

SPECIAL SET DINNERS MEALS

A

Chicken Chop Suey
Sweet & Sour Pork Balls
Egg Fried Rice

FOR 1 PERSON.....£5.00

B

Beef Chop Suey
Shrimp & Mushrooms
Egg Fried Rice

S1 - S5 (Minimum For 2 Person)

S1

Chicken Chop Suey
Barbecued Pork Spare Ribs
Beef Curry
Special Fried Rice

FOR 2 PERSONS.....£13.00

FOR 3 PERSONS.....£19.50

S2

Shrimp Chop Suey
Chicken & Mushrooms
Sweet & Sour Pork Balls
Special Fried Rice

FOR 2 PERSONS.....£13.00

FOR 3 PERSONS.....£19.50

S3

Roasted Pork in Chinese Style
Chicken & Pineapple
King Prawn Balls in Batter
Special Fried Rice

FOR 2 PERSONS.....£13.00

FOR 3 PERSONS.....£19.50

S4

The House Special Mixed Meat & Vegetables
(Roasted Duck, Roasted Pork, King Prawn, Chicken & Beef)
Fried Crispy Pancake Roll (1 Per Person)
Special Fried Rice

FOR 2 PERSONS.....£13.00

FOR 3 PERSONS.....£19.50

S5

Crispy Seaweed with Grated Scallops
"Sea Spice" King Prawns in Hot Bean
Sauce *(Szechuan style)*
Crispy Beef Shreds with Carrot & Chilli
Chicken with Fresh Ginger & Spring Onion
Special Fried Rice

FOR 2 PERSONS.....£18.40

FOR 3 PERSONS.....£27.60

THE BEST

Szechuan, Peking & Cantonese Cuisine

Chinese Food ready
cooked to Take Away

115 Old Church Road,
Chingford, London. E4 6ST

☎ :020 8524 1811

Telephone orders welcome
Established Over 40 Years



FREE

Prawn Crackers on Order over £15
Prawn Crackers & Mini Pancake Rolls (3) on Orders over £30
Prawn Cracker & 1.5 Litre Bottle Coke on Orders over £40

HOME DELIVERY AVAILABLE

(5:00 pm - 11:00 pm)

£1.00 Charge within 2 miles Radius

Minimum Orders £10.00

OPENING HOURS

Sunday - Thursday : 5.00pm - 11.30pm

Bank Holidays : 5.00pm - 11.30pm

Friday & Saturday : 5.00pm - 12 Midnight

CLOSED EVERY TUESDAY

Prices Valid Until June 2009

Revised in December 2008

STARTERS www.chingfordlife.co.uk

1	Chicken & Mushroom Soup.....	£1.60
2	Chicken & Noodle Soup.....	£1.60
3	Chicken & Sweet Corn Soup.....	£1.80
4	Hot & Sour Soup <i>(with Roast Pork)</i>	£1.90
5	Crab Meat & Sweet Corn Soup.....	£2.00
6	Won Ton Soup.....	£2.20
7	Prawn Toast with Sesame Seeds.....	£3.40
8	Mini Pancake Roll (3).....	£1.30
9	Crispy Prawn Crackers.....	£1.30
9a	House Mixed Starter..... <i>For Two Persons</i>	£9.20

*(Crispy Seaweed, Prawn toast, BBQ Spare Ribs & Mini Spring Roll)***CHICKEN DISHES**

10	Chicken & Mushrooms.....	£3.60
11	Chicken & Mixed Vegetables.....	£3.60
12	Roast Chicken Breast in Chinese Style.....	£3.60
13	Sweet & Sour Chicken Balls in Batter.....	£3.60
14	Chicken & Pineapple.....	£3.60
15	Chicken & Fresh Tomatoes.....	£3.60
16	Chicken with Sweet & Sour Mixed Vegetables.....	£3.70
17	Chicken with Bamboo Shoots & Water Chestnuts.....	£3.70
18	Chicken Breast with Lemon Sauce.....	£3.80
19	Chicken Breast with Orange Sauce.....	£3.80
20	Chicken & Cashew Nuts.....	£3.80
21	Chicken with Green Pepper in Black Bean Sauce.....	£3.80

PORK DISHES

30	Pork & Mushrooms.....	£3.50
31	Pork & Mixed Vegetables.....	£3.50
32	Roast Pork in Chinese Style.....	£3.50
33	Sweet & Sour Pork Balls in Batter (10).....	£3.50
34	Pork with Sweet & Sour Mixed Vegetables.....	£3.60
35	Pork with Bamboo Shoots & Water Chestnuts.....	£3.60
36	Pork with Green Pepper in Black Bean Sauce.....	£3.70
37	Portion of Barbecued Pork Spare Ribs <i>(approx 6)</i>	£4.50
38	One Piece of Barbecued Pork Spare Ribs (1).....	£1.10
39	Fried Roast Pork <i>(with Onions)</i>	£3.80

BEEF DISHES

40	Beef & Mushrooms.....	£3.70
41	Beef & Mixed Vegetables.....	£3.70
42	Beef & Onions.....	£3.70
43	Beef & Fresh Tomatoes.....	£3.70

BEEF DISHES

44	Beef with Sweet & Sour Mixed Vegetables.....	£3.80
45	Beef with Bamboo Shoots & Water Chestnuts.....	£3.80
46	Beef with Green Pepper in Black Bean Sauce.....	£3.90

DUCK DISHES

50	Roast Duck & Mushrooms.....	£4.40
51	Roast Duck & Mixed Vegetables.....	£4.40
52	Roast Duck in Chinese Style.....	£4.40
53	Roast Duck & Pineapple.....	£4.40
54	Sweet & Sour Duck.....	£4.40
55	Roast Duck with Sweet & Sour Mixed Vegetables.....	£4.50
56	Roast Duck with Bamboo Shoots & Water Chestnuts.....	£4.50
57	Roast Duck with Lemon Sauce.....	£4.50
58	Roast Duck with Orange Sauce.....	£4.50
59	Roast Duck & Cashew Nuts.....	£4.70
60	Roast Duck with Green Pepper in Black Bean Sauce.....	£4.70

SEAFOOD DISHES

70	Shrimp & Mushrooms.....	£3.70
71	Shrimp & Mixed Vegetables.....	£3.70
72	Shrimp with Sweet & Sour Mixed Vegetables.....	£3.80
73	Shrimp with Bamboo Shoots & Water Chestnuts.....	£3.80
74	King Prawn & Mushrooms.....	£4.30
75	King Prawn & Mixed Vegetables.....	£4.30
76	King Prawn & Pineapple.....	£4.30
77	King Prawn & Fresh Tomatoes.....	£4.30
78	King Prawn Balls in Batter <i>(with Lemon)</i>	£4.50
79	King Prawn with Sweet & Sour Mixed Vegetables.....	£4.60
80	King Prawns with Bamboo Shoots & Water Chestnuts.....	£4.60
81	King Prawn Balls in Batter <i>(with Sweet & Sour Sauce)</i>	£4.80
82	King Prawns & Cashew Nuts.....	£4.70
83	King Prawns with Green Pepper in Black Bean Sauce.....	£4.70
84	Squid with Green Pepper in Black Bean Sauce.....	£4.00
85	Deep Fried Squid with Sweet & Sour Sauce.....	£4.00
86	Deep Fried Chilli Squid with Salt & Pepper.....	£4.20
87	Deep Fried Chilli King Prawn with Salt & Pepper.....	£5.90

EGG FOO YOUNG DISHES

(Chinese Omelette)

90	The House Special Foo Young (Mixed Meats)	£3.80
91	King Prawn Foo Young	£4.20
92	Shrimp Foo Young	£3.70
93	Chicken Foo Young	£3.50
94	Mushroom Foo Young (V)	£3.10
95	Plain Foo Young (V)	£3.00

CHOP SUEY DISHES (Beansprouts)

100	The House Special Chop Suey	£4.00
101	King Prawn Chop Suey	£4.20
102	Shrimp Chop Suey	£3.60
103	Beef Chop Suey	£3.60
104	Chicken Chop Suey	£3.50
105	Pork Chop Suey	£3.40
106	Mushroom Chop Suey (V)	£3.10

CURRY DISHES

110	The House Special Curry (Mixed Meat)	£4.00
111	King Prawn Curry	£4.20
112	Shrimp Curry	£3.70
113	Beef Curry	£3.70
114	Diced Chicken Curry	£3.60
115	Pork Curry	£3.50
116	Mushrooms Curry (V)	£3.10
117	Mixed Vegetables Curry (V)	£3.10
118	Curry Sauce (V)	£1.10
119	Roast Duck Curry	£4.40

CHOW MEIN DISHES

(Soft Noodles or Rice Noodles)

120	The House Special Chow Mein (Mixed Meat & Vegetables in Sauce)	£4.20
121	Roast Duck & Spare Ribs Chow Mein	£4.80
122	Roast Chicken & Spare Ribs Chow Mein	£4.80
123	Roast Pork & Roast Duck Chow Mein	£4.70
124	Quarter of Roast Chicken with Chow Mein	£4.00
125	Special Chow Mein (with Roast Pork, Chicken, Shrimps & Peas (Dry))	£3.70
126	King Prawn Chow Mein	£4.30
127	Shrimp Chow Mein	£3.80
128	Beef Chow Mein	£3.70
129	Shredded Chicken Chow Mein	£3.60
130	Pork Chow Mein	£3.50
131	Plain Chow Mein (with Bean Sprouts) (V)	£2.50
132	Roast Pork Chow Mein	£3.70
133	Singapore Vermicelli Rice Noodles (Hot & Spicy)	£4.40

RICE DISHES

140	The House Special Fried Rice (Mixed Meats & Vegetable in Sauce)	£4.10
141	Roast Duck & Spare Ribs Fried Rice	£4.70
142	Roast Chicken & Spare Ribs Fried Rice	£4.70
143	Roast Pork & Roast Duck Fried Rice	£4.60
144	Roast Pork & Chicken Fried Rice with Barbecued Sauce	£4.00
145	Special Fried Rice (with Roast Pork, Chicken, Shrimps & Peas (Dry))	£3.60
146	King Prawn Fried Rice	£4.20
147	Shrimp Fried Rice	£3.70
148	Shredded Chicken Fried Rice	£3.50
149	Egg Fried Rice (V)	£2.20
150	Plain Boiled Rice (V)	£2.00
151	Singapore Fried Rice (Hot & Spicy)	£4.30

ENGLISH DISHES

160	The House Special Omelette with Chips & Peas	£4.50
161	King Prawn Omelette with Chips & Peas	£4.80
162	Shrimp Omelette with Chips & Peas	£4.30
163	Chicken Omelette with Chips & Peas	£4.10
164	Mushroom Omelette with Chips & Peas	£3.60
165	Quarter of Roast Chicken in Gravy	£2.90
166	Roast Chicken with Chips & Peas in Gravy	£3.70
167	Grilled Sirloin Steak with Chips & Peas in Gravy	£5.90

EXTRA PORTIONS

170	Stewed Mushrooms (V)	£2.30
171	Mixed Vegetables (V)	£2.30
172	Bean Sprouts (V)	£2.20
173	Sweet & Sour Mixed Vegetables (V)	£2.50
174	Bamboo Shoots & Water Chestnuts (V)	£2.50
175	Chinese Mushrooms & Bamboo Shoots (V)	£3.10
176	Crispy Pancake Roll (Large)	£1.30
177	Vegetarian Pancake Roll (Large) (V)	£1.30
178	Sweet & Sour Sauce (V)	£1.10
179	Barbecued Sauce	£1.10
180	Portion of Chips	£1.30
181	Banana Fritter in Golden Syrup (V)	£1.80
182	Pineapple Fritter in Golden Syrup (V)	£1.80
183	The House Special Mixed Meat & Vegetables (Roast Duck, Roast Pork, King Prawn, Chicken & Beef)	£4.00

190 Mixed Vegetable Fried Rice (V).....	£3.60
191 Mushroom Fried Rice (V).....	£3.20
192 Mixed Vegetable Chow Mein (V).....	£3.70
193 Mushroom Chow Mein (V).....	£3.30
194 Mixed Vegetable Chop Suey (V).....	£3.50
195 Singapore Vegetarian Vermicelli Rice Noodles (Hot & Spicy) 🌶️.....	£4.00
196 Mixed Vegetable in Oyster Sauce.....	£2.50
197 Chinese Leaf in Oyster Sauce.....	£2.50
198 Pineapple Fried Rice (V).....	£2.80

SZECHUAN, PEKING & CANTONESE STYLE STARTERS

P1 Crispy Seaweed with Grated Scallops.....	£2.70
P2 Barbecued Pork Spare Ribs with Peking Sauce.....	£5.00
P3 Deep Fried Chilli Spare Ribs with Salt & Pepper 🌶️.....	£5.00
P4 Grilled Chinese Dumplings.....	£3.30

DUCK DISHES

P10 The House Special Crispy Duck.....	£5.80
<i>with Pineapple base Cantonese Style</i>	
P11 Crispy Aromatic Duck.....	Quarter £6.50
<i>with 6 wrap around Pancakes, Shredded Cucumber, Spring Onion & Bean Sauce (Extra 6 Pancakes £1.00) (Bean Sauce 80p)</i>	
P12 Roast Duck Shreds, Bean Sprouts & Spring Onion.....	£4.80
P13 Roast Duck with Fresh Ginger & Spring Onion.....	£4.80
P14 Roast Duck with Chinese Mushrooms & Bamboo Shoots.....	£5.00
P15 Roast Duck with Green Pepper & Onion in Satay Sauce.....	£4.80

SEAFOOD DISHES

P20 "Sea Spice" King Prawn with Bamboo Shoots & Chinese Fungus in Hot Bean Sauce (Szechuan Style) 🌶️.....	£6.20
P21 "Kung Po" King Prawn in Sweet Chilli Sauce 🌶️.....	£5.90
P22 King Prawn with Garlic Sauce.....	£5.90
P23 King Prawn in Szechuan Style (in shell or off shell) 🌶️.....	£5.90
P24 King Prawn with Chinese Mushrooms & Bamboo Shoots.....	£6.20
P25 King Prawn with Baby Corns.....	£5.90
P26 King Prawn with Fresh Ginger & Spring Onion.....	£5.90
P27 Sweet & Sour King Prawn Peking Style.....	£5.90

BEEF DISHES

P30 "Sea Spice" Beef with Bamboo Shoots & Chinese Fungus in Hot Bean Sauce (Szechuan Style) 🌶️.....	£4.80
P31 Beef with Green Pepper & Onion in Satay Sauce.....	£4.80
P32 Beef with Chinese Leaf in Oyster Sauce.....	£4.80
P33 Beef with Fresh Ginger & Spring Onion.....	£4.80
P34 Beef with Chinese Mushrooms & Bamboo Shoots.....	£4.80
P35 Crispy Beef Shreds with Carrots & Chilli 🌶️.....	£4.80

CHICKEN DISHES

P40 "Sea Spice" Chicken with Bamboo Shoots & Chinese Fungus in Hot Bean Sauce (Szechuan Style) 🌶️.....	£4.80
P41 Chicken with Green Pepper & Onion in Satay Sauce.....	£4.80
P42 Chicken with Chinese Leaf in Oyster Sauce.....	£4.80
P43 Chicken with Fresh Ginger & Spring Onion.....	£4.80
P44 Chicken with Chinese Mushrooms & Bamboo Shoots.....	£4.80
P45 Chicken with Baby Corns.....	£4.80
P46 "Kung Po" Chicken in Sweet Chilli Sauce 🌶️.....	£4.80
P47 Chicken in Garlic Sauce.....	£4.80
P48 Satay Chicken on Skewers with Specially Made Spiced Honey & Peanut Sauce (Extra Peanut sauce 80p).....	£4.80
P49 Sweet & Sour Chicken Fillet Peking Style.....	£4.80

PORK DISHES

P50 Sweet & Sour Pork Fillet Peking Style.....	£4.80
<i>Selected Pork Fillet in Slightly batter cooked in a special way topped with Sweet & Sour Sauce</i>	

(V) = Suitable for Vegetarian 🌶️ = Hot & Spicy

All prices includes VAT
**Note to customers: please handles your meals
 Carefully & avoid crushing the containers.
 Thank you for your custom**