

湯類

soups

上湯素餃子	Dumpling Soup V	4.50
上湯素雲吞	Won Ton Soup V	4.50
紫菜豆腐湯	Tofu Seaweed Soup V GF	4.50
田園豆腐湯	Vegetables & Tofu Soup V GF	3.90
粟米湯	Sweet Corn Soup V	3.90
粟米雞粒湯	Veggie Chicken Sweet Corn Soup V	4.50
蟹肉粟米湯	Veggie Crab Meat Sweet Corn Soup V	4.50
鮮菇雲耳湯	Mushroom and Fungus Soup V GF	4.50
酸辣湯	Hot & Sour Chilli Soup V S	3.90
七彩豆腐羹	Rainbow Tofu Soup V	3.90

頭盤

starters

尚善齋滷味	Lotus Assorted Gluten & Bean Curd V	5.50
蔗糖辣豆腐	Spicy Caramel Tofu V S	5.00
香煎素鍋貼	Grilled Veggie Dumplings V	5.00
香荔酥卷	Crispy Taro Rolls V	5.00
酥炸雲吞	Crispy Won Ton V	5.00
越式炸春卷	Deep Fried Vietnamese Spring Rolls V	5.00
香煎馬蹄卷	Stir Fried Water Chestnut Roll	5.00
香煎腐皮卷	Stir Fried Bean Curd Rolls V GF	5.00
沙爹素雞串	Skewer Veggie Chicken with Satay Sauce V S N	5.00
金黃蝦多士	Sesame Seeds Veggie Prawn on Toast V	5.00
香脆素春卷	Crispy Spring Rolls V	4.50
金黃咖喱角	Crispy Curried Samosas V S	4.50
椒鹽薯仔粒	Crispy Chilli Potato Cubes V S	4.50
素蝦片	Prawn Crackers (made by Tapioca Flour) V	2.50

頭盤

starters to share

酥炸素拼盤	Crispy Combination V	10.00
	(Spring Roll, Skewer Veggie Chicken, Samosas, Veggie Prawn on Toast, Crispy Won Ton & Seaweed)	
酥炸香酥鴨	Aromatic Crispy Veggie Duck V	10.00
	(Served with Cucumber, Pancakes & Hoi Sin sauce)	
酥炸香酥羊	Deep Fried Crispy Veggie Lamb V	10.00
	(Served with cucumber, pancakes & Hoi Sin sauce)	

主菜

main course

Vegetables and Tofu Dishes

腰果什菜丁	Mixed Vegetables Cashewnuts in Birds nest V N	9.50
香笋炒雲耳	Black Fungus with Bamboo shoot and Mushroom V GF	9.50
鮮菇扒時菜	Assorted Mushrooms with Seasonal Vegetables V GF	9.50
茄子豆腐煲	Tofu & Aubergine with Bean Curd in Hot Pot V GF	9.50
紫菜豆腐卷	Seaweed Tofu Roll V GF	9.50
翡翠白玉花	Deep Fried Crispy Broccoli and Cauliflower V	9.50
金銀鴛鴦棒	Golden Yin Yang Sticks V	9.50
咖喱豆腐	Vegetable and Tofu Curry V S	9.00
薑汁西蘭花	Fresh Ginger with Broccoli V GF	9.00
四川冬菇絲	Szechuan Crispy Chinese Mushroom V S	9.00
椒鹽炸茄子	Salt and Pepper Chilli Aubergine V S	9.00
椒鹽炸豆腐	Salt and Pepper Chilli Tofu V S	9.00
豉汁煎豆腐	Soft Tofu with Green Pepper & Black Bean Sauce V	9.00
欖菜蒸豆腐	Steamed Tofu with Olive Leaves V GF	9.00

Sizzling Plates

鐵板沙嗲牛	Sizzling Veggie Beef in Satay Sauce V S N	10.00
鐵板黑椒牛	Sizzling Veggie Beef in Black Pepper Sauce V S	10.00
鐵板豉汁牛	Sizzling Veggie Beef in Black Bean Sauce V	10.00
鐵板沙雞串	Sizzling Skewer Veggie Chicken in Satay Sauce V S N	10.00
鐵板黑椒雞	Sizzling Veggie Chicken Steak in Black Pepper Sauce S	10.00
鐵板豉汁雞	Sizzling Veggie Chicken Steak in Black Bean Sauce V	10.00

Lotus Special Dishes

尚善咖喱	Lotus House Special Curry V S	10.00
素京都骨	Veggie Ribs with Peking Sauce S	9.50
糖醋骨	Sweet & Sour Veggie Ribs	9.50
琵琶豆腐	Pi Pa Tofu V	9.50
麻婆豆腐	Ma Po Tofu V GF	9.50
煎釀三寶	Stir Fried Three Stuffed Treasures V	9.50
蜜汁素叉燒	Lotus Special Veggie Meat (Gluten) V	9.50
素紅燒烤鴨	BBQ Roasted Veggie Duck (Gluten) V	9.50
亞三魚	Asam Tomato and Chilli Veggie Fish V S	9.50
香煎素鰻魚	Grill Veggie Sesame Eel V	9.50
XO 燴魚扒	Veggie sliced Fish with XO Sauce V S	9.50
番茄辣椒魚	Chilli Tomato Veggie Fish V S	9.50
椒鹽炸大蝦	Salt and Pepper Chilli Veggie King Prawns V S	9.50
椒鹽炸雞粒	Salt and Pepper Chilli Veggie Chicken V S	9.50
椒鹽素豬扒	Salt and Pepper Chilli Veggie Pork Chop V S	9.50
辣汁蘆筍蝦	Chilli Veggie King Prawns with Asparagus V S	9.50
素咕嚕大蝦	Sweet & Sour Veggie King Prawn V	9.50
素咕嚕雞粒	Sweet & Sour Veggie Chicken V	9.50
檸檬煎雞扒	Veggie Chicken with Lemon Sauce	9.50
宮保素雞丁	Veggie Chicken in Kung Po Sauce V S	9.50
京醬素肉條	Veggie Marinated Meat Strips in Peking Sauce S	9.50
素四川牛絲	Szechuan Crispy Veggie Beef V S	9.50
八寶生菜包	Eight Treasures Lettuce Wrap V N	9.50
海鮮燴豆腐	Veggie Seafood with Tofu V	9.50

N Contains Nuts **S** Spicy **V** Vegan **GF** Gluten Free

Here at Lotus Vegetarian Kitchen, we offer a wide range of dishes cooked with mock meats, fresh vegetables and fresh mushrooms. We also use our own homemade vegetable stock to bring out the flavour in our dishes. Whether you are a vegetarian, vegan or just exploring new foods, there will be something here that will make your taste buds dance!



We have a great selection of vegetarian and vegan meats made with soya proteins, soya fibres, wheat proteins, mushrooms, yam flour etc. giving different textures to our food. If you have any other questions please don't hesitate to ask one of our friendly staff!

炒飯食類

rice dishes

尚善招牌飯	House Special Fried Rice V	10.00
海鮮什燴飯	Veggie Seafood Fried Rice V	9.50
美味四寶飯	Four Treasures Rice V	9.50
揚州炒飯	Yung Chow Fried Rice V	9.50
菠蘿炒飯	Pineapple Fried Rice V	9.50
泰式什菜飯	Thai Vegetable Fried Rice V S	9.50
咖喱什菜飯	Mixed Vegetable Curry Fried Rice V S	9.50
沙爹雞粒飯	Veggie Chicken Fried Rice with Satay Sauce V S N	9.50
香辣磨菇飯	Chilli Mushroom Fried Rice V S	9.50
欖菜什菜飯	Mixed Vegetable Fried Rice with Olive leaves V	9.50

*All Fried Rice dishes contain NO egg

炒麵食類

noodle dishes

尚善招牌麵	Lotus Special Fried Noodles V	10.00
星洲炒米粉	Singapore Vermicelli V S	9.50
廈門炒米粉	Xiamen Fried Rice Noodles V	9.50
干炒素牛河	Veggie Beef with Thick Rice Noodles V	9.50
什菜豆腐麵	Tofu & Mixed Vegetable with Crispy Noodles V	9.50
豉汁什菜麵	Vegetable with Crispy Noodles in Black Bean Sauce V	9.50
素肉絲炒麵	Veggie Meat Strips with Crispy Noodles V	9.50
素鴨絲炒麵	Veggie Duck with Crispy Noodles V	9.50

*All Noodle dishes contain NO egg

湯粉麵類

soup noodles

With the option of: Ramen Egg Noodles, Rice Noodles or Udon

尚善叉燒麵	House Special Veggie Roast Pork Noodles V	8.50
上湯雲吞麵	Won Ton Soup Noodles V	8.50
上湯水餃麵	Dumplings Soup Noodles V	8.50
素海鮮湯麵	Mixed Veggie Seafood Soup Noodles V	8.50
素雞扒湯麵	Veggie Chicken Steak Soup Noodles V	8.50

額外小食

sides

鴨皮	Pancake	1.50
清炒磨菇	Stir Fried Mushroom V GF	5.50
清炒銀芽	Stir Fried Beansprouts V GF	5.50
清炒什菜	Stir Fried Seasonal Vegetables V GF	5.50
豉油皇炒麵	Stir Fried Thin Noodles with Soy Sauce V	5.50
豉油皇炒河	Stir Fried Thick Rice Noodles with Soy Sauce V	5.50
酥炸海草	Deep Fried Crispy Seaweeds V GF	3.50
炒飯	Stir Fried Rice (egg on request) V	2.90
什米飯	Boiled Mixed Rice (Brown, Red & White Rice) V	2.90
薑汁什米飯	Stir Fried Mixed Rice with Ginger V (Brown, Red & White Rice)	2.90
白飯	Boiled Rice V	2.50
炸薯條	Chips V	2.50
咖喱汁	Curry Sauce V	2.00
咕嚕汁	Sweet & Sour Sauce V	2.00

甜品

desserts

雪糕	Ice-cream	3.00
豆製品雪糕	Vegan Ice-cream V	3.00
炸香蕉	Banana Fritter V	3.00
炸菠蘿	Pineapple Fritter V	3.00
炸鮮奶	Deep Fried Fresh Milk	3.00

圖例

information

If you have any food allergies and intolerances please don't hesitate to ask one of our friendly staff about the ingredients in the meal when making your order. We do not use any onion or garlic in our food. We can't guarantee our dishes are 100% nut free.

All items will be presented on a single bill. 10% service charge for bookings for 10 people or above. We may withdraw this menu from time-to-time due to local events.

10% discount on take away orders.



536 Wilmslow Road
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Manchester

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lotusvegetariankitchen.com

Monday	5pm - 10:30pm
Tuesday	Closed
Wednesday	5pm - 10:30pm
Thursday	5pm - 10:30pm
Friday	5pm - 11:00pm
Saturday	5pm - 11:00pm
Sunday	5pm - 10:30pm

Open as usual on all bank holidays.