

## ROAST DISHES

95. Roast Pork with Sweet Soy Sauce 豉汁焗肉排	£5.90
96. Roast Pork with Chili & Garlic Sauce 豉椒焗肉排	£5.90
97. Honey Roast Pork 蜜汁焗肉排	£5.90
98. Roast Duck Chinese Style 北京填鴨	£5.90
99. Sliced Roast Duck with Plum Sauce 梅子鴨	£6.90

## VEGETABLE DISHES

100. Pak Choi with Garlic Sauce 蒜香炒時菜	£5.20
101. Aubergine & Tofu in Oriental Sauce 茄子時菜	£5.20
102. Malaysian Kangkong (Water Spinach) 蒜香炒心菜	£5.20
103. Broccoli & Mushrooms in Garlic Sauce 蒜香炒西蘭花	£5.20
104. Garlic Mushrooms 蒜香炒西蘭花	£4.80
105. Teriyaki Tofu with Broccoli 豉汁焗豆腐	£5.20
106. Stir Fried Bean Sprouts in Garlic Sauce 蒜香炒豆苗	£3.90
107. Mixed Vegetables in Garlic Sauce 蒜香炒時菜	£5.50

108. Malaysian Sambal 馬來沙撈越	
<small>(Traditional sauce with a variety of chili peppers &amp; shrimp paste, garlic, lime &amp; turmeric)</small>	
(A) King Prawn	£7.60
(B) Sliced Beef	£6.80
(C) Diced Chicken	£6.20
(D) Mixed Seafood	£7.50

109. Mixed Pepper in Spicy Garlic Sauce 蒜香炒時菜	
(A) King Prawn	£7.60
(B) Sliced Beef	£6.80
(C) Diced Chicken	£6.20
(D) Duck	£7.20
(E) Tofu & Vegetables	£5.50

110. Mixed Pepper in Black Bean Sauce 豉汁	
(A) King Prawn	£7.50
(B) Sliced Beef	£6.50
(C) Diced Chicken	£6.00
(D) Duck	£7.20
(E) Tofu & Vegetables	£5.50

111. Ginger & Spring Onions 薑蔥汁	
(A) King Prawn	£7.50
(B) Sliced Beef	£6.50
(C) Chicken	£6.00
(D) Diced Duck	£7.30
(E) Tofu	£5.50

112. Szechuan Style Chili Bean Sauce 豉汁	
(A) King Prawn	£7.60
(B) Sliced Beef	£6.80
(C) Chicken	£6.30
(D) Diced Duck	£7.50
(E) Tofu & Vegetables	£5.50

113. Malaysian Rendang 馬來沙撈越	
<small>(This slow cooked selection of Malaysian spices &amp; fragrant milk is complex, rich &amp; nutty with a hint of coconut based)</small>	
(A) King Prawn	£7.60
(B) Sliced Beef	£6.80
(C) Diced Chicken	£6.30
(D) Tofu & Vegetables	£5.50

114. Kam Heong Sauce 馬來沙撈越汁	
<small>(Consists of 8 fruits, cooked till very fragrant with curly leaves &amp; chillies)</small>	
(A) King Prawn	£7.50
(B) Sliced Beef	£6.50
(C) Diced Chicken	£6.00
(D) Tofu & Vegetables	£5.50

115. Kung Po Sauce 豉汁	
<small>(Famous beef dish, spicy, citrus &amp; spicy lobster sauce, garnished with peanuts)</small>	
(A) King Prawn	£7.50
(B) Sliced Beef	£6.50
(C) Diced Chicken	£6.00
(D) Tofu & Vegetables	£5.50

116. Chinese Curry Dish 咖喱	
(A) King Prawn	£7.50
(B) Sliced Beef	£6.50
(C) Diced Chicken	£6.00
(D) Tofu & Vegetables	£5.50

117. Teriyaki Dishes 豉汁	
(A) Grilled Salmon Fish	£7.90
(B) Sliced Beef	£6.50
(C) Diced Chicken	£6.00
(D) Sliced Pork	£5.80

118. Yellow Bean Sauce & Cashew Nuts 豉汁	
(A) King Prawns	£7.50
(B) Beef	£6.50
(C) Chicken	£6.00
(D) Duck	£7.30
(E) Tofu	£5.50

## SWEET & SOUR DISHES

120. Sweet & Sour Chicken in Batter	£6.20
121. Sweet & Sour Chicken Cantonese Style	£6.20
122. Sweet & Sour King Prawn Cantonese Style	£7.50
123. Sweet & Sour King Prawn in Batter	£7.50
124. Sweet & Sour Chicken Cantonese Style (No Batter)	£5.80
125. Sweet & Sour Crispy Tofu	£5.50

## SIDES

140. Crispy Prawn Crackers 蝦餅	£2.00
141. Spicy Thai Prawn Crackers 酸辣蝦餅	£2.50
142. Chili Oil 辣椒油	£1.90
143. Curry Sauce 咖喱醬汁	£1.90
144. Sweet & Sour Sauce 糖醋醬汁	£1.90
145. Satay Sauce 沙爹醬	£2.20
146. Chilli 辣椒	£2.50
147. 6 Pancakes (Wraps for Crispy Duck)	£1.20
148. Hot Sin Sauce (For Crispy Duck) 辣椒醬	£1.50

## DESSERTS

160. Banana Fritters in Syrup 香蕉煎餅	£2.50
161. Belgian Sweet Waffle 比利時鬆餅	£3.90
162. Mango Sorbet 芒果沙冰	£2.50
163. Kueh Dadar (Malaysian Dessert) 馬來沙撈越煎餅	£3.80

(Fried beef flavoured pancake filled with coconut milk & palm sugar)

## DRINKS LIST

WINE	
Japanese Sake (180ml)	£5.00
Red Wine / White Wine (Bottle)	£13.00
Alcohol Free Beer (non alcoholic)	£15.00

## BOTTLED BEER

Tiger Beer	(330ml)	£3.00
Ting Tai	(330ml)	£3.00
Asahi	(275ml)	£3.30
Cider (Original)	(500ml)	£4.00

## SOFT DRINKS

Coke	(330ml)	£1.00
Diet Coke	(330ml)	£1.00
Fanta Orange	(330ml)	£1.00
Lemonade	(330ml)	£1.50
Bottled Soft Drinks (Large)		£3.00
J&O Apple & Mango or Apple & Raspberry		£2.00
Still or Sparkling Water (330ml)		£1.00
Still or Sparkling Water (Large)		£2.10
Green Tea (Soyley with Jasmine Flavours) (500ml)		£2.00
Ice Tea (Lemon Flavours) (500ml)		£2.00

## Special Set Menu

(Minimum 2 Persons)

(Change of dishes to the Set Menu may incur additional charges)

### A) Malaysia Set Meal | £ 13.90 Per Person

馬來西亞套餐  
Satay Chicken Skewers  
Malaysian Sambal Prawn (Sizzling)  
Char Kway Teow  
Nasi Goreng

### C) Thai Set Meal | £ 11.00 Per Person

泰式套餐  
Thai Fish Cakes  
Chicken Thai Green Curry  
Pad Thai Noodles  
Coconut Rice

### D) Cantonese Set Meal | £ 12.90 Per Person

廣東套餐  
Aromatic Crispy Duck with Pancake (Quarter)  
Beef in Black Bean Sauce (Sizzling)  
Sweet & Sour Chicken Hong Kong Style  
Stir Fried Mixed Vegetables in Garlic Sauce  
Egg Fried Rice

### G) Veggie Set Meal | £10.90 Per Person

全家套餐  
Vegetarian Spring Roll  
Asparagus Tempura  
Aubergine & Tofu in Oriental Sauce  
Mixed Vegetables With Rice Noodle  
Steamed Jasmine Rice

### Meal for one person 一人套餐

Vegetable Spring Rolls  
Prawn Crackers

£9.90

#### Main Course (Choose 1):

- a) Sweet and Sour Chicken in Batter
- b) Chicken Curry
- c) Tofu Mixed Vegetables in Garlic sauce

#### Rice/Noodles (Choose 1):

- a) Steamed Rice
- b) Egg Fried Rice
- c) Stir Fried Egg Noodles



# Noodle Zone

# 麵館

Malaysian Cuisine & Asian Noodle Bar

## MENU

19-21 Crouch Street,  
Colchester, CO3 3EN

**01206 575 111**  
TELEPHONE ORDERS WELCOME

Delivery Can Be Arranged  
Order online will be £1.00 delivery charge  
within 4 miles radius

## OPENING HOURS

OPEN 7 DAYS A WEEK  
Lunch Monday - Friday : 12noon - 2:30pm  
Dinner Monday - Friday : 5:30pm - 10:00pm  
All Day Saturday & Sunday : 12noon - 10:00pm

### DELIVERY HOURS

Monday - Sunday 5:30pm-9:30pm

Minimum Order £18

[www.noodlezone.co.uk](http://www.noodlezone.co.uk)



## APPETISERS

- Aromatic Crispy Duck with Pancakes** 香脆鴨 鴨腿 1/4 \$9.20  
Half \$17.00  
(Served with spring onions, sambal, pineapple & special hot sauce)  
鴨腿 \$19.00  
(Served with spring onions, sambal, pineapple & special hot sauce)
- Mongolian Lamb (Shredded)** 蒙古羔腩 \$16.00  
(Served with spring onions, sambal, pineapple & special hot sauce)
- Mixed Hors d'Oeuvres For 2** 混合前菜 \$10.40  
(A combination of prawn on toast, spare ribs, sweetcorn, cucumber sticks & satay chicken skewers)
- Tap-Smoked Ribs** 煙燻豬肋 \$6.00  
(Tap-smoked pork ribs deep-fried in oriental spices, salt, pepper & fresh chili)
- Kyoto Pork Ribs** 京都豬肋 \$6.00  
(Pork ribs in oriental spices, stir-fried with barbecue sauce)
- Hot & Spicy Chicken Wings** 香脆雞翅 \$5.50  
(Deep-fried chicken wings in oriental spices, pepper, salt & fresh chili)
- Crispy Tofu with Teriyaki Sauce** 日式豆腐 \$4.50  
(Crispy fried tofu with teriyaki sauce)
- Satay Chicken Skewers** 沙爹燒肉 \$5.50  
(Skewers of chargrilled marinated chicken served with spicy peanut sauce)
- Butterfly King Prawns** 蝴蝶蝦 \$6.00  
(Deep-fried king prawns in bread crumbs)
- Crispy Chicken Thai Salad** 泰國香脆雞 \$5.00  
(This spicy chicken prawn salad served with a refreshing Thai style mixture of carrots, spring onion, cucumber, onions, basil & coriander in a fresh lime juice dressing)
- Grilled "Wee Tee" Dumplings (4)** 燒餅 \$4.80  
(Steamed pork and vegetable dumplings served with a ginger infused orange dipping sauce)
- Chicken Gyozos** 餃子 \$4.80  
(Steamed pork and vegetable dumplings served with a ginger infused orange dipping sauce)
- Thai Fish Cake** 魚餅 \$4.80  
(Steamed fish cakes with tomato, Thai spices, red curry paste & coriander)
- Nonyou Tofu** 嫩豆腐 \$5.00  
(Crispy tofu coated in sweet soy garlic sauce with prawn on top)
- Vegetable Rolls** 素春卷 \$3.80  
(Deep-fried crispy spring rolls filled with mixed vegetables)
- Edamame** 豆豉 \$4.70  
(Steamed prawn soy beans with fresh lime juice)
- Asparagus Tempura** 炸龍蝦 \$5.50  
(Deep-fried asparagus in a light tempura batter with salt & fresh pepper)
- Sesame Prawn on Toast** 炸蝦 \$5.00  
(Deep-fried minced prawn on bread, covered with sesame seeds)
- Vietnamese Chicken Roll (4)** 越南春卷 \$5.50  
(Deep-fried crispy spring rolls with mixed vegetables & chicken)
- Spicy Salt & Chili with**
  - (A) King Prawns \$6.80
  - (B) Squid \$8.50
  - (C) Chicken \$5.50
  - (D) Tofu \$4.80



## SOUP NOODLE (Complete meal for one person)

- Tom Yum Goong** 泰國酸辣湯 \$9.20  
(Hot noodle soup with steamed chicken, pork, shrimp soup with green prawns & vegetables)
- Mixed Seafood Soup Noodles** 海鮮湯麵 \$9.20  
(Light noodles in homemade oriental meat soup with king prawn, scallops, fish cakes & pork chiu chui)
- Singapore Laksa** 星洲辣湯 \$9.00  
(Spicy noodles in a homemade spicy coconut curry soup with slices of beef, prawns & vegetables)
- Chicken Noodle Soup** 雞湯 \$8.90  
(Chicken noodles in a fragrant chicken broth with slices of grilled chicken breast, bean sprouts & pork chiu chui)
- Tofu & Mixed Vegetables Noodle Soup** 豆腐湯麵 \$7.90  
(Spicy noodles in a homemade spicy beef soup with fresh vegetables & mixed vegetables)
- Duck Soup with Noodles** 鴨湯 \$9.50  
(Fried Ho Fun noodles in a homemade oriental broth with the spicy roasted duck, bean sprouts & pork chiu chui)
- Japanese Ramen** 日本拉麵 \$8.90  
(Traditional Tokyo style ramen noodle soup, topped with tenderloin pork, soft-boiled egg, bean sprouts & spring onions)
- Won Ton Soup Noodle** 雲吞湯麵 \$8.50  
(Chinese pork dumplings with pork, chiu chui & ramen noodles, served in a clear soup)
- Chicken Curry Mee (Malaysian Style)** 香脆雞麵 \$8.90  
(A spicy three-day broth with tomatoes, spring onion, onion, chili & coriander. Topped with chicken, fish, boiled egg & chicken)
- Szechuan Beef Noodle Soup** 四川牛肉麵 \$8.90  
(Spicy szechuan noodle soup with beef and chili)



## RICE DISHES

- Hainan Chicken (Roast Chicken)** 海南雞 \$8.00  
(Tender quarter roasted in a rich chicken stock, served with rice cooked in the same stock)
- Nasi Goreng (Large Container)** 炒米粉 \$7.90  
(Malaysian fried rice with king prawns, chicken wings, mixed peppers & onions, topped with a fried egg)
- House Special Rice** 家鄉飯 \$7.50  
(Complete meal for one person with king prawn, beef, chicken, asparagus & green garlic sauce)
- Egg Fried Rice with (Large Container)** 豉汁炒飯 \$5.90  
(A) King Prawns \$7.00  
(B) Beef \$5.50  
(C) Chicken \$5.20  
(D) Duck \$7.00  
(E) Mushrooms \$4.50
- Caramelised Rice** 香滑飯 \$3.30
- Egg Fried Rice** 炒飯 \$3.30
- Steamed Rice** 白飯 \$3.00



## WOK FRIED NOODLE (Complete meal for one person)

- Singapore Noodles** 星洲炒麵 \$6.90  
(Fried noodle soup with steamed chicken, pork, shrimp, egg, sesame seeds & mixed vegetables in oriental spices)
- House Special Noodles** 家鄉炒麵 \$8.90  
(King prawns, chicken, beef, asparagus & seasonal vegetables in house special sauce, served on a bed of egg noodles)
- Hua Dan Hor (Malaysian Style)** 華丹炒麵 \$9.20  
(Combination seafood, flat rice noodles, fish cake, king prawn, pork chiu chui & squid with creamy egg sauce)
- Satay Chicken Noodles (Malaysian Style)** 沙爹炒麵 \$9.00  
(Steamed chicken in a homemade satay sauce served on a bed of wok-fried rice noodles)
- Char Kway Teow (Malaysian Style)** 蔴油炒粉 \$9.50  
(Malaysian fried rice noodles with king prawns, egg, bean sprouts, onions, spicy chili & shrimp sambal sauce)
- Mixed Seafood Udon** 海鮮烏冬 \$9.00  
(Wok-fried udon noodles with king prawns, scallops & mixed vegetables in oriental spices with dried shiitake & healthy "100" sauce)
- Kong Chow Beef** 干炒牛河 \$8.90  
(Wok-fried flat rice noodles with sliced beef, onion, bean sprouts & homemade soy sauce)
- Roast Duck Noodles** 香脆鴨麵 \$9.50  
(Chinese spiced roast duck served with wok-fried noodles on a bed of pan chiu chui with sweet soy sauce)
- Japanese Udon Tonkatsu** 日式豬扒烏冬 \$8.50  
(Japanese roast pork, served with thick beef, other noodles on a bed of pan-fried udon tonkatsu sauce)
- Tenryaki Salmon Udon** 日式三文魚 \$9.80  
(Grilled salmon on a bed of wok-fried udon noodles with teriyaki sauce & fresh vegetables)
- Tofu Spinach Noodles** 豆腐炒麵 \$7.50  
(Wok-fried spinach noodles with asparagus, onion, pork, chili, carrots, mushrooms, peppers & bean sprouts)
- Pan Thai 香脆炒粉 \$9.00**  
(Flat rice noodles cooked in homemade fermented sauce with king prawns, onion, carotid, cauliflower & mixed vegetables)
- Shiitake Mushroom Udon** 香菇炒麵 \$7.50  
(Wok-fried udon noodles with mushrooms, asparagus, broccoli & pan chiu chui)
- Tenryaki Chicken Noodles** 日式雞麵 \$7.90  
(Wok-fried egg noodles with teriyaki chicken, pepper, onion, carrots & bean sprouts)
- Rendang Chicken Noodles (Malaysian Style)** 椰汁炒麵 \$9.00  
(Slow cooked chicken with a variety of Malaysian spices & seasonal milk, served with egg noodles)
- Mamak Mee Goreng (Malaysian Style)** 蔴油炒麵 \$9.00  
(Wok-fried egg noodles with prawns, chicken, beef, fish & mixed vegetables)
- Hot & Spicy Chili Chicken Udon** 蔴油炒麵 \$8.70  
(Grilled chicken breast on a bed of wok-fried udon noodles with chili & spicy prawn sauce)
- Chow Mein (Large Container)** 炒米粉 \$7.00  
(Flat-fried egg noodles with bean sprouts & onion)
- (A) Mixed Special** \$7.00  
(B) Beef \$6.80  
(C) Chicken \$5.50  
(D) Veg. & Mushrooms \$6.00
- Stir Fried Egg Noodles (Large Container)** 炒麵 \$4.30  
(Egg noodles with bean sprouts, carrot & onion)



## CHEF'S SPECIAL

- Malaysia "Nasi Lemak"** 馬來椰漿飯 \$3.00  
(Malaysia's national dish - Coconut based rice served with tender curried chicken & a variety of accompaniments)
- Sri Sing Dried Curry Chicken (Malaysian Style)** 干燒雞 \$6.20  
(Crispy fried chicken coated with curry, potato & fish beans)
- Hunan Curry Beef** 湖南辣炒牛肉 \$6.80  
(Deep-fried beef with carrot, chili, onion, ginger, pepper & garlic)
- Javanese Sweet & Spicy Beef** 蘇丹辣牛肉 \$6.40  
(A spicy combination of Indonesian sausages cooked in coconut milk)
- Crispy Chili Beef** 香脆辣牛肉 \$6.70  
(Deep-fried beef battered beef in sweet chili sauce)
- Mutton Curry (Malaysian Style)** 羊腩炒飯 \$7.20  
(Mutton with spices, chili, ginger, fish beans & rice spiced)
- Dharau Pork Curry** 椰菜豬腩 \$6.80  
(Crispy pork with fragrant spices, coriander, tomatoes & onion. Comes with pan chiu chui)
- Fresh Prawns in Spicy Garlic Sauce** 香脆蝦炒飯 \$7.50  
(Lightly battered king prawns cooked in a traditional Malaysian spicy garlic sauce, pepper, onion & fresh chili)
- Asam Fish (Malaysian Style)** 魚香炒飯 \$7.90  
(Crispy fish in a traditional Malaysian spicy sauce with mixed vegetables)
- Malaysian Sambal Kangkong (Water Spinach)** 蔴油炒飯 \$5.50  
(Fried water spinach with carrots, onion, shrimp paste & garlic)
- Dongfeng Lamb with Ginger in Soy Sauce** 蔴油炒飯 \$7.20



## SEAFOOD DISHES

- King Prawns Thai Red Curry** 泰國紅咖喱 \$7.20
- Steamed Fish in Soya Bean Sauce** 清蒸魚 \$10.90  
(A Hainan culture, steamed fillet of sea bass in soya bean sauce, broccoli, chili, onion, garlic & ginger)
- King Prawns with Asparagus & Broccoli in Garlic Sauce** 蔴油炒飯 \$7.20
- Kam Heong Wok Seafood** 蔴油炒飯 \$7.50  
(King prawns, squid & wok-fried with mixed vegetables, lemon grass & chili shrimp paste)

## CHICKEN DISHES

- Grilled Chicken in Lemon Sauce** 檸檬雞 \$6.50
- The Green Chicken Curry** 香脆雞炒飯 \$6.30
- Shiitake Mushroom with Chicken** 蔴油炒飯 \$6.30  
(Deep-fried chicken, onion, carrot, mushroom & shiitake oyster sauce)
- Chick'n (Szechuan Spicy Chicken)** 蔴油炒飯 \$6.00  
(Lamb legging in lemon, white pepper, onion & chili)

## BEEF DISHES

- Braised Beef Braiset** 紅燒牛肉 \$6.60
- Beef Satay (Malaysian Style)** 沙爹牛肉 \$6.60
- Braised Beef with Broccoli in Black Pepper Sauce** 蔴油炒飯 \$6.60
- Beef with Mushrooms in Oriental Sauce** 蔴油炒飯 \$6.60

Please note that some of our dishes may contain traces of nuts. Please let us know if you have any dietary restrictions, allergies or specific requirements. Gluten free options are available. Alterations might not be available during busy periods.

