINGS (Vegetable Stuffed) (6)	4.50
蒜泥海帶	FRESH GARLIC SEAWEED SALAD	4.95

## 素湯類

### Vegetarian Soup

綠豆麵丸子湯	GREEN-BEAN BALL SOUP (House Special)	4.50
	Balls of sprout, radish, green-bean flour and napa cabbage.	
素雲吞湯	VEGETABLES STUFFED WON-TON SOUP	4.50
酸辣辣湯	★ HOT & SOUR SOUP (Soup of the Day)	4.50
玉米蛋花湯	EGG FLOWER WITH CORN SOUP	4.50
菠薐菜豆腐湯	SPINACH & BEAN CURD SOUP	4.50
鍋巴湯	SIZZLING RICE SOUP	4.50
什錦火鍋	VEGETABLE DELUXE FIRE-POT (Medium) 8.95 (Large) 11.95	

## 素雞類

### Vegi-Chicken (Soy Protein)

豆腐素雞	VEGI-CHICKEN & BRAISED TOFU w/GREENS	6.50
宮保素雞	★ KUNG-PAO VEGI-CHICKEN	6.50
	With diced zucchini, celery, peanuts.	
芥蘭素雞	BROCCOLI VEGI-CHICKEN	6.50
腰果素雞	CASHEW VEGI-CHICKEN	6.50
	With sliced zucchini, carrots.	
冬菇素雞	BLACK MUSHROOMS VEGI-CHICKEN	6.50
	With sliced zucchini, carrots.	
檸檬素雞	LEMON VEGI-CHICKEN	6.50
	In batter with lemon sauce.	
豆豉干豆素雞	VEGI-CHICKEN & STRING BEANS w/BLACK BEAN SAUCE	6.50
長壽辣素雞	★ LONG LIFE VEGI-CHICKEN	6.50
	In batter with spicy garlic sauce.	
辣子素雞	★ VEGI-CHICKEN & TOFU w/SPICY HOT SAUCE	6.50
甜酸素雞	SWEET & SOUR VEGI-CHICKEN	6.50
	In batter.	
雞芙蓉蛋	CHICKEN EGG FOO-YUNG	6.50
豆豉干豆素火腿	STRING BEAN VEGI-HAM	6.50
豆豉芥蘭素火腿	BROCCOLI VEGI-HAM	6.50
宮保素火腿	KUNG-PAO VEGI-HAM	6.50
咖喱素火腿	CURRY VEGI-HAM	6.50
什菜素火腿	VEGETABLE WITH VEGI-HAM	6.50
長壽素火腿	LONG LIFE VEGI-HAM (In Batter w/spicy Garlic Sauce)	6.50
素排骨	VEGI-SPARERIBS	6.50

### Vegi-Beef (Wheat Glutens)

## 素肉類

### Vegi-Pork (Wheat Gluten nuggets)

辣子素牛肉	★ VEGI-BEEF & TOFU w/SPICY HOT SAUCE	6.50
	With sliced zucchini, onions, peppers.	
芥蘭素牛肉	BROCCOLI VEGI-BEEF	6.50
宮保素牛肉	★ KUNG-PAO VEGI-BEEF	6.50
	With sliced zucchini, peanuts.	
豆豉干豆素牛肉	VEGI-BEEF & STRING BEANS w/BLACK BEAN SAUCE	6.50
甜酸齋肉	SWEET & SOUR VEGI-PORK	5.50
長壽辣齋肉	★ LONG LIFE VEGI-PORK	5.50
	In batter with spicy garlic sauce.	

## 瓜菜豆腐類 Vegetable & Tofu (Bean Curd) Entrees

木須菜	MU-SHU VEGETABLES (With 4 Crepes)	5.75
	With shredded cabbage, eggs, seaweed.	
全福羅漢齋	MONK STYLE VEGETABLES	5.75
	Greens, black mushrooms, wheat glutens, carrots.	
炒八寶齋	SAUTEED EIGHT ASSORTMENTS	5.75
	Diced zucchini, mixed nuts, brown tofu, mushrooms.	
宮保菜	★ KUNG PAO VEGETABLES	5.75
	Diced zucchini, brown tofu, water chestnuts, peanuts.	
魚香茄子	★ EGGPLANT WITH SPICY GARLIC SAUCE	5.75

干扁四季豆	★	STRING BEANS W/SPICY GARLIC SZECHWAN SAUCE	5.75
清炒四季豆		SAUTEED STRING BEANS	5.75
		<i>With clear sauce or black bean sauce.</i>	
素三鲜		SNOW PEAS BLACK MUSHROOMS & WATER CHESTNUTS	5.75
素什锦		VEGETABLE DELUXE	5.75
		<i>Cabbage, broccoli, carrots, water chestnuts.</i>	
芥蘭冬菇		BROCCOLI WITH BLACK MUSHROOMS	5.75
芥蘭鮮菇		BROCCOLI WITH FRESH MUSHROOMS	5.75
菜心冬菇		CHINESE GREENS WITH BLACK MUSHROOMS	5.75
菜心鮮菇		CHINESE GREENS WITH FRESH MUSHROOM	5.75
紅燒烤麸		SAUTEED WHEAT GLUTENS	5.75
		<i>With black mushrooms, carrots.</i>	
冬菇豆腐		BRAISED TOFU w/BLACK MUSHROOMS & GREENS	5.75
鐵板豆腐		SIZZLING TOFU IRON PLATTER	5.75
		<i>Braised tofu, black mushrooms, carrots. Served on sizzling iron platter.</i>	
紅燒豆腐菜		SAUTEED TOFU WITH VEGETABLES	5.75
		<i>Tofu, greens, zucchini, mushrooms.</i>	
長壽豆腐		LONG LIFE TOFU	5.75
		<i>Braised tofu with spicy garlic sauce.</i>	
沙茶豆腐		CHINESE BARBECUE SAUCE TOFU	5.75
		<i>With onions, straw mushrooms.</i>	
麻婆豆腐	★	MA-PO TOFU	5.75
		<i>Szechwan style. peppery hot.</i>	
魚香豆腐	★	TOFU WITH SPICY GARLIC SAUCE	(Gingery) 5.75
家常豆腐		FAMILY STYLE TOFU	5.75
		<i>With braised tofu, napa cabbage, carrots.</i>	
菠菜豆腐		TOFU & SPINACH	5.75
炒豆腐干絲		SPICY BEAN THREADS	5.75
		<i>Shredded of brown tofu, celery, carrots.</i>	
菜芙蓉蛋		VEGETABLE EGG FOO YUNG	5.95
長壽五仁	★	LONG LIFE MIXED NUTS	7.50
		<i>With spicy garlic sauce.</i>	
甜酸五仁		SWEET & SOUR MIXED NUTS	7.50

## SEAFOOD SECTION

### 海鮮頭檯

### Seafood Appetizers

酥炸生蠔		GIANT FRIED OYSTERS (House Special)	6.50
炸起士蟹雲吞		FRIED CHEESE & CRAB MEAT WON-TON	4.50
炸蝦		FRIED PRAWNS	5.50
炸干貝		FRIED SCALLOPS	5.50
熱拼		APPETIZERS DELUXE	6.50
		<i>Fried prawns, scallops, vegi won-tons.</i>	

### 海鮮湯類

### Seafood Soups

三鮮湯		SEAFOOD COMBINATIONS SOUP	5.50
		<i>Prawns, scallops, egg flower.</i>	
玉米蟹肉湯		CRAB MEAT CORN SOUP	5.50
		<i>Sea-legs, egg flower.</i>	
蝦鍋巴湯		PRAWNS SIZZLING RICE SOUP	5.50
海鮮火鍋		SEAFOOD FIRE POT	(Medium) 12.00 (Large) 16.00

### 海鮮類

### Seafood Entrees

木須蝦		MU-SHU PRAWNS (With 4 Crepes)	8.75
		<i>With shredded cabbage, eggs, seaweed.</i>	
五香蝦		RAINBOW PRAWNS	8.75
		<i>With diced celery, black mushrooms, water chestnuts.</i>	
干燒蝦	★	SZECHWAN PRAWNS	8.75
		<i>With diced onions in spicy tomato sauce.</i>	
宮保蝦	★	KUNG-PAO PRAWNS	8.75
		<i>With diced zucchini, celery, peanuts.</i>	
長壽絲蝦	★	LONG LIFE PRAWNS	8.75
		<i>In batter with spicy garlic sauce.</i>	
咖喱蝦		CURRY PRAWNS	8.75
		<i>With sliced zucchini, onions, carrots.</i>	
蝦龍糊		LOBSTER CREAMED SAUCE PRAWNS	8.75
		<i>With water chestnuts, carrots, peas.</i>	
豆豉干豆蝦		PRAWNS & STRING BEANS w/BLACK BEAN SAUCE	8.75
		SAUTEED BEAN CURD PRAWNS	8.75

腰果蝦	CASHEW PRAWNS .....	8.75
	<i>With sliced zucchini, carrots.</i>	
芥蘭蝦	BROCCOLI PRAWNS .....	8.75
豆豉青椒蝦	PRAWNS WITH BLACK BEAN SAUCE .....	8.75
	<i>With onions, peppers, carrots.</i>	
什錦菜蝦	VEGETABLE DELUXE PRAWNS .....	8.75
	<i>With cabbage, broccoli.</i>	
甜酸蝦	SWEET & SOUR PRAWNS .....	8.75
	<i>In batter, with pineapples, onions, peppers.</i>	
蝦芙蓉蛋	SHRIMP EGG FOO YUNG .....	8.75
鍋巴蝦	SIZZLING RICE PRAWNS .....	8.75
魚香魚干貝	★ SCALLOPS WITH SPICY GARLIC SAUCE .....	8.75
豆豉干豆干貝	SCALLOPS & STRING BEANS w/BLACK BEAN SAUCE .....	8.75
宮保干貝	★ KUNG PAO SCALLOPS .....	8.75
	<i>With diced zucchini, peanuts.</i>	
素火腿帶子夾	STEAMED SCALLOPS W/VEGI-HAM .....	8.75
辣子干貝	★ SCALLOPS & TOFU WITH SPICY HOT SAUCE .....	8.75
甜酸干貝	SWEET & SOUR SCALLOPS .....	8.75
	<i>In batter, with pineapples, onions, peppers.</i>	
長壽干貝	★ LONG LIFE SCALLOPS .....	8.75
	<i>In batter, with spicy garlic sauce.</i>	
辣子魚片	★ SLICED FISH & TOFU w/SPICY HOT SAUCE (Cod Fillet).....	7.75
甜酸魚塊	SWEET & SOUR FISH .....	7.75
	<i>Battered cod fillet, with pineapple onions, peppers.</i>	
長壽辣魚塊	★ LONG LIFE FISH .....	7.75
	<i>Battered cod fillet, onion, peppers.</i>	
生炒魚片	SLICED FISH w/VEGETABLES .....	7.75
	<i>Cod fillet, with snow peas, carrots.</i>	
鮮魚砂鍋	LONG LIFE FISH CLAY POT .....	7.75
紅燒全魚	BRAISED ENTIRE COD FISH .....	(Large) 9.95
	<i>With tofu, black mushrooms, carrots.</i>	
糖醋全魚	SWEET & SOUR ENTIRE COD FISH .....	(Large) 9.95
	<i>With pineapples onions peppers, etc.</i>	
辣豆瓣全魚	★ ENTIRE COD FISH w/SPICY SOY BEAN SAUCE .....	(Large) 9.95
	<i>With diced celery, carrots.</i>	
豆豉青椒生蠔	OYSTERS w/BLACK BEAN SAUCE .....	7.75
	<i>With onion, peppers.</i>	
鐵板生蠔	SIZZLING OYSTER IRON PLATTER .....	7.75
豆豉青椒海紅	GIANT MUSSELS w/BLACK BEAN SAUCE .....	7.75
蠔油海紅	GIANT MUSSELS w/OYSTER SAUCE .....	7.75
鐵板三鮮	SIZZLING SEA FOOD COMBINATION PLATTER .....	8.75
	<i>With prawns, scallops, giant mussels, carrots.</i>	
生炒三鮮	SEAFOOD w/VEGETABLES .....	8.75
	<i>With prawns, scallops, sea legs, cabbage.</i>	

**飯麵類**

*Rice & Noodle Section*

榨醬麵	★ NOODLE WITH SPICY BEAN SAUCE .....	4.50
擔擔麵	TAN-TAN NOODLES (House Special) .....	4.50
	<i>With peanut sauce and cold cucumber.</i>	
大滷麵	TA-LU NOODLES .....	4.50
	<i>With vegetables, eggs, and gravy.</i>	
素炒麵	VEGETARIAN CHOW MEIN .....	4.50
	<i>With greens, cabbage.</i>	
蝦炒麵	PRAWNS CHOW MEIN .....	5.95
	<i>With prawns, greens, cabbage.</i>	
素菜兩面黃	VEGETABLES OVER CRISPY NOODLES .....	5.50
	<i>With napa cabbage, carrots.</i>	
海鮮兩面黃	SEAFOOD OVER CRISPY NOODLES .....	6.95
	<i>With prawns, giant mussels, sea-legs, and napa cabbage.</i>	
素炒飯	VEGETARIAN FRIED RICE .....	4.50
	<i>With eggs, carrots, peas.</i>	
蝦炒飯	PRAWNS FRIED RICE .....	5.95
	<i>With prawns, eggs, carrots, peas.</i>	
素雞炒飯	VEGI-CHICKEN FRIED RICE .....	4.95
	<i>With vegi-chicken, eggs, carrots, peas.</i>	
素菜湯麵	VEGETARIAN NOODLE SOUP .....	4.50
	<i>With greens, wheat glutens, black mushrooms.</i>	
蝦湯麵	PRAWNS NOODLE SOUP .....	5.95
	<i>With prawns and spinach.</i>	
海鮮榨醬麵	★ BRAISED NOODLE WITH SEAFOOD SPICY BEAN SAUCE .....	5.50
素火腿炒飯	VEGI-HAM FRIED RICE .....	4.95
素火腿炒麵	VEGI-HAM CHOW MEIN .....	4.95

小砂鍋(煲仔菜) *Ceramic Clay Pot Special*

什錦豆腐煲	TOFU (Bean Curd) CLAY POT (House Special) .....	5.95
	<i>Braised tofu, black mushrooms, napa cabbage, rice noodles.</i>	
什錦海鮮煲	SEAFOOD COMBINATION CLAY POT (House Special) .....	8.75
	<i>Prawns, scallops, giant mussels, sea legs.</i>	

**FAMILY DINNERS**

*Served for two or more persons*

**I *Vegetarian Dinner***  
**\$ 7.50 Per Person**

*For 2 persons:*

★ HOT & SOUR SOUP  
SPRING ROLL  
MU-SHU VEGETABLE  
(with 4 or more crepes)  
BROCCOLI VEGI CHICKEN  
STEAMED RICE (White or Brown)  
TEA & COOKIES

*For 3 persons add:*

★ EGGPLANT w/SPICY GARLIC SAUCE

*For 4 persons add:*

SAUTEED TOFU WITH VEGETABLES

*For 5 persons add:*

TOFU IRON PLATTER

*For 6 persons add:*

LONG LIFE BRAISED VEGI-LION HEAD

**II *Sea Food Dinner***  
**\$9.95 Per Person**

*For 2 persons:*

SEAFOOD SOUP  
SPRING ROLL  
MU-SHU PRAWNS (with 4 or more crepes)  
SWEET & SOUR FISH  
STEAMED RICE (White or Brown)  
TEA & COOKIES

*For 3 persons add:*

SEAFOOD SAUTEED WITH VEGETABLE

*For 4 persons add:*

★ LONG LIFE PRAWNS  
(with spicy garlic sauce)

*For 5 persons add:*

SIZZLING PLATTER SCALLOPS & SHRIMP

*For 6 persons add:*

WHOLE FISH (Braised)

# DAILY RICE PLATE LUNCHEON SPECIAL

Served 7 days a week 11:30 a.m. to 3:00 p.m.

TO GO'S: Soup Not Included

*Vegetarian Rice Plate \$ 3.95 + Tax*

Includes soup of the day, spring roll & choice of one entree below over brown rice:

全 福 飯	MONK STYLE VEGETABLES
紅 燒 豆 腐 菜 飯	SAUTEED TOFU W/VEGETABLE
魚 香 豆 腐 飯	★ TOFU w/SPICY GARLIC SAUCE
豆 腐 飯	CHINESE B.B.Q. SAUCE TOFU
芥 蘭 素 雞 飯	BROCCOLI VEGI-CHICKEN
宮 保 干 豆 素 雞 飯	★ KUNG PAO VEGI-CHICKEN
豆 豉 干 豆 素 雞 飯	STRING BEANS & VEGI-CHICKEN
	<i>With black bean sauce or spicy garlic sauce</i>
素 排 骨 飯	VEGI-SPARERIBS
豆 豉 干 豆 素 牛 肉 飯	STRING BEANS & VEGI-BEEF
	<i>With black bean sauce or spicy garlic sauce</i>
魚 香 干 豆 飯	★ STRING BEAN w/SPICY GARLIC SAUCE
辣 素 牛 肉 飯	★ VEGI-BEEF TOFU w/SPICY HOT SAUCE
芥 蘭 素 牛 肉 飯	BROCCOLI VEGI-BEEF
宮 保 素 牛 肉 飯	★ KUNG PAO VEGI-BEEF
素 什 錦 飯	VEGETABLE DELUXE
甜 酸 齋 肉 飯	SWEET & SOUR VEGI-PORK
長 壽 齋 肉 飯	★ VEGI-PORK w/SPICY GARLIC SAUCE
芥 蘭 鮮 菇 飯	BROCCOLI & FRESH MUSHROOMS
咖 哩 素 雞 飯	CURRY VEGI-CHICKEN
辣 子 雞 飯	★ VEGI-CHICKEN & TOFU W/SPICY HOT SAUCE
長 壽 豆 腐 飯	LONG LIFE TOFU(Braised)
豆 豉 干 豆 素 火 腿 飯	STRING BEAN VEGI-HAM
豆 豉 芥 蘭 素 火 腿 飯	BROCCOLI VEGI-HAM
宮 保 素 火 腿 飯	KUNG-PAO VEGI-HAM
咖 哩 素 火 腿 飯	CURRY VEGI-HAM
什 菜 素 火 腿 飯	VEGETABLE WITH VEGI-HAM
辣 素 火 腿 飯	VEGI-HAM & TOUFU W/SPICY HOT SAUCE

## *(Lunch) Seafood Rice Plate \$ 4.95 + Tax*

Includes soup of the day, spring roll & choice of one entree below over white rice.

長 壽 蝦 飯	★ LONG LIFE PRAWNS (In Batter)
宮 保 蝦 飯	★ KUNG-PAO PRAWNS
芥 蘭 蝦 飯	BROCCOLI PRAWNS
紅 燒 豆 腐 蝦 飯	SAUTEED TOFU & PRAWNS
豆 豉 椒 蝦 飯	PRAWNS w/BLACK BEAN SAUCE
	<i>With onions, peppers, etc.</i>
咖 哩 蝦 飯	CURRY PRAWNS
	<i>With sliced zucchini onions, carrots, etc.</i>
豆 豉 干 豆 蝦 飯	STRING BEANS & PRAWNS
	<i>With black bean sauce or spicy sauce</i>
豆 豉 干 豆 干 貝 飯	STRING BEAN & SCALLOPS
	<i>With black bean sauce or spicy garlic sauce</i>
芥 蘭 干 貝 飯	BROCCOLI SCALLOPS
宮 保 干 貝 飯	★ KUNG-PAO SCALLOPS
甜 酸 魚 飯	SWEET & SOUR FISH (In Batter)
長 壽 魚 飯	★ LONG LIFE FISH (In Batter)
辣 子 魚 片 飯	SLICED FISH & TOFU w/SPICY HOT SAUCE
生 炒 魚 片 飯	SLICED FISH & VEGETABLES
甜 酸 蝦 飯	SWEET & SOUR PRAWNS (In Batter)

## *House Special*

荷 葉 素 雞 松	VEGI-CHICKEN ON LOTUS LEAF .....	7.95
陳 皮 素 雞	CRISPY VEGI-CHICKEN IN ORANGE SAUCE .....	6.95
陳 皮 素 牛	CRISPY VEGI-BEEF IN ORANGE SAUCE .....	6.95
蒙 古 素 牛	MONGOLIAN SPECIAL VEGI-BEEF .....	6.95
芝 麻 素 牛	SESAME SPECIAL VEGI-BEEF .....	6.95
紅 燒 獅 子 頭	LONG LIFE BRAISED VEGI-LION HEAD .....	6.95
糖 醋 素 嫩 排 骨	SWEET & SOUR SPARERIB .....	6.95
鐵 盤 干 貝 蝦 冬 菇	SIZZLING PLATTER SCALLOPS, PRAWNS & MUSHROOM .....	9.95
白 灼 蝦	BOILED PRAWN .....	9.95
核 桃 蝦	WALNUT PRAWNS .....	9.95

*Prawns in mayonaisse topped with walnuts*