



传统上，道教源于二千三百多年前的中国。这不仅是宗教和哲学，更是一种「生活方式」。道教要求更多的是一种比宗教神学更为生动的方式，要求每个人都关注周围的世界，以理解宇宙的内在和谐。

在欣赏古代建筑、游览神秘的道教文化和风景之后，如果没有品尝纯正的道家美食和体验精湛舒适的六善水疗护理，您的青城山之旅仍然是不完整的。

道教探索如何能够延年益寿，而饮食直接影响一个人的长寿和健康。因此，道家非常严谨地对待饮食。对道教来说，饮食和健康是相通的，也是每个人生活的重要组成部分。

青城山自然资源丰富，种植高山有机蔬菜和其他地方也有很大的区别，在这里昼夜温差比其他地方小，晚上雾气上来，这些叶子菜吸收着夜里的雾气能更好地进行生长，这就是青城山蔬菜口感脆甜的由来。数百年来，这些天然蔬菜已成为青城山道士的餐食。从自然作物中吸取营养素的传统是道教美食最引人注目的特色。采用猴头菇、天麻、木耳、蕨菜、竹笋等制成口齿留香、风味独特的健康养生菜肴。

现在您可以在酒店紫氣園中餐厅享用道家养生美食。每道菜都体现了道家追求自然，回归纯朴的信仰，给人以无尽的美味享受和思考，每一道精心准备的菜品都能让你感受到天然的滋味。

青城山六善水疗中心推出了包括拔罐、艾灸、推拿、足疗、药浴疗法等中医疗法的道教套餐。它源于古代道家哲学，将人看作一个身心统一的能量体系，各自相互影响，相互平衡。中医不同于其他对抗性药物，试图从病人身上分离疾病，它强调治疗的整体方法。我们相信，针灸、草药疗法、推拿按摩和营养食疗是保健的关键方式。许多人发现传统的中医治疗方法是保持最佳健康和预防疾病的有效措施。中医对身体、心理和情绪都有卓越疗效。

「道」是一种生活方式，通过这种生活方式的实践提高我们对生活的认知，「道法自然」正是老子倡导人与自然的和谐统一、相互连接的体现。这与六善的品牌使命「帮助人们找回与自己、他人以及周围世界的联系」不谋而合。我们希望通过这种理念能够让人们更清晰地认知自己并健康快乐地生活，尊重自然，真爱自己，关心他人。

Taoism is traditionally held to have originated in China, over 2,300 years ago. It is not a religion, nor a philosophy. It is a "Way" of life. More a mode of living than an actual theology, Taoism asks that each person focuses on the world around him or her in order to understand the inner harmonies of the universe.

After appreciating ancient buildings, mysterious Taoism culture and scenery, a tour of Six Senses Qing Cheng Mountain would still be incomplete without a taste of the genuine Taoist cuisine and the wellness ministrations of a superb health spa.

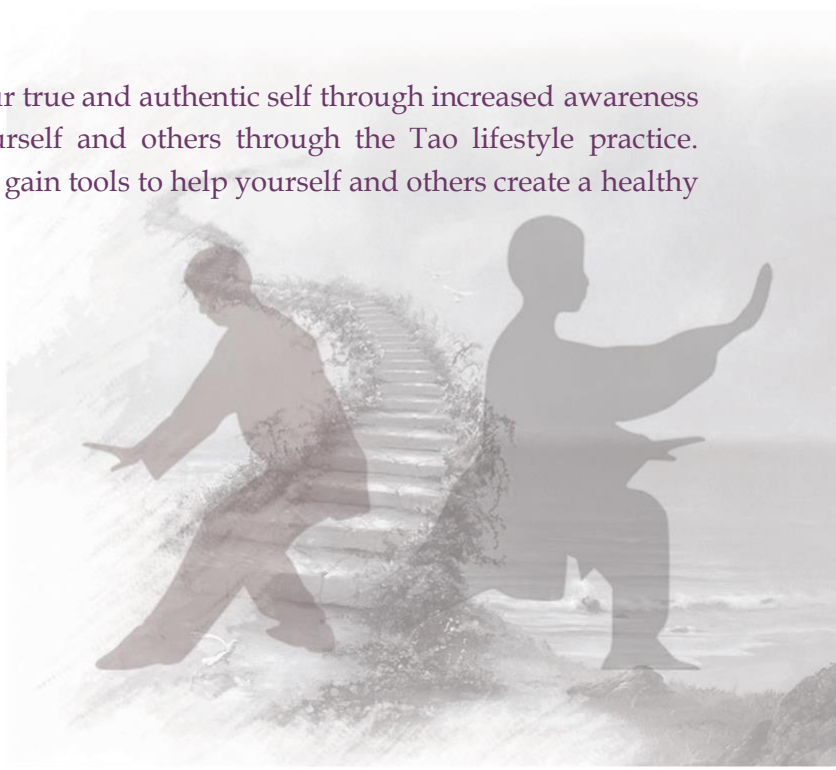
Taoism explores how to live a graceful long life and diet directly impacts a person's longevity and health. As a result, Taoists do look at diet in a very serious way. For a Taoist, diet and health are connected and an important part of how each person should live.

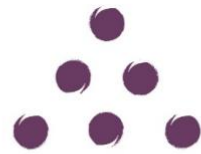
Qing Cheng Mountain is abundant in green, wild vegetables, which are very nutritious. For hundreds of years, these natural vegetables have been the staple for the Taoist monks of QingCheng Mountain. To carefully process the vegetables in the form of meat dishes is the most striking feature of Taoist food. Using monkey-head mushroom, gastrodin, agaric, fern and bamboo sprout to make a cuisine which is distinct in appearance with local flavour.

Now you can enjoy the Taoist cuisine at Zi Qi Yuan Restaurant. The Taoist beliefs of following nature and returning to simplicity are embodied in each dish, leaving people with endless flavours and reflections. Learn to taste the delicate natural flavors.

Six Senses Qing Cheng Mountain Spa launched the Taoism Package which includes Ba Guan Cupping, Moxibustion, Tui Na, Podiatry, Herbal Bath Experience and other therapies of traditional Chinese medicine. It has its origin in ancient Taoist philosophy which views a person as an energy system in which body and mind are unified, each influencing and balancing the other. Unlike allopathic medicine which attempts to isolate and separate a disease from a person, Chinese medicine emphasizes a holistic approach that treats the whole body. We believe that acupuncture, along with herbal therapy, tuina massage and nutrition are the key tools to wellness. Many people have found Traditional Chinese methods of healing to be excellent tools for maintaining optimum health and preventing illness. Traditional Chinese Medicine is effective for physical, psychological and emotional conditions.

Tao is a lifestyle that teaches you to live as your true and authentic self through increased awareness while growing, connecting, and healing yourself and others through the Tao lifestyle practice. Discover your true value through the Tao and gain tools to help yourself and others create a healthy physical, emotional, and spiritual lifestyle.





SIX SENSES



























QING CHENG MOUNTAIN

紫氣園中餐厅  
Zi Qi Yuan

道家素食养生菜单  
Taoist Wellness Menu

## 凉菜

### APPETIZER

	PORTION/例
福瑞呈祥  	
Marinated bamboo shoots, oyster mushroom, cashew nuts and bean curd	168
道家自然  	
Steamed Chinese yam with seasonal fruit sauce	168
田园春色  	
Chilled organic vegetables	138
鸿运上上签  	
Mushroom, fungus, bean curd in spicy sauce	108
水晶蔬菜卷 	
Fresh cucumber, organic vegetables with soy bean and chili	98
碧绿养生鲜天麻  	
Wellness gastrodia with vegetable dressing	88
吉祥如意卷  	
Chinese yam roll	88
胭脂爽口布衣   	
Pickled chilled radish with soy sauce	68
椰奶木瓜冻  	
Papaya pudding with coconut	68
桂花酿蜜藕  	
Lotus root glutinous rice roulade	68
烧椒青城竹笋   	
Qing Cheng fresh bamboo shoot with Sichuan pepper	68
秘制酱香乳瓜   	
Fermented cucumber with soy bean and chili	58

 健康低卡路里食品 Healthy and low calorie cuisine  健康素食 Vegetarian cuisine  
 辛辣食品 Spicy dish  自产有机农产品 Organic produce from the region

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## 汤品

### SOUP

	PERSON/位
御壶飘香 ❸ ①	
Double-boiled Chinese watermelon with cordyceps	88
红参大枣炖莲子 ❸ ①	
Double-boiled red ginseng, lotus seed, wolfberry with fig	78
养颜菊花豆腐 ❸ ①	
Taoism bean curd soup with local mushroom	68
茉莉花养心汤 ❸ ①	
Double-boiled bamboo, asparagus with Jasmine	58

## 热菜

### MAIN COURSE

	PORTION/例
青城道跳墙 ❸ ①	
Aba Zhou black truffle and local farm mushrooms in secret sauce	328
雨露春笋 ❸ ①	
Stewed bamboo fungus and asparagus with soil eggs	188
美味牛肝菌 ❸ ①	
Fried boletus with mushroom	188
蜀地飘香 ❸ ①	
Pan-fried dry hericium, green pepper with brittleness chili	128
福慧圆满 ❸ ①	
Steamed purple taro, corn flakes with coconut	108
落日薯香 ❸ ①	
Steamed sweet potato and almond slices with honey	108












❸ 健康低卡路里食品 Healthy and low calorie cuisine ① 健康素食 Vegetarian cuisine  
① 辛辣食品 Spicy dish ② 自产有机农产品 Organic produce from the region

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## 热菜

### MAIN COURSE

	PORTION/例
道家吉祥宝盒  	
Qing Cheng mushroom and bamboo shoot in tofu jewel box	98
珠联璧合 	
Fried lotus root and mushroom in secret sauce	98
煎酿秋葵 	
Pan-fried okra with potato	98
海苔土豆泥 	
Pan-fried mashed potato with seaweed	98
荷塘月色 	
Fried lotus root, black fungus and local ginkgo nuts	88
葱烧腐竹 	
Braised tofu skin with carrot and chives	78
宫保吉丁 	
Traditional Sichuan style Kung Pao tofu	78
小米青菜钵 	
Boiled choy sum with millet in soup	68
六善粗粮全家福 	
Braised barley and local wild rice in clear soup	位 person 88
浓汁酥米烩三丝 	
Local truffle, oyster mushroom and glutinous rice in superior soup	位 person 68













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# 点心

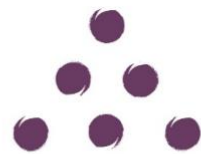
## DIM SUM

	PORTION/例
松茸生煎包   Handmade Pan-fried mushroom	半打 Half 108
有机萝卜酥   Baked organic turnip puff	半打 Half 98
养生香甜玉米粿   Handmade Pan-fried fresh corn pancake	半打 Half 68
黑松露焗饭   Baked black truffle with rice	位 person 78
手工素面   Home-made vegetable noodles	位 person 38
记忆中的味道   Home-made fried rice with soy sauce	位 person 38

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SIX SENSES

QING CHENG MOUNTAIN

紫氣園中餐厅  
Zi Qi Yuan

零点菜单  
A La Carte Menu



# 青城特色河鲜海鲜

## LIVE SEAFOOD

	500g/pricing
阿拉斯加帝皇蟹 鲜菌煮, 蒜茸粉丝蒸, 避风塘炒 Alaskan king crab Choose cooking style: Boiled with local mushrooms, Steamed with minced garlic and vermicelli Wok-fried with spicy crispy garlic and chili.	1500g/1580
澳洲龙虾 鲜露汁焗, 刺身, 浓汁焗, 青芥焗, 沸腾 须提前一天预定 Australian lobster Choose cooking style: Baked in fresh bean sauce, Sashimi with wasabi and soya sauce Baked with bisque, Baked with green mustard sauce, Boiled in chill oil (Reserve one day in advance)	888
东星斑 清蒸, 椒香蒸, 豆豉蒸 须提前一天预定 Spotted grouper Choose cooking style: Steamed, Steamed with fresh chili, Steamed with black bean sauce (Reserve one day in advance)	788
波士顿龙虾 鲜菌烩, 上汤焗, 青芥焗, 沸腾 Boston lobster Braised with fresh mushroom, Double-boiled with superior soup, Baked with green mustard sauce, Boiled in chill oil	588
笋壳鱼 清蒸, 椒香蒸, 翅汤煮, 藿香泡菜 须提前一天预定 Marble goby Choose cooking style: Steamed, Steamed with fresh chili, Boiled with fin soup Braised ageratum with pickled vegetable (Reserve one day in advance)	368

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# 青城特色河鲜海鲜

## LIVE SEAFOOD

	500g/pricing
石斑鱼 清蒸, 椒香蒸, 烧椒蒸, 豆豉蒸 Grouper Choose cooking style: Steamed, Steamed with fresh chili, Steamed with chopped pepper Steamed with black bean sauce	288
肉蟹 姜葱焗, 香辣年糕炒, 咸蛋黄焗 Mud crab Choose cooking style: Baked with ginger and onion, Fried with rice cake in dried chili Baked with salted egg yolk	238
青城黄辣丁 河水煮泡菜, 仔姜煮, 椒香煮, 香辣烧 Yellow catfish Choose cooking style: Braised with pickled vegetable, boiled with ginger Boiled with fresh chili, Braised with dried chili	188
多宝鱼 清蒸, 椒香蒸, 豆豉蒸 Turbot fish Choose cooking style: Steamed, Steamed with fresh chili, Steamed with black bean sauce	168
桂鱼 清蒸, 椒香蒸, 豆豉蒸, 干烧, 藿香泡菜 Mandarin fish Choose cooking style: Steamed, Steamed with fresh chili, Steamed with black bean sauce Dry braised, braised ageratum with pickled vegetable	168
鲈鱼 清蒸, 椒圈蒸, 烧椒蒸, 豆豉蒸, 干烧 Sea bass Choose cooking style: Steamed, Steamed with fresh pepper, Steamed with chopped pepper Steamed with black bean sauce, Dry braised	138
青城大鲫鱼 藿香泡菜, 干烧, 土烧, 豆瓣烧 Qing Cheng crucian carp fish Choose cooking style: Braised ageratum with pickled vegetable, Dry braised Boiled in spicy sauce, Braised with watercress	138






















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# 青城山特色健康凉菜

## APPETIZER

	Portion/例
椒油深海螺片  	138
Sliced whelk with Sichuan green pepper	
潮州炆蟹 	138
Fresh orchid crab with secret sauce	
烧椒大连鲜鲍片 	138
Abalone with fresh green pepper	
有机冰草三文鱼   	128
Fresh salmon with organic ice grass salad	
墨鱼大烤 	118
Boiled cuttlefish with seafood sauce	
水晶鲜虾卷  	118
Organic vegetables, shrimp with soy bean and chili	
道家老醋海蜇头 	118
Hot and sour jellyfish, peanut, sesame and cilantro	
剁椒深海乌贝  	108
Fresh piddok with kinds of fresh pepper	
爽口北极贝  	108
Sliced arctic shellfish with cucumber	
红日樟茶鸭卷 	108
Roulade of duck with salted egg yolk	
传统灯影鱼片  	98
Sliced mullet with fermented soya bean	
豉香小黄鱼  	98
Yellow croaker with fermented soya bean	
奇味佐酒丁丁肉 	98
Wok-fried spicy pork neck	











 健康低卡路里食品 Healthy and low calorie cuisine  健康素食 Vegetarian cuisine  
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# 青城山特色健康凉菜

## APPETIZER

	Portion/例
延边生态黄牛肉  Wok-fried beef belly with coriander	88
麻辣青城跑山鸡  Chilled chicken with Sichuan pepper and chili oil	88
麻辣蜀香黑鸡爪  Marinated black chicken feet and fungus with chili oil	88
私房蒜泥白肉卷  Chilled pork roll and cucumber with mashed garlic	88
老成都夫妻肺片  Marinated local tripe and ox-tongue in chili oil	88
葱香脆笋耳丝 Pork ear with onion and fresh bamboo	88
香椿苗拌桃仁  Qing Cheng vegetable with mixed fresh walnut kernel	68
六善快乐缤纷时蔬  Five kinds of green leafy and raw vegetables	68
传统麻酱凤尾  Baby lettuce with sesame dressing	58
巧手炆拌瓜衣  Fresh cucumber with dry chilli sauce	48
川北凉粉  Tossed bean jelly in chili sauce	48

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## 特色烧味卤水类

### BBQ & MARINATED DISHES

	Portion/例
香芒脆皮烤鸭 Crispy duck with mango	218
深井挂炉烧鹅 Cantonese style roasted goose	168
潮式卤水拼盘 Cantonese beef, duck, egg and tofu	188
广式白切鸡 Poached chicken with ginger and scallion	半只 half/128 只 whole/198
脆皮清远鸡 Crispy chicken	半只 half/118 只 whole/188
蒜香BB鸭 Roasted baby duck with garlic	只 whole /138
卤水金钱肚 Marinated tripe honeycomb Beef	98
澳门烧肉 Macau carbonado	98
脆皮乳鸽皇 Deep fried crispy pigeon	68

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## 保健养生汤品篇

### DOUBLE-BOILED SOUP

	Person/位
冬虫夏草炖青城土鸭 (补精益气之一) Double-boiled duck with cordyceps	238
养颜山珍炖花胶 Double-boiled fish maw with local truffle	88
养生白果炖跑山鸡汤 (青城四绝之一) Double-boiled chicken with ginkgo	68
清汤国宴鸡豆花 Double-boiled chicken, pork and egg-white in soup	68
珍菌松茸炖土鸡汤 Double-boiled chicken with local truffle	68
清汤芙蓉竹荪 Double-boiled bamboo-sun with chicken in superior soup	68
梅干菜炖肋排 Double-boiled pork ribs with pickled vegetables	68
开水白菜 Double-boiled Chinese cabbage in clear soup	58













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# 六善酒店特色菜

## CHEF SIGNATURE DISHES

	Portion/例
鲜竹筒烧辽参  家常，干烧，米凉粉 Braised sea cucumber with fresh bamboo tube Choose cooking style: Braised in home style, Dry-braised, Braised with bean jelly	528
老南瓜香煎鲜鲍   养生青麦焗，麻婆鲍喜 Pan-fried fresh abalone with pumpkin and mushroom Choose cooking style: Baked with wheat, Braised Mapo	468
藏烧雪花牛肋排  Tibetan marinated beef ribs with Sichuan pepper	458
六善极品全家福 Braised sea cucumber, abalone, beef tendon and quail egg with abalone sauce	428
茉莉花香煎澳带   Pan-fried Australian scallop with jasmine	358
养生青麦炒和牛  Wok fried wagyu beef with wheat and onion	358
炆火江南小牛肉  Braised smoked beef with pumpkin in sweet and salty sauce	328
菌皇蜜豆炒和牛  Pan-fried Wagyu beef with bean and mushroom	328
火焰鲜菌煎贝皇   Pan-fried scallop with fresh mushroom	368
年糕烧大黄鱼  Braised yellow croaker with rice cake in home-made sauce	288

辽参 位 person/268  
小米煮，鲍汁扣，葱烧  
Sea cucumber

Choose cooking style: Boiled with millet, Braised in abalone sauce, Braised with onion









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# 六善酒店特色菜

## CHEF SIGNATURE DISHES

	Portion/例
宫保深海鳕鱼 	228
Kung pao cod fish with onion and cashew	
双味泰国虾皇 	218
榄菜炒，清炒，锦宫汁爆	
Double flavored Thai king prawn	
Choose cooking style: Wok-fried preserved vegetable, Sautéed Wok-fried with lychee sauce	
椒香豆花石锅鱼 	188
Baked fish with tofu and Sichuan pepper	
香辣海中宝 	188
Fried whelks and baby cuttlefish with spicy sauce	
青城绿茶河虾仁 	188
Pan-fried shrimps with Qingcheng green tea	
汗蒸青城山老腊肉	158
Steamed smoked pork with green pepper and pickled vegetables	
石锅酱焖牛腩 	158
Braised beef brisket with turnip and tofu skin	
舌尖上的味道 	138
Boiled Australian beef tongue with vegetable in spicy sauce	
传统糯香鸭 	138
Deep-fried duck with glutinous rice	

 健康低卡路里食品 Healthy and low calorie cuisine  健康素食 Vegetarian cuisine  
 辛辣食品 Spicy dish  自产有机农产品 Organic produce from the region








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# 六善酒店特色菜

## CHEF SIGNATURE DISHES

	Portion/例
青椒小煎跑山鸡  Pan-fried chicken with green pepper	118
六善秘制红烧肉 Braised pork in sweet sauce	108
雪花鸡淖 Fried chicken with egg-white	108
香菇烘鸡煲  Baked chicken with mushroom and vegetable	108
韭香小河虾  Wok-fried river prawn with Chinese chives	108
干豇豆美蹄  Wok-fried pork feet with pickled vegetable	108
时果咕嚕肉 Sweet and sour pork with seasonal fruit	98
豉油菌香焗水晶粉 Baked mushroom with lotus root and starch in soya sauce	88
黑松露煎焗澳带  Pan-fried Australian scallop with Abazhou black truffle	位 person/88
养身粗粮酿百花   Braised shrimp balls and local wild rice in superior soup	位 person/88









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# 四川传统风味菜

## TRADITIONAL SICHUAN FLAVOR

	Portion/例
青城竹笋烧牦牛肉 	158
Braised yak with Qingcheng bamboo shoots	
道家泡菜泡椒烧牛蛙(青城四绝之一) 	158
Braised bullfrog with pickled vegetable and chili	
洞天乳酒烧青城山土鸭(青城四绝之一) 	128
Braised Qing Cheng duck with kiwi wine	
青城绿茶薰肋排(青城四绝之一)	128
Smoked pork rib with Qing Cheng green tea	
传统小米粉蒸肉 	118
Steamed pork with millet	
青城鲜竹笋炒老腊肉 	118
Smoked pork with bamboo shoots	
歌乐山辣子鸡 	108
Wok-fried Gele mountain chicken with hot chili	
青城石磨豆花 	98
Braised tofu with minced beef in spicy sauce	
小炒黄牛肉 	98
Wok-fried yellow beef with coriander and pepper	
水煮牛肉 	98
Boiled beef in spicy sauce	
宫爆鸡丁 	88
Kung pao chicken dices with peanut	
四川回锅肉 	88
Twice cooked pork with garlic sprout	
滋味小炒土豆   	78
Deep-fried potato with smoked pork and Sichuan pepper	

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## 四川传统风味菜

### TRADITIONAL SICHUAN FLAVOR

	Portion/例
招牌青城山老豆腐 	78
Braised Qing Cheng tofu with pork and red pepper	
蔬菜香煎土鸡蛋	68
Pan-fried egg omelet with vegetables	
鱼香茄子 	68
Deep-fried eggplant with sweet and sour sauce	
陈麻婆豆腐 	68
Traditional Sichuan "Mapo Tofu"	

## 青城山特色健康菌类菜品

### QING CHENG LOCAL MUSHROOMS

	Portion/例
鲜竹筒烧松茸 	328
Braised local truffle with bamboo culm	
干煸牛肝菌 	158
Dry-fried king bolete mushroom	
茶树菇炒牛柳	118
Beef tenderloin with tea mushroom	
XO 酱鸡腿菇爆鸡片	108
Mushroom with chicken breast in XO sauce	
小米松茸捞饭	位 person/ 88
Local truffle with rice	
































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## 健康素菜

### FARM AND LOCAL MARKET VEGETABLES

	Portion/例
泉水煮有机时蔬   	98
Boiled organic vegetables	
松茸扒芦笋  	98
Braised asparagus with local truffle	
青城五谷映丰登   	88
Steamed taro, yam and corn on the cob	
雪菜青城竹笋   	88
Pan-fried bamboo with pickled vegetable and minced pork	
干煸秋葵  	88
Dry-fried okra with minced pork	
腰果西芹炒百合  	88
Sautéed celery, lily bulb and black fungus with cashew nuts	
咸蛋黄炒苦瓜   	78
Fried bitter with salted egg yolk	
榄菜炒豆角   	78
Fried long beans with olive vegetable	
蒜茸西兰花  	68
Sautéed broccoli with garlic	
钵仔长豆角    	68
Baked long bean with garlic	
豆豉鲮鱼油麦菜  	68
Sautéed lettuce with diced fish in black bean sauce	
手撕包菜   	58
Wok-fried Chinese cabbage with chili	

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# 点心主食类

## DIM SUM

	Half Dozen/半打	Dozen/一打
梦幻天鹅酥 Pan-fried durian puff	88	168
芝士香烤焗番薯 Baked sweet potato with cheese and honey	78	138
手工牛肉焦饼 Hand-made fried beef pancakes	68	128
驴打滚 Glutinous rice cake with red bean paste	58	108
月牙煎饺 Pan-fried pork dumpling	58	108
糖油果子 Glutinous rice sesame balls with brown sugar	58	108
像形土豆包 Steamed potato bun with pork	48	88
四川叶儿粑 Glutinous rice dumpling with pork and bean sprouts in lotus leaves	48	88
红糖糍粑 Glutinous rice cake with brown sugar	48	88
传统钟水饺  Traditional pork dumpling	位 person/26	例 portion /108
赖汤圆 Black sesame glutinous rice balls in soup		位 person/26
笋子牛肉米线  Rice vermicelli with beef and bamboo		位 person/26

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