

# STARTERS

- Butter Garlic Prawns** £4.50  
Large prawns marinated in a homemade garlic and butter sauce, garnished with spring onions.
- Salt and Pepper Prawns** £4.50  
Marinated large prawns, tossed with garlic, black pepper and salt, garnished with peppers, spring onions and onion.
- Chilli Prawns** £4.50  
Marinated large prawns, tossed with homemade chilli garlic sauce and soya sauce, garnished with spring onions.
- Chilli Chicken** £3.75  
Steamed free range chicken, tossed with homemade chilli garlic sauce and soya sauce, garnished with spring onions.
- Honey Chilli Chicken** £3.75  
Steamed free range chicken, tossed with homemade chilli garlic & honey sauce, garnished with spring onions.
- Salt & Pepper Chicken Wings** £3.25  
If you want to spoil yourself why not try!!!
- Spicy Tossed Chicken Wings** £3.25  
Marinated chicken wings, tossed in a homemade Szechuan sauce, garnished with spring onions.
- BBQ Chicken Wings** £3.25  
Marinated chicken wings, tossed in a homemade BBQ sauce, garnished with spring onions.
- Sweet & Sour Chicken Balls** £3.95  
Battered chicken breast in balls, served with a sweet and sour dip.
- Prawn Frank Roll** £3.75  
Chinese homemade style tortilla wrap stuffed with fresh prawns, tossed with Chinese fresh vegetables, and Chinese spice, with a drop of soya dressing.
- Chicken Frank Roll** £3.50  
Chinese homemade style tortilla wrap stuffed with fresh free range chicken, tossed with Chinese vegetables, and Chinese spice, with a drop of soya dressing.
- Oriental Vegetable Frank Roll** £2.75  
Chinese Homemade style tortilla wrap stuffed with Chinese fresh vegetables, and Chinese spice, with a drop of soya dressing.
- Salt & Pepper Mushrooms** £3.00  
Marinated mushrooms, tossed with garlic, black pepper and brown salt, garnished with peppers, spring onions and onion.
- Chilli Mushrooms** £3.00  
Marinated mushrooms, tossed with homemade chilli garlic sauce and soya sauce, garnished with spring onions.

# TASTE MAIN COURSES

## JUST ADD 1 PROTEIN ALL MAIN COURSES

Served with Tofu	£4.50
Served with Chicken	£4.50
Served with Prawns	£5.00
Served with Beef	£5.00

### Taste Sweet and Sour ♥

Homemade sweet and sour sauce, tossed with pineapple and your choice of protein, garnished with spring onions.

### Thai Green Curry

Green curry sauce, eggplant, lemon leaf with your choice of protein, garnished with Thai Basil.

### Ginger and Spring Onion Stir Fry

Homemade ginger and spring onion sauce, tossed with sliced ginger, sliced onion and your choice of protein garnished with spring onions.

### Black Bean Stir Fry

Homemade black bean sauce, tossed with peppers and your choice of protein, garnished with spring onions.

### Indo Chinese Chilli

Homemade chilli sauce fusion style Chinese dish, tossed with your choice of protein, garnished with spring onions.

### Lemon Chilli

Homemade chilli sauce, with lemon juice and a choice of protein, garnished with spring onions.

### Teriyaki Style

Homemade Japanese Teriyaki sauce, tossed with snow peas and your choice of protein, garnished with spring onions.

### Honey Chilli Style ♥

Homemade honey chilli sauce, tossed with your choice of protein, garnished with spring onions.

### Chinese Curry

Homemade Chinese curry sauce.

### Black Pepper

Homemade black pepper sauce with your choice of protein, garnished with spring onions.

### Thai Red Curry

Red chillies, crushed with garlic, lemongrass, shallots, ginger and fish paste and added to coconut milk

“ALL OUR MAIN COURSES ARE SERVED WITH VEGETABLES BUT NOT A SIDE ORDER OF RICE OR NOODLES”

# SOUPS

Creamy Chinese Sweetcorn Soup

Vietnamese Thai Flat Noodle Soup

Hot & Sour Soup

Tomato & Basil

Lunch - time Deal Soup and a Wrap

£5.00

CHICKEN  
£3.00

VEG  
£2.50

“WE PRIDE OURSELVES ON OUR FRESHLY COOKED FOOD. THIS HELPS OUR CUSTOMERS TO MAKE THE PERFECT DISH. (LESS SPICE OR MORE SPICE)”

# BE THE CHEF .....

add one from each step

## STEP: 1

*Choose Your Tasty Carbs*

- Egg Noodles
- Udon Noodles
- Rice Vermicelli Noodles GF
- Thai Flat Noodles GF
- Wholegrain Rice GF
- White Jasmine Rice GF
- Soba Noodles

26OZ BOX  
**£5.00**

## STEP: 2

*Choose Your Tasty Protein*

- Chicken
- Beef
- Prawn
- Tofu

## STEP: 3

*Choose Your Tasty Sauce*

- Japanese Teriyaki
- Sweet & Sour GF
- Szechuan Sauce GF
- Chilli & Garlic GF
- Chilli Bean GF
- Chinese BBQ
- Black Bean Sauce
- Pad Thai GF
- Tomato & Basil Sauce
- Manchurian Sauce

Create your own dish. All dishes come with fresh oriental vegetables. If you wish to add more vegetables 60p or additional protein £1.50.

Please advise chef of any dietary requirements before ordering.

## SIDE ORDERS

Plain Fried Noodles	£2.50
Pan Fried Rice	£2.50
Garlic Fried Rice	£2.50
Garlic Fried Noodles	£2.50
Vegetable Spring Rolls	£2.50
Steamed Vegetables	£3.00
Honey Chilli Potatoes <b>  </b>	£2.50
<small>French fries tossed in homemade honey and garlic sauce</small>	
Salt & Pepper Potatoes <b> </b>	£2.25
<small>French fries tossed in fresh peppers &amp; onions with crushed pepper &amp; salt</small>	
French Fries	£1.75
Deep Crispy Fried Chicken Wings	£2.50
Chicken Spring Rolls	£3.00

# HOMEMADE COMBINATIONS

Simply Add 1 Protein    Chicken - Beef - Prawn - Tofu

<b>Hakka Noodles <b>   </b></b>	£5.00
<small>Egg noodles, Indo Chinese style with a chilli garlic flavour, with oriental vegetables.</small>	
<b>Pad Cheu Basil Noodles <b>  </b></b>	£5.00
<small>Thai flat noodles, tossed in a fresh Thai chilli homemade sauce with a drizzle of soy dressing and fish sauce, with oriental vegetables.</small>	
<b>Pad Thai Noodles <b> </b></b>	£5.00
<small>Thai flat noodles, tangy tamarind sauce, with oriental vegetables.</small>	
<b>Singapore Noodles / Rice <b>   </b></b>	£5.00
<small>Rice vermicelli noodles / Rice with the combination of chilli bean sauce and curry powder, with oriental vegetables.</small>	
<b>Udon Teriyaki Noodles <b> </b></b>	£5.00
<small>Wheat flour noodles tossed with a Japanese teriyaki sauce, with oriental vegetables.</small>	
<b>Szechuan Noodles / Rice <b>   </b></b>	£5.00
<small>Egg noodles / Rice with a homemade spicy Szechuan sauce, with oriental vegetables.</small>	
<b>Mongolian Noodles / Rice <b> </b></b>	£5.00
<small>Egg noodles / Rice tossed in a homemade Chinese BBQ sauce with oriental vegetables.</small>	
<b>Black Bean Noodles</b>	£5.00
<small>Egg noodles with black bean sauce, with oriental vegetables.</small>	
<b>Bamboo Green Noodles <b>   </b></b>	£5.00
<small>Chilli coriander garlic flavoured homemade sauce, tossed with oriental vegetables.</small>	
<b>Spicy Hot Basil Fried Rice <b>  </b></b>	£5.00
<small>White rice (please indicate if require wholegrain rice) tossed with oriental vegetables, drizzled with fresh Thai chilli sauce, soy dressing and fish sauce.</small>	
<b>Chow Mein</b>	£5.00
<small>Egg noodles tossed with oriental vegetables and a touch of soya sauce.</small>	

## PROTEIN SHAKES

<b>Blue Banana</b>	£3.00
<small>Blueberries, banana, oats, milk, with a scoop of whey protein and crushed ice</small>	
<b>Healthy Berries</b>	£3.00
<small>Combination of mixed berries, oats, milk with a scoop of whey protein and crushed ice</small>	
<b>Double Delight</b>	£3.00
<small>Fresh banana, strawberries, oats, milk, scoop of whey protein and crushed ice</small>	
<b>Vanilla Power</b>	£3.00
<small>Fresh banana, oats, milk, with a scoop of vanilla protein and crushed ice</small>	
<b>Choco Banana</b>	£3.00
<small>Fresh banana, oats, milk, with scoop of chocolate protein and crushed ice</small>	
<b>Colada</b>	£3.00
<small>Pineapple, coconut cream, banana, milk, with scoop of whey protein and crushed ice</small>	

# KIDS MENU

**Any 16oz Noodle Box**  
**Choose Egg Noodles or Rice**  
**Choose Your Sauce** (Add fruit for flavour)  
 Sweet & Sour, Tomato & Basil, Black Bean,  
 Japanese Teriyaki  
**Chicken or Prawn or Vegetable**  
**Carton of Juice**

**£3.95**