|  |  |  |
| --- | --- | --- |
| **CHOW MEIN, NOODLE, FRIED RICE****Pandora St.**Fisgard St.**To Empress Hotel** **One Way****City Hall****To BC Ferry****China Town****炒粉， 面， 饭** **\* The Following Chow Mein Noodle can be instead of Soft****Chow Mein, Udon, Rice Board Noodle, Rice Vermicelli or** **Healthy Brown Rice or White Rice**60. Veggie Sea Food w/Vegetables Chow Mein **素海鲜炒面** $12.9561. Mock Beef(or Mock Ham or BBQ Pork) Chow Mein  **素牛絲（或火腿或素叉燒）炒面** ...............................$12.9562. Lotus Pond House Special Chow Mein **招牌炒面** ...... $12.9563. Diced Vegetables & Mock Hem in Coconut Sauce Chow Mein **椰 汁 素 玉 炒 面** .................................................... $11.9564. Mixed Vegetables with (1.Tofu, 2.Gluten, 3. 3Kinds Mushroom or 4.Soya Slice) in (1.Satay, 2.Black Bean, 3.Ginger or 4.Curry)  Sauce Chow Mein **杂菜(豆腐，生 根,三 菇,玉 片)炒 面** $11.9565. Buddha′s Feast Chow Mein **羅汉炒面** .........................$11.9566 Soya Strips, Shredded Vegetables Bean Sprouts Chow Mein **玉絲炒面** ........... ........... ............................................ $10.9567. Diced Vegetables and Mock Chicken and in Spicy Sauce  Chow Mein **炸 酱 面** ..................................... $10.9568. Curry Shredded Vegetables Chow Fun (Rice Board Noodle)  (Wheat Free) **炒 贵 雕** ........................................... $11.9569. Singapore Fried Noodle (Curry Rice Vermicelli)  (Wheat Free) **星 洲 炒 米** ................................... $11.9570. Soya Slices Shredded Vegetables Chow Fun (Rice Board) **干 炒 河 粉** ............................................................ $10.9571. Shanghai Fried Noodle (Udon Noodle) **上 海 粗 炒** $10.95 72. Soya Bean Sprout Chow Mein  **豉 油 皇 炒 面** ..... $10.95 73. Yang Chow Fried Rice  **杨 州 炒 饭** ...................... $11.9574. Vegetarian Ham & Pepper Fried Rice **双椒火 腿炒饭** $11.9575. Mushroom Fried Rice **菇 粒 炒 饭**....................... $10.9576. Diced Vegetables Fried Rice 杂菜炒饭 ……………… $9.95 **DESSERTS 甜 品**77. Red Bean Pastry Cakes (3pcs) **豆沙窝饼** ........... $4.9578. Water Chestnut Cake (3pcs) **马 蹄 糕**..... $4.95**MISCELLANEOUS 杂 项 类**  **79. Healthy House Brown Rice 糙 米 饭 ..... $1.95/Bowl** **80. White Rice 丝 苗 白 饭 .................... $1.25/Bowl** **81. Sweat & Sour Sauce 甜 酸 汁 ................ $1.50/Bowl****BEVERAGES 饮 品** **Can Pop .................................................... $1.50/Bottle** **Juice ...... ...... ...... ...................................... $1.95/Bottle** |  **COMBINATION DINNER FOR ONE $ 12.95****(Serve with Spring Roll and Hot & Sour Soup or** **Wonton Soup and Healthy Brown Rice or White Rice)** 1. **Pineapple Mock Chicken Ball 菠 萝 吉 球**

 **Diced Mushroom Vegetables 腰 果 菇 丁**  **w/ Cashew Nuts** 1. **Lemon Mock Chicken 西 柠 吉 块**

 **Mixed Vegetables Tofu 豉 汁 杂 菜 豆 腐** **in Black Bean Sauce** 1. **Sweet & Sour Soyaballs 咕 噜 玉**

**Pan Fried Mix Vegetables  姜 茸 杂 菜** **w/Crushed Ginger**1. **Pan Fried Vegetables on Bean Curd 碧 绿 千 层**

 **Skin Layers w/Spicy Salt Crispy Tofu 椒 盐 豆 腐** **VARIOUS COMBOS FOR SELECTION 自选和菜****(Serve with Spring Rolls and Hot & Sour Soup** **or Wonton Soup and Healthy Brown Rice or White Rice)****送春卷，酸辣汤 或 云吞汤 糙米饭 或 白米饭** **Any 2 Items(二菜) $25.95 Any 3 Items(三菜) $38.95****Any 4 Items(四菜) $49.95 Any 5 Items(五菜) $63.95****S1. Pan Fried Mix Vegetables & Tofu in Black Bean Sauce** **豉 汁 杂 菜 豆 腐****S2. Diced Mushroom & Vegetables with Cashew Nuts** **腰 果 菇 丁****S3. Chili Eggplant Szechuan Style 怡 香 茄 子****S4. Pan Fried Vegetables on Bean Curd Skin Layers** **碧 绿 千 层****S5. Braised Tofu & Vegetables 红 烧 豆 腐****S6. Buddha′s Feast 羅 汉 上 素****S7. Sweet & Sour Soyapork 咕 噜 玉****S8. Pineapple Mock Chicken Ball 菠 萝 吉 球****S9. Mushroom Chop Suey (Wheat Free) 蘑菇豆腐杂碎****S10. Soya Slices & Vegetables in Satay Sauce 沙茶玉片****S11. Curry Mock Chicken 咖 哩 吉 丁****S12. Sweet & Sour Crispy Delight 甜 酸 脆 玉****S13. Mushroom & Gluten with Mix Vegetables** **(Wheat Free) 冬 菇 生 根 扒 时 菜****S14. Szechuan BaiYe Tofu (Wheat Free) 四川豆腐****S15. Gluten, Peppers & Vegetables in Black Bean Sauce** **豉 椒 生 根** **S16. Mushroom Tofu Delight(Wheat Free) 三菇玉子滑豆腐****S17. Crispy Bean Curd Skin Layers w/Lemon Sauce 西柠千层****S18. Pan Fried Mix Vegetables with Crushed Ginger** **(Wheat Free) 姜 茸 杂 菜****S19. Eight Treasure Tofu Hot Pot 八 珍 豆 腐 煲****S20. House Special Chow Mein 招 牌 炒 面***Lotus Pond Vegetarian Restaurant V.2017a* |  ***Lotus Pond Vegetarian Restaurant*****蓮 池 素 食**  **617 Johnson Street, Victoria, B.C. V8W 1M5** **Tel: (250) 380-9293** **Vegetarian is more than a living style. It can also be a window**  **through which great things can be seen from the small. It**  **enables one to become more aware of one′ body mind, and the**  **environment. All dishes are made with 100% vegetables and**  **the mock meat are Soya bean product such as T.V.P. & Fresh** **bean curd etc. Based on Buddha′s doctrine, five pungent plants** **are prohibited: (Garlic, onion, chives, leeks, and shallots) which** **will create anger and sexual desire.**   **Douglas St.** Government St. Blanshard St.**Johnson St.**One WayLotus Pond Vegetarian Restaurant **莲 池 素 食** **DELIVERY with min.** **$20.00** **within 5 km Radius. +5% fuel for out off 5 Km.** ***We also do Banquet & Caterings Large or Small,***  ***Parties Welcome. So Come Join Us to Eat Healthier*****OPEN:11:00-2:30pm & 5:00-8:00pm (Tues. to Sat.)** **4:00-8:00pm (Sunday)**  **Closed: Monday****Lunch Natural Vegan Buffet (By Weight) from Tues. to Sat.** **Tel: Name:** **Address:** **Sub-Total Discount GST Total** |

|  |  |  |
| --- | --- | --- |
| **APPETIZER 頭 盘**1. Spring Rolls **春 卷** ...................................... $1.65/pc2. Crispy Pancakes **香 酥 饼** ................................. $3.953. Turnip Cake 羅 **卜 糕** ................................... $3.954. Taro Roll **香 竽 荔 卷** ................................... $4.505. Steamed Dumplings **蒸饺子** 6 pcs $6.95 12 pcs $13.506. Pot Stickers **锅 帖** ...............6 pcs $6.95 12 pcs $13.507. Assorted Wheat Gluten **斋 卤 味**(A combination of curry, sweet & sour , spicy brown sauce &  soy sauce flavor) ........ small(**小**)$6.95 large(**大**)$12.95 8. Vegetarian Mock Duck Cold Cut Wheat Free **素千层** (Tasty bean curd skin layers) small(**小**)6.95 large(**大**)12.95**SOUP 汤 羹 类**9. Lotus Pond House Special Thick Soup ........ ...... $10.95 **海皇豆腐羹**  (ig. Seaweed, Diced Vegetables, Mushroom, Soft Tofu) 10. HOT & SOUR SOUP small(**小**)$5.95 large(**大**) $10.95  **酸 辣 汤**11. Wor Wonton **窝 云 吞** (4-6 people) ............ $12.5012. Wonton Vegetables Soup **云 吞 杂 菜 汤** ..... $6.95 **NOODLE SOUP 烫 面 类**13. Veggie Sea Food & Vegetables Noodle Soup **素 鲜 汤 面** .................................................... $8.9514. House Special Noodle Soup **招牌汤面** ............ $8.95 (Choices of Udon noodle, Rice board noodle, Rice  vermicelli or regular noodle) 15. Three Kinds of Mushrooms Vegetables Noodle Soup  **三 菇 汤 面** ............. ..................................... $7.95 (Choices of Udon noodle, Rice board noodle, Rice  vermicelli or regular noodle)16. Buddha′s Feast Noodle Soup **羅汉汤面** ......... $7.95 (Choices of Udon noodle, Rice board noodle, Rice  vermicelli or regular noodle)17. Wonton Vegetables Noodle Soup **云吞杂菜汤面** $6.95 (Choices of Udon noodle, Rice board noodle, Rice  vermicelli or regular noodle)18. Mix Vegetables Tofu Noodle Soup**杂菜豆腐汤面** $6.95------------------------------------------------------------------------------------**V.2017a Take out menu** | **CHEF′s SPECIAL 精 選 上 素**Some of following items can be choices of spicy or wheat free19. Veggie Sea Food Delight **雜 锦 素 海 鲜** ......$18.95 (Combination of Mock Fish and other Mock Sea Food)20. Shitake Mushroom Delight **香麻脆菇柳** ........... $16.95 (Light battered fresh shitake mushroom in basil sauce)21. Szechuan Chilli Pepper Mock Chicken balls **川椒吉丁** (Soya cubes in ginger chilli pepper sauce on the bed of crispy green) .................................................... $15.9522. Szechuan Ginger B **四 川 脆 玉** ..................... $15.95 (Soya strips in spicy Szechuan sauce, it is a popular dish)23. Veggie Mock Salmon in Peking Sauce **京酱素三文** (Soya texture with carrot juice for colouring and slightly wrapped in seaweed.) …………….......................$15.9524. Spicy Salted Oyster Mushroom **椒 盐 蚝 菇** $15.9525. Lettuce Wrap (Diced Vegetables Soya) **生菜包** $15.9526. Pan Fried Seasonal Greens with Mock meat ...... $14.95  (Choices of Greens: 1.Gailan, 2.Green bean, 3.Broccoli 4.Bokchoy, 5.Sueychoy, 6.Asparagus or 7.Mix Vegetables) (Choices of Mock Meat: 1.Mock Beef, 2.Soya Slice 3.Chicken,  4.Shrimp, 5.Scallops 6.Fish, 7. BBQ Pork) **素玉块炒时菜**27. Moo She Shredded Vegetables in Pan Cake Wraps **木须玉** .....................................................................$14.9528. Pepper Stick **黑椒玉排** ................................ $14.95 (Special soya steaks topped with pepper sauce)29. Lemon Mock Chicken **西 柠 吉 块** ................. $14.95 (Soya cutlets, THE BEST SELLER) 30. Fresh Bean Curd Skin Rolls and Shitake Mushrooms with Mixed Green **翡翠鲜竹** ……………...... $13.9532. Fried Eggplant in House Special Veggie Oyster Sauce **蚝 油 茄 子** ............................................... $13.9533. Chili Eggplant Szechuan Style **怡 香 茄 子**............. $13.9534. Diced Vegetables with Vegan Balls in Creamy Light Curry Sauce **葡 汁 炒 素 球** ............................. $13.9535. Buddha′s Feast **罗 汉 上 素** ......................... $12.95 (Gluten, Shitiake Mushroom, Lotus Roots, and Mixed  Vegetables in Bean Curd Paste Sauce, Traditional Dish)36. Sweet & Sour Soya**balls**  **咕 噜 玉** ............... $12.9537. Pineapple **and Lemon Soya** Balls **菠 萝 吉 球** $12.9538. Sautéed Golden Mushroom & Spinach on Bean  Curd Skin Layers **碧 绿 千 层** ……………...... $13.95 | 39. Diced Veggie Mock Chicken, Mushrooms w/Cashew  Nuts in Sweet Bean Sauce **腰果酱爆吉丁** .. ......... $12.9540 Diced Mushroom and Vegetables w/Cashew Nuts **腰 果 菇 丁** Wheat Free .............................. $10.9541. Pan Fried Mixed Vegetables in Crush Ginger **姜 茸 杂 菜** Wheat Free ..................................... $9.9542. Mushroom Tofu Chop Suey **蘑菇豆腐杂碎** .......... $9.95**Tofu Special**43. Steamed Soft Tofu on Lotus Leaf w/ assorted Mushroom and Veggie Sea Food on top **荷香笼仔滑豆腐** $16.9544. Soft Tofu Topped with Three Kinds Mushrooms (Wheat Free) **三 菇 玉 子 滑 豆 腐** ................... $13.9545. Spicy Salted Tofu (Wheat Free) **椒 盐 豆 腐** $12.9546. Braised Tofu with Mixed Vegetables **红烧豆腐** $11.9547. MaPo Tofu (Soft Tofu in Spicy Sauce)**痲婆豆腐** $11.95 48. Szechuan Tofu in Szechuan Sauce **四 川 豆 腐** $11.9549. Pan Fried Mixed Vegetables and Tofu in Black Bean Sauce **豉汁杂菜豆腐** ............. .......................... $10.95**HOT POT 煲 仔 类**50. Veggie Stew Hot Pot **酱爆素腩煲** .................. $14.9551. Mock Sea Food Hot Pot **海 鲜 素 菜 煲** ....... $14.9552. Three Kinds of Mushroom Taro Root Vegetables Hot Pot **三 菇 香 竽 煲**................................... $14.9553. Eggplant Tofu Hot Pot **茄子豆腐煲** ................. $14.9554. Eight Treasure Tofu Hot Pot **八珍豆腐煲** ..... $13.9555. Curry Mock Chicken Hot Pot 咖 喱**吉丁煲** ... $13.9556. Assorted Vegetables w/Portuguese Sauce Hot Pot **葡汁四蔬煲** Wheat Free .............................. $13.95**SIZZLING HOT PLATE 铁 板 类**57. Teriyaki Cutlets **日汁素扒** ................................ $14.9558. Veggie Mock Chicken in Black Pepper Sauce  **铁 板 三 杯 吉** .......................................... $14.9559. Veggie Filets in Peppercorn Black Bean Sauce **黑椒玉柳** .......................................................... $14.95 |