

WEIGHT WATCHERS AND VEGETARIAN DELIGHTS

Many of our dishes are light and lower in calories. We cater for all appetites, whether you're after a full meal or something lighter.

VEGETARIAN SPRING ROLL 13.00

Our special mixture of Vegetables and Vermicelli wrapped in a thin pastry and deep fried.

CANTON BRAISED BEAN CURD 20.00

Fresh bean curd, quickly cooked with mushrooms, bamboo shoots, broccoli and a dash of soya sauce.

CHILLI BEAN CURD, PEKING STYLE 20.00

Lightly cooked bean curd combined with chilli, shallots and sesame oil.

COMBINATION STIR FRY VEGETABLES 18.00

Mixture of fresh vegetables quickly stir fried in a light stock.

STEAMED VEGETABLES WITH OYSTER SAUCE 18.00

Fresh vegetable in season, steamed and topped with a dash of oyster sauce.

VERMICELLI WITH VEGETABLES AND MUSHROOMS 20.00

Vermicelli is also known as bean threads. Combined with sliced vegetables and fresh mushrooms.

BRAISED BEAN SPROUTS 16.00

Crisp and tasty, cooked with ginger and spring onions. Definitely no calories added.

VEGETABLE TEMPURA 20.00

Assorted vegetables dipped in a paper thin batter and quickly fried to a golden crisp.

NOODLES

SINGAPORE NOODLES 21.00

Pork, prawn, egg, capsicum and bean sprouts combined with thin noodles and a touch of curry.

SEAFOOD NOODLES 32.00

COMBINATION NOODLES 27.00

VEGETARIAN CHOW MEIN 18.00

COMBINATION HOKKIEN NOODLES (THICK YELLOW NOODLES) 27.00

COMBINATION HO FUN (FLAT WHITE NOODLES) 27.00

RICE

Fried Rice SM. 12.00 LG. 14.00

Special Fried Rice SM. 13.00 LG. 15.00

Vegetarian Fried Rice SM. 11.00 LG. 13.00

Steamed Rice SM. 3.50 LG. 5.00

House of Chow

82 Hutt Street, Adelaide

TAKE AWAY MENU

All prices are inclusive of GST.

Tuesday - Saturday 12:00pm Noon - 3:00pm | Tuesday - Sunday 5:00pm - 9:30pm

Telephone: 8223 6181

SOUP

SHORT OR LONG SOUP 12.00

*Short- Chinese dumplings made from egg flour pastry, minced pork and prawns
Long- Thin egg noodles with sliced pork and shallots. Served in chicken soup*

CHICKEN AND SWEET CORN SOUP 12.00

*Diced fillet of chicken, cooked in chicken stock, creamed corn and egg.
Thick and tasty soup.*

CRAB MEAT AND SWEET CORN SOUP 13.00

Crab meat, creamed corn and egg white, cooked in chicken stock

CHICKEN WITH MUSHROOM SOUP 12.00

Sliced fillet of chicken, cooked with vegetables and mushrooms in a clear chicken stock

CHICKEN WITH ABALONE SOUP 18.00

Slice fillet of chicken with abalone and cooked in a light, tasty clear chicken stock.

COMBINATION BEAN CURD SOUP 14.00

*Mixture of meat and seafood with diced bean curd, cooked in chicken stock
and thickened with egg white*

THAI STYLE CHICKEN SOUP 12.00

*Pieces of chicken breast fillet, cooked in a light curry with lemon, a touch of chilli
and lemon grass, and coriander.*

HOT AND SOUR SOUP 12.00

*This is a speciality from the Szechuen Province. Comprises of Vinegar and pepper
dash of chilli with shredded duck meat and bean curd. A warming experience.*

CHICKEN WITH SHARKS FIN SOUP 26.00

Sliced fillets of chicken, cooked in chicken stock and sharks fin

CRAB MEAT WITH SHARKS FIN SOUP 28.00

Sharks fin with crab meat in chicken stock.

ENTREE

PRAWN FRITTERS (FOUR PER SERVE) 18.00

*King Prawns, freshly fried in a thin crisp batter.
Served with a tartare sauce or sweet and sour sauce*

PRAWN CUTLETS (THREE PER SERVE) 15.00

*King Prawns, butterfly cut, freshly crumbed and deep fried.
Served with a tartare sauce or sweet and sour sauce.*

SESAME PRAWNS (FOUR PER SERVE) 15.00

*A thick coating of fresh minced King Prawns on fine toast fingers
and coated with crunchy sesame seeds then deep fried.*

CRAB CLAW (ONE ONLY) 15.00

Claw of the crab, shelled and stuffed with freshly minced prawns, then deep fried.

SPRING ROLLS (THREE PER SERVE) 15.00

*Combination of minced pork and prawns with vegetables, wrapped in a thin crispy
pastry, then deep fried.*

CHICKEN AND HAM ROLLS (FOUR PER SERVE) <i>Fillet of chicken and ham, rolled in Lard fat, dipped in egg and flour, then deep fried.</i>	17.00
SANG CHOY BOW (FOUR PER SERVE) <i>Mixture of pork, celery, onions, bamboo shoots and water chestnuts, cooked in a special spices, then wrapped in crisp, fresh lettuce leaves.</i>	25.00
STUFFED CHICKEN WINGS- THAI STYLE (TWO PER SERVE) <i>Mushrooms, minced pork and spring onions, lightly battered, fried and topped with spicy lemongrass, chilli, coriander and coconut curry paste.</i>	15.00
DIM SIMS (FOUR PER SERVE)	15.00
STICKS OF SATAYS (THREE PER SERVE) - BEEF OR CHICKEN	15.00

LAMB

MONGOLIAN LAMB <i>Tender fillets of lamb and succulent leeks, onions and spring onions, cooked with a spicy sauce.</i>	27.00
SLICED LAMB IN SOYA BEAN SAUCE <i>Sliced lamb cooked in a lightly spiced sauce.</i>	27.00
THAI LAMB HOT POT <i>Chunky pieces of lamb in a coconut curry base, with cooked with chilli and coriander</i>	28.00

BEEF

CANTON MEDALION STEAK <i>Choice medallion sized fillet steak cooked with vegetables.</i>	28.00
MALAYSIAN SATAY BEEF <i>Fillets of beef, marinated in satay peanut sauce, cooked with sliced onions.</i>	26.00
MONGOLIAN BEEF <i>Sliced beef, cooked with leeks, spring onions and chilli bean sauce</i>	26.00
SZECHUEN CHILLI BEEF <i>Sliced fillets of beef, cooked with chilli, capsicums, onions and shallots with soya beans. Hot and spicy.</i>	26.00
SHANGHAI SHREDDED BEEF <i>Shredded fillet of beef with carrots, bamboo shoots, celery. Braised in a tasty, mild gravy. Very pleasant without being spicy.</i>	26.00
PEKING SLICED BEEF <i>Sliced beef marinated and cooked with special bean and Hoi Sin sauces. Beef with Oyster sauce</i>	26.00
BEEF WITH BLACK BEAN SAUCE <i>Sliced fillets of beef, capsicum, onions and bamboo shoots stir fried with a dash of black bean and garlic - Tasty</i>	26.00

CHICKEN

CRISPY SKINNED BABY CHICKEN <i>Baby chicken; crisp golden skin, tender tasty juicy meat inside and served with spicy salt.</i>	26.00
CHILLI CHICKEN,SZECHUEN STYLE <i>Fillet of chicken, cooked with chilli, capsicums, onions and shallots; Hot and spicy.</i>	26.00
CHICKEN WITH WALNUTS IN BEAN SAUCE <i>Chicken cooked with walnuts and bean sprouts in a spicy bean sauce.</i>	26.00
BONELESS LEMON CHICKEN <i>Boneless breast fillet chicken, lightly battered, fried with a touch of golden lemon sauce in a separate container.</i>	26.00
BRAISED CHICKEN FILLETS WITH FRESH MUSHROOMS <i>Marinated fillets of chicken, cooked with vegetables and fresh mushrooms</i>	26.00
CHICKEN WITH CASHEW NUTS <i>Chicken with diced vegetables and cashew nuts. Aussie's delight!</i>	26.00
BLACK PEPPER CHICKEN <i>Boneless chicken fillets, fried in a black pepper cream sauce</i>	26.00

SEAFOOD

SZECHUEN PRAWNS <i>Thick and juicy, perfectly cooked King Prawns in chilli, onions, shallots and capsicum. Hot and chilli.</i>	32.00
SATAY KING PRAWNS <i>King Prawn meat marinated in a satay mixture and cooked with onions.</i>	32.00
GARLIC PRAWNS <i>Braised King Prawns, cooked in garlic and onions</i>	32.00
HONEY PRAWNS <i>Lightly battered King Prawns, deep fried and accompanied by a golden honey sauce -crisp, juicy and tasty</i>	32.00
BRAISED KING PRAWNS WITH VEGETABLES <i>King Prawns marinated and cooked with Chinese vegetables.</i>	32.00
BRAISED SCALLOPS WITH VEGETABLES <i>Freshly braised scallops with vegetables.</i>	56.00
FILLETS OF FRESH FISH WITH SZECHUEN SAUCE <i>Thick, juicy pieces of fresh water caught fish, marinated, lightly battered, quickly fried and served with a hot Szechuan sauce.</i>	32.00
SALT AND PEPPER WHOLE ROBARRA BARRAMUNDI (SMALL SIZE) <i>Butterfly cut Barramundi, lightly floured, fried with fresh chilli and garlic in a spicy mixture</i>	39.00

PORK

SZECHUEN CHILLI PORK <i>Sliced fillet of pork, cooked with onions, capsicum, chilli and shallots in a soy bean sauce. Hot and spicy.</i>	26.00
FLAMING PORK CHOPS <i>Marinated loin of pork chops, lightly fried, cooked in special BBQ bean sauce.</i>	26.00
SALT AND PEPPER PORK CHOPS <i>Marinated pieces of pork chops, crispy fried, tossed in chilli, garlic and our Chef's special spicy salt.</i>	26.00
PEKING FILLET OF PORK <i>Sliced fillet of pork, cooked in spiced bean sauce, bean sprouts are stir fried as a base.</i>	26.00
CRUMBED BONELESS PORK WITH LEMON SAUCE <i>Juicy, tender pork chops, crumbed and deep fried, separate container of golden lemon sauce.</i>	26.00
SHREDDED PORK WITH BEAN SPROUTS <i>Julienne strips of pork stir fried with a touch of ginger and spring onions.</i>	26.00
SWEET AND SOUR PORK <i>Lightly battered pork cooked in an appetising sweet and sour sauce with capsicum, onion and pineapple.</i>	26.00
VIETNAMESE PORK <i>Marinated and cooked with a touch of chilli, lemongrass and coriander.</i>	26.00

DUCK

SHANGHAI FRIED DUCK <i>Boneless duck, thinly battered, deep fried, served with fresh mushrooms in a light gravy.</i>	30.00
CANTON DEEP FRIED DUCK <i>Boneless duck, thinly battered, deep fried, chopped into mouthwatering pieces and lightly covered with sweet and sour sauce.</i>	30.00
STEAMED DUCK WITH MUSHROOM SAUCE <i>Boneless duck, steamed and served with a tasty fresh mushroom sauce.</i>	30.00
B.B.Q. ROASTED DUCK <i>Half a succulent duck, roasted till golden brown. Chopped and served with plum sauce.</i>	32.00