

HING'S

Delicious Chinese Food
to Take Away



FREE HOME DELIVERY

From 5.00pm - 10.00pm

(for orders over £15)

(under £15, £1.50 charge within 3 mile radius)

Phone Us Your Order

0844 318 1340

42 HIGH BRIDGE STREET

WALTHAM ABBEY - ESSEX

EN9 1BS

OPENING HOURS

Sunday	5.00pm - 11.00pm
Monday	5.00pm - 11.00pm
Tuesday	5.00pm - 11.00pm
Wednesday	5.00pm - 11.00pm
Thursday	12.00pm - 2.00pm 5.00pm - 11.00pm
Friday & Saturday	12.00pm - 2.00pm 5.00pm - 12.00am



SOUPS

1	Chicken and Mushroom Soup	£1.70
2	Chicken and Noodle Soup	£1.70
3	Chicken and Sweetcorn Soup	£1.90
4	Crabmeat and Sweetcorn Soup	£2.10
4a	Hot and Sour Soup	£1.90
4b	Won Ton Soup	£2.10

RICE

5	Special Fried Rice	£3.40
6	Shrimp Fried Rice	£3.30
7	Shredded Chicken Fried Rice	£3.10
8	Fried Rice with Egg	£2.30
9	Boiled Rice	£2.00
10	HING'S Special Rice	£4.70
11	King Prawns and Fried Rice	£4.10
11a	Chinese Roast Pork Fried Rice	£3.30

CHOW MEIN (NOODLES)

12	Chicken Chow Mein (Whole Piece)	£4.20
13	Special Chow Mein with Meats	£3.40
14	King Prawn Chow Mein	£4.10
15	Shrimp Chow Mein	£3.30
16	Beef Chow Mein	£3.40
17	Pork Chow Mein	£3.10
18	Shredded Chicken Chow Mein	£3.20
19	Plain Chow Mein	£2.60
20	Chinese Roast Pork Chow Mein	£3.30
21	HING'S Special Chow Mein	£4.70
22	Singapore Style Noodles	£4.30
22a	Mushroom Chow Mein	£2.80

SWEET AND SOUR

23	Sweet and Sour Pork Balls	£3.40
24	Fried Pork with Cashewnuts	£3.60
25	Sweet and Sour Chicken	£3.60
26	Sweet and Sour Roast Duck	£4.50
27	Sweet and Sour Prawn Balls (12)	£4.90
27a	Sweet and Sour Prawn Balls (6)	£2.90
28	Sweet and Sour Chicken in Batter	£3.80
29	Sweet and Sour Pork in Hong Kong Style	£4.10

MISCELLANEOUS

30	Fried King Prawn with Tail in Batter	£4.40
31	Fried King Prawn with Tomato	£4.10
32	Fried King Prawn Balls (12)	£4.70
33	Fried King Prawn Balls (6)	£2.80
34	Prawn Crackers	£1.10
35	Piece of Roast Chicken	£3.20
36	Roast Chicken in Chinese Style	£3.60
37	Fried Chicken with Green Pepper and Garlic	£4.00
37a	Fried Chicken with Green Pepper and Black Bean Sauce	£4.10
38	Roast Duck Chinese Style	£4.50
39	Fried Chicken with Chinese Mushrooms	£4.40
40	Chicken with Cashewnuts	£3.70
41	Fried Chicken with Pineapple	£3.40
42	Roast Duck with Pineapple	£4.50
43	Fried Beef with Pineapple	£3.50
44	Fried Chicken with White Mushrooms	£3.40
45	Beef with White Mushrooms	£3.50
46	Stewed White Mushrooms with King Prawns	£4.10
47	King Prawns with Green Pepper and Garlic	£4.50
47a	King Prawns with Green Pepper and Black Bean Sauce	£4.60
48	Fried Beef with Green Pepper and Black Bean Sauce	£4.20
49	Fried Beanshoots with Chinese Roast Pork	£3.50
50	Fried Beef with Onions	£3.20
51	Fried Beef with Green Pepper and Garlic	£4.10
52	Fried Beef with Tomato	£3.50
53	Beef with Cashewnuts	£3.80
54	Fried Beanshoots with King Prawn	£3.90
55	King Prawn with Cashewnuts	£4.50
56	Spare Ribs of Pork (Spare Ribs)	£4.40
57	Sweet and Sour Spare Ribs	£4.60
57a	Spare Ribs with Barbecued Sauce	£4.60
58	Fried Chinese Roast Pork	£3.90
59	Chicken in Lemon Sauce	£4.00
60	Spare Ribs in Hong Kong Style	£4.20
61	Satay Chicken (4 Skewers)	£4.10
62	Shredded Beef with Chilli	£4.50
62a	Crispy Aromatic Duck with Pancakes .. Half ..	£12.20
	Quarter ..	£6.50

CHOP SUEY

63	Special Chop Suey.....	£3.30
64	King Prawn Chop Suey.....	£4.00
65	Shrimp Chop Suey.....	£3.20
66	Shredded Chicken Chop Suey.....	£3.10
67	Beef Chop Suey.....	£3.20
68	Pork Chop Suey.....	£3.00
68a	Mushroom Chop Suey.....	£2.80

VEGETABLES

69	Fried King Prawn with Mixed Vegetables.....	£4.10
70	Fried Shrimps with Mixed Vegetables.....	£3.30
71	Fried Chicken with Mixed Vegetables.....	£3.20
72	Fried Beef with Mixed Vegetables.....	£3.40
73	Fried Pork with Mixed Vegetables.....	£3.10
74	Fried Plain Mixed Vegetables.....	£2.80
75	Fried Plain Beanshoots.....	£2.60
76	Fried Plain Mushrooms.....	£2.90
76a	Fried Plain Onions.....	£2.90

OMELETTES

77	King Prawn Omelette and Chips.....	£4.90
78	Shrimp Omelette and Chips.....	£3.90
79	Shredded Chicken Omelette and Chips.....	£3.80
80	Mushroom Omelette and Chips.....	£3.80

CURRIES

81	Prawn Curry.....	£4.10
82	Shrimp Curry.....	£3.40
83	Chicken Curry (Whole Piece).....	£3.20
84	Chicken Curry (Chopped).....	£3.30
85	Beef Curry.....	£3.40
86	Pork Curry.....	£3.20
87	Mixed Vegetable Curry.....	£3.00
87a	Special Curry.....	£4.10
88	Curry Sauce.....	£1.20
89	Sweet and Sour Sauce.....	£1.20
89a	Barbecue Sauce.....	£1.20
89b	Satay Sauce.....	£1.60
90	Chips.....	£1.50

91	Pancake Roll.....	£1.20
92	Sesame Prawn on Toast.....	£3.40
93	King Prawn in Breadcrumbs.....	£4.40
94	Crispy Won Ton.....	£2.60
94a	Salt and Pepper Chicken Wing.....	£2.60
94b	Chicken Wing in Capital Sauce.....	£2.60

CHEF'S RECOMMENDED

100	Mixed Hors D'oeuvres (For 2 Persons).....	£6.60
	(Mini pancake Rolls, Crispy Seaweed, Sesame Prawn on Toast and Spare Ribs)	
101	Vegetable Mini pancake Rolls (8).....	£2.00
102	Smoked Chicken.....	£3.90
103	Crispy Seaweed.....	£2.60
104	Chicken in Breadcrumbs.....	£3.60
105	Pork Spare Ribs with Pepper and Salt.....	£4.60
106	Pork Spare Ribs with Capital Sauce.....	£4.60
107	King Prawn with Pepper and Salt.....	£4.60
108	Sweet and Sour Chicken Ball (10).....	£3.60
109	Sweet and Sour Chicken Ball (5).....	£2.10
110	Sweet and Sour Prawn Hong Kong Style.....	£4.60
111	Sweet and Sour Chicken Hong Kong Style.....	£4.10
112	Stir Fried Chicken with Satay Sauce.....	£4.10
113	Stir Fried Beef with Satay Sauce.....	£4.20
114	Canton Beef with Capital Sauce.....	£4.20
115	Kung Po King Prawn.....	£4.60
116	Kung Po Chicken.....	£4.10
117	Kung Po Beef.....	£4.20
118	Fried Chicken with Oyster Sauce.....	£3.90
119	Fried Beef with Oyster Sauce.....	£4.00
120	Fried Prawn with Ginger and Spring Onions.....	£4.60
121	Fried Chicken with Ginger and Spring Onions.....	£3.90
122	Fried Beef with Ginger and Spring Onions.....	£4.00
123	Fried King Prawn with Cashew Nut with Yellow Bean Sauce.....	£4.60
124	Fried Chicken with Cashew Nut with Yellow Bean Sauce.....	£4.10
125	Fried Beef with Cashew Nut with Yellow Bean Sauce.....	£4.20
126	Szechuan Prawn (Hot).....	£4.60
127	Szechuan Beef (Hot).....	£4.20
128	Szechuan Chicken (Hot).....	£4.10
129	Banana or Apple Fritter in Syrup.....	£1.80

HIGHLY RECOMMENDED SPECIAL DINNERS

A For One Person..... £5.00

Chicken Chop Suey
Sweet and Sour Pork Balls
Egg Fried Rice

B For One Person..... £5.20

King Prawn Chop Suey
Sweet and Sour Chicken Balls
Egg Fried Rice

C For One Person..... £5.60

Sweet and Sour Prawn Balls
Fried Beef with Mushrooms
Chicken Chow Mein

D For Two Persons..... £12.60

For Three Persons £18.90

Prawn Chop Suey
Sweet and Sour Pork Balls
Chicken Chinese Style
Pancake Rolls
Egg Fried Rice

E For Two Persons..... £12.60

For Three Persons £18.90

Fried King Prawn with Tail
Chicken Chop Suey
Sweet and Sour Pork Balls
Beef with Mixed Vegetables
Special Fried Rice

F For Two Persons..... £14.40

For Three Persons £21.60

Fried Prawn Balls
Sweet and Sour Chicken
Spare Ribs
Prawn Crackers
Fried Chicken with Pineapple
Special Chow Mein

G For Three Persons £20.40

For Four Persons £27.20

Special Chop Suey
Shrimp Chow Mein
Sweet and Sour Prawn Balls
Fried Beef with Mixed Vegetables
Fried Beanshoots with Roast Pork
Fried Chicken with White Mushrooms
Egg Fried Rice

H Minimum Order For Two Persons

£11.30 Per Person

Mixed Hors D'oeuvres

(Mini pancake rolls, Crispy Seaweed,
Sesame Prawn on Toast and Spare Ribs)

Crispy Aromatic Duck
Sweet and Sour Pork Hong Kong Style
Fried Beef with Green Pepper and
Black Bean Sauce
Fried Mixed Vegetables
Egg Fried Rice

PRICES INCLUSIVE OF V.A.T.