

(N) = NUTS 含坚果

(V) = VEGETARIAN 素食

(GF) = GLUTEN-FREE 无麸质

(DF) = DAIRY-FREE 不含奶制品

(MP) = BLUE TIER AND ABOVE MEMBER PRICE 蓝卡以上会员价

BEEF & LIBERTY

THE SOCIETY
AT
BEEF & LIBERTY
MEMBERSHIP BENEFITS



餐前小食 STARTERS

NEW **CHARRED BROCCOLINI** 42 **(V)** **(GF)**
碳烤西兰花苔

lemon zest, caper cream
柠檬皮, 水瓜柳酱

MUG OF SOUP 39

每日例汤

ask your server for today's choice
询问服务员今日例汤

NEW **SCOTCH EGGS** 52 **(45)**
苏格兰蛋

pork, shrimp, pasteurized egg,
white sesame
黑毛猪肉, 虾仁, 无菌蛋, 白芝麻

NEW **GOAT CHEESE AND BEETROOT** 52 **(V)**
炸羊奶酪配烤甜菜

bread and fried goat's cheese, pickled beetroot, watercress
炸山羊奶酪, 腌红菜头, 西洋菜

NEW **GRILLED OYSTERS** 芝士焗生蚝 1只/3只
39/92

fresh Rushan oyster,
cheese sauce, creamed spinach
鲜活乳山生蚝, 芝士酱, 黄油菠菜

CHICKEN STRIPS 脆皮炸鸡条 58 **(52)** **(DF)**

chicken thigh, breaded and fried,
served with cajun mayo
去骨鸡腿肉, 裹面包糠, 是拉差酱

CHEESEBURGER DUMPLINGS 59

黄金芝士爆汁牛肉煎饺

grass-fed beef, Jarlsberg® cheese, with onion jam
草饲牛肉, 亚尔斯堡芝士, 搭配焦糖洋葱酱

米与面 RICE & NOODLES

M7 WAGYU BEEF NOODLE 119 **(N)** **(DF)**
M7和牛拌面

M7 New Zealand wagyu bavette, angel hair noodles,
sesame sauce, spring onion oil,
marinated bamboo shoots, coriander, cucumber
M7新西兰和牛腰肉, 天使发丝面, 秘制芝麻酱, 葱油,
卤笋, 香菜, 黄瓜

BEEF CHILLI BOWL 109 **(N)**
墨西哥辣牛碗

grass-fed beef chilli, American cheddar cheese,
avocado, sour cream, coriander, served on wild rice
芝士辣牛, 美式车达芝士, 牛油果,
酸奶油, 香菜, 红洋葱, 混合野米饭

NEW **BEEF SHORT-RIB NOODLE** 129 **(DF)**
牛肋骨浓汤面

grass-fed New Zealand short rib, egg noodles,
beef broth, coriander, bok choy
新西兰草饲牛肋骨, 日式拉面, 自制红高汤, 香菜, 蔬菜

精选汉堡 HAMBURGERS

WE GRIND OUR OUR HAMBURGERS FRESH EVERY DAY. THE 170G PATTIES ARE FROM GRASS-FED NEW ZEALAND BEEF, FREE FROM HORMONES OR ANTIBIOTICS. WHY GRASS-FED?
COW'S EAT GRASS NATURALLY LEADING TO HEALTHIER AND BETTER MEAT!

用新西兰草饲牛肉当日制作新鲜汉堡肉饼, 每个均达170克。我们尊重自然规律, 食草饲养, 品质绿色天然, 肉质柔嫩鲜美!

HAMBURGER 汉堡包 98

grass-fed beef patty, lettuce,
ketchup, red onion, pickles

草饲牛肉饼, 奶油生菜, 番茄酱, 红洋葱, 酸黄瓜

CHEESEBURGER 芝士汉堡 108 **(102)**

grass-fed beef patty,
Jarlsberg® cheese, onion jam

草饲牛肉饼, 亚尔斯堡芝士, 焦糖洋葱酱

BACON CHEESE 培根芝士汉堡 123

grass-fed beef patty, bacon,
Jarlsberg® cheese, onion jam

草饲牛肉饼, 培根, 亚尔斯堡芝士, 焦糖洋葱酱

NEW **GREEK LAMB** 羊肉汉堡 128 **(118)**

house ground lamb patty,
garlic yogurt sauce, tomato salsa
手工现绞羊肉饼, 大蒜酸奶酱, 番茄莎莎

KOREAN FRIED CHICKEN 88 **(78)**
韩式炸鸡汉堡

breaded and fried chicken, Korean
hot sauce, mayo, slaw

炸去骨鸡腿肉配卷心菜色拉, 韩式甜辣酱, 蛋黄酱

FALAFEL 黎巴嫩汉堡 85 **(V)**

falafel, lemon harissa yoghurt,
tomato salsa, rocket leaves

法拉费饼, 哈利萨拉柠檬酸奶, 番茄沙沙, 芝麻菜

BLACK PEPPER 黑椒香浓汉堡 110

grass-fed beef patty, cracked pepper, onion jam,
Jarlsberg® cheese, rocket leaves

草饲牛肉饼, 黑胡椒, 焦糖洋葱, 亚尔斯堡芝士, 芝麻菜

THE SUPERLUXE 189

奢选干式熟成牛肉汉堡

220g grass-fed 30 day dry-aged beef patty,
French foie gras, Jarlsberg® cheese,
onion marmelade, pickles and dijonnaise

30天干式熟成草饲牛肉饼, 煎鹅肝, 亚尔斯堡芝士,
焦糖洋葱酱, 酸黄瓜, 芥末蛋黄酱

LIMITED AVAILABILITY EACH DAY
每日限量供应

THE LIBERTY 尚牛社会汉堡 159

220g grass-fed patty, onion jam, house pickles,
Dijonnaise, with a mound of Jarlsberg® cheese

220g草饲牛肉饼, 焦糖洋葱酱, 酸黄瓜, 芥末蛋黄酱,
浇上满满的现制热融亚尔斯堡芝士

EL CABRÓN 混蛋汉堡 119

grass-fed beef patty, beef chili, American
cheddar cheese, pickles, sour cream, spring onion
草饲牛肉饼, 辣牛肉酱, 美式车达芝士, 酸黄瓜, 酸奶油, 小葱

KIDS MENU 儿童菜单

includes French Fries, a soft-drink or fresh juice
and a scoop of ice cream

包含一份薯条, 一杯软饮或鲜榨果汁和一个儿童冰淇淋杯

CAPELLI BOLOGNESE 儿童肉酱意面 99

1/2 CHEESEBURGER 儿童芝士汉堡 99

CHICKEN STRIPS 儿童脆皮炸鸡条 99

炭烤系列 FROM THE GRILL

NEW **CRISPY SALMON FILLET** 178 **(168)** **(GF)**
脆煎挪威三文鱼排

grilled Norwegian smoked salmon,
lemon cream sauce, grilled asparagus, dill
煎挪威三文鱼排, 柠檬奶油汁, 烤芦笋, 莳萝草

NEW **GRILLED CHICKEN LEG** 138 **(128)** **(GF)**
法式芥末奶油鸡

Qingyuan chicken, Dijon mustard sauce,
mushrooms, thyme
清远鸡, 培根奶油芥末酱, 菌菇, 百里香

蔬菜碗 SALADS

CHEF'S SALAD 主厨蔬菜碗 88 **(V)** **(GF)** **(82)**

mixed leaves, hard boiled eggs, cherry tomatoes,
avocado, sweetcorn, beetroot, cucumber, coriander,
red-onions, French vinaigrette

混合色拉菜, 水煮蛋, 串番茄, 牛油果, 甜玉米粒, 红菜头,
黄瓜, 香菜, 红洋葱, 法式油醋汁

THAI BEEF SALAD 泰式牛肉蔬菜碗 129 **(N)**

M7 wagyu beef, carrot, cucumber,
angel hair noodles, watercress,
avocado, sambal lime dressing

M7 和牛腰肉, 胡萝卜, 黄瓜, 天使面, 西洋菜,
牛油果, 酸甜青柠汁

NEW **SALMON CAESAR SALAD** 三文鱼凯撒蔬菜碗 109

grilled Norwegian salmon, romaine lettuce,
capers, croutons, bacon, parmesan,
egg, caesar dressing

煎挪威三文鱼, 罗马生菜, 培根碎, 烤面包丁, 水瓜柳,
帕玛臣芝士, 鸡蛋, 凯撒酱

甜点 DESSERTS

ICE CREAM (2 SCOOPS) 冰淇淋 (双球) 49 **(39)**

chocolate / vanilla / strawberry
巧克力味 / 香草味 / 草莓味

CHEESE CAKE 重乳酪蛋糕 52

strawberry, raspberry
草莓酱, 覆盆子

LEMON CREAM 柠檬奶香慕斯 49

lemon posset, rasberry, oatmeal cookie
柠檬慕斯, 覆盆子, 燕麦饼干

WARM SKILLET COOKIE & CREAM 59

香浓奶油暖曲奇

warm baked chocolate chip cookie, cream
现烤巧克力曲奇, 香浓奶油

All prices shown are in Chinese Renminbi.
本菜单所列价格均为人民币 (RMB) 单位。

www.beef-liberty.com/cn

DRINKS 饮品

超级苏打

SUPER SODAS

FRESH FOR YOU 手工现做

CUCUMBER MINT LEMONADE

青瓜薄荷柠檬特饮

cucumber, lemon juice, mint, syrup, salt, soda

黄瓜, 柠檬汁, 薄荷, 糖水, 盐, 苏打水

50:50 Lemonade, ice tea

50:50 柠檬苏打, 冰红茶

ARNOLD PALMER 阿诺德柠檬特饮

50:50 Lemonade, ice tea

50:50 柠檬苏打, 冰红茶

FRESH LIBERTY LEMONADE

新鲜尚牛柠檬特饮

Glass/Carafe

300ml900ml

3888

GINGER COOLER 生姜酷饮

ginger juice, lemon juice, soda

生姜汁, 柠檬汁, 苏打水

APPLE MINT LEMONADE

苹果薄荷柠檬特饮

GRAPEFRUIT LEMONADE

西柚柠檬特饮

Glass/Carafe

300ml900ml

3888

Glass/Carafe

300ml900ml

3888

鲜榨果汁

FRESH JUICES

FRESH JUICES 鲜榨果汁

orange / apple / carrot

橙 / 苹果 / 胡萝卜

APPLE & ORANGE 苹果橙光

apple, orange

苹果, 橙

CARROT & ORANGE 好事橙双

carrot, orange 胡萝卜 / 橙

Glass/Carafe

300ml900ml

3999

IMMUNITY BOOST 维他轰炸

carrot, orange, ginger, lemon

胡萝卜, 橙, 姜, 柠檬

THE ABC 红颜果汁

apple, beetroot, carrot, lemon

苹果, 甜菜根, 胡萝卜, 柠檬

APPLE & CARROT 苹果卜卜

apple, carrot 苹果, 胡萝卜

Glass/Carafe

300ml900ml

3999

Glass/Carafe

300ml900ml

3999

冰红茶和软饮

ICED TEAS & SOFT DRINKS

ICED LEMON TEA 冰柠檬红茶

ICED PEPPERMINT TEA 冰薄荷红茶

ICED PEACH TEA 桃子味冰红茶

SOFT DRINKS 软饮

coke / coke zero / sprite 可乐 / 无糖可乐 / 雪碧

SODAS 汽水

ginger ale / tonic / soda 干姜水 / 汤力水 / 苏打水

Glass/Carafe

300ml900ml

3280

Glass/Carafe

300ml900ml

3280

Glass/Carafe

300ml900ml

3280

SUPPORTING THE RENEWAL CENTER - We serve teas sourced from The Renewal Centre's tea-growing communities in Yunnan. Every sip provides support and shelter for the homeless in Shanghai

公益使命 - 我们精选云南 The Renewal Centre 茶园社区的优质茶叶, 每一口都是对上海无家可归者的支持与关怀。

青瓦

TRANQUILITY

日新

RENEWAL

尚牛奶昔

LIBERTY MILKSHAKES

THERE IS NO MILK IN THEM - JUST TOTAL INDULGENCE!

Our shakes are made from 3 big scoops of ice-cream and a shot of thick cream.

没有加入牛奶 - 就是放纵! 我们的奶昔是用3大球冰淇淋和奶油搅拌而成。

CLASSIC 经典奶昔

your choice of chocolate / vanilla /strawberry

巧克力 / 香草 / 草莓

SPIKED SHAKES 烈酒奶昔

GRANDMA'S TIPPLE 威士忌奶昔

bourbon, caramel syrup, vanilla gelato

波本威士忌, 焦糖糖浆, 香草冰淇淋

THE DUDE 花花公子

kahlua, vodka, vanilla gelato, cream

咖啡力娇, 伏特加, 香草冰淇淋, 奶油

Glass/Carafe

300ml900ml

59

Glass/Carafe

300ml900ml

59

SIGNATURE 招牌奶昔

COOKIE 曲奇奶昔

vanilla gelato, homemade chocolate cookies, cream

香草冰淇淋, 自制巧克力曲奇, 奶油

EARL GREY 伯爵红茶奶昔

vanilla gelato, earl grey tea, cream

香草冰淇淋, 伯爵红茶, 奶油

PEANUT 花生奶昔

vanilla gelato, peanut butter, cream

香草冰淇淋, 花生酱, 奶油

Glass/Carafe

300ml900ml

69

Glass/Carafe

300ml900ml

69

Glass/Carafe

300ml900ml

69

热饮

HOT DRINKS

HOT KUMQUAT TEA 金桔柚子茶

honey grapefruit jam, fresh kumquat, jasmine tea, lemon

蜂蜜柚子果酱, 新鲜小金桔, 茉莉花茶, 柠檬片

HOT GINGER LEMON 热姜茶

lemon juice, ginger juice,honey

新鲜柠檬汁, 姜汁, 蜂蜜

NEW

新

APPLE CINNAMON TEA 苹果肉桂茶

Earl grey tea, apple cinnamon syrup, apple

伯爵红茶, 肉桂枝, 肉桂糖浆, 苹果

Glass/Carafe

300ml900ml

39

Glass/Carafe

300ml900ml

39

咖啡

COFFEE

REGULAR COFFEE 美式咖啡

CAPPUCCINO 卡布奇诺

LATTE 拿铁

ESPRESSO 意式特浓咖啡

DOUBLE ESPRESSO 双份意式特浓咖啡

MOCHA 摩卡

Iced /Hot

32

Iced /Hot

38

Iced /Hot

38

Iced /Hot

29

Iced /Hot

37

Iced /Hot

38

SUPPORTING COFFEE COMMUNE - We serve coffees sourced from Coffee Commune's direct trade model with coffee growing communities in Yunnan. Every sip ensures farmers are not only getting fair prices for their coffee but also investments into infrastructure improvements, hospitality ventures and the creation of diversified revenue sources for their communities

公益使命 - 我们选用的咖啡豆源自咖啡公社与云南咖啡种植社区的直接贸易模式。每一杯咖啡都确保: 农民不仅能获得公平的咖啡收购价格, 更能获得用于基础设施改善、文旅项目开发及社区多元化收入来源建设的持续投资。

咖啡公社

COFFEE COMMUNE

水

WATER

PURIFIED WATER 尚牛纯水

Still 纯净水 750ml

Carbonated 气泡水 750ml

Glass/Bottle

160ml750ml

15

Glass/Bottle

160ml750ml

15

DRINK FOR GOOD - We purify, bottle and carbonate our own drinking water here on site using the natura system, which saves 1000's of bottles from landfill, reduces the need for imported water and helps to minimise our carbon footprint. Let's drink to that!

喝出意义 - 我们采用Natura净化系统为我们的饮用水进行净化, 并注入二氧化碳, 这样可节约1,000个塑料瓶的消耗与对大地的污染, 减低对进口水的需求, 并有助于减少碳摄取。一举两得, 何乐而不为?

鸡尾酒

COCKTAILS

LIBERTY GIN & TONIC 尚牛社会金汤力

tanqueray dry gin, tonic

金酒, 汤力水

MOJITO 莫吉多

havana, lemon juice, syrup, mint

哈瓦那, 柠檬汁, 糖水, 薄荷

LONG ISLAND ICE TEA 长岛冰茶

ketel one vodka, tanqueray gin, tequila, havana, cointreau, lemon juice and coke

坎特一号伏特加, 金酒, 龙舌兰, 哈瓦那, 君度, 柠檬汁, 可乐

Glass/Bottle

160ml750ml

69

Glass/Bottle

160ml750ml

79

Glass/Bottle

160ml750ml

79

啤酒

BEERS

LEFFE BLONDE 330ML 乐飞金 (6.6%)

medium body with gentle, elegant malty aromas.

口感醇厚 丝缎般优雅顺滑 轻微麦香。

ASAHI DRY ZERO 350ML 朝日0醇 (0.0%)

zero % ABV, zero calories.

零酒精 零卡路里。

Glass/Bottle

160ml750ml

45

Glass/Bottle

160ml750ml

45

DRAUGHT 主啤

STELLA ARTOIS, BELGIUM 时代 (5%)

select European noble saz hops and pure malt brewing combination.

甄选欧洲贵族萨兹啤酒花和纯麦芽酿造。

GOOSE ISLAND IPA DRAFT 鹅岛 (5.9%)

full-flavored, English-style IPA with a bold hop finish

印度淡色艾尔啤酒, 浓郁的啤酒花柑橘香气

Glass/Bottle

160ml750ml

45

Glass/Bottle

160ml750ml

55

Glass/Bottle

160ml750ml

65

Glass/Bottle

160ml750ml

229

Glass/Bottle

160ml750ml

259

葡萄酒

WINES

PROSECCO 普罗塞考

ZONIN, PROSECCO DOC CUVÉE, ITALY 1821

卓林普罗塞考起泡葡萄酒, 意大利

glera. 格雷拉。

ROSE 桃红葡萄酒

SILVER HEIGHTS, "THE LAST WARRIOR" ROSE, CHINA 2020

世纪勇士桃红葡萄酒, 中国

pinot noir, chardonnay. 黑皮诺, 霞多丽。

RED 红葡萄酒

EMBLEMA CABERNET SAUVIGNON, CHILE 2022

米高桃乐丝印迹赤霞珠红葡萄酒, 智利

Miguel torres Cabernet sauvignon. 赤霞珠。

SANTA DIGNA MERLOT, CHILE 2022

圣迪娜美乐干红葡萄酒, 智利

Miguel torres merlot. 梅洛。

FAMILLE JIM CAZES, DOMAINE DE L'OSTAL ESTIBALS, FRANCE 2021

卡兹故乡酒庄森廷堡干红葡萄酒, 法国

syrah, grenache, carignan. 西拉, 歌海娜, 佳丽酿。

FAMILIA TORRES, CLOS ANCESTRAL DO, SPAIN 2021

桃乐丝传承酒园红葡萄酒, 西班牙

moneu, tempranillo, garnacha. 莫诺, 丹魄, 歌海娜。

ARGIANO, NC TOSCANA IGT, ITALY 2021

双面神酒庄无梅干红葡萄酒, 意大利

cabernet sauvignon, merlot, sangiovese. 赤霞珠, 梅洛, 桑娇维塞。

COPPOLA, DIRECTOR'S CUT CABERNET SAUVIGNON, USA 2018

柯波拉名导之手赤霞珠红葡萄酒, 美国

cabernet sauvignon, cabernet franc, petit verdot. 赤霞珠, 品丽珠, 小维克多。

JEAN CHAUVENET, JEAN CHAUVENET NUITS SAINT GEORGES, FRANCE 2019

乔维娜夜圣乔治村红葡萄酒, 法国

pinot noir. 黑皮诺。

Glass/Bottle

160ml750ml

65

Glass/Bottle

160ml750ml

65

Glass/Bottle

160ml750ml

275

WHITE 白葡萄酒

MIGUEL TORRES CHILE, EMBLEMA SAUVIGNON BLANC, CHILE 2023

米高桃乐丝印迹长相思白葡萄酒, 智利

sauvignon blanc. 长相思。

SALENTEIN, PORTILLO CHARDONNAY, ARGENTINA 2021

萨兰亭博迪优霞多丽白葡萄酒, 阿根廷

chardonnay. 霞多丽。

ZONIN, CLASSIC PINOT GRIGIO, ITALY 2021

卓林灰比诺白葡萄酒, 意大利

pinot grigio. 灰皮诺。

CHATEAU STE. MICHELLE, COLUMBIA VALLEY RIESLING, USA 2022

圣觅仙庄园雷司令白葡萄酒, 美国

riesling. 雷司令。

TE MATA ESTATE, ESTATE VINEYARDS, NEW ZEALAND 2022

德迈长相思白葡萄酒, 新西兰

sauvignon blanc. 长相思。

JOSEPH-DROUHIN, JOSEPH-DROUHIN-MACON-VILLAGE, FRANCE 2021

约瑟夫杜鲁安马孔村白葡萄酒, 法国

chardonnay. 霞多丽。

Glass/Bottle

160ml750ml

59

Glass/Bottle

160ml750ml

129

Glass/Bottle

160ml750ml

239

Glass/Bottle

160ml750ml

239

Glass/Bottle

160ml750ml

239

Glass/Bottle

160ml750ml

210

Glass/Bottle

160ml750ml

278

Glass/Bottle

160ml750ml

280

Glass/Bottle

160ml750ml

396

Glass/Bottle

160ml750ml

828

FOOD 食品

www.beef-liberty.com/cn