

## POLYNESIAN FOOD

### Beef Mokuaweoweo .....8.25

A scrumptious "spicy beef dish" to be enjoyed by all. Slices of lightly breaded beef sauteed in our spicy honey garlic sauce with roasted sesame seeds.

### Polynesian Fried Rice .....8.65

A Special Seasoned Rice with a Tropical Blend of Pineapple, tomato, Shrimp, Barbequed Pork and slivers of Green Peppers.

### Pork Tiki Tiki .....7.10

Fresh Bean sprouts, seasoned and Cooked with Mushrooms, Celery, Barbequed Pork slices, topped with roasted Almonds and served with crispy noodles.

### Pork Mandarin Kau Kau .....9.15

Fresh cubed Pork, deep fried in batter and served with Hawaiian pineapple cubes and green peppers, crowned with sweet and sour Lichee Fruits.

### Beef Tomato Samoan .....7.75

Fresh slices of Beef cooked with fresh sweetened tomatoes and onions.

### Polynesian Pepper Pot Steak .....7.75

Slices of Beef braised in Black Beans, a touch of garlic, sweet green peppers and Soya sauce.

### Shrimp Fiji .....10.75

Delicious Sea Shrimps deep-fried in batter and served with a colorful combination of pineapple chunks and green peppers, crowned with sweet and sour Lichee Fruits.

### Singapore Mai-Fun .....8.75

A tasty and spicy dish of Rice Vermicelli, stir-fried in curry with shredded Barbequed Pork, Fresh Shrimps and Bean Sprouts.

## CHINESE GOURMET FAVOURITES

### 4-Seasons Crisp Wonton ..... 6.75

Generous amount of Seasoned Chopped Pork wrapped in Egg Pastry, deep fried to Golden Brown, it is a Tasty Favourite to be enjoyed by all!

### 4-Seasons Crisp Wonton ..... 7.50

with Sweet & Sour Sauce

### 4-Seasons Crisp Wonton ..... 7.50

with Honey & Garlic Sauce

### Chicken "A La Ding" ..... 7.10

A delicious "Hot" combination of fresh chicken breast meat and diced vegetables, stir fried in our spicy Szechuan sauce.

### Vegetable "A La Ding" ..... 6.60

### 4-Seasons Cantonese Chow Mein .... 9.50

Golden brown soft egg noodles crowned with our appetizing combination of Barbequed Pork, selected slices of braised Beef and Chicken sauteed with Mushrooms, Young Corn, Water Chestnuts and Fresh Garden Vegetables.

### Mama Yee's Chicken ..... 8.25

Delicious chicken deep fried in egg batter, lovingly prepared with Mama Yee's special blend of sweet, spicy, and tangy sauce...It's good, just ask her!



### No. 35 ..... ?

A tantalizing mystery dish that will change with the season.

### San Goo Dop Choy ..... 6.85

A Vegetarian Delight of mixed fresh vegetables.

### San Goo Beef Pan ..... 8.50

Generous amount of tender Beef, marinated in soya sauce, cooked to a gourmet's delight, it is served with fresh mushrooms, Young Corn, Water Chestnuts and fresh garden vegetables.

### San Goo Guy Pan ..... 8.50

Tender slices of Chicken breast, stir fried with fresh mushrooms, young corn, Water Chestnuts and fresh garden vegetables.

### Shanghai Noodle ..... 8.00

A dish that will captivate you . . . Enjoy a sea of Shanghai Noodles with minced pork and shredded vegetables, All Aboard!

### Shanghai Noodle ..... 8.00

with curry

### Shanghai Noodle ..... 8.00

with black bean and garlic sauce

### Shanghai Noodle ..... 8.00

with satay sauce

### Shanghai Noodle cantonese style .. 9.50

### Yangtse Noodle ..... 8.00

A dish overflowing with a river of Egg Noodles, Chicken, Bean Sprouts, Celery, Onions and highlighted with Garlic . . . You'll ride into town in a Ricksha for this one!

### Marquee Mooshu Pork ..... 9.15

Featuring an all star cast of pork & shredded vegetables, with supporting roles of crepes and hoisin sauce...it's a Wrap!

Extra Crepe . . . .50¢ Extra Hoisin Sauce . . . . 1.00

### Spicy San Goo Dop Choy ..... 7.35

### San Goo Fried Shrimp ..... 10.50

Fresh Shrimps cooked with mushrooms, Young Corn, Water Chestnuts and fresh garden vegetables.

### Tai Dop Voy ..... 9.15

This famous dish is a combination of tender sliced Chicken, fresh shelled Shrimps, sliced Prime Beef, Barbequed Pork, cooked and served with fresh mushrooms, Water Chestnuts, Young Corn and fresh garden vegetables.

## THE 4-SEASON'S MAH-JONG CHICKEN GROUP

(Chicken In Our Special Egg Batter)



### Spring (Sey Chin) .....8.25

Not just any ordinary "Spring Chicken", this is Chicken stir-fried in our special Ginger Sauce.



### Summer (Quoi Ha) .....8.25

Color your year-round summer with our Red-Hot Chicken in Szechuan Sauce.



### Autumn (Hing Chow) .....8.25

Fall back and relax with this "nutty" Chicken in almond honey garlic sauce.



### Winter (Loong Duong Zhiu Fa) 8.25

Having a "flaky" day? ...Rid yourself of the winter blues with our chicken in Lemon Pineapple Sauce.

# 4 Seasons

CHINESE & POLYNESIAN FOOD

PICK-UP OR DELIVERY

254-2221

SOUTHDALE CENTRE  
10-35 Lakewood Blvd.  
Winnipeg, Manitoba R2J 2M8

Fax# 256-9139 www.4seasonschinesefood.com

FREE Delivery  
on Orders \$25.00 and over  
(Before Taxes) in Local Area

## SOUPS

Won Ton . . . . .	4.90
<i>Chinese Kreplach with Chopped Meat Filling, Fresh Mushrooms &amp; Chinese Greens in a Delicious Soup Stock</i>	
Hot and Sour Soup . . . . .	5.80
Consomme with Fried Noodles . . . . .	2.95
Egg Drop and Mushroom . . . . .	3.45

## APPETIZERS

Egg Roll . . . . .	1.35
Barbequed Pork Slices . . . . .	7.75
Vancouver-Style Spare Ribs (Dry) . . . . .	8.75
Mini Spring Rolls (6 pcs) . . . . .	3.30
(12 pcs) . . . . .	6.60
<i>Delicious filling made with minced Shrimp, Pork and Vegetables</i>	

## CHOP SUEY

*(Bean Sprouts, Celery, Onions and  
Mushrooms)*

Barbequed Pork Chop Suey . . . . .	6.20
Beef Chop Suey . . . . .	6.20
Vegetable Chop Suey . . . . .	5.90
Chicken Chop Suey . . . . .	6.20
Shrimp Chop Suey . . . . .	8.70

## CHOW MEIN

*(Bean Sprouts, Celery, Onions, Mushrooms and  
Crispy Noodles)*

Chicken Chow Mein . . . . .	6.55
Beef Chow Mein . . . . .	6.55
Vegetable Chow Mein . . . . .	6.35
Barbequed Pork Chow Mein . . . . .	6.55
Shrimp Chow Mein . . . . .	9.05

## FRIED RICE

Steamed Rice . . . . .	3.00
Plain Fried Rice . . . . .	5.85
Chicken Fried Rice . . . . .	6.25
Barbequed Pork Fried Rice . . . . .	6.25
Shrimp Fried Rice . . . . .	8.65
Beef Fried Rice . . . . .	6.25
Mushroom Fried Rice . . . . .	6.25
Deluxe Fried Rice . . . . .	8.65

## DICED VEGETABLES & ALMONDS

Chicken Ding . . . . .	7.10
Beef Ding . . . . .	7.10
Barbequed Pork Ding . . . . .	7.10
Shrimp Ding . . . . .	9.50
Vegetable Ding . . . . .	6.60

## CHICKEN

4-Seasons Chicken Balls . . . . .	7.75
4-Seasons Chicken Balls . . . . .	8.50
<i>with Sweet &amp; Sour sauce</i>	
4-Seasons Chicken Balls . . . . .	8.50
<i>with Sweet &amp; Sour Pineapple sauce</i>	
4-Seasons Chicken Balls . . . . .	8.50
<i>with lemon sauce</i>	
4-Seasons Chicken Balls . . . . .	8.50
<i>with Honey &amp; Garlic sauce</i>	
4-Seasons Chicken Balls . . . . .	8.50
<i>with Mushroom Sauce</i>	
4-Seasons Chicken Balls . . . . .	8.50
<i>with Gan Po Sauce (Crushed Ginger in Sweet &amp; Sour Sauce)</i>	
Chicken with Mushroom . . . . .	7.75
Chicken with Broccoli . . . . .	7.75
Chicken with Snow Peas . . . . .	8.50
Lemon Chicken . . . . .	8.00
Soo Guy <i>(with crushed Almonds)</i> . . . . .	8.00
Golden Fried Chicken Wings . . . . .	7.50
Honey & Garlic Chicken Wings . . . . .	8.00
Ginger Chicken Wings . . . . .	8.00
Chicken with Green Pepper . . . . .	7.75
<i>in Black Bean &amp; Garlic sauce</i>	
Satay Chicken . . . . .	8.00
<i>(Spicy Chinese Barbeque sauce)</i>	
B.B.Q. Chicken (Half Chicken) . . . . .	8.75
<i>(Chachee Guy)</i>	
Ginger Chicken (Half Chicken) . . . . .	9.25
Curry Chicken . . . . .	8.00

## EGG FOO YONG

Barbequed Pork Egg Foo Yong . . . . .	6.80
Chicken Egg Foo Yong . . . . .	6.80
Shrimp Egg Foo Yong . . . . .	9.15
Mushroom Egg Foo Yong . . . . .	6.80

## PORK & SPARE RIBS

Honey & Garlic Spare Ribs . . . . .	8.00
Dry Breaded Spare Ribs . . . . .	7.75
Sweet & Sour Dry Breaded Spare Ribs . . . . .	8.50
Sweet & Sour Spare Ribs . . . . .	6.75
Spare Ribs in Black Bean & Garlic sauce . . . . .	8.00
Sweet & Sour Pineapple Pork . . . . .	8.25
Sweet & Spicy Spare Ribs . . . . .	8.00
<i>A zesty Rib dish, in our special blend of sweet &amp; spicy chili sauce.</i>	

## BEEF

Beef with Snow Peas . . . . .	8.50
Beef with Mushrooms . . . . .	7.75
Beef with Broccoli . . . . .	7.75
Beef with Green Pepper . . . . .	7.75
Satay Beef . . . . .	8.00
Dry Breaded Veal . . . . .	7.75
Sweet & Sour Dry Breaded Veal . . . . .	8.50
Dry Breaded Veal with Honey & Garlic Sauce . . . . .	8.50
Ginger Beef . . . . .	8.25
Curry Beef . . . . .	8.00

## SHRIMP

Deep Fried Shrimps in Batter . . . . .	9.50
Sweet & Sour Shrimps in Batter . . . . .	10.25
Deep Fried Breaded Shrimps . . . . .	9.50
Sweet & Sour Breaded Shrimps . . . . .	10.25
Shrimps with Green Pepper . . . . .	10.15
<i>in Black Bean Garlic sauce</i>	
Shrimps with Broccoli . . . . .	10.15
Shrimps with Lobster sauce . . . . .	10.50
<i>Fresh shelled Shrimps with Tenderloin minced pork prepared in Black Bean &amp; Garlic.</i>	
Pan Fried Shrimps . . . . .	10.15
Pan Fried Spicy Shrimps . . . . .	10.15
Pan Fried Black Bean & Garlic Shrimps . . . . .	10.15
Pan Fried Shrimps in tomato sauce . . . . .	10.15
Satay Shrimps . . . . .	10.15
Curry Shrimp . . . . .	10.15
Shrimp with Snow Peas . . . . .	10.15

*Sorry, No Substitutions on our Dinner Meals*

## (A) DINNER FOR TWO - \$20.05

2 Egg Rolls • Chicken Chow Mein  
Sweet and Sour Spare Ribs  
Barbequed Pork Fried Rice

## (B) DINNER FOR TWO - \$21.90

2 Egg Rolls • Sweet and Sour Chicken Balls  
San Goo Dop Choy  
Barbequed Pork Fried Rice

## DINNER FOR THREE - \$35.00

3 Egg Rolls • Chicken Chow Mein  
Golden Fried Chicken wings  
Polynesian Pepper Pot Steaks  
Sweet and Sour Spare Ribs  
Barbequed Pork Fried Rice

## DINNER FOR FOUR - \$45.05

4 Egg Rolls • Deep Fried Shrimps in Batter  
Beef Chow Mein • Chicken Ding  
Sweet and Sour Pineapple Chicken Ball  
Barbequed Pork Fried Rice • Crisp Won Ton

## MISCELLANEOUS

Sweet & Sour Sauce . . . . .	1.75
Lemon Sauce . . . . .	1.75
Honey & Garlic Sauce . . . . .	1.75
Fortune Cookies (6) . . . . .	1.50
Soft Egg Noodles . . . . .	3.25
Canned Drinks . . . . .	1.25
French Fries . . . . .	3.25
Chop Sticks . . . . .	.50¢
Crispy Noodles . . . . .	1.00
Plum Sauce . . . . .	10¢/pkg.
Mustard . . . . .	10¢/pkg.

## RESTAURANT HOURS

Tuesday through Thursday 4 p.m. - 10 p.m.  
Friday and Saturday 4 p.m. - 12 a.m.  
Sunday 4 p.m. - 10 p.m.

*Closed Every Monday*