One+

由你做主

NOODLES AND RICE BAR

MENU

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 v	£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) v	£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) v	£13.50 / £11.50
17	星洲炒米粉	Stir Fired Singapore Vermicelli 🌶	£12.95
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) 🌶🌶	£12.95
20	马来西亚风味炒乌冬	Malaysian Style Udon Noodles (dry dish) 🌶🌶	£12.95

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	£12.50 / £17.50
22	韭菜猪肉虾皮饺子 12/18粒	Pork, Shrimp & Chives 12 / 18 pieces	£12.50 / £17.50

凉菜 SIDE DISHES

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

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.

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 v

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

37	黄焖鸡米饭	Braised Chicken
38	回锅肉饭	Double Cooked Pork Belly 🌶🌶
39	麻婆豆腐饭	Hot and Spicy Pork with Tofu 🌶🌶
40	红烧鱼饭	Braised Fish with Soy Sauce
41	扬州炒饭	Young Chow Fried Rice
42	木须肉饭	Stir Fried Pork with Egg and Black Fungus
43	糖醋排骨饭	Sweet and Sour Ribs
44	农家肉片饭	Stir Fried Slice Pork with Pepper 🌶
45	炒烤牛腩饭	Fried Roast Beef Brisket 🌶
46	宫保鸡丁饭	Kung Pao Chicken 🌶
47	酸豆角炒肉末饭	Stir Fried Pork Mince with Sour Beans 🌶
48	番茄鸡蛋饭	Stir Fried Egg and Tomato *v*
49	木须汤	Pork with Daylily Flower and Egg Soup

套餐 2 WEEK 2

50	盐焗鸡饭	Salted Steamed Chicken
51	酸菜鱼饭	Fish with Pickled Cabbage 🌶
52	土豆烧牛腩饭	Braised Beef Brisket with Potato
53	肉丝金菇豆腐饭	Stir Fried Pork with Enoki Mushrooms and Tofu
54	日式咖喱鸡饭	Chicken Katsu Curry
55	黑椒牛肉饭	Beef in Black Pepper Sauce
56	腊味炒饭	Chinese Cured Pork and Sausage Fried Rice
57	麻辣排骨饭	Hot and Spicy Pork Ribs 🌶🌶
58	香辣蒜蓉鸡翅饭	Spicy Garlic Chicken Wings 🌶🌶
59	剁椒鸡丁饭	Stir Fried Chicken with Chopped Chilli 🌶🌶
60	酸辣肥牛饭	Hot and Sour Beef Brisket 🌶
61	橄菜豆腐饭	Stir Fried Tofu with Olive Pickles *v*
62	西湖牛肉羹	West Lake Beef Soup

套餐 3 WEEK 3

63	台湾卤肉饭	Taiwanese Style Marinated Pork
64	马来牛腩饭	Malaysian Style Braised Beef Brisket 🌶
65	鱼香肉丝饭	Pork with Essence of Fish 🌶
66	小炒牛肉饭	Stir Fried Beef with Chilli 🌶
67	榄菜肉末豆角饭	Stir Fried Green Beans with Minced Pork and Olive Pickles
68	湘味辣子鸡饭	Sichuan Style Stir Fried Spicy Chicken 🌶🌶
69	豉油鸡饭	Marinated Soy Chicken
70	椒盐猪扒饭	Salt and Pepper Pork Chops 🌶
71	虾仁滑蛋饭	Stir Fried Prawn with Egg
72	葱爆羊肉饭	Quick Stir Fried Lamb with Leek
73	糖醋鱼饭	Sweet and Sour Fish
74	蒜蓉西兰花饭	Stir Fried Garli Broccoli *v*
75	蟹米汤	Crab Stick and Sweetcorn Soup

套餐 4 WEEK 4

76	泰式绿咖喱鸡饭	Chicken Thai Green Curry 🌶
77	红烧牛腩饭	Braised Beef Brisket
78	孜然牛肉饭	Stir Fried Beef Cumin and Coriander 🌶
79	猪肉粉条饭	Braised Pork Belly with Vermicelli
80	椒盐鸡翅饭	Salt & Pepper Chicken Wings 🌶
81	牛肉炒饭	Beef Fried Rice
82	辣子鱼块饭	Stir Fried Spicy Fish 🌶🌶
83	豉椒排骨饭	Pork Ribs in Black Bean Sauce
84	干煸四季豆饭	Stir Fried Green Beans with Mince Pork 🌶🌶
85	爆炒鸡胗饭	Stir Fried Chicken Gizzards with Peppers 🌶🌶
86	芫爆里脊丝饭	Stir Fried Pork with Coriander
87	韭菜炒鸡蛋饭	Stir Fried Chinese Chives and Egg *v*
88	酸辣汤	Hot and Sour Soup 🌶

叉烧饭 Char Sui Roast Pork £14.50 | 烧鸭饭 Roast Duck £16.00 | 两烧饭 Two Roasties £16.50 | 卤猪肘子饭 Braised Pork Shank £11.95
All the above is served with Boiled Rice. Upgrade to Fried Rice +£1 ***SERVED DAILY!***

特别推荐 CHEF SPECIALS

89	半只明炉烤鸭	Half Roasted Duck	£18.00	105	番茄焖牛腩	Slow Cooked Tomato Beef Brisket	£16.50
90	整只明炉烤鸭	Whole Roasted Duck	£32.00	106	啤酒醋焖鸡	Slow Cooked Beer Chicken 🌶🌶	£16.00
91	叉烧肉	Char Sui Roast Pork	£15.00	107	尖椒炒肥肠	Stir Fried Pig Intestine with Chilli 🌶🌶	£16.00
92	香辣烤鱼	Hot & Spicy Whole Seabass with Mixed Vegetables & Meats 🌶🌶	£25.00	108	香辣肥肠鸡	Hot & Spicy Chicken and Pig Intestines 🌶🌶	£17.00
				109	泡椒炒牛肉	Stir Fried Beef with Pickled Chilli 🌶🌶	£16.00
93	新疆大盘鸡	Spicy Chicken & Potatoes with Noodles 🌶🌶	£19.00	110	泡椒炒鸡胗	Stir Fried Chicken Gizzards with Pickled Chilli 🌶🌶	£15.50
94	毛血旺	Mao Xue Wang (duck blood, beef tripe, beef tongue, spam & veg) 🌶🌶🌶	£19.00	111	锅包肉	Deep Fried Cripsy Pork with Honey	£16.50
				112	红烧肉	Soy Braised Pork Belly	£16.50
95	水煮牛/鱼	Poached Beef / Fish in Hot Chili Oil 🌶🌶	£16.50	113	溜肉段	Crispy Stir Fried Pork Tenderloin 🌶	£16.50
96	椒盐大虾	Salt and Pepper King Prawn (on the shell) 🌶	£19.00	114	酸菜炖粉条	Casserole Pork Vermicelli with Pickled Cabbage	£15.50
97	孜然鱿鱼须	Stir Fried Squid Tentacles with Cumin 🌶	£18.00	115	尖椒干豆腐	Stir Fried Paper Tofu with Chilli 🌶	£15.50
98	海鲜玉子豆腐	Seafood and Egg Tofu Pot	£18.00	116	孜然土豆炒火腿	Stir Fried Spam and Potatos with Cumin 🌶	£14.50
99	北菇滑鸡煲	Chicken and Mushroom Pot	£16.00	117	肉末茄子	Braised Aubergine with Pork Mince	£14.50
100	沙爹牛肉粉丝煲	Satay Beef and Vermicelli Pot 🌶	£16.50	118	豆角烧茄子	Braised Aubergine with Green Beans *v*	£14.00
101	鱼香茄子煲	Pork and Aubergine with Essence of Fish 🌶🌶	£15.50	119	椒麻鸡	Spicy Chicken (cold dish) 🌶🌶	£12.00
102	干锅牛腩	Hot Pan Beef Brisket 🌶	£17.00	120	地三鲜	Stir Fried Potato, Aubergine and Pepper *v*	£13.00
103	干锅包菜	Hot Pan Pork and Sweet Cabbage 🌶	£13.50	121	时下青菜 (蒜蓉/清炒/蚝油)	Seasonal Vegetables (Garlic / Stir Fried / Oyster)	£12.00
104	咸蛋黄焗豆腐	Tofu covered with Salted Duck Yolk	£13.50				