

SHANGHAI 30'S

82 ST ALDATES, OXFORD OX1 1RA

Take Away Menu

Opening Hours:

Lunch: Tues – Sat Noon – 2.30pm
Dinner: Mon – Sat 6.00pm – 11.00pm
Sun (All Day) Noon – 10.30pm

Reservations:

Tel: 01865 242230
Fax: 01865 790219
Web: www.shanghai30s.com

Home Delivery available from:

Sun - Thurs
Sun 5.30pm – 9.30pm
Mon – Thurs 6.00pm – 10.00pm

Delivery area:

*Oxford City Centre, Grandpont, New Hinksey,
Jericho, St Clements*

Minimum order £20.00. Delivery charge £2.00

Walton Manor, Norham Manor, Park Town

Minimum order £30.00. Delivery charge £2.00

*Headington Centre, Marston Ferry, Summertown,
Botley, Cumnor Hill*

Minimum order £30.00. Delivery Charge £3.00

Boars Hill

Minimum order £60.00. Delivery charge £10.00

- The delivery time usually ranges from 30-60 mins approx
- Payment can be made by cash, credit / debit card.
- Please give your full and correct details to ensure a faster delivery service
- Please speak to a member of our staff if you have any food allergies or dietary requirement
- As some of our ingredients are imported directly from China, Please be understanding as to the availability of some of our dishes.

火 = Spicy 素 = Vegetarian

Set Menu A – For 2 persons £26.00

Shanghai Street Vegetarian Spring Rolls
Sesame Prawn Toast
Honey Roasted Chicken
Tsingtao Beer Duckling
Egg Fried Rice

Set Menu B – For 2–3 persons £35.00

Crispy “Ji Li” King Prawn
Salt & Pepper Squids
Sea Spiced Chicken 火
Pineapple “Gu Lao” Duck
Steamed Broccoli with Chinese Cabbage
Egg Fried Rice

Set Menu C – For 4–5 persons £60.00

Crispy Aromatic Duck
(Served with pancake, cucumber, leek and hoi sin sauce)
Pineapple “Gu Lao” Chicken
Pork A La Shanghai
Kung Pao King Prawns 火
Seafood Stuffed Tofu
Steamed Chinese Pak Choy with Black Mushroom
Egg Fried Rice

头盘

APPETIZERS

1. 吉利炸明虾 Crispy “Ji-Li” King Prawns **£5.90**
Crispy fried king prawns, wrapped in wafer thin pastry, served with a sweet chilli sauce.
2. 纸包香槟骨 Champagne Spare Ribs **£6.00**
Marinated spare ribs wok glazed in a honey and Champagne sauce.
3. 祁门杏仁鸡 Qi Family's Almond Chicken **£5.50**
Minced chicken breast, coated with sliced almonds, crispy fried and served with a lemon sauce.
4. 椒盐鱿鱼 Salt & Pepper Squids **£5.90**
Quick fried squids with kosher salt and coarse Sichuan pepper.
5. 锦绣拼盘 Hors D'oeuvre Platter **£6.50 Each**
(Minimum 2 persons)
祁门杏仁鸡 Qi Family's Almond Chicken
纸包香槟骨 Champagne Spare Ribs
吉利炸明虾 Crispy “Ji-Li” King Prawns
素春卷 Shanghai 30's Vegetarian Spring Rolls
6. 香酥鸭 Crispy Aromatic Duck *Quarter* **£7.95** *Half* **£15.50**
Whole **£30.00** (Extra pancake: 6pcs = £1.00)
Served with pancake, cucumber, leek and hoi sin sauce.

特色头盘

Special Appetizers

7. 芒果鸭胸 Mango Duck **£7.95**
Sliced roasted duck breast, served with sliced fresh mango in a orange sauce.
8. 醉鸡 Drunken Chicken **£6.50**
Traditional steamed and marinated chicken in Shaoxing wine, served with cold cucumber slices and in a sesame soy dressing.
9. 泰汁牛肉 / 海鲜沙拉 Spicy Beef / Seafood Salad 火
Beef: Grilled and shredded tender beef with onion, tomato, coriander, lemon slices and fresh chilli in a light soy sauce. **£6.60**
Seafood: Steamed king prawns, squid and scallops with onion, cucumber, coriander, lemon slices and fresh chilli in light soy sauce. **£7.65**
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素头盘

VEGETARIAN APPETIZERS

10. 锅贴素菜饺 Pan Fried Shanghai Street Vegetarian Dumplings **£5.50**
Filled with Chinese cabbage, celery, black mushrooms and carrots, served with a red vinegar dipper.
11. 上海素春卷 Shanghai Street Vegetarian Spring Rolls **£4.10**
Crispy fried rolls, filled with rice vermicelli, black mushroom, cabbage and carrots, served with a sweet chilli sauce.
12. 松仁玉米盏 Gold & Jade **£5.50**
Stir Fried sweet corn, carrot, peas and pine nuts, served on flower shaped and crispy fried wonton pastries.
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汤

SOUP (Per Person)

13. 三鲜云吞汤 "Three Precious" Seafood and Wonton Soup **£4.50**
Consomme of tiger prawns, squids and chicken wonton.
14. 鱼茸粟米羹 Fish & Sweet Corn Soup **£4.50**
Sliced wild sea bass cooked with egg, mushrooms and creamy sweet corn.
素: mushrooms, egg, and creamy sweet corn. **£2.70**
15. 四川酸辣汤 Hot & Sour Soup 火 **£3.60**
Chicken, egg, bamboo shoots and wood ear mushrooms, sprinkled with hot white pepper and vinegar, spicy but delicious.
素: egg, bamboo shoots and wood ear mushrooms, sprinkled with hot white pepper and vinegar. **£2.70**
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鱼类

FISH

16. 香芒鳕鱼卷 Mango & Black Cod Rolls **£7.65**
Champagne marinated cod loin wrapped with fresh mango and seaweed in thin pastry, grilled and sliced, served in a lemon sauce.

17. 上海烧汁鱼 Shanghai from the sea – soy fish **£8.55**
Pan fried fish fillet, cooked in a soy sauce, finished with minced pepper and garlic.
18. 松鼠鱼 "Squirrel" Fish **£14.50**
Whole wild sea bass (boneless), crispy fried and then cooked in a sweet and sour sauce, topped with pine nuts and green peas.
19. 蒸鲈鱼柳 Steamed Wild Sea Bass Fillet **£9.50**
With black mushroom, ginger & spring onion, in a Meiji soy sauce.
鱼柳 Whole fillet (boneless)
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海鲜

SEAFOOD

20. 虾胶茄夹 Prawn Stuffed Aubergines **£7.65**
Sliced aubergine stuffed with minced prawns, pan fried and cooked in a lemon soy sauce.
21. 宫保大虾 Kung Pao King Prawns 火 **£7.95**
White wine and lime juice marinated king prawns, dry wok quick fried with cashew nuts, ginger, garlic and roasted chili.
22. 铁板三鲜 Sizzling Seafood in Black Pepper Sauce **£8.55**
Stir fried squids, prawns and scallops with onions, peppers in a white wine and black pepper sauce.
23. 流金岁月海鲜总汇 Shanghai 30's Seafood Deluxe **£9.50**
A mixture of scallop, squids, tiger prawns, tofu pieces and garden vegetables, cooked in a abalone sauce.
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鸡

CHICKEN

24. 凤梨古老鸡 Pineapple "Gu Lao" Chicken **£7.20**
Lightly breaded chicken breast, cooked with pineapple, onion and pepper in a sweet and sour sauce.
25. 渔家鸡丝 Sea Spiced Chicken 火 **£7.20**
Shredded chicken breast stir fried with wood ear mushroom, ginger and spring onion, in a spiced sweet and sour sauce.
26. 蜜汁烤鸡 Honey Roasted Chicken **£7.20**
Five spices and honey marinated chicken, roasted and then sliced, served in a citrus soy sauce.
27. 沙爹香笋鸡卷 Crispy Satay Chicken Rolls **£7.65**
Chicken rolls, wrapped with ham and asparagus, crispy skinned and served with steamed asparagus, in a peanut satay dressing.
28. 西檬煎软鸡 Lemon Chicken Deluxe **£6.75**
Crispy chicken breast, laced with lemon sauce, served with lemon slices on the plate side.
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鸭

DUCK

29. 凤梨古老鸭 Pineapple "Gu Lao" Duck **£7.95**
Lightly breaded roasted duck, cooked with pineapple, onion and pepper in a sweet and sour sauce.

30. 雪菜银芽炒鸭丝 Shanghai Duck Stir Fry **£7.50**
Shredded roasted duck stir fried with preserved cabbage, bean sprouts, garlic and peas. Traditional Shanghai recipe.

31. 啤酒鸭 Tsingtao Beer Duckling **£7.95**
Five spices marinated duck slow cooked with black mushroom, ginger and sweet peppers in a citrus soy sauce with beer infusion.

牛

BEEF

32. 铁板蜜椒牛柳 Beef in Honey Black Pepper Sauce **£10.80**
Brandy marinated beef fillet pan fried with onion and pepper in our most popular honey and black pepper sauce.

33. 红酒蕃茄炖牛肉 Beef Stew in Red Wine **£8.55**
Beef slow cooked with ginger, onion and tomato in a red wine sauce.

34. 玉兰牛肉 Beef with Broccoli **£7.20**
Sliced beef fillet stir fried with shredded onion in a oyster sauce, tossed on a bed of fresh steamed broccoli.

35. 草莓香酥牛肉丝 Crispy Beef in Berry Sauce **£7.65**
Shredded beef coated in our chef's special recipe sauce, crispy fried and wok tossed in a berry sauce, served on a crispy fried pancake.

猪

PORK

36. 上海红烧肉 Pork A La Shanghai **£7.50**
Slow cooked belly pork with ginger and roasted garlic, in a Saoxing wine and Shanghai sweet soy sauce. Served home style with steamed fresh vegetables.

37. 荔枝肉 Lychee Crispy Pork **£7.50**
Sliced pork fillet, crispy fried and wok glazed in a lychee sauce.

蔬菜

VEGETARIAN PLATES

38. 腰果西芹 Sautéed Celery with Cashewnuts **£5.50**

39. 冬菇小棠菜 Chinese Pok Choy with Black Mushroom **£6.00**
Fresh steamed in garlic and light soy sauce.

40. 干扁四季豆 Dry Wok Sautéed Green Beans 火 **£5.50**
With garlic and roasted chili.

41. 炆炒荷兰豆 Spicy China 火 **£5.50**
Hot wok quick fried mange tout with garlic sauce and roasted chilli peppers.

42. 素双拼 East Meets West **£5.50**
Fresh steamed chinese cabbage and spanish broccoli bathed in Chef's special sauce.

43. 冬菇扒西兰花 Steamed Broccoli with Black Mushroom **£5.00**
*In a choice of flavours:
蒜蓉 Garlic sauce
蠔油 Oyster sauce*

44. 青椒土豆丝 Potato with Peppers **£5.00**
Crispy fried shredded potato with sweet peppers.
45. 醋溜白菜 Sweet & Sour Cabbage **£4.50**
Stir fried Cabbage in a Shanghai style sweet and sour sauce.
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豆腐

TOFU

46. 麻婆豆腐 Ma Po Tofu 火 **£6.50**
Tender bean curd cooked in a spicy bean sauce with Sichuan black pepper, topped with stir fried minced beef.
47. 海鲜箱子豆腐 Seafood Stuffed Tofu **£7.75**
Crispy fried bean curd pieces, filled with minced prawn, squid, green peas, bamboo shoots and spring onion, cooked in a oyster sauce.
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主食

NOODLE & RICE

48. 豉油大虾炒面 Stir Fried Egg Noodle with Soy Super King Prawn **£8.00**
With wine and lime juice marinated super king prawn, pan fried with garlic, light butter and soy, served with shell.
49. 各式炒面 Egg Noodle Stir Fried with a choice of
鸡肉 Chicken **£6.50**
海鲜 Seafood **£7.50**
蔬菜 Vegetarian 素 **£5.50**
50. 各式两面黄 Thin Noodle Pan Fried then Stir Fried with a choice of
鸡肉 Chicken **£6.50**
三鲜 A mixture of chicken, seafood and vegetable **£7.00**
蔬菜 Vegetarian 素 **£5.50**
51. 干炒牛肉河粉 Beef with Rice Noodle **£6.95**
Dry wok quick fried beef with wide rice noodles in a soy sauce.
52. 香橙鸡 Orange Chicken **£6.50 / £7.00**
Lightly battered chicken breast, laced with delicious orange sauce, served with steamed jasmine rice or egg fried rice.
53. 蕃茄牛肉饭 Beef with Tomato **£6.50 / £7.00**
Sliced beef stir fried with ginger, spring onion and tomato, served with steamed jasmine rice or egg fried rice.
54. 咖哩蛋包饭 Special Curry Rice **£6.50**
Stir fried rice with minced prawn, green peas and carrots in a spicy curry sauce, wrapped in a fried egg pancake.
55. 红烧牛肉饭 Five Spiced Beef **£6.50 / £7.00**
Red cooked beef in five spices, served with steamed jasmine rice or egg fried rice.
56. 宫保鸡丁饭 Kung Po Chicken 火 **£6.50 / £7.00**
Dry wok quick fried tender chicken with peanuts, ginger and roasted chilli, served with steamed jasmine rice or egg fried rice.
57. 川汁茄子 Aubergine A La Sichuan 火 素 **£6.50 / £7.00**
Chunky aubergines wok tossed with onion & pepper in a spicy black bean sauce served with steamed jasmine rice or egg fried rice.

58. 特素鲜拼饭 Vegetarian Platter 素 **£6.50 / £7.00**
Stir fried beancurd pieces with black mushroom, monge tout and spring onions, served with steamed jasmine rice or egg fried rice.
59. 扬州炒饭 Yangchow Fried Rice **£6.50**
Stir fried rice with a mixture of egg, peas, prawn and roasted pork.
60. 上海蔬菜饭 Shanghai Vegetable Rice **£5.50**
Stir fried rice with egg, soy and seasonal vegetables.
61. 蛋炒饭 Egg Fried Rice **£2.50**
62. 白饭 Steamed Jasmine Rice **£2.00**
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特色川菜

Signature Sichuan Dishes – 火火火 HOT!

63. 椒麻鸡片 Spicy Salt and Pepper Chicken 火 **£6.95**
Lightly battered chicken breast slices, quick fried with fresh chilli, kasher salt and coarse Sichuan pepper.
64. 焰火鸡 Flaming Chicken 火 **£8.80**
Seared slices of chicken breast wok tossed with 20 Sichuan spices. Served with a complimentary bottle of Tsingtao beer.
65. 辣子鸡 / 虾 "Firecraker" 火
 Chicken **£7.20**
 Prawns **£8.80**
Seared chicken/prawns dry wok flash fried with loads of roasted chilli peppers, scallions, ginger and garlic, finished with sprinkle of sesame seeds.
66. 泡椒鸡 / 牛 / 虾 "Pao Jiao" 火
 Chicken **£7.20**
 Beef **£8.50** / Prawns **£9.00**
Wok tossed with spicy pickled chilli, ginger and garlic in a Shangxing wine sauce.
67. 干煸牛肉 Chewy Sichuan Beef 火 **£8.50**
Double seared beef strips wok tossed with celery and fresh chilli in Sichuan peppercorn sauce.
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蒸笼小点

Steamed Dim Sum

68. 古法烧卖 Steamed Traditional Shao Mai (4pcs) **£3.20**
Filled with chicken and prawns.
69. 水晶虾饺 Steamed Crystal Dumplings (4pcs) **£3.20**
Filled with fresh prawn.
70. 韭菜鲜虾饺 Steamed Southern Dumplings (4pcs) **£3.20**
Filled with prawn and chive.
71. 南翔小笼包 Steamed Nan Xiang Juicy Buns (6pcs) **£5.50**
Filled with Chicken and vegetables.
72. 贵妃奶黄包 Steamed Custard Cream Buns (3pcs) **£3.95**
Filled with custard cream, sugar and milk.
73. 叉烧包 Char Shiu Buns (3pcs) **£3.95**
Filled with honey roasted pork.
74. 糯米鸡 Chicken & Glutinous Rice **£3.95**
Wrapped in lotus leaf.

锅贴香煎

Pan Fried

75. 锅贴菜肉饺 Pan Fried Shanghai Street Dumplings (4pcs) **£5.95**

Filled with chicken, celery, black mushrooms, carrots, served with a red vinegar dipper.

76. 生煎鸡仔包 Pan Fried Buns (3pcs) **£3.50**

Filled with chicken, ginger, vegetables, soy, sparkled with white sesame seeds.

香脆炸点

Fried

77. 炸奶黄包 Crispy Fried Custard Cream Buns (3pcs) **£4.20**
Wheat Buns. Filled with custard cream. Sweet and delicious.

78. 炸虾多士 Crispy Fried Sesame Prawn Toast (4pcs) **£4.50**
Minced prawn spread on white toast, sparkled with white sesame seeds.

79. 炸粉果 Crispy fried "Fen Guo" Dumplings (3pcs) **£3.60**
Filled with prawn and coriander.

80. 香酥鸭卷 Crispy Duck Rolls **£4.80**
Filled with Shredded roast duck and cucumber.

81. 大虾天妇罗 Tempura King Prawn **£5.95**

甜品

Dessert

82. 炸菠萝卷 Crispy Fried Pineapple Roll **£2.00**

83. 杏仁香蕉卷 Almond Banana Roll in Honey Sauce **£3.00**

84. 鲜果拼 Fresh Fruit Platter **£3.50**

85. 天妇罗香蕉配巧克力酱 Tempura Banana in Chocolate Sauce **£4.50**

Extra Sauce £2.00 Each

Sweet Chili Sauce

Garlic Chili Sauce

Chili Oil

Hoi Sin Sauce

Plum Sauce

Lemon Sauce

Soy Sauce

Ginger & Vinegar Sauce

Honey Sauce

Chocolate Sauce

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