



^r Man's Restaurant has been established since 1987. It has built up a reputation for being one of the top and most popular Cantonese restaurants in the whole of Nottinghamshire, with it's superb selection of Cantonese cuisine.

The Proprietors and Staff welcome you to the restaurant, set in the scenic grounds of Wollaton Park, walk through the historic stables and enter the beautifully decorated restaurant.

Sunday Buffet from 12 Noon, Last booking 1.45pm. Adults £13.00 – Child £9.00 (under 12)

Mothers Day, Fathers Day and bank holiday Sunday – Adults £15.00 – Child £10.00 (under 12) - Infant £5.00 (under 2)

Requests for a particular table at the weekend is subject to availability

All bookings will be held for 15 minutes unless further notice has been given

For parties of 30 or more a 5% service charge will be added

Under any circumstances, the management reserves the right to refuse customers

There will be a £15.00 minimum charge per person

Man's Special Set Dinners

S1 Four persons or more £26.00 per person

Mixed Hot Hors d'Oeuvres

Aromatic Crispy Duck

Sizzling Fillet Steak Cantonese Style

King Prawns Szechuan Style

Sweet and Sour Fish

Fried Pork with Mangetout and Water Chestnuts

Bird's Nest Chicken in Satay Sauce

Special Fried Rice

Chinese Tea or Coffee

S2 Four persons or more £32.00 per person

Mixed Hot Hors d'Oeuvres

Baked Lobster with Spring Onions and Ginger

Aromatic Crispy Duck

Sizzling Fillet Steak Cantonese Style

Fried King Prawns in Spicy Sauces

Sweet and Sour Pork

Chicken with Fresh Asparagus in Bird's Nest

Fried Monk Fish in Black Bean Sauce

Special Fried Rice

Chinese Tea or Coffee

S3 Two Persons or more £25.00 per person

Mixed Hot Hors d'Oeuvres

Aromatic Crispy Duck

Sizzling Fillet Steak Cantonese Style

Chicken with Green Peppers in Black Bean Sauce

Fried King Prawns with Fresh Asparagus

Special Fried Rice

Chinese Tea or Coffee

Set Dinners

A Two persons or more £20.00 per person

One Choice Soup

Mixed Hot Hors d'Oeuvres

Sweet and Sour Pork
Chicken with Green Peppers in Black Bean Sauce
King Prawn with Cashew Nuts
Special Fried Rice

Chinese Tea or Coffee

B Three persons or more £21.00 per person

One Choice Soup

Mixed Hot Hors d'Oeuvres

Lemon Chicken
Sliced Pork with Cashew Nuts
Sizzling Fillet Steak Cantonese Style
King Prawn with Seasonal Vegetable
Special Fried Rice

Chinese Tea or Coffee

C Four persons or more £22.00 per person

One Choice Soup

Mixed Hot Hors d'Oeuvres

Sweet and Sour Pork
Roast Duck
King Prawn with Green Peppers in Black Bean Sauce
Sizzling Fillet Steak Cantonese Style
Fried Chicken with Seasonal Vegetable
Special Fried Rice

Chinese Tea or Coffee

Vegetarian Set Dinners

V1 Vegetarian £20.00 per person

Vegetable Soup

Vegetable Mix Hors d'Oeuvres

Sweet and Sour Baby Sweetcorn
Fried Mixed Vegetables with Cashew Nuts
Vegetarian Singapore Style Rice Noodles
Fried Rice With Egg

Chinese Tea or Coffee

V2 Sea Food Dinner £21.00 per person

Crab Meat and Sweetcorn Soup

Seafood Mixed Hot Hors d'Oeuvres

Sweet and Sour Fish
Fried Mixed Vegetables with Cashew Nuts
King Prawn with Green Peppers in Black Bean Sauce
Fried Rice with Egg

Chinese Tea or Coffee

Telephone reservations welcome
All prices inclusive of V.A.T.

Appetisers

01	Mixed Hot Hors d'Oeuvres	Minimum 2 Persons	(each)	£6.50
01a	Steamed Dim Sum Platter	Minimum 2 Persons	(each)	£6.50
02	Crispy Seaweed			£5.00
03	Fried Shredded Chicken (wrapped with Lettuce)			£6.00
03a	Fried Crispy Lamb (with Lettuce and Hoy Sin Sauce)			£6.50
04	Spicy Spare Ribs with Chilli (Crispy and Dry)			£6.00
05	Capital Spare Ribs (with Cantonese Sauce)			£6.00
06	Barbecued Spare Ribs (Deep Fried and Dry)			£6.00
07	Baked Ribs in Lemon Sauce			£6.00
08	Fried Crispy Wan Tun			£6.00
09	Fried Paper Wrapped Prawns			£6.00
10	Mashed Prawn with Sesame Seed on Toast			£6.00
11	Prawn Cutlet			£6.00
12	Deep Fried Crab Claw (each)			£4.50
13	Satay Beef Skewer	(4 Skewers)		£6.00
14	Satay Prawn Skewer	(4 Skewers)		£6.00
15	Satay Chicken Skewer	(4 Skewers)		£6.00
15a	Satay Lamb Skewer	(4 Skewers)		£6.50
16	Aromatic Crispy Duck (Rolled in Pancakes with Hoy Sauce, Cucumber and Spring Onion)		Half £17.50 Full	£34.00
17a	Vegetable Spring Rolls (3)			£3.60
17	Spring Rolls (2)			£4.80
18	Fried Mussels in Spicy Black Bean Sauce			£6.20
18a	Deep Fried Dumplings			£5.80
19a	Steamed Fresh Scallops with Shell (each)			£4.00
19b	Steamed Mini Glutinous Rice			£4.10
19c	Steamed Char Siu Bun			£4.10

Soup

21	Crab Meat and Sweetcorn Soup			£4.00
22	Chicken and Sweetcorn Soup			£3.80
23	Wan Tun Soup			£4.00
24	Hot and Sour Soup			£3.80
25	West Lake Beef Soup			£3.80
26	Chicken and Mushroom Soup			£3.80
26a	Vegetable Soup			£3.50

You are warmly welcome – The Management

Vegetarian Dishes

27	Fried Bean Sprouts	£5.50
28	Fried Mixed Vegetables	£5.50
29	Lo Ho Style Mixed Vegetables	£6.50
30	Szechuan Garlic Aubergine	£6.50
31	Braised Bean Curd with Mushrooms and Bamboo Shoots	£6.50
32	Plain Fried Soft Noodle	£5.80
32a	Sweet and Sour Baby Sweetcorn	£6.50
32b	Stir Fried Chinese Vegetable	£7.20

Seafood Dishes

(Lobster, Crab: Seasonal Prices)

33	Baked Lobster with Spring Onion and Ginger	£Seasonal
34	Baked Crab with Spring Onion and Ginger	£11.00
35	Baked Crab with Black Bean Sauce	£11.00
36	Crab Meat with Straw Mushrooms	£10.00

King Prawn Dishes

37	Fried King Prawns Cantonese Style	£10.50
38	Steamed King Prawns Served with special dip	£10.50
38a	Deep Fried King Prawns with Chilli	£10.50
39	Fried King Prawns with Seasonal Green Vegetables	£9.80
40	Fried King Prawns with Straw Mushrooms	£9.80
41	Fried King Prawns with Cashew Nuts	£9.80
42	Fried King Prawns with Tomatoes	£9.80
43	Sweet and Sour King Prawns	£9.80
44	Fried King Prawns with Ginger and Spring Onion	£9.80
45	Fried King Prawns in Chilli Sauce	£9.80
46	Szechuan King Prawns	£10.00
47	Fried King Prawns Peking Style	£10.00
48	Fried King Prawns in Garlic Sauce	£10.00

King Prawn Paste Dishes

49	Chinese Mushrooms stuffed with King Prawn Paste	£10.10
50	Green Peppers stuffed with King Prawn Paste	£10.10
51	Fresh Asparagus stuffed with King Prawn Paste	£10.10

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Squid, Scallops and Oysters

52	Fried Squid with Seasonal Vegetables	£9.50
53	Quick Fried Squid	£9.50
54	Fried Squid with Chilli, Salt and Pepper	£9.50
55	Fried Squid with Pepper in Black Bean Sauce	£9.50
56	Fried Scallops with Seasonal Vegetables	£10.20
57	Fried Scallops with Fresh Pineapple	£10.20
58	Fried Scallops with Straw Mushrooms	£10.20
59	Fried Scallops with Chilli, Salt and Pepper	£10.20
59a	XO Scallops	£10.20
60	Deep Fried Crispy Oysters	£10.00
61	Fried Oyster with Ginger and Spring Onion	£10.00

Fish Dishes

62	Steamed Fish (Sea Bass)	£Seasonal
62a	Steamed Salmon with Black Bean Sauce	£16.00
63	Sweet and Sour Fish	£9.00
64	Steamed Fish with Black Bean Sauce (Sea Bass)	£Seasonal
65	Deep Fried Fish Slices in Batter Dressed with Sweetcorn	£9.00
66	Sizzling Monk Fish (Sliced Monk Fish with a choice of sauce, Ginger Spring Onion, Black Bean Sauce, Satay Sauce or Piquant Sauce)	£10.50

Sizzling Dishes

67	Sizzling Fillet Steak Cantonese Style	£11.50
68	Sizzling King Prawn with Ginger and Spring Onion in Oyster Sauce	£10.50
69	Sizzling King Prawn with Green Peppers in Black Bean Sauce	£10.50
70	Sizzling Chicken with Green Peppers in Black Bean Sauce	£9.30
71	Sizzling Chicken with Ginger and Spring Onion in Oyster Sauce	£9.30
72	Sizzling Beef with Green Peppers in Black Bean Sauce	£9.30
73	Sizzling Beef with Ginger and Spring Onion in Oyster Sauce	£9.30
74	Sizzling Oyster with Ginger and Spring Onion in Oyster Sauce	£10.10
75	Sizzling Fillet Steak in Black Pepper Sauce	£10.50
76	Sizzling King Prawn in Piquant Sauce	£10.50
77	Sizzling Chicken in Piquant Sauce	£9.40

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Bird's Nest Dishes

78	Fillet Steak in Bird's Nest Cantonese Style	£11.50
79	Fried King Prawns in Black Bean Sauce in Bird's Nest	£10.50
80	Fried King Prawns in Bird's Nest	£10.50
81	Fried Chicken with Black Bean Sauce in Bird's Nest	£9.40
82	Fried Scallops in Bird's Nest	£10.40

Chicken Dishes

83	Fried Chicken with Seasonal Vegetables	£8.80
84	Fried Chicken with Cashew Nuts	£8.80
85	Fried Chicken with Ginger and Fresh Pineapple	£8.80
86	Chicken in Lemon Sauce	£9.10
87	Fried Chicken with Bamboo Shoots in Oyster Sauce	£8.80
88	Fried Chicken with Bamboo Shoots and Chinese Mushrooms	£8.80
89	Fried Chicken with Straw Mushrooms	£8.80
90	Sweet and Sour Chicken	£8.80
91	Fried Chicken with Ginger and Spring Onion	£8.80
92	Fried Chicken in Hot and Spicy Sauce	£8.80
93	Fried Chicken in Spicy Yellow Bean Sauce	£9.10
94	Fried Chicken Peking Style	£9.10
95	Crispy Fried Chicken	Half £10.00 Whole £19.50

Duck Dishes

96	Duck baked in Plum Sauce	£10.00
97	Cantonese Style Roast Duck	£9.80
98	Sliced Duck with Lemon Sauce	£9.80
99	Sliced Duck with Orange Sauce	£9.80
100	Sliced Duck with Pickled Ginger and Fresh Pineapple	£9.80
101	Shredded Duck with Straw Mushrooms and Beansprouts	£8.80

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Beef Dishes

102	Shredded Fillet Steak with Fresh Asparagus	£11.20
103	Fried Fillet Steak Cantonese Style	£11.20
104	Fried Fillet Steak in Black Bean Sauce	£11.20
105	Fried Fillet Steak with Ginger and Spring Onion	£11.20
106	Fried Beef with Oyster Sauce	£8.80
107	Fried Beef with Chilli and Black Bean Sauce	£8.80
108	Fried Beef with Fresh Pineapple	£8.80
109	Fried Beef with Bamboo Shoots and Chinese Mushrooms	£8.80
110	Fried Beef with Ginger and Spring Onion	£8.80
111	Deep Fried Shredded Beef with Chilli	£9.00

Pork Dishes

112	Fried Sliced Pork with Bamboo Shoots	£8.80
113	Sweet and Sour Spare Ribs	£8.80
114	Capital Spare Ribs	£8.80
115	Sweet and Sour Pork Cantonese Style	£8.80
116	Fried Diced Pork with Cashew Nuts	£8.80
117	Honey Roast Lean Pork (Char Siu)	£8.80
118	Crispy Roast Duck	£8.80

Lamb Dishes

119	Fried Lamb with Spring Onion	£9.50
120	Sizzling Lamb with Spring Onion	£9.90
121	Mongolian Barbequed Lamb	£9.50

Curries

Pork Curry	£9.00
Beef Curry	£9.00
Lamb Curry	£9.00
Chicken Curry	£9.00

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Bean Curd Dishes

122	Braised Bean Curds with Mixed Meats in Hot Pot	£9.30
123	Stuffed Bean Curds with Oyster Sauce	£9.30
124	Braised Bean Curds with Minced Meat in Chilli Sauce	£9.30
125	Fried Stuffed Bean Curds with Meat Sauce	£9.30

Satay Dishes

126	Sizzling King Prawns in Satay Sauce	£10.20
127	Sizzling Chicken in Satay Sauce	£9.80
128	Sizzling Beef in Satay Sauce	£9.80
129	Sizzling Lamb in Satay Sauce	£10.10

Rice, Noodle and Side Dishes

130	Special Fried Rice	£5.00
131	Fried Rice with Egg	£2.80
131v	Vegetable Fried Rice	£4.00
132	Boiled Rice	£2.50
133	House Special Chow Mein	£7.50
134	King Prawn Chow Mein	£7.50
135	Chicken Chow Mein	£6.70
136	Shredded Pork Chow Mein	£6.70
137	Fried Rice Noodle Singapore Style	£6.50
137v	Vegetarian Rice Noodle Singapore Style	£5.50
138	Plain Chow Mein	£5.50
138v	Vegetable Chow Mein	£6.50
159	Pickled Vegetables	£5.50
160	Nasi Goreng (Malaysian Fried Rice)	£6.50

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