

SPECIAL BANQUET A

£23.00 per head

Minimum for two people

Minced Chicken and Sweetcorn Soup with Prawn Crackers

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Mixed Platter

Spring Rolls • Prawn on Toast • Barbecued Spare Ribs

Spring Onion Pancakes • Fried Garlic Chicken Wings

Thai Skewered Satay Chicken *

Served with Seaweed and Pickled Vegetable

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Aromatic Crispy Duck with Pancakes

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Main Course for two people

Sizzling Fillet Steak Cantonese Style

Chicken with Green Pepper and Black Bean Sauce

Yang Chow Special Fried Rice

Extra dish for three people

Thai Green Curry with Lamb

Extra dish for four people

Sweet and Sour Combination

Extra dish for five people or more

King Prawns with Seasonal Vegetable

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Fresh Fruit Platter

SPECIAL BANQUET B

£28.00 per head

Minimum for two people

Mixed Platter

Spring Rolls • Sesame Prawn on Toast • Barbecued Spare Ribs

Fried Garlic Chicken Wings • Curried Beef Samosas

Thai Skewered Satay Chicken *

Served with Seaweed and Pickled Vegetable

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Steak Rolls Stuffed with Coriander and Garlic in Black Pepper Sauce

Jumbo Tiger Prawn with Spicy Sauce

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Aromatic Crispy Duck with Pancakes

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Main Course for two people

Sizzling Skewered Fillet Steak Cantonese Style

Sliced Roast Pork with Fresh Mange Tout

Yang Chow Special Fried Rice

Extra dish for three people

Chicken in Lemon Sauce

Extra dish for four people

Thai Green Curry with King Prawn

Extra dish for five people or more

Wok Fried Sea Bass with Thai Sweet Chilli Sauce

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Fresh Fruit Platter

SPECIAL BANQUET C

£34.00 per head

Minimum for two people

Flambé BoBo Skewered Platter

(An Assortment of Skewers Served on a Real Flame Iron Burner)

Beef Skewers · Chicken Skewers

Lamb Skewers · Barbecued Spare Ribs

*Served with Seaweed, Pickled Vegetable,
Barbecued Sauce and Satay Sauce **

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Aromatic Crispy Duck with Pancakes

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Lobster Tail with Ginger and Spring Onion

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Main Course for two people

Stir Fried Beef Fillet Strips with Fresh Asparagus

Fried Chicken Fillet in Lemon Sauce

Yang Chow Special Fried Rice

Extra dish for three people

Sizzling Lamb in Black Pepper Sauce

Extra dish for four people

Scallops and King Prawns with Cashewnuts in Crispy Bird's Nest

Extra dish for five people or more

Steamed Whole Sea Bass with Ginger and Spring Onion

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Fresh Fruit Platter

VEGETARIAN BANQUET

£21.00 per head

Egg and Sweet Corn Soup

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Vegetarian Platter

Vegetarian Spring Roll · Spring Onion Pancake

Crispy Vegetable Parcel · Curried Vegetable Samosa

Vegetarian Won Tun · · ·

Served with Seaweed and Pickled Vegetable

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Vegetarian Lettuce Wrap *

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A Choice of Main Course

Spicy Kung Po Vegetable and Cashewnuts

Thai Green Curry with Vegetable

Sweet and Sour Vegetarian Chicken

Mixed Vegetables Foo Young

Served with Diced Vegetables Fried Rice

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Fresh Fruit Platter

MAN ZEN PLATTERS

Dim Sum Platter

£5.50 per head
Minimum of two people

Spring Roll
Prawn Parcel
Siu Mai
Beef Dumpling
Sesame Chicken Cake

Served with Seaweed and Pickled Vegetable

Seafood Dim Sum Platter

£6.50 per head
Minimum of two people

Har Kau
Prawn Envelope
Prawn on Toast
Thai Fish Cake
Crispy Won Tun

Served with Seaweed and Pickled Vegetable

MAN ZEN Combo

£7.50 per head
Minimum of two people

Steak Rolls in Black Pepper Sauce
Barbecued Spare Ribs
Garlic Chicken Wings
Sesame Prawn on Toast
Spring Onion Pancake
Spring Rolls

Served with Seaweed and Pickled Vegetable

Vegetarian Combo

£6.50 per head
Minimum of two people

Vegetarian Spring Roll
Spring Onion Pancake
Crispy Vegetable Parcel
Curried Vegetable Samosa
Vegetarian Won Tun

Served with Seaweed and Pickled Vegetable

MAN ZEN Seafood Combo

£9.50 per head
Minimum of two people

Our chef's dedication to seafood lovers

Crab Claws Stuffed with Prawn Paste
Fried Jumbo Prawns Stuffed with Spring Onion
Steamed Mussels with Garlic
Crispy Crab Stick Roll
Thai Fish Cake
Smoked Fish

Served with Seaweed and Pickled Vegetable

Flambé Bobo Skewered Combo

£7.90 per head
Minimum of two people

An assortment of skewers served on a special wooden platter with 'Real Flame Iron Burner' to create a charcoal flavour.

Beef Skewers
Chicken Skewers
Lamb Skewers
Barbecued Spare Ribs

*Served with Seaweed, Pickled Vegetable,
Satay Sauce and Barbecue Sauce*

STEAMED DIM SUM

- D1. 'Har Kau' Prawn Dumplings (4) £3.60
- D2. 'Siu Mai' Prawn & Meat Dumplings (4) £3.60
- D3. Beef Dumplings *with ginger and spring onion* (3) £3.60
- D4. Scallop & Prawn Dumplings (3) £3.60 **NEW**
- D5. Pak Choi & Prawn Dumplings (3) £3.60 **NEW**
- D6. Char Siu Bow - *roast pork buns* (2) £3.30
- D7. Law Mei Gai - *glutinous rice with mixed meat filling in lotus leaf wrap* £3.30 **NEW**

DEEP FRIED DIM SUM

- D8. Spring Rolls (3) £3.30
- D9. Chicken & Cheese Rolls (3) £3.30
- D10. Sesame Chicken Cakes (3) £3.30
- D11. Prawn Parcels (3) £3.30
- D12. Crispy Won Tun - *prawn dumplings* (3) £3.30
- D13. Prawn Envelopes with Mayonnaise Dip (3) £3.60
- D14. Wafer-Paper Wrapped Prawns (3) £3.60
- D15. Sesame Prawn on Toast (4) £3.30
- D16. War Tip - *wok grilled chicken dumplings* (3) £3.60
- D17. Spring Onion Pancakes (3) £3.30
- D18. Curried Beef Samosas (3) £3.30

MAN ZEN STARTERS

- S1. Crispy Seaweed £3.90
- S2. Prawn Crackers £2.50
- S3. Spicy Thai Prawn Crackers *with sweet chilli dip* £3.00
- S4. Aromatic Crispy Duck *with pancakes* £18.00 *half* £9.90 *quarter*
- S5. Aromatic Crispy Lamb *with pancakes* £7.50
- S6. Lobster Tail *in garlic and butter sauce or Szechuan sauce* £10.50
- S7. Barbecued Spare Ribs £7.50

- S8. Salt & Chilli Garlic Spare Ribs £7.50
- S9. Spare Ribs in Peking sauce * £7.50
- S10. Mini Spare Ribs in OK sauce £7.50
- S11. Mini Spare Ribs in sweet and sour sauce £7.50
- S12. Deep Fried Crab Claws stuffed with prawn paste (2) £6.90
- S13. Yuk Suong - Minced Chicken & Nuts with lettuce wrap * £7.50
- S14. Steak Rolls stuffed with garlic and coriander in black pepper sauce (3) £6.90
- S15. Singapore Laksa £6.50 **NEW**
*Classic spicy broth made with coconut milk, prawns and chicken
poured over vermicelli and beansprouts*
- S16. Deep Fried Squid with salt and chilli garlic £6.50
- S17. Deep Fried Squid with sweet and sour dip £6.50
- S18. Smoked Fish with pickled vegetable (Cold) £5.90
- S19. Wasabi Prawns prawn deep fried and tossed in creamy wasabi sauce £6.50 **NEW**
- S20. Wok Grilled Scallops in Shell with asparagus in teriyaki sauce (2) £6.50 **NEW**
- S21. Steamed Fresh Scallops in Shell with garlic or ginger, spring onion and soya sauce (2) £5.90
- S22. Deep Fried Sesame King Prawns with lemon and honey dip (6) £6.50
- S23. Steamed King Prawns with garlic or black bean sauce (6) £6.50
- S24. Fried Jumbo King Prawns in Shell stuffed with spring onion (3) £5.50
- S25. Pan Fried Jumbo Tiger Prawn £5.50
Choice of Salt and chilli garlic, Szechuan spicy sauce or Cantonese sauce
- S26. 'Soft Shell' Crab with salt and chilli garlic £5.50
- S27. Green Lip Mussels in Shell with Szechuan sauce or black bean sauce £6.50
- S28. Fried Chicken Wings with salt and chilli garlic or Cantonese sauce £5.50
- S29. Thai Fish Cakes with sweet chilli dip (4) £5.50
- S30. Pandang Chicken Marinated chicken pieces wrapped in Pandang Leaf (4) £5.50 **NEW**
- S31. Thai Satay Chicken or Lamb * (3 skewers) £5.90
- S32. Cantonese Satay Chicken or Lamb (3 skewers) £5.90

MAN ZEN SOUP

- S33. Minced Chicken & Sweet Corn Soup £3.90
- S34. Crab Meat & Sweet Corn Soup £3.90
- S35. Peking Hot & Sour Soup £3.90
- S36. Sliced Chicken & Noodle Clear Soup £3.90
- S37. Won Tun Clear Soup £4.90
- S38. Tom Yam Gai – Traditional Thai Soup £3.90
Spicy chicken soup seasoned with lemongrass, ginger, chilli and coriander
- S39. Tom Yam Goong £4.90
As above but with seafood
- S40. Assorted Seafood & Seasonal Vegetable Clear Soup £4.90

MAN ZEN MAIN COURSES

Chef's Specialities

- M1. Wok Fried Sea Bass Fillet ** £12.90
- M2. Wok Fried Halibut Steak ** £12.90
- ** Choice of sauce: Ginger, spring onion and soya sauce, sweet and sour sauce or spicy Szechuan sauce*
- M3. Sea Treasure with XO Seafood Sauce £13.90
Quick fried monk fish, scallops and king prawns with spicy 'XO' sauce
- M4. Stir Fried Monk Fish *with black bean sauce in a bird's nest* £13.90
- M5. Stir Fried Dover Sole £13.90 **NEW**
with fresh asparagus / Szechuan spicy sauce / salt and chilli pepper
- M6. Stir Fried Scallops & King Prawns *with fresh asparagus* £12.90
- M7. Sizzling Scallops & King Prawns *in black bean sauce* £12.90
- M8. Stir Fried Beef Fillet Strips *with fresh asparagus* £12.90
- M9. Cantonese Beef Fillet Strips *in bird's nest* £11.90
- M10. Sizzling Skewered Fillet Steak & Chicken *in Satay sauce ** £12.90
- M11. Wok Fried Beef Fillet Cube *with garlic, coriander and fresh chilli* £11.90
- M12. MAN ZEN Special Curry *(Including king prawn, chicken, beef and char sui)* £10.90

- M13. Prawn Meat Balls** *with cashewnuts* **£10.90**
- M14. Prawn Meat Balls** *with ginger and spring onion* **£10.90**
- M15. Duck Stuffed with Prawn Paste** *in mushroom sauce* **£10.90**
- M16. Spicy 'Mau Tai' Chicken** **£9.30**
Marinated chicken slices with Mautai Wine, seasoned with fresh chilli and garlic
- M17. Crispy Shredded Beef** *with chilli* **£9.30**
- M18. Crispy Shredded Chicken** *with chilli* **£9.30**
- M19. Chicken in Lemon Sauce** **£9.30**
Lightly battered chicken fillet, then topped with our delicious lemon sauce
- M20. Thai Crispy Chicken Fillet** *with sweet and chilli dip* **£9.30**
- M21. Thai Green Curry with Chicken / King Prawn** **£9.30 / £10.90** **NEW**
- M22. Thai Red Curry & Pineapple with Chicken / King Prawn** **£9.30 / £10.90** **NEW**

Seafood Dishes

- M23. Sautéed and Braised Lobster in shell** *with ginger and spring onion* **£ seasonal price**
- M24. Steamed Sea Bass** *with ginger, spring onion and soya sauce* **£12.00 per lb.**
- M25. Steamed Whole Dover Sole** **£16.50 per lb.**
- M26. Stir Fried Monk Fish** *with seasonal vegetable* **£12.90**
- M27. Stir Fried Scallops** *with seasonal vegetable* **£11.90**
- M28. Fresh Squid** *with chilli and garlic* **£9.90**
- M29. Fresh Squid** *with green pepper and black bean sauce* **£9.90**
- M30. Fried Fish Fillet** **£9.90**
Cod fillet coated in batter, deep fried and served in the choice of sweet corn sauce, Szechuan Sauce or sweet and sour sauce

Steak and Lamb

- M31. Sizzling Fillet Steak Cantonese Style** **£11.90**
- M32. Sizzling Fillet Steak in Satay Sauce *** **£11.90**
- M33. Sizzling Fillet Steak in Black Bean Sauce** **£11.90**
- M34. Sizzling Fillet Steak in Black Pepper Sauce** **£11.90**
- M35. Sizzling Fillet Steak with Ginger and Spring Onion Sauce** **£11.90**

- M36. Sizzling Lamb Fillet in Black Pepper Sauce £10.90
- M37. Sizzling Lamb Fillet in Black Bean and Spring Onion £10.90
- M38. Sizzling Lamb Fillet with Ginger and Spring Onion £10.90

Roast Dishes

- M39. Barbecued Roast Lean Pork (*Char Siu*) £8.80
- M40. Roast Crispy Chicken Cantonese Style (half) £10.90
- M41. Cantonese Roast Duck £10.90
- M42. Roast Duck in Plum Sauce £10.90
- M43. Roast Duck in Lemon Sauce £10.90
- M44. Roast Duck in Orange Sauce £10.90
Duck fillet in light batter topped with orange sauce with a touch of Cointreau
- M45. Roast Duck with Green Pepper and Black Bean Sauce £9.50
- M46. Roast Duck with Pineapple and Sweet Ginger £9.50

Sweet & Sour Dishes

- M47. Sweet & Sour Chicken £8.80
- M48. Sweet & Sour Pork £8.80
- M49. Sweet & Sour King Prawns £10.90
- M50. Sweet & Sour Combination - *king prawn, chicken and pork* £10.90

Noodles & Fried Rice

- M51. Special Chow Mein £9.90
- M52. King Prawn Chow Mein £10.90
- M53. Sliced Chicken Chow Mein £8.90
- M54. Roast Pork Chow Mein £8.90
- M55. Sliced Beef Chow Mein £8.90
- M56. Beef Rice Stick with Green Pepper & Black Bean Sauce £8.90
- M57. Rice Stick Malaysian Style £8.90

M58. Fried Vermicelli Singapore Style £8.50

M59. King Prawn Fried Rice £9.50

M60. Chicken Fried Rice £7.90

M61. Char Siu Fried Rice £7.90

M62. Yang Chow Special Fried Rice £7.90

Create Your Own Favourite Dish

Select one of the following items:

M63. King Prawn £10.90

M64. Chicken £8.80

M65. Beef £8.80

M66. Pork £8.80

M67. Lamb £9.50

Then create any style by choosing one of our delicious sauces or vegetable from the following choices:

Cantonese Sauce - Fruity

Szechuan Spicy Sauce

Cantonese Curry Sauce

Cantonese Satay Sauce *

Spring Onion & Black Bean Sauce

Green Pepper & Black Bean Sauce

Fresh Ginger & Spring Onion Sauce

Bamboo Shoot & Oyster Sauce

Pineapple & Sweet Ginger

Straw Mushrooms

Garlic, Salt & Chilli Pepper

Foo Yung - Scrambled Egg

Fresh Seasonal Vegetables

Cashewnuts £0.50 extra

Spicy 'Kung Po' Style £0.50 extra

Fresh Tomato and Onion

MAN ZEN SIDE DISHES

- SD1. Mixed Vegetables £5.50
- SD2. Garlic Pak Choi £5.50
- SD3. Garlic Mushrooms £4.90
- SD4. Fried Beansprouts £4.90
- SD5. Soft Noodles *with beansprouts and onion* £3.90
- SD6. Crispy Noodles £3.90
- SD7. Soya Sauce *with spring onion and chilli* £2.50
- SD8. Sweet & Sour Sauce £2.50
- SD9. Curry Sauce £2.50
- SD10. Chips £2.50
- SD11. Egg Fried Rice £2.50
- SD12. Boiled Rice £2.20

VEGETARIAN MENU

Vegetarian Dim Sum

- VD1. Crispy Vegetarian Spring Rolls (3) £3.30
- VD2. Crispy Vegetarian Won Tun (3) £3.30
- VD3. Steamed Vegetable Dumplings (3) £3.30 **NEW**
- VD4. Crispy Spring Onion Pancakes (3) £3.30
- VD5. Curried Vegetable Samosas (3) £3.30
- VD6. Crispy Vegetable Parcel (3) £3.30 **NEW**

Vegetarian Starters

- VS1. Crispy Seaweed *with crushed cashewnuts topping* * £3.90
- VS2. Whole Asparagus *in garlic sauce* £5.50
- VS3. Fried Beancurd *with salt & chilli* £5.50
- VS4. Large Egg Roll *with vegetables stuffing* £5.90
- VS5. Vegetarian Lettuce Wrap * £6.90
Stir fried diced vegetables and crushed nuts with garlic and rice wine, served on a bed of crispy vermicelli with lettuce and sauce for wrapping.

Vegetarian Soup

- VS6. Sweet Corn Soup £3.90
- VS7. Sweet Corn and Diced Vegetable Soup £3.90
- VS8. Vegetarian Hot and Sour Soup £3.90
- VS9. Mixed Vegetable Clear Soup £3.90
- VS10. Spicy TOM YAM Vegetable Soup £3.90

Vegetarian Main Courses

- VM1. **Vegetarian Chicken** (Soya Bean Product) **£8.80**
*Choice of Sauce: Sweet and Sour Sauce
Lemon Sauce
Curry Sauce
Mushrooms
Szechuan Spicy Sauce
Green Pepper and Black Bean Sauce*
- VM2. **Fried Bean Curd** - *Choose one of the above sauces* **£8.50**
- VM3. **Crispy Fried Soya Bean Strips** *in Chilli Sauce or Cantonese Sauce* **£8.80** **NEW**
- VM4. **Diced Vegetables and Cashewnuts** *with spicy sauce in Bird's Nest - Kung Po style ** **£8.80**
- VM5. **Braised Assorted Vegetables Casserole** *in Szechuan sauce* **£8.80**
- VM6. **Thai Green Curry with Beancurd & Vegetables** **£8.80** **NEW**
- VM7. **Fried Asparagus and Straw Mushrooms** **£8.50**
- VM8. **Fried Mange Tout and Straw Mushrooms** **£8.50**
- VM9. **Fried Broccoli and Straw Mushrooms** **£8.50**
- VM10. **Mixed Vegetables Foo Young** - *Scrambled egg* **£8.50**
- VM11. **Mixed Vegetables** *in Satay sauce ** **£6.50**
- VM12. **Mixed Vegetables Chow Mein** **£8.50**
- VM13. **Vegetarian Vermicelli** *Singapore style* **£8.00**
- VM14. **Diced Vegetables Fried Rice** **£4.50**

** Contains nut based products*

All our food is freshly prepared to order and may take a little while during the busy periods.

We cannot guarantee that any of our dishes are free from nuts.

We cannot guarantee that any of our dishes are free from g.m. ingredients.

For parties of eight or more, an optional 10% staff gratuity will be added.