



由你做主

NOODLES AND RICE BAR

M E N U

兰州拉面

盖浇饭

面食

| | | |
|---------------------|--|-----------------|
| 1 红烧牛腩面 | Braised Beef Brisket Noodles | £12.45 |
| 2 清汤牛肉面 | Sliced Beef Noodles | £12.45 |
| 3 酸菜牛肉面 | Beef with Pickled Cabbage Noodles | £12.45 |
| 4 清汤牛扒面 | Beef Steak Noodles | £12.45 |
| 5 极品大排面 | Special Ribs Noodles | £12.45 |
| 6 豉油鸡腿面 | Soy Sauce Chicken Noodles | £12.45 |
| 7 海鲜面 | Seafood Noodles | £13.50 |
| 8 清汤什菜面 | Vegetable Noodles | £11.50 |
| 9 香辣油泼面 | Beef Noodles Tossed in Aromatic Chili Oil Noodles (not in broth) | £12.45 |
| 10 炸酱面 | Minced Pork Noodles with Soybean Paste (not in broth) | £12.45 |
| 11 豆角焖面 | Pork & Green Beans Noodles (with sauce) | £13.25 |
| 12 番茄鸡蛋捞面 | Egg and Tomato Noodles (with sauce) | £12.45 |
| 13 酸辣粉 (肥牛/肥羊/牛腩) | Hot and Sour Glass Noodles - Beef / Lamb / Beef Brisket in broth | £12.45 |
| 14 干炒河粉 (牛河或斋河) | Stir Fired Ho Fan Noodles - Beef / Vegetable (dry dish) | £13.50 / £11.50 |
| 15 星洲炒米粉 | Stir Fired Singapore Vermicelli (dry dish) | £12.95 |
| 16 马来西亚风味炒乌冬 | Malaysian Style Udon Noodles (dry dish) | £12.95 |
| 17 白菜猪肉饺子 12/18 粒 | Dumplings - Pork & Chinese Cabbage 12 / 18 pieces | £11.99 / £16.99 |
| 18 韭菜猪肉虾皮饺子 12/18 粒 | Dumplings - Pork, Shrimp & Chives 12 / 18 pieces | £11.99 / £16.99 |

MAINS (No. 1 - 8 Served in Broth)

OUR NOODLES

All of our noodle dishes from No.1 - 12 and No.39 are handcrafted and freshly prepared onsite daily.

All noodles that are in a broth (excl. No. 8 and 13) is served with our finest beef stock as the broth.

凉菜

| | | |
|----------|---------------------------|-------|
| 19 酱牛肉 | Seasoned Beef Slices | £6.50 |
| 20 夫妻肺片 | Spicy Beef and Beef Offal | £6.50 |
| 21 凉拌牛肚 | Spicy Beef Tripe | £6.00 |
| 22 盐水鸡胗 | Salted Chicken Gizzards | £6.00 |
| 23 皮冻 | Pork Gelatine | £6.00 |
| 24 红油耳丝 | Pig Ears in Chili Oil | £6.00 |
| 25 香辣豆皮 | Spicy Dry Beancured | £5.00 |
| 26 麻辣土豆丝 | Spicy Sliced Potato | £4.50 |
| 27 海带丝粉丝 | Seaweed and Vermicelli | £4.50 |
| 28 小葱拌豆腐 | Tofu and Spring Onions | £4.50 |
| 29 蒜香黑木耳 | Garlic Black Fungus | £4.50 |
| 30 炒饭 | Egg Fried Rice | £4.00 |
| 31 白米饭 | Boiled Rice | £3.00 |

SIDE DISHES

特别推荐

CHEF'S SPECIALS

| | | |
|--------------------|---|--------|
| 32 香辣烤鱼 | Hot and Spicy Whole Seabass with Mixed Vegetables | £25.00 |
| 33 椒盐大虾 | Salt and Pepper King Prawn (on the shell) | £19.00 |
| 34 成都豆花鱼 | Sichuan Fish with Soft Tofu | £16.50 |
| 35 水煮牛/鱼 | Poached Beef / Fish in Hot Chili Oil | £16.50 |
| 36 干锅牛腩 | Beef Brisket Cooked in Hot Pan | £17.00 |
| 37 牛肉粉丝煲 | Beef Satay with Vermicelli | £16.50 |
| 38 番茄焖牛腩 | Slow Cooked Beef Brisket with Tomato | £16.50 |
| 39 新疆大盘鸡 | Spicy Chicken with Potatoes & Noodles | £19.00 |
| 40 北菇滑鸡煲 | Chicken and Mushroom | £16.00 |
| 41 啤酒醋焖鸡 | Slow Cooked Beer Chicken | £16.00 |
| 42 鱼香茄子煲 | Pork & Aubergine with Essence of Fish | £15.50 |
| 43 干锅豆腐 | Hot Pan Pork and Tofu | £12.50 |
| 44 干锅包菜 | Hot Pan Pork and Sweet Cabbage | £13.50 |
| 45 尖椒炒肥肠 | Stir Fried Pig Intestine with Chili | £16.00 |
| 46 凉拌牛腱子肉 | Spicy Beef Shank (Cold Dish) | £11.00 |
| 47 椒麻鸡 | Spicy Chicken (Cold Dish) | £11.00 |
| 48 咸蛋黄焖豆腐 | Tofu covered with Salted Duck Yolk | £13.50 |
| 49 地三鲜 | Stir Fried Aubergine, Peppers & Potatoes | £12.00 |
| 50 时下青菜 (蒜蓉/清炒/蚝油) | Seasonal Vegetables (Garlic/Stir Fried/Oyster) | £11.00 |

FOOD ALLERGIES and INTOLERANCES

Please speak to a member of staff about ingredients in your meal when making an order.

Follow us on



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0161 273 2888

www.oneplusrestaurant.co.uk

Opening Times

7 Days | 11:30am - 9:30pm

42 Charles Street, Manchester M1 7DB

Mild Dishes Hot Dishes

Extra Hot Dishes

Vegetarian Dishes

快餐

RICE DISHES

套餐 1

WEEK 1

| | | |
|----|---------|---|
| 51 | 黄焖鸡米饭 | Braised Chicken |
| 52 | 回锅肉饭 | Double Cooked Belly Pork ❷ |
| 53 | 麻婆豆腐饭 | Hot and Spicy Pork with Tofu ❷ |
| 54 | 红烧鱼饭 | Braised Fish with Soy Sauce |
| 55 | 扬州炒饭 | Young Chow Fried Rice |
| 56 | 木须肉 | Stir Fried Pork with Egg and Black Fungus |
| 57 | 糖醋排骨饭 | Sweet and Sour Ribs |
| 58 | 农家肉片饭 | Stir Fried Slice Pork with Pepper ❶ |
| 59 | 炒烤牛腩 | Fried Roast Beef Brisket ❶ |
| 60 | 宫保鸡丁饭 | Kung Pao Chicken ❶ |
| 61 | 酸豆角炒肉末饭 | Stir Fried Pork Mince with Sour Beans ❶ |
| 62 | 番茄鸡蛋饭 | Stir Fried Tomato and Egg ❷ |
| 63 | 木须汤 | Pork with Daylily Flower and Egg Soup |

套餐 2

WEEK 2

| | | |
|----|---------|---|
| 64 | 盐焗鸡饭 | Salted Steamed Chicken |
| 65 | 酸菜鱼饭 | Fish with Pickled Cabbage ❶ |
| 66 | 土豆烧牛腩饭 | Braised Beef Brisket with Potatoes |
| 67 | 肉丝金菇豆腐饭 | Stir Fried Pork with Enoki Mushrooms and Tofu |
| 68 | 日式咖喱鸡饭 | Chicken Katsu Curry ❶ |
| 69 | 黑椒牛肉饭 | Beef in Black Pepper Sauce |
| 70 | 腊味炒饭 | Chinese Cured Pork and Sausage Fried Rice |
| 71 | 麻辣排骨饭 | Hot and Spicy Pork Ribs ❷ |
| 72 | 京汁猪扒饭 | Pork Chops in Peking Sauce |
| 73 | 剁椒鸡丁饭 | Stir Fried Chicken with Chopped Chili ❷ |
| 74 | 酸辣肥牛饭 | Hot and Sour Beef Brisket ❶ |
| 75 | 榄菜豆腐 | Stir Fried Tofu with Olive Pickle ❷ |
| 76 | 西湖牛肉羹 | West Lake Beef Soup |

套餐 3

WEEK 3

| | | |
|----|---------|--|
| 77 | 台湾卤肉饭 | Taiwanese Style Marinated Pork |
| 78 | 马来牛腩饭 | Malaysian Style Braised Beef Brisket ❶ |
| 79 | 鱼香肉丝饭 | Pork with Essence of Fish ❶ |
| 80 | 小炒牛肉饭 | Stir Fried Beef with Chili ❶ |
| 81 | 榄菜肉末豆角饭 | Stir Fried Green Beans with Minced Pork and Olive Pickle |
| 82 | 湘味辣子鸡饭 | Sichuan Style Stir Fried Spicy Chicken ❷ |
| 83 | 豉油鸡饭 | Marinated Soy Chicken |
| 84 | 椒盐猪扒饭 | Salt and Pepper Pork Chops ❶ |
| 85 | 虾仁滑蛋饭 | Stir Fried Prawn with Egg |
| 86 | 葱爆羊肉饭 | Stir Fried Lamb with Leek |
| 87 | 糖醋鱼饭 | Sweet and Sour Fish |
| 88 | 蒜蓉西兰花饭 | Stir Fried Garlic Broccoli ❷ |
| 89 | 蟹米汤 | Crab Stick and Sweetcorn Soup |

套餐 4

WEEK 4

| | | |
|-----|--------|--|
| 90 | 泰国炒鸡饭 | Thai Style Stir Fried Chicken ❶ |
| 91 | 红烧牛腩饭 | Braised Beef Brisket |
| 92 | 孜然牛肉饭 | Stir Fried Beef Cumin and Coriander ❶ |
| 93 | 猪肉粉条饭 | Braised Pork Belly with Vermicelli |
| 94 | 椒盐鸡翅饭 | Salt and Pepper Chicken Wings ❶ |
| 95 | 牛肉炒饭 | Beef Fried Rice |
| 96 | 辣子鱼块饭 | Stir Fried Spicy Fish ❷ |
| 97 | 豉椒排骨饭 | Pork Ribs in Black Bean Sauce |
| 98 | 干煸四季豆饭 | Stir Fried Mince Pork with Green Beans ❷ |
| 99 | 爆炒鸡胗饭 | Stir Fried Chicken Gizzards with Peppers |
| 100 | 芫爆里脊丝饭 | Stir Fried Pork with Coriander |
| 101 | 韭菜炒鸡蛋饭 | Stir Fried Chinese Chives and Egg ❷ |
| 102 | 酸辣汤 | Hot and Sour Soup ❶ |

All dishes
£11.45 per head

Soup
+
£2.50

DRINKS MENU

Alcohol Drinks

| | | |
|------|------------------------------|--------|
| 江小白 | Joybo Chinese Rice Wine | £18.00 |
| | per Bottle | |
| 海之蓝 | HaiZhiLan Rice Wine | £18.00 |
| | per Bottle | |
| 杜松子酒 | Gin | £4.00 |
| | 25ml Measure | |
| 威士忌 | Jack Daniels | £4.00 |
| | 25ml Measure | |
| 伏加特 | Vodka | £4.00 |
| | 25ml Measure | |
| 玫瑰红酒 | Rosé | £5.95 |
| | 175ml Glass (£23 per bottle) | |
| 白葡萄酒 | House White Wine | £5.95 |
| | 175ml Glass (£23 per bottle) | |
| 红酒 | House Red Wine | £5.95 |
| | 175ml Glass (£23 per bottle) | |
| 时代啤酒 | Stella Artois | £5.50 |
| | per Bottle | |
| 青岛啤酒 | Tsingtao Chinese Beer | £5.50 |
| | per Bottle | |
| 百威啤酒 | Budweiser | £5.50 |
| | per Bottle | |
| 苹果酒 | Cider | £5.50 |
| | per Bottle | |

Soft Drinks

| | | | |
|------|-------------------------|----------------|------------|
| 可乐 | Coke | £3.30 Reg | £4.30 Pint |
| 健怡可乐 | Diet Coke | £3.30 Reg | £4.30 Pint |
| 柠檬汁 | Lemonade | £3.30 Reg | £4.30 Pint |
| 芦荟汁 | Aloe Vera Drink | £3.30 Reg | £4.30 Pint |
| 橙汁 | Orange Juice | £3.30 Reg | £4.30 Pint |
| 苹果汁 | Apple Juice | £3.30 Reg | £4.30 Pint |
| 菠萝汁 | Pineapple Juice | £3.30 Reg | £4.30 Pint |
| 冰红茶 | Ice Lemon Tea | £3.80 | |
| 酸梅汤 | Plum Juice | £3.80 | |
| 绿茶 | Bottled Green Tea | £3.80 | |
| 王老吉 | Herb Tea | £3.50 | |
| 椰汁 | Coconut Juice | £3.50 | |
| 豆奶 | Soybean Milk | £3.50 | |
| 英式奶茶 | English Tea | £3.00 | |
| 咖啡 | Coffee | £3.00 | |
| 矿泉水 | Bottled Water | £3.00 | |
| 气泡水 | Bottled Sparkling Water | £3.00 | |
| 菊花茶 | Chrysanthemum Tea | £3.00 | |
| 柚子茶 | Grapefruit Tea | £3.00 | |
| 新鲜椰子 | Fresh Young Coconut | £5.50 | |
| 中国茶 | Chinese Tea | £2.00 per head | |

Yee Kwan Ice Cream £5.95

Black Sesame, Chocolate Miso, Lychee, Mango & Passion Fruit, Matcha Green Tea, Toasted Coconut, Dragon Fruit Sorbet (vegan)

Rice Dishes Changed Weekly 快餐菜单每周更换