

Capilano Heights Chinese Restaurant

The Very First Authentic Chinese Restaurant on the North Shore

Cantonese Cuisine Our Specialty

Intimate Dining In An Attractive And Relaxed Atmosphere

Enjoy Our Spectacular Garden View Atrium All Year Round

Open
Monday To Friday • 12 Noon
Saturday, Sunday & Holidays • 4:30 p.m.

For
TAKE OUT ORDER
And
RESERVATIONS

604-987-9511

5020 Capilano Road, North Vancouver, BC

獅子林

頭 檯

APPETIZERS



春	卷	V	Spring Roll	2. for	3.95
鍋	貼		Pot Sticker (10) (24 hours notice).....		8.95
叉	燒		Bar-B-Q Pork		5.50
臘	腸		Chinese Sausages		5.50
炸	雲吞		Deep Fried Wonton		5.95
椒鹽雞翼	(辣)		Cantonese Chicken Wings with Garlic Salt & Chili Pepper (Hot)...		6.95
生菜包		V	Lettuce Wraps with Minced Beef or Minced Duck Meat.....		12.50

湯 類

SOUPS (Serves 4 persons)



雲吞湯			Wonton Soup (for 2 persons)		5.95
窩吞湯			Wor Wonton	4 persons	11.95
丕豆蛋花湯		V	Pea and Egg Swirl Soup		7.95
磨茄蛋花湯		V	Mushroom and Egg Swirl Soup		7.95
西湖牛肉湯			Beef and Lettuce with Egg Swirl Soup		7.95
粟米湯		V	Corn Soup		7.95
紫菜肉片湯			Seaweed with Pork and Egg Swirl Soup		7.95
牛肉蕃茄湯			Beef and Tomato with Egg Swirl Soup		7.95
蕃茄酸辣湯			Hot Chili Tomato with Egg Swirl Soup		7.95
上海酸辣湯		V	Hot and Sour Soup (Shanghai Style) (Hot)		7.95
海鮮豆腐湯			Seafood and Bean Cake Soup		8.95
八寶豆腐湯	(辣)		Eight Jewels Bean Cake Soup		8.95
八寶冬瓜湯	(辣)		Eight Jewels Winter Melon Soup		8.95

雞 類

CHICKEN



脆皮雞	(1只)		Crispy Skin Chicken	Whole	21.00
	(半只)			Half	11.50
三 菴 雞 片			Pan Fried Chicken Slices with Three Kinds of Mushrooms.....		9.95
豉 汁 雞 片			Pan Fried Chicken Slices with Black Bean Sauce.....		9.95
薑 芽 雞 片			Pan Fried Chicken Slices with Pickled Gingers.....		9.95
菠 蘿 雞 片			Pan Fried Chicken Slices with Pineapple.....		9.95
蠔 油 雞 片			Pan Fried Chicken Slices with Oyster Sauce.....		9.95
咖 喱 雞 片	(辣)		Pan Fried Chicken Slices with Curry Sauce (Hot).....		9.95
辣 椒 雞 絲			Shredded Chicken with Shredded Pepper and Onion.....		9.95
炸 醬 雞 柳	(辣)		Shredded Chicken with Hot Minced Meat Sauce (Hot).....		9.95
杏 仁 腰 果 雞 丁			Diced Chicken with Almond or Cashew Nuts.....		9.95
醬 爆 雞 丁	(辣)		Diced Chicken with Brown Chili Sauce (Hot).....		9.95
宮 保 雞 丁	(辣)		Diced Chicken with Chili Pepper and Peanuts (Hot).....		9.95
豆 豉 雞 丁	(辣)		Diced Chicken with Hot Chili Pepper and Black Bean (Hot)...		9.95
各 式 酥 雞			Breaded Chicken with Lemon or Pineapple or Almonds.....		10.50
甜 酸 雞 球			Breaded Sweet and Sour Chicken Balls with Pineapple or Lychee		10.50
滿 地 可 雞 翼			Montreal Chicken Wings with Honey and Garlic Sauce.....		6.95
鳳 凰 巢			Chicken Slices with Mushrooms in a Potato Nest.....		12.00
沙 鍋 雞			Boneless Chicken Hot Pot with Ginger.....		12.95

V = may be made without meat

鴨類 DUCK



明爐火鴨 1只	Bar-B-Q DuckWhole	21.00
半只		Half.....	11.50
1隻		One Order.....	8.95
片皮鴨 1只	Boneless Bar-B-Q Duck Meat over Snow PeasWhole	21.95
半只	Half	12.95
火鴨絲扒冬菇	Bar-B-Q Duck Meat with Chinese Mushrooms	11.95
菠蘿鴨絲	Bar-B-Q Duck Meat with Pineapples	11.95
薑芽鴨絲	Bar-B-Q Duck Meat with Pickles and Sweet Gingers	11.95
火鴨絲雀巢	Bar-B-Q Duck Meat with Bamboo Shoots and Onion in a Potato Nest	12.00
沙鍋火鴨	Bar-B-Q Duck Hot Pot with Assorted Meat	12.95
火鴨菜心	Shredded Duck Meat with Mixed Greens	11.95

魚類 FISH & SQUID



紅燒石斑	Deep Fried Rock Cod with Tomato Sauce or Black Bean Sauce	19.00 Up
蒸石斑	Steamed Rock Cod with Ginger or Black Bean Sauce	19.00 Up
蒸三文	Steamed Salmon with Ginger or Soya Sauce (seasonal)	12.95 Up
豉汁炒魚片	Pan Fried Fish Slices with Black Bean Sauce	9.95
三菴魚片	Pan Fried Fish Slices with Three-Kinds of Mushrooms	9.95
甜酸魚球	Deep Fried Sweet and Sour Fish Balls with Pineapples	9.95
魚片菜心	Sliced Fish with Mixed Greens	9.95
魚片芽菜	Sliced Fish with Beansprouts	9.95
時菜鮮魷	Pan Fried Squid with Seasonal Vegetables	10.95
豉椒鮮魷	Pan Fried Squid w/ Green Pepper, Onion in Black Bean Sauce	10.95
椒鹽吊片(辣)	Pan Fried Squid with Garlic Salt and Chili Pepper (Hot)	10.95
海鮮豆腐煲	Seafood & Bean Cake Hot Pot	13.95
八珍豆腐煲	Bean Cake Hot Pot with Assorted Meat	12.95

帶子蠔類 SCALLOPS AND OYSTERS



三菴帶子	Pan Fried Scallops with Three Kinds of Mushrooms	14.95
椒鹽帶子(辣)	Pan Fried Scallops with Garlic Salt and Chili Pepper (Hot)	14.95
帶子雀巢	Pan Fried Scallops with Mushrooms and Cream Sauce in a Potato Nest	14.95
帶子粟米仔	Pan Fried Scallops with Baby Corn	14.95
甜酸帶子	Deep Fried Sweet and Sour Scallops with Pineapples	14.95
酥炸生蠔	Deep Fried Oysters	11.95
薑蔥蠔	Pan Fried Oysters with Ginger and Green Onion	11.95
豉椒蠔	Pan Fried Oysters with Green Pepper, Onion and Black Bean Sauce	11.95
八珍蠔煲	Oyster Hot Pot with Assorted Meat	12.95

蟹類 CRAB



豉汁蟹	Crab with Garlic and Black Bean Sauce	21.00 Up
薑蔥蟹	Crab with Ginger and Green Onion	21.00 Up
椒鹽蟹(辣)	Crab with Garlic Salt and Chili Pepper (Hot)	21.00 Up
奶油蟹	Crab with Butter and Cream Sauce	21.00 Up
咖喱蟹(辣)	Crab with Green Peppers and Onions in Curry Sauce (Hot)	21.00 Up

蝦類

PRAWNS



豉汁蝦球	Prawns and Broccoli with Black Bean Sauce.....	14.95
椒鹽蝦球(辣)	Pan Fried Prawns with Garlic Salt and Chili Pepper (Hot).....	14.95
蝦球雪豆	Pan Fried Prawns with Snow Peas (seasonal).....	14.95
四川蝦球(辣)	Sze-Chuan Prawns with Pickles and Sweet Ginger (Hot).....	14.95
咖喱蝦球(辣)	Prawns with Green Peppers and Onions in Curry Sauce (Hot).....	14.95
三菴蝦球	Pan Fried Prawns with Three Kinds of Mushrooms.....	14.95
海鮮醬蝦球	Pan Fried Prawns with Hoi-Sin Sauce.....	14.95
沙爹蝦球(辣)	Pan Fried Prawns and Onions with Satay Sauce (Hot).....	14.95
蝴蝶蝦(辣)	Breaded Butterfly Prawns with Bacon over Curry Sauce (Hot).....	14.95
宮保蝦丁(辣)	Diced Prawns with Chili Peppers and Peanuts (Hot).....	14.95
蕃茄蝦球	Pan Fried Prawns with Tomatoes.....	14.95
雀巢蝦球	Pan Fried Prawns with Mushrooms and Cream Sauce in a Potato Nest.....	14.95
蝦球芥蘭	Prawns with Gai Lan.....	14.95
蝦仁炒蛋	Prawn Velvet Egg.....	13.95
甜酸蝦球	Sweet and Sour Breaded Deep Fried Prawns.....	13.95
炸蝦球	Breaded Deep Fried Prawns.....	12.95
蝦球菜心	Prawns with Greens.....	12.95

牛肉類

BEEF



中式牛柳	Gold Coin Beef with Bar-B-Q Sauce (Tenderloin).....	19.95
三菴牛肉	Sliced Beef with Three Kinds of Mushrooms.....	9.95
蠔油牛肉	Sliced Beef with Oyster Sauce.....	9.95
牛肉雪豆	Sliced Beef with Snow Peas (seasonal).....	9.95
薑芽牛肉	Sliced Beef with Sweet Pickled Ginger.....	9.95
菠蘿牛肉	Sliced Beef with Pineapples.....	9.95
豉椒牛肉	Sliced Beef with Green Peppers, Onions in Black Bean Sauce.....	9.95
沙爹牛肉(辣)	Sliced Beef with Onions in Satay Sauce (Hot).....	9.95
咖喱牛肉(辣)	Sliced Beef with Green Peppers, Onions in Curry Sauce (Hot).....	9.95
牛肉豆仔	Sliced Beef with Green Beans in Black Bean Sauce (seasonal).....	9.95
百家利牛肉	Sliced Beef with Broccoli.....	9.95
牛肉菠菜	Sliced Beef with Spinach.....	9.95
牛肉菜心	Sliced Beef with Chinese Green.....	9.95
蕃茄牛肉	Sliced Beef with Tomatoes and Onions.....	9.95
牛肉粟米仔	Sliced Beef Baby Corn and Snow Peas.....	9.95
牛肉豆腐	Sliced Beef with Bean Cake and Oyster Sauce.....	9.95
榨菜牛肉絲(辣)	Shredded Beef with Onions and Ja Choy.....	9.95
雀巢牛肉	Shredded Beef with Bamboo Shoots and Onions in a Potato Nest.....	12.00
牛肉煲	Sliced Beef Hot Pot with Ginger and Onions.....	12.95
牛肉芥蘭	Beef with Gai Lan (Chinese Broccoli).....	9.95
薑燻牛肉	Ginger Beef (Hot).....	12.95

豬肉類

榨魚叉	菜香	肉	絲
甜酸	燒	肉	絲
甜酸	子	豆	鷹
蒜滿	地	排	骨
麻	婆	咕	肉
		子	骨
		可	肉
		豆	腐

炒粉麵飯類

牛雞	肉	鬆	炒	飯
蝦	絲	炒	炒	飯
薯	仁	炒	炒	飯
揚	茄	牛	肉	炒
鷺	州	炒	炒	飯
雞	煮	炒	炒	麵
牛	絲	肉	炒	麵
薯	茄	牛	肉	炒
雞	會	球	炒	麵
蝦	醬		炒	麵
炸			炒	麵
撈			炒	麵
上	海	粗	炒	麵
星	洲	炒	米	粉
美		香	牛	蛋
蝦	美	炒	絲	炒
干	椒	又	菜	炒
鼓		菜	鮮	炒
時			菜	炒
海				飯
時				

素菜類

淨雞	雞	碎
大	雞	碎
鱸		會
紅	油	煎
魚	煨	豆
北	香	茄
果	茄	扒
蒜	仁	炒
招	茸	菠
椒	牌	時
豉	鹽	豆
飯	汁	冬
		菇
		扒
		百
		家
		利

PORK AND SPARERIBS



Shredded Pork with Ja Choy and Onions	9.95
(辣) Shredded Spicy Pork over Spinach (Hot)	9.95
Bar-B-Q Pork with Bean Cake and Oyster Sauce	9.95
Sweet and Sour Spareribs with Pineapple	9.95
Sweet and Sour Boneless Pork with Pineapple	9.95
Deep Fried Garlic Spareribs	9.95
Deep Fried Garlic Boneless Pork	9.95
Boneless Pork with Honey and Garlic Sauce	9.95
Bean Cake with Spicy Meat Sauce	9.95

CHOW MEIN, FRIED RICE AND EGG FOO YOUNG



Beef and Lettuce Fried Rice	8.95
Chicken Fried Rice	8.95
Shrimp Fried Rice	8.95
Beef and Tomato Fried Rice	8.95
Young Chow Fried Rice with Assorted Meat	8.95
Half & Half Fried Rice (Diced Prawns and Beef with Tomato)	12.95
V Chicken Chow Mein with Bean Sprouts	8.95
Beef and Chinese Greens Chow Mein	8.95
V Beef and Tomato Chow Mein	8.95
This and That Chow Mein with Assorted Meat and Greens	8.95
Prawns and Chinese Greens Chow Mein	10.95
(辣) Noodles with Spicy Minced Meat Sauce (Hot)	8.95
V Lo Mein (Soft Noodles) with Beef, or Pork or Chicken and Vegetables	8.95
V Shanghai Thick Noodles with Vegetables and Meat	8.95
V Singapore Style Chow Fun (Rice Noodles) with Curry	8.95
V Egg Foo Young with Pork or Mushrooms	8.95
Egg Foo Young with Shrimp	9.95
Rice Fun with Beef	8.95
B. B. Q. Pork Chow Mein with Black Bean Sauce	8.95
Vegetable Chow Mein	8.95
Seafood Chow Mein	11.95
Vegetable Fried Rice	8.95

VEGETABLES



Plain Chop Suey or Mushroom Chop Suey	8.95
Chop Suey with Chicken, Pork or Beef	8.95
Special House Chop Suey with Assorted Meat	9.95
Gai Lan (Chinese Broccoli)	8.95
V Braised Bean Cake	8.95
V Eggplant with Hot Meat Sauce	9.95
Chinese Mushroom & Vegetables	8.95
Sauteed Vegetables with Almonds or Cashew Nuts	8.95
Pan Fried Spinach with Garlic	8.95
Deluxe Mixed Vegetables	8.95
Garlic Salt & Chili Pepper Bean Cake	8.95
Spicy Green Beans	8.95
Chinese Mushrooms & Broccoli & Black Bean Sauce	8.95