



位于中国西南的宾川，一直被公认为这个星球上最神秘、也是最美丽的地方之一。一条公元前在起的茶马古道，始于云南与南诏的大理府，向北与唐宋五代并存的南诏、大理府、永州、鹤庆、二城等古郡府为界，是以马帮为主要交通工具的国际商贸通道，也是早期中国西南贸易史迹点及独特景观。

今天，它与古老的茶马古道与建于古老的民族建筑与传统手艺，如山、布达、围裙和自然地道的食材，制作出融合着时光的痕迹，以及神秘、现代的感官风格。走进这里，仿佛时间静止与飞翔，接触大理、丽江、普洱、澜沧江、红河—一线山、河西走廊、藏羌等高原少数民族风俗；在这里，你可以感受圣洁之地长情的浓郁；同时成为心灵的放逐者，纳入民族脉络、热忱以及遥远的民族精神；阳光一照更显当地独特的饮食风格。失乐园与波罗利有明底曾经走过的历史痕迹之路。

在失乐园，和真正的七彩云南的远方接触。您可以一洗尘嚣，忘却烦恼，在享用天然健康美食，体验多元民族交融的和谐。我们诚挚希望，您在这里得到的，是一次全方位的美食文化快乐体验。

**L**ocated in the southwest of China, Yunnan, is arguably the most mysterious and beautiful place on the planet. The Ancient Tea Horse Road of the 6th Century started in the remote markets of the southwest. It was vibrant during the Nanzhao-Dali period, which co-existed with the Tang Dynasty and Song Dynasty. It also thrived during the Ming and Qing Dynasty. But it was at its peak during World War II. Transportation on the Tea Horse Road relied on horse caravans. It was an international trade route that allowed economic and cultural exchange in southwest China.

Today, Lost Heaven is proud to rediscover the cultures and foods along the Ancient Tea Horse Road. Using natural, indigenous ingredients and traditional cooking methods, we have re-invented dishes from by-gone days. Lost Heaven's contemporary and transcendental setting captures the essence of that land and transports you to that far-off frontier. Experience the numerous cultures of the Bai, Na Xi, Tibetan tribes, and other minorities. From Dali to Lijiang to Shangri-la, we continue into Mandalay and Rangoon of Burma for their unique tropical food culture. Get a taste of the historical route that Marco Polo and Hemingway once traveled and capture a glimpse of those glorious times.

We hope you experience an all-around cultural experience at Lost Heaven. Here, you can forget your worries and enjoy natural, healthy and most importantly, delicious food. At Lost Heaven, we are a great melting pot of different cultures and foods and we invite you to join us on our journey.

## 云南特别食材 Unique Ingredients from Yunnan

### 山姜叶 Sand ginger leaf

山姜叶或属于云贵高原地区。当地苗族：山姜叶常用来做调味料。苗族高脚菜即用这种芳香的山姜叶。



### 松茸 Truffles

多产于云贵高原，各地都有，被誉为“雪山珍品”。  
Growing in abundance around Yunnan in places like Liyang, Shengn-lia, Ninglang River in Gongshan Mountain area, and Chuxiong.



### 野生鸡棕菌 Termit Mushroom

鸡棕菌又名“墨脱古树蘑菇”，是野生菌中的珍品，肉质细密，味道醇厚，营养价值丰富。  
Found in the tropical areas of Yunnan, near the Lao and Burma borders. These rare mushrooms can only be gathered after rain in the mountains, and cannot be cultivated. Ji Zong is often dried and used in vegetable salads, and in rural areas, rice with garlic; ginger and Ji Zong mushroom is a common staple. A popular dish is Soi-med prawns with Ji-zong mushroom.



### 香柳叶 ‘Fragrant Willow’ Leaf

香柳叶是常用的香料之一。用于烹制的家禽野味及鱼类都可吃到香柳叶的香味。  
Is a delicious evergreen spice used in meat dishes by the Dai people. Lost Heaven grows its own Fragrant Willow in a boutique herb garden. Try Fragrant Willow in Husaya Dai-style Sauted Beef Tendon, or in Wild Vegetable Pancake.



### 巨蕨菜 “Wa coriander”

有了巨蕨菜，野菜园，七星菜炒鸡的师傅才肯炒它。此味也是彝族及傈僳族喜欢吃的香料，加入巨蕨菜，巨蕨菜会散发出巨蕨菜特有的清香。  
Dai Kuei bush, and other favorite Yunnan dishes. It is part of a famous Dai insect-since combination that also includes ‘Fragrant Willow’ and ‘Sun and Moon’ dried preserved vegetable.



### 白菌 Bai Shi, a kind of white mushroom

白菌又称猪油菌，而王户的气泡菌嘛，种之“白菌”。有熟食凉食，还有竹筒饭。它的白菌料  
also cannot be cultivated, and like its cousin, the Ji Zong mushroom, the Bai Shi adds a famous “meaty” texture to dishes. It is commonly used in soups, or fried or steamed with eggs; try it in Yunnan Stir-Fried Eggs, or in Steamed White Mushroom and Tofu in Banana Leaf.



### 云南火腿 Yunnan ham

云南火腿或与生火腿齐名。它与山西火腿，安徽火腿等齐名，火腿饼也受到云南人的推崇。  
Yunnan Xuanwei Ham is considered on par with Jinhuai Ham in China. Flavors of Yunnan ham can be found in the following dishes: Steamed Yunnan chicken patties with bamboo fungus; Yunnan hot and sour soup; cucumber soup; Yunnanmala ham pancake.



### 云南羊乳饼 Yunnan goat's milk cake

云贵高原，彝、白、纳西等民族经常食用的食材之一。  
An everyday ingredient of the local tribes in Yunnan.



### 普洱干酸菜 Sun and Moon Dried Preserved Vegetable

普洱酸菜吃干酸菜，其制作方法非常简单。将水煮沸，加入木须肉，使味变酸，然后风干待用。这种酸菜有独特的酸味，只可闻不可吃，酸味品质极佳。  
Sun and Moon Dried Preserved Vegetable has a tart flavor to soups and broths, and is often used together with chili and ginger.



### 交趾 Chinese Onion

交趾主要以腌渍为主，具有芳香醇厚，味道独特，调节肠胃功能，消暑清热等功效。一般与肉末一起炒。  
Jiao Tou or pickled preserved Yunnan pearl onions, lends a pungent crunch to stir-fried meat dishes.



## 开胃菜 Appetizers



1. 云南野菜饼  
Yunnan wild vegetable cakes 48元



2. 云南香芋春卷  
Yunnan taro spring rolls 55元



3. 云南荞粉  
Yunnan cold buckwheat noodles 40元



4. 云南豌豆粉  
Yunnan bean jelly 48元



5. 云南火腿饼  
Yunnan ham pancake 68元



6. 蔬菜春卷  
Vegetable spring rolls 55元



7. 缅式羊肉三角饼  
Burmese lamb samosa 78元



8. 缅式蟹肉饼  
Burmese crab cakes 78元



9. 虾泥春卷  
Shrimp spring roll 78元

## 沙拉 Salad



10. 鸡棕菌拌什锦菜  
Termit mushroom with assorted vegetables salad 68元



11. 云南茄子拌豆腐  
Yunnan eggplant and tofu salad 58元



12. 凉拌四季豆  
Strings beans salad 50元



13. 猇额鬼鸡  
Jin bo-style ghost chicken salad  
滇南人有杀鸡祭神的习俗。新宰的鸡身上抹上盐巴，用烧红的铁丝穿刺，然后在火上烤，使鸡肉变红，外表焦黑，但肉质鲜嫩，味道香醇。然后将鸡肉撕成条状，用酸辣的酱料拌匀，再撒上葱花，即成。



14. 曼德勒凉拌木瓜  
Mandalay papaya salad 55元



15. 缅式风味拌虾  
Burmese flavour shrimps salad 130元



16. 缅式凉鸡米线  
Burmese style chicken cold cut with rice noodles 58元



17. 傣族生菜包肉  
Dai Tribe pork in lettuce wrapping 78元



18. 缅式凉拌茶叶  
Burmese tea leaves salad 68元  
当地人称茶为“忙”。在云南大理、洱海等地，人们常以新鲜的茶芽泡水，冲入沸水，趁热饮用，有提神醒脑的作用。

## 蔬菜 Vegetables



19. 缅式虾酱炒四季豆  
Burmese shrimp paste with string beans 60元



20. 蕃茄炒花椰菜  
Sautéed cauliflower with tomato 55元



21. 椰奶番茄酱烩佛手瓜  
Braised chayote in coconut tomato sauce 50元



22. 蕃茄酱烧茄子  
Braised eggplant in tomato sauce 58元



23. 虾酱烧茄子  
Braised eggplant in shrimp sauce 58元



24. 蒜蓉西兰花  
Stir-fried broccoli with garlic 50元



25. 百合炒荷兰豆  
Stir-fried lily bulbs with snow peas 55元



26. 家常炒小瓜  
Home style stir-fried Yunnan gourd 50元



27. 家常炒芥蓝  
Home style stir-fried kale 50元



28. 酸角汁炖青菜  
Simmered vegetables in tamarind juice 50元  
酸角汁炖青菜，属于傣族特色，酸酸甜甜中，别清热解暑和健脾的功效。此菜在别的地区人觉得清淡无味的品种，被誉为“酸角皇后”也属云南边疆民族风味的一道家常小菜。  
A well-known homely dish in the western Yunnan area.

## 鸡肉 Poultry



29. 云笋蛤鸡丝  
Braised bamboo shoots with chicken 68元



30. 大理风味葱椒鸡  
Da Li style chicken with chili and green onions 78元



31. 云南凉拌椒麻鸡  
Yunnan chicken salad with chilli and sesame 78元



32. 大理茭头炒鸡  
Da Li Style stir-fried chicken with chinese onion (Pickled preserved yunnan pearl onion) 68元



33. 云南宫保鸡  
Yunnan gong bao chicken (Deep-fried chicken with chili, onions and ginger) 78元



34. 玉溪酱油鸡  
Yu-xi soy sauce chicken  
云南玉溪是中国的一个地级市，位于云南省南部，是中国的农业大省。玉溪市的酱油鸡是一道传统的滇菜，由玉溪人发明的。据说，玉溪人发明的酱油鸡是玉溪市的招牌菜之一。



35. 傣族七里香炒鸡肉  
Dai Tribe chicken with seven spices 68元



36. 缅式咖喱鸡  
Burmese chicken curry 68元



37. 古道吊烧鸡  
Ancient trail crispy chicken 138元

## 牛 肉, 猪 肉 与 其 它 Beef, Pork and Others



38. 花腰傣味炒牛柳  
Huayaо Dai-style  
Sauteed Beef Tenderloin 78元



39. 傣族蕉叶烧肉  
Dai Tribe roast pork  
in banana leaf 68元



40. 丽江风味爆炒牛肉  
Lijiang style stir-fried beef 88元



41. 丽江风味爆炒猪肉  
Lijiang style stir-fried pork 78元



42. 景族辣炒牛肉  
Yi Tribe style stir-fried  
spicy beef 88元



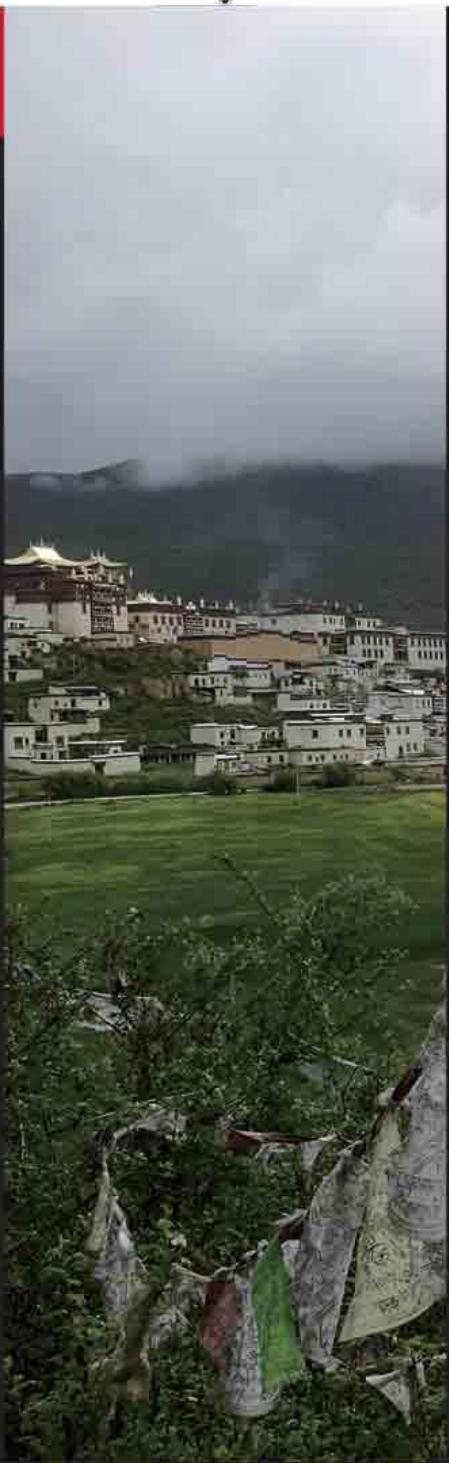
43. 干巴菌韭菜花炒肉  
Stir-fried pork with telephora  
ganbjun and chive flower 68元



44. 乌帮脆皮烧肉  
Ancient trail crispy pork 110元



45. 卡拉山火塘烧肉  
Mt. Ka-la grilled beef 88元  
卡拉山的火塘烧肉，家家户户都有一个很大的火塘，是人们日常生活中必不可少的生活资料，过去烧柴火是主要的取暖做饭。现在烧煤油的比较多，烧木材为生的比较少。  
Peaks of Mt. Ka-la in Yunnan, and known to have an open fire burning at home. This dish is often cooked on this fire.



46. 麦山族打歌牛肉 [凉拌] 88元  
Marinated beef salad  
with peppers



47. 藏族香炒牛肉 88元  
Tibetan style stir-fried beef



48. 藏族烤羊小排 180元  
Tibetan style grilled rack  
of lamb



49. 云南风味炸猪小排 130元  
Yunnan flavour fried pork ribs



50. 云南白菌炒蛋 80元  
Yunnan scrambled eggs  
with white mushrooms



51. 云南黑松露蒸蛋 160元  
Yunnan truffle steamed eggs



52. 蕉叶白菌蒸豆腐 68元  
Steam white mushroom  
and tofu in banana lea



53. 云南麻辣豆腐 60元  
Yunnan style hot & spicy tofu



54. 缅式咖喱牛肉 88元  
Burmese beef curry



55. 古道腊肠 68元  
Ancient trail sausages



## 海鲜 Seafood



56. 傣族七里香炒鱼柳 98元  
Dai Tribe stir-fried fish fillet with seven spices



57. 傣族豆豉鲈鱼 110元  
Steamed sea bass with dai tribe salted black bean



58. 傣族豆豉鳕鱼 250元  
Steamed cod with dai tribe salted black bean



59. 丛林蕉叶蒸鳕鱼 250元  
Spicy cod steamed in banana leaves



60. 缅式蕃茄酱焗鳕鱼 250元  
Burmese braised cod with tomato sauce



61. 云笋焗鲈鱼 110元  
Braised sea bass with bamboo shoots



62. 鲜花椒烧鲈鱼 110元  
Braised sea bass with fresh sichuan peper



63. 野生鸡枞菌蒸鳕鱼 350元  
Steamed cod with wild termite mushroom



64. 云南黑松露蒸鳕鱼 380元  
Steamed cod with Yunnan black truffle



65. 蓝凤凰酸辣虾 158元  
Miao tribe hot and sour prawns

66. 缅式椰奶焗螃蟹 280元  
Braised crab in coconut tomato sauce



67. 缅式番茄酱焗虾 130元  
Burmese prawns with tomato sauce



68. 鸡棕菌炒虾 190元  
Stir-fried prawns with termite mushroom



69. 傣族七里香炒蛤蜊 76元  
Dai Tribe stir-fried clams with seven spices



70. 蓝凤凰烩蟹肉蛋卷 80元  
Miao tribe style braised crab meat omelet



## 汤 Soup ( 大份供4-6人 Big portion served by 4-6 person 小份供2-3人 Small portion served by 2-3 person )

71. 云南酸辣海葵汤 108元  
Yunnan hot and sour sea cucumber soup  
大108元 小88元



72. 撒入杂菜汤 88元  
Vegetable soup  
大88元 小58元



73. 豆腐圆子蔬菜汤 88元  
Tofu, meatball, and vegetable soup  
大88元 小58元



74. 缅式黑木耳粉丝汤 88元  
Burmese black fungus and glass noodles soup  
大88元 小58元



75. 汽锅鸡 200元  
Steamed chicken in clay pot  
大200元 小160元





76. 竹笙萝卜酥肉粉丝汤  
Zhu mushrooms radish and fried pork with glass noodles soup  
大68元 小48元



77. 黑松露南瓜汤 (一人份)  
Black truffle pumpkin soup (individual servings)  
80元

## 炒饭, 炒面与其它 Fried Rice, Noodles and Others



78. 云南大救驾 (进餐/火锅/炒菜类) 76元  
Yunnan rice cakes with ham and preserved vegetables

明太祖朱三太子朱允炆在西藏南归。途经西藏时曾到过一个村子, 由于当地很穷, 村民献上一盘自己做的米糕, 皇帝吃了后觉得味道很好, 于是就赐名为“大救驾”。  
Dish of the Emperor's salvation. It is said the last emperor of the Ming Dynasty was seeking refuge from his pursuers at the small village of Tongchong. The health improved the young emperor, a dish of rice cake was served. The emperor declared that it was the most delicious dish he had ever eaten. He named rice cake "Da Jia Jia" or the Emperor's salvation.



79. 古道铜盘锅贴  
Copper plate pot stickers  
76元



80. 蔬菜蛋炒饭  
Fried rice with vegetables  
68元



81. 全三角炒饭  
Golden triangle fried rice  
68元



82. 云腿蛋炒饭  
Fried rice with Yunnan ham  
78元



83. 南瓜饼  
Pumpkin cake  
55元



84. 曼德勒蔬菜炒面  
Mandalay stir-fried vegetable noodles  
68元



## 饮料和甜品 Beverages and Desserts



85. 云南普洱茶  
Yunnan Pu-erh tea  
60元 (壶)

(一壶茶供二到四人使用, 每加一杯另收15元)  
(A pot of tea for two to four people, extra charge of RMB 15 applicable to each additional cup.)



86. 大理苍山绿茶  
Da Li green tea  
60元 (壶)

(一壶茶供二到四人使用, 每加一杯另收15元)  
(A pot of tea for two to four people, extra charge of RMB 15 applicable to each additional cup.)



87. 热带水果冰  
Shaved ice with tropical fruit  
40元



88. 椰奶草莓冰淇淋  
Strawberry ice-cream with coconut milk  
50元



89. 曼德勒彩虹冰淇淋  
Mandalay rainbow ice-cream  
50元



90. 冰镇百合枸杞  
Iced Lilium brownii with goji berry  
50元



91. 缅式奶茶 (冰, 热)  
Burmese milk tea (Iced, Hot)  
30元



92. 椰糖酸角汁  
Tamarind juice in palm sugar  
30元



93. 西瓜汁  
Watermelon juice 30元



94. 胡萝卜汁  
Carrot juice 30元



95. 菠萝汁  
Pineapple juice 40元



96. 蜂蜜柠檬汁  
Lemon with honey juice 35元



97. 橙汁  
Orange juice 40元



98. 苹果汁  
Apple juice 40元



99. 综合果汁 (苹果, 橙子)  
Mix juice (Apple, Orange) 40元



100. 綜合什錦水果盤  
Fruit platter 大90元  
中70元  
小50元

