

♣ = Hot & Spicy

69 Beef Curry	£3.80
70 Roast Pork Curry	£3.80
71 Mixed Vegetables Curry	£3.00
72 Shrimp Curry	£3.80
73 Mushroom Curry	£3.00
74 Curry Sauce	£1.20
74a Mixed Meat Curry	£4.50

RICE DISHES

75 House Special with Rice	£4.50
76 Special Fried Rice	£3.50
77 Chicken Fried Rice	£3.50
78 Prawn Fried Rice	£4.50
79 Egg Fried Rice	£2.30
80 Boiled Rice	£2.00
80a Shrimp Fried Rice	£3.50
80b Roast Pork Fried Rice	£3.50
80c Beef Fried Rice	£3.50
80d Mushroom Fried Rice	£3.00
80e Mixed Vegetable Fried Rice	£3.00
80f Singapore Fried Rice ♣	£4.50

CHOW MEIN (Noodles)

81 House Special Chow Mein	£4.50
82 Special Chow Mein	£3.80
83 Chicken Chow Mein	£3.80
83a Quarter of Chicken Chow Mein with Sauce	£4.50
84 Prawn Chow Mein	£4.50
85 Beef Chow Mein	£3.80
86 Roast Pork Chow Mein	£3.80
87 Plain Chow Mein	£3.00
87a Shrimp Chow Mein	£3.80
87b Singapore Chow Mein (Spicy) ♣	£4.50
87c Roast Duck Chow Mein	£4.50
87d Mixed Vegetables Chow Mein	£3.30

SIDE DISHES

88 Fried Mushroom in Gravy	£3.00
89 Fried Beanshoots	£2.80
90 Fried Mixed Vegetables	£3.00
91 Fried Onions in Gravy	£2.80
92 Fried Bamboo Shoots	£3.00
93 Vegetable with Cashewnuts in Yellow Bean Sauce	£3.30
93a Fried Mix Vegetables in Honey Mustard Sauce	£3.30

THAI STYLE

94 Chicken with Hot and Spicy Sauce ♣	£3.80
95 Beef with Hot and Spicy Sauce ♣	£3.80
96 Prawns with Hot and Spicy Sauce ♣	£4.50
97 Vegetables with Hot and Spicy Sauce ♣	£3.00
98 Duck with Hot and Spicy Sauce ♣	£4.50

DESSERTS

99 Apple Fritters in Syrup (4)	£1.80
100 Banana Fritters in Syrup (4)	£1.80
101 Pineapple Fritters in Syrup (4)	£1.80

SPECIAL SET DINNERS

www.walthamabbeylife.co.uk

A FOR 1 PERSON.....£6.50	C FOR 2 PERSONS.....£12.50
Sweet & Sour Pork Balls (8)	Chicken & Mushroom
Chicken Chop Suey	Beef Chop Suey
Egg Fried Rice	Sweet & Sour Pork Balls (10)
	Special Fried Rice
B FOR 1 PERSON.....£7.00	D FOR 2 PERSONS.....£12.00
Sweet & Sour Chicken Balls (6)	Beef & Mushroom
Beef Chop Suey	Chicken Chop Suey
Egg Fried Rice	Roast Pork Chow Mein
	Egg Fried Rice

E FOR 3 PERSONS.....£22.50

Prawn & Mushroom
Sweet & Sour Pork Balls (12)
Beef & Mixed Vegetables
Chicken & Cashew Nuts in Yellow Bean Sauce
Special Chop Suey
Large Portion Special Fried Rice
Crispy Prawn Crackers

F FOR 3 PERSONS.....£21.00

Pancake Rolls (3)
Beef & Onions
Roast Pork & Mixed Vegetables
Shrimp Chop Suey
Chicken Chow Mein
Large Portion Special Fried Rice
Crispy Prawn Crackers

G FOR 4 PERSONS.....£37.00

Barbecued Spare Ribs (8)
Sweet & Sour Prawn Tail in Batter (12)
Special Chop Suey
Beef & Mixed Vegetables
Chicken & Cashew Nuts
Fried Chicken in Peking Sauce
Roast Pork & Beansprouts
Large Portion Special Fried Rice
Shrimp Chow Mein
Crispy Prawn Crackers

H FOR 4 PERSONS.....£52.00

*** Large Portion ***
Mixed Hors D'oeuvres
(Satay Chicken, Spare Ribs, Prawn Toast, mini pancake rolls, Seaweed)
Crispy Aromatic Duck (Half)
Roast Pork Chow Mein
Sweet & Sour Pork in Hong Kong Style
Beef with Oyster Sauce
Szechuan Chili Chicken (Hot & Spicy)
Chicken with Green Pepper in Black Bean Sauce
Prawn & Cashew Nuts in Yellow Bean Sauce
Special Fried Rice
Crispy Prawn Crackers



新美富



Delicious

CHINESE FOOD TO TAKEAWAY FISH & CHIPS

FREE HOME DELIVERY

4.30pm - 10.30pm

FOR ORDERS OVER £15

(£1.00 Charge under £15
within 4 miles Radius)

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WALTHAM ABBEY EN9 3PE

OPENING HOURS

Monday & Bank Holiday 4.30 pm - 11.00 pm

Tuesday to Saturday 11.30 am - 2.00 pm

Close on Sunday

4.30 pm - 11.00 pm



Design by Kenson (Tel. 0871 2884618)

UPSHIRE FISH BAR

SPECIAL DISHES

A1 Aromatic Duck (1/4) £6.50
(served with 6 pancakes, sliced cucumber and spring onion)
(1/2) £12.00



- A2 Roast Duck in Lemon Sauce £4.50
A3 Sesame Prawn on Toast (1 1/2) £4.50
A4 Spiced Chicken Wing (6) £3.50
A5 Singapore Rice Noodle £4.50
A6 Chilli Prawn £4.50
A7 Beef Satay with Bean Shoot £4.50
A8 Crispy Beef (Hot & Sour) £4.50
A9 Roast Pork with Beansprouts £3.80
A10 Fried Chicken in Peking Sauce £4.00
A11 Fried Beef in Peking Sauce £4.00
A12 Prawn with Ginger & Spring Onion £4.50
A13 Chicken with Ginger & Spring Onion £4.00
A14 Crispy Seaweed £3.00
A15 Satay Chicken (4 Skewers) £4.00
A16 Satay Beef (4 Skewers) £4.00
A17 Sweet & Sour Spare Ribs in Hong Kong Style £4.00
A18 Beef and Cashew Nuts £4.00
A19 Spare Ribs in Capital Sauce £4.50
A20 Salted Spare Ribs (Dry) and Chilli £4.20
A21 Crispy Mongolian Lamb £4.50
A22 Chicken & Cashew Nuts in Yellow Bean Sauce £4.00
A23 Roast Duck & Cashew Nuts in Yellow Bean Sauce £4.50
A24 Prawns & Cashew Nuts in Yellow Bean Sauce £4.50
A25 Satay King Prawn (4 Skewers) £5.00
A26 Szechuan Chilli King Prawns (Hot & Spicy) £4.50
A27 Szechuan Chilli Chicken (Hot & Spicy) £3.80
A28 Szechuan Chilli Beef (Hot & Spicy) £3.80
A29 Mixed Meat with Mixed Vegetables £4.00
A30 Mixed Meat in Black Bean Garlic Chilli Sauce £4.00
A31 Deep Fried Squids with Garlic Salt & Chilli £5.00
A32 Deep Fried Lobster with Garlic Salt & Chilli £20.00
A33 Prime Lobster with Ginger & Spring Onion £20.00
A34 Crab with Ginger & Spring Onion £9.50
A35 Mussels in Black Bean Garlic Chilli Sauce £4.50
A36 Deep Fried Mussels Garlic Salt & Chilli £4.50
A37 Deep Fried Bean Curd Garlic Salt & Chilli £3.50
A38 Deep Fried King Prawn Garlic Salt & Chilli £4.50
A39 Fried Prawn with Butter Garlic Sauce £4.50
A40 Crispy Roast Pork £4.50
A41 Fried Squid in Black Bean Garlic Chili Sauce £4.50
A42 Chicken Wing in Peking Sauce £3.50



SOUP

- 1 Chicken & Mushroom Soup £1.50
2 Chicken & Noodle Soup £1.50
3 Chicken & Sweet Corn Soup £1.50
4 Crab Meat & Sweet Corn Soup £2.00
5 Peking Soup (Hot & Sour) £2.00
5a Wan Tun Soup £2.50
5b Mixed Veg Soup £1.50

APPETIZERS

- 6 Barbecued Spare Ribs £4.80
7 Barbecued Sauce £1.00
8 Crispy Pancake Roll £1.30
8a Chicken Spring Roll with Sauce(2) £2.00
9 Crispy Prawn Crackers £1.20
9a Mixed Hors D'oeuvre £7.00
(Satay Chicken, Spare Ribs, Prawn Toast, mini pancake rolls, Seaweed)
9b Dumpling £3.50
(served soy sauce & vinegar with chilli)
9c Deep Fried Crispy Wan Tun £3.00
9d Vegetarian Mini Spring Rolls (5) £1.00
9e Smoked Shredded Chicken £4.00

CHICKEN DISHES

- 10 Chicken in Lemon Sauce £4.00
11 Chicken & Mushroom £3.80
12 Chicken & Pineapple £3.80
13 Chicken & Mixed Vegetables £3.80
14 Chicken & Cashew Nuts £3.80
15 Chicken in Chinese Style £3.80
16 Chicken & Bamboo Shoots £3.80
17 Kung-Po Chicken (Hot & Spicy) £3.80
18 Chicken & Green Pepper in Black Bean Sauce & Garlic Sauce £4.50
19 Garlic Chicken £4.00
19a Chicken in Satay Sauce £4.00
19b Chicken Cutlet £4.00
19c Chicken in Honey Mustard Sauce £4.00
19d Fried Chicken in Sha Cha Sauce £4.00

CHOP SUEY DISHES

- 20 Chicken Chop Suey £3.50
21 Prawn Chop Suey £4.50
22 Shrimp Chop Suey £3.50
23 Special Chop Suey £3.50
24 Beef Chop Suey £3.50
25 Roast Pork Chop Suey £3.50
26 Mushroom Chop Suey £3.00

SWEET & SOUR DISHES

- 27 Sweet & Sour Pork Balls (12) £3.50
28 Sweet & Sour Chicken Balls (10) £4.00
29 Sweet & Sour Prawn Tail in Batter (10) £4.50
30 Sweet & Sour Mixed Vegetables £3.00
31 Sweet & Sour Pork in Hong Kong Style £4.00
31a Sweet & Sour Chicken in Hong Kong Style £4.20
31b Sweet & Sour Prawn in Hong Kong Style £4.50
31c Sweet & Sour Fish in Batter Hong Kong Style £4.20
32 Sweet & Sour Sauce £1.00
32a Capital Sauce £1.00
32b Satay Sauce £1.20

DUCK DISHES

- 33 Roast Duck Cantonese Style £4.50
34 Roast Duck & Pineapple £4.50
35 Roast Duck & Beanshoots £4.50



- 36 Roast Duck in Orange Sauce £4.50
37 Roast Duck & Cashew Nuts £4.50
37a Roast Duck & Green Pepper in Black Bean Sauce & Garlic Sauce £4.50
37b Roast Duck in Honey Mustard Sauce £4.50

BEEF DISHES

- 38 Beef in Oyster Sauce £3.80
39 Beef & Mushroom £3.80
40 Beef & Tomato £3.80
41 Beef & Mixed Vegetables £3.80
42 Beef & Onions £3.80
43 Beef & Green Pepper £3.80
44 Beef & Ginger & Spring Onions £4.00
45 Beef & Green Pepper in Black Bean Sauce & Garlic Sauce £4.00
46 Beef & Pineapple £3.80
46a Beef in Honey Mustard Sauce £4.00
46b Fried Beef in Sha Cha Sauce £4.00

PORK DISHES

- 47 Roast Pork (Cantonese style) £3.80
48 Roast Pork & Mushroom £3.80
49 Roast Pork & Mixed Vegetables £3.80
50 Roast Pork & Onions £3.80
50a Roast Pork in Honey Mustard Sauce £4.00

EGG FOO YOUNG DISHES (OMELETTE)

- 51 Chicken Foo Young £3.80
52 Prawn Foo Young £4.50
53 Mushroom Foo Young £3.00
54 Special Foo Young £3.80
55 Roast Pork Foo Young £3.80
55a Shrimp Foo Young £3.80
55b Plain Foo Young £3.00

PRAWN DISHES

- 56 Fried Prawn Cutlet (10) £4.50
57 Crispy Prawn Tail in Batter (10) £4.50
58 Prawn & Mushroom £4.50
59 Prawn & Bamboo Shoots £4.50
60 Prawn & Tomato £4.50
61 Prawn & Green Pepper in Black Bean Sauce & Garlic Sauce £4.50
62 Prawn & Baby Corn £4.50
63 Kung Po Prawn (Hot & Sour) £4.50
64 Prawn & Cashew Nuts £4.50
65 Prawn & Oyster Sauce £4.50
66 Prawn with Mixed Vegetables £4.50
66a Prawn in Honey Mustard Sauce £4.50
66b Fried King Prawn in Sha Cha Sauce £4.50

CURRY DISHES

- 67 Chicken Curry £3.80
68 Prawn Curry £4.50