

# 明海 MING HAI

PEKING & CANTONESE CUISINE CHINESE FOOD TO TAKE AWAY

## STARTERS

A1	Crispy Aromatic Duck (Served with pancakes, cucumber, spring onions & Hoi Sin sauce)	¼ £10.00	½ £20.00	Whole £40.00
A2	Mixed Hors D'oeuvres (for 2 people) (Crispy seaweed, prawn on toast, skewered satay chicken, spare ribs & vegetarian mini spring rolls)	£11.50		
S1	Special Omelette with Chips <b>E N</b>	£7.00		
S2	Sesame Prawn on Toast (6)	£6.10		
S3	Crispy Seaweed	£6.10		
S4	Garlic Salt & Chilli King Prawn <b>J E</b>	£8.00		
S5	Peking Pork Dumplings	£6.20		
S6	Crispy Shredded Beef (Peking Style) <b>J E</b>	£7.50		
S7	Crispy Shredded Chicken <b>J E</b>	£7.50		
S8	Pancake Roll <b>J V</b>	£1.50		
S9	Vegetarian Mini Spring Rolls (4) <b>V</b>	£2.50		
S10	Prawn Crackers	£1.50		
S12	Garlic Salt & Chilli Deep Fried Chicken Wings (6) <b>J</b>	£5.50		
S13	Garlic Salt & Chilli Deep Fried Squid <b>J E</b>	£8.00		
S14	Fried Crab Claw with Salt & Chilli <b>J E</b>	£8.00		
S15	Skewed Satay Chicken (4) <b>J N</b>	£7.50		

## SOUP

1	Chicken & Mushroom Soup	£5.00
2	Chicken & Noodle Soup	£5.00
2a	Crab Meat & Sweet Corn Soup <b>E</b>	£5.30
2b	Chicken Sweet Corn Soup	£5.00
2c	Won Tun Soup <b>E</b>	£5.30

## RICE DISHES

	small	large	
3	House Special Mixed Meat & Vegetables in Sauce with Boiled Rice <b>E</b>	£8.00	£8.00
4	Roast Pork with Boiled Rice (Chinese Style)	£6.50	£6.50
5	Special Fried Rice (Singapore Style) <b>J E</b>	£5.50	£6.50
6	Special Fried Rice <b>E</b>	£5.50	£6.50
7	King Prawn Fried Rice <b>E</b>	£6.50	£7.50
8	Shrimp Fried Rice <b>E</b>	£5.50	£6.50
9	Breast Chicken Fried Rice with Sauce <b>E</b>	£7.00	£7.00
10	Shredded Chicken Fried Rice <b>E</b>	£5.50	£6.50
11	Beef Fried Rice <b>E</b>	£5.50	£7.00
12	Roast Duck with Boiled Rice	£7.80	£7.80
12a	Roast Duck Fried Rice <b>E</b>	£8.00	£8.00
13	Roast Pork Fried Rice <b>E</b>	£5.50	£6.50
14	Egg Fried Rice <b>V E</b>	£4.50	£5.50
15	Boiled Rice <b>V</b>	£4.00	£5.00
15a	Vegetable Fried Rice <b>V E</b>	£5.40	£6.50

## CHOW MEIN DISHES (soft noodles)

	small	large	
16	Special Chow Mein	£5.60	£7.00
17	King Prawn Chow Mein	£6.50	£7.50
18	Shrimp Chow Mein	£5.50	£6.50
19	Breast Chicken Chow Mein with Sauce	£7.00	£7.00
20	Shredded Chicken Chow Mein	£5.50	£6.50
21	Beef Chow Mein	£5.50	£7.00
22	Vegetable Chow Mein <b>V</b>	£5.40	£6.50
23	Roast Pork Chow Mein	£5.50	£6.50
24	Plain Chow Mein <b>V</b>	£5.00	£6.00
24a	Roast Duck Chow Mein	£8.00	£8.00

## CRISPY NOODLES DISHES (Large)

25	House Special Mixed Meat & Vegetables with Fried Crispy Noodles <b>E</b>	£8.00
26	King Prawn Fried Crispy Noodles	£8.50
27	Sliced Chicken Fried Crispy Noodles	£8.00
28	Sliced Beef Fried Crispy Noodles	£8.00
29	Roast Duck Fried Crispy Noodles	£8.00
30	Plain Fried Crispy Noodles <b>V</b>	£6.50

## RICE VERMICELLI DISHES (Large) (Singapore Style)

31	Special Rice Noodles <b>J E</b>	£7.00
32	King Prawn Fried Rice Noodles <b>J E</b>	£8.00
33	Sliced Chicken Fried Rice Noodles <b>J E</b>	£7.00
34	Vegetable Fried Rice Noodles <b>J V E</b>	£6.80

## SWEET & SOUR DISHES

35	Sweet & Sour Prawn Balls	£8.00
36	Sweet & Sour Pork Balls	£6.50
37	Sweet & Sour Chicken Balls	£7.50
38	Sweet & Sour Vegetables <b>V</b>	£6.30
39	Sweet & Sour Sauce <b>V</b>	£2.00
40	Sweet & Sour Pork (Hong Kong Style) <b>E</b>	£6.60
41	Sweet & Sour Chicken (Hong Kong Style) <b>E</b>	£7.50
42	Sweet & Sour King Prawn (Hong Kong Style) <b>E</b>	£8.00

## CURRY DISHES

	A No rice	B With rice	
43	Curried King Prawns <b>J</b>	£8.00	£8.80
44	Curried Shrimps <b>J</b>	£7.50	£8.30
45	Curried Chicken <b>J</b>	£7.50	£8.30
46	Curried Chicken Breast <b>J</b>	£7.50	£8.30
47	Curried Beef <b>J</b>	£7.50	£8.30
48	Curried Pork <b>J</b>	£6.50	£7.50
49	Curried Mixed Vegetables <b>J V</b>	£6.00	£7.00
50	Special Curried Mixed Meat (Prawn, Chicken, Pork & Beef) <b>J E</b>	£8.00	£9.00
51	Curry Sauce <b>J V</b>	£2.00	£2.00

## KUNG PO DISHES (Peking Style)

52	Kung Po King Prawns <b>J E</b>	£8.00
53	Kung Po Chicken <b>J</b>	£7.50
54	Kung Po Beef <b>J</b>	£7.80
55	Kung Po Pork <b>J</b>	£6.50
56	Special Kung Po (Prawn, Chicken, Pork & Beef) <b>J E</b>	£8.50

## ROAST DUCK DISHES

57	Roast Duck (Cantonese Style)	£8.00
58	Roast Duck with Mushrooms	£8.00
59	Roast Duck with Mixed Vegetables	£8.00
60	Roast Duck with Ginger & Spring Onion	£8.00
60a	Roast Duck, Green Peppers & Black Bean Sauce <b>J</b>	£8.00

## BEEF DISHES

61	Beef with Bean Sprouts <b>E</b>	£7.50
62	Beef with Bamboo Shoots <b>E</b>	£7.50
63	Beef with Mixed Vegetables <b>E</b>	£7.50
63a	Beef, Green Peppers & Black Bean Sauce <b>J E</b>	£7.50
64	Beef with Mushrooms <b>E</b>	£7.50
65	Beef with Onions <b>E</b>	£7.50
66	Beef with Pineapple <b>E</b>	£7.50
67	Fried Beef with Ginger & Spring Onion <b>E</b>	£7.50
68	Beef, Oyster Sauce & Bean Sprouts <b>E</b>	£7.50
69	Sea Spiced Beef <b>J E</b>	£7.50
70	Beef in Capital Sauce <b>J E N</b>	£7.50
70a	Beef in Szechuan Style <b>J E</b>	£7.50

## KING PRAWN DISHES

71	King Prawn with Bean Sprouts	£8.00
71a	King Prawn in Garlic Sauce	£8.00
72	King Prawn with Bamboo Shoots	£8.00
73	King Prawn with Mixed Vegetables	£8.00
74	King Prawn with Mushrooms	£8.00
75	King Prawn with Onions	£8.00
76	Prawn, Green Peppers & Black Bean Sauce <b>J</b>	£8.00
77	Fried King Prawn with Ginger & Spring onions	£8.00
78	King Prawn Balls in Batter	£8.00
79	King Prawn with Oyster Sauce & Bean Sprouts	£8.00
80	Sea Spiced King Prawn <b>J</b>	£8.00
81	King Prawn in Capital Sauce <b>J N</b>	£8.00
82	King Prawn in Chilli Sauce <b>J</b>	£8.00
83a	King Prawn in Szechuan Style <b>J</b>	£8.00

## CHICKEN DISHES

83	Chicken with Bean Sprouts	£7.50
84	Chicken with Bamboo Shoots	£7.50
85	Chicken with Mixed Vegetables	£7.50
86	Chicken with Mushrooms	£7.50
86a	Chicken, Green Peppers & Black Bean Sauce <b>J</b>	£7.50
87	Chicken with Onions	£7.50
88	Chicken with Pineapple	£7.50
89	Roast Chicken (Cantonese Style)	£7.50
90	Fried Chicken with Ginger & Spring Onion	£7.50
91	Chicken with Oyster Sauce & Bean Sprouts	£7.50
92	Roast Chicken in Lemon Sauce	£7.50
93	Roast Chicken in Garlic Sauce	£7.50
94	Sea Spiced Chicken <b>J</b>	£7.50
95	Chicken in Capital Sauce <b>J</b>	£7.50
95a	Chicken in Szechuan Style <b>J</b>	£7.50

## PORK DISHES

96	Pork with Bean Sprouts	£6.50
97	Pork with Bamboo Shoot	£6.50
98	Pork, Green Peppers & Black Bean Sauce <b>J</b>	£6.50
99	Pork with Mixed Vegetables	£6.50
100	Pork with Mushrooms	£6.50
101	Pork with Pineapple	£6.50
102	Roast Pork Chinese Style	£6.50
103	Sea Spiced Roast Pork <b>J</b>	£6.50
104	Roast Pork in Capital Sauce <b>J N</b>	£6.50
104a	Pork in Szechuan Style <b>J</b>	£6.50

## CASHEW NUT DISHES

105	Chicken with Cashew Nuts <b>N</b>	£8.00
106	Pork with Cashew Nuts <b>N</b>	£7.00
107	King Prawn Cashew Nuts <b>N</b>	£8.50
108	Mushroom & Bamboo Shoots with Cashew Nuts <b>V N</b>	£7.00
109	Special Mixed Meat with Cashew Nuts <b>N</b>	£8.50

## SPECIAL SET DINNERS FOR 1

110	Roast Duck with Special Fried Rice with Sauce	£9.00
111	Roast Duck & Pork in Sauce with Boiled Rice	£8.50
112	Roast Pork & Chicken with Boiled Rice	£8.00
113	Beef, Green Peppers & Black Bean Sauce with Boiled Rice <b>J</b>	£8.50

## SPARE RIB DISHES

114	BBQ Spare Ribs Dry	£7.50
115	BBQ Spare Ribs in BBQ Sauce	£8.00
116	Sweet & Sour Spare Ribs (Hong Kong Style)	£8.00
117	Sweet & Sour Hot Spare Ribs (Peking Style) <b>J</b>	£8.00
118	Chilli Salted Spare Ribs <b>J</b>	£8.00
119	Spare Ribs in Capital Sauce <b>J N</b>	£8.00
120	BBQ Sauce	£2.00

## SEAFOOD DISHES

121	Squid, Green Peppers & Black Bean Sauce <b>J</b>	£8.50
122	Squid with Ginger & Spring Onion	£8.50
123	Mixed Seafood in Szechuan Style <b>J</b>	£8.50
124	Mussels in Black Bean Sauce <b>J</b>	£8.50
125	Mussels with Ginger & Spring Onion	£8.50
126	Mixed Seafood, Green Peppers & Black Bean Sauce <b>J</b>	£8.50

## SATAY DISHES

127	Satay King Prawn <b>J N</b>	£8.00
128	Satay Chicken <b>J N</b>	£7.50
129	Satay Beef <b>J N</b>	£7.50
130	Satay Pork <b>J N</b>	£7.00

## VEGETABLES DISHES

131	Fried Plain Bean Sprouts <b>V</b>	£5.00
132	Fried Plain Bamboo Shoots <b>V</b>	£5.00
133	Steamed Vegetable in Oyster Sauce <b>V</b>	£7.00
134	Fried Plain Mixed Vegetables <b>V</b>	£6.00
135	Fried Plain Mushrooms <b>V</b>	£6.00
136	Fried Bean Curd in Black Bean Sauce <b>J V</b>	£7.00
137	Mixed Vegetables in Black Bean Sauce <b>J V</b>	£6.80

## DESSERT

138	Banana Fritters <b>V</b>	£3.00
139	Pineapple Fritters <b>V</b>	£3.00

## EXTRAS - Please ask for prices

Small/Large Chips	£3.00
Southern Fried Chicken	£3.00
Small/Large Curry Chips	£3.00
Gherkin	£3.00

Can Soft Drinks (Coke/Diet Coke/Fanta/7up)	£1.75
1.75L Bottle Coke	£1.75
1.75L Bottle Diet Coke	£1.75

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

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

## SPECIAL SET DINNERS

### A FOR 2 PEOPLE £23.00

Vegetarian Mini Spring Rolls (4) <b>V</b>
Chicken with Mixed Vegetables
Beef, Green Peppers & Black Bean Sauce <b>J E</b>
Egg Fried Rice (L) <b>V E</b>
Prawn Crackers

### B FOR 3 PEOPLE £39.50

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

### C FOR 4 PEOPLE £48.00

Vegetarian Mini Spring Rolls (8) <b>V</b>
Spare Ribs in Capital Sauce <b>J</b>
Chicken, Green Peppers & Black Bean Sauce <b>J</b>
King Prawn with Mixed Vegetables
Sweet & Sour Chicken (Hong Kong Style) <b>E</b>
Special Chow Mein (L)
Special Fried Rice (L) <b>E</b>
Prawn Crackers

### D FOR 5 PEOPLE £70.00

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

020 7254 6507

CASH ONLY  
(no card payments)

www.minghai.co.uk

June 2023

## OPENING HOURS

Monday to Saturday:

12pm - 2.30pm  
5pm - 10pm

Sundays:  
CLOSED

Bank Holidays:  
5.30pm - 10pm

## TELEPHONE ORDERS WELCOMED

(Within 2 mile radius)

### FREE DELIVERY FOR ORDERS OVER £20

Orders over £30 **Free** Prawn Crackers only  
Orders over £40 **Free** Bottle of Drink only

MINIMUM ORDER FOR DELIVERY IS £18  
(£2 delivery charge)

Deliveries start at 5pm finishes at 9.30pm