



# The Mushroom Pot Tradition In A Pot

海鮮火鍋  
Seafood Steamboat



叉燒湯面  
Cha Shao  
Tang Mian



泰式野生菇  
Wild Mushrooms  
With Thai Spices



松茸雪魚  
Codfish Steak  
With Matsutake

Many people have this misconception that dishes with mushrooms as the main ingredients are inevitably vegetarian and hardly appetizing. Not many realize that lots of edible mushrooms, especially wild mushrooms, are indeed valuable ingredients to a glorious selection of dishes. As such, restaurants with mushrooms as the main theme are kind of hard to come by.

Ms Liza Wang, though, has a passion for wild mushrooms and a desire to spread her assortment of Chinese cuisine. It was in March 2002 that she first started The Mushroom Pot at the Singapore Indoor Stadium, single-handedly managing every detail from sales and finance to operations. With her unyielding drive and the passion for the food and beverage industry, she soon started another branch at Orchard Point to cater to the needs of the modern generation who are very conscious about the health benefits of what they eat.

With the main emphasis on Chinese cuisine, The Mushroom Pot combines the unique taste of wild mushrooms with seafood to present a series of luxurious dishes. Since starting business, the restaurant has sought the traditional flavours from various parts of China and brought about a fusion of tradition and innovation to present a whole array of dishes oozing originality and freshness.

The restaurant's signature mushroom hot pot combines over 20 different varieties of mushrooms, fresh meat and seafood in its fabulous wild mushroom soup. Not only does it excite the taste buds, the hot pot is a tremendous representation of healthiness.

## Information

### 长寿鍋

**The Mushroom Pot, Stadium Waterfront**  
2 Stadium Walk, #01-02, Singapore Indoor Stadium  
Singapore 397891 (near Carpark E)  
Tel: 6342 3320 Fax: 6342 3327  
Opening Hours (Daily):  
Lunch: 12:00pm - 2:30pm  
Dinner: 6:00pm - 10:30pm

### Mushroom Pot, Orchard Point

Orchard Point, Level 4, 160 Orchard Road,  
Singapore 238842  
Tel: 6733 9910 Fax: 6733 3327  
Email: op@mushroompot.com  
Opening Hours (Daily):  
All Day Dining: 11:00am - 10:00pm

The Mushroom Pot at the Singapore Indoor Stadium, with a touch of serenity and the Kallang River within sight, is a terrific location for a fine dining experience.

The branch at Orchard Point, with a huge assortment of dishes, including noodle soup and paper steamboat, is a favourite amongst the busy city population. Feel tied down by the relentless pace of city life, why not catch a breather then at The Mushroom Pot?



長壽鍋

聚传统与时代于一身  
混荤素美味于一炉

酥炸金针  
Mushroom Fries



许多人以为，以菌类为主料做菜，肯定是素菜，味道也许会比较单调。事实上，食用菌类本身就具备了許多美味；特别是野生菌类，其美味更令人回味无穷。而以提供野生菌类为主料的酒楼，可就少之又少了。

对野生菌情有独钟的美籍华人王女士(Liza Wang)，在我国室内体育馆开创了首间野生菌火锅餐馆“长寿锅”(The Mushroom Pot)；不久后，在乌节路开设另一家分店乌节长寿锅Mushroom Pot(Orchard Point)。她希望通过道地的华族烹调艺术与广大的食客分享这饮食文化遗产。

长寿锅与乌节长寿锅开业后，一直是奉行以中式美味、传统佳肴、新鲜海鲜与野生菌珍品的特色，为食客打造绝世美味佳肴，更为重要的是把中国内地不同的风味，以传统与创新巧妙结合成一体，在口感与新鲜度上维持菜肴原汁原味的特色，让食客体验到中式菜肴的灵魂所在。

于2002年3月，她首先创办了长寿锅，全权监督餐厅的营销、财政与运作，以她的魄力及对餐饮业的热忱，成功建立了新加坡的首间野生菌火锅餐馆。这是一家属于新加坡人的菜馆，特别是讲究健康美食的新一代的最爱。

长寿锅推出的山珍火锅，那是精心调制的野生菌汤，配上20多种野生食用菌、新鲜肉类及海鲜，使传统火锅的形象焕然一新。多样化的野生菌类，搭配上其他材料，让你亲身体会到野生菌类的香甜美味，让你吃得健康，吃得开心。

长寿锅座落在室内体育馆(The Mushroom Pot, Stadium Waterfront)。到体育馆河畔休闲区的长寿锅餐馆用餐，肯定是你最佳的选择。餐馆与加冷河遥遥相望，环境舒适优美，为你提供最超凡的餐饮享受。

在坐落于乌节坊的长寿锅(Mushroom Pot, Orchard Point)，不但提供各式各样的特色招牌菜肴，还增添了许多新菜色，包括多种的汤面、纸火锅等，为繁忙的都市人提供更多的选择空间，让你在繁忙的时代步伐中，享受到天然健康饮食的种种益处。

蜜桃猴头菇  
Monkey Head Mushrooms With House Dressing



西藏排骨  
Tibet Ribs



三丝伴灵菇  
Bai Ling Mushrooms  
With Three Treasures

牛肉纸火锅  
Beef Paper Steamboat

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