



NOODLES AND RICE BAR

M E N U

由你做主 兰州拉面 盖浇饭

面

NOODLES

Ask for a Vermicelli or Udon Noodle swap.
Upgrade to Ho Fan Rice Noodles +£2
可换成米粉/乌冬/河粉, 河粉加 £2

1	清汤牛肉面	Beef Noodles	£12.95
2	酸菜牛肉面	Beef with Pickled Cabbage Noodles	£12.95
3	红烧牛腩面	Braised Beef Brisket Noodles	£12.95
4	清汤牛扒面	Beef Steak Noodles	£12.95
5	极品大排面	Special Ribs Noodles	£12.95
6	豉油鸡腿面	Soy Chicken Noodles	£12.95
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 (not in broth)	£12.95
10	炸酱面	Minced Pork Noodles with Soybean Paste (not in broth)	£12.95
11	番茄鸡蛋捞面	Egg and Tomato Noodles (with sauce)	£12.95
12	酸辣鸡胗面	Stir Fry Hot and Sour Chicken Gizzards Noodles	£13.25
13	红烧大肠面	Stir Fry Braised Pig Intestine Noodles	£13.25
14	辣椒肉末面	Stir Fried Pork Mince with Pepper and Chili Noodles	£13.25
15	豆角焖面	Pork and Green Beans Noodles (with sauce)	£13.25
16	干炒河粉 (牛河或斋河)	Stir Fired Ho Fan Noodles - Beef or Vegetable (dry dish)	£13.50 / £11.50
17	星洲炒米粉	Stir Fired Singapore Vermicelli	£12.45
18	鸡肉/牛肉炒面	Stir Fried Noodles - Chicken / Beef	£12.95
19	酸辣粉 (肥牛/肥羊/牛腩)	Hot and Sour Glass Noodles - Beef / Lamb / Beef Brisket (in broth)	£12.45
20	马来西亚风味炒乌冬	Malaysian Style Udon Noodles (dry dish)	£12.95

OUR NOODLES

All of our noodle dishes from No. 1 - 15 and No. 41 are handcrafted and freshly prepared onsite daily.

All of our noodles from No. 1 - 7 is served with our finest beef stock as broth accompanied with chili oil, spring onions and coriander.

FOOD ALLERGIES and INTOLERANCES

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

饺子

DUMPLINGS

Served with a chili and soy vinaigrette dip with coriander and spring onions

21	白菜猪肉饺子 12 / 18粒	Pork & Chinese Cabbage 12 / 18 pieces	£11.99 / £16.99
22	韭菜猪肉虾仁饺子 12 / 18粒	Pork, Shrimp & Chives 12 / 18 pieces	£11.99 / £16.99

凉菜

SIDE DISHES

23	麻辣土豆丝	Spicy Potato	£4.50
24	海带丝粉丝	Seaweed with Vermicelli	£4.50
25	酱牛肉	Seasoned Beef Slices	£6.50
26	小葱拌豆腐	Tofu with Spring Onions	£4.50
27	红油耳丝	Pig Ears in Chili Oil	£6.00
28	香辣豆皮	Spicy Dry Beancured	£5.00
29	凉拌牛肚	Spicy Beef Tripe	£6.00
30	盐水鸡胗	Salted Chicken Gizzards	£6.00
31	蒜香黑木耳	Garlic Black Fungus	£4.50
32	夫妻肺片	Spicy Beef and Beef offal	£6.50
33	皮冻	Pork Gelatine	£6.00
34	白米饭	Boiled Rice	£3.00
35	炒饭	Egg Fried Rice	£4.00
36	煎蛋	Fried Egg with a dash of Soy	£1.50

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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 1 Hot Dishes 11

Extra Hot Dishes 111

Vegetarian Dishes 1

特别推荐 CHEF SPECIALS

37 半只明炉烤鸭	Half Roasted Duck	£18.00	53 番茄焖牛腩	Slow Cooked Tomato Beef Brisket	£16.50
38 整只明炉烤鸭	Whole Roasted Duck	£32.00	54 啤酒醋焖鸡	Slow Cooked Beer Chicken	£16.00
39 叉烧肉	Char Sui Roast Pork	£15.00	55 尖椒炒肥肠	Stir Fried Pig Intestine with Chilli	£16.00
40 香辣烤鱼	Hot & Spicy Whole Seabass with Mixed Vegetables & Meats	£25.00	56 香辣肥肠鸡	Hot & Spicy Chicken and Pig Intestines	£17.00
41 新疆大盘鸡	Spicy Chicken & Potatoes with Noodles	£19.00	57 泡椒炒牛肉	Stir Fried Beef with Pickled Chilli	£16.00
42 毛血旺	Mao Xue Wang (duck blood, beef tripe, beef tongue, spam & veg)	£19.00	58 泡椒炒鸡杂	Stir Fried Chicken Gizzards with Pickled Chilli	£15.50
43 水煮牛/鱼	Poached Beef / Fish in Hot Chili Oil	£16.50	59 锅包肉	Deep Fried Crispy Pork with Honey	£16.50
44 椒盐大虾	Salt and Pepper King Prawn (on the shell)	£19.00	60 红烧肉	Soy Braised Pork Belly	£16.50
45 孜然鱿鱼须	Stir Fried Squid Tentacles with Cumin	£18.00	61 溜肉段	Crispy Stir Fried Pork Tenderloin	£16.50
46 海鲜玉子豆腐	Seafood and Egg Tofu Pot	£18.00	62 酸菜炖粉条	Pickled Cabbage Stew with Vermicelli	£15.50
47 北菇滑鸡煲	Chicken and Mushroom Pot	£16.00	63 尖椒干豆腐	Stir Fried Paper Tofu with Chilli	£15.50
48 沙爹牛肉粉丝煲	Satay Beef and Vermicelli Pot	£16.50	64 孜然土豆炒火腿	Stir Fried Spam and Potatoes with Cumin	£14.50
49 鱼香茄子煲	Pork and Aubergine with Essence of Fish	£15.50	65 肉末茄子	Braised Aubergine with Pork Mince	£14.50
50 干锅牛腩	Hot Pan Beef Brisket	£17.00	66 豆角烧茄子	Braised Aubergine with Green Beans	£14.00
51 干锅包菜	Hot Pan Pork and Sweet Cabbage	£13.50	67 椒麻鸡	Spicy Chicken (cold dish)	£12.00
52 咸蛋黄焗豆腐	Tofu covered with Salted Duck Yolk	£13.50	68 地三鲜	Stir Fried Potato, Aubergine and Pepper	£13.00
			69 时下青菜 (蒜蓉/清炒/蚝油)	Seasonal Vegetables (Garlic / Stir Fried / Oyster)	£12.00

RICE DISHES 快餐套餐

Rice Dishes Changed Weekly
快餐菜单每周更换

All dishes served
with Boiled Rice

£11.95

Upgrade to
Fried Rice +£1

Add this
week's Soup
for just

£2.50

Torn between 2 dishes? Upgrade ½ & ½ meats +£3
升级版两个菜 加 £3

套餐 1 WEEK 1

70 黄焖鸡米饭	Braised Chicken
71 回锅肉饭	Double Cooked Pork Belly
72 麻辣豆腐饭	Hot and Spicy Pork with Tofu
73 红烧鱼饭	Braised Fish with Soy Sauce
74 扬州炒饭	Young Chow Fried Rice
75 木须肉饭	Stir Fried Pork with Egg and Black Fungus
76 糖醋排骨饭	Sweet and Sour Ribs
77 农家肉片饭	Stir Fried Slice Pork with Pepper
78 炒烤牛腩饭	Fried Roast Beef Brisket
79 宫保鸡丁饭	Kung Pao Chicken
80 酸豆角炒肉末饭	Stir Fried Pork Mince with Sour Beans
81 番茄鸡蛋饭	Stir Fried Egg and Tomato
82 木须汤	Pork with Daylily Flower and Egg Soup

套餐 2 WEEK 2

83 盐焗鸡饭	Salted Steamed Chicken
84 酸菜鱼饭	Fish with Pickled Cabbage
85 土豆烧牛腩饭	Braised Beef Brisket with Potato
86 肉丝金菇豆腐饭	Stir Fried Pork with Enoki Mushrooms and Tofu
87 日式咖喱鸡饭	Chicken Katsu Curry
88 黑椒牛肉饭	Beef in Black Pepper Sauce
89 腊味炒饭	Chinese Cured Pork and Sausage Fried Rice
90 麻辣排骨饭	Hot and Spicy Pork Ribs
91 香辣蒜蓉鸡翅饭	Spicy Garlic Chicken Wings
92 剁椒鸡丁饭	Stir Fried Chicken with Chopped Chilli
93 酸辣肥牛饭	Hot and Sour Beef Brisket
94 椒盐豆腐饭	Stir Fried Tofu with Olive Pickles
95 西湖牛肉羹	West Lake Beef Soup

套餐 3 WEEK 3

96 台湾卤肉饭	Taiwanese Style Marinated Pork
97 马来牛腩饭	Malaysian Style Braised Beef Brisket
98 鱼香肉丝饭	Pork with Essence of Fish
99 小炒牛肉饭	Stir Fried Beef with Chilli
100 榄菜肉末豆角饭	Stir Fried Green Beans with Minced Pork and Olive Pickles
101 湘味辣子鸡饭	Sichuan Style Stir Fried Spicy Chicken
102 豉油鸡饭	Marinated Soy Chicken
103 椒盐猪扒饭	Salt and Pepper Pork Chops
104 虾仁滑蛋饭	Stir Fried Prawn with Egg
105 葱爆羊肉饭	Quick Stir Fried Lamb with Leek
106 糖醋鱼饭	Sweet and Sour Fish
107 蒜蓉西兰花饭	Stir Fried Garlic Broccoli
108 蟹米汤	Crab Stick and Sweetcorn Soup

套餐 4 WEEK 4

109 泰式绿咖喱鸡饭	Chicken Thai Green Curry
110 红烧牛腩饭	Braised Beef Brisket
111 孜然牛肉饭	Stir Fried Beef Cumin and Coriander
112 猪肉粉条饭	Braised Pork Belly with Vermicelli
113 椒盐鸡翅饭	Salt & Pepper Chicken Wings
114 牛肉炒饭	Beef Fried Rice
115 辣子鱼块饭	Stir Fried Spicy Fish
116 豉椒排骨饭	Pork Ribs in Black Bean Sauce
117 干煸四季豆饭	Stir Fried Green Beans with Minced Pork
118 爆炒鸡杂饭	Stir Fried Chicken Gizzards with Peppers
119 芫爆里脊丝饭	Stir Fried Pork with Coriander
120 韭菜炒鸡蛋饭	Stir Fried Chinese Chives and Egg
121 酸辣汤	Hot and Sour Soup