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

Brand History

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.

品牌傳承

蘭州手工牛肉麵起源於清朝,經過數百年的傳承,已成為中國最具代表性的經典美食之一。雖然麵食在中國十分常見,但若想真正體會其精髓,仍需來到西北重鎮蘭州。當地人常說,只需一碗正宗的手工牛肉麵,便能感受到這座城市的靈魂。

“磨溝沿”源自蘭州市中心的一處地名。擁有超過四十年的歷史與多家門店,磨溝沿已成為當地最具代表性與知名度的牛肉麵品牌之一。

一碗傳統的磨溝沿牛肉麵講究嚴謹的標準:

一清:湯清味醇、無添加;

二白:蘿蔔潔白清爽;

三紅:辣油紅亮;

四綠:香菜與蔥翠綠提香;

五黃:手工拉麵粗細有致、筋道爽滑。

每一碗的靈魂,在於精心熬制的牛肉原湯。磨溝沿堅持選用天然食材,以數小時慢火熬煮,呈現出香氣濃郁、層次豐富且純淨醇厚的傳統風味。

2019年6月,磨溝沿正式進駐加拿大多倫多,致力於將正宗蘭州風味帶給當地食客。如今,隨着品牌拓展至美國,我們持續將蘭州牛肉麵的傳統文化與手工技藝分享給更廣泛的食客。

誠邀您品嘗磨溝沿牛肉麵,感受每一碗背後的傳承與用心。

Hot Appetizers
熱前菜

Veggie Spring Rolls
3pcs條 | 5.95

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
9.95

脆炸雞排

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

A03

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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Fried Five Spice Wings
3pcs隻 | 7.95

新奥尔良炸鸡翅

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

A04

Fried Veggie Dumplings
4pcs隻 | 6.95

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
9.95

脆炸豆腐

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

A06

Cold Appetizers
凉菜

Hand-Shredded Pepper Chicken 9.95
手撕椒麻雞

Cold shredded chicken tossed with Sichuan peppercorn, 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
涼粉

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 7.95
涼拌海帶絲

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

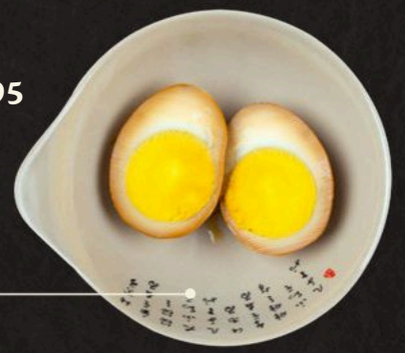
Celery and tofu skin tossed in a light soy dressing.

A13

Seasoned Egg Each每隻 | 2.95
滷蛋

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

A14



Skewers
串燒

Lamb Skewers 3pcs串 | 9.95
羊肉串

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

E01

Spicy or Not Spicy 辣或不辣

Beef Skewers 3pcs串 | 9.95
牛肉串

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

E02

Spicy or Not Spicy 辣或不辣

Garlic Seashell Scallop 2pcs只 | 9.95
蒜香粉丝扇贝

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

E03

Chicken Skewers 3pcs串 | 9.95
雞肉串

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

E04

Spicy or Not Spicy 辣或不辣

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Squid Skewers 2pcs串 | 10.95

鱿 魚 鬚

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

E05

Spicy or Not Spicy 辣 或 不辣

Enoki Mushroom 3pcs串 | 6.95

金 针 菇

Delicate enoki mushroom baked until tender and juicy, topped with our signature garlic sauce, green onion and savoury house seasoning.

E06

Spicy or Not Spicy 辣 或 不辣

磨沟沿 MOGOUYAN 老字號

蘭州牛肉面 • HAND PULLED NOODLE

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	

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 Lanzhou-style flavour.

B01

Spice Level 辣度

Regular	正常	**15.95**
Large	大	**18.95**

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	**18.95**
Large	大	**21.95**

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	**17.95**
Large	大	**20.95**

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	**17.95**

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	**15.95**

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 **18.95**

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 **18.95**

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 **15.95**

Lanzhou Dry Noodles
金城干拌面

D04

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.

Tomato Dry Noodles
番茄干拌面

D05

Spice Level

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

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

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	17.95
Beef	牛	19.95
Chicken	雞	19.95
Shrimp	蝦	21.95

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	17.95
Beef	牛	19.95
Chicken	雞	19.95
Shrimp	蝦	21.95

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Beverages 飲料

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

H01

蜂蜜綠茶 7.95

Honey Green Tea

H02

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

H03

軟飲 2.95

Soft Drinks

H04

Coke / Diet Coke / Sprite / Fuze

氣泡水 4.95

Sparkling Water

H05

礦泉水 3.95

Mineral Water

H06

涼茶 4.95

Herbal Tea

H07

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

Bunny Custard Buns
3pcs個 | **6.95**

玉兔奶黄包

Steamed bunny-shaped buns filled with smooth sweet egg custard.

J02