



HEBE HAVEN YACHT CLUB
白沙灣遊艇會

“I happened to be driving by the Club and espied a few friends at the bar and being unable to stop my car from making the sharp right turn, had to have a few beers. Gilbert and Madelaine were off but Fraser was tending the bar. Things became rather merry at about 9.30 and much to Fraser’s relief Gilbert and Madeline took over the bar and continued their usual excellent services until 1.00 am.”

*Colin Forbes, quoting from member’s entry
in HHYC’s Suggestion Book, 3 April 1978.*

HEBE HISTORY



HHYC first clubhouse 1964



HHYC clubhouse and BBQ garden upgrade 1984

From our Club’s humble beginnings in 1963, we have steadily and sustainably grown in terms of both membership and facilities. But something has not changed, and that HHYC’s relaxed, down-to-earth atmosphere where everyone helps each other and where members and guests are always welcome to stop by for great food, cold beers and warm hospitality.

What shall I eat today? 躍動味蕾，開展美食旅程

May Hebe Specials 5月 • 尋覓美食新角度	2
Starters & Sharers 前菜及小食	3
Soups 湯	4
All Day Breakfast 英式早餐	4
Healthy Stuff & Salads 沙律	5
Burgers and Sandwiches 漢堡及三文治	6
Something Substantial 主菜	7
Pastas 意粉	7
Stone-baked Pizzas 意式薄餅	8
From the Grill 烤扒	8
Something Spicy 咖喱	9
Home-cooked Favourites 中式美食	10
Eat your Veggies 素菜	10
Oodles of Noodles & Rice 飯麵	11
Desserts 甜品	12
Coffee & Tea 咖啡及茶	12
Drinks List 飲品	12

Food Allergies 食物過敏

Our kitchen handles fish, crustaceans, eggs, milk, soybeans, nuts, peanuts and their derivatives. Certain ingredients such as spices and natural flavourings may be proprietary; therefore, we may not have the source listed for those items. Care is taken as far as possible when catering for special requirements. However, responsibility for consuming such a meal remains with the diner.

我們餐廳廚房處理含有魚類、甲殼類、蛋類、奶類、大豆、堅果、花生及其製品。

一些香料和天然味料成份可能是專有的；因此我們可能無法為這些食品列出來源。我們會盡力照顧食品特別要求，但用餐者需附上自身責任。



Vegan Dish 純素



Vegetarian Dishes 素食



Slightly Spicy 微辣



Medium Spicy 中辣



Nice and Spicy 香辣

May Hebe Specials 5月・尋覓美食新角度



Pan-roasted Half Chicken with Morel Sauce

半隻燒雞配羊肚菌汁

sautéed potatoes and asparagus

炒馬鈴薯及青露筍

\$168



Porcini Thin Noodles Tossed with Sautéed Mushrooms and Green Beans

野生牛肝菌幼麵拌炒菇菌豆角

chilis and sesame oil

辣椒及麻油

\$128

Starters & Sharers 前菜及小食

Home Fried Nachos smothered in melted cheese, jalapenos peppers, sour cream, guacamole and tomato salsa (good for 2) \$85
(2位享用)
墨西哥粟米脆片 芝士、醃辣椒、酸忌廉、牛油果蓉及番茄沙沙醬 (good for 4) \$158
(4位享用)

Extra toppings 添加配料：

Mashed Edamame 毛豆蓉 Ground beef with chili sauce 辣汁碎牛肉醬汁 \$25



Vegetable Samosas

素菜咖喱角

(3 pcs 件) \$58

Malaysian Chicken Satay

馬來西亞雞肉沙爹

(6 pcs 串) \$80

Melted Cheese Quesadillas

your choice of chicken or beef

墨西哥芝士烤餅 可選擇雞肉或牛肉

\$80



Crispy Batter-fried Single-joint Chicken Wings

with chili sauce and apple sour cream

脆炸單骨雞翼 辣醬及蘋果酸忌廉

(12 pcs 件) \$88



Thai Style Minced Pork Lettuce Wraps

泰式免治豬肉生菜包

\$90



Salt and Pepper Squid

lightly fried squid tossed in spiced salt and pepper

椒鹽鮮魷

\$68

Chips

with your choice of curry gravy, lightly-currried mayonnaise or chipotle sauce

惹味百搭薯條

可選擇咖喱汁、咖喱蛋黃醬或墨西哥辣椒醬

(good for 1) \$25

(1位享用)

(good for 2) \$40

(2位享用)

Your choice 可選擇：

Skin-on Fries 炸有皮薯條

Fried Potato Wedges 炸薯角

Add your own toppings 添加配料：

Melted Mozzarella & Jalapenos Pepper 水牛奶芝士及墨西哥辣椒

Melted Mozzarella & Bacon Bits 水牛奶芝士及煙肉碎

Bolognese Sauce 牛肉醬

Breaded Chicken Strips 炸雞肉條

Each additional topping \$25

每款添加配料

Soups 湯

 **Cream of Mushroom Soup** \$58
蘑菇忌廉湯

 **Basil Infused Tomato and Vegetable Soup** \$58
番茄蔬菜湯 羅勒香草

Creamy Sweetcorn Chowder \$58
with roasted pimento or shredded chicken
粟米周打湯 燒甜辣椒或雞肉

French Onion Soup \$58
beef consommé, Gruyere cheese toast
法式洋葱湯 牛肉湯底、芝士多士

All Day Breakfast 英式早餐

All Day Breakfast \$98
two eggs any style, bacon, sausages, grilled tomato, sautéed mushrooms, hash brown,
baked beans, toast (white/wheat/sourdough)
英式早餐 各式雙蛋、煙肉、香腸、扒番茄、炒蘑菇、炸薯餅、焗豆、多士 (白包 / 麥包 / 酸種包)

Your choice of jam 請選擇一款果醬：

apricot, cherry, strawberry or orange marmalade
杏桃、車厘子、士多啤梨或香橙

Healthy Stuff & Salads 沙律



Quinoa Tabbouleh

pita bread and hummus

藜麥布勒沙律 配皮塔包及鷹嘴豆蓉

\$88



Create Your Own Hebe Salad

mixed leaves, tomatoes, cucumbers and your choice of any 3 of the following:

自選沙律 沙律菜、番茄、青瓜及選擇下列三款配料

\$108

Extra toppings 添加配料：

Grilled Chicken Breast 扒雞胸

Bacon 煙肉

Smoked Salmon 煙三文魚

Prosciutto Ham 意大利風乾火腿

Seared Tuna 火炙吞拿魚

Shrimp 蝦肉

Boiled Egg 焗蛋

Beetroot 紅菜頭

Green Beans 邊豆

Olives 橄欖

Avocado 牛油果

Edamame 枝豆

Red Onion 紅洋葱

Feta Cheese 羊奶芝士

Cheddar Cheese 車打芝士

Capsicum 甜椒

Blue Cheese 藍芝士

Haloumi Cheese 塞浦路斯芝士

Each additional topping \$25
每款添加配料

Plus your choice of dressing 沙律醬汁選擇：

Honey Lemon 蜜糖檸檬汁

Italian Vinaigrette 意大利油醋汁

Balsamic and Olive Oil 橄欖油黑醋汁

Caesar 凱撒汁

Shredded Chicken, Avocado and Egg Salad

Jalapeno, cucumber, sundried tomato and spring onion with zingy lime and pistachio dressing

雞絲牛油果雞蛋沙律 墨西哥辣椒，青瓜，番茄乾及青葱配青檸檬開心果仁醬

\$105

Seared Tuna Fillet Salad

salad leaves with a lightly-curried mayonnaise dressing

火炙吞拿魚柳沙律 沙律菜、咖喱蛋黃醬

\$118

Caesar Salad

Romaine lettuce, croutons, bacon bits, Parmesan and anchovies

凱撒沙律 羅馬生菜、烘麵包粒、煙肉碎、巴馬臣芝士、醃鯷魚

\$88

Grilled Chicken Breast 扒雞胸

Shrimp 蝦肉


Prosciutto Ham 意大利風乾火腿

Avocado 牛油果

Smoked Salmon 煙三文魚

Each additional topping \$25
每款添加配料

Burgers and Sandwiches 漢堡及三文治

 **Vegan Bap** \$80

with roasted shiitake mushrooms, smashed avocado, arugula and vegan pesto sauce

素菜三文治包

烤鮮香菇、牛油果蓉、芝麻菜和純素香草醬

 **Spicy Bean Burger** \$88

mashed chickpeas, breadcrumb, hot curry paste and spices, vegan bun and mango chutney

辣豆漢堡包 鷹咀豆蓉、辣咖哩醬及香料、麵包及印度芒果醬汁

Boat Builder's Butty \$68

lightly toasted burger bun with two eggs and bacon

煙肉蛋漢堡包 輕烤漢堡包配雙蛋及煙肉

Fish Burger \$108

with lettuce, tomatoes and tartar sauce

魚柳漢堡包 生菜、番茄、酸瓜蛋黃醬

Chicken Burger \$98

with Cheddar cheese, sautéed onions, avocado, lettuce and tomatoes

雞肉漢堡包 車打芝士、炒洋蔥、牛油果、生菜、番茄

Hebe Club Burger \$105

ground beef patty with Cheddar cheese, onions, pickles, lettuce and tomatoes

會所特色漢堡包 牛肉漢堡、車打芝士、洋蔥、醃瓜、生菜、番茄

Beef up your burger with any of our scrummy toppings:

可為你的漢堡包加添配料盡情享受吧

Bacon 煙肉

Feta Cheese 山羊奶芝士

Fried Egg 煎蛋

Blue Cheese 藍芝士

Sautéed Mushrooms 炒磨菇

Cheddar Cheese 車打芝士

Avocado 牛油果

Each additional topping \$20

每款添加配料

Toasted Gammon Ham and Gruyere Cheese Panini \$78

烘煙燻火腿芝士意大利麵包

Hebe Club Sandwich \$105

Focaccia with chicken, gammon ham, bacon, fried egg, lettuce and tomatoes

會所特色三文治 意式香草包、雞肉、火腿、煙肉、煎蛋、生菜、番茄

The above burgers and sandwiches are accompanied by your choice of fried potato wedges or skin-on fries

以上各款漢堡包或三文治可選擇炸薯角或炸有皮薯條

Something Substantial 主菜

Roasted Baby Pork Ribs smothered in smoky BBQ sauce; tomatoes, corn on the cob & potato wedges (Please allow 20 minutes) 烤燒豬肋骨 煙燻燒烤醬、番茄、粟米、炸薯角 (需時二十分鐘烹製)	(good for 1) \$110 (1位享用) (good for 2) \$198 (2位享用)
Fish Pie topped with creamy mashed potatoes and melted cheese with a side of green peas (Please allow 20 minutes) 焗魚批 馬鈴薯蓉、芝士、青豆 (需時二十分鐘烹製)	\$108
Mexican Fajitas your choice of beef or chicken strips on a sizzling plate served with cheese, Jalapenos peppers, sour cream, guacamole, tomato salsa, tortillas 墨西哥鐵板烤肉 可選擇牛肉或雞肉 配芝士、醃辣椒、酸忌廉、牛油果蓉、番茄沙沙醬、墨西哥薄餅	\$128
Fish and Chips golden fried fish fillets in your choice of beer-batter or breadcrumbs, with a side of green peas, tartar sauce and curry gravy for your chips 炸魚薯條 請選擇脆漿或麵包糠烹調 配青豆、酸瓜蛋黃醬、咖喱汁	\$98
Bangers and Mash mashed potatoes, garden peas and a rich caramelized onion gravy 英式香腸馬鈴薯蓉 青豆、焦糖洋蔥汁	\$98
Roasted German Pork Knuckle Choose steamed or crispy crackling sautéed potatoes and sauerkraut 德國豬手 可選擇蒸或酥脆豬手 炒馬鈴薯、酸菜	\$198

Pastas 意粉

 Porcini Ravioli in truffle cream sauce, with Parmesan and rocket leaves 牛肝菌意式餛飩 黑松露忌廉汁、帕爾馬芝士、火箭菜	\$88
Lasagne Bolognese pasta sheets, minced beef, cheese and tomato sauce 肉醬千層麵 免治牛肉、芝士、番茄醬	\$108
Spaghetti Bolognese the classic minced beef and tomato sauce topped with cheese 肉醬意粉 免治牛肉、芝士、番茄醬	\$78
Spaghetti Carbonara with bacon and onions in a creamy cheese sauce 煙肉蘑菇意粉 煙肉、洋蔥、芝士忌廉汁	\$98

Stone-baked Pizzas 意式薄餅

 **Quattro Formaggi** Gorgonzola, Parmesan, Mozzarella and Goat cheese on a rich tomato sauce \$120
芝士四重奏薄餅 藍芝士、帕爾馬芝士、水牛奶芝士、羊奶芝士、番茄醬

 **Margherita** Mozzarella on a rich tomato sauce \$120
番茄芝士薄餅 水牛奶芝士、番茄醬

Add your own toppings 添加配料：

Shiitake Mushrooms 鮮冬菇	Sweetcorn Kernels 粟米粒	Sun-dried Tomato 番茄乾
Olives 橄欖	Avocado 牛油果	Capsicum 甜椒
Cherry Tomatoes 車厘番茄	Red Onion 紅洋蔥	Rocket 火箭菜
Zucchini 意大利青瓜	Baby Sweetcorn 珍珠筍	Fresh Basil 羅勒香草
Jalapeno Peppers 醃辣椒	Artichoke Hearts 醃雅支竹	Haloumi Cheese 塞浦路斯芝士

Each additional topping \$25
 每款添加配料

Beef and Capsicum Pizza with onions, capsicum and jalapeno \$148
牛肉甜椒薄餅 洋蔥、彩椒及墨西哥辣椒

Tandoori Chicken Pizza with button mushrooms and mint sauce \$138
印度烤雞肉薄餅 蘑菇及薄荷汁

Pepperoni and Mozzarella Pizza \$120
辣肉腸水牛奶芝士薄餅

From the Grill 烤扒

US Beef Tomahawk (good for 3-4) \$988
美國斧頭牛扒 (3-4位享用)
 (Pre-order one day in advance 一天前預訂)

US Ribeye Steak (340g 克) \$298
美國肉眼牛扒

US Sirloin Steak (220g 克) \$188
美國西冷牛扒

Australian Lamb Chops (330g 克) \$288
澳洲羊扒

Halibut Fillet (200g 克) \$78
比目魚柳

If you would prefer your dish without Cajun herbs, please inform your server. 閣下如不喜歡香草調味，請通知服務員
 Above dishes accompanied by seasonal vegetables and your choice of spuds: wedges, skin-on fries or mash and your favourite sauce: red wine, black pepper or garlic.
 以上菜式皆配時蔬、炸薯角、炸有皮薯條或馬鈴薯蓉，並可選擇紅酒汁、黑椒汁或蒜蓉汁

Side Dishes 配菜

Wok-fried Seasonal Vegetables 清炒時菜 \$48	Sautéed Mushrooms with Garlic 香蒜炒蘑菇 \$48
Creamy Spinach 忌廉菠菜 \$48	Mashed Potatoes 馬鈴薯蓉 \$38
Broccoli au Gratin 芝士焗西蘭花 \$48	Organic Quinoa 有機藜麥 \$28

Something Spicy 咖喱



Chana Paneer Masala

chickpeas and cottage cheese in a creamy Masala curry

印度香料咖喱鷹嘴豆芝士

\$88



Aloo Matar Palak

garam masala spiced potatoes, creamed spinach and garden peas

印度咖喱菠菜蓉馬鈴薯青豆

\$68



Beef Chettinad

classic Indian curry is enrobed with a combination of spices, curry leaves, grated coconut and onions

印度泰米爾納德邦咖喱牛肉

經典印度咖喱，選用多款咖喱香料、咖喱香葉、椰子及洋葱烹煮

\$128



Lamb Masala

a popular Indian curry cooked with Masala power, turmeric, cumin, coriander and tomatoes

印度咖喱馬沙拉羊肉

普受歡迎印度咖喱，選用馬沙拉配方香料、薑黃、孜然、芫茜及番茄烹煮

\$128



Butter Chicken

marinated chicken with spices, chili and yoghurt sauce with tomato ginger and cream with cashew nuts

印度海得拉巴咖喱雞肉

辣椒香料乳酪醃雞肉，番茄薑忌廉腰果汁

\$98



Malabar Fish Curry

mild, tangy and creamy Indian curry with tamarind, coriander, chili, tomatoes and onions

南印度馬拉巴爾咖喱鱈魚柳

惹味奶油咖喱充滿羅望子酸豆、芫荽、辣椒、番茄及洋葱味道

\$118

Curries are accompanied by a poppadum and your choice of one of the following:

以上各款咖喱菜式皆配豆蓉薄脆及下列壹款食品：

Plain Naan 印度薄餅

Basmati Rice 香草印度飯

Garlic Naan 印度蒜蓉薄餅

Steamed Rice 絲苗白飯

Each additional naan or rice \$25

添加每款薄餅或飯

Home-cooked Favourites 中式美食

 **Kung Pao Beancurd** \$98
delicious vegetarian twist on this classic sweet & spicy Sichuan dish, with choy sum
宮保豆腐 配菜心

Batter-fried Sole Fillets your choice of sweetcorn sauce, or sweet & sour sauce \$88
脆炸龍脷魚柳 可選擇粟米汁或酸甜汁

Poached Chicken with Scallion and Ginger Soy Sauce (half chicken 半隻) \$158
薑蔥霸王雞

 **Sichuan Spicy Chicken** (half chicken 半隻) \$148
四川口水雞

Sizzling Beef Short Ribs with onions and black pepper sauce \$108
鐵板黑椒洋蔥汁牛仔骨

Sweet and Sour Pork with pineapple, onions and capsicums \$98
酸甜咕嚕肉 菠蘿、洋蔥、甜椒

Braised Eggplant with Minced Pork and Salted Fish \$88
魚香茄子

All above dishes are accompanied by steamed rice or crispy egg noodles
以上各款菜式皆配絲苗白飯或香脆蛋麵

Hainanese Chicken Rice (half chicken 半隻) \$148
served with a fragrant chicken oil rice and Chinese soup
海南雞飯 配油飯及老火湯





Eat your Veggies 素菜

 **Wok-fried Cauliflower Florets** \$48
 with crushed chili
辣椒乾炒福花菜

 **Wok-fried Broccolini** \$58
with ginger sauce
薑汁炒西蘭花苗

 **Stir-fried String Beans** \$48
with Miso Paste
面豉炒四季豆

Ooodles of Noodles & Rice 飯麵

-  **Vegetarian Singapore Noodles** \$68
vermicelli with fried tofu, egg, spring onion and bean sprouts in a delicious dry curry mix
素星洲炒米
炸豆腐、雞蛋、青葱、芽菜、咖喱醬
-  **Asian Sesame Noodles** \$68
with shimeji mushroom, mouse-ear mushroom, brassica greens and carrots
亞洲式芝麻蔬菜炒麵
本菇、雲耳、白菜及甘筍
- Nasi Goreng** \$108
Indonesian fried rice, shrimps, chicken, chicken satay, fried egg, prawn cracker
印尼炒飯
鮮蝦、雞肉、雞肉沙嗲、煎蛋、蝦片
- Fried Rice Yeung Chow Style** \$90
with BBQ pork, shrimps, eggs, spring onions, lettuce
揚州炒飯
叉燒、鮮蝦、雞蛋、青葱、生菜
- Pad Thai** \$90
Thai fried noodles, chicken, shrimps, fish cakes, egg, bean sprouts, peanuts
泰式炒金邊粉
雞肉、鮮蝦、魚餅、雞蛋、芽菜、花生
-  **Singapore Noodles** \$90
vermicelli with BBQ pork, shrimps, egg, spring onions, bean sprouts, curry paste
星洲炒米
叉燒、鮮蝦、雞蛋、青葱、芽菜、咖喱醬
-  **Laksa Lemak** \$118
Malaysian noodles in spicy coconut soup, prawn, snapper fillets, squid, mussels, scallops, bean sprouts
馬來西亞海鮮喇沙湯麵
鮮蝦、魷魚柳、魷魚、青口、帶子、芽菜
- Mee Goreng** \$78
yellow noodles, chicken, shrimps, white cabbage, onion and bean sprout with caramelized soy sauce
馬來亞炒油麵
油面、雞肉、蝦、椰菜、洋葱、豆芽、焦糖醬油
- Beef Pho** \$98
Vietnamese noodle soup, bean sprouts, onions, coriander, basil, beef broth
越式生牛肉湯粉
芽菜、洋葱、芫荽、羅勒葉、牛肉湯

Delicious Desserts 甜品

Vanilla Mascarpone Cheesecake served with fresh berries and passionfruit coulis 雲呢拿意大利芝士餅 伴雜莓及百香果蓉	\$68
Thai Sticky Rice with coconut milk, chia seeds and mango 泰式黑糯米布丁 椰奶、奇亞籽及芒果	\$68
Apple Crumble with a scoop of vanilla ice-cream 香脆蘋果金寶 伴雲呢拿雪糕	\$78
Tiramisu 提拉米蘇	\$68
Häagen-Dazs Ice-cream Häagen-Dazs 雪糕	(One scoop 單球) \$30 (Two scoops 雙球) \$50
In a bowl or on a waffle cone 雪糕杯或威化餅脆筒 Vanilla 雲呢拿 / Chocolate 朱古力 / Strawberry 士多啤梨	
Fresh Fruit Platter selection of freshly-cut seasonal fruits 鮮果拼盤碟	\$48
Assorted Cheese Board selection of three quality cheeses served with crackers, dried fruits and honey 雜錦芝士盤 三款精選芝士配餅乾、乾果、蜜糖	\$88

Coffee & Tea 咖啡及茶

	Regular	Large		Regular	Large
Brewed Coffee 即磨咖啡	\$25	\$37	English Breakfast Tea 英式早餐茶	\$25	
Espresso 意式濃縮咖啡	\$25	\$37	Earl Grey Tea 伯爵茶	\$25	
Café Latte 牛奶咖啡	\$27	\$42	Chamomile Tea 洋甘菊茶	\$25	
Cappuccino 泡沫咖啡	\$27	\$42	Peppermint Tea 薄荷茶	\$25	
Mocha 朱古力咖啡	\$29	\$44	Jasmine Tea 茉莉花茶	\$25	
Iced Coffee 凍咖啡	\$27	\$39	Green Tea 綠茶	\$25	
Iced Latte 凍牛奶咖啡	\$29	\$44	Iced Tea 凍檸檬茶	\$27	\$39
Iced Cappuccino 凍泡沫咖啡	\$29	\$44	Iced Tea with Milk 凍奶茶	\$27	\$39
Iced Mocha 凍朱古力咖啡	\$31	\$46	Hot Chocolate 熱朱古力	\$25	
Irish Coffee 愛爾蘭威士忌酒咖啡		\$55	Iced Chocolate 凍朱古力	\$27	\$39
Kahlúa Coffee 咖啡酒咖啡		\$55			
Bailey's Cappuccino 奶油甜酒泡沫咖啡		\$55			

Add a generous swirl of whipped cream \$5
添加淡奶油

Upgrade to soy or oat milk \$5
添加豆奶 / 燕麥奶



Nespresso 咖啡 \$28

Ristretto	Full-bodied and persistent
Forte	Round and balanced
Leggero	Light and refreshing
Decaffeinated	Velvety and aromatic