

FLAMING WOK

Peking, Szechuan & Cantonese

80 Ramsey Road, St. Ives PE27 3XW

*'We don't only
taste different,
We cater
for different
tastes'*



Telephone

01480 498800

www.flaming-wok.co.uk

email:

flamingwok168@gmail.com

Opening Hours:

Sun–Thurs 4.30pm –10.00pm

Fri–Sat 4.30pm –10.30pm

Bank Holidays Open As Usual

Cash Only

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.



APPETIZERS

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|-----|---|-------|
| 1 | House Special Hors d'Oeuvres..... per head | £5.00 |
| | <i>(Seaweed, Mini Roll, Triangles, Ribs, Toast. Crispy Won Ton)</i> | |
| 2 | Vegetable Spring Roll (6) V | £2.50 |
| 3 | Prawn Crackers V | £2.50 |
| 4 | Crispy Pancake Roll (1)..... | £2.50 |
| 5 | Curry Mince Triangles (4) 🔥 | £2.50 |
| 5a | Satay chicken on skewers | £4.80 |
| 6 | Seaweed V | £4.10 |
| 7 | Aromatic Crispy Duck..... Quarter | £8.00 |
| 8 | Spare Ribs in Peking Sauce..... | £6.00 |
| 9 | Spare Ribs in Chilli Salt 🔥 | £6.00 |
| 9a | Spare rib <i>(Hong Kong Style)</i> | £6.00 |
| 9b | Spare ribs in honey sauce..... | £6.00 |
| 10 | Sesame Prawn on Toast..... | £5.20 |
| 11 | Deep Fried Crispy Wan Ton <i>(Prawn)</i> | £3.70 |
| 12 | Spicy Prawn Crackers <i>(Thai)</i> | £3.00 |
| 12a | Salt & Pepper Chicken Wings (6 pieces)..... | £4.30 |
| 13 | Spare Ribs in Barbecue Sauce..... | £6.00 |
| 13a | Pork dumplings (6 dumplings) | £4.80 |

SOUPS

- | | | |
|-----|--|-------|
| 14 | Mixed Vegetables Hot & Sour Soup V 🔥 | £3.10 |
| 15 | Sweetcorn & Crab Meat Soup | £3.10 |
| 16 | Sweetcorn & Chicken Soup | £3.10 |
| 17 | Hot & Sour Soup 🔥 | £3.10 |
| 18 | Wan Ton Soup | £3.10 |
| 19 | Rainbow Soup <i>(Vegetables)</i> V | £3.10 |
| 19a | Chicken Mushroom Soup..... | £3.10 |
| 19b | Chicken Noodle Soup..... | £3.10 |

SEAFOOD DISHES

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|-----|--|-------|
| 20 | King Prawn Balls in Batter (10). | £6.10 |
| 21 | King Prawn Curry 🔥 | £5.80 |
| 22 | Fried King Prawn with Bamboo Shoots..... | £5.80 |
| 23 | Fried King Prawn Chop Suey..... | £5.80 |
| 23a | Shrimp Chop Suey..... | £5.80 |
| 24 | Shrimp Curry 🔥 | £5.80 |
| 25 | King Prawn & Cashew Nuts in Yellow Bean Sauce..... | £6.00 |
| 25a | King Prawn with Cashew Nuts..... | £6.00 |
| 26 | King Prawn Satay Sauce 🔥 | £5.80 |
| 27 | Fried King Prawn with Chilli & Garlic 🔥 | £5.80 |



28	Fried King Prawn Cantonese Style.....	£5.80
29	Sweet & Sour King Prawn (<i>Hong Kong Style</i>)	£5.80
29a	King Prawn with Salt Chilli Pepper 🌶️	£5.80
30	King Prawn & Green Pepper in Black Bean Sauce 🌶️ ..	£5.50
30a	King Prawn in Sambal Sauce 🌶️	£5.80
31	Spicy Stir Fried King Prawn (<i>Szechuan Style</i>) 🌶️	£5.80
31a	King Prawn with Mushrooms	£5.80
32	King Prawn Foo Yung	£5.80
33	Fried Scallops with Ginger & Spring Onions.....	£9.70
34	Stir Fried Scallops with Vegetables.....	£9.70
34a	Scallops in Sambal Sauce 🌶️	£9.70
35	Fried Squid with Black Bean Sauce 🌶️	£5.80
35a	Squid in Sambal Sauce 🌶️	£5.80
36	Fried Squid with Ginger & Spring Onions	£5.80
37	Spicy Fried Squid in Szechuan Sauce 🌶️	£5.80
37a	Fried Squid in Salt Chilli Pepper 🌶️	£5.80

CHICKEN DISHES



38	Chicken with Bamboo Shoot	£5.20
39	Fried Chicken Chilli & Garlic 🌶️	£5.20
39a	Fried Chicken (<i>Cantonese Style</i>).....	£5.30
40	Fried Chicken in Lemon Sauce.....	£5.20
41	Fried Chicken in Ginger with Spring Onions.....	£5.20
42	Fried Chicken with Cashew Nuts.....	£5.30
42a	Fried Chicken with Salt Chilli Pepper 🌶️ (<i>Cantonese Style</i>).....	£5.20
43	Fried Chicken in Yellow Bean Sauce.....	£5.30
43a	Chicken in Black Pepper.....	£5.20
44	Sweet & Sour Chicken (<i>Hong Kong Style</i>).....	£5.20
44a	Chicken Pineapple.....	£5.20
45	Spicy Chicken (<i>Szechuan Style</i>) 🌶️	£5.20
46	Fried Chicken & Green Pepper in Black Bean Sauce 🌶️	£5.20
46a	Chicken in Sambal Sauce 🌶️	£5.20
47	Fried Chicken Chop Suey	£5.20
48	Chicken Curry 🌶️	£5.20
48a	Chicken Satay 🌶️	£5.20
49	Chicken Foo Yung.....	£5.20
50	Chicken & Mushrooms	£5.20
51	Sweet & Sour Chicken Balls (12)	£5.50



DUCK DISHES

52	Roast Duck with Orange Sauce.....	£6.00
52a	Roast Duck (<i>Cantonese Style</i>)	£6.00
53	Fried Roast Duck with Sweet Ginger & Pineapple	£6.00



53a	Roast Duck in Plum Sauce.....	£6.00
54	Fried Roast Duck with Assorted Meats	£6.00
55	Fried Roast Duck with Seasonal Vegetables	£6.00
56	Fried Roast Duck with Green Pepper in Black Bean Sauce 🍴	£6.00
56a	Duck in Sambal Sauce 🍴	£6.00
57	Roast Duck with Lemon Sauce	£6.00
58	Spicy Roast Duck (<i>Szechuan Style</i>) 🍴	£6.00
59	Fried Roast Duck with Chilli & Garlic 🍴	£6.00
60	Roast Duck Curry 🍴	£6.00
61	Roast Duck with Mixed Vegetables.....	£6.00
62	Roast Duck with Mushrooms.....	£6.00

BEEF DISHES



63	Beef in Piquant Sauce 🍴	£5.20
63a	Beef in black Pepper	£5.20
64	Beef in Satay Sauce 🍴	£5.20
65	Beef in Cantonese Style	£5.20
66	Beef with Green Peppers in Black Bean Sauce 🍴	£5.20
66a	Beef in Sambal Sauce 🍴	£5.20
67	Beef with Ginger & Spring Onions	£5.20
68	Stir Fried Beef in Oyster Sauce.....	£5.20
69	Stir Fried Beef with Seasonal Vegetables	£5.20
70	House Special Curry 🍴	£5.50
70a	House Special Chop Suey	£5.50
70b	House Special Foo Yung	£5.50
71	Stir Fried Beef in Peking Sauce	£5.20
72	Crispy Beef 🍴	£5.50
73	Stir Fried Beef Chop Suey.....	£5.20
74	Beef Curry 🍴	£5.20
75	Beef with Mushrooms.....	£5.20
76	Beef Foo Yung	£5.20
77	Fried Beef Chilli & Garlic 🍴	£5.20
78	Spicy Fried Beef (<i>Szechuan Style</i>) 🍴	£5.20
79	Fried Beef with Bamboo Shoot.....	£5.20

LAMB DISHES



80	Fried Lamb with Spring Onions	£5.30
81	Stir Fried Lamb in Peking Sauce	£5.30
82	Fried Lamb with Green Pepper in Black Bean Sauce 🍴	£5.30
82a	Lamb in Sambal Sauce 🍴	£5.30



83	Fried Lamb with Seasonal Vegetables	£5.30
84	Fried Lamb in Oyster Sauce.....	£5.30
85	Fried Lamb with Mushrooms in Satay Sauce 🌶️	£5.30
85a	Lamb Curry 🌶️	£5.30

PORK DISHES

86	Fried Pork with Sweet Ginger & Pineapple.....	£5.20
87	Fried Pork with Cashew Nuts	£5.20
88	Fried Pork with Vegetables	£5.20
89	Sweet & Sour Pork (<i>Hong Kong Style</i>).....	£5.20
89a	Barbecue Pork (<i>Cantonese Style</i>)	£5.20
90	Fried Pork (<i>Szechuan Style</i>) 🌶️	£5.20
91	Fried Pork in Yellow Bean Sauce.....	£5.20
91a	Barbecue Pork in Honey Sauce.....	£5.20
92	Fried Pork with Green Pepper in Black Bean Sauce 🌶️	£5.20
92a	Pork in Sambal Sauce 🌶️	£5.20
93	Fried Pork Chop Suey	£5.20
94	Sweet & Sour Pork Balls (12)	£5.50
95	Pork Curry 🌶️	£5.20
96	Barbecued Pork Curry 🌶️	£5.20
97	Pork with Mushrooms	£5.20
98	Barbecued Pork Foo Yung.....	£5.20

RICE DISHES

99	Special Fried Rice (<i>Sauce</i>).....	£5.50
99a	Sambal Special Rice 🌶️	£5.50
100	Singapore Fried Rice 🌶️	£5.50
100a	Shrimp Fried Rice	£5.20
101	Beef Fried Rice	£5.20
102	Chicken Fried Rice.....	£5.20
102a	Barbecue Pork Fried Rice	£5.20
103	King Prawn Fried Rice.....	£5.50
104	Spicy Special Fried Rice (<i>Piquant Sauce</i>) 🌶️	£5.50

EXTRA FINE NOODLE DISHES (SAUCE)

105	Fried King prawn Noodles.....	£6.00
106	Fried Chicken Noodles	£5.70
107	Fried Beef Noodles	£5.70
108	Special Noodles.....	£6.00
109	Spicy Special Noodles (<i>Piquant Sauce</i>) 🌶️	£6.00
110	Noodle with King Prawn Satay Sauce 🌶️	£6.00
111	Noodle with Beef Satay Sauce 🌶️	£6.00
112	Noodles with Chicken Satay Sauce 🌶️	£6.00



🌶️ = Chilli Hot V = Vegetarian

VEGETARIAN DISHES

113	Mixed Vegetables in Black Bean Sauce 🌶️	£4.80
114	Sweet & Sour Vegetables (<i>Hong Kong Style</i>)	£4.80
115	Mixed Vegetables & Cashew Nuts	£4.80
115a	Stir Fried Mixed Vegetables	£4.80
116	Mixed Vegetables (<i>Piquant Sauce</i>) 🌶️	£4.80
117	Mixed Vegetables Satay Sauce 🌶️	£4.80
117a	Vegetable Curry 🌶️	£4.80
118	Fried Bean Sprouts	£4.80
119	Fried Mushrooms	£4.80
119a	Mushroom Chow Mein	£5.00
120	Egg Fried Rice	£3.10
121	Boiled Rice	£2.70
122	Mixed Vegetable Fried Rice	£5.00
123	Vegetable Fried Rice (<i>Piquant Sauce</i>) 🌶️	£5.00
124	Fried Vegetable Vermicelli Singapore Style 🌶️	£5.10
125	Fried Vegetable Noodles	£5.10
125a	Fried Vegetable Chow Mein	£5.10
126	Fried Vegetable Noodles (<i>Piquant Sauce</i>) 🌶️	£5.20
127	Plain Noodles (Fine)	£4.00
127a	Mushroom Foo Yung	£5.00
127b	Mushroom Curry 🌶️	£5.00
127c	Mushroom Fried Rice 🌱	£4.70



CHOW MEIN DISHES (DRY)

128	Chicken Chow Mein	£5.20
129	House Special Chow Mein	£5.50
129a	Sambal Special Chow Mein 🌶️	£5.50
130	Beef Chow Mein	£5.20
131	King Prawn Chow Mein	£5.70
132	Barbecued Pork Chow Mein	£5.20
133	Spicy Special Chow Mein 🌶️	£5.50
134	Plain Chow Mein	£4.00
135	Fried Vermicelli Singapore Style 🌶️	£5.50
136	Fried Tofu with Salt & Chilli Pepper	£4.80
137	Fried Tofu with Seasonal Vegetables	£4.80
138	Tofu Green Pepper in Black Bean Sauce	£4.80
139	Tofu (<i>Szechuan Style</i>)	£4.80
140	Fried Tofu (<i>Hong Kong Style</i>)	£4.80



SAUCES

Sweet & Sour, Curry, Orange, Lemon, Barbecue or Duck Sauce	£1.50
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SELECTED SET MENU

A For One Person£11.00

Chicken in Oyster Sauce
Egg Fried Rice v
Spring Rolls (6) v
Prawn Crackers v

B For One Person£11.00

Sweet & Sour
Chicken Balls (6)
Satay Beef with Mushrooms v
Egg Fried Rice v

C For Two Persons.....£19.00

Sweet & Sour Pork Balls (10)
Chicken Pepper in Black
Bean Sauce
Beef with Mushrooms
Special Fried Rice

D For Two Persons.....£27.50

Aromatic Crispy Duck (*Quarter*)
Sweet & Sour Pork
(*Hong Kong Style*)
Chicken Mixed Vegetables
with Cashew Nuts
Beef in Satay Sauce v
Special Fried Rice

F For Two Persons.....£33.50

Hors d'Oeuvres
Aromatic Crispy Duck (*Quarter*)
Beef & Green Pepper in
Black Bean Sauce v
Sweet & Sour Chicken
(*Hong Kong Style*)
Special Fried Rice
King Prawn with Mushrooms

H For Four Persons....£75.00

Hors d'Oeuvres x 4
Aromatic Crispy Duck (Half)
Sweet & Sour Chicken
(*Hong Kong Style*) x 2
King Prawn Mixed Vegetables
& Cashew Nuts x 2
Spicy Beef in Chilli
& Garlic v x 2
Special Chow Mein x 2
Special Fried Rice x 2
Fried Chicken with
Mushrooms

***All Meals are Available
for Additional Persons***



How to find us



GENETICALLY MODIFIED FOOD

We try as much as possible to use GM-FREE ingredients in our meals. However, we use hundreds of different ingredients, some of which may be GM without our knowledge. We would assure our customers that all our dishes are wholesome & expertly prepared.

August 2019