

## 前菜 APPETISERS

	棒棒雞 (冷盤)	Bang Bang Chicken (Cold)	£7.90
  	大蝦多士	Sesame Prawn on Toast	£7.90
  	吉列大蝦	Deep Fried King Prawns with Bread Crumbs	£8.90
	香脆紫菜	Deep Fried Seaweed (V)	£7.50
  	香辣雞翼	Spicy Chicken Wings	£8.50
 	煙薰雞配紫菜	Smoked Shredded Chicken with Seaweed	£8.90
	燒汁排骨	Barbeque Spare Ribs	£8.50
	京都排骨	Peking Style Spare Ribs	£8.50
 	沙嗲串燒 4 串	Barbeque Satay Skewers (Chicken, Beef, Lamb or Pork)	£7.90
 	沙嗲串燒 4 串 (素雞)	Barbeque Satay Skewers (4) (Mock Chicken) (V)	£9.50
 	椒鹽 (蘑菇/豆腐)	Salt & Pepper (Mushroom or Bean Curd) (V)	£8.50
 	椒鹽 (雞翼/大蝦)	Salt & Pepper (Chicken Wings or King Prawn)	£9.50
  	椒鹽鮮魷	Salt & Pepper Squid	£9.90
 	椒鹽軟殼蟹 2 隻	Salt & Pepper Soft Shell Crab (2 Pieces)	£12.50
 	迷你素春捲	Mini Vegetarian Spring Rolls (V)	£7.50
 	春捲 (羊/鴨)	Spring Rolls (Lamb / Duck)	£8.90
	蔬菜鍋貼 (煎/蒸)	Vegetable Dumplings (Grilled or Steamed) (V)	£8.50
	豬或雞鍋貼 (煎/蒸)	Pork or Chicken Dumplings (Grilled or Steamed)	£8.90

## 湯 SOUP
















	粟米雞湯	Chicken Sweetcorn Soup	£6.50
 	粟米 蟹柳湯	Soft Shell Crab Sweetcorn Soup	£8.50
 	酸辣湯	Hot and Sour Soup	£6.50
  	蝦雲吞湯	Prawns Wonton Soup	£5.50
 	蔬菜冬陰公湯	Vegetarian Tom Yum Soup	£5.50
 	冬陰公雞肉湯	Chicken Tom Yum Soup	£5.50
  	冬陰公大蝦湯	King Prawn Tom Yum Soup	£6.90



PHOTO MENU

 Gluten  Egg  Nuts  Moluscs  Crustaceans  Spicy

### FOOD ALLERGY NOTICE

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## 精選菜式 MAN HO SIGNATURE




	<b>萬好精選拼盤 2 位起</b> (椒鹽大蝦, 椒鹽雞, 京骨, 大蝦多士)	<b>Man Ho Signature Platter <i>Minimum Order For Two</i></b>	£9.90pp
	<b>香脆蒙古羊肉</b> (配煎餅, 大蔥和青瓜)	<b>Crispy Mongolian Lamb</b> (Served with Pancakes, Spring Onion and Cucumber)	£14.90
	<b>香酥鴨</b> (配煎餅, 大蔥和青瓜)	<b>Crispy Aromatic Duck</b> (Served with Pancakes, Spring Onion and Cucumber)	
		1/4隻 Quarter	£14.90
		半隻 Half	£22.50
		全隻 Whole	£35.00
	<b>叉燒</b>	<b>Char Siu (Roast Pork)</b>	£8.90
	<b>燒豬</b>	<b>Golden Roast Pork Belly</b> (2 days advance notice require)	£9.50
	<b>燒鴨</b>	<b>Roast Duck</b>	£11.90

## 陸地 LAND

### 豬 PORK

	<b>咕嚕肉</b>	<b>Sweet &amp; Sour Pork "Hong Kong Style"</b>	£8.90
	<b>麻婆豆腐</b>	<b>Mapo Tofu (Minced Pork, Bean Curd Spicy Sauce)</b>	£13.90
	<b>沙嗲豬肉</b>	<b>Sliced Pork with Satay Sauce</b>	£9.90
	<b>腰果炒豬肉</b>	<b>Sliced Pork with Cashew Nuts in Yellow Bean Sauce</b>	£9.90
	<b>椒鹽豬扒</b>	<b>Salt &amp; Pepper Pork Loin</b>	£10.90
	<b>回鍋肉</b>	<b>Double Cooked Pork Belly Sichuan Style</b>	£13.50
	<b>魚香茄子</b>	<b>Spicy Eggplants with Minced Pork</b>	£13.50

### 鴨 DUCK

	<b>菠蘿炒燒鴨</b>	<b>Roast Duck with Pineapple</b>	£11.90
	<b>梅子鴨</b>	<b>Roast Duck with Plum Sauce</b>	£9.90
	<b>豉椒炒燒鴨</b>	<b>Roast Duck with Black Bean Sauce</b>	£9.90

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## 陸地 LAND

### 雞 CHICKEN (HALAL)

	咕嚕生炒雞	Sweet & Sour Chicken "Hong Kong Style"	£8.90
 	宮保雞丁	Chicken with Kung Po Chilli Sauce	£9.90
	三杯雞	Sanbeiji	£14.90
	檸檬雞肉	Chicken with Lemon Sauce	£9.90
 	咖喱雞肉 (黃/青/紅)	Chicken Curry (Yellow / Green / Red Curry)	£9.90
 	豆瓣腰果雞	Chicken with Cashew Nuts and Yellow Bean Sauce	£10.50
 	"大千"雞	"Tai Ching" Chicken with Fresh Chilli	£9.90
 	重慶辣子雞	Chong-Qing Spicy Chicken	£14.90
 	四川雞肉	Chicken with Green Pepper & Sichuan Sauce	£9.90
 	泰式雞肉	Chicken with Thai Basil & Sweet Chilli Sauce	£8.90

### 牛 BEEF (HALAL)

 	香辣牛絲	Shredded Beef with Chilli	£9.90
 	黑椒牛肉	Sliced Beef with Black Pepper Sauce	£9.90
 	四川牛肉	Sliced Beef with Green Pepper & Sichuan Sauce	£8.90
	薑蔥牛肉	Sliced Beef with Ginger and Spring Onion	£9.90
 	咖喱牛肉 (黃/青/紅)	Beef Curry (Yellow / Green / Red Curry)	£8.90
	豉椒牛肉	Beef with Black Bean Sauce	£9.90
	鐵板中式牛柳	Sizzling Fillet Steak "Cantonese Style"	£17.90

### 羊 LAMB (HALAL)


 	咖喱羊肉 (黃/青/紅)	Lamb Curry (Yellow / Green / Red Curry)	£14.50
 	泰式羊肉	Sliced Lamb with Thai Basil & Sweet Chilli Sauce	£9.50
	孜然羊肉	Ji-Yin Lamb with Spicy Cumin	£14.50
	鐵板薑蔥羊肉	Sizzling Lamb with Ginger and Spring Onion	£14.50



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## 海鮮 SEAFOOD

	豉椒炒鮮魷	Squid with Black Bean Sauce	£10.50
 	豉椒炒青口	Mussels with Black Bean Sauce	£12.50
	西蘭花炒大蝦	King Prawn with Broccoli	£10.50
	蘑菇炒大蝦	King Prawn with Mushroom	£12.50
	腰果大蝦	King Prawn with Cashew Nuts	£10.50
	蕃茄大蝦	King Prawn with Fresh Tomato	£10.50
  	宮保大蝦	King Prawn with Kung Po Chilli Sauce	£12.50
  	"大千"蝦	"Tai Ching" King Prawn with Fresh Chilli	£10.50
 	泰式大蝦	King Prawn with Thai Basil & Sweet Chilli Sauce	£12.50
 	咕嚕生炒大蝦	Sweet and Sour King Prawn "Hong Kong Style"	£10.90
 	煎釀三寶	Three stuffed treasures with Shrimp Paste (Eggplant, Bell Pepper, Bean Curd)	£14.90
 	琵琶豆腐	Pipa Tofu with Shrimp Paste	£16.90
	薑蔥(蒸/煎)爐魚	(Steamed or Wok Fry) Sea Bass Fillet with Spring Onion, Ginger and Soya Sauce (2 Pieces)	£17.90

## 精選海鮮 SIGNATURE SEAFOOD

 	蒜蓉粉絲蒸扇貝	Steamed Scallop with Ginger, Scallions and Vermicelli	£15.50
 	清蒜龍蝦	Steamed Lobster Cantonese Style	MP
  	芝士龍蝦伊麵	Cheese baked lobster with Yi-Mein Noodles	MP
	是日精選	Steamed or Grilled Catch of the Day	MP
 	蒜蓉蒸聖子	Steamed Razor Clams with Ginger, Scallions and Vermicelli	£15.50
 	豉椒炒蜆	Wok Fry Clams with Chilli and Black Bean Sauce	£15.50
 	黃金蝦	Golden King Prawn with Salted Egg Puree	£13.50

All Signature Seafood are subject to availability,  
5 days Pre-order is recommended  
(MP = Market Price)



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## 素食 VEGETABLES

	豆腐西蘭花	Bean Curd with Broccoli	£9.50
	豉椒茄子	Aubergine with Black Bean Sauce	£9.50
 	泰式青咖哩什菜	Thai Green Curry with Mixed Vegetable	£8.90
	蒜蓉炒白菜	Pak Choi with Garlic	£9.50
	炒什菜	Stir-Fried Mixed Vegetables	£6.80
	西蘭花竹筍炒蘑菇	Stir-Fried Broccoli, Bamboo Shoots and Mushroom	£8.50
 	炒長豆	Stir-Fried French Beans with Chilli and Garlic Sauce	£8.50
	腰果豆腐	Bean Curd with Cashew Nuts in Yellow Bean Sauce	£8.50
	羅漢齋	Lo-Han Stir-Fried Mix Vegetables	£8.50

## 精選海鮮 RICE & NOODLES

### 飯 RICE

 	揚州炒飯	Yang-Chow Fried Rice	£8.50
  	星加坡炒飯	Singapore Fried Rice	£8.90
 	馬來菠蘿炒飯	Malaysian Pineapple Fried Rice	£8.90
	雞肉炒飯	Chicken Fried Rice	£8.50
 	大蝦炒飯	King Prawn Fried Rice	£10.50
	蛋炒飯	Egg Fried Rice	£4.80
	白飯	Boiled Rice	£4.00

### 麵 NOODLE

	芽菜炒麵	Beansprouts Chow Mein	£7.50
   	星洲炒米	Stir-Fried Singapore Vermicelli	£8.90
	乾炒牛河	Stir-Fried Beef Ho Fun	£10.90
	豉椒炒牛河	Stir-Fried Beef Ho Fun with Black Bean Sauce	£12.50
	肉絲炒麵底	Char Siu Pork with Crispy Noodle	£9.50
	雪菜鴨絲炆米	Braised Vermicelli with Duck and Sauteed Cabbage	£13.90

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## 素食餐牌 VEGETARIAN MENU







### 素雞肉 VEGGIE CHICKEN

 	素雞泰式青咖喱	Veggie Chicken Thai Green Curry	£9.90
	咕嚕生炒素雞	Sweet and Sour Veggie Chicken "Hong Kong Style"	£9.90
 	“大千”素雞	“Tai Ching” Veggie Chicken with Fresh Chilli	£9.90
	檸檬素雞	Veggie Chicken with Lemon Sauce	£9.90

### 素牛肉 VEGGIE BEEF

	豉椒素牛	Veggie Beef in Green Pepper and Black Bean Sauce	£9.90
 	四川素牛	Veggie Beef with Green Pepper & Sichuan Sauce	£9.90
 	香辣素牛	Shredded Veggie Beef with Chilli	£9.90
 	鐵板黑椒素牛	Sizzling Veggie Beef in Black Pepper suace	£9.90

### 素蝦 VEGGIE PRAWN

	咕嚕生炒素蝦	Sweet and Sour Veggie Prawn "Hong Kong Style"	£9.90
 	宮保素蝦	Veggie Prawn with Kung Po Chilli Sauce	£9.90
 	素蝦咖喱	Veggie Prawn Curry	£9.90
	西蘭花炒素蝦	Veggie Prawn with Broccoli	£9.90

### 免麥素肉 GLUTEN FREE VEGGIE MEAT

	鐵板中式免麥素肉	Sizziling Gluten Free Veggie Meat "Cantonese Style"	£9.90
	“大千”免麥素肉	“Tai Ching” Gluten Free Veggie Meat with Fresh Chilli	£9.90
	免麥素肉泰式紅咖喱	Gluten Free Veggie Thai Red Curry	£9.90
	菠蘿炒免麥素肉	Gluten Free Veggie Meat with Pineapple	£9.90
	薑蔥免麥素肉	Gluten Free Veggie Meat with Ginger and Spirng Onion	£9.90



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## 套餐 SET MENU

### 特別建議套餐

### SPECIAL RECOMMENDATION

£28 Per Person (Minimum for two or more guests)

#### 頭盤

棒棒雞, 京都排骨  
大蝦多士, 煙薰雞配紫菜

#### STARTER

Bang Bang Chicken, Spare Ribs Peking Style,  
Sesame Prawn on Toast, Salt and Pepper Smoked Chicken,

#### 中盤

香酥鴨  
(配煎餅, 大蔥和青瓜)

#### SECOND COURSE

Crispy Aromatic Duck  
(Served with Pancakes, Spring Onion and Cucumber)

#### 主菜

鐵板豉椒牛肉  
檸檬雞肉  
宮保大蝦  
蛋炒飯  
(四位以上另加菜色)  
腰果炒豬肉  
炒什菜

#### MAINS

Sizzling Beef with Black Bean Sauce  
Chicken with Lemon Sauce  
King Prawn with Kung Po Chilli Sauce  
Egg Fried Rice  
(Additional dishes for 4 or more guests)  
Sliced Pork with Cashew Nuts in Yellow Bean Sauce  
Stir-Fried Mixed Vegetables

### 萬好喜愛套餐

### MAN HO FAVOURITES

£28 Per Person (Minimum for two or more guests)

#### 頭盤

燒汁排骨, 迷你素春捲, 大蝦多士  
沙嗲雞串燒, 煙薰雞配紫菜

#### STARTER

BBQ Ribs, Mini Vegetarian Spring Rolls, Sesame Prawn on Toast  
Satyay Chicken on Skewers, Salt and Pepper Smoked Chicken,

#### 中盤

香酥鴨  
(配煎餅, 大蔥和青瓜)

#### SECOND COURSE

Crispy Aromatic Duck  
(Served with Pancakes, Spring Onion and Cucumber)

#### 主菜

鐵板豉椒牛肉  
咕嚕生炒雞  
叉燒  
蒜蓉炒長豆西蘭花  
蛋炒飯

#### MAINS

Sizzling Beef with Black Bean Sauce  
Sweet and Sour Chicken Hong Kong Style  
Char Siu (Roast Pork)  
French Beans and Broccoli and Garlics  
Egg Fried Rice

(所有套餐包甜品) ( ALL SET SERVED WITH DESSERT)

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