

CASHEW NUT DISHES

105	Chicken with Cashew Nuts <i>N</i>	£5.50
106	Pork with Cashew Nuts <i>N</i>	£4.70
107	King Prawn Cashew Nuts <i>N</i>	£6.10
108	Mushroom & Bamboo Shoots with Cashew Nuts <i>V N</i>	£4.50
109	Special Mixed Meat with Cashew Nuts <i>N</i>	£6.20

SPECIAL SET DINNERS FOR ONE PERSON

110	Roast Duck with Special Fried Rice.....	£7.00
111	Roast Duck & Pork with Boiled Rice.....	£6.00
112	Roast Pork & Chicken with Boiled Rice.....	£5.50
113	Beef, Green Peppers & Black Bean Sauce with Boiled Rice <i>✓</i>	£6.10

SPARE RIB DISHES

114	BBQ Spare Ribs Dry.....	£5.50
115	BBQ Spare Ribs in BBQ Sauce.....	£5.70
116	Sweet & Sour Spare Ribs (<i>Hong Kong Style</i>).....	£5.50
117	Sweet & Sour Hot Spare Ribs (<i>Peking Style</i>) <i>✓</i>	£5.50
118	Chilli Salted Spare Ribs <i>✓</i>	£5.50
119	Spare Ribs in Capital Sauce <i>✓ N</i>	£5.70
120	BBQ Sauce.....	£1.30

SEAFOOD DISHES

121	Squid, Green Peppers & Black Bean Sauce <i>✓</i>	£6.00
122	Squid with Ginger & Spring Onion.....	£6.00
123	Mixed Seafood in Szechuan Style <i>✓</i>	£6.00
124	Mussels in Black Bean Sauce <i>✓</i>	£6.00
125	Mussels with Ginger & Spring Onion.....	£6.00
126	Mixed Seafood, Green Peppers & Black Bean Sauce <i>✓</i>	£6.00

SATAY DISHES

127	Satay King Prawn <i>✓ N</i>	£6.00
128	Satay Chicken <i>✓ N</i>	£5.30
129	Satay Beef <i>✓ N</i>	£5.50
130	Satay Pork <i>✓ N</i>	£4.70

VEGETABLES DISHES

131	Fried Plain Bean Sprouts <i>V</i>	£3.50
132	Fried Plain Bamboo Shoots <i>V</i>	£3.50
133	Steamed Vegetable in Oyster Sauce <i>V</i>	£5.00
134	Fried Plain Mixed Vegetables <i>V</i>	£3.80
135	Fried Plain Mushrooms <i>V</i>	£3.80
136	Fried Bean Curd in Black Bean Sauce <i>✓ V</i>	£5.00
137	Fried Bamboo Shoots & Water Chestnuts <i>V</i>	£3.70

DESSERT

138	Banana Fritters <i>V</i>	£2.00
139	Pineapple Fritters <i>V</i>	£2.00

EXTRAS - PLEASE ASK FOR PRICES

- Chips
- Canned Soft Drinks
- 1.5L Bottled Soft Drinks (Coke or Diet Coke)

SPECIAL SET DINNERS

A FOR 2 PEOPLE £16.50

Vietnamese Pancake Rolls (4) *V*
Chicken with Mixed Vegetables
Beef, Green Peppers &
Black Bean Sauce *✓ E*
Egg Fried Rice (L) *V E*
Prawn Crackers

B FOR 3 PEOPLE £28.00

Chicken with Mixed Vegetables
King Prawn, Green Peppers &
Black Bean Sauce *✓*
Sweet & Sour Chicken Balls (10)
BBQ Spare Ribs Dry
Special Fried Rice x2 (L) *E*
Prawn Crackers

C FOR 4 PEOPLE £34.00

Vietnamese Pancake Rolls (8) *V*
Spare Ribs in Capital Sauce *✓*
Chicken, Green Peppers &
Black Bean Sauce *✓*
King Prawn with Mixed Vegetables
Sweet & Sour Chicken (*Hong Kong Style*) *E*
Special Chow Mein (L)
Special Fried Rice (L) *E*
Prawn Crackers

D FOR 5 PEOPLE £50.00

Sweet & Sour Chicken Balls (10)
King Prawn with Cashew Nuts *N*
Kung Po Beef *✓*
Sweet & Sour Pork (*Hong Kong Style*) *E*
Chicken with Mixed Vegetables
Crispy Aromatic Duck (½)
Egg Fried Rice x2 (L) *V E*
Chicken Chow Mein (L)
Prawn Crackers

明 MING HAI

海 PEKING & CANTONESE CUISINE CHINESE FOOD TO TAKE AWAY

172 SANDRINGHAM ROAD
LONDON E8
(Junction of Amhurst Road)

020 7254 6507

www.minghai.co.uk

TELEPHONE ORDERS WELCOMED

(Within 2 mile radius)

MINIMUM ORDER FOR DELIVERY IS £10

(£2 delivery charge)

FREE DELIVERY FOR ORDERS OVER £16

Orders over £19 **Free** Prawn Crackers only

Orders over £27 **Free** Bottle of Drink only

Last orders before 22.30pm

CASH ONLY



OPENING HOURS

Monday to Saturday: 12 noon - 14.30pm
17.00pm - 23.00pm
Sundays: CLOSED
Bank Holidays: 17.30pm - 23.00pm

February 2020

STARTERS

A1	Crispy Aromatic Duck (Served with pancakes, cucumber, spring onions & Hoi Sin sauce)	¼ £8.00	½ £15.00	Whole £28.00
A2	Mixed Hors D'oeuvres (for 2 people) (Crispy seaweed, prawn on toast, skewered satay chicken, spare ribs & pancake roll)	£9.00		
S1	Special Omelette with Chips E N	£5.00		
S2	Sesame Prawn on Toast (6)	£4.10		
S3	Crispy Seaweed	£3.20		
S4	Garlic Salt & Chilli King Prawn ↪ E	£6.00		
S5	Peking Pork Dumplings	£4.00		
S6	Crispy Shredded Beef (Peking Style) ↪ E	£5.50		
S7	Crispy Shredded Chicken ↪ E	£5.20		
S8	Pancake Roll ↪ V	£1.10		
S9	Vietnamese Pancake Rolls (4) V	£1.80		
S10	Prawn Crackers	£1.20		
S12	Garlic Salt & Chilli Deep Fried Chicken Wings ↪	£3.90		
S13	Garlic Salt & Chilli Deep Fried Squid ↪ E	£6.00		
S14	Fried Crab Claw with Salt & Chilli ↪ E	£6.00		
S15	Skewed Satay Chicken (4) ↪ N	£5.20		

SOUP

1	Chicken & Mushroom Soup	£3.00
2	Chicken & Noodle Soup	£3.00
2a	Crab Meat & Sweet Corn Soup E	£3.30
2b	Chicken Sweet Corn Soup	£3.00
2c	Won Tun Soup E	£3.30

RICE DISHES

		small	large
3	House Special Mixed Meat & Vegetables with Boiled Rice E	£5.50	
4	Roast Pork with Boiled Rice (Chinese Style)	£5.50	
5	Special Fried Rice (Singapore Style) ↪ E	£3.50	£4.50
6	Special Fried Rice E	£3.50	£4.50
7	King Prawn Fried Rice E	£4.30	£5.50
8	Shrimp Fried Rice E	£3.50	£4.50
9	Breast Chicken Fried Rice with sauce E	£4.50	
10	Shredded Chicken Fried Rice E	£3.50	£4.50
11	Beef Fried Rice E	£3.50	£4.80
12	Roast Duck with Boiled Rice	£5.50	
12a	Roast Duck Fried Rice E	£5.60	
13	Roast Pork Fried Rice E	£3.50	£4.50
14	Egg Fried Rice V E	£2.60	£3.50
15	Boiled Rice V	£2.00	£2.80
15a	Vegetable Fried Rice V E	£3.40	£4.40

CHOW MEIN DISHES (soft noodles)

		small	large
16	Special Chow Mein	£3.60	£4.90
17	King Prawn Chow Mein	£4.30	£5.50
18	Shrimp Chow Mein	£3.50	£4.50
19	Breast Chicken Chow Mein with sauce	£4.70	
20	Shredded Chicken Chow Mein	£3.50	£4.50
21	Beef Chow Mein	£3.50	£4.50
22	Vegetable Chow Mein V	£3.40	£4.40
23	Roast Pork Chow Mein	£3.50	£4.50
24	Plain Chow Mein V	£3.00	£3.80
24a	Roast Duck Chow Mein	£5.70	

CRISPY NOODLES DISHES (Large)

25	House Special Mixed Meat & Vegetables with Fried Crispy Noodles E	£5.50
26	King Prawn Fried Crispy Noodles	£6.00
27	Sliced Chicken Fried Crispy Noodles	£5.50
28	Sliced Beef Fried Crispy Noodles	£5.50
29	Roast Duck Fried Crispy Noodles	£6.00
30	Plain Fried Crispy Noodles V	£4.00

RICE VERMICELLI DISHES (Large) (Singapore Style)

31	Special Rice Noodles ↪ E	£4.90
32	King Prawn Fried Rice Noodles ↪ E	£6.00
33	Sliced Chicken Fried Rice Noodles ↪ E	£5.30
34	Vegetable Fried Rice Noodles ↪ V E	£4.50

SWEET & SOUR DISHES

35	Sweet & Sour Prawn Balls	£6.00
36	Sweet & Sour Pork Balls	£4.50
37	Sweet & Sour Chicken Balls	£5.00
38	Sweet & Sour Vegetables V	£4.20
39	Sweet & Sour Sauce V	£1.30
40	Sweet & Sour Pork (Hong Kong Style) E	£4.60
41	Sweet & Sour Chicken (Hong Kong Style) E	£5.20
42	Sweet & Sour King Prawn (Hong Kong Style) E	£6.00

CURRY DISHES

		A No rice	B With rice
43	Curried King Prawns ↪	£6.00	£6.70
44	Curried Shrimps ↪	£5.30	£6.10
45	Curried Chicken ↪	£5.30	£6.10
46	Curried Chicken Breast ↪	£5.30	£6.10
47	Curried Beef ↪	£5.50	£6.30
48	Curried Pork ↪	£4.60	£5.50
49	Curried Mixed Vegetables ↪ V	£4.00	£5.00
50	Special Curried Mixed Meat (Prawn, Chicken, Pork & Beef) ↪ E	£6.00	£6.80
51	Curry Sauce ↪ V	£1.30	

KUNG PO DISHES (Peking Style)

52	Kung Po King Prawns ↪ E	£6.00
53	Kung Po Chicken ↪	£5.30
54	Kung Po Beef ↪	£5.50
55	Kung Po Pork ↪	£4.60
56	Special Kung Po (Prawn, Chicken, Pork & Beef) ↪ E	£6.10

ROAST DUCK DISHES

57	Roast Duck (Cantonese Style)	£5.50
58	Roast Duck with Mushrooms	£5.50
59	Roast Duck with Mixed Vegetables	£5.50
60	Roast Duck with Ginger & Spring Onion	£5.50
60a	Roast Duck, Green Peppers & Black Bean Sauce ↪	£5.50

V vegetarian **↪** spicy **N** contains nuts **E** contains eggs

If you have any food allergies or dietary requirements please let us know

BEEF DISHES

61	Beef with Bean Sprouts E	£5.50
62	Beef with Bamboo Shoots E	£5.50
63	Beef with Mixed Vegetables E	£5.50
63a	Beef, Green Peppers & Black Bean Sauce ↪ E	£5.50
64	Beef with Mushrooms E	£5.50
65	Beef with Onions E	£5.50
66	Beef with Pineapple E	£5.50
67	Fried Beef with Ginger & Spring Onion E	£5.50
68	Beef, Oyster Sauce & Bean Sprouts E	£5.50
69	Sea Spiced Beef ↪ E	£5.50
70	Beef in Capital Sauce ↪ E N	£5.50
70a	Beef in Szechuan Style ↪ E	£5.50

KING PRAWN DISHES

71	King Prawn with Bean Sprouts	£6.00
71a	King Prawn in Garlic Sauce	£6.00
72	King Prawn with Bamboo Shoots	£6.00
73	King Prawn with Mixed Vegetables	£6.00
74	King Prawn with Mushrooms	£6.00
75	King Prawn with Onions	£6.00
76	Prawn, Green Peppers & Black Bean Sauce ↪	£6.00
77	Fried King Prawn with Ginger & Spring onions	£6.00
78	King Prawn Balls in Batter	£6.00
79	King Prawn with Oyster Sauce & Bean Sprouts	£6.00
80	Sea Spiced King Prawn ↪	£6.00
81	King Prawn in Capital Sauce ↪ N	£6.00
82	King Prawn in Chilli Sauce ↪	£6.00
83a	King Prawn in Szechuan Style ↪	£6.00

CHICKEN DISHES

83	Chicken with Bean Sprouts	£5.30
84	Chicken with Bamboo Shoots	£5.30
85	Chicken with Mixed Vegetables	£5.30
86	Chicken with Mushrooms	£5.30
86a	Chicken, Green Peppers & Black Bean Sauce ↪	£5.30
87	Chicken with Onions	£5.30
88	Chicken with Pineapple	£5.30
89	Roast Chicken (Cantonese Style)	£5.30
90	Fried Chicken with Ginger & Spring Onion	£5.30
91	Chicken with Oyster Sauce & Bean Sprouts	£5.30
92	Roast Chicken in Lemon Sauce	£5.30
93	Chicken in Garlic Sauce	£5.30
94	Sea Spiced Chicken ↪	£5.30
95	Chicken in Capital Sauce ↪	£5.30
95a	Chicken in Szechuan Style ↪	£5.30

PORK DISHES

96	Pork with Bean Sprouts	£4.50
97	Pork with Bamboo Shoot	£4.50
98	Pork, Green Peppers & Black Bean Sauce ↪	£4.50
99	Pork with Mixed Vegetables	£4.50
100	Pork with Mushrooms	£4.50
101	Pork with Pineapple	£4.50
102	Roast Pork Chinese Style	£4.50
103	Sea Spiced Roast Pork ↪	£4.50
104	Roast Pork in Capital Sauce ↪ N	£4.50
104a	Pork in Szechuan Style ↪	£4.50