

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

新年早午餐自助餐
**NEW AGE
BRUNCH
BUFFET**

WITH BOTTOMLESS BELLY FILLERS
AVAILABLE ALL DAY SUNDAY
OPEN FROM 12PM



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	£6.50
With chicken, beef or tofu (Ve)	
54 YELLOWBEAN AND CASHEWS	£6.50
With chicken, beef or tofu (Ve)	
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)



UBER
eats

deliveroo

**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



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 SWEETCORN SOUP FROM THE COB (v) (gf) | £3.50 |
| Add chicken | £0.50 |
| 3 HOT AND SOUR SOUP (v) | £3.50 |
| Add char siu and chicken | £0.50 |
| SALT, PEPPER, SPRING ONION AND CHILLI: | |
| 4 Calamari (n) (gf) (8 pcs) | £6.00 |
| 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 BEEF CURRY SPRING ROLLS (4 pcs) | £5.00 |
| Curried mince beef and onions | |
| 9 CRISPY AROMATIC DUCK ROLLS, DUCK SAUCE AND CUCUMBER (2 rolls) | £6.50 |
| Can be served gluten free upon request | |
| 10 CHEF MAN'S SPRING ROLLS (v) (4pcs) | £4.50 |
| Babycorn, celery, mushroom, carrot and cabbage. sweet and sour sauce | |
| 11 MUSHROOM, CORN AND BAMBOO WAR TIP DUMPLING (v) (3 pcs) | £4.50 |
| Chopped veg, wrapped in pastry and steamed then pan fried | |
| 12 PORK WAR TIPS DUMPLINGS (3 pcs) | £4.75 |
| Seasoned pork, wrapped in pastry and steamed then fried | |
| 13 FIRECRACKER KING PRAWNS (8-10 pcs) | £6.50 |
| Battered prawns with a Marie Rose sauce and a crack of spice | |
| 14 HAR GAO (PRAWN) (3 pcs) | £4.50 |
| Fresh prawns wrapped in traditional pastry and steamed | |
| 15 SIU MAI (PORK AND PRAWN) (4 pcs) | £4.50 |
| Pork and prawns minced and seasoned, wrapped then steamed | |
| 16 STEAMED VEGETABLE DUMPLINGS (v) (3pcs) | £4.50 |
| Diced mushroom corn and bamboo wrapped and steamed | |
| 17 TEMPURA MIXED VEGETABLES (v) | £5.00 |
| Seasonal veg in batter served with aioli | |
| 18 PRAWN SESAME FINGERS | £5.50 |

BAO 寶

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

- | | |
|--|-------|
| 19 ROAST DUCK | £6.00 |
| Sliced duck with hoisin, cucumber and spring onion | |
| 20 CHAR SIU | £6.00 |
| Sliced BBQ pork with caramelised soy onions | |
| 21 TEMPURA AUBERGINE (v) | £5.50 |
| Sweet chilli and caramelised soy onion | |
| 22 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

- | | |
|---|--------|
| 23 MANS MOUNTAIN RICE | £9.00 |
| A steamed mountain of rice with a creamy coconut sauce, chicken, peppers and onion | |
| 24 SWEET AND SOUR CHICKEN | £12.00 |
| Served with your choice of steamed or egg fried rice. White or brown | |
| 25 AROUND THE WORLD CHICKEN CURRY | £9.00 |
| Lighter Madras style curry with potato, chicken, peppers, onion and lime | |
| 26 LEMON CHICKEN | £8.75 |
| Sweet lemon sauce, crispy coated chicken covered with sesame seed | |
| 27 CRISPY CHILLI BEEF | £9.75 |
| The classic chinese takeaway, Mans style | |
| 28 DUCK IN ORANGE SAUCE (gf) | £9.00 |
| Duck breast in a zesty sweet orange sauce with pickled veg | |
| 29 BLACKBEAN AND PEPPER | £9.00 |
| With chicken, beef or tofu (v) (Ve) classic Chinese takeaway flavours revamped and freshened up | |
| 30 YELLOWBEAN AND CASHEWS | £8.75 |
| With chicken, beef or tofu (V) (Ve) rich sticky sauce finished with crushed nuts | |
| 31 ROAST DUCK, CHAR SIU AND VEG | £9.00 |
| Mans Favourite | |
| 32 PAN FRIED FISH | £12.00 |
| Catch of the day cooked in ginger, chilli and butter
gf option available with soy sauce | |
| 33 SZECHUAN AUBERGINE (v) (Ve) | £8.75 |
| Chilli, garlic, onion and pepper | |
| 34 SZECHUAN CHILLI CHICKEN | £9.00 |
| Spicy chicken with chilli, garlic, onion and pepper | |

NOODLE SOUP 麵條湯

Choose from ramen, udon or vermicelli noodles

- | | |
|---|--------|
| 35 ROAST DUCK AND CHAR SIU | £10.00 |
| Spring onion, pepper, onion, beansprouts and duck broth | |
| 36 SEAFOOD | £12.00 |
| Prawns, squid and scallop with sweet chilli broth and vegetables | |
| 37 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

- | | |
|--|-------|
| 38 MANS FRIED RICE | |
| Supergreen (v) (gf) | £6.25 |
| 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 | |
| 39 MALYSIAN FRIED RICE (v) (gf) | £6.75 |
| Spicy rice with peppers, beansprouts & choi sum | |
| Add chicken and prawns | £1.50 |
| 40 BEEF AND BLACK PEPPER UDON NOODLES | £8.25 |
| Thicker Wheat Noodles | |
| 41 SINGAPORE FLAT NOODLES (v) (gf) | £6.75 |
| Add prawns and chicken | £1.50 |
| Spicy noodles with peppers, beansprouts and choi sum | |
| 42 CHOW MEIN | |
| Supergreen (Ve) | £6.75 |
| 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

- | | |
|---|-------|
| 43 TRIPLE COOKED CHIPS (v) (Ve) (gf) | £2.75 |
| Add salt and pepper | £0.25 |
| 44 BROCCOLI, CHILL AND GARLIC (v) | £3.75 |
| 45 PAK CHOI (v) | £3.75 |
| 46 PICKLED VEG (v) (Ve) (gf) | £2.00 |
| 47 STIR FRY MIXED VEG (v) | £3.75 |
| 48 FRIED NOODLES (v) | £3.75 |
| 49 EGG FRIED RICE (v) (gf) | £3.25 |
| White or brown | |
| 50 STEAMED RICE (v) (Ve) (gf) | £2.50 |
| White or brown | |
| Add a jug of sauce | £1.75 |
| Sweet and sour, Curry sauce or Satay sauce | |