



*"THE LIGHT THAT CANNOT BE HIDDEN; THE SALT THAT CANNOT BE TRAMPLED"*

## WHY LIGHT & SALT

光与盐是一家集餐厅、酒吧、艺术和文化为一体的生活体验空间。第一家光与盐设立在于 1933 年建成的外滩中国女青年会大楼内，光与盐的寓意来自于圣经，我们以光寓意文化与艺术，以盐体现我们的美食与美酒。

LIGHT & SALT IS A LEADING LIFESTYLE CONCEPT STORE FEATURING THE MOST DISTINCT OFFERINGS IN RESTAURANTS & BARS, ART & CULTURE. THE VERY FIRST LIGHT & SALT WERE ESTABLISHED IN YWCA BUILDING ON THE BUND, WHICH WAS BUILT IN 1933. LIGHT & SALT WAS TAKEN FROM A PHRASE WITHIN THE HOLY BIBLE. "LIGHT" STANDS FOR ARTS & CULTURES, WHILE "SALT" STANDS FOR ENTICING FOOD & WINE.

## LIGHT & SALT GROUP



**LIGHT & SALT DAILY**  
407 NORTH SHANXI ROAD, JING AN  
静安 陕西北路 407 号



**LIGHT & SALT BACKSTAGE**  
4F 139 NANJING DONG ROAD, BUND  
外滩 南京东路 139 号外滩中央美伦大楼 4 楼



**THE PINE AT RUI JIN**  
BUILDING 11, RUI JIN HOTEL, 118 RUI JIN ER RD  
黄浦 瑞金二路 118 号瑞金宾馆内 11 号楼，近复兴中路

## DAILY STORY

陕西路前身是知名的西摩路，在这条路上有许多建于 1914 年早期的摩登感公寓，充满了优雅氛围。如今的陕西路已是艺术时尚的静安区的核心，聚集了许多世界时尚品牌与创意公司的总部。LIGHT & SALT DAILY 如今非常自豪地来到静安，为这里的餐饮与生活方式增加新的亮点。

THE HISTORIC SHANXI ROAD, FORMERLY KNOWN AS SEYMOUR ROAD WAS FAMOUS FOR ITS STYLISH HOMES AND GRACIOUS ATMOSPHERE WHEN IT WAS ORIGINALLY BUILT BACK IN THE EARLY 1914. NOWADAYS SHANXI ROAD IS THE CENTER OF JING'AN'S ART AND FASHION DISTRICT, AND THE HEADQUARTERS OF MANY GLOBAL FASHION BRANDS & CREATIVE COMPANIES. LIGHT & SALT DAILY IS NOW PROUDLY TO BECOME THE LATEST ADDITION TO LIGHT & SALT GROUP AND JOIN JING'AN'S DINING & LIFESTYLE SCENE.

# DAILY SEASONAL LUNCH SET MENU

2 COURSES 两道菜 RMB 157

3 COURSES 三道菜 RMB 187

NON-ALCOHOLIC BEVERAGE 无酒精饮品 +RMB 30 | ALCOHOLIC BEVERAGE 含酒精饮品 +RMB 40

随意搭配属于你的菜单，请在每道菜中选取一种菜品  
PLEASE SELECT YOUR PREFERRED DISH FROM EACH COURSE

## APPETIZER

SUMMER LOTUS ROOT SALAD 夏日莲藕沙拉

GREEN PEA, CELTUCE, LILY, SHERRY VINAIGRETTE SESAME SAUCE  
青豆，莴笋，百合，雪莉酒醋芝麻酱

WARM ASPARAGUS SALAD 双色温热芦笋色拉

WHITE ASPARAGUS, GREEN ASPARAGUS, AVOCADO, HONEY MISO, TRUFFLE MAYONNAISE  
白芦笋，青芦笋，牛油果，蜂蜜味噌，松露蛋黄酱

TAMATO GAZPACHO 番茄冷汤

RICOTTA CHEESE, WATERMELON, SHALLOTS, BRIOCHE  
乳清芝士，西瓜，小干葱，黄油面包丁

SAUTEED SCALLOP & TIGER PRAWN 嫩煎北海道扇贝配虎虾 (+RMB 30)

CELTUCE, GREEN SEZCHUAN PEPPER, CRISPY SEA SEDGE  
莴笋，青花椒酱，海苔脆片

PAN SEARED FROG LEGS 法式香煎牛蛙腿

PANUS GIGANTEUS, HAZELNUT, PARSLEY FOAM  
猪肚菌，榛子碎，荷兰芹泡沫

TRUFFLE DUCK PATÉ 黑松露鸭肝鸭胸派

FOIE GRAS, SMOKED DUCK BREAST, PISTACHIOS, FRESH CHERRY JAM  
鸭肝，烟熏鸭胸，开心果，新鲜车厘子酱

FOIE GARS TERRINE 法式鹅肝冻糕 (+RMB 30)

SEAWEED, PISTACHIOS, ROSE JELLY, BLOOD ORANGE JEL  
海苔，开心果，玫瑰啫喱，血橙酱

ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE

• 需另加收10%服务费 •

# MAIN

## PAN-FRIED SEABASS 香煎海鲈鱼

IBERICO HAM, CAULIFLOWER PUREE, ARTICHOKE, BALSAMIC REDUCTION  
伊比利亚火腿, 花椰菜泥, 洋蓟, 意大利醋汁

## SEARED HALIBUT 嫩煎冰岛鳎鱼

BROILING TOFU, JERUSALEM ARTICHOKE PUREE, GARLIC CLAM FOAM  
火炙老豆腐, 洋姜泥, 蒜香蛤蜊泡沫

## ABALONE RISOTTO 意式鲍鱼烩饭

PARMA HAM, COLLYBIA ALBUMINOSA, PICKLED MUSHROOM, PARMESAN CHEESE  
帕尔玛火腿, 鸡枞菌, 腌渍蘑菇, 帕玛森芝士

## BLACK TIGER PRAWN LINGUINE 黑虎虾扁平意面

*UPGRADE TO HALF LIVE BOSTON LOBSTER 升级为半只鲜活波士顿龙虾 (+RMB 180)*

LOBSTER TOMATO SATAY SAUCE, HERBS SALAD  
龙虾番茄沙茶酱, 香叶生菜沙拉

## ROASTED CORN FED CHICKEN 脆烤谷饲鸡

BABY CARROT, BARLEY, CORN, BEETROOT PUREE, CHICKEN JUS  
手指胡萝卜, 薏仁, 甜菜头泥, 鸡骨汁

## ROASTED ARGENTINA TENDERLOIN 烤阿根廷菲力牛排 (+RMB 60)

MASHED POTATO, SHIITAKE MUSHROOM, CHEF SPECIAL SAUCE  
土豆泥, 香菇, 主厨精选酱汁

## AUSTRALIA M5 WAGYU TENDERLOIN 澳洲 M5 和牛菲力 (+RMB 180)

MASHED POTATO, SHIITAKE MUSHROOM, CHEF SPECIAL SAUCE  
土豆泥, 香菇, 主厨精选酱汁

# DESSERT

## BANANA CHEESE CAKE 香蕉芝士蛋糕

SALT CARAMELIZED BANANA, SOUR CREAM, YOGHURT ICE CREAM  
海盐焦糖香蕉, 酸奶油, 酸奶冰激凌

## HONEY PEACH CAKE 水蜜桃蛋糕

THYME JELLY, WHITE WINE CRUSHED ICE  
百里香啫喱, 白葡萄酒绵绵冰

## FRESH SUNSHINE MUSCAT GRAPE GRANITA 阳光玫瑰葡萄冰沙

GRAPE JELLY, LEMON ESPUMA, CRISPY BISCUIT  
葡萄果肉啫喱, 柠檬轻盈慕斯, 黄油脆饼

## ROASTED WAFFLE CREAM CHEESE PUDDING 华夫焗芝士布丁

FRESH SEASONAL FRUITS, LYCHEE SORBET, ROSE LYCHEE SAUCE  
新鲜时令水果, 荔枝雪芭, 玫瑰荔枝果酱

## CHOCOLATE LAVA CAKE 火山巧克力熔岩蛋糕

65% CHOCOLATE, SALTED CARAMEL, ROASTED PEANUT ICE CREAM  
65%黑巧克力, 海盐焦糖酱, 烤花生味冰激凌

*\*PLEASE ALLOW 15 MINUTES FOR PREPARATION 需要 15 分钟准备*

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# LUNCH A LA CARTE MENU

## TO SHARE

分享

168 HALF 半只 / 298 WHOLE 整只

**CORN FED CHICKEN 谷饲鸡**

CRANBERRY SAUCE, MASHED POTATO, CARVED WINE SAUCE  
蔓越莓汁, 土豆泥, 花雕鸡汁

488

**SLOW ROASTED SHORT RIBS WITH BONE 嫩烤牛肋排(400G)**

TRUFFLE MASHED POTATO, SEASONAL VEGETABLES, BBQ SAUCE  
松露土豆泥, 当季蔬菜, 烧烤酱

688

**AUSTRALIA M5 WAGYU RIB-EYE 澳洲 M5 和牛肉眼(400G)**

TRUFFLE MASHED POTATO, SEASONAL VEGETABLES, BEEF JUS  
松露土豆泥, 当季蔬菜, 牛肉汁

1088

**AUSTRALIA M5 WAGYU T-BONE 澳洲 M5 和牛 T 骨牛排(1KG)**

TRUFFLE MASHED POTATO, SEASONAL VEGETABLES, BEEF JUS  
松露土豆泥, 当季蔬菜, 牛肉汁

*BEST FOR 2-3 PERSONS TO SHARE*  
适合 2 至 3 人分享

197

**CHEESE PLATE 精选芝士拼盘**

BRIE, MANCHEGO, COMTE, GOAT  
布里芝士, 曼彻格芝士, 孔泰芝士, 山羊芝士

197

**DAILY COLD CUT PLATE 经典冷肉拼盘**

SPIANATA SALAMI, BRESAOLA, COPPA, 36-MONTH IBERICO HAM  
斯比亚纳塔萨拉米, 意式风干牛肉, 意式风干脖肉, 36 个月伊比利亚火腿

50g / 70g  
197/267

**36-MONTH IBERICO HAM 36 个月伊比利亚火腿**

PICKLE, HOMEMADE SOURDOUGH  
腌渍时蔬, 自制酸面包

127

**ABALONE RISOTTO 意式鲍鱼烩饭**

PARMA HAM, COLLYBIA ALBUMINOSA, PICKLED MUSHROOM, PARMESAN CHEESE  
帕尔玛火腿, 鸡枞菌, 腌渍蘑菇, 帕玛森芝士

297

**AUSTRALIA M5 WAGYU TENDERLOIN 澳洲 M5 和牛菲力**

MASHED POTATO, SHIITAKE MUSHROOM, CHEF SPECIAL SAUCE  
土豆泥, 香菇, 主厨精选酱汁

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