

湯類

soups

上湯素餃子	Dumpling Soup V	3.90
上湯素雲吞	Won Ton Soup V	3.90
紫菜豆腐湯	Tofu Seaweed Soup V GF	3.90
田園豆腐湯	Vegetables & Tofu Soup V GF	3.50
粟米湯	Sweet Corn Soup V	3.50
粟米雞粒湯	Veggie Chicken Sweet Corn Soup V	3.90
蟹肉粟米湯	Veggie Crab Meat Sweet Corn Soup V	3.90
鮮菇雲耳湯	Mushroom and Fungus Soup V GF	3.90
冬蔭湯	Tom Yum Soup V GF S	3.90
酸辣湯	Hot & Sour Chilli Soup V S	3.50

頭盤

starters

尚善齋滷味	Lotus Assorted Gluten & Bean Curd V	4.50
蔗糖辣豆腐	Spicy Tofu with Caramel V S	4.50
香煎素鍋貼	Grilled Veggie Dumplings V	4.50
香荔酥卷	Crispy Taro Rolls V	4.50
酥炸雲吞	Crispy Won Ton V	4.50
越式炸春卷	Deep Fried Vietnamese Spring Rolls V	4.50
椒鹽薯仔粒	Crispy Chilli Potato Cubes V S	4.50
香煎馬蹄卷	Stir Fried Water chestnut Roll V	4.50
香煎腐皮卷	Stir Fried Bean Curd Rolls V GF	4.50
沙爹素雞串	Skewer Veggie Chicken with Satay Sauce V S N	4.50
欖菜蒸豆腐	Steamed Tofu with Olive Leaves V GF	4.50
香脆素春卷	Crispy Spring Rolls V	3.90
金黃咖喱角	Crispy Curried Samosas V S	3.90
金黃蝦多士	Sesame Seeds Veggie Prawn on Toast V	3.90
香脆紫菜片	Crispy Seaweed Crackers V	3.90
素蝦片	Prawn Crackers (Made by Tapioca Flour) V GF	2.00

頭盤

starters to share

酥炸素拼盤	Crispy Combination V	9.00
	(spring roll, skewer chicken, samosas, prawn toast, peking ribs & seaweed)	
酥炸香酥鴨	Aromatic Crispy Veggie Duck V	9.00
	(Served with cucumber, pancakes & Hoi Sin sauce)	
酥炸香酥羊	Deep Fried Crispy Veggie Lamb V	9.00
	(Served with cucumber, pancakes & Hoi Sin sauce)	

主菜

main course

Vegetables and Tofu Dishes

蒲汁焗四蔬	Portuguese Cream Vegetables V	8.50
腰果什菜丁	Mixed Vegetables Cashew nuts in Birds nest V	8.50
田園冬蔭煲	Vegetable Tom Yum Sauce Hot Pot V GF S	8.50
香笋炒雲耳	Black Fungus with Bamboo shoot and Mushroom V GF	8.50
咖喱豆腐	Vegetable and Tofu Curry V S	8.00
薑汁西蘭花	Fresh Ginger with Broccoli V GF	8.00
清炒三鮮菇	Stir Fried Assorted Mushrooms V GF	8.00
欖菜焗鮮菇	Assorted Mushrooms with Olive Leaves V GF	8.00
鮮菇扒時菜	Assorted Mushrooms with Seasonal Vegetables V GF	8.00
四川冬菇絲	Szechuan Crispy Chinese Mushroom V S	8.00
椒鹽炸茄子	Salt & Pepper Crispy Chilli Aubergine V S	8.00
椒鹽炸豆腐	Salt & Pepper Crispy Chilli Tofu V S	8.00
豉汁煎豆腐	Soft Tofu with Green Pepper & Black Bean Sauce V S	8.00
茄子豆腐煲	Tofu & Aubergine with Bean Curd in Hot Pot V GF	8.00
海鮮燴豆腐	Veggie Seafood with Soft Tofu V GF	8.00

Sizzling Plates

鐵板沙嗲牛	Sizzling Veggie Beef with Satay Sauce V S N	8.50
鐵板沙雞串	Sizzling Skewered Veggie Chicken with Satay Sauce V S N	8.50
鐵板黑椒牛	Sizzling Veggie Beef with Black Pepper Sauce V S	8.50
鐵板黑椒雞	Sizzling Veggie Chicken Steak in Black Pepper Sauce V S	8.50
鐵板豉汁雞	Sizzling Veggie Chicken Steak in Black Bean Sauce V S	8.50

Lotus Special Dishes

尚善咖喱	Lotus Special Curry V S	8.50
素京都排骨	Veggie Ribs with Peking Sauce V S	8.50
糖醋骨	Sweet & Sour Veggie Ribs V	8.50
琵琶豆腐	Pi Pa Tofu V	8.50
麻婆豆腐	Ma Po Tofu V GF	8.50
煎釀三寶	Stir Fried Three Stuffed Treasures V	8.50
蜜汁素叉燒	Lotus Special Veggie Meat (Gluten) V	8.50
素紅燒烤鴨	BBQ Roasted Duck (Gluten) V	8.50
亞三魚	Asam Tomato and Chilli Fish V S	8.50
香煎素鰻魚	Grill Veggie Sesame Eel V	8.50
XO 燴魚扒	Veggie sliced Fish with XO Sauce V	8.50
番茄辣椒魚	Chilli Tomato Veggie Fish V S	8.50
椒鹽炸大蝦	Salt & Pepper Chilli Veggie King Prawns V S	8.00
椒鹽炸雞粒	Salt and Pepper Chilli Veggie Chicken V S	8.00
辣汁蘆筍蝦	Chilli Veggie King Prawns with Asparagus V S	8.00
素咕嚕大蝦	Sweet & Sour Veggie King Prawn V	8.00
素咕嚕雞	Sweet & Sour Veggie Chicken V	8.00
檸檬煎雞扒	Veggie Chicken with Lemon Sauce V	8.00
宮保素雞丁	Veggie Chicken in Kung Po Sauce V S N	8.00
京醬素肉條	Veggie Marinated Meat Strips in Peking Sauce V	8.00
素四川牛絲	Szechuan Crispy Veggie Beef V S	8.00
四川冬菇絲	Szechuan Crispy Chinese Mushroom V S	8.00
八寶生菜包	Eight Treasures Lettuce Wrap V N	8.00



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	9.00
海鮮什燴飯	Seafood Fried Rice V	8.50
太極鴛鴦飯	Tai Chi Fried Rice	8.50
美味四寶飯	Four Treasures Rice V	8.50
揚州炒飯	Yung Chow Fried Rice V	8.50
菠蘿炒飯	Pineapple Fried Rice V	8.50
泰式什菜飯	Thai Vegetable Fried Rice V	8.50
什錦咖喱飯	Mixed Vegetable Curry Fried Rice V S	8.50
沙爹雞粒飯	Veggie Chicken Fried Rice with Satay Sauce V S N	8.50
香辣磨菇飯	Chilli Mushroom Fried Rice V GF S	8.50

*All Fried Rice dishes contain NO egg

炒麵食類

noodle dishes

尚善招牌麵	Lotus Special Fried Noodles V	9.00
星洲炒米粉	Singapore Vermicelli V S	8.50
干炒素牛河	Veggie Beef with Thick Rice Noodles V	8.50
什菜豆腐麵	Tofu & Mixed Vegetable with Crispy Noodles V	8.50
豉汁什菜麵	Vegetables with Crispy Noodles in Black Bean Sauce V	8.50
素肉絲炒麵	Veggie Meat Strips with Crispy Noodles V	8.50
素鴨絲炒麵	Veggie Duck with Crispy Noodles V	8.50

* All Noodle dishes contain NO egg

湯粉麵類

soup noodles

With the option of:

Ramen Noodles, Vermicelli, Rice Noodles or Udon

尚善叉燒麵	House Special Roast Pork Noodles V	7.50
上湯雲吞麵	Won Ton Soup Noodles V	7.50
上湯水餃麵	Dumplings Soup Noodle V	7.50
海鮮湯麵	Mixed Seafood Soup Noodles V	7.50
素雞扒湯麵	Veggie Chicken Steak Soup Noodles V	7.50

額外小食

sides

清炒磨菇	Stir Fried Mushroom V GF	4.90
清炒銀芽	Stir Fried Beansprouts V GF	4.90
清炒什菜	Stir Fried Seasonal Vegetables V GF	4.90
豉油皇炒麵	Stir Fried Thin Noodles with Soy Sauce V	4.90
豉油皇炒河	Stir Fried Thick Rice Noodles with Soy Sauce V	4.90
酥炸海草	Deep Fried Crispy Seaweeds V GF	3.50
雞蛋炒飯	Stir Fried 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	2.90
	(Brown, Red & White Rice)	2.90
白飯	Boiled Rice V	2.50
炸薯條	Chips V	2.20
咖喱汁	Curry Sauce V	2.00
咕嚕汁	Sweet & Sour Sauce V	2.00

甜品

desserts

雪糕	Ice-cream	2.50
	Vegan Ice-cream V	2.50
炸香蕉	Banana Fritter V	2.50
炸菠蘿	Pineapple Fritter V	2.50
炸鮮奶	Deep Fried Fresh Milk	2.50

圖例

information

We can't guarantee our dishes are 100% nut free. Please let us know if there's any specific dietary needs, we can't list all the ingredients in every dish. We do not use any onion or garlic in our food.

All items will be presented on a single bill. We may withdraw this menu from time-to-time due to local events.

10% discount on take away orders.

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



536 Wilmslow Road
M20 4BY
Manchester

0161 445 7457

	Lunch	Evening
Monday	11:45 - 13:45	17:00 - 22:30
Tuesday	Closed	Closed
Wednesday	11:45 - 13:45	17:00 - 22:30
Thursday	11:45 - 13:45	17:00 - 22:30
Friday	11:45 - 13:45	17:00 - 23:00
Saturday	Closed	17:00 - 23:00
Sunday	Closed	17:00 - 22:30

Open as usual on all bank holidays

www.lotusvegetariankitchen.com