磨沟沿 MOGOUYAN

兰州牛肉面 • HAND PULLED NOODLE

兰州手工牛肉面起源于清朝,经过数百年的传承,已成为中国最具代表性的经典美食之一。虽然面食在中国十分常见,但若想真正体会其精髓,仍需来到西北重镇兰州。当地人常说,只需一碗正宗的手工牛肉面,便能感受到这座城市的灵魂。

“磨沟沿”源自兰州市中心的一处地名,拥有超过四十年的历史与多家门店,磨沟沿已成为当地最具代表性与知名度的牛肉面品牌之一。

一碗传统的磨沟沿牛肉面讲究严谨的标准:
一清:汤清味醇、无添加;
二白:萝卜洁白清爽;
三红:辣油红亮;
四绿:香菜与葱翠绿提香;
五黄:手工拉面粗细有致、筋道爽滑。

每一碗的灵魂,在于精心熬制的牛肉原汤。磨沟沿坚持选用天然食材,以数小时慢火熬煮,呈现出香气浓郁、层次丰富且纯净醇厚的传统风味。

2019年6月,磨沟沿正式进驻加拿大多伦多,致力于将正宗兰州风味带给当地食客。如今,随着品牌拓展至美国,我们持续将兰州牛肉面的传统文化与手工技艺分享给更广泛的食客。

诚邀您品尝磨沟沿牛肉面,感受每一碗背后的传承与用心。

Dating back to the Qing Dynasty, Lanzhou hand-pulled beef noodles have become one of China's most iconic culinary traditions. While noodles are a staple throughout China, their true spirit is best experienced in Lanzhou, a historic city in Northwest China. Locals often say that a single bowl of authentic Lanzhou beef noodles is enough to capture the soul of the city.

Mogouyan takes its name from a place located in the heart of Lanzhou. With over 40 years of history and multiple restaurant locations, Mogouyan has become one of the region's most recognized and respected beef noodle brands.

A traditional bowl of Mogouyan hand-pulled beef noodles follows a time-honored standard:

One Clear — a rich, additive-free broth;
Two White — crisp white radish;
Three Red — bright chili oil;
Four Green — fresh cilantro and green onion;
Five Yellow — hand-pulled noodles with a smooth and chewy texture.

At the heart of every bowl is our slow-simmered original beef broth. Using carefully selected natural ingredients and hours of slow cooking, Mogouyan's broth delivers a deep aroma, remarkable clarity, and rich layers of flavor.

In June 2019, Mogouyan officially arrived in Toronto, bringing authentic Lanzhou flavors to Canada. As the brand continues expanding into the United States, we remain committed to sharing the tradition and craftsmanship behind Lanzhou hand-pulled beef noodles with a broader audience.

We invite you to experience the tradition, care, and heritage behind every bowl at Mogouyan.

熱前菜
Hot Appetizers

素春卷 3pcs條 | 5.95
Veggie Spring Rolls

Crispy vegetable spring rolls served with your choice of sweet Thai chili sauce or sesame wasabi dipping sauce.

A01

岩鹽毛豆 6.95
Steamed Edamame

Steamed edamame finished with Himalayan pink salt.

A02

新奧爾良炸雞翅 3pcs隻 | 7.95
Fried Five Spice Wings

Dry-rubbed New Orleans style chicken wings with savoury spices.

A03

ALLERGIES & DIETARY RESTRICTIONS 过敏与饮食限制

Please inform staff of any allergies or dietary restrictions before ordering.
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脆炸雞排 9.95
Crispy Chicken Fillet

Golden-fried chicken cutlet with a crisp seasoned coating, served with special sauce.

A04

脆炸豆腐 9.95
Crispy Fried Tofu

Deep-fried tofu with a crispy golden exterior and soft centre, lightly seasoned for a savoury bite.

A05

脆炸素餃子 4pcs隻 | 6.95
Fried Veggie Dumplings

Deep-fried vegetable dumplings with a crispy golden wrapper, served with sauce or sesame wasabi.

A06

凉菜 Cold Appetizers

手撕椒麻雞 9.95
Hand-Shredded Pepper Chicken

Cold shredded chicken tossed with Sichuan peppercorn, chili, spicy pepper, and fresh cilantro for a numbing mala flavour.

B01

凉粉 7.95
Bean Jelly

Shredded mung bean jelly topped with garlic, house soy-based sauce, cilantro, and optional chili oil.

B02

Spicy or Not Spicy 辣或不辣

招牌醬牛肉 10.95
Signature Beef with House Special Sauce

Thin-sliced beef layered with MGY house special sauce, fresh cilantro, and optional chili oil.

B03

Spicy or Not Spicy 辣或不辣

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涼拌海帶絲 7.95

Kelp Salad

Marinated shredded kelp with garlic, sesame, and chili oil.

B04

饞嘴黃瓜 7.95

Cucumber Wasabi Salad

Fresh diced cucumber tossed in a spicy sesame wasabi dressing.

B05

西芹腐竹 7.95

Celery & Tofu Skin Salad

Celery and tofu skin tossed in a light sesame soy dressing.

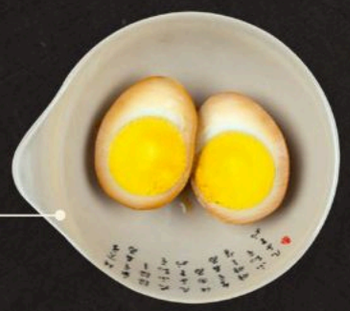
B06

滷蛋 each 每個 | 2.95

Seasoned Egg

Soy-braised egg infused with a rich, aromatic marinade.

B07



Skewers
串燒

羊肉串 3 skewers 串 | 9.95

Lamb Skewers

Marinated lamb skewers deep-fried and seasoned with aromatic cumin and traditional Chinese spices for a rich savoury flavour.

C01

Spicy or Not Spicy 辣或不辣

魷魚鬚 2 skewers 串 | 10.95

Squid Skewers

Tender squid tentacles deep-fried until golden, topped with our signature seafood sauce, and finished with aromatic Chinese spices for a rich umami flavour.

C02

Spicy or Not Spicy 辣或不辣

蒜香粉絲扇貝 2 pcs 只 | 9.95

Garlic Seashell Scallop

Whole scallops baked with vermicelli noodles and topped with our signature minced garlic sauce and green onion for a rich savoury seafood flavour.

C03

牛肉串 3 skewers 串 | 9.95

Beef Skewers

Marinated beef skewers deep-fried and seasoned with our signature spice blend for a bold and savoury bite.

C04

Spicy or Not Spicy 辣或不辣

雞肉串 3 skewers 串 | 9.95

Chicken Skewers

Marinated chicken skewers deep-fried and seasoned with savoury Chinese spices for a flavourful finish.

C05

Spicy or Not Spicy 辣或不辣

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新品推薦

New

牧蘭典藏牛肉麵
Moolan Signature Beef Noodles

Spice Level

Regular **16.95**

Richer and deeper savoury flavour, more aromatic take on our classic Lanzhou beef noodles. Hand-pulled noodles in beef and chicken broth with thin-sliced beef, radish, cilantro, green onion, and white pepper.

How to Order
点餐流程

Step 1	Step 2	Step 3	Step 4
Pick Your Dish	Pick Your Noodle Shape	Pick Your Spice Level	Add Your Toppings
选择餐点	选择面型	选择辣度	选择加料

Please Select Your Noodle Shape
面型選擇

All hand-pulled noodles contain wheat/gluten. 所有手工拉面均含有小麦及麸质。

ANGEL HAIR 毛细
Very thin and delicate noodles with a soft, silky texture that absorbs broth easily.

CLASSIC 细面
Traditional thin round noodles with a smooth texture and balanced chew.

THICK-ROUND 三细
Traditional round hand-pulled noodles with a thicker, chewier bite and a more hearty texture.

THIN-FLAT 韭叶
Ribbon-like hand-pulled noodles shaped like leek leaves, with a soft yet chewy texture that holds broth and sauce well.

FLAT 宽面
Wide hand-pulled noodles with a soft, chewy texture and extra surface area to soak up broth and sauce.

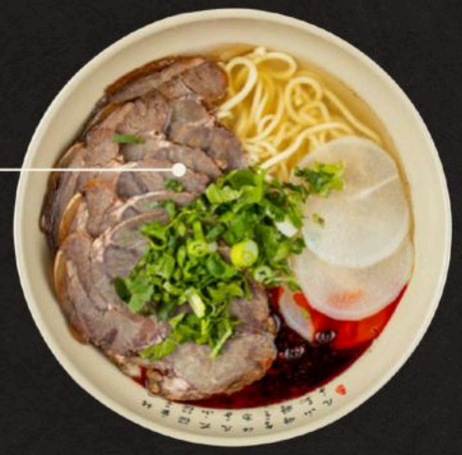
Add-On 加料

加肉 Extra Protein	加滷蛋 Add Seasoned Egg	加面 Extra Noodles
6.95	2.95	2.95
加西蘭花 Add Broccoli	**加豆芽 Add Beansprouts**	
3.95	2.95	

湯面 Soup Noodles

磨沟沿牛肉面
Mogouyan Classic Beef Noodles

D01



Spice Level

Regular	**15.95**
Large	**18.95**

Clear beef and chicken broth with hand-pulled noodles, thin-sliced beef, radish, cilantro, and green onion. Light, clean, and balanced Lanzhou-style flavour.

紅燒牛肉面
Braised Beef Noodles

D02

Spice Level

Regular	**18.95**
Large	**21.95**

Hand-pulled noodles in beef and chicken broth with chunky slow-braised beef, tender tendon, rich beef fat, cilantro, green onion, and radish. Mild by default

酸菜牛肉面
Beef Noodles with Pickled Mustard

D03

Spice Level

Regular	**17.95**
Large	**20.95**

Hand-pulled noodles in beef and chicken broth with thin-sliced beef, pickled mustard greens, cilantro, green onion, and radish.

雞排面
Chicken Fillet Noodles

D04

Spice Level

Regular	**17.95**

Hand-pulled noodles served in a savoury beef and chicken broth, topped with crispy golden chicken fillet, fresh cilantro, and green onion.

番茄素面
Tomato Vegetable Noodles

D05

Regular	**15.95**

Hand-pulled noodles in a light tomato and mushroom broth with fresh tomato, broccoli and a seasoned egg. Non-spicy.

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炒面
Stir-Fried Noodles

Thick-round or Flat noodle shape only.

招牌炒面
Signature Stir-Fried Noodles

E01

Spice Level

素	Vegetable	**17.95**
牛	Beef	**19.95**
雞	Chicken	**19.95**
蝦	Shrimp	**21.95**

Wok-fried hand-pulled noodles with broccoli, green pepper, tomato, onion, soy sauce, and your choice of protein.

番茄炒面
Tomato Stir-Fried Noodles

E02

Spice Level

素	Vegetable	**17.95**
牛	Beef	**19.95**
雞	Chicken	**19.95**
蝦	Shrimp	**21.95**

Wok-fried hand-pulled noodles with tomato sauce, broccoli, green pepper, tomato, onion, soy sauce, and your choice of protein.

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拌面
Dry Noodles

擔擔面
Dan Dan Noodles

F01

Spice Level

Regular **18.95**

Hand-pulled noodles with sesame peanut sauce, ground beef, green onion, and peanut crumbs. Rich, nutty, and slightly numbing.

牛肉炸醬面
Minced Beef Paste Noodles

F02

Regular **18.95**

Boiled hand-pulled noodles topped with sweet-savoury saucy minced beef, carrots, cucumber, beansprouts and cilantro.

麻醬涼面
Cold Sesame Noodles

F03

Spice Level

Regular **15.95**

Chilled noodles topped with sesame paste, carrot, cucumber, beansprouts, soy-based house special sauce, and cilantro.

金城乾拌面
Lanzhou Dry Noodles

F04

Spice Level

素	Vegetable	**17.95**
牛	Beef	**19.95**
雞	Chicken	**19.95**
蝦	Shrimp	**21.95**

Hand-pulled noodles topped with a classic Lanzhou-style soy-based savoury sauce. Shredded potato, carrot, beansprouts, onions, tomatoes.

番茄乾拌面
Tomato Dry Noodles

F05

Spice Level

素	Vegetable	**17.95**
牛	Beef	**19.95**
雞	Chicken	**19.95**
蝦	Shrimp	**21.95**

Hand-pulled noodles topped with tomato and soy-based sauce. Shredded potato, carrot, beansprouts, onions, tomatoes.

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飲料 Beverages

水果綠茶 7.95
Fruit Green Tea

Freshly brewed jasmine green tea infused with fruit flavours, served over ice with a light and refreshing finish.

Mango 芒果
Strawberry 草莓
Passion Fruit 百香果

G01

蜂蜜綠茶 7.95
Honey Green Tea

G02

水果飲品 7.95
Fruit Refreshments

Refreshing fruit-based beverages served over ice with a smooth, lightly sweet flavour and no caffeine.

Mango 芒果
Strawberry 草莓
Passion Fruit 百香果

G03

軟飲 2.95
Soft Drink

G04

Coke / Diet Coke / Sprite / Fuze

凉茶 4.95
Herbal Tea

G05

礦泉水 3.95
Mineral Water

G06

氣泡水 4.95
Sparkling Water

G07

甜品
Dessert

雪米糍 3pcs個 | 7.95
Mochi Ice Cream
Soft chewy mochi filled with creamy ice cream and finished with chocolate drizzle.

H01

玉兔奶黃包 3pcs個 | 6.95
Bunny Custard Buns
Steamed bunny-shaped buns filled with smooth sweet egg custard.

H02