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Joy King Lau
chinese restaurant

menu

14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned either on a label or through provided information such as menus when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found.



1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



Cereals containing gluten

Wheat (such as spelt and Khmerian wheat/korli), rye, barley and oats are often found in foods containing fibres such as some types of baking powder, bulgur, breakfast cereals, bread, cakes, croissants, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



Eggs

Eggs are often found in cakes, some meat products, mayonnaise, moussem, pasta, quiche, soups and pastries or foods brushed or glazed with egg.



5 Fish

You will find this in some fish sauces, pizzas, risotto, salad dressings, stock cubes and Worcestershire sauce.



Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powder and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and soups.



8 Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish dishes.



9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. The ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Not to be confused with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, hot powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts. Spiced (both as spicy sweets), as well as in groundnut oil and peanut flour.



Sesame seeds

These seeds can often be found in bread (as filled on hamburger buns, for example), breadsticks, focaccia, sesame oil and tahini. They are sometimes toasted and used in salads.



13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetable products.



Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit, such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



For more information, visit food.gov.uk/allergy or visit www.foodallergies.org.uk

Sign up to our allergy alerts on food.gov.uk/alerts, or follow [@allergyuk](https://twitter.com/allergyuk) on Twitter and Facebook.

Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/foodgovuk)

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Watch us on food.gov.uk/youtube

Allergy Information

Some of our dishes may contain the following allergens:

**CELERY, GLUTEN, SHELLFISH, EGGS, FISH, LUPIN, MILK, MOLLUSCS,
MUSTARD, TREENUTS, PEANUTS, SESAME, SOYA & SULPHITES**

If you have any food allergies or intolerance,
please let your server know upon placing your order.

Although special care will be taken to prepare your specific allergen free meal,
please be aware that we do work in a kitchen that handles allergenic ingredients,
so there will be a risk of cross contamination that may affect extremely sensitive allergy sufferers.

If you require more information please contact one of the waiting staff.

Menu A (minimum of 2 people)

Per person: £14.50

雞蓉粟米湯	Chicken and Sweetcorn Soup
豉椒牛肉	Beef in Chilli Black Bean Sauce
腰果炒雞丁	Chicken with Cashewnuts
咕嚕肉	Sweet and Sour Pork
清炒雜菜	Stir Fried Mixed Vegetables
蛋炒飯	Egg Fried Rice

Menu B (minimum of 3 people)

Per person: £18.00

蟹肉粟米湯	Crabmeat and Sweetcorn Soup
脆皮春卷	Crispy Spring Rolls
薑蔥炒牛肉	Beef and Ginger Spring Onions
豉椒炒蝦仁	Prawns in Chilli Black Bean Sauce
咕嚕雞球	Sweet and Sour Chicken
蜜汁叉燒	Char Siew Pork (Barbeque Pork)
蛋炒飯	Egg Fried Rice

Vegetarian Set Menu (minimum of 2 people)

Per person: £16.00

素熟拼 素春卷, 椒鹽豆腐 乾貝鬆, 炸茄子	Vegetarian Mixed Hor D'Oeuvres Platter <i>Vegetable Spring Rolls, Beancurd with Salt and Chilli, Crispy Seaweed and Deep Fried Aubergine in Batter</i>
醬爆腰果素丁 蠔油菜心雙菇 咕嚕豆腐 白飯	Mixed Vegetables with Cashewnuts and Yellow Bean Sauce Two Kinds of Mushrooms with Choi Sum Green Vegetables Sweet & Sour Tofu Steamed Boiled Rice

Menu P2 (minimum of 2 people)**Per person: £22.00****醉樓熱拼**乾貝鬆, 脆皮春卷
燒排骨, 蝦多士**Joy King Lau Platter:***Crispy seaweed, spring rolls, barbeque pork ribs & sesame prawn toast***香酥鴨****Crispy Aromatic Duck***Served shredded off the bone with pancakes, spring onions, cucumber and plum sauce***醬爆腰果雞丁****薑蔥炒牛肉****清炒雜菜****蛋炒飯**

Diced Chicken with Cashewnuts in Yellow Bean Sauce

Beef with Ginger and Spring Onions

Stir Fried Mixed Vegetables

Egg Fried Rice

Menu P3 (minimum of 3 people)**Per person: £25.00****熱拼**乾貝鬆, 脆皮春卷
椒鹽鮮魷, 蝦多士**Mixed Hor D'Oeuvres Platter***Crispy seaweed, spring rolls, squid with salt and chilli & sesame prawn toast***香酥鴨****Crispy Aromatic Duck***Served shredded off the bone with pancakes, spring onions, cucumber & plum sauce***鐵板蔥爆滑雞****四川鮮蝦仁****乾炒牛肉絲****蛋炒飯****星洲炒米粉**

Chicken with Ginger and Spring Onions on Sizzling Hot Plate

Szechuan King Prawns

Crispy Shredded Beef

Egg Fried Rice

Singapore Vermicelli Noodles

Joy King Lau Deluxe Set Menu (minimum of 8 people)**Per person: £38.00****熱拼**椒鹽軟殼蟹, 煎網貼
鳳尾蝦, 串燒沙爹雞**Mixed Hor D'Oeuvres Platter:***Soft Shell Crab, Grilled Pork and Prawn Dumplings,
Butterfly King Prawns & Satay Chicken Skewers***薑蔥焗龍蝦 (麵底)**

Lobster with Ginger and Spring Onions with Noodle Base

北京鴨**Peking Duck***Served with pancakes, spring onions, cucumber and plum sauce***中式牛柳****西檸煎軟雞****四川鮮蝦仁****炒雙蔬****揚州炒飯**

Fillet Beef in Pepper Sauce on Sizzling Hot Plate

Crispy Chicken in Lemon Sauce

Szechuan King Prawns

Pak Choi and Choi Sum Green Vegetables with Garlic

Special Fried Rice

香酥鴨	1	Crispy Aromatic Duck 🍴 <i>Served shredded off the bone with pancakes, spring onions, cucumber and plum sauce</i>	Quarter £12.00 Half £20.00 Whole £38.00
北京烤鴨	2	Peking Duck 🍴 <i>Sliced crispy skinned duck on a bed of prawn crackers, served with pancakes, spring onions, cucumber and plum sauce</i>	Half £28.00 Whole £48.00
醉瓊樓熟拼	3	Joy King Lau Platter (For a minimum of two people) <i>Crispy seaweed, spring rolls, barbeque pork ribs & sesame prawn toast</i>	£13.00
點心拼 A 蝦餃, 素菜餃, 鳳眼帶子餃	4	Dim Sum Starter A *Limited Availability <i>Prawn dumpling (2), Scallop dumplings (2) & Vegetarian dumplings (2)</i>	£9.00
點心拼 B 燒賣, 魚翅餃, 北菇雞燒賣	5	Dim Sum Starter B *Limited Availability <i>Pork & prawn dumpling (2), Coriander dumpling (2) & Chicken and Chinese mushroom dumpling (2)</i>	£8.50
上海小籠包	5a	Shanghai Dumplings (4) *Limited Availability	£7.50
脆皮春卷	6	Crispy Spring Rolls (3)	£4.50
酥炸素春卷	7	Vegetable Spring Rolls (3) 🍃	£5.00
乾貝鬆	8	Crispy Seaweed 🍃 <i>(Vegetarian option without shredded fish floss)</i>	£4.50
甜酸雲吞	9	Fried Wonton (4) <i>Served with sweet & sour sauce</i>	£6.00
煎鍋貼	10	Grilled Pork & Prawn Dumplings (4) <i>Served with vinegar</i>	£7.50
紙包蝦	11	Wafer Wrapped King Prawns (5)	£8.80
芝麻蝦多士	12	Sesame Prawn Toast	£8.80
鬆化蝦片	13	Prawn Crackers	£2.50
燒排骨	14	Barbeque Pork Ribs (Dry)	£8.00
京都骨	15	Capital Pork Ribs 🍴	£10.80
串燒沙嗲雞	16	Satay Chicken Skewers (4)	£7.50
鳳尾蝦	17	Butterfly King Prawns (4) 🍴 <i>Served with sweet and sour sauce</i>	£8.80
雞絲拌海蜆	18	Shredded Chicken with Jellyfish (Cold)	£13.80
鴨絲拌海蜆	19	Shredded Duck with Jellyfish (Cold) Lettuce wrap <i>Your choice of filling with bamboo shoots on a bed of crispy rice noodles. Served with iceberg lettuce and plum sauce</i>	£13.80
素菜生菜包	20a	Vegetables 🍃	£10.80
肉鬆生菜包	20b	Pork	£13.00
海鮮生菜包	20c	Mixed Seafood (Chopped king prawns, squid and scallops)	£14.80

海鮮類

Seafood Starters



清蒸鮮帶子	21	Steamed Fresh Scallops (2) 🍴 <i>Whole scallops with shell topped with fried garlic and served with a special soy sauce infused with fresh chillies, spring onions and coriander</i>	Seasonal Price
白花釀蟹鉗	22	Deep Fried Stuffed Crab Claw Drumsticks <i>Crab claws wrapped with a minced prawn paste</i>	Per Claw £7.00
椒鹽軟殼蟹	23	Crispy Soft Shell Crab with Salt and Chilli <i>Deep fried whole soft shell crab seasoned with salt & chilli spices</i>	Per Crab £7.50
薑蔥焗蟹	24	Crab with Ginger and Spring Onions	£16.00
豉椒大蟹	25	Crab in Chilli Black Bean Sauce	£16.00
花彫蒸蟹	26	Steamed Crab with Hua Diao Chinese Wine	£18.80
椒鹽龍蝦	27	Lobster with Salt and Chilli	Seasonal Price
薑蔥龍蝦	28	Lobster with Ginger and Spring Onion 🍴 <i>Freshly chopped lobster stir fried with ginger and spring onions</i> OPTION: Add soft or crispy noodle base at an extra charge	Seasonal Price
豉椒焗龍蝦	29	Lobster in Chilli Black Bean Sauce <i>Freshly chopped lobster stir fried with black beans and fresh chillies</i> OPTION: Add soft or crispy noodle base at an extra charge	Seasonal Price
黃金龍蝦	30	Battered Lobster with Salted Egg Yolk	Seasonal Price

湯類

Soup



鮮蝦雲吞湯	31	Won Ton Soup (Contains pork and prawn)	£4.50
酸辣湯	32	Hot and Sour Soup 🍴	£4.50
西湖牛肉湯	33	Minced Beef Soup	£4.50
雞蓉粟米湯	34	Chicken and Sweetcorn Soup	£4.20
蟹肉粟米湯	35	Crabmeat and Sweetcorn Soup	£4.50
粟米魚肚羹	36	Fish Maw and Sweetcorn Soup	£7.50
蟹肉豆腐羹	37	Crabmeat and Tofu Soup	£4.50
蟹肉魚肚羹	39	Fish Maw and Crabmeat Soup 🍴	£7.50
海鮮魚肚羹	40	Fish Maw and Seafood Soup	£7.50
草菇蛋花湯	41	Straw Mushrooms and Egg Drop Soup	£4.20
粟米豆腐羹	42	Sweetcorn and Tofu Soup 🍴 (Vegetarian option without egg)	£4.20
西湖豆腐湯	43	West Lake Tofu Soup 🍴 (Vegetarian option without egg) <i>Tofu cubes, green peas and egg white broth</i>	£4.20
素菜湯	44	Mixed Vegetables Soup 🍴	£4.20
素酸辣湯	45	Vegetarian Hot and Sour Soup 🍴	£4.20

雞類

CHICKEN DISHES

豉椒炒雞球	46	Chicken in Chilli Black Bean Sauce	£9.00
辣子炒雞丁	47	Chicken with Green Peppers in Chilli Sauce	£9.00
鮮菇炒雞球	48	Chicken with Straw Mushrooms	£9.00
咕嚕雞球	49	Battered Chicken in Sweet and Sour Sauce	£9.00
宮保燻雞丁	50	Crispy Chicken in Sweet Chilli Sauce and Peanuts <i>Lightly battered pieces of chicken deep fried and coated in a sweet chilli sauce with peanuts</i>	£9.00
腰果炒雞丁	51	Chicken with Cashewnuts	£9.50
醬爆腰果雞丁	52	Chicken with Cashewnuts in Yellow Bean Sauce	£9.50
西檸煎軟雞	53	Crispy Chicken with Lemon Sauce ✪ <i>Lightly battered chicken fillet deep fried, sliced and topped with a lemon sauce</i>	£9.50
金牌鹽焗雞	54	Baked Salted Chicken ✪	Half £14.80 Whole £28.00
脆皮炸子雞	55	Crispy Cantonese Chicken <i>Roasted chicken with a crispy skin, yet the meat remains succulent. Served with a bed of prawn crackers and sauce</i>	Half £15.80 Whole £30.00
南乳吊燒雞	56	Crispy Chicken with Red Bean Sauce <i>Chicken that is roasted while suspended in the oven for all rounded crispiness and served with red bean sauce</i>	Half £15.80 Whole £30.00
海蜆手撕雞	56a	Shredded Chicken with Jelly Fish (Warm)	Half £18.00 Whole £33.00

鴨類

DUCK DISHES

明爐燒鴨	58	Roast Duck (1/2) (Cold) ✪ <i>Served chopped on a bed of pickled vegetables</i>	£13.80
		OPTION: Choose to have the Duck DEBONED for extra £1.00	
豉椒炒鴨片	59	Sliced Duck in Chilli Black Bean Sauce	£9.50
紫蘿炒鴨片	60	Duck with Pickled Ginger and Pineapple	£9.50
酸菜炒鴨片	61	Duck with Preserved Vegetables	£9.50
西檸煎軟鴨	62	Duck with Lemon Sauce	£9.80
美味香橙鴨	63	Duck with Orange Sauce ✪	£9.80
琵琶鴨	65	Pei-Pa Duck ✪ <i>Served with orange plum dipping sauce</i> <i>Marinated duck in hoisin sauce and roasted until crispy.</i>	Half £15.80 Whole £30.00
荔茸香酥鴨	67	Crispy Duck with Yam <i>Battered roast duck coated with a layer of yam and deep dried until crispy</i>	Half £23.00 Whole £43.00

牛肉類

BEEF DISHES

乾炒牛肉絲	68	Crispy Shredded Beef 🍴	£10.00
蠔油炒牛肉	69	Beef in Oyster Sauce	£9.50
時菜炒牛肉	70	Beef with Seasonal Chinese Vegetables	£9.50
紫蘿炒牛肉	71	Beef with Pickled Ginger and Pineapple	£9.50
鹹菜炒牛肉	72	Beef with Preserved Vegetables	£9.50
豉椒牛肉	73	Beef in Chilli Black Bean Sauce	£9.50
薑蔥炒牛肉	74	Beef with Ginger and Spring Onions	£9.50
腰果炒牛肉	75	Beef with Cashewnuts	£10.00
中式牛柳	76	Sliced Fillet Beef in Cantonese Sauce 🍴	£14.80
黑椒牛柳	77	Sliced Fillet Beef in Black Pepper Sauce 🍴	£14.80
豉椒牛柳	78	Sliced Fillet Beef in Chilli Black Bean Sauce	£14.80
薑蔥牛柳	79	Sliced Fillet Beef with Ginger and Spring Onions	£14.80

豬肉類

PORK DISHES

三燒拼	80	Roast Mixed Meat 🍴 <i>Roast Belly Pork, Char Siew & Roast Duck on a bed of pickled vegetables</i>	£14.80
咕嚕肉	81	Sweet and Sour Pork	£9.00
蜜汁叉燒	82	Glazed Char Siu 🍴 <i>Cantonese Barbequed Roast Pork</i>	£9.00
脆皮燒肉	83	Crispy Belly Pork 🍴	£9.50
蜜汁豬扒	85	Sliced Pork Chop in Honey Sauce	£11.80
椒鹽豬扒	86	Sliced Pork Chop with Salt and Chilli 🍴	£11.80
椒鹽排骨	87	Pork Ribs with Salt and Chilli	£10.80
京都排骨	88	Capital Pork Ribs 🍴	£10.80
鹹魚蒸肉餅	89	Steamed Minced Pork & Prawn with Salted Fish	£13.80

魚類

FISH DISHES

清蒸鱸魚	93	Steamed Whole Sea Bass 🌟	£22.80
五柳鮮魚塊	94	Crispy Monk Fish in Sweet and Sour Sauce	£14.80
粟米魚塊	95	Battered Monk Fish with Cream of Sweetcorn Sauce	£14.80
豉椒魚球	96	Sliced Monk Fish with Chilli Black Bean Sauce	£14.80
時菜炒魚球	97	Sliced Monk Fish Fillets with Seasonal Chinese Vegetables	£14.80
煎封拖拔	98	Pan Fried Steak Cut Turbot Fillets <i>(on the bone)</i> <i>served with special soy sauce</i>	£22.80
金針雲耳蒸拖拔	99	Steamed Steak Cut Turbot Fillets <i>(on the bone)</i> with Mushrooms <i>Freshly sliced steak cut turbot fish steamed with golden mushrooms and black fungus mushrooms with soy sauce</i>	£22.80
豉汁蒸拖拔	100	Steamed Steak Cut Turbot Fillets <i>(on the bone)</i> with Black Beans	£22.80
沙律智利鱸魚	101	Crispy Chilean Seabass served with creamy salad dip 🌟	£23.80
椒鹽智利鱸魚	102	Crispy Chilean Seabass with Salt and Chilli	£23.80

蝦類

KING PRAWN DISHES

炒宮保蝦仁	103	Crispy King Prawns in Sweet-Chilli Sauce with Peanuts 🌟	£13.30
時菜蝦球	104	King Prawn with Seasonal Chinese Vegetables	£13.30
咕嚕蝦球	105	Crispy King Prawns in Sweet and Sour Sauce	£13.30
豉椒炒蝦仁	106	King Prawns in Chilli Black Bean Sauce	£13.30
滑蛋鮮蝦仁	108	King Prawns with Scrambled Eggs	£13.30
草菇鮮蝦仁	109	King Prawns with Straw Mushrooms	£13.30
紫蘿鮮蝦仁	110	King Prawns with Pickled Ginger and Pineapple	£13.30
酥炸蝦球	111	Deep Fried King Prawns in Batter <i>(served with Sweet & Sour Sauce)</i>	£13.30
腰果鮮蝦仁	112	King Prawns with Cashewnuts	£13.50
四川鮮蝦仁	113	Szechuan King Prawns 🌟	£13.50
椒鹽中蝦	114	Crispy King Prawns with Salt and Chilli	£13.50
白灼有頭蝦	115	Poached King Prawns with Shell 🌟 <i>Fresh whole prawns with shell poached and served with a special soy sauce infused with fresh chillies, spring onions and coriander</i>	£18.80
乾煎有頭蝦	116	Shelled King Prawns with Tomato Sauce	£18.80
椒鹽有頭蝦	117	Crispy Shelled King Prawns with Salt and Chilli	£18.80

帶子類

SCALLOP DISHES

油泡鮮帶子	118	Quick Stir Fried Scallops	£14.50
時菜炒帶子	119	Scallops with Seasonal Chinese Vegetables	£14.50
酥炸帶子	120	Deep Fried Scallops in Batter	£14.50
腰果炒帶子	121	Scallops with Cashewnuts	£14.80
帶子拼鮮魷	122	Stir Fried Scallops with Crispy Fried Squid	£15.80

鱧類

EEL DISHES

蜜椒鱧球	123	Fillet Eel in Honey and Black Pepper Sauce	£22.80
豉椒炒鱧球	124	Fillet Eel in Chilli Black Bean Sauce	£22.80
椒鹽炒鱧球	125	Crispy Fried Fillet Eel with Salt and Chilli	£22.80
豉汁蒸大鱧	126	Steamed Fillet Eel with Black Beans 🌶️	£22.80

生蠔類

OYSTER DISHES

薑蔥炒生蠔	127	Oysters with Ginger and Spring Onions	£13.80
豉椒炒生蠔	128	Oysters in Chilli Black Bean Sauce	£13.80
芙蓉煎生蠔	129	Oysters and Scrambled Eggs	£13.80
酥炸生蠔	130	Deep Fried Oysters in Batter	£13.80
火腩炆生蠔	131	Braised Oysters with Crispy Belly Pork	£13.80

鮮魷類

SQUID DISHES

豉椒炒鮮魷	132	Squid in Chilli Black Bean Sauce	£10.80
時菜炒鮮魷	133	Squid with Seasonal Chinese Vegetables	£10.80
鹹菜炒鮮魷	134	Squid with Pickled Cabbage	£10.80
椒鹽鮮魷	136	Crispy Squid with Salt and Chilli 🌶️	£12.80
酥炸鮮魷	137	Deep Fried Squid <i>served with sweet and sour sauce</i>	£12.80

鐵板類

SIZZLING PLATTER *Served sizzling on hot plate*

鐵板蔥爆滑雞	139	Chicken with Ginger & Spring Onions	£12.80
鐵板蔥爆生蠔	140	Oysters with Ginger & Spring Onions	£14.80
鐵板薑蔥帶子	141	Scallops with Ginger & Spring Onions	£15.80
鐵板黑椒牛柳	143	Fillet Beef in Black Pepper Sauce	£15.80
鐵板中式牛柳	144	Fillet Beef in Cantonese Sauce	£15.80
鐵板四川蝦仁	145	King Prawns in Szechuan Sauce	£15.00
鐵板魚香蝦仁	146	King Prawns with Garlic and Chilli	£15.00

咖哩類

CURRY DISHES

咖哩雜菜	147	Mixed Vegetables Curry 	£8.00
咖哩牛肉	148	Beef Curry	£9.50
咖哩雞	149	Chicken Curry	£9.50
咖哩牛腩	150	Beef Brisket Curry	£10.00
咖哩大蝦	151	King Prawns Curry	£13.30
咖哩茄子四季豆	151a	Aubergine & French Beans Curry 	£9.80

煲仔類

CLAY POT DISHES

A selection of meat with vegetables served in a clay pot

牛腩煲	152	Brisket Beef Clay Pot 	£13.80
海鮮豆腐煲	153	Seafood with Beancurd Clay Pot	£15.00
魚球豆腐煲	154	Sliced Monk Fish with Beancurd Clay Pot	£15.80
粉絲海皇煲	155	Mixed Seafood with Chinese Vermicelli Clay Pot	£22.80
魚唇鴨掌煲	156	Duck Web with Fish Lips Hot Pot	£22.80
魚香茄子肉絲煲	157	Shredded Pork with Aubergine in Garlic and Chilli Clay Pot	£13.80
梅菜扣肉煲	158	Belly Pork with Preserved Vegetables Clay Pot	£13.80

素菜/豆腐類 Vegetables / Tofu Dishes



咕嚕豆腐	160	Sweet and Sour Tofu	£9.50
清蒸豆腐	161	Steamed Tofu with Soy Sauce	£9.50
豉汁蒸豆腐	162	Steamed Tofu with Black Beans	£9.50
椒鹽豆腐	163	Deep Fried Tofu with Salt and Chilli	£9.50
椒鹽玉子豆腐	164	Crispy Egg Tofu with Salt and Chilli	£10.80
綠竹金錢	165	Chinese Mushrooms with Seasonal Chinese Vegetables	£10.80
魚香茄子	166	Sliced Aubergine in Garlic and Chilli Sauce	£9.80
蒜茸炒菜心	167	Choi Sum Green Vegetables with Garlic	£9.50
炒芥蘭	168	Stir Fried Kai Lan Vegetables	£10.00
(蠔油/蒜茸/薑汁)		OPTION: Choose from OYSTER / GARLIC / GINGER sauce	
炒白菜	169	Stir Fried Pak Choi Vegetables	£9.50
(蠔油/蒜茸/薑汁)		OPTION: Choose from OYSTER / GARLIC / GINGER sauce	
炒雙蔬	170	Pak Choi and Choi Sum Green Vegetables	£9.80
(蠔油/蒜茸)		OPTION: Choose from OYSTER / GARLIC / GINGER sauce	
羅漢上素	171	Luohan Style Mixed Vegetables	£9.80
蒜茸通菜	172	Tong Choi with Garlic	£10.00
醬紅四季豆	173	French Beans in Szechuan Sauce	£9.80
醬爆腰果素丁	175	Chopped Vegetables with Cashewnuts in Spicy Sauce	£9.80
蒜茸炒豆苗	176	Dau Mui with Garlic (Pea shoots)	£11.80
蟹肉扒豆腐	177	Tofu with Crabmeat Sauce	£11.80
麻婆豆腐	178	Spicy Ma-Po Tofu <i>contains minced beef</i>	£10.80
琵琶豆腐	179	Tofu and Crabmeat Balls in Oyster Sauce	£10.80
煎釀豆腐	181	Pan Fried Stuffed Tofu <i>with minced king prawns</i>	£11.80
蒸釀豆腐	182	Steamed Stuffed Tofu <i>with minced king prawns</i>	£11.80

TOFU	also known as beancurd, which are made from soy beans
DAU MUI	known as pea shoots, which are the leaves of the garden pea plants
PAK CHOI	a chinese green vegetable with a white stalk and dark green leaves. Taste between a cabbage and spinach
CHOI SUM	one of the most popular chinese green vegetables. It is juicy and tender with a slight sweet taste.
KAI LAN	also known as chinese broccoli, similar to the European broccoli
TONG CHOI	other names include morning glory, water spinach or ong choy. Long, tender, crunchy shoots with soft leaves

飯類

Rice Dishes



絲苗白飯	183	Boiled Rice	£2.80
蛋炒飯	184	Egg Fried Rice	£3.30
揚州炒飯	185	Special Fried Rice <i>Stir fried rice with egg, diced char siu, shrimps and peas</i>	£8.80
鹹魚雞粒炒飯	186	Chicken and Salted Fish Fried Rice	£10.80
鴛鴦炒飯	187	Yin Yang Fried Rice <i>Half king prawns in cream sauce, half chicken in tomato sauce with egg fried rice base</i>	£13.80
福建炒飯	188	Fu-Jian Fried Rice <i>Chopped king prawns, scallops, squid and diced roast duck with asparagus & chinese mushrooms in oyster sauce with egg fried rice base</i>	£13.80

炒粉, 麵類

Noodles/Ho Fun/Udon Dishes



No. 190-199: Choose to have the noodles as a crispy noodle base or as a soft noodle stir fry

芽菜炒麵	189	Soft Noodles with Beansprouts	£6.50
雜菜炒麵	190	Mixed Vegetables Noodles	£7.50
羅漢齋炒麵	191	Luohan Vegetables Noodles	£8.00
雜燴炒麵	192	Mixed Meat Noodles <i>Prawns, squids, hog maw & fish balls</i>	£8.80
三鮮炒麵	193	Mixed Seafood Noodles (King Prawns, Scallops & Squid)	£12.80
蝦球炒麵	194	Prawn Noodles	£11.50
雞球炒麵	195	Chicken Noodles	£8.80
肉絲炒麵	196	Shredded Pork Noodles	£8.80
叉燒炒麵	197	Char Siu Noodles	£8.80
牛肉炒麵	198	Beef Noodles	£8.80
牛腩炒麵	199	Beef Brisket with Noodles	£9.00
豉椒三鮮麵	200	Mixed Seafood in Chilli Black Bean Sauce with Noodles	£12.80
乾炒牛河	201	Stir Fried Beef with Ho Fun (Dry)	£8.80
豉椒牛河	202	Beef in Chilli Black Bean Sauce with Ho Fun	£8.80
星洲炒米粉	203	Singapore Style Vermicelli Rice Noodles	£8.80
炒粿刁	204	Kwai Tu Ho Fun (Malaysian Style)	£8.80
黑椒三鮮炒烏冬	205	Mixed Seafood in Black Pepper Sauce with Udon	£13.00
三鮮炒烏冬	206	Mixed Seafood with Udon Noodles	£12.80
XO醬三鮮烏冬	207	Stir Fried Mixed Seafood with Udon in XO Sauce	£13.00

撈麵類

BRAISED NOODLES DISHES

Egg Noodles that are simmered in a light sauce

蝦球撈麵	208	Prawns with Braised Noodles	£11.50
雞球撈麵	209	Chicken with Braised Noodles	£8.80
叉燒撈麵	210	Roast Pork with Braised Noodles	£8.80
薑蔥牛肉撈麵	211	Beef, Ginger & Spring Onion with Braised Noodles	£8.80
菜遠北菇撈麵	212	Chinese Mushrooms with Braised Noodles ♡	£8.80
蔥蒜撈麵	213	Braised Noodles with Ginger & Spring Onions ♡	£7.50

湯麵類

NOODLE SOUP DISHES

Noodles in a soup broth that are topped with a range of meat and vegetables

燒鴨湯麵	214	Roast Duck Noodle Soup	£8.80
叉燒湯麵	215	Char Siu Noodle Soup	£8.80
雲吞湯麵	216	Won Ton Noodle Soup	£8.80
牛腩湯麵	217	Beef Brisket Noodle Soup	£9.00
滑牛湯麵	218	Sliced Beef Noodle Soup	£8.80
三鮮湯麵	219	Seafood Noodle Soup	£12.80
蝦球湯麵	220	Prawn Noodle Soup	£11.50

其他

EXTRAS

辣椒絲	221	Freshly Chopped Chillies	£2.00
甜酸汁	222	Sweet & Sour Sauce	£1.00
沙爹汁	223	Satay Sauce	£1.00

EGG NOODLES

Fine yellow noodles made from egg and wheat. Usually served as soft noodles, as a crispy base or in a soup.

HO FUN

White in colour, a wide and flat noodle made from rice flour

RICE VERMICELLI

Thin white noodles made from rice flour

UDON

Thick noodles made from wheat flour