磨沟沿 MOGOUYAN

蘭州牛肉面 • HAND PULLED NOODLE

可以說在中國蘭州，吃到一碗正宗的牛肉麵才算真正感受過這個城市的文化魅力。老字號磨沟沿牛肉麵在當地已經有著超過四十年的歷史，可謂是蘭州牛肉麵中的王牌，真真正正的做到了一清二白三紅四綠五黃(湯汁清、爽，蘿蔔白淨，辣油紅顏，香菜翠綠，麵條黃亮)。磨沟沿牛肉麵最獨特之處在於將精心熬製而成的牛肉原湯作為麵條的湯，既保證了麵條順滑爺道的口感又賦予了麵湯最獨一無二的味道。當飽滿勁道的牛肉經過麵湯的浸泡，會在入口之前即刻散發出濃郁的鮮香，特別是搭配著蒜苗和香菜以及正宗的油潑辣子，就這樣吃一口面，嚼一口牛肉，再喝一口湯，牛肉麵的香氣也會持久的在食客的口腔中迴蕩。美食帶來的滿足感和幸福感從舌尖上蔓延開來。

2019年6月磨沟沿牛肉麵從中國蘭州正式登陸加拿大多倫多，正宗的牛肉麵廚師，純手工的麵條製作技術，以及專業的管理團隊，為當地食客提供的是最純正的味覺體驗。給海外遊子帶去的是最深刻的飲食情懷。

Dating back to the Qing Dynasty," Lanzhou hand-pulled beef noodles have become a popular and tasty food in China. For the Chinese, noodle dish is a common and ordinary type of food. It is also very simple to make. However, if you ask what is the true taste of authentic hand-pulled beef noodles, you will find the answer in Lanzhou, a city in the Northwest corner of China. The local people believe that eating just one bowl of hand-pulled beef noodles will allow you to taste the spirit of Lanzhou.

Mogouyan(MGY) is the name of a Place located in the heart of Lanzhou City.

MGY hand-pulled beef noodles have more than 40 years of history in the local business with several restaurants. It is also one of the most well-known beef noodle brands in Lanzhou. High-quality MGY hand-pulled beef noodles must include one clear (additive-free soup), two white(favoured radish), three red(chilli oil), four green(fresh parsley & onions) and five yellow (hand-pulled noodles with a variety of dimensions). The uniqueness of MGY noodles lies in our rich & aromatic broth. Boiling the beef for hours with a variety of naturalingredients guarantees the taste of the broth.

In June 2019, MGY noodles has officially arrived in Toronto with experienced chefs and a professional management team. We are engaged in bringing the most authentic cuisine to local people and leading the revolution. We hope you enjoy our MGY authentic beef noodles together with our legendary services.

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前菜及涼菜
Appetizers and Cold dishes

素春卷 3pcs條 | 6.95
Vegetable spring rolls
with wasabi flavoured
sesame dipping
A01

岩鹽毛豆 5.95
Steamed edamame
with himalayan pink salt
A02

手撕椒麻雞 8.95
Hand shredded
pepper chicken
A03

脆炸雞排 9.95
Deep fried chicken fillet
A04

Please let us know if you have any food allergies.

新奧爾良炸雞翅 3pcs隻 | 6.95
Deep fried
New Orlean style wings
A05

脆炸素餃子 4pcs隻 | 5.95
Deep fried house made
veggie dumplings
A06

招牌醬牛肉 9.95
Seasoned beef
with signature sauce
A07

涼粉 6.95
Bean jelly
with house special sauce
A08

脆皮豆腐 8.95
Crispy Tofu
A09

涼拌海帶絲 7.95
Shredded kelp salad
A10

鐵嘴黃瓜 6.95
Cucumbers with wasabi flavoured sesame dressing
A11

西芹腐竹 6.95
Celery and tofu skin salad
A12

滷蛋 each 每個 | 2.95
Spiced egg
A13

Please let us know if you have any food allergies.

Pulled *with* Pride
Slurp *it* Fresh

加料
Add-On

加肉 Extra Protein	加蛋 Add Egg	加麵 Extra Noodles
5.95	2.95	2.95

麵型選擇
Choices of Noodle Shape

湯麵
Soup Noodle

磨沟沿牛肉麵
Mogouyan classic beef noodles

B01

Spicy Level 🌶 🌶🌶 🌶🌶🌶

Regular	16.95
Large	19.95

牧蘭典藏牛肉麵
Moolan original beef noodles

B02

Spicy Level 🌶 🌶🌶 🌶🌶🌶

Regular	16.95
Large	19.95

Please let us know if you have any food allergies.

紅燒牛肉麵
Braised beef noodles

B03

Spicy Level

Regular	18.95
Large	21.95

番茄牛腩麵
Tomato beef noodles

B04

Regular	18.95
Large	21.95

Please let us know if you have any food allergies.

酸菜牛肉面
Beef noodles with pickled mustard

B05

Spicy Level

Regular 17.95
Large 20.95

雞排面
Noodles with deep fried chicken fillet

B06

Spicy Level

Regular 17.95

番茄素面
Tomato vegetable noodles

B07

Regular 15.95

Please let us know if you have any food allergies.

炒面
Stir-fried noodle

招牌炒面
Signature stir-fried noodles

C01

Spicy Level 🌶🌶

素	Vegetable	17.95
牛	Beef	18.95
鸡	Chicken	18.95
虾	Shrimp	20.95

番茄炒面
Tomato flavoured stir-fried noodles

C02

素	Vegetable	17.95
牛	Beef	18.95
鸡	Chicken	18.95
虾	Shrimp	20.95

拌面
Dry noodle

D01

担担面
Dan Dan noodles

Spicy Level

Regular 18.95

牛肉炸酱面
Thin flat noodles with minced beef paste

D02

Regular 18.95

Please let us know if you have any food allergies.

麻醬涼面

Cold noodles with sesame sauce

D03

Spicy Level

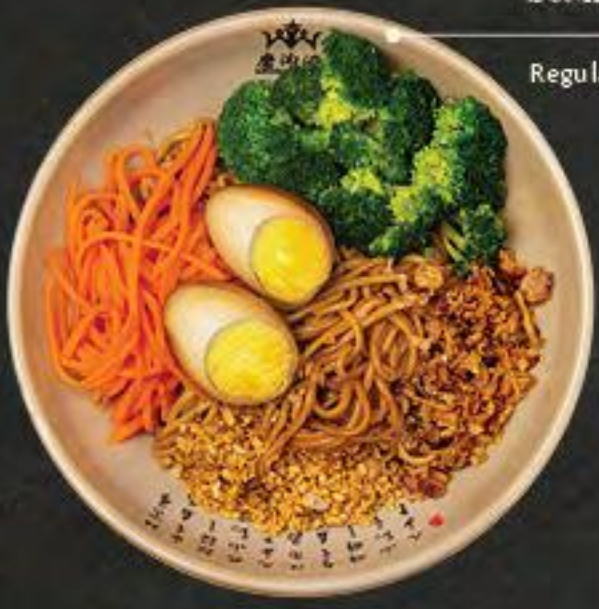
Regular 15.95

蔥油拌面

Scallion paste noodle

D04

Regular 14.95



Please let us know if you have any food allergies.

金城乾拌面
Lanzhou toppings on dry noodles

D05

Spicy Level 🌶🌶

素	Vegetable	17.95
牛	Beef	18.95
雞	Chicken	18.95
蝦	Shrimp	20.95

番茄乾拌面
Tomato flavoured toppings on dry noodles

D06

素	Vegetable	17.95
牛	Beef	18.95
雞	Chicken	18.95
蝦	Shrimp	20.95

Please let us know if you have any food allergies.

飲品
Non-Alcoholic Beverages

招牌芒果綠茶 6.95
Signature Mango Green Tea
E01

招牌草莓綠茶 6.95
Signature Strawberry Green Tea
E02

招牌百香果綠茶 6.95
Signature Passion Fruit Green Tea
E03

招牌橘子綠茶 6.95
Signature Orange Green Tea
E04

Please let us know if you have any food allergies.

芒果飲品 6.95
Non - caffeinated Mango refreshment
E05

草莓飲品 6.95
Non - caffeinated
Strawberry refreshment
E06

百香果飲品 6.95
Non - caffeinated Passion
Fruit refreshment
E07

橘子飲品 6.95
Non - caffeinated Orange
refreshment
E08

蜂蜜綠茶 6.95
Honey Green tea
E09

軟飲 Soft Drink 2.95
E10
Coke 可樂 | Coke Zero 零度可樂 | Ginger Ale 薑汁汽水

礦泉水 3.95
Mineral Water
E11

氣泡水 4.5
Sparkling Water
E12

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甜品
Dessert

雪米糍 6.95
Mochi Ice cream
J01

炸紅豆小魚餅 6.95
Deep fried fish buns
filled with red bean paste
J02

Please let us know if you have any food allergies.

磨泃沿 MOGOUYAN 麻辣香鍋 · HAND PULLED NOODLE

招牌雞尾酒(2oz) MGY Signature Cocktails

磨

Double Happiness 12.95
G01

Vodka, Sour Puss Apple,
MGY Passion Fruit Puree

MGY Mango Martini 13.95
G02

Bombay Sapphire Gin, Dry Vermouth,
MGY Mango Puree

Sweet Treat 12.95
G03

Vodka , Sour Raspberry,
MGY Strawberry Puree

MGY Caesar 13.95
G04

Vodka, MGY Spicy Clamato Juice,
Signature Spiced Salt, Pickle

Peach Julep 12.95
G05

Whiskey, Peach Schnapps,
MGY Peach Puree

Northern China Lights 13.95
G06

Vodka, Blue Curacao,
MGY Tangerine Puree

Tsing Yi 15.95
G07

Soho Lychee, Sour Apple, Sprite Zero

First Love 16.95
G08

White Rum, Peach Schnapps, Lime Juice,
Orange Puree, Peach Puree, Sparkling
Water, Grenadine Syrup

Coconut Grove 16.95
G09

White rum, Blue Curacao,
Cream of Coconut, Pineapple Juice

Summer Breeze 16.95
G10

Coconut Rum, Coconut Water,
Lime Juice, Pineapple Juice, Orange
Juice, Strawberry Puree

Blooming Universe 16.95
G11

Absolute Vodka, Sour Raspberry,
Blue Curacao, Sprite Zero, Osmanthus Syrup

Passion Mango 16.75
G12

Absolute Vodka, White Rum,
Mango Puree, Passion Fruit Puree,
Sprite Zero

Orange Crush 15.95
G13

Whiskey, Triple Sec, Orange Puree, Lime Juice

Sweet Sour 15.95
G14

Whiskey, Lemon Juice, Osmanthus Syrup

Osmanthus Maritini 16.95
G15

Gin, Martini Vermouth, Honey, Osmanthus Syrup

Tequila Mojitarita 16.75
G16

Tequila Silver, Mint Liquor,
Sparkling Water

Yuzu Paradise 17.95
G17

Tequila Silver, Lime Juice,
Yuzu Sake, Simple Syrup

Leo 15.95
G18

Tequila Silver, Cointreau,
Orange Puree, Lime Juice

Summer Hot 16.95
G19

Gin, Martini Vermouth, Cointreau,
Mango Puree, Tabasco Sauce

Beetle 15.95
G20

Gin, Passion Fruit Puree,
Simple Syrup, Sparkling Water

Ponyo 17.95
G21

Orange Juice, Blue Curacao, Grenadine Syrup,
White Rum, Absolute Vodka, Fish Shape Soft Candy

Painkiller 16.95
G22

Gin, Lemon Juice, Honey,
Osmanthus Syrup

Sunset Boulevard 16.95
G23

White Rum, Dark Rum, Triple Sec,
Orange Juice, Lime Juice, Simple Syrup,
Grenadine Syrup

Castle in the Sky 16.95
G24

Blue Curacao, White Rum, Pineapple Juice,
Lemon Juice, Osmanthus Syrup

啤酒 Beer

扎啤 Draft Beer (16oz)

H01 Sapporo — 6.95

H02 Kokanee — 6.95

Bottle Beer

H03 Tsingtao 青島 — 8.5

H04 Asahi Super Dry — 8.5

H05 Dragon Stout — 6.95

H06 Corona — 8.5

H07 Budweiser — 8.5

H08 Heineken — 8.5

H09 Big Rock Honey Brown — 7.5

H10 1664 Blanc Fruits Rogues — 8.5

中國白酒 Exotic Spirits From China

H10 Er Guo Tou 二鍋頭
6.25 (1oz) | 16.95 (100ml)

H11 FLAMMA 五粮液火爆
28.95 (100ml bottle)

H12 Chu Yeh Ching Chiew 竹葉青酒
18.95 (125ml bottle)

H13 Moutai Prince 茅台金王子
289.98 (500ml bottle)

H14 Diao Yu Tau Yun Men Jin Cui 釣魚臺
889.95 (500ml bottle)

葡萄酒 Wine

H15 Robert Mondavi "Woodbridge" Sauvignon Blanc, CA USA
8.25 (5oz) | 38.95 (Bottle)

H16 Robert Mondavi "Woodbridge" Cabernet Sauvignon, CA USA
8.25 (5oz) | 38.95 (Bottle)

烈酒 Spirits

6.25 (1oz) | 7.95 (With Soft Drink)

H17 Vodka
Smirnoff | Absolut

H18 Gin
Beefeater | Bombay Sapphire

H19 Rum
Bacardi Black | Bacardi Superior

H20 Whiskey
Canadian Club | Jack Daniel's | J.W. "Red Label"

磨沟沿 MOGOUYAN 兰州牛肉面 · HAND PULLED NOODLE

磨 串燒 Skewers

羊肉串
Lamb Skewers
B01
SPICY OR NO SPICY
9.95 / 3 Skewers 串

魷魚須
Squid Tentacles
B02
SPICY OR NO SPICY
10.95 / 2 Skewer串

蒜香粉絲扇貝
Garlic Seashell Scallop
B03
9.95 / 2 Pcs 隻

牛肉串
Beef Skewers
B04
SPICY OR NO SPICY
8.95 / 3 Skewers 串

雞肉串
Chicken Skewers
B05
SPICY OR NO SPICY
8.95 / 3 Skewers 串

蒜香金針菇
Enoki Mushroom
B06
SPICY OR NO SPICY
6.95 / Order 盤

土豆片
Potato Slices
B07
SPICY OR NO SPICY
5.95 / 3 Skewers 串

蒜香蘑菇
Garlic Mushroom
B01
6.95 / 3 Pcs隻

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磨沟沿 MOGOUYAN 面条 · HAND PULLED NOODLE

小吃 Deep Fried Snacks

洋葱圈 Onion Rings

HOT

5.95 / 170g

紅薯條 Sweet Potato Fries

HOT

5.95 / 170g

薯格 Potato Waffles

HOT

6.95 / 170g

雞米花 Chicken Popcorn

HOT

9.95 / 22 pcs

炸雞柳 Chicken Strips

HOT

12.95 / 4 pcs

炸菜花 Deep Fried Cauliflower

HOT

7.95 / 170g

雞塊 Chicken Nuggets

HOT

8.95 / 10 pcs

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