磨沟沿 MOGOUYAN 老字號
蘭州牛肉面 • HAND PULLED NOODLE

Brand History

Before the first sip, there's the fragrance: beef broth, hours deep, threaded with scallion and cilantro and the sharp red edge of chili oil. Then the noodles arrive, pulled by hand into shape, smooth and springy under the spoon. This is what a bowl of Lanzhou beef noodles has tasted like for generations, and it's what brought us here.

Lanzhou hand-pulled beef noodles trace their origins back to China's Qing Dynasty and remain one of the country's most iconic culinary traditions. Noodle soups are enjoyed throughout China, but anyone seeking the most authentic version is almost always directed to one place: Lanzhou, a northwestern city celebrated as the birthplace of this craft, and the proud home of Mogouyan Hand-Pulled Noodles.

Founded in Lanzhou over 50 years ago, Mogouyan has long been recognized for preserving the highest standards of beef-noodle craftsmanship. Having shared this tradition abroad, we now bring it to the United States. Our chefs train in time-honored methods. Our noodles are hand-pulled fresh, every day. Our team is dedicated to giving American diners a genuine taste of Lanzhou culture.

Every bowl follows the Five Essentials of authentic Lanzhou beef noodles:

- One Clear: a rich, slow-simmered broth

- Two White: fresh, crisp radish

- Three Red: house-made chili oil

- Four Green: bright cilantro and scallions

- Five Yellow: hand-pulled noodles in multiple shapes and thicknesses

Join us for a bowl of authentic hand-pulled beef noodles, a tradition crafted with pride for over 50 years and now made fresh for our U.S. community, where every bowl we serve carries that same standard: the same broth, the same hands, the same care that built Mogouyan's name in Lanzhou.

品牌傳承

入口之前,先是香氣:牛肉湯熬煮數小時,蔥花與香菜交織其間,紅油辣香微微沖鼻。手工拉制的麵條隨後而來,粗細均勻,入口爽滑筋道。這是蘭州牛肉麵代代相傳的味道,也是我們來到這裡的原因。

蘭州手工牛肉麵起源於中國清朝,是全國最具代表性的經典美食之一。麵食在中國各地皆有,但若想品嘗最正宗的風味,人們總會想到同一個地方:蘭州——這座西北名城,正是這門技藝的發源地,也是磨溝沿手工牛肉麵的驕傲故鄉。

磨溝沿創立於蘭州,已有五十餘年歷史,始終以堅守牛肉麵製作的最高標準而聞名。在將這一傳統帶向海外之後,我們如今將其帶到美國。我們的廚師均經過傳統技藝的嚴格訓練,麵條每日新鮮手工拉制,團隊全心致力於為美國食客呈現最地道的蘭州風味。

每一碗都遵循正宗蘭州牛肉麵的"五要素":

一清:湯汁濃郁,慢火細熬

二白:蘿蔔潔白清爽

三紅:自製紅油

四綠:香菜蔥花點綴

五黃:手工拉麵,粗細有致

誠邀您品嘗一碗正宗手工牛肉麵——五十餘年匠心傳承,如今為美國社區新鮮呈現,我們端上的每一碗都延續着同一份堅持:同樣的湯底,同樣的手藝,同樣的用心,正是磨溝沿在蘭州立足的根本。

MOGOUYAN
MOGOUYAN
MOGOUYAN
MOGOUYAN
正宗
三兰
蘭
磨

Hot Appetizers
熱前菜

Veggie Spring Rolls
3pcs條 | 7.95

素春卷

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

A01

Steamed Edamame 6.95

岩鹽毛豆

Steamed edamame finished with Himalayan pink salt.

A02

Crispy Chicken Fillet 10.95

脆炸雞排

Golden-fried chicken cutlet with a crisp seasoned coating, served with peanut wasabi or sweet chili sauce.

A03

Fried Five Spice Wings

3pcs隻 | 6.95

五香炸雞翅

Dry-rubbed juicy chicken wings with savory Asian spices.

A04

Fried Veggie Dumplings

4pcs隻 | 7.95

脆炸素餃子

Deep-fried vegetable dumplings with a crispy golden wrapper, served with your choice of sweet Thai chili sauce or sesame wasabi dipping sauce.

A05

Crispy Fried Tofu

13.95

脆炸豆腐

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

A06

ALLERGIES & DIETARY RESTRICTIONS 过敏与饮食限制

Please inform staff of any allergies or dietary restrictions before ordering.
Cross-contact may occur. All chili oil contains peanuts.
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Cold Appetizers
凉菜

Hand-Shredded Pepper Chicken 9.95

手撕椒麻雞

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

A08

Signature Beef with House Special Sauce 10.95

招牌醬牛肉

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

A09

Spicy or Not Spicy 辣或不辣

Bean Jelly with House Special Sauce 7.95

凉粉

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

A10

Spicy or Not Spicy 辣或不辣

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Kelp Salad 8.95

凉拌海带絲

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

A11

Cucumber Wasabi Salad 7.95

饞嘴黃瓜

Fresh diced cucumber tossed in a spicy sesame wasabi dressing.

A12

Celery & Tofu Skin Salad 7.95

西芹腐竹

Celery and tofu skin tossed in a light soy dressing.

A13

Seasoned Egg Each 每隻 | 2.95

滷蛋

Hard-boiled egg soy-braised in a rich, aromatic marinade.

A14

Skewers
串燒

Lamb Skewers 羊肉串

3pcs串 | **10.95**

Deep-fried lamb skewers seasoned with Asian spices and a hint of cumin.

E01

Spicy or Not Spicy 辣或不辣

Beef Skewers 牛肉串

3pcs串 | **10.95**

Deep-fried beef skewers seasoned with Asian spices and a hint of cumin.

E02

Spicy or Not Spicy 辣或不辣

Chicken Skewers 3pcs串 | 9.95
雞肉串

Deep-fried chicken skewers seasoned with Asian spices and a hint of cumin.

E03

Spicy or Not Spicy 辣或不辣

Squid Skewers 2pcs串 | 11.95
魷魚鬚

Juicy and chewy fried squid tentacles with a bold and savoury sauce.

E04

Spicy or Not Spicy 辣或不辣

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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。

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

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

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

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

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 Beef	加滷蛋 Add Seasoned Egg	加面 Extra Noodles
7.95	2.95	3.95

加西蘭花 Add Broccoli	加豆芽 Add Beansprouts
3.95	2.95

Soup Noodles
湯面

Mogouyan Classic Beef Noodles
磨沟沿牛肉面

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

B01

Spice Level 辣度

Regular	正常	**16.95**
Large	大	**19.95**

Braised Beef Noodles
紅燒牛肉面

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.

B02

Spice Level 辣度

Regular	正常	**19.95**
Large	大	**22.95**

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Beef Noodles with Pickled Mustard

酸菜牛肉面

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

B03

Spice Level 辣度

Regular 正常 **18.95**

Large 大 **21.95**

Chicken Fillet Noodles

雞排面

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

B04

Spice Level 辣度

Regular 正常 **18.95**

Tomato Vegetable Noodles

番茄素面

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

B05

Regular 正常 **16.95**

Dry Noodles
拌面

Dan Dan Noodles
擔擔面

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

D01

Spice Level 辣度

Regular 正常 **19.95**

Minced Beef Paste Noodles
牛肉炸醬面

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

D02

Regular 正常 **19.95**

Cold Sesame Noodles
麻醬涼面

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

D03

Spice Level 辣度

Regular 正常 **16.95**

Stir-Fried Noodles
炒面

Thick-round or Flat noodle shape only.

Signature Stir-Fried Noodles
招牌炒面

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

C01

Spice Level 辣度

Vegetable	素	**18.95**
Beef	牛	**20.95**
Chicken	雞	**20.95**
Shrimp	蝦	**22.95**

Tomato Stir-Fried Noodles
番茄炒面

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

C02

Spice Level 辣度

Vegetable	素	**18.95**
Beef	牛	**20.95**
Chicken	雞	**20.95**
Shrimp	蝦	**22.95**

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Beverages
飲料

Fruit Green Tea 8.95
水果綠茶

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

H01

Fruit Refreshments 8.95
水果飲品

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

H02

軟飲 3.95
Soft Drinks

H03

Pepsi | Diet Pepsi | Mountain Dew

氣泡水 5.95
Sparkling Water

H04

礦泉水 4.95
Mineral Water

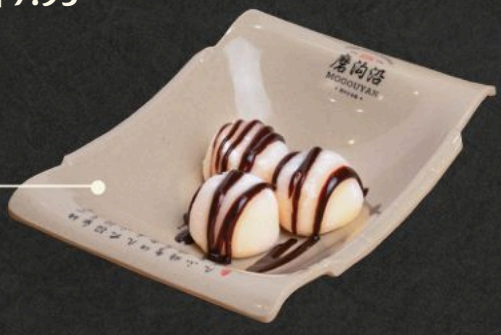
H05

Dessert
甜品

Mochi Ice Cream 3pcs個 | 7.95
雪米糍

Soft chewy mochi filled with creamy ice cream and finished with chocolate drizzle.

J01



Coconut Lava Balls 3pcs個 | 8.95
椰汁流心球

Crispy coconut balls with a warm, creamy coconut center, served with condensed milk.

J02

Brown Sugar Sticky Rice Cake 4pcs個 | 8.95
红糖糍粑

Fried sticky rice cakes with soft, chewy center, with brown sugar.

J03