

OUR TSING TAO
PRIVATE DINING ROOM
IS AVAILABLE FOR HIRE.
PLEASE ASK



M
A
N
S

MARKET

RECOMMENDED BY
THE SUNDAY TIMES



ARE YOU UP TO THE CHALLENGE?

一个满肚子征服一切
A FULL BELLY CONQUERS ALL
MANS CHALLENGE #2
RICE AND SPICE
EVERY DAY

RUSH HOUR
241 ON SELECTED
WINES, BEERS, COCKTAILS
AND SPIRITS
MONDAY - FRIDAY: 17.00 - 19.00
SATURDAY: 12.00 - 17.00
SUNDAY: ALL DAY

新年早午餐自助餐
NEW AGE BRUNCH BUFFET
WITH BOTTOMLESS BELLY FILLERS
AVAILABLE ALL DAY SUNDAY
OPEN FROM 12PM
£20

BOX CLEVER!

BOX AND BEER FOR £6.50
EVERY LUNCHTIME
SNACK SIZE BOXES IDEAL FOR A QUICK LUNCH.
PRICE INCLUDES A DRINK!

Steamed rice. 50p supplement for egg fried rice. £1 for noodles

53 BLACKBEAN AND PEPPER With chicken, beef or tofu (Ve)	£6.50
54 YELLOWBEAN AND CASHEWS With chicken, beef or tofu (Ve)	£6.50
55 ROAST DUCK WITH CHAR SIU	£6.50
56 LEMON CHICKEN	£6.50
57 CRISPY CHILLI BEEF	£6.50
58 AROUND THE WORLD CHICKEN CURRY	£6.50
59 SWEET & SOUR CHICKEN	£6.50
60 DUCK AND ORANGE SAUCE	£6.50

EXPRESS LUNCH
快捷午餐

ADD ANY OF THE FOLLOWING DIM SUM PLATES TO YOUR BOX AND BEER MEAL FOR £9.95.
50p supplement for egg fried rice and £1 for noodles

- CHEF MAN'S SPRING ROLLS (v) (4pcs)
- MUSHROOM, CORN AND BAMBOO WAR TIP DUMPLINGS (v) (3pcs)
- PORK WAR TIP DUMPLINGS (3pcs)
- SALT AND PEPPER CHICKEN
- SALT & PEPPER TOFU (Ve)

10% OFF TAKE AWAYS

OPENING HOURS

MONDAY - THURSDAY	12.00 - 23.00
FRIDAY & SATURDAY	12.00 - 00.00
SUNDAY	12.00 - 22.00

DIM SUM 點心

PRAWN CRACKERS

£1.00
(gf)

Build your own chinese tapas to share

- | | |
|--|--------|
| 1 MANS SHARING BOX | £10.00 |
| Chef Man's spring rolls (4pcs), salt & pepper chicken (3-4pcs), prawn sesame fingers(2pcs) and satay chicken skewers (2 skewers) | |
| 2 FROM THE COB SWEETCORN (v)(gf) | £3.25 |
| Add chicken | £0.50 |
| 3 HOT AND SOUR SOUP (v) | £3.25 |
| Add char siu and chicken | £0.50 |
| SALT, PEPPER, SPRING ONION AND CHILLI: | |
| 4 Calamari (n) (gf) (8 pcs) | £5.75 |
| 5 Chicken (n) (8-10pcs) | £5.50 |
| 6 Tofu (n) (v) (Ve) (gf) (10 pcs) | £5.00 |
| 7 SATAY CHICKEN (p) (4 skewers) | £5.50 |
| Chicken fillet marinated in tumeric and curry, served with satay dipping sauce | |
| 8 STEAMED SCALLOPS (4 pcs) | £7.00 |
| Steamed fresh scallops in soy broth | |
| 9 BEEF CURRY SPRING ROLLS (4 pcs) | £5.00 |
| Curried mince beef and onions | |
| 10 CRISPY AROMATIC DUCK ROLLS, DUCK SAUCE AND CUCUMBER (2 rolls) | £6.50 |
| Can be served gluten free upon request | |
| 11 CHEF MAN'S SPRING ROLLS (v) (4pcs) | £4.50 |
| Babycorn, celery, mushroom, carrot and cabbage. sweet and sour sauce | |
| 12 MUSHROOM, CORN AND BAMBOO WAR TIP DUMPLING (v) (3 pcs) | £4.50 |
| Chopped veg, wrapped in pastry and steamed then pan fried | |
| 13 PORK WAR TIPS DUMPLINGS (3 pcs) | £4.75 |
| Seasoned pork, wrapped in pastry and steamed then fried | |
| 14 CHICKEN WAR TIP DUMPLINGS (3 pcs) | £4.75 |
| Seasoned chicken, wrapped in pastry and steamed then fried | |
| 15 FIRECRACKER KING PRAWNS (8-10 pcs) | £6.50 |
| Battered prawns with a Marie Rose sauce and a crack of spice | |
| 16 HAR GAO (PRAWN) (3 pcs) | £4.50 |
| Fresh prawns wrapped in traditional pastry and steamed | |
| 17 SIU MAI (PORK AND PRAWN) (4 pcs) | £4.50 |
| Pork and prawns minced and seasoned, wrapped then steamed | |
| 18 STEAMED VEGETABLE DUMPLINGS (v) (3pcs) | £4.50 |
| Diced mushroom corn and bamboo wrapped and steamed | |
| 19 TEMPURA MIXED VEGETABLES (v) | £5.00 |
| Seasonal veg in batter served with aioli | |
| 20 PRAWN SESAME FINGERS | £5.50 |

BAO 寶

2 steamed buns to add on to any meal...

- | | |
|--|-------|
| 21 ROAST DUCK | £6.00 |
| Sliced duck with hoisin, cucumber and spring onion | |
| 22 CHAR SIU | £6.00 |
| Sliced BBQ pork with caramelised soy onions | |
| 23 TEMPURA AUBERGINE (v) | £5.50 |
| Sweet chilli and caramelised soy onion | |
| 24 TEMPURA FISH | £6.00 |
| Catch of the day, Aioli and pickle | |

SHARING PANS 共享平底鍋

Top up your tapas with our sharing pans

- | | |
|---|--------|
| 25 MANS MOUNTAIN RICE | £9.00 |
| A steamed mountain of rice with a creamy coconut sauce, chicken, peppers and onion | |
| 26 SWEET AND SOUR CHICKEN | £12.00 |
| Served with your choice of steamed or egg fried rice. White or brown | |
| 27 AROUND THE WORLD CHICKEN CURRY | £9.00 |
| Lighter Madras style curry with potato, chicken, peppers, onion and lime | |
| 28 LEMON CHICKEN | £8.75 |
| Sweet lemon sauce, crispy coated chicken covered with sesame seed | |
| 29 CRISPY CHILLI BEEF | £9.50 |
| The classic chinese takeaway, Mans style | |
| 30 DUCK IN ORANGE SAUCE (gf) | £9.00 |
| Duck breast in a zesty sweet orange sauce with pickled veg | |
| 31 BLACKBEAN AND PEPPER | £8.75 |
| With chicken, beef or tofu (v) (Ve) classic Chinese takeaway flavours revamped and freshened up | |
| 32 YELLOWBEAN AND CASHEWS | £8.75 |
| With chicken, beef or tofu (V) (Ve) rich sticky sauce finished with crushed nuts | |
| 33 ROAST DUCK, CHAR SIU AND VEG | £9.00 |
| Mans Favourite | |
| 34 STEAMED FISH WITH GREENS | £12.00 |
| Catch of the day
gf option available with soy sauce | |
| 35 SZECHUAN AUBERGINE (v) (Ve) | £8.75 |
| Chilli, garlic, onion and pepper | |
| 36 SZECHUAN CHILLI CHICKEN | £8.75 |
| Spicy chicken with chilli, garlic, onion and pepper | |

NOODLE SOUP 麵條湯

Choose from ramen, udon or vermicelli noodles

- | | |
|---|--------|
| 37 ROAST DUCK AND CHAR SIU | £10.00 |
| Spring onion, pepper, onion, beansprouts and duck broth | |
| 38 SEAFOOD | £12.00 |
| Prawns, squid and scallop with sweet chilli broth and vegetables | |
| 39 SEASONAL MIXED VEG (v) | £9.00 |
| Veg broth with peppers, spring onions, beansprouts and boiled egg | |

BELLY FILLERS 腹部填充物

A solo feast or a tasty extra to share

- | | |
|--|-------|
| 40 MANS FRIED RICE | |
| Supergreen (v) (gf) | £6.00 |
| Spring Onions, Choi Sum, Chinese Leaf | |
| Add chicken, beef, prawn or char siu | £1.50 |
| Special | £2.50 |
| Special contains chicken, beef, prawn and char siu | |
| 41 TROPICAL FRIED RICE (gf) | £7.50 |
| Chicken and pineapple with white or brown rice | |
| 42 BEEF AND BLACK PEPPER UDON NOODLES | £8.00 |
| Thicker Wheat Noodles | |
| 43 SINGAPORE FLAT NOODLES (v) (gf) | £6.50 |
| Add prawns and chicken | £1.50 |
| Spicy noodles with peppers, beansprouts and choi sum | |
| 44 CHOW MEIN | |
| Supergreen (Ve) | £6.50 |
| Spring Onions, Onion and Beansprouts | |
| Add chicken, beef, prawn or char siu | £1.50 |
| Special | £2.50 |
| Special contains Chicken, Beef, Prawn and Char Siu | |

SIDES 雙方

- | | |
|---|-------|
| 45 TRIPLE COOKED CHIPS (v) (Ve) (gf) | £2.75 |
| Add salt and pepper | £0.25 |
| 46 BROCCOLI, CHILL AND GARLIC (v) | £3.75 |
| 47 PAK CHOI (v) | £3.75 |
| 48 PICKLED VEG (v) (Ve) (gf) | £2.00 |
| 49 STIR FRY MIXED VEG (v) | £3.50 |
| 50 FRIED NOODLES (v) | £3.75 |
| 51 EGG FRIED RICE (v) (gf) | £3.25 |
| White or brown | |
| 52 STEAMED RICE (v) (Ve) (gf) | £2.25 |
| White or brown | |
| Add a jug of sauce | £1.75 |
| Sweet and sour, Curry sauce or Satay sauce | |