

面

NOODLES IN BROTH

1 清汤牛肉面	Beef Noodles	£9.50
2 酸菜牛肉面	Pickled Cabbage and Beef Noodles	£9.50
3 红烧牛腩面	Braised Beef Brisket Noodles	£9.50
4 清汤牛扒面	Beef Steak Noodles	£9.50
5 家常臊子面	Home Style Saozi Noodles	£9.50
6 极品大排面	Special Ribs Noodles	£9.50
7 香辣油泼面	Aromatic Chilli Oil Noodles (not in broth)	£9.50
8 日式担担面	Japanese Style Dan Dan Noodles	£9.50
9 豉油鸡腿面	Soy Sauce Chicken Noodles	£9.50
10 炸酱面	Noodles with Soybean Paste (not in broth)	£9.50
11 海鲜面	Seafood Noodles	£11.00
12 清汤什菜面	Vegetable Noodles v	£8.50

凉菜

SIDE DISHES

13 麻辣土豆丝	Sliced Spicy Potato v	£3.00
14 海带丝粉丝	Seaweed with Vermicelli v	£3.00
15 酱牛肉	Seasoned Beef	£4.00
16 辣白菜	Korean Style Kimchi v	£3.00
17 白云凤爪	Chinese Style Chicken Feet	£3.50
18 小葱拌豆腐	Tofu with Spring Onions v	£3.00
19 红油耳丝	Pig Ears in the Chilli Oil	£4.00
20 香辣豆皮	Spicy Dry Beancured v	£3.50
21 凉拌牛肚	Spicy Beef Tripe	£4.00
22 凉拌猪肚	Spicy Pork Tripe	£4.00
23 酱鸡胗	Marinated Chicken Gizzards	£4.00
24 蒜香黑木耳	Black Fungus with Garlic v	£3.00

晚餐菜单

EVENING DISHES (from 4:30pm)

25 香辣烤鱼	Hot & Spicy Whole Seabass with Mixed Vegetables v v	£18.00
26 鱼香茄子煲	Aubergine & Salted Fish Clay Pot	£12.00
27 沙爹牛肉粉丝煲	Clay Pot Beef Satay with Vermicelli v	£12.00
28 新疆大盘鸡	Spicy Chicken with Potatoes and Vermicelli v v	£12.00
29 地三鲜	Stir Fried Potato, Aubergine and Pepper	£10.00
30 水煮牛/鱼	Poached Sliced Beef / Fish in Hot Chilli Oil v v	£12.00 Beef £12.00 Fish
31 剁椒鲈鱼	Steamed Sea Bass with chopped Chilli v v	£16.00
32 椒盐大虾	Salt & Pepper King Prawn on the Shell v	£14.00
33 海鲜琵琶豆腐	Deep Fried Seafood Tofu	£14.00
34 麻辣牛肉	Hot & Spicy Beef v	£8.00
35 蒜泥白肉	Pork with Garlic Sauce v	£8.00
36 时下青菜 (蒜蓉, 清炒, 耗油)	Seasonal Vegetables (Garlic/Stir Fried/Oyster)	£8.00

OUR NOODLES

All of our noodle dishes are freshly prepared on site daily using the finest beef stock as the broth.

Please let your server know if you require the vegetarian option.

Join in the conversation!



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0161 273 2888
www.oneplusrestaurant.co.uk

Opening Times

Mon - Sun | 11:30am - 9:30pm
42 Charles Street, Manchester M1 7DB

Spicy/Hot Dishes v
Extra Spicy/Hot Dishes v v
Vegetarian Dishes v

快餐

RICE DISHES

套餐 1

WEEK 1

37	黄焖鸡米饭	Braised Chicken
38	回锅肉饭	Double Cooked Belly Pork **
39	麻婆豆腐饭	Hot and Spicy Pork with Tofu **
40	猪肝土豆丝饭	Stir Fried Pig's Liver with Potato v
41	红烧鱼饭	Braised Fish with Soy Sauce
42	扬州炒饭	Young Chow Fried Rice
43	番茄鸡蛋饭	Stir Fried Tomato and Egg
44	豉椒排骨饭	Ribs in Black Bean Sauce
45	农家肉片饭	Stir Fried Slice Pork with Pepper v
46	蒜蓉西兰花饭	Stir Fried Broccoli with Garlic v
47	粟米汤	Sweetcorn Soup

套餐 2

WEEK 2

48	盐焗鸡饭	Salted Steamed Chicken
49	红烧牛腩饭	Braised Beef Brisket with Soy Sauce
50	酸菜鱼饭	Fish with Pickled Cabbage v
51	肉丝金菇豆腐饭	Stir Fried Pork with Enoki Mushrooms and Tofu
52	榄菜肉末豆角饭	Stir Fried Green Beans with Minced Pork and Olive Pickles
53	黑椒牛肉饭	Beef in Black Pepper Sauce
54	腊味炒饭	Chinese Cured Pork and Sausage Fried Rice
55	麻辣排骨饭	Hot Spicy Ribs **
56	酱香肉丝饭	Shredded Pork with Soybean Sauce
57	醋溜白菜饭	Fried Chinese Cabbage with Vinegar Sauce v v
58	西湖牛肉羹	West Lake Beef Soup

套餐 3

WEEK 3

59	台湾卤肉饭	Taiwanese Style Marinated Pork
60	日式咖喱鸡饭	Japanese Chicken Curry
61	马来牛腩饭	Malaysian Style Braised Beef Brisket v
62	鱼香肉丝饭	Essence of Fish with Shredded Pork v
63	小炒牛肉	Stir Fried Beef with Chilli and Celery v
64	西芹虾仁	Stir Fried Prawn with Celery
65	辣子鸡丁饭	Stir Fried Spicy Chicken **
66	豉油鸡饭	Marinated Soy Chicken
67	椒盐猪扒饭	Salt & Pepper Pork Chops
68	青瓜土豆丝饭	Stir Fried Cucumber and Potato v
69	蟹米汤	Crab & Sweetcorn Soup

套餐 4

WEEK 4

70	家乡炖鸡饭	Home Style Chicken
71	绿咖喱牛腩	Beef Brisket Green Curry v
72	韩式牛肉饭	Korean Style Beef
73	京汁猪扒饭	Pork Chops in Peking Sauce
74	椒盐鸡翅饭	Salt & Pepper Chicken Wings
75	XO 酱鸡粒炒饭	Chicken Fried Rice with XO Sauce
76	川椒鱼片饭	Sichuan Pepper Fish **
77	糖醋排骨	Sweet and Sour Ribs
78	干煸四季豆饭	Stir Fried Green Beans with Mince Pork v
79	耗油西葫芦饭	Courgettes in Oyster Sauce v
80	榨菜肉丝汤	Mustard Stem and Pork Soup

Rice Dishes Changed Weekly

快餐菜单每周更换

Lunch
£8.00 per
head

(until 3pm)

Evening
£8.50 per
head

Soup
+
£1.00

DRINKS MENU

Alcohol Drinks

江小白	Joybo Chinese Rice Wine	£16.00
	per Bottle	
杜松子酒	Gin	£3.00
	25ml Measure	
威士忌	Jack Daniels	£3.00
	25ml Measure	
伏加特	Vodka	£3.00
	25ml Measure	
玫瑰红酒	Rosé	£4.25
	175ml Glass (£18 per bottle)	
白葡萄酒	House White Wine	£4.25
	175ml Glass (£18 per bottle)	
红酒	House Red Wine	£4.25
	175ml Glass (£18 per bottle)	
时代啤酒	Stella Artois	£3.50
	per Bottle	
青岛啤酒	Tsingtao Chinese Beer	£3.50
	per Bottle	
百威啤酒	Budweiser	£3.50
	per Bottle	
苹果酒	Cider	£3.50
	per Bottle	

Soft Drinks

可乐	Coke	£2.50 Reg	£3.50 Pint
健怡可乐	Diet Coke	£2.50 Reg	£3.50 Pint
柠檬汁	Lemonade	£2.50 Reg	£3.50 Pint
奎宁水	Tonic Water	£2.50 Reg	£3.50 Pint
芦荟汁	Aloe Vera Drink	£2.50 Reg	£3.50 Pint
橙汁	Orange Juice	£2.50 Reg	£3.50 Pint
苹果汁	Apple Juice	£2.50 Reg	£3.50 Pint
菠萝汁	Pineapple Juice	£2.50 Reg	£3.50 Pint
冰红茶	Ice Lemon Tea	£2.80	
酸梅汤	Plum Juice	£2.80	
绿茶	Bottled Green Tea	£2.80	
王老吉	Herb Tea	£2.80	
椰汁	Coconut Juice	£2.80	
豆奶	Soybean Milk	£2.50	
英式奶茶	English Tea	£2.50	
咖啡	Coffee	£2.50	
矿泉水	Bottled Water	£2.00	
中国茶	Chinese Tea	£1.00 per head	

Häagen-Dazs Ice Cream 95ml £3.95
(Vanilla/Belgium Chocolate/Strawberries & Cream/Salted Caramel/Pralines & Cream - has nuts)