



## APPETISERS

Mixed starter platter (minimum order for 2) .....£8.90pp (Salt & Pepper Prawn and Chicken, Spare Ribs Peking Style, Sesame Prawn on Toast)	
Prawn crackers .....	£3.50
Crispy lamb spring rolls.....	£6.90
Sesame prawns on toast .....	£6.90
Spare ribs Peking style.....	£7.50
Deep fried king prawns with bread crumbs .....	£7.90
Grilled or steamed pork dumplings .....	£7.90
Grilled or steamed vegetable dumplings.....	£7.50
Bang Bang chicken (cold) .....	£6.90
Satay chicken on skewers .....	£6.90
Salt & pepper chicken wings .....	£8.50
Salt & pepper smoked chicken .....	£7.90
Salt & pepper king prawn .....	£8.50
Salt & pepper squid.....	£8.90
Salt & pepper bean curd.....	£8.50
Deep fried seaweed .....	£6.50
Vegetable mini spring rolls .....	£6.50
Veggie 'chicken' satay on skewers .....	£8.50

## PANCAKES & WRAPS

Crispy aromatic duck with pancakes  
Quarter £12.90  
Half £17.50

Mongolian crispy lamb  
with pancakes £12.90

## CURRY

Chicken curry .....	£8.90
Lamb curry 🌶️ .....	£9.90
Thai green king prawn curry .....	£8.90
Thai red duck curry .....	£8.90
Thai green chicken curry .....	£8.90
Thai green vegetable curry .....	£8.90

## SWEET & SOUR

Sweet & sour pork .....	£8.90
Sweet & sour chicken .....	£8.90
Sweet & sour king prawn .....	£8.90

## RICE DISHES

Special fried rice .....	£7.90
Singapore fried rice 🌶️ .....	£8.90
Chicken fried rice .....	£7.90
Mixed vegetables fried rice 🌶️ .....	£7.90
Boiled rice .....	£3.30
Egg fried rice.....	£4.50

## NOODLE/HO FUN

Stir fried chicken noodle.....	£7.90
Stir fried king prawn noodle .....	£9.50
Singapore vermicelli noodle 🌶️ .....	£8.50
Stir fried beef Ho Fun .....	£8.90
Stir fried bean sprouts with noodle .....	£6.50
Vegetarian Singapore vermicelli noodle.....	£7.90
Udon noodles with pork.....	£8.90
Udon noodles with vegetables .....	£7.50

## IRON PLATE SIZZLING

Sizzling (Tai Chine) prawn with chilli £12.50  
Sizzling lamb with spring onion & ginger £12.50  
Sizzling fillet steak Cantonese style £15.90  
Sizzling fillet steak black pepper sauce £15.90

## SOUP

Chicken & sweet corn soup.....	£5.50
Crab meat & sweet corn soup .....	£5.50
Hot & sour soup .....	£5.50
Prawn wan won soup .....	£5.50
Tom yum king prawn soup.....	£5.50

## VEGETABLES

Bean curd with broccoli .....	£8.50
Aubergine with black bean sauce .....	£8.50
Veggie 'chicken' with black bean sauce 🌶️ .....	£8.50
Veggie 'chicken' with sweet & sour sauce 🌶️ .....	£8.50
(Tai Chin) Veggie 'chicken' with chilli 🌶️ .....	£8.50
Veggie 'chicken' with cashew nuts and yellow bean sauce 🌶️ .....	£8.50
Pak Choi with garlic .....	£8.50

## SEAFOOD

Mussels with black bean sauce .....	£10.50
King prawn with Kung Po chilli sauce .....	£10.50
King prawn with mushroom .....	£10.50
King prawn with Thai basil & sweet chilli sauce ....	£10.50
Stream sea bass fillet with spring onion & ginger	£15.90

## CHICKEN

Chicken with Kung Po chilli sauce .....	£8.90
Sliced chicken with broccoli .....	£8.90
Sliced chicken with lemon sauce .....	£8.90
Sliced chicken with cashew nuts and yellow bean sauce.....	£9.50

## PORK

Char Sui (roast pork) with bean sprouts .....	£7.90
Szechuen double cooked pork belly with spicy sauce .... .....	£12.50
Mapo Tofu (minced pork, bean curd spicy sauce)..... .....	£12.90

## BEEF

Shredded beef with chilli .....	£8.90
Sliced beef with black bean sauce .....	£8.90
Sliced beef with Thai basil & sweet chilli sauce.....	£8.90

## DUCK

Roast duck with pineapple .....	£9.90
Roast duck with bean sprouts .....	£9.90

Food allergy? Please ask a member of our team.  
Management advises that food prepared here may  
contain of have in contact with peanuts, tree nuts, soy  
beans, milk, eggs, wheat, fish or shellfish

🌶️ = Hot    🥚 = No egg    🌿 = Vegetarian

## SPECIAL RECOMMENDATIONS SET MENU

£25pp (minimum for two or more)

Bang Bang chicken (cold)  
Spare ribs Peking style  
Sesame prawn on toast  
Salt and pepper chicken  
\* \* \*

Crispy aromatic duck  
\* \* \*

Sizzling beef with black bean sauce  
Sliced chicken with lemon sauce  
King prawn with Kung Po chilli sauce  
Egg fried rice  
(For 4 or more, add)

Slice pork with cashew nut and yellow bean sauce  
Fried mixed vegetable  
\* \* \*

Ice cream or lychee

## MAN HO FAVOURITES SET MENU

£25pp (minimum for two or more)

Menu  
BBQ spare ribs  
Sesame prawn on toast  
Salt and pepper smoked chicken with seaweed  
Mini vegetable spring rolls  
Satay chicken on skewers  
\* \* \*

Crispy aromatic duck  
\* \* \*

Sweet & sour chicken  
Sizzling beef with black bean sauce  
Char Sui pork  
French beans and broccoli with garlic sauce  
Egg fried rice  
\* \* \*

Ice cream

*Have a special occasion, celebration on maybe a birthday coming up?  
Let us know we can plan a menu tailored to you!*

**WIN A FREE MEAL** To enter our competition for a free meal for your friends and family, simply tag us on social media when posting a picture of your food or drinks! IG @manhorestaurant | FB @manhochinese

## SOFT DRINKS

	Small/Large Bottle
Still water .....	£2.00/£4.00
Sparkling water .....	£2.50/£4.00
American ginger ale .....	£2.80
Tonic water .....	£2.80
Soda water .....	£2.80
Orange juice .....	£2.80
Apple juice .....	£2.80
J20 .....	£2.80
Coke.....	£2.80
Diet Coke.....	£2.80
Lemonade .....	£2.80
Redbull.....	£2.80

## HOT DRINKS

Chinese tea or English tea .....	£3.00
Coffee.....	£3.00

## BOTTLE

Carlsberg 330ml .....	£4.90
TsingTao (Chinese beer).....	£4.90
Tiger.....	£4.90
Corona Extra .....	£4.90
John Smith.....	£5.00
Magners.....	£5.00
Kopparberg.....	£5.00

## CHAMPAGNE & SPARKLING WINE

	Bottle
Prosecco (Italy) .....	£25.90
House Champagne (France) .....	£35.90
Moet et Chandon N.V (France).....	£48.90

## WHITE WINE

	Small Glass/ Large Glass/Bottle
House White (France).....	£4.90/£5.90/£18.90
Pinot Grigio (Italy).....	£21.90
Sauvignon Blanc (Chile).....	£22.90
Chardonnay (Chile).....	£23.90
Chablis (France).....	£35.99

## RED WINE

	Small Glass/ Large Glass/Bottle
House Red (France).....	£4.90/£5.90/£18.90
Shiraz (Australia).....	£21.90
Merlot (Chile).....	£22.90
Cabernet Sauvignon (California).....	£20.90
Saint-Émilion (France).....	£29.90

## ROSÉ

	Small Glass/ Large Glass/Bottle
House Rosé (France).....	£4.90/£5.90/£18.90
White Zinfandel (California).....	£20.90
Pinot Grigio Blush (Italy).....	£21.90

## SPIRITS & LIQUEURS

Vodka  
Gin  
Bacardi  
Malibu  
Archers  
£3.80 Per 25ml

Scotch Whisky  
Irish Whisky  
Southern Comfort  
Jack Daniels  
£4.00

Courvoisier VSOP  
Pink Gin  
£5.00

Tia Maria  
Sambuca  
Baileys  
Amaretto  
Tequila  
£3.80 Per 25ml

£1.00 to add mixer

Various shots and cocktails  
available at the Bar