

STARTERS

1. Mixed Starters (*Spare Ribs, Crispy Seaweed, Mini Vegetarian Pancake Rolls, Prawn Toast*) £5.50
2. Prawn Cocktail (*Cold Dish*) £3.40
3. Crispy Seaweed £3.80
4. Spare Ribs with Barbecued Sauce £5.70
(*Cantonese Sauce*)
- 4A. Spare Ribs with Syrup £5.70
- 4B. Spare Ribs with Sweet & Sour Sauce £5.70
- 4C. Spare Ribs with Ordinary Barbecue Sauce £5.70
5. Pancake Roll (1) £2.50
- 5A. Crispy Duck Rolls (*with Hoi Sin Sauce*) (5) **NEW** £4.00
6. Mini Vegetarian Pancake Rolls (8) £3.20
7. Crispy Won Ton (10) £4.30
8. Prawn Toast £3.40
9. Bang Bang Chicken (*Cold Dish*) £3.70
- 9A. Satay Chicken on Skewers (4) **NEW** £4.60
10. Crispy Aromatic Duck 1/4 £8.00
(*with Pancakes, Hoi-Sin Sauce*, 1/2 £15.50
Cucumber, Spring Onions).....Extra Pancakes (6) £1.50

SOUP

11. Chicken & Noodles Soup £2.60
12. Chicken & Sweet Corn Soup £2.60
13. Chicken & Mushroom Soup £2.60
14. Hot & Sour Soup £2.80
- 14A. Crab Meat & Sweet Corn Soup £2.80
- 14B. Tom Yum Soup **NEW** £3.20

HOUSE SPECIAL DISHES

(*Meats on top with Barbecued Sauce*)

15. Choy Hung Special with Boiled Rice £5.80
16. Choy Hung Special with Noodle £5.80
17. Cantonese Special Fried Rice £5.80
18. Cantonese Special Chow Mein £5.80

FRIED RICE DISHES

19. Beef Fried Rice £5.40
- 19A. Pork Fried Rice **NEW** £5.30
20. Shrimp Fried Rice £5.40
21. Chicken Fried Rice £5.30
22. King Prawn Fried Rice £5.90
23. Duck Fried Rice (*Barbecued Sauce oop*) (or Dry) £5.90
24. Yung Chow Fried Rice (*Mixed Meat & Shrimps*) £5.40
25. Singapore Fried Rice (*Hot*) £5.50
- 25A. Thai Fried Rice **NEW** £5.50
26. Mixed Vegetable Fried Rice £4.90
27. Mushroom Fried Rice £4.90

CHOW MEIN DISHES (Noodles)

(*Dish with Mixed Vegetables & Soft Noodles*)

28. Pork Chow Mein £5.50
29. Beef Chow Mein £5.60
30. Shrimp Chow Mein £5.60
31. Chicken Chow Mein £5.50
32. King Prawn Chow Mein £5.90
33. Duck Chow Mein £5.90
34. Yung Chow Mein (*Dry*) (*Mixed Meats & Shrimps*) £5.50
35. Singapore Chow Mein (*Hot*) £5.60
36. Mixed Vegetable Chow Mein £4.90
- 36A. Mushroom Chow Mein £4.90

VERMICELLI DISHES (Rice Noodles)

37. Duck Vermicelli (*Gluten Free*) £5.90
38. Cantonese Vermicelli £5.70
39. Singapore Vermicelli (*Hot*) £5.90
- 39A. Vegetable Vermicelli (*Hot*) £5.40

CHICKEN DISHES

40. Chicken and Cashew Nuts £5.40
- 40A. Chicken with Broccoli **NEW** £5.30
41. Chicken and Pineapple £5.30
42. Chicken Bamboo Shoots & Water Chestnuts £5.30
43. Chicken and Mushrooms £5.30
- 43A. Chicken with Mushrooms and Black Bean Sauce **NEW** £5.30
44. Chicken Sweet Corn £5.30
45. Chicken Green Pepper & Black Bean Sauce £5.30
46. Roast Chicken & Pork with Bean Sprouts £5.30
47. Roast Chicken with Bean Sprouts £5.30
48. Chicken Cantonese Style £5.30
49. Chicken with Ginger & Spring Onion £5.30
50. Chicken with Chilli Sauce £5.30
51. Chicken Cashew Nuts in Yellow Bean Sauce £5.40
- 51A. Honey Mustard Chicken with Sesame Seeds **NEW** £5.50

BEEF DISHES

52. Beef with Mushrooms £5.40
- 52A. Beef Mushrooms & Black Bean Sauce **NEW** £5.40
53. Beef with Sweet Corn £5.40
- 53A. Beef with Broccoli **NEW** £5.40
54. Beef Green Pepper & Black Bean Sauce £5.40
55. Beef with Bean Spouts £5.40
56. Beef Cantonese Style £5.40
57. Beef with Ginger & Spring Onion £5.40
58. Beef and Cashew Nuts £5.50
59. Beef and Pineapple £5.40
60. Beef Bamboo Shoots & Water Chestnuts £5.40
61. Beef with Tomatoes £5.40
62. Beef with Onions £5.40
63. Beef with Chilli Sauce £5.40
64. Beef with Cashew Nuts in Yellow Bean Sauce £5.50
65. Spicy Ginger Beef Sprinkled with Sesame Seeds and Spring Onions £5.80

KING PRAWN DISHES

66. King Prawn with Ginger & Spring Onion £5.90
67. King Prawn with Cashew Nuts £6.00
- 67A. King Prawn with Broccoli **NEW** £5.90
68. King Prawn with Mushrooms £5.90
- 68A. King Prawn with Mushrooms and Black Bean Sauce **NEW** £5.90
69. King Prawn Bamboo Shoots and Water Chestnuts £5.90
70. King Prawn with Tomatoes £5.90
71. King Prawn Cantonese Style £5.90
72. King Prawn with Green Pepper and Black Bean Sauce £5.90
73. King Prawn with Chilli Sauce £5.90
74. King Prawn with Cashew Nuts in Yellow Bean Sauce £6.00
- 74A. Honey Mustard King Prawn with Sesame Seeds **NEW** £6.00

DUCK DISHES

75. Roast Duck with Mushrooms £5.90
- 75A. Roast Duck with Mushrooms and Black Bean Sauce **NEW** £5.90
76. Roast Duck with Bean Sprouts £5.90
- 76A. Roast Duck with Broccoli **NEW** £5.90
77. Roast Duck with Pineapple £5.90
78. Roast Duck with Orange and Sauce £5.90
79. Roast Duck with Lemon Sauce £5.90
80. Roast Duck with Green Pepper & Black Bean Sauce £5.90
81. Roast Duck with Plum Sauce £5.90
82. Roast Duck with Cantonese Sauce £5.90
83. Roast Duck with Ginger & Spring Onion £5.90
84. Roast Duck with Chilli Sauce £5.90
85. Roast Duck with Cashew Nuts in Yellow Bean Sauce £6.00

PORK DISHES

86. Pork with Bean Sprouts £5.20
- 86A. Pork with Broccoli **NEW** £5.20
87. Pork with Mushrooms £5.20
- 87A. Pork with Mushrooms and Black Bean Sauce **NEW** £5.20
88. Pork with Green Pepper & Black Bean Sauce £5.20
89. Pork with Chilli Sauce £5.20
90. Pork with Cashew Nuts in Yellow Bean Sauce £5.30

SWEET AND SOUR DISHES

(91 - 97A with a Separate Sauce)

91. Sweet & Sour Pork Balls £5.40
92. Sweet & Sour Chicken Balls £5.40
93. Sweet & Sour Chicken Hong Kong Style £5.40
94. Sweet & Sour King Prawn Balls £5.90
95. Sweet & Sour King Prawn Hong Kong Style £5.90
96. Sweet & Sour King Prawn in Fila Pastry £5.90
97. Sweet & Sour Mixed Balls £5.80
- 97A. Sweet & Sour Mushrooms Balls **NEW** £4.90
98. Sweet & Sour Crispy Shredded Beef £5.60
99. Sweet & Sour Crispy Shredded Chicken £5.50

CURRY DISHES

(*With Onions & Peas*)

100. Curry Pork £5.10
101. Curry Chicken £5.10
102. Curry Beef £5.20
- 102A. Curry Beef and Chicken **NEW** £5.20
103. Curry King Prawn £5.90
104. Curry Shrimp £5.30
105. Curry Duck £5.90
106. Special Curry (*Mixed Meats & Vegetables*) £5.60
107. Special Chicken Curry with Egg Fried Rice £5.70
108. Special Shrimp Curry with Egg Fried Rice £5.80
- 108A. Special Curry with Egg Fried Rice **NEW** £5.80

CHOP SUEY DISHES

109. Shrimp Chop Suey £5.40
110. King Prawn Chop Suey £5.90
111. Duck Chop Suey £5.90
112. Chicken Chop Suey £5.30
113. Beef Chop Suey £5.40
114. Pork Chop Suey £5.20
115. Special Chop Suey (*Mixed Meats & Vegetables*) £5.60

FOO YUNG DISHES

(*Scrambled Egg*)

116. Pork Foo Yung £5.20
117. Shrimp Foo Yung £5.30
- 117A. King Prawn Foo Yung **NEW** £5.90
118. Mushroom Foo Yung £4.70
119. Chicken Foo Yung £5.20
120. Special Foo Yung (*Mixed Meat & Shrimps*) £5.40

CHEFS SPECIAL DISHES

121. Lemon Chicken and Sauce £5.40
122. Orange Chicken and Sauce £5.40
123. Crispy Shredded Beef in Special Barbecue Sauce £5.60
124. Crispy Shredded Chicken in Special Barbecue Sauce £5.50
125. Crispy King Prawn with Spicy Salt & Pepper £5.90
- 125A. Crispy Squid with Spicy Salt & Pepper £5.80
126. Crispy Ribs with Spicy Salt & Pepper £5.70
127. Crispy Chicken with Spicy Salt & Pepper £5.50
- 127A. Chicken Wings with Spicy Salt & Pepper £5.00
- 127B. Chicken Wings with Sweet Chilli Sauce **NEW** £5.00
128. Crispy Beef with Spicy Salt & Pepper £5.60

ENGLISH DISHES

(*Chips Not Included*)

129. Sirloin Steak with Mushroom & Onion Rings £8.20
130. Roast Chicken and Tomato £5.00
131. Chicken Omelette £4.90
132. Ham Omelette £5.00
133. Shrimp Omelette £5.00
- 133A. King Prawn Omelette **NEW** £5.90
134. Mushroom Omelette £4.70
135. Special Omelette £5.00
136. Plain Omelette £4.60
137. Sausage with Chips £3.70
138. Chicken Nuggets & Chips £4.00

SATAY DISHES

(*Slightly Hot & with Peanut Sauce*)

139. Chicken Satay £5.30
140. Beef Satay £5.40
141. King Prawn Satay £5.90
142. Shrimp Satay £5.50
143. Pork Satay £5.30
144. Duck Satay £5.90
145. Special Satay (*Mixed Meat, Shrimp & Vegetables*) £5.50

彩虹樓

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 (Open Bank Holiday)

63 The Terrace, Penryn,
 Cornwall TR10 8EH

SZECHUAN DISHES

(Leek & Cabbage cooked in Hot & Sour Sauce)

- 146. Szechuan Pork £5.30
- 147. Szechuan Duck £5.90
- 148. Special Szechuan £5.50
- 149. Szechuan Chicken £5.30
- 150. Szechuan Beef £5.40
- 151. Szechuan King Prawn £5.90
- 152. Szechuan Shrimp £5.40

KUNG PAO DISHES

(With Cashew Nuts)
 (Also Available Crispy with Sweet Chilli Sauce)

- 153. Kung Pao Pork £5.30
- 154. Kung Pao Duck £5.90
- 155. Special Kung Pao £5.50
- 156. Kung Pao Beef £5.40
- 156A. Crispy Kung Pao Beef **NEW** £5.40
- 157. Kung Pao King Prawn £5.90
- 157A. Crispy Kung Pao King Prawn **NEW** £5.90
- 158. Kung Pao Shrimp £5.40
- 159. Kung Pao Chicken £5.30
- 159A. Crispy Kung Pao Chicken **NEW** £5.30

VEGETARIAN DISHES

- 160. Curry Mushroom £4.70
- 161. Curry Vegetable £4.70
- 162. Vegetable Szechuan Style £4.70
- 163. Vegetable with Cashew Nuts in Yellow Bean Sauce £5.00
- 164. Vegetable with Kung Pao Sauce £5.00
- 165. Vegetable with Black Bean Sauce £4.70
- 166. Vegetable with Sweet & Sour Sauce £4.70
- 167. Vegetable in Satay Sauce £4.70
- 168. Fried Mixed Vegetable £4.70
- 169. Fried Bean Sprouts £2.80
- 170. Fried Bamboo Shoots and Water Chestnuts £3.20
- 171. Fried Mushrooms £3.60
- 172. Fried Onions £2.70

EXTRAS

- 173. Crispy Poppadom (4) £2.20
- 174. Prawn Crackers £2.10
- 175. Boiled Rice (Large) £3.60 £2.60
- 176. Egg Fried Rice (Large) £3.80 £2.80
- 176a. Garlic Fried Rice (Large) £4.10 £3.10
- 177. Soft Noodle with Bean Sprouts £3.20
- 178. Onion Rings (6) £2.30
- 179. Chips £2.30
- 179a. Chips with Spicy Salt & Pepper £3.50
- 180. Curry Sauce £1.80
- 181. Sweet & Sour Sauce £1.70
- 182. Ordinary Barbecue Sauce £1.70
- 183. Special Barbecue Sauce (Cantonese Sauce) £2.20
- 184. Hoi-Sin Sauce £2.20
- 184A. Sweet Chilli Sauce **NEW** £2.20
- 184B. Satay Sauce **NEW** £2.00
- 184C. Teriyaki Sauce **NEW** £2.80

DESSERTS

- 185. Banana Fritter in Syrup £2.70
- 186. Pineapple Fritter in Syrup £2.70
- 187. Apple Fritter in Syrup £2.70

BLACK PEPPER DISHES **NEW**

- 188. Chicken in Black Pepper Sauce £5.40
- 189. Pork in Black Pepper Sauce £5.40
- 190. Beef in Black Pepper Sauce £5.50
- 191. Shrimp in Black Pepper Sauce £5.50
- 192. King Prawn in Black Pepper Sauce £6.00
- 193. Duck in Black Pepper Sauce £6.00
- 194. Vegetables in Black Pepper Sauce £4.80
- 195. Special in Black Pepper Sauce £5.60

THAI CURRY DISHES **NEW**

- 196. Thai Red Curry Chicken £5.60
- 196A. Thai Green Curry Chicken £5.60
- 197. Thai Red Curry Pork £5.60
- 197A. Thai Green Curry Pork £5.60
- 198. Thai Red Curry Beef £5.70
- 198A. Thai Green Curry Beef £5.70
- 199. Thai Red Curry Shrimp £5.70
- 199A. Thai Green Curry Shrimp £5.70
- 200. Thai Red Curry King Prawns £6.20
- 200A. Thai Green Curry King Prawns £6.20
- 201. Thai Red Curry Duck £6.20
- 201A. Thai Green Curry Duck £6.20
- 202. Thai Red Curry Vegetable £5.00
- 202A. Thai Green Curry Vegetable £5.00
- 203. Special Thai Red Curry £6.00
- 203A. Special Thai Green Curry £6.00

JAPANESE TERIYAKI **NEW**

- 204. Teriyaki Chicken £5.90
- 205. Teriyaki Beef £6.00
- 206. Teriyaki Pork £5.90
- 207. Teriyaki Shrimp £6.00
- 208. Teriyaki King Prawns £6.50
- 209. Teriyaki Duck £6.50
- 210. Teriyaki Vegetables £5.50
- 211. Special Teriyaki £6.30

UDON NOODLES **NEW**

- 212. Teriyaki Chicken Udon £6.00
- 213. Teriyaki Beef Udon £6.10
- 214. Teriyaki Pork Udon £6.00
- 215. Teriyaki Shrimp Udon £6.10
- 216. Teriyaki King Prawns Udon £6.60
- 217. Teriyaki Duck Udon £6.60
- 218. Special Teriyaki Udon £6.40
- 218A. Teriyaki Vegetables Udon £5.60

Spicy Hot **NEW** New Dishes

SPECIAL SET MEALS

A1 FOR ONE PERSON £9.50
 Sweet & Sour Chicken Balls (5)
 Chicken Curry
 Egg Fried Rice

B1 FOR TWO PERSONS £19.60
 Beef Curry
 Chicken Mushroom
 Sweet & Sour Chicken Balls (6)
 Egg Fried Rice (2)
 Prawn Crackers
 (£2.00 Cheaper than Separate Price)

A FOR TWO PERSONS £24.80
 Pancake Rolls (2) or Chicken Corn Soup
 Sweet & Sour Chicken Balls
 Beef with Green Pepper & Black Bean Sauce
 Chicken and Cashew Nuts
 Yung Chow Fried Rice (1 Large)
 Prawn Crackers
 (£3.50 Cheaper than Separate Price)

B FOR THREE PERSONS £36.60
 Pancake Rolls (3) or Spare Ribs
 Sweet & Sour Chicken Balls
 Kung Pao Chicken
 Shrimp Foo Yung
 Beef Mushroom
 Yung Chow Fried Rice (1 Large, 1 Medium)
 Prawn Crackers
 (£5.00 Cheaper than Separate Price)

C FOR FOUR PERSONS £53.80
 1/2 Crispy Aromatic Duck
 Barbecued Spare Ribs
 Sweet & Sour Chicken Balls
 King Prawn Chop Suey
 Chicken with Green Pepper & Black Bean Sauce
 Beef with Tomatoes
 Yung Chow Fried Rice (2 Large)
 Prawn Crackers
 (£6.20 Cheaper than Separate Price)

ALLERGY ADVICE

Most of our dishes contain **GARLIC, SOYA, GLUTEN, COOKING WINE & SESAME OIL.**
 Some of our dishes may contain these 14 allergens as follows



If you have any allergies to these products please inform us before ordering. We will do our best to advise you.
 Caution: our Kitchen is NOT a nut/peanut free environment. Although we are very careful preparing the food, there is still a risk of cross-contamination.