

VEGETABLES

98	Beijing Asparagus	£3.20
99	Shaolin Temple Vegetables	£3.20
100	Jade Horn (French beans with garlic)	£3.20
101	Sautéed Seasonal Vegetables	£2.90
102	Red Winter (Braised Chinese mushrooms & bamboo shoots)	£3.20
103	Spring & Summer (Stir Fried Mange-tout & Bean Sprouts)	£2.90
104	Cream Chinese Cabbage - with rich creamy sauce	£3.20
105	Braised Briccoli in oyster sauce	£3.20
106	Four Braised Delicious Vegetables	£3.20
107	Special Mixed Vegetables Peking Style - with cashew nuts in yellow bean sauce	£3.20
108	Spiced Bean Curd in Black Bean Sauce	£3.20
109	Red Cooked Bean Curd (Chinese mushrooms & bamboo shoots in oyster sauce)	£3.20
110	Stir Fried Bean Sprouts with Garlic	£2.90

CURRY

111	Prawns Curry	£5.20
112	Beef Curry	£4.00
113	Chicken Curry	£4.00
114	Mixed Vegetables Curry	£3.20

RICE & NOODLES

115	Three Delicacies Leaf Rice - with egg, prawn, chicken & duck, wrapped in lotus leaf & steamed	£3.80
116	"YEUNG CHOW" Special Fried Rice	£2.90
117	Egg Fried Rice	£2.00
118	Steamed Rice	£1.70
119	Chef's Fried Noodle (Crispy noodles, topped with king prawns, squid, meat & veg)	£4.00
120	Noodles with Bean Sprouts	£2.80
121	Fried Noodles with Beef/Pork or Chicken	£3.80
122	Fried Noodles with King Prawns	£5.20
123	Three Delicacies Fried Noodles - with prawns, beef & chicken	£3.80
124	Singapore Rice Noodles (Spicy vermicelli rice noodles with chicken, pork, shrimps & egg)	£4.00
125	Vegetarian Singapore Rice Noodles	£3.80

DESSERT

	Toffee Apple	£2.50
	Toffee Banana	£2.50
	Banana Fritters	£2.50
	Pineapple Fritters	£2.50

www.walthamabbeylife.co.uk
SET MENUS

PHOENIX'S SPECIAL FEAST

£17.00 PER PERSON - *minimum for 2 or more person*

Soft Shell Crabs
Butterfly Prawns * Smoked Chicken
Crispy Aromatic Duck
Emperor's Robe Scallop * Plum Sauce Crispy Lamb
The Dragon & Phoenix Nesting
Shaolin Temple Vegetables
Three Delicacy Lotus Leaf Rice
Toffee Apple

PEKING FEAST

£14.00 PER PERSON - *minimum for 2 or more person*

Sesame Prawn on Toast * Barbecued Spare Ribs * Seaweed
Crispy Aromatic Duck
Deep Fried Shredded Crispy Beef in Chilli
Kung Po Prawns * Grilled Chicken Peking Style
Mixed Vegetables * Special Fried Rice
Toffee Apple

SZECHWAN FEAST

£14.00 Per person - *minimum for 2 or more person*

Bang Bang Chicken * Crispy Lamb * Seaweed
Crispy Aromatic Duck
Szechwan Prawns * Chicken with Black Bean Sauce
Beef with Ginger & Spring Onion
Four Braised Vegetables * Special Fried Rice
Toffee Apple

CANTONESE FEAST

£12.00 PER PERSON - *minimum for 2 or more person*

Mini Spring Roll * Barbecued Spare Ribs * Seaweed
Sweet Corn & Chicken Soup
Char Siu" Barbecued Pork * Lemon Chicken
Mixed Vegetables * Special Fried Rice
Toffee Apple

VEGETARIAN FEAST

£11.50 PER PERSON - *minimum for 2 or more person*

Spring Rolls * Seaweed * Crispy Wonton
Egg & Sweet Corn Soup or Moo Shu Vegetables
Sweet & Sour Mixed Vegetables
Chinese Mushroom & Bamboo Shoots
Spiced Bean Curd in Black Bean Sauce
Egg Fried Rice
Toffee Apple

Revised Jun 08



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The Phoenix
Chinese Restaurant

46 SUN STREET, WALTHAM ABBEY
ESSEX EN9 1EJ

TAKEAWAY MENU

Booking & Telephone Orders

☎ 01992 - 767882 ☎

Delivery Service Available

(Evenings Only)

Waltham Abbey & Upshire Area

£ 1 Delivery Charge

Major cards are welcomed
We do not accept cheques

Monday Closed Except Bank Holiday

6:00 to 11:30pm (except Monday)

Open all day on Sunday (1:30pm to 11:00pm)

HORS D'OEUVRES

- 1 THE PHOENIX IMPERIAL HORS D'OEUVRES
(Seaweed/Spring Rolls/Spare Ribs/Crispy Won Ton
& Sesame Prawn on Toast)
(Minimum for 2 persons) per person £4.20

VEGETABLE APPETIZERS

- 2 Crispy Seaweed £2.70
3 Temple Treasures (Minced vegetables wraps) £3.50
4 Monks Spring Rolls (4) £2.70
5 Tofu Surprise - with spiced salt & peppercorn £3.00
6 Snowflake Toasts (Sesame bean curd toasts) £3.00
7 Jewel Cases (Crispy Wonton with sweet & sour
sauce) £2.60

SEAFOOD APPETIZERS

- 8 Soft Shell Crab (2) £6.40
- with spiced salt & peppercorn
9 Mussels with Black Bean Sauce £4.60
10 Satay Prawns on Skewers(4) £5.10
- with spiced peanut sauce
11 Treasure Bag Prawns £4.80
12 Steamed Sea Scallop in Shells (4) £6.80
13 Sesame Prawn on Toast £3.20
14 Sautéed Prawns - with spiced salt & peppercorn £6.30
15 Steamed Prawns in Shell with Fresh Garlic £6.30
16 Deep Fried Crab Claws (2) £4.60
17 Butterfly Prawns(6) - in breadcrumbs £3.80
18 Deep Fried King Prawns in Batter (4) £3.80
19 Deep Fried Squids with Garlic & Pepper £4.00
20 Spiced Three Delicacies £5.50
(Deep fried prawns, scallop & chicken in
peppercorn salt)
21 Prawns in Snowballs £4.80
(Deep fried minced prawns in balls)

MEAL & POULTRY APPETIZERS

- 22 Mongolian Lamb - £4.90
- served with lettuce & plum sauce
23 Bang Bang Chicken (cold dish) £3.80
(Shredded chicken, served with peanuts dressing)
24 Smoked Chicken £3.80
25 Satay Chicken/Beef/Lamb (4) £3.80
- with spiced peanut sauce
26 Honey Barbecued Spare Ribs (4) £4.00
27 Spare Ribs Pieces with Chilli Salt £4.00
28 Grilled Pork Dumplings (6) £3.80
29 Crispy Pork Chunks with Chilli & Salt £3.80
30 MOO SHU Pork £3.80
- lettuce wrap, served with Hoi Sin sauce

SOUP

- 31 Hot & Sour Soup (Szechwan Style) £2.10
32 Won Ton Soup £2.10
(Minced prawns wrapped in fine pastry)
33 Sweetcorn Soup with Chicken £1.90
34 Sweet Corn Soup with Crab Meat £2.10
35 Chicken & Mushroom Soup £1.90
36 Chicken & Noodle Soup £1.90
37 Sweet Corn Egg Soup £1.70
38 Mixed Vegetables Soup £1.70

SEAFOOD

- 39 Lobster '3' Ways S/P
(a) with KUNG PO sauce or
(b) with ginger & spring onion or
(c) with chilli & black bean sauce
40 Steamed Sea Bass with Ginger & Spring Onion S/P
41 Chili Shelled Crab £7.60
42 Emperor's Robe Scallop £6.30
(Steamed scallops & prawns in seasoned sauce)
43 Meating of the Ocean £5.20
(Prawns, scallops & squid in garlic sauce)
44 Beijing Brasied Fish £5.20
45 Sweet & Sour Fish £5.20
46 "Tipsy" Fish - braised in a wine sauce £5.20
47 Crab Meat With Straw Mushroom £5.20
48 Scallops in Black Bean Sauce £5.20
49 Squid in Black Bean Sauce £5.00
50 Oysters with Ginger & Spring Onion £5.80
51 Deep Fried Oyster in Batter £5.80
52 'KUNG PO' Prawns - in gentle chilli sauce £5.20
53 Sweet & Sour Prawns (HongKong Style) £5.20
54 Prawns Balls - served with sweet & sour sauce £5.20
55 Szechwan Prawns £5.20
56 Prawns with Ginger & Spring Onion £5.20
57 Prawns with Cashew Nuts £5.20
58 Prawns with Baby Corn £5.20
59 Prawns with Chinese Mushroom
& Bamboo Shoots £5.20
60 Prawns in Black Bean Sauce £5.20
61 Prawns with Garlic Sauce £5.20
62 Lychee Prawns with Straw Mushrooms £5.20
63 Yin Yang Lovers Prawns £5.20
- with white sauce & tomato sauce
64 "GANSHOW" Prawns - with ginger & garlic £5.20

DUCK

- 65 Fragrant Crispy Szechwan Duck per 1/4 £6.30
(served with panackes, cucumber, per 1/2 £12.50
Spring Onion & Hoi Sin sauce) whole duck £24.00
66 Home Style Country Duck (Succulent duck £4.60
slices sautéed with fresh vegetables)
67 Cantonese Style Roast Duck £4.60
68 Sliced Duck with Pineapple £4.60

CHICKEN

- 69 Chicken with Cashew Nuts in £3.80
Yellow Bean Sauce
70 Lemon Chicken £3.80
71 Sesame Chicken £3.80
72 Tropical Chicken - with pineapple chunks £3.80
73 Chicken with Ginger & Spring Onion £3.80
74 Szechwan Chicken - in rich spicy sauce £3.80
75 KUNG PO Chicken £3.80
76 Chicken with Chinese Mushroom £3.80
& Bamboo Shoots
77 Sweet & Sour Chicken (HongKong Style) £3.80
78 Chicken Balls - served with sweet & sour sauce £3.80
79 Sea Spicy Chicken £3.80
80 Chicken with Mushroom £3.80
81 Dragon & Phoenix Nesting £4.70
(Chicken & prawns with cucumber)

BEEF

- 82 Crispy Chilli Beef £4.00
83 Beef with Green Peppers in Black Bean Sauce £4.00
84 Beef in Oyster Sauce £4.00
85 Tropical Beef - with pineapple chunks £4.00
86 Beef with Broccoli in Oyster Sauce £4.00
87 Beef with Ginger & Spring Onion £4.00
88 Fillet Steak Chinese Style - with juicy sauce £5.80

LAMB & PORK

- 89 Sliced Lamb in Black Bean Sauce £4.20
90 Quick Fried Lamb with Spring Onion £4.20
91 Sweet & Sour Pork (HongKong Style) £3.80
92 Pork Balls - served with sweet & sour sauce £3.80
93 Twice Cooked Szechwan Pork £3.80
- with peppers & Chinese vegetables, spicy
94 CHAR SIU Pork (Roast pork with honey & spices) £3.80
95 SIU YOK Pork (Roast pork with crackling skin) £3.80
96 Shredded Pork with Green Pepper £3.80
97 Sea Spicy Pork £3.80