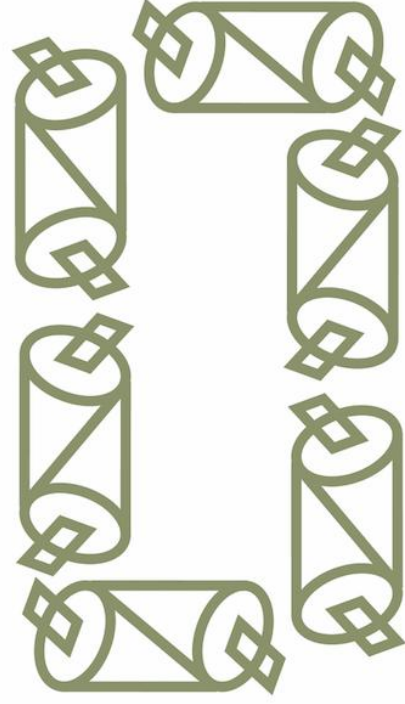
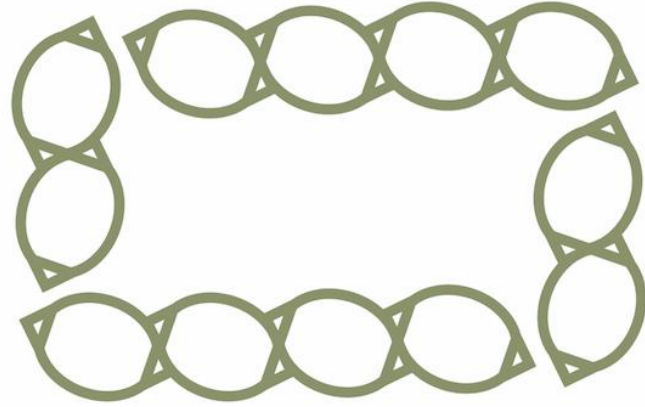




IN&OUT



IN&OUT





IN&OUT

丽江
鸡豆粉

LiJiang Black
Bean Jelly

¥32



Beef Rolls
with Mint

¥
58

薄荷
牛肉卷

中甸香辣
牛干巴

¥68

彝家
牛肉凉片 ¥48



Yi-style Cold Beef
Slices with Chili



Dried Yak Meat
with Chili

IN&OUT

木姜子
拌石屏豆皮 ¥32



Tofu Skin Salad with
Mujiangzi Dressing



景颇鬼鸡
¥48
JingPo-
style Silkie
(Black Bone
Chicken)
Salad with
Pepper/
Lemon



木姜子拌丝瓜尖 ¥42
Loofah Spouts Salad with Mujiangzi

IN&OUT

金版纳牛肉米干

¥68



Spicy Beef Salad with
Flat Rice Noodle

IN&OUT

油鸡枞七彩花生

¥ 46



Yunnan Peanuts with Oil-soaked Mushroom

IN&OUT



弥渡酸菜 凉米线

¥32

Cold Rice Noodles with Midu Pickles

树蕃茄 拌黄瓜花

¥42

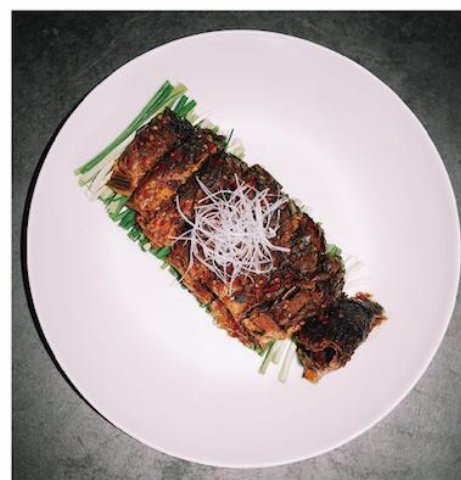


Cucumber Flowers with Tree Tomatoes

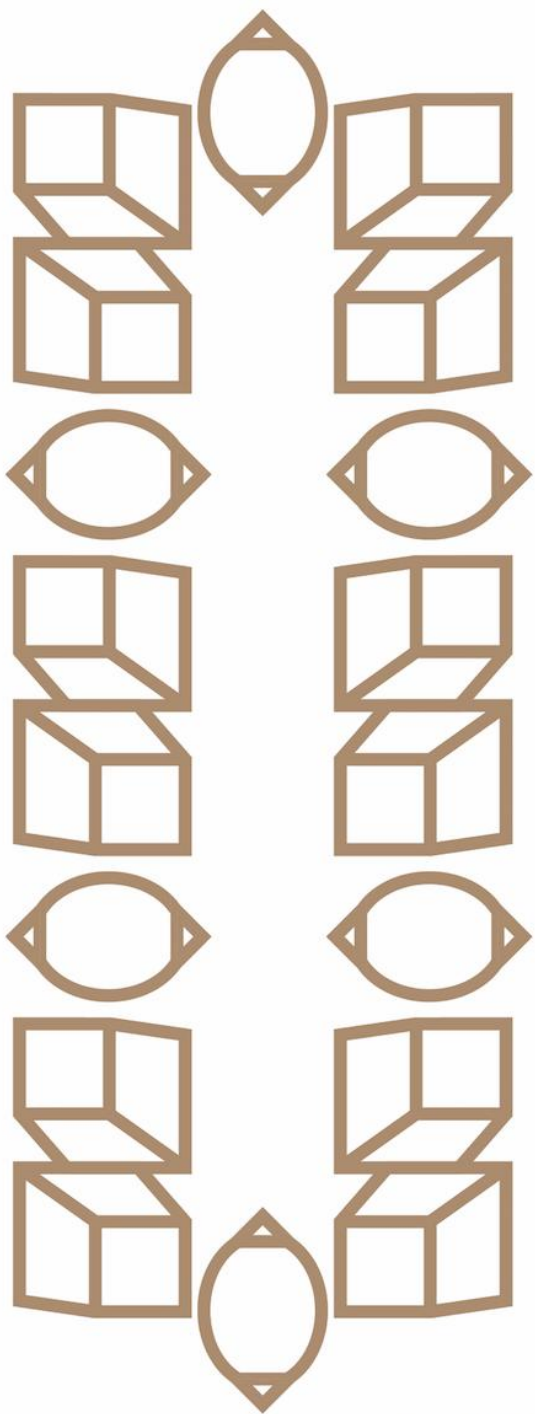
IN&OUT

¥78

石屏煎鱼



Shipin-style Fried fish



热菜

菠萝烤鸡

¥ 68



Roasted Chicken with Pineapple



ZhanYi Spicy Chicken 辣沾子益鸡糍粑

¥ 49

景颇烤山鸡

¥ 58



JingPo Style Barbecue Chicken

IN&OUT

傣族漆油鸡锅



¥
198

Lisu Style Lacquer Tree
Oil Chicken Hot Pot

IN&OUT

¥188

百香果炖高原土鸡 / 半只



Stewed Chicken Soup with
Passion Fruit

IN&OUT

挑大理
手理木
鱼瓜

¥
168



Dali Style Braised Fish
with Sour Papaya

¥ 118
佤乡辣子鱼



Wa-style Spicy Fish



大理雕梅
小排骨

Dali Short Ribs with Plum Jam ¥88

黑三剁 ¥32/39
(猪肉 / 牛肉)



Sautéed Chopped Pork / Beef with Green Peppers



¥56 炒干腊辣肉椒

Sautéed Preserved Ham with Dried Chillies

IN&OUT



腾越牛肉锅

TengYue Beef Pot
¥108

糯米香茶
牛仔粒
¥78

Sautéed
Diced Beef with
Green Tea



Fried
Beef
小炒
黄牛肉
¥68



佉族竹虫
蜂蛹双拼

¥
98



Steamed Natural
Boletus with
Eggplant and
Black Garlic

Sautéed Broad
Bean with Wild
Mushroom



葱油菌子蚕豆
¥46

牛肝菌
黑蒜烧茄子

¥
68



Steamed Natural
Boletus with
Eggplant and
Black Garlic

藕丝干巴
Dried Beef
Jerky with
Lotus Root

¥
58



尼西带皮黑山羊锅 ¥258
 NiXi Style Lamb Hot Pot
 (Balck Goat Meat with Skin)

HOT DISH



石屏香煎豆腐 ¥48
 Fried Shiping Tofu

石屏豆腐干 ¥38



Fried Shiping Tofu



韭菜花干巴菌蒸豆腐 ¥48

Steamed Weaver with Leek Flower

Scrambled Egg with
Jasmine Flower



茉莉花炒蛋
¥ 39



清炒豌豆尖

¥ 58

Fried Pea
Sprouts



Fried
Squash Tip

清炒
丝瓜尖

¥ 58

IN&OUT

Mustard Green
Soup with Spicy
Dipping Sauce



蘸水
苦菜
¥ 28

YunNan Pumpkin with Ham



云腿焖
姜饼瓜
¥46



小辣椒空心菜
Stir-fried Convolvulus with Chili
¥38



炆炒小青菜
Stir-fried small green vegetables
¥32

Sauteed TaiAn Potatoes with Pickles

酸菜炒太安洋芋片 ¥38



Sautéed Potato with Mint and Peppers



香辣薄荷洋芋

¥38

小炒鸡豆粉 ¥32



Sti-fried Lijiang Black Bean Jelly

瓦片烤乳饼 ¥58



Roasted Goat Cheese

腾冲大救驾 <炒饵块> ¥42



TengChong Sautéed Rice Cake with Ham/Egg/Pickles and Chilies