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Chf 1.- / E 0.75 / ¥ 5

海蒂1店: 沈河区南三经街37号 邮编 110014 电话 024-2289 4666 海蒂2店: 铁西区爱工北街7号3门 电话 024-2555 8636

Heidi 1 : No 37, South Sanjing Street, Shenhe District - 110014 Shenyang - 024 2289 4666 - Heidi 2 : No 7, Aigong beijie, Tiexi district, Tel: 024 2555 8636

Email : heidishenyang @ yahoo.cn- website : <http://www.heidi-china.com> - Weibo-Microblog: <http://t.sina.com.cn/shenyangheidi>

Facebook : <http://www.facebook.com/heidis.shenyang>

Every day an Express Lunch Menu 3 courses ¥ 49 Ask our staff about today's special
每天都有快捷午间套餐 3种菜品仅售 49元 详情请向店内员工咨询

The Heidi stories

Heidi, the Girl from the Alps, a two-volume novel written by Johanna Spyri born in 1827 was published in 1879 / 1880, became a world-wide success story already towards the end of the 19th century and children do still like it today - as a book, as a radio play and as a movie.

Heidi is by far the most popular piece of Swiss literature ever written and has been translated from German into 50 languages, been filmed more than a dozen times, and more than 50 million copies of Heidi books have been sold world-wide (Switzerland's population is only 7 million ...) (following on next page)

Soup / 汤

Ticino tomato soup	¥ 25
提切诺番茄汤	
Cream of pumpkin soup	¥ 35
奶油南瓜汤	
Beef soup	¥ 35
乡村牛肉汤	
Orange carrot soup	¥ 39
香橙胡萝卜汤	
Onion soup with cheese	¥ 49
洋葱芝士汤	
Cream of asparagus soup	¥ 49
奶油芦笋汤	



海蒂的故事

海蒂的故事是一部两卷本的小说，主人公海蒂是一个来自阿尔卑斯山的小女孩。作者约翰娜·斯柏丽生于1827年。这本小说发表于1879年~1880年，到19世纪末，这部小说已经在全世界范围内取得了巨大的成功。至今孩子们仍然十分喜爱它——作为小说，广播剧和电影。

海蒂是迄今为止在瑞士最为流行的文学读物，由德语翻译成其他50种语言，十几次被拍成电影。海蒂这本书共印刷了超过5000万份销往世界各地（瑞士的人口只有700万...）(未完接下页)

Cold Starters / 冷头盘

Fresh vegetable salad	¥ 39
美味蔬菜沙拉	
Farmer salad / 田园沙拉	¥ 59
Tomato mozzarella salad	¥ 69
马苏里拉番茄沙拉	
Seafood salad / 海鲜沙拉	¥ 59



Parma ham and melon	¥ 69
帕尔玛火腿蜜瓜冷头盘	
Shrimp cocktail	¥ 49
鲜虾鸡尾酒沙拉	
Beef carpaccio	¥ 69
卡帕乔生牛肉	

Hot Starters / 热头盘



Heidi's vol-au-vent	¥ 49
蘑菇泡芙	
Lorraine tart	¥ 39
洛拉塔	
Malakoff (cheese balls)	¥ 49
瑞士奶酪球 (3球)	
Cheese toast	¥ 59
奶酪吐司	
Puff pastry cheese	¥ 59
海蒂奶酪泡芙	

Gift idea

Offer a Heidi's Value card
to your friend or family

Get more information from Heidi's staff

送你的朋友或家人海蒂的储值卡作为礼物
详情请咨询海蒂员工

Italian Classics / 意大利经典

Tomato spaghetti / 番茄意面 ¥ 49
Spaghetti bolognese / 肉酱意面 ¥ 59



Spaghetti pesto / 特制罗勒意大利面 ¥ 69
Lasagna / 拉扎尼亚 ¥ 79

Every monday
Italian night
Half price
pizza & spaghetti
每周一晚 意大利之夜
意式比萨意面 半价 特惠

Fish and Seafood / 海鲜类

Grilled butter shrimps ¥ 79
瑞士黄油虾
Grilled pangasius fish with pesto sauce ¥ 89
香煎龙力鱼配罗勒酱



The Heidi stories (Part 2)

The orphan child Heidi first lives with her aunt Dete, but Dete would like to concentrate on her career. So she brings Heidi to her grandfather - a queer old man living in an alpine cottage far from the next village Alm-Uncle is good-hearted but mistrusts anybody and wants to keep the child from all evils of the world. So he refuses to send Heidi to school; instead she goes to the pastures, together with Peter, a shepherd boy looking after the goats. This alpine idyll finds a sudden end when aunt Dete comes in again and brings Heidi to Frankfurt (Germany) where she shall stay with Clara, the paralyzed daughter of a rich family, and learn something. (following on next page)

Homemade Pizzas / 手工比萨

Vegetable ¥ 45 ¥ 59
(Mozzarella, onion, tomato, pimienta)
蔬菜比萨
(奶酪、洋葱、番茄、甜椒)
Italian classic ¥ 49 ¥ 69
(Mozzarella, ham, mushroom, olive)
意式经典比萨
(奶酪、火腿、蘑菇、橄榄)
Hawaii pizza ¥ 49 ¥ 69
(Mozzarella, pineapple, ham)
夏威夷比萨
(奶酪、火腿、菠萝)
Beef and bacon ¥ 49 ¥ 69
(Mozzarella, beef, bacon, tomato, onion, mushroom)
牛肉培根比萨
(奶酪、牛肉、培根、番茄、洋葱、蘑菇)



Chef pizza ¥ 69 ¥ 89
(Mozzarella, bolognese sauce, bacon, salami, tomato, onion, mushroom, olive)

厨师长比萨
(奶酪、肉酱、培根、撒拉米肠、番茄、洋葱、蘑菇、橄榄)

Seafood Pizza ¥ 69 ¥ 89
(Mozzarella, tuna, salmon, shrimps, tomato, pimienta)

海鲜比萨
(奶酪、吞拿鱼、三文鱼、虾、番茄、甜椒)

We deliver pizzas
我们提供比萨送餐服务

Delivery within 2 km / ¥ 6 per order
距海蒂两公里以内可送 6元每次
not available for half price pizza / 不适用于半价比萨



TRUST IN ONE NAME FOR FINE WINE

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www.asc-wines.com

From the Grill / 煎烤类



Filet steak 180 gr. ¥ 89
(Vegetable spaghetti, black pepper sauce)
黑椒小牛排 (180克)
(配黑椒汁、意面及时蔬)
Filet steak 250 gr. ¥ 119
菲力牛排 (250克)
Choice of sauce:
Mushroom or black pepper or red wine.
选配：黑椒汁、蘑菇汁或红酒汁

Side-dishes:
Steaks are served with either vegetables, mashed potatoes, pasta, french fries or rosti
选配主食：
意面、土豆泥、土豆饼、炸薯条

Heidi's steaks are fresh and not frozen.
海蒂只售新鲜 (非冷冻) 牛排

Chicken curry & fruit rice ¥ 69
咖喱鸡肉水果饭
Beef goulash ¥ 79
古拉斯德国牛肉
Geneva chicken legs ¥ 79
日内瓦香煎鸡腿
Viener schnitzel ¥ 89
香煎猪排



Heidi's super burger ¥ 59
海蒂超级汉堡

海蒂的故事 (2)

孤儿海蒂起初是和她的姑姑德特生活在一起，但德特只专注她的职业生涯。于是，她带海蒂来到她的祖父那，一个有点儿古怪的老头，生活在一个远离村庄的阿尔卑斯山上。祖父是一个善良的人，但他不信任任何人，并希望孩子们远离世界上所有得罪恶。于是，他拒绝送海蒂去学校，而是让她和一个叫彼得的牧童去放牧。如此和谐的牧歌在海蒂的姑姑再次到来时突然被打断了，海蒂的姑姑德特又回来了并把海蒂带到了德国的法兰克福。在那里她不得不和克拉拉在一起。克拉拉是一个双腿瘫痪的女孩，生活在一个富裕的家庭里，海蒂在那里学到了一些东西。(未完接下一页)

Swiss Specialities 瑞士特色菜

Swiss cheese plate 瑞士奶酪拼盘	¥ 89
Swiss cold platter (Swiss imported dried beef, bacon, cheese, Pickled cucumber, onion, black bread)	¥ 99
瑞士冷头盘 (瑞士进口风干牛肉、培根、奶酪、 酸黄瓜、洋葱、黑面包)	
Baked chalet pasta 沙雷意粉	¥ 65
Swiss rosti 瑞士土豆饼	¥ 69
Spatzly carbonara 斯巴兹丽卡巴纳拉	¥ 69
Heidi's spatzly 海蒂斯巴兹丽	¥ 79



Cordon bleu 考顿布勒	¥ 99
Picatta milanaise 米兰匹卡塔	¥ 89
Pork filet mignon 蘑菇猪柳	¥ 89
Zurich beef 苏黎世牛肉	¥ 99

The Heidi stories (Part 3)

... Thanks to the grandmother of Clara, Heidi learns to read but she can't get acquainted to the strict discipline in a bourgeois upper class house (personified by governess Fraulein Rottenmeier). She is very lonesome and gets depressed by the gray anonymous city. Heidi becomes ill of homesickness, she starts to walk in her sleep. Miss Rottenmeier is alarmed, not because of the fate of the poor child, but rather because she thinks that there are ghosts in the old house. Finally Clara's father Herr Stresemann and the sympathetic doctor of the family decide to stay up till midnight and find out about the ghosts. When the doctor sees Heidi walking around in her sleep, he finds the right diagnosis and sends her back to the alps ... (following on next page)

Cheese Specialities 奶酪特色菜

Cheese fondue 1 pers. 奶酪火锅单人份	¥ 159
Cheese fondue 2 pers. 奶酪火锅双人份	¥ 299



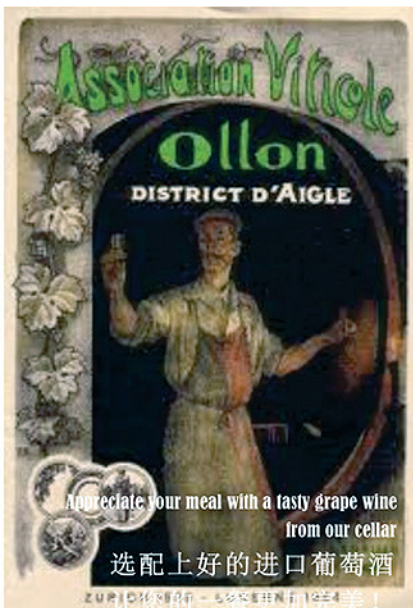
Happy raclette BBQ 1 per. BBQ套餐单人份	¥ 159
Raclette 450gr 2 pers. 哈格莱特奶酪餐双人份	¥ 299



Malakoffs (cheese balls) 6 p. 瑞士奶酪球 (6球)	¥ 69
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海蒂的故事 (3)

感谢克拉拉的祖母，在她的帮助下海蒂学会了阅读，但海蒂不能理解资产阶级上层社会的各种严格的纪律。她感到很寂寞，这个灰暗的城市让她感到郁闷。海蒂最终患上了思乡之病，她开始梦游。洛特米特小姐感到震惊，不是因为这个可怜的孩子命运，而是她认为这个老房子里有鬼。最终，克拉拉的父亲荷林施特雷泽曼先生也是一位富有同情心的家庭医生最后决定留下来。直至午夜时他发现了“鬼”的秘密。当医生看到海蒂在午夜梦游，他更确定了他的判断，最后决定送她回到了阿尔卑斯的家。(未完接下页。)



HAPPY HOUR
每天 17 点至 19 点
饮品买一赠一
5pm-7pm
Buy one get one more free

海蒂的所有餐品均遵照瑞士传统配方，采用新鲜纯正原料制作，遵照瑞士食品卫生和质量标准，绝不含任何化学添加剂。

Set Menus / 套餐

Vegetarian menu ¥ 89

Cream of pumpkin soup
Tomato pasta or small vegetable pizza
Nut tart

素食套餐

奶油南瓜汤
番茄意面 或小蔬菜比萨
果仁塔

Chalet menu ¥ 129

Onion soup with cheese
Baked chalet pasta
Apple pie

沙雷套餐

洋葱芝士汤 沙雷意粉 苹果派

Seafood menu ¥ 199

Cream of asparagus soup
Seafood salad
Grilled pangasius fish with pesto sauce
Lemon tart

海鲜套餐

奶油芦笋汤
海鲜沙拉 香煎龙力鱼配罗勒酱 柠檬塔

Heidi's menu (2 pers.) ¥ 299

Pumpkin soup & onion soup with cheese
Fresh vegetable salad
Black pepper steak & small vegetable pizza
Tiramisu & crème brûlée

海蒂情侣套餐 (双人份)

南瓜汤 和 洋葱芝士汤
美味蔬菜沙拉
黑椒小牛排 和 小蔬菜比萨
提拉米苏 和 焦糖布丁

Home Made Shopping

自制特色

Black bread, 500 gr. / 白面包	¥ 18
White bread, 500 gr. / 黑面包	¥ 36
Bolognese sauce 200 gr.	¥ 35
特制肉酱 (200克)	
Pesto sauces 200 gr.	
特制新鲜罗勒酱 (200克)	¥ 55

Would you like to have free drinks, meals, gifts and discounts?

您想要享有免费饮品、食物、获赠精美礼物及折扣吗？

Ask now for your Heidi's VIP Card

马上申请您的海蒂会员卡吧！

The Heidi stories (End)

The following summer, Clara visits Heidi there. They spend time in the pastures and Heidi shows Clara all the beauty of her world. Peter gets terribly jealous, and in a moment when he thinks no one is watching, he pushes the empty wheelchair down the hill, where it is smashed to pieces. But Clara still longs to see the flowers and so is forced to walk - and her desire is so strong that she overcomes her handicap. She is healed in body, spirit and soul in that healthy Alpine world - All's well that ends well!



Sandwiches & Snacks

三文治小吃

Egg & vegetable sandwich	¥ 39
鸡蛋蔬菜三文治	
Chicken & potato sandwich	¥ 49
鸡肉土豆三文治	
Ham & cheese sandwich	¥ 59
火腿奶酪三文治	
Tuna & sweet corn sandwich	¥ 59
金枪鱼玉米三文治	

French fries / 法式薯条

Small / 小份	¥ 19
Large / 大份	¥ 29

Omelettes / 法式煎蛋

Plain / 原味煎蛋	¥ 29
Classic / 法式经典 (Cheese, ham, mushroom) (奶酪、火腿、蘑菇)	¥ 39

Sausages / 进口香肠

German (Viennerei) / 维也纳	¥ 49
Swiss veal / 瑞士小牛肉煎肠	¥ 59
Pork roast / 猪肉煎肠	¥ 59
(Served with mashed potato and salad) (配土豆泥和蔬菜沙拉)	

Canadian favourite / 加拿大风味

Poutine / 布丁	¥ 39
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Dear Customer,

Please note that only food and beverages bought on the premises may be consumed here.
Thank you.

温馨提示

谢绝自带酒水食品 谢谢合作



Heidi's team wish you a pleasant meal
海蒂全体同事祝您用餐愉快

Swiss desserts / 瑞士甜点

Lemon tart / 柠檬塔	¥ 15
Nut tart / 果仁塔	¥ 19
Crème brûlée / 焦糖布丁	¥ 29
Choco mousse / 巧克力慕斯	¥ 19
Real black forest cake	¥ 19
纯正黑森林蛋糕	
Apple pie / 苹果派	¥ 19
Tiramisu / 提拉米苏	¥ 29
Chocolate fondue 2 pers 巧克力火锅双人份	¥ 69

Swiss Ice Cream

瑞士冰淇淋

Choose your own (scoop)	¥ 12
任意搭配 (每球)	
• Swiss choco crisp / 瑞士巧克力脆皮	
• Menthe choco crisp / 薄荷巧克力	
• Bailey's and nuts / 百利甜果仁	
• Orange / 鲜橙	
• Maple sugar / 加拿大枫糖	
• Lemon / 柠檬	
• Vanilla / 香草	
Ice cream plate / 冰淇淋拼盘	
6 balls of mixed flavours	¥ 60
(Chantilly cream & cookies)	
6 球混合 (配奶油和曲奇饼干)	

海蒂的故事 (结局)

第二年夏天，克拉拉去看望海蒂。他们来到了牧场，海蒂向克拉拉展示她世界里所有美丽的事物。彼得变得非常的嫉妒，并在别人都没有注意的时候，他把轮椅推到山谷中摔得粉碎。但是克拉拉仍然希望看到美丽的鲜花，所以被迫行走。她的愿望强大到她克服了她的障碍。在大自然中，在阿尔卑斯山上，她的身体，精神和灵魂得到了健康 - 最后，故事有了一个美丽的结局。