



Welcome to Wuguan Tang Vegetarian Restaurant,
a home away from home.

W · G · T V E G G I E

五觀堂素食

EST 2004

新华路359号



WGT

Vegetarian Fine Dining

五觀堂素食

EST 2004

01 About the founder
and the restaurant



02 Food



03 Articles



04 Activities



05 Friends

Yi An

Owner of Wuguan Tang Vegetarian Restaurant

Most of my friends who got to know me through Wuguan Tang call me "The Master".

One day, a guest suddenly began to call me "The Sugar Master".

Well, that is sweet, and I like it.

The Sugar Master has a myriad of roles.

A chef, indeed, but not a good one, as she would rely on the colleagues in the kitchen.

A menu designer, yes. All the food and drink options on the menu result from her wild imagination and fusion of ideas.

A life recorder, for sure. Her camera is her best companion as she always records her encountering with the world with pictures and words.

An enthusiast of Chinese Culture, exactly. The vegetarian restaurant, which originated from the ChinaTown Cultural Center, speaks for the owner's passion for Chinese culture with every detail.

A vegetarian advocate, yes. She is ready to cross national and religious boundaries to share the joy and positive energy of vegetarianism with the world.

A look at Wuguan Tang's timeline over 20 years reveals multiple openings and closures

Only the first establishment on Xinhua Road, Shanghai, remains post-Covid.

She says, the scariest thing in life is not the deep valleys, but losing the courage to look up.

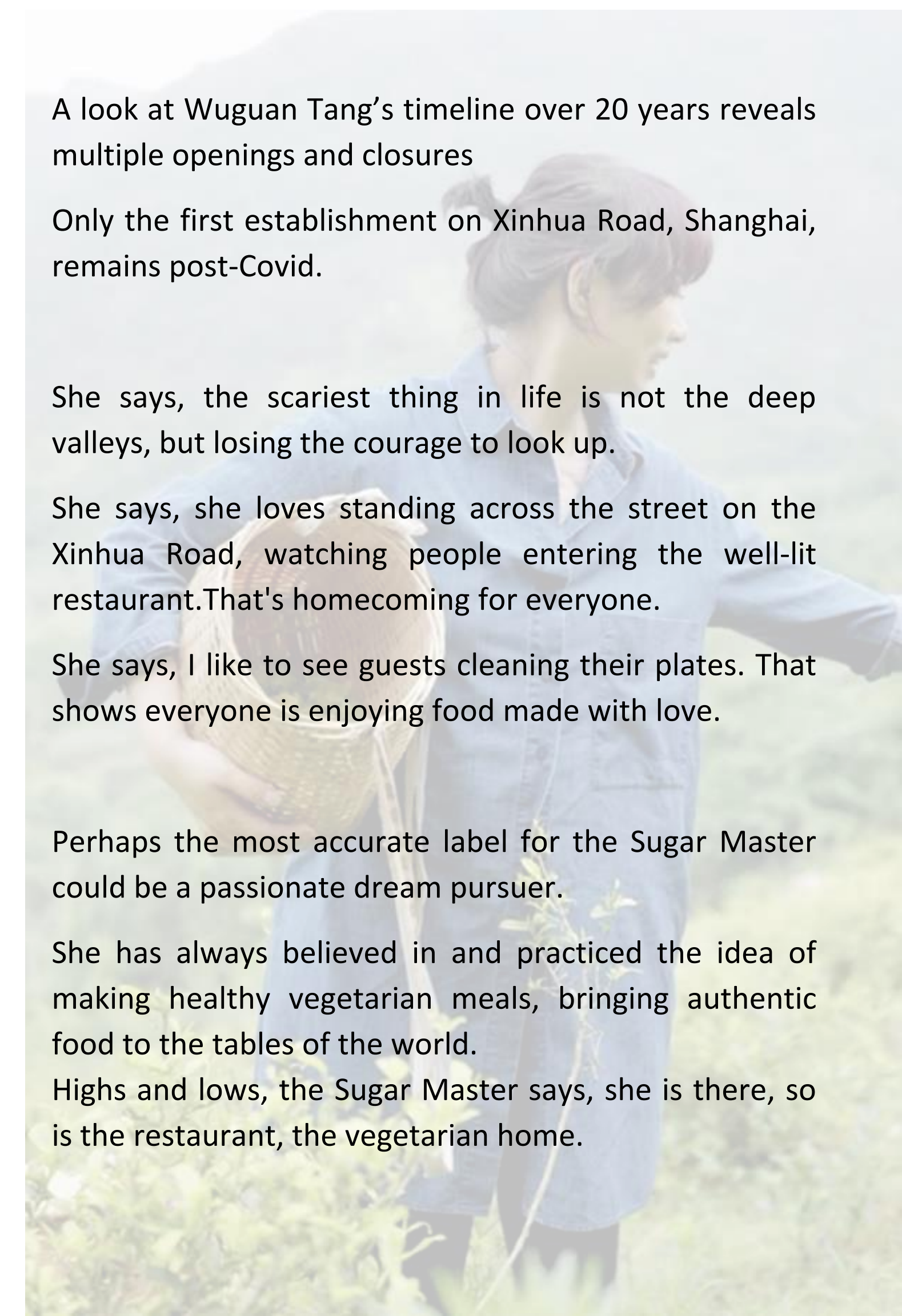
She says, she loves standing across the street on the Xinhua Road, watching people entering the well-lit restaurant. That's homecoming for everyone.

She says, I like to see guests cleaning their plates. That shows everyone is enjoying food made with love.

Perhaps the most accurate label for the Sugar Master could be a passionate dream pursuer.

She has always believed in and practiced the idea of making healthy vegetarian meals, bringing authentic food to the tables of the world.

Highs and lows, the Sugar Master says, she is there, so is the restaurant, the vegetarian home.



Authentic Vegetarian Food Wuguan Tang Vegetarian Restaurant Est. 2004

"Authentic Vegetarian Cuisine," calligraphed by Master Jiquan, has always hung in the restaurant.

Authentic vegetarian cuisine is our connection with the world.

A vegetable, fruit, or bowl of rice, what is their original taste? At Wuguan Tang, you might find the answer.

We insist on retaining the original flavors, using gentle steaming, boiling, and baking to prepare vegetarian dishes.

No meat, imitation meat, frying, MSG, or carbonated beverages.

We serve food with authentic taste.

The dining hall of a Buddhist temple is also called Wuguan Tang (the hall of five senses), as "eating with five senses", or a contemplative mindset, is a Buddhist practice.

For every guest walking into Wuguan Tang, we would like to provide a place where everyone can relax and have a good meal.

Connect with your authentic self and the world, and let the original vegetarian food nourish your body and mind.

W · G · T V E G G I E

五觀堂素食

EST 2004

新华路359号

Wuguan Tang Milestones

2004

Wuguan Tang Vegetarian Restaurant Xinhua Road, Shanghai opens. This is the place where it all began.

2011

Wuguan Tang Vegetarian Restaurant Jinji Lake, Suzhou opens. A new step, bring Wuguan Tang Vegetarian Restaurant to a new city

2012

China Hangzhou Xixi Bieyuan
A long wait, an unfinished journey, but also a profound and meaningful reflection.

2015

Wuguan Tang Vegetarian Restaurant Thames Riverside, London
The taste of home for overseas Chinese and a fresh addition to the local culinary scene

2015

VEGLAB Henglong /K11/Jinmao, Shanghai
Exploring the vegetarian lifestyle more broadly, from "food" to "objects" to "collection".

2016

Xiyuan Temple Vegetarian Restaurant, Suzhou
Wuguan Tang provided full support for the re-opening of the Vegetarian Hall at Xiyuan Temple, which sold 1729 buns and 725 bowls of noodles on the first day.

Oxford Green Gathering Vegetarian Lifestyle Center, UK
Bringing the vegetarian diet and lifestyle to the UK.

London, UK

Wuguan Tang Vegetarian Restaurant Thames Riverside, since 2015

Oxford, UK

Green Gathering Vegetarian Lifestyle Center

Shanghai, China

VEGLAB Henglong/K11/Jinmao, since 2015

Hangzhou, China

Xixi Bieyuan

Suzhou, China

Wuguan Tang Vegetarian Restaurant Jinji Lake since 2011

Shanghai, China

Wuguan Tang Vegetarian Restaurant Xinhua Road since 2004

Suzhou, China

Xiyuan Temple Vegetarian Restaurant since 2016

2023

Wuguan Tang organizes anniversary activities to celebrate its 20th birthday.

April 16, 2023 Hand-drip coffee brewing experience
June 3, 2023 Vegetarian tasting and kunqu gathering
June 11, 2023 Meeting traditional woodworking - mortise & tenon workshop
June 12, 2023 Madeleine workshop
June 18, 2023 Profiterole workshop with Le Cordon Bleu recipe for Father's Day
From July, 2023, Saturday vegetarian small steamed buns workshops
From July, 2023, Kunqu Society activities (every other Saturday)
July 23, 2023 Mortise & tenon workshop
From July, 2023, Hand-drip coffee workshops
August 22, 2023 Starting from Chinese Valentine's Day, the restaurant ran a week-long campaign of "Ditching Your Mobile Phone While Eating"

2022

Wuguan Tang provides Covid relief, with free food supplies for elderly people living alone and free lunch

February 5, 2022 Day of Joy at Wuguan Tang Vegetarian Restaurant, with free set meals for every guest walking in, or guests could decide the amount to pay.
March 28 Vegetables on offer through WeChat Mini Program amidst Covid lockdown in Shanghai
April 18, 2022 Delivering vegetables to 120 elderly people living alone
April 26, 2022 Special Mung Bean Cake on offer online on offer online
June 14, 2022 Organic Blueberry Season on offer online
June 29, 2022 Reopening after 90 days of Covid shutdown
August 28, 2022 Vegetarian moon cakes made with traditional recipes on offer
December 30, 2022 The 18th edition of the Laba Rice Porridge Festival celebration at Wuguan Tang Vegetarian

2021

Coming of age, Wuguan Tang remakes itself

2021.1.30 Souvenir collection and gift giving to welcome the Chinese New Year
2021.2.1 Wuguan Tang remakes itself with a re-opening.
2021.3.29-4.1 Wuguan Tang invites sustainability-minded guests to jointly explore the possibility of "zero-waste takeout meal boxes"
2021.8.18 Wuguan Tang Vegetarian Xin Chou Year Moon Cake on offer
2021.11.17 Wuguan Tang Vegetarian Winter Special Hot Pots on offer

2020

Wuguan Tang provides Covid relief & special offers, and plans for a renovation.

2020.1.27 Temporary Covid closure

2020.2.16 Wuguan Tang launches Special Takeaway Menu with 20 items.

2020.2.22 Wuguan Tang installs automatic purification and disinfection devices with timer function.

2020.3.2 Wuguan Tang launches new vegetarian takeout menu.

2020.3.7 Wuguan Tang provides 300 gift boxes to the female members/wives of the Shanghai medical team dispatched to Wuhan.

2020.3.14 Wuguan Tang launches Special Cherry Blossom Season offers.

2020.3.27 Wuguan Tang WeChat Mini Program is launched

2020.3.27 Wuguan Tang resumes dine-in, with "Dine-in Space Sharing Instructions".

2020.5.8 Wuguan Tang offers Mother's Day Special Meal.

2020.6.3 Futian rice dumpling on offer

2020.6.20 Calligraphy and fan painting workshop

2020.9.1 Gengzi Year Moon Cakes on offer

2020.12.21 Winter Solstice Ceremony, with calligraphy decoration, drawing the Flowers of Winter and Ba Duan Jin practice

2020.12.31 Wuguan Tang launches renovation plan.

2019

Wuguan Tang brings more items on the menu, combing flavors with esthetics.

2019.3.15 Wuguan Tang launches qingtuan, or green rice balls, development plan

2019.9.18 Handmade Cantonese-style mooncakes on offer

2019.12.5 Wuguan Tang Lucky Gift Basket Special for the Year of the Gengzi on sale

2019.12.30 Wuguan Tang Special Steamed Desserts

The Wuguan Tang Family

Over the years, colleagues who have worked here could really make great stories.

Our first head chef, Master Xu, is still with us.

So is our first manager, Xiao Cui.

The first New Year's Eve dinner at Wuguan Tang was shared by the three of us.
Through the ups and downs of twenty years, your support is my greatest comfort.



Shanghai, China
Wuguan Tang Vegetarian Restaurant
Xinhua Road
since 2004



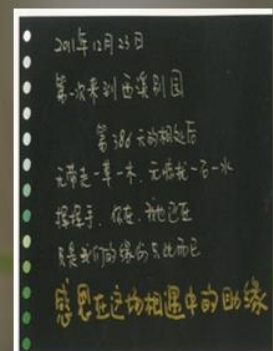
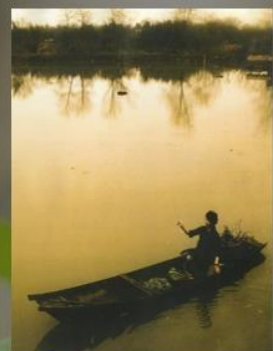
Suzhou, China
Wuguan Tang Vegetarian Restaurant Jinji Lake
since 2011



Hangzhou, China
Xixi Bieyuan



London, UK
Wuguan Tang Vegetarian Restaurant Thames
Riverside,
since 2015



Shanghai, China
VEGLAB Henglong/K11/Jinmao,
since 2015

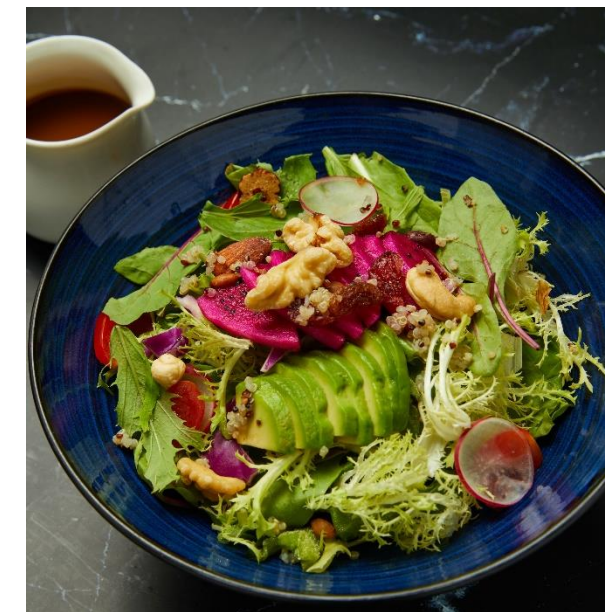


Suzhou, China
Xiyuan Temple Vegetarian Restaurant
since 2016





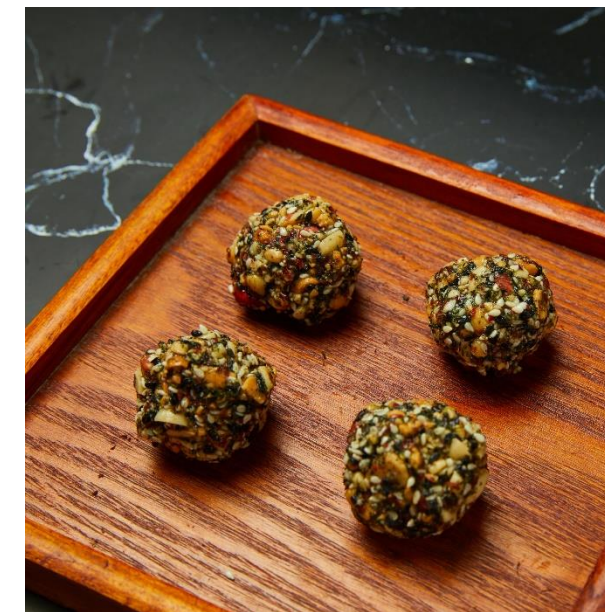
Food



Original Vegetarian Food

In the kitchen of Wuguan Tang, there are only steamers, pots, and ovens. We cook vegetables in the gentlest way, without frying, stir-frying, or deep-frying. We do not use imitation meat or MSG, and we use the smallest amount of oil and salt to retain the original flavors of vegetables.

Some say what we have been doing is a culinary revolution. In reality, we simply honor the traditions passed down by our ancestors.





Cooking Methods

Roasting

Roasting is mankind's oldest cooking technique. In the absence of pots or stoves, ancient people placed food directly over the flame for roasting. They would gather grains and directly roast them over a fire. Or they would heat stones for cooking or use bamboo tubes to steam rice. Later, they started wrapping food in clay and roasting it over a fire.

Steaming

Steaming has been a part of Chinese agricultural civilization throughout history. The earliest origins of steaming can be traced back to over ten thousand years ago during the Yan and Huang periods. The "Ancient History Examination" records: "Yellow Emperor started steaming grains for rice, and boiling grains for porridge." When boiling food in water, our ancestors discovered that steam could also cook food.

Boiling

It should be said that cooking in the modern sense began with the invention of pottery about ten thousand years ago in the Neolithic era. Clay pots, tripods, and cauldrons are traditional utensils primarily used for boiling.

Cooking by Doing Nothing

As Laozi said: "Act without action, manage affairs without doing, savor without flavor." Laozi advocated simplicity, and cooking without excessive intervention allows food to achieve the highest level of flavor. The natural state is plain; plainness is truth.

Food Laboratory

The kitchen of Wuguan Tang Vegetarian Restaurant not only serves vegetarian dishes to guests but also functions as a constantly evolving "food laboratory." We conduct experiments with food, trying different combinations of oil, salt, soy sauce, and vinegar to understand how they affect the taste and texture of food. We research methods for food preservation without using additives. We communicate with ingredients as if interacting with friends, using seasonal produce to develop seasonal dishes. At Wuguan Tang, we aim to offer everyone healthy and authentic food, along with the joy and satisfaction that comes from a wholesome dining lifestyle.





Every three months, we regularly update the menu to ensure the true flavors of seasonal ingredients.



Bowls, Plates, Cups and Chopsticks

// Flowers on land and water, the lovable abound.

Tao Yuanming of Jin Dynasty only loved chrysanthemums; since the Tang Dynasty, the world has adored peonies.

As for me, I have a special affection for the lotus. It emerges from the mire unstained and rests in clear water without being seductive.

It is upright without being tangled or branched, its fragrance spreads far and wide... //

— Zhou Dunyi, Song Dynasty
[On the Love of the Lotus]

Wuguan Tang has a special connection with the lotus, a lotus flower is printed on our menu cards. Lotus leaves adorn the space outside the restaurant. The handles on the door are shaped like lotus seedpods. Many of our dishes draw inspiration from the lotus. The utensils that come into closest contact with our guests are also decorated with our beloved lotus.

The elegance and warmth of Longquan celadon is complemented with the purity of the lotus, cups, bowls, plates, and saucers on the table, could remind people of the pond in their hometown...

The bamboo chopsticks we use in the restaurant may seem plain at first glance, but once you hold them, you'll feel their just-right grip. They're of a perfect length, light and agile in your hand. The bamboo's natural texture is preserved during the carving process, providing friction and making them less likely to slip. From a single bamboo segment to a pair of chopsticks, every step is handmade. Simple, natural, and comfortable in your hands.



Tables, Chairs, Desks, Stools



Starting from 2003, we began collecting old furniture. These pieces may not be rare treasures from grand households, but they exude a dignified and reassuring aura, embodying the heart of the people. Wuguan Tang Vegetarian Restaurant Xinhua Road and Suzhou Xiyuan Temple boast over 300 old chairs, more than 100 old square tables, as well as various household items like old medicine cabinets. These well-loved pieces of furniture have become an integral part of Wuguan Tang, imbued with warmth from their long-term use.



One table and several chairs are arranged for a comforting meal. Furniture plays a vital role in Wuguan Tang. Many of our old wooden pieces boast intricate mortise and tenon joinery. Over nearly 20 years, we've had the privilege of meeting many experienced woodworkers who have cared for them, allowing these pieces to continue the connection between people and objects.

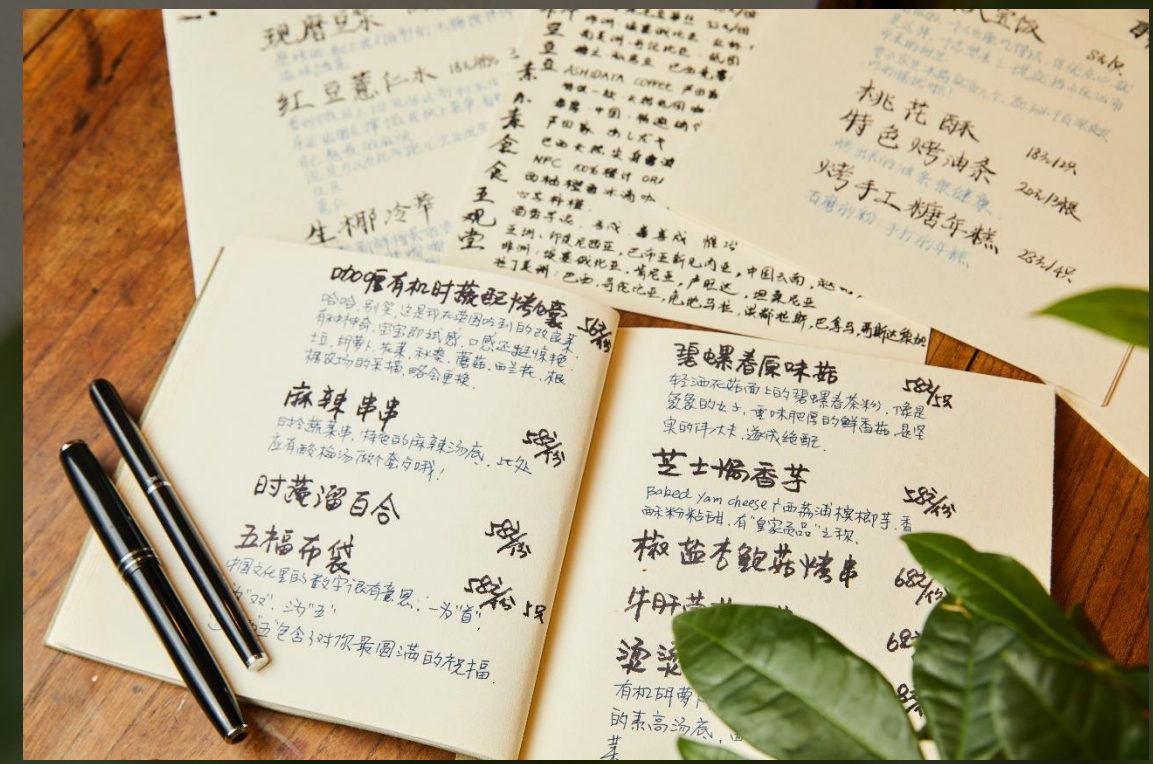
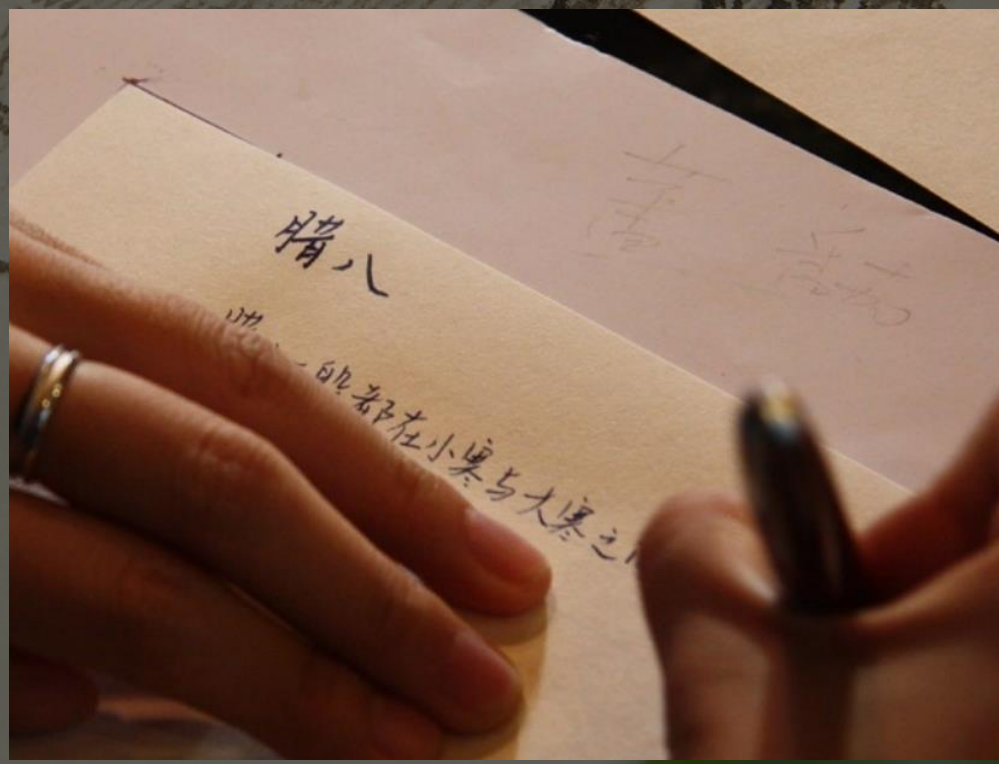


Handwritten Menu

For a period, I transcribed scriptures every day. I enjoyed the interaction between pen and paper, and relished in the Zen-like tranquility of engaging with the pen's tip. One time, when I had a fever, I miraculously recovered after spending an entire afternoon writing by hand, without the need for medicine. Since then, I've wanted to share the joy of writing with everyone. Transcribing scriptures may not be something everyone is willing to try, but perhaps there are no barriers when it comes to transcribing menus, which are rich in color, aroma, and taste. So, I invite everyone to come back to writing, to reconnect with words through the act of transcribing menus, and to focus on the present moment.

We choose to use a fountain pen instead of a ballpoint pen to avoid environmental pollution caused by ballpoint pen cores. We use eco-friendly paper, fold it in half, transcribe on both sides, and leave the middle blank for future reuse. After transcribing, we bind them into booklets. The process of transcribing menus is also a practice of clear-mindedness. We don't think about anything else, just write. No one interrupts, time is slow, and the air is quiet. I've always cherished these handwritten menus, as they've allowed me to meet many guests. Many guests have become connected with Wuguan Tang through these handwritten menus. And more new guests begin to learn the story of Wuguan Tang from the menu. Sometimes, fate can be quite interesting.

五
觀
堂
素
食





Protecting Lives

It is said that fish have a memory span of only three seconds. Thus, fish would swim tirelessly in the water, in an eternal world of forgotten memories. So, we've decided to save more lives that are about to face the chopping board and grant them a future of freedom. Each time, we control the amount of release to avoid disrupting the ecology of the water. Wuguan Tang purchases loaches and snails, which can purify water quality and adapt easily to the environment. The only way to participate in releasing is to come to the scene, personally bond with these little lives, and send them to a free world with your own hands. It all starts from the heart, respecting life.

Volunteering and the Story of Sunshine Kids

Sunshine Kids are the disabled individuals around us. God has given them childlike thoughts and radiant smiles. At the end of 2007, the first time we met them, it was their pure and eager eyes that gave us the courage to shake hands with them. We held on their hands, which were soft and powerless, for a long time, unwilling to let go. In that moment, we thought, we would do everything in our power to help them. Afterward, we established the Sunshine Kids Club, bringing together students and free graduates. We have also recruited compassionate volunteers to spend time with Sunshine Kids. We hope our accompany can help Sunshine Kids better integrate into society.

From a charity sale featuring the Kids' works to nearly 20 "If Love" markets, one-on-one accompanying Sunshine Kids for outings, watching movies, celebrating Children's Day, and singing "Hearts of Gratitude" on the stage of the Shanghai Grand Theatre. We aim to teach, accompany, love, and encourage them. Even the faintest light can slowly illuminate. Let all participants love and be loved, help and be helped.



"If Love" Second-hand Markets

In 2008, to raise funds for the intellectually disabled individuals in the community, the "If Love" Second-hand Market was established. We hope to encourage everyone to regularly clear out their idle items at home, letting them circulate through the market and be used to their fullest.



At the same time, we support local original designs, providing a platform for designers to showcase their work. Each stall in the market pays a fee of 20 yuan, and 10% or more of the day's sales revenue is donated to the Love Volunteer Association. Coming to the market, you can not only discover cherished items, but also have face-to-face interactions with Sunshine Kids, donate items, and choose to have a Wuguan Tang Vegetarian weekday lunch, with 2 yuan from each meal donated to the Love Volunteer Association. We also look forward to those who are destined to become connected with Sunshine Kids through the "If Love" market, becoming loving volunteers.

The Kunqu Society

Kunqu Opera is delicate and melodious, forever fresh. At Wuguan Tang, every other Saturday evening, members of the Kunqu Society practice and exchange. The melodies of Kunqu Opera resound from far and near. We also welcome friends who are interested in joining this Kunqu Society, which was one of the earliest established in China.





Seed of Love Charitable Lectures

Several years ago, throughout the early spring, I would practice jump rope with my daughter in the park every day. However, even though I had scored 100 points in jump rope during my childhood, I couldn't seem to teach my daughter... By chance, we pushed open the doors of the Youth Counseling Center at East China Normal University. With a mixture of belief and doubt, we received the center's judgment about the aftereffects my daughter experienced due to her Cesarean birth. However, the teacher said that because my child was young, timely physical intervention could make everything right. From my daughter's kindergarten year to her transformation into a teenager, a full nine years, our whole family, especially my mother, has persisted in accompanying her in various coordination exercises. Watching my daughter, who is now half a head taller than me, creative, articulate, and joyful, my eyes are often filled with tears of gratitude...

I have been grateful for that experience, when the seed of love was planted in time! Along with my daughter's gradual growth, Wuguan Tang has also flourished. As a mother, I am willing to do my best to sow more seeds of love. "Seed of Love" offers free public lectures, inviting experts from various fields to explore together, so that our children can grow better, and our family relationships can be healthier.

Sow the seed of love, just for you!





感恩

Gratitude

Friendship Seeking Announcement

During the 9th anniversary of Wuguan Tang Vegetarian, we initiated a friendship-seeking announcement, looking for 99 kindred spirits to share their stories with Wuguan Tang Vegetarian. We unexpectedly received a large number of responses, and these varied connections, deep or shallow, have bound us together through Wuguan Tang Vegetarian. In the 20 years of Wuguan Tang Vegetarian, we are immensely grateful for the mentors and vegetarian friends who have accompanied us along the way. In the days ahead, we look forward to having you with us.

有一個女孩生長在上海從小身虛骨弱·既聰明又用功非常愛吃零食·活動力強有些許過動·記憶力超強文采好好子更愛漂亮·長大之後因緣際會獨立開辦兩家素食餐廳·開班授課熱心公益

樂善好施·為了讓更多的人吃到健康美味的素食·總是馬不停蹄的行腳世界各地·尋味和尋找原生能食材·用心創作出道又一道食蔬真味·就像在家裡吃飯有媽媽的味道·安心和溫馨·做事情總是

盡心盡力追求完美·她總是把美好與歡樂給別人·把苦和悲傷留給自己·她因心強大信守理念·9個年頭過去了·她還會長長久久的堅持下去·到了99歲她還會在店裡和客人虛寒問暖

...她的名字叫...慧安
來自上海愛上海的謝大哥
果盛合十 20131119

每次到五觀堂是开心的來,滿足的走,滿足不只是肚子的滿足,心靈上的滿足更令人恆久回味。新鮮當令的材料·精巧的廚藝·服務員溫馨有禮的笑容,真至人回味無窮!到五觀堂不只是一種習慣,更是一種思念!祝"五觀堂"周年快樂,再接再勵!
文志輝 (香港) 20.11.24
(記得在浦東也開一間分店啊!)

味美清淡熱情
五觀堂吉慶 林千翔
修身養性!五觀堂
2013.11.26
20周年,永恆是祇!
ZML 2013/11

感恩今天闺蜜 feuille 帶我到五觀堂吃素·很喜欢这里特别用心制作的菜单,很喜欢这里美味清爽的菜肴。
感谢今天这美好的一切!
2013.12.04
ZML

素素食一意思是完整,新鮮,生氣蓬勃。
祝"五觀堂"九周年快樂!長長久久!
謝謝您們提供這麼美味素菜,感恩!

祝"五觀堂"九周年快樂
長長久久
ZML

真鮮合十

素果累累
添祥

Feedback from Vegetarian Friends

Vegetarian Friend *ZOE* says:

359 Xinhua Road,
It's more than just an address for me.
It's a place where I subtract with friends. It's a tree.
Ten years later, the tree has grown, and so has its shade.

Vegetarian Friend *Ge Liang* says:

Fate, originating from this place that nurtures the heart, calms the heart, and is intimate.

Vegetarian Friend Lord *Jin Qiu Feng* says:

May Wuguan Tang Vegetarian soar even higher and farther.

Vegetarian Friend *J&J* says:

My name is Jackie. My husband is Joe. So we're J&J.
Wuguan Tang Vegetarian: Taste, the essence of food; Realize, the origin of humanity. Cooking vegetarian with love; Spreading kindness with a compassionate heart.

Village Chief, a Vegetarian Friend says:

Our story begins with a bamboo-covered thermos.
The bamboo-covered thermos of Wuguan Tang Vegetarian reminds me of the days when you needed a ticket to buy a bamboo-covered thermos and people in Shanghai would carry them to Tiger Stove to boil water.

Vegetarian Friend *Bob* says:

In the bustling city, there's such a tranquil place.
Whether it's the green shade of Xinhua Road or the blue waves of Jinji Lake, the simple and elegant style of Wuguan Tang Vegetarian integrates seamlessly with the environment, giving the soul a sense of peace.

Vegetarian Friend *Lord Yaksha* says:

Since the first time I tasted Wuguan Tang Vegetarian, my idea of vegetarianism has been completely overturned. The vegetables are truly delicious! After that, I continuously developed various types of vegetarian dishes of my own. There's the Shanghai style and the Japanese style, but my favorite is Italian vegetarian pasta, which I make every week. This change of mind stems from Wuguan Tang Vegetarian. For this, I am very grateful to Yi An and all the staff of Wuguan Tang Vegetarian, for providing us with such delicious food, allowing foodies to eat with a clear body and mind, and to be filled with Dharma joy.

Vegetarian Friend *Ye Bin* says:

I went to Wuguan Tang Vegetarian when it first opened, and I've roughly witnessed its journey along the way. It's hard to imagine that the beautiful boss lady could come up with so many creative ideas along the way, blending various elements like health, art, deliciousness, fashion, religion, and environmental protection, truly reflecting her compassionate heart. A good brand, good reputation. I'm really looking forward to more surprises and admiration that Wuguan Tang Vegetarian and Yi An will bring us!

Vegetarian Friend *Chai Chai* says:

Feng Zikai said that life has three levels: material, spirit, and soul.
In Wuguan Tang Vegetarian, you can experience all three on just three floors.
"A Place of Joy" — My Wuguan Tang Vegetarian.

More stories still happening...



◀ Vegetarian Friends' Testimonials (1)

My Master, Master Ji Qun

The first time I saw Master Ji Qun, he was quietly having a meal by the circular window on the second floor of Wuguan Tang Vegetarian Restaurant Xinhua Road. Perhaps due to my own dullness, I didn't have the discerning eyes to recognize him as an extraordinary sage.

Vegetarian Friends' Testimonials (2) ▶

Tiger Sniffs Roses, Shocked by Fine Cuisine

I'm about to reveal my age. Back in the day, our group of foodies had very few channels to share and explore fine cuisine. The apple pie from the Shanghai Service Guide and Da Guai from Shanghai Yi Zhou were definitely our idols. With an article every week, we closely followed their foodie notes, tracking all the food trends in Shanghai.



Wuguan Tang Vegetarian Restaurant

20 years, making a meal with heart

Thank you