

GLOSSARY

Our dishes are prepared in the Cantonese style avoiding the excessive use of oil. This rapid cooking technique seals the ingredients, retains their flavour and helps maintain their nutritional value.

We hope this glossary will help to explain the menu in greater detail. Please ask our staff if you require further assistance.

bean curd

made from soya beans. Soya beans are found ubiquitously throughout oriental cuisine and are widely regarded in both east and west as having many properties beneficial to health.

black bean sauce

contains black beans and garlic.

bamboo shoots

have a woody flavour. Also found in chow mein and chop suey dishes. Can be left out on request.

char siu

pork marinated in Chinese spices and slowly cooked to give a succulent texture.

chop suey

with bean sprouts and vegetables.

chow mein

Chinese noodles with bean sprouts and vegetables.

curry

home made medium hot aromatic curry.

duck

roasted in a purpose-built duck oven.

foo yung

scrambled egg dish with bean sprouts.

ho fan

similar dish to chow mein but using fresh flat rice noodle. Moderately hot.

mee goreng (hot)

is made with a thin yellow noodle, char siu pork, prawns, vegetables and spices.

nasi goreng

similar to mee goreng but with fried rice.

OK sauce

also referred to as Cantonese sauce. This is a rich sweet tangy sauce, slightly spicy with a tomato base.

Peking sauce

mild sweet fruity sauce with a sesame base.

prawns

we use "A" grade Norwegian prawns.

samosa

pastry filled with chicken, potato and curry.

satay

Singaporean peanut based sauce with chilli. Moderately hot.

siu mai

steamed prawn and pork dumplings.

Szechwan sauce

moderately hot and sweet spicy bean sauce originating from the Szechwan region of southern China.

vermicelli

similar dish to mee goreng but using a thin white rice noodle. Again hot and spicy.

won ton

Chinese pastry made from flour and water and filled with prawn and pork.

yung chow

with prawns, char siu pork, peas, sweet corn.

ORDERING FROM HOME

To speed up our service please have your order ready (including credit card details if this is your preferred payment method).

If you have a menu in front of you simply quote the number of the meal. Our trained telephone staff will confirm your order in words before forwarding the information to the kitchen.

If collecting please arrive on time to ensure you leave with the food freshly cooked.

* DELIVERING A TASTE OF THE ORIENT

We now offer a delivery service for purchases over £12.00 within a 4 mile radius of the branch. This fast and efficient service carries a £1.00 charge. Deliveries beyond 4 miles will be charged £1.50. Please telephone for further details.

FLAMING HOURS

Sun - Thurs	5.00 pm - 10.00 pm
Fri - Sat	5.00 pm - 10.30 pm

PLEASE
NOTE THAT PRICES
AT OUR WILMSLOW
BRANCH DIFFER FROM THOSE
SHOWN - PLEASE TELEPHONE
01625 536836 IF YOU REQUIRE
FURTHER INFORMATION

DELIVERING

A TASTE OF THE ORIENT...TM
DIRECT TO YOUR DOOR*

flame and wok was conceived to reflect the changing approach to contemporary dining, though drawing on the simplicity and health promoting influences of traditional Chinese cuisine. Blending the old with the new we have brought an ancient art into the 21st century. Modern interiors, open kitchens and exacting standards of hygiene combine with traditional cooking methods and the finest ingredients to create restaurant standard food to take home.

Simplicity has always been the essence of the Chinese way. At flame and wok we feel we have put it in a box.

flame and wok

www.flameandwok.com

SOUP

1	char siu noodle soup*	£2.45
2	chicken & sweetcorn soup	£2.25
3	hot & sour soup	£2.45
4	mixed meat (chicken, beef and char siu) soup*	£2.45
5	shredded chicken & mushroom soup	£2.25
6	shredded chicken & Chinese mushroom soup	£2.25
7	won ton soup*	£2.60
8	won ton noodle soup*	£2.60
9	mixed vegetable soup ^V	£2.25
10	mushroom soup ^V	£2.25
11	sweet corn soup ^V	£2.25
12	vegetarian hot & sour soup ^V	£2.25

FIRST FLAVOURS

13	barbecued ribs in honey	£4.40
14	lemon & honey ribs	£4.40
15	OK ribs*	£4.40
16	Peking ribs*	£4.40
17	salt & pepper ribs	£4.40
18	sweet and sour ribs	£4.40
19	deep fried chicken wing in lemon & honey sauce	£3.30
20	deep fried chicken wings in OK sauce	£3.30
21	deep fried chicken wings in Peking sauce	£3.30
22	deep fried chicken wings salt & pepper style	£3.30
23	deep fried chicken wings in sweet & sour sauce	£3.30
24	deep fried chicken wings with chilli	£3.30
25	deep fried squid salt & pepper style	£4.45
26	deep fried squid in sweet & sour sauce	£4.45
27	crispy seaweed ^V	£2.90
28	deep fried crispy won ton with sweet & sour dip (6)	£2.95
29	sesame prawn toast - (4 pieces)	£3.30
30	samosa* (4)	£3.00
31	spring rolls (4) - our own recipe	£2.50
32	Chef's special combination (a selection from 27 - 31) with sweet & sour dip	£6.80
33	siu mai* (4)	£3.00
34	prawn crackers	£1.80
35	vegetable spring rolls (4) ^V	£2.30

Aromatic crispy duck with pancakes & salad*

36	(1/4)	£6.75
37	(1/2)	£13.00
38	whole	£23.75

MAIN COURSE

Choose one of the following from A-I and combine with any of the numbers between 39-64
eg. C48 = chicken curry

A	beef	£4.45
B	char siu*	£4.45
C	chicken	£4.45
D	king prawn	£4.75
E	prawn*	£4.75
F	roast duck*	£5.10
G	squid	£4.60
H	special (beef, chicken, king prawn and char siu)	£4.90
I	mixed vegetable ^V	£4.30

39	baby sweet corn	53	fried rice (add £1.20)
40	bean sprouts	54	green peppers & black bean sauce*
41	black pepper sauce	55	ginger & pineapple
42	broccoli spears	56	OK sauce*
43	cashew nuts ^N (add 60p)	57	oyster sauce
44	chilli & black bean sauce*	58	Peking sauce*
45	chilli & garlic	59	pineapple
46	chop suey*	60	satay sauce ^{N*}
47	chow mein* (add £1.20)	61	straw mushrooms
48	curry sauce*	62	sweet & sour
49	foo yung*	63	Szechwan sauce*
50	fresh ginger & spring onion sauce	64	water chestnut and bamboo shoots*
51	fresh mushrooms		
52	fresh tomato		

CHEF'S SPECIALS

65	deep fried shredded beef in chilli sauce - Peking style	£4.80
66	deep fried chicken in fresh mushrooms & straw mushrooms in oyster sauce	£4.80
67	deep fried chicken with lemon & honey sauce	£4.80

68	deep fried chicken with plum sauce	£4.80
69	deep fried chicken with spring onion & garlic sauce	£4.80
70	roast duck with lemon & honey sauce*	£5.30
71	roast duck with plum sauce*	£5.30
72	stir fried char siu in honey & soya sauce	£5.30
73	Singapore fried vermicelli*	£5.40
74	Singapore mee goreng*	£5.40
75	Singapore nasi goreng*	£5.40
76	Singapore style rice noodles (ho fan)*	£5.40
77	yung chow fried rice*	£5.40

VEGETARIAN MAIN COURSE

78	deep fried bean curd salt & pepper style*	£4.20
79	deep fried bean curd with straw and fresh mushrooms	£4.20
80	fried bean curd with green pepper & black bean sauce*	£4.20
81	fried bean curd with mixed vegetables	£4.20
82	fried bean curd with mixed vegetables in satay sauce ^{N*}	£4.20
83	fried bean curd with mixed vegetables in Szechwan sauce*	£4.20
84	stir fried mixed vegetables	£4.10

SET MEAL (minimum 2)**First flavours**

chicken and sweet corn soup
barbecue ribs in honey
spring rolls (2 per person)
prawn toast (2 per person)
+ aromatic crispy duck with pancakes and salad
(add £6.00)

Main course

85	(for 2) sweet & sour pork chicken satay ^N mixed vegetables in oyster sauce egg fried rice (per person)	£21.00
86	(for 3) as for 2 + beef green pepper with black bean sauce	£30.00
87	(for 4) as for 2 + beef green pepper with black bean sauce king prawn with fresh mushroom	£39.00

VEGETARIAN SET MEAL (minimum 2)**First flavours**

sweet corn soup
vegetable spring roll (2 per person)
crispy seaweed
deep fried garlic mushrooms with sweet & sour dip

Main course

88	(for 2) broccoli spears in garlic sauce fried bean curd with green pepper, chilli and black bean sauce* mixed vegetables with satay sauce ^{N*} egg fried rice (per person)	£18.00
89	(for 3) as for 2 + Chinese leaves with straw mushrooms and Chinese mushrooms	£26.00
90	(for 4) as for 2 + Chinese leaves with straw mushrooms and Chinese mushrooms stir fried aubergine with fresh chilli & garlic	£35.00

EXTRA PORTIONS

91	boiled rice	£1.50
92	egg fried rice	£1.90
93	curry sauce	£1.40
94	fried bean sprouts	£1.80
95	fried onions	£1.35
96	mushrooms	£1.90
97	noodles	£2.30
98	OK sauce	£1.45
99	stir fried mixed vegetables	£2.45
100	sweet & sour sauce	£1.45

flame and wok

To assist you in your choice *further explanation in glossary
v suitable for vegetarians
^N contains nuts
Please indicate if MSG is not to be
added to your meal