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| **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** $12.95  61. Mock Beef(or Mock Ham or BBQ Pork) Chow Mein  **素牛絲（或火腿或素叉燒）炒面** ...............................$12.95  62. Lotus Pond House Special Chow Mein **招牌炒面** ...... $12.95  63. Diced Vegetables & Mock Hem in Coconut Sauce Chow Mein  **椰 汁 素 玉 炒 面** .................................................... $11.95  64. 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** $11.95  65. Buddha′s Feast Chow Mein **羅汉炒面** .........................$11.95  66 Soya Strips, Shredded Vegetables Bean Sprouts Chow Mein  **玉絲炒面** ........... ........... ............................................ $10.95  67. Diced Vegetables and Mock Chicken and in Spicy Sauce  Chow Mein **炸 酱 面** ..................................... $10.95  68. Curry Shredded Vegetables Chow Fun (Rice Board Noodle)  (Wheat Free) **炒 贵 雕** ........................................... $11.95  69. Singapore Fried Noodle (Curry Rice Vermicelli)  (Wheat Free) **星 洲 炒 米** ................................... $11.95  70. Soya Slices Shredded Vegetables Chow Fun (Rice Board)  **干 炒 河 粉** ............................................................ $10.95  71. 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** ...................... $11.95  74. Vegetarian Ham & Pepper Fried Rice **双椒火 腿炒饭** $11.95  75. Mushroom Fried Rice **菇 粒 炒 饭**....................... $10.95  76. Diced Vegetables Fried Rice 杂菜炒饭 ……………… $9.95  **DESSERTS 甜 品**  77. Red Bean Pastry Cakes (3pcs) **豆沙窝饼** ........... $4.95  78. 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 Way  Lotus 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** |

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| **APPETIZER 頭 盘**  1. Spring Rolls **春 卷** ...................................... $1.65/pc  2. Crispy Pancakes **香 酥 饼** ................................. $3.95  3. Turnip Cake 羅 **卜 糕** ................................... $3.95  4. Taro Roll **香 竽 荔 卷** ................................... $4.50  5. Steamed Dumplings **蒸饺子** 6 pcs $6.95 12 pcs $13.50  6. Pot Stickers **锅 帖** ...............6 pcs $6.95 12 pcs $13.50  7. 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) ............ $12.50  12. 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** .................................................... $8.95  14. 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 free  19. 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) .................................................... $15.95  22. 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.) …………….......................$15.95  24. Spicy Salted Oyster Mushroom **椒 盐 蚝 菇** $15.95  25. Lettuce Wrap (Diced Vegetables Soya) **生菜包** $15.95  26. 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** .....................................................................$14.95  28. 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** ……………...... $13.95  32. Fried Eggplant in House Special Veggie Oyster Sauce  **蚝 油 茄 子** ............................................... $13.95  33. Chili Eggplant Szechuan Style **怡 香 茄 子**............. $13.95  34. Diced Vegetables with Vegan Balls in Creamy Light  Curry Sauce **葡 汁 炒 素 球** ............................. $13.95  35. 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** ............... $12.95  37. Pineapple **and Lemon Soya** Balls **菠 萝 吉 球** $12.95  38. 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** .. ......... $12.95  40 Diced Mushroom and Vegetables w/Cashew Nuts  **腰 果 菇 丁** Wheat Free .............................. $10.95  41. Pan Fried Mixed Vegetables in Crush Ginger  **姜 茸 杂 菜** Wheat Free ..................................... $9.95  42. 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** $16.95  44. Soft Tofu Topped with Three Kinds Mushrooms  (Wheat Free) **三 菇 玉 子 滑 豆 腐** ................... $13.95  45. Spicy Salted Tofu (Wheat Free) **椒 盐 豆 腐** $12.95  46. Braised Tofu with Mixed Vegetables **红烧豆腐** $11.95  47. MaPo Tofu (Soft Tofu in Spicy Sauce)**痲婆豆腐** $11.95  48. Szechuan Tofu in Szechuan Sauce **四 川 豆 腐** $11.95  49. 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** .................. $14.95  51. Mock Sea Food Hot Pot **海 鲜 素 菜 煲** ....... $14.95  52. Three Kinds of Mushroom Taro Root Vegetables  Hot Pot **三 菇 香 竽 煲**................................... $14.95  53. Eggplant Tofu Hot Pot **茄子豆腐煲** ................. $14.95  54. Eight Treasure Tofu Hot Pot **八珍豆腐煲** ..... $13.95  55. Curry Mock Chicken Hot Pot 咖 喱**吉丁煲** ... $13.95  56. 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** ................................ $14.95  58. Veggie Mock Chicken in Black Pepper Sauce  **铁 板 三 杯 吉** .......................................... $14.95  59. Veggie Filets in Peppercorn Black Bean Sauce  **黑椒玉柳** .......................................................... $14.95 |