

Set Dinner



A For one Person - £6.30

Chicken Chow Mein or Chop Suey
and Special Fried Rice in a Large Container
Sweet & Sour Pork Balls (6)

B For Two Persons - £13.80

King Prawn Chop Suey
Beef with Mushrooms
Sweet & Sour Chicken Balls (12)
Special Fried Rice

SB For Two Persons - £16.80

House Mixed Hors D'oeuvres (For Two)
Sweet & Sour Pork Hong Kong Style
Chicken in Szechuan Sauce
Special Fried Rice

C For Three Persons - £21.30

Chicken & Mushrooms Soup (1)
Satay Chicken on Skewers with Peanut Sauce (6)
Chicken with Green Pepper & Black Bean Sauce
Beef with Mushrooms
Sweet & Sour Prawns in Batter (12)
Mixed Vegetables Chow Mein
Special Fried Rice (Large)

SC For Three Persons - £25.30

Chicken & Sweetcorn Soup (1)
Crispy Aromatic Duck (1/4)
Sweet & Sour Chicken Hong Kong Style
King Prawns in Yellow Bean Sauce & Cashew Nuts
Beef with Fresh Ginger & Spring Onion
Mixed Vegetables Satay Chow Mein
Special Fried Rice (Large)

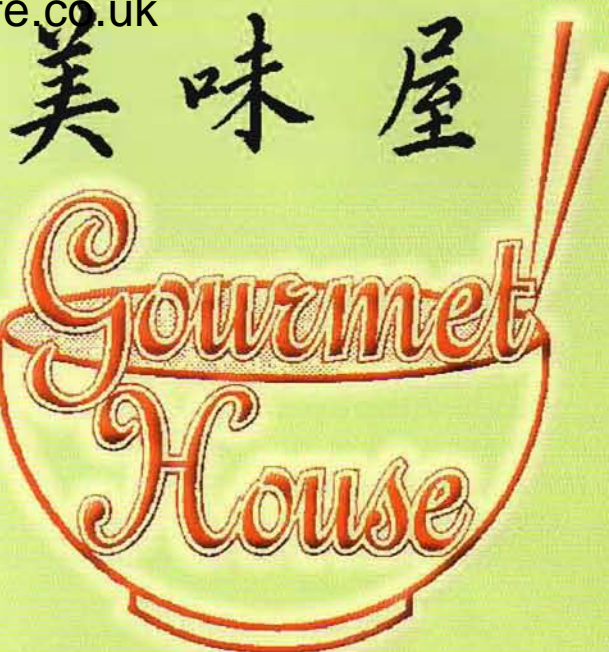
D For Four Persons - £30.80

Chicken & Mushrooms Soup (2)
Barbecued Spare Ribs in Sauce (Large)
King Prawns with Mushrooms (Large)
Beef with Fresh Ginger & Spring Onions (Large)
Chicken with Cashew Nuts (Large)
Sweet & Sour Chicken Balls (12)
Mixed Vegetables Chow Mein (Large)
Special Fried Rice (2)

SD For Four Persons - £37.80

Chicken & Sweetcorn Soup (2)
Crispy Aromatic Duck (1/2)
Shredded Beef with Chilli Sauce (Large)
King Prawns with Mushrooms (Large)
Chicken with Green Pepper & Black Bean Sauce (Large)
Fried Mixed Vegetables (Large)
Special Chow Mein (Large)
Special Fried Rice (2)

套餐



Peking & Cantonese Meals To Take Away

Tel: 020 8527 4377

Telephone Orders Welcome

Open 7 Days a Week

OPENING HOURS

Mon - Sat

12noon - 3pm & 5.00pm - 11.00pm

Sunday

5.00pm - 11.00pm



Free Delivery

For Orders Over £15.00 & within 2 Miles Radius
Otherwise £1.00 Will Be Added

404 Hale End Road
Highams Park
London E4 9PB



Any Dishes with Egg Fried Rice in a
Same Container (Large) 80p Extra



APPETISERS

- 1 House Mixed Hors D'oeuvres (2 Person)..... £7.50
(Consisting of Prawn on Toast, Spare Ribs, Satay Chicken, Mini Spring Rolls & Seaweed)
- 1a House Mixed Hors D'oeuvres (1 Person)..... £4.00
(2 Spare Ribs, 1 Prawn on Toast, 4 Mini Veg Spring Rolls, 2 Chicken Balls & Seaweed)
- 2 Mixed Seafood Combo £7.50
(Consisting of Prawn on Toast, Prawns in Breadcrumbs, Crab Flavour Claws, Squid Rings in Batter, Seaweed & Sweet & Sour Sauce)
- 3 Crispy Aromatic Duck..... ¼ £7.00 ½ £13.00
(Served with Pancakes & Dressing)
- 4 Sesame Prawn on Toast..... £3.20
- 5 Seaweed £3.00
- 6 Prawns in Breadcrumbs (6) £3.50 (12) £4.80
- 7 Chicken in Breadcrumbs..... £3.80
- 8 Salt & Pepper Chicken Wings 🍗..... £4.00
- 9 Satay Prawn on Skewers with Peanut Sauce 🍗..... (6) £4.80
- 10 Satay Chicken on Skewers with Peanut Sauce 🍗..... (4) £3.20 (6) £4.50
- 11 Salt & Chilli Prawns 🍗..... £4.80
- 12 Salt & Chilli Squids 🍗..... £4.50
- 13 Salt & Chilli Chicken 🍗..... £4.00
- 14 Salt & Chilli Ribs 🍗..... Small £3.20 Large £4.50
- 15 Barbecued Spare Ribs (Dry or Sauce)..... £3.20 £4.50
- 15a Spare Ribs in Honey Sauce..... £3.20 £4.50
- 16 Spare Ribs in Sweet & Sour Sauce..... £3.20 £4.50
- 17 Spare Ribs Peking Style..... £3.20 £4.50
- 18 Grilled Pork Dumplings (6)..... £3.80
- 19 Grilled Chicken Dumplings (6)..... £3.80
- 20 Pancake Rolls (2) £1.40
- 21 Cheese & Sweetcorn Rolls (2)..... £1.50
- 22 Mini Spring Rolls (8) 🌿..... £1.80
- 23 Deep Fried Crab Flavour Claws (2)..... £1.50
- 24a Deep Fried Squid Rings in Batter (6) £1.80
- 25 Prawn Crackers £1.00

SOUP

- 26 Crab Meat & Sweetcorn Soup £2.20
- 27 Chicken & Sweetcorn Soup £1.60
- 28 Chicken & Mushroom Soup £1.50
- 29 Chicken & Noodle Soup..... £1.50
- 30 Mixed Vegetables Soup £1.50
- 30a Mixed Vegetables & Tofu Soup..... £1.60
- 31 Hot & Sour Soup 🍗..... £1.60
- 32 Won Ton Soup..... £2.10

- 33 House Special Rice £4.20
(Mixed Meat & Vegetables with Boiled Rice)
- 34 Roast Pork Fried Rice with Sauce..... £4.50
- 35 Roast Duck Fried Rice with Sauce £5.00
- 36 Roast Duck & Roast Pork Fried Rice with Sauce £5.00
- 37 Roast Duck & Roast Chicken Fried Rice with Sauce..... £5.00
- 38 Shredded Roast Duck Fried Rice £4.60
- 39 King Prawn Fried Rice £4.20
- 40 Special Fried Rice £3.10 £4.10
- 42 Shredded Chicken Fried Rice £3.00 £4.00
- 43 Beef Fried Rice..... £3.00 £4.00
- 44 Shredded Roast Pork Fried Rice..... £3.00 £4.00
- 45 Singapore Fried Rice 🍌..... £3.10 £4.10
- 46 Mushroom Fried Rice 🌿..... £2.80 £3.80
- 47 Mixed Vegetables Fried Rice 🌿..... £2.80 £3.80
- 48 Egg Fried Rice 🌿..... £2.00 £2.80
- 49 Plain Fried Rice 🌿..... £1.70 £2.40



CHOW MEIN DISHES

(Soft Noodles)

Small Large

- 50 House Special Chow Mein £4.20
(Mixed Meat & Vegetables with Noodles)
- 51 Mixed Seafood Chow Mein £5.00
(Mussels, Squid & Prawns)
- 52 Special Chow Mein £3.20 £4.20
- 53 Shredded Roast Duck Chow Mein £4.60
- 54 King Prawns Chow Mein..... £4.20
- 55 Shrimps Chow Mein £3.10 £4.10
- 56 Shredded Chicken Chow Mein £3.10 £4.10
- 57 Beef Chow Mein..... £3.10 £4.10
- 58 Roast Pork Chow Mein..... £3.10 £4.10
- 59 Mushroom Chow Mein 🌿..... £2.90 £3.90
- 60 Mixed Vegetables Chow Mein 🌿..... £2.90 £3.90
- 61 Plain Chow Mein 🌿..... £2.80 £3.80

SATAY & SZECHUAN CHOW MEIN DISHES 🍌

- 62 Special Satay or Szechuan Chow Mein £3.60
- 63 King Prawns Satay or Szechuan Chow Mein £4.50
- 64 Shredded Chicken Satay or Szechuan Chow Mein £3.50
- 65 Beef Satay or Szechuan Chow Mein..... £3.50
- 66 Roast Pork Satay or Szechuan Chow Mein..... £3.50
- 67 Mushroom Satay or Szechuan Chow Mein 🌿..... £3.20
- 68 Mixed Vegetables Satay or Szechuan Chow Mein..... £3.20
- 69 Plain Satay or Szechuan Chow Mein 🌿..... £3.00

OTHER NOODLES DISHES

www.chingfordlife.co.uk

		Small	Large
70	Vermicelli Singapore Style 🍴	£3.20	£4.20
70a	Chow Mein Singapore Style 🍴	£3.10	£4.10
71	Vegetables Vermicelli Singapore Style 🍴🌿		£4.00
72	House Special "Crispy Noodles" or "Ho Fun"		£4.50
73	Mixed Seafood (Squid, Mussels & Prawns) with "Crispy Noodles" or "Ho Fun"		£5.00
74	Crispy Noodles with Prawns		£4.80
75	Crispy Noodles with Prawns with Green Pepper & Black Bean Sauce 🍴		£5.00
76	Crispy Noodles with Chicken or Beef		£4.20
77	Crispy Noodles with Chicken or Beef with Green Pepper & Black Bean Sauce 🍴		£4.50
78	Ho Fan with Prawns		£4.80
79	Ho Fan with Prawns with Green Pepper & Black Bean Sauce 🍴		£5.00
80	Ho Fan with Chicken or Beef		£4.20
81	Ho Fan with Chicken or Beef with Green Pepper & Black Bean Sauce 🍴		£4.50
82	Ho Fan in Singapore Style 🍴		£4.20

CHOP SUEY DISHES

(Beansprouts)

83	Special Chop Suey	£3.30
84	King Prawn Chop Suey	£4.40
85	Chicken Chop Suey	£3.20
86	Beef Chop Suey	£3.20
87	Mushroom Chop Suey 🌿	£3.00

SWEET & SOUR DISHES

88	Sweet & Sour Prawns in Batter ... (6) £3.50 (12) £4.80
89	Sweet & Sour Chicken Balls (6) £2.80 (12) £4.00
90	Sweet & Sour Pork Balls (6) £2.40 (12) £3.60
91	Sweet & Sour Prawns Hong Kong Style £4.80
92	Sweet & Sour Chicken Breast without Batter £3.50
92a	Deep Fried Chicken Breast in Batter with Sweet & Sour Sauce £4.20
93	Sweet & Sour Chicken Hong Kong Style £4.00
94	Sweet & Sour Deep Fried Squids £4.50
95	Sweet & Sour Pork Hong Kong Style £4.00
96	Sweet & Sour Mixed Vegetables 🌿 £2.80
97	Sweet & Sour Sauce 🌿 £1.00
97a	BBQ Sauce £1.00

CURRY DISHES 🍴

(Rice Not included)

(with Mushrooms 20p Extra)

98	House Special Curry (Mixed Meat) £3.80
98A	Mixed Seafood Curry (Squids, Mussels & Prawns) .. £4.80
99	King Prawns Curry £4.40
100	Shrimps Curry £3.20
101	Roast Duck Curry £4.80
102	Roast Pork Curry £3.20
103	Chicken Curry £3.20
104	Beef Curry £3.20
105	Mushroom Curry 🌿 £3.00
106	Mixed Vegetables Curry 🌿 £3.00
107	Curry Sauce 🌿 £1.00



FOO YUNG DISHES (EGG)

108	Special Foo Yung	£3.30
109	King Prawns Foo Yung	£4.40
110	Chicken Foo Yung	£3.30
111	Mushrooms Foo Yung 🌿	£3.00
112	Plain Foo Yung 🌿	£3.00



SEAFOOD DISHES

(All Mussels off Shells)

113	King Prawns, Squids or Mussels with Green Pepper & Black Bean Sauce 🍴	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
114	King Prawns, Squid or Mussels with Fresh Ginger & Spring Onions	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
115	King Prawns, Squid or Mussels with Cashewnuts	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
116	King Prawns, Squid or Mussels in Yellow Bean Sauce & Cashewnuts	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
117	Kung Po King Prawns, Squid or Mussels 🍴	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
118	King Prawns, Squid or Mussels in Szechuan Sauce 🍴	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
119	King Prawns, Squid or Mussels in Oyster Sauce	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
120	King Prawns, Squid or Mussels with Broccoli	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
121	King Prawns, Squid or Mussels with Mixed Vegetables	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
122	King Prawns, Squid or Mussels with Mushrooms	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
123	King Prawns, Squid or Mussels with Chinese Mushrooms	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
124	King Prawns, Squid or Mussels with Tomato	£4.40
	Mixed Seafood (Squid, Mussels & Prawns)	£4.80
125	King Prawns in Garlic Sauce	£4.40



- 154 Prawns with Pineapples in Thai Sauce
(Sweet Chilli Sauce) £4.40
- 154a Roast Duck with Pineapple in Thai Sauce
(Sweet Chilli Sauce) £4.80
- 155 Chicken, Beef or Roast Pork with Pineapple
in Thai Sauce (Sweet Chilli Sauce) £3.70
- 156 Thai Fried Rice
(Prawns, Chicken, Chilli & Pineapple) £3.50
- 156a Spicy Thai's Fish Cakes with
Sweet Chilli Sauce £3.20

CHICKEN, BEEF & PORK DISHES

- 126 Shredded Chicken or Beef with Chilli Sauce 🌶️ .. £4.20
- 127 Roast Chicken or Roast Pork Chinese Style
with Beansprouts £3.70
- 128 Chicken, Beef or Roast Pork with
Green Pepper & Black Bean Sauce 🌶️ £3.70
- 129 Chicken, Beef or Roast Pork with
Fresh Ginger & Spring Onions £3.70
- 130 Chicken, Beef or Roast Pork with Cashew Nuts .. £3.70
- 131 Chicken, Beef or Roast Pork in
Szechuan Sauce 🌶️ £3.70
- 132 Chicken, Beef or Roast Pork in Satay Sauce 🌶️ .. £3.70
- 133 Chicken, Beef or Roast Pork in
Black Pepper Sauce 🌶️ £3.70
- 134 Chicken, Beef or Roast Pork in Oyster Sauce £3.70
- 135 Chicken, Beef or Roast Pork with Broccoli £3.70
- 136 Chicken, Beef or Roast Pork with Mixed Vegetables £3.70
- 137 Chicken, Beef or Roast Pork with Mushrooms ... £3.70
- 138 Chicken, Beef or Roast Pork with Tomato £3.70
- 139 Chicken, Beef or Roast Pork in
Mandarin (Peking) Sauce £3.70
- 140 Chicken, Beef or Roast Pork in
Yellow Bean Sauce & Cashew Nuts £3.70
- 141 Chicken, Beef or Roast Pork with
Chinese Mushrooms £3.70
- 142 Kung Po Chicken, Beef or Roast Pork 🌶️ £3.70
- 143 Chicken, Beef or Roast Pork with Pineapple £3.70
- 144 Chicken in Lemon Sauce £3.70
- 145 Chicken in Garlic Sauce £3.70

ROAST DUCK DISHES

- 146 Roast Duck Chinese Style with Beansprouts £4.80
- 147 Roast Duck with Green Pepper &
Black Bean Sauce 🌶️ £4.80
- 148 Roast Duck with Fresh Ginger & Spring Onions . £4.80
- 149 Roast Duck with Cashewnuts £4.80
- 150 Roast Duck with Mixed Vegetables £4.80
- 151 Roast Duck with Plum Sauce £4.80



QUORN DISHES

(Vegetarian)

- 157 Quorn Chow Mein £3.60
- 158 Quorn with Green Pepper &
Black Bean Sauce 🌶️ £3.60
- 159 Quorn with Fresh Ginger & Spring Onion .. £3.60
- 160 Quorn with Cashew Nuts £3.60
- 161 Quorn in Szechuan Sauce 🌶️ £3.60
- 162 Quorn in Satay Sauce 🌶️ £3.60
- 163 Kung Po Quorn 🌶️ £3.60
- 164 Sweet & Sour Quorn with
Mixed Vegetables £3.60
- 165 Sweet & Sour Quorn Balls (20) £3.60



VEGETABLES & BEANCURD DISHES

- 166 Braised Chinese Mushrooms &
Beancurd (To Fu) £3.40
- 167 Beancurd (To Fu) with Green Pepper in
Black Bean Sauce 🌶️ £2.80
- 168 Beancurd (To Fu) in Szechuan Sauce 🌶️ £2.80
- 169 Salt & Chilli Beancurd (To Fu) 🌶️ £2.80
- 170 Deep Fried Beancurd (To Fu) with
Sweet & Sour Sauce £2.80
- 171 Seasonal Chinese Vegetables in Oyster Sauce £3.20
- 172 Portion of Onion £2.80
- 173 Portion of Mixed Vegetables £2.80
- 174 Portion of Bamboo Shoots &
Water Chestnuts £2.80
- 175 Portion of Mushrooms £2.80
- 176 Portion of Beansprouts £2.80



ENGLISH DISHES

(with Chips 20p Extra)

- 177 Roast Chicken Breast in Barbecued Sauce £3.50
- 178 Special Omelette £3.50
- 179 King Prawns Omelette £4.20
- 180 Chicken Omelette £3.50
- 181 Mushrooms Omelette 🌱 £3.20
- 182 Onions Omelette 🌱 £3.20
- 183 Chips 🌱 Small £0.80 Large £1.20
- 184 Chips in Sauce 🌱 Large £2.20
(Curry, Sweet & Sour or Barbecued)



DESSERTS

- 185 Banana Fritter in Syrup £2.00
- 186 Pineapple Fritter in Syrup £2.00