

CHOW MEIN, NOODLE, FRIED RICE

炒粉, 面, 饭

* The Following Chow Mein Noodle can be instead of Soft Chow Mein, Udon, Broad Rice Noodle, Rice Vermicelli, or Healthy Brown Rice or White Rice

60. Veggie Sea Food w/Vegetables Chow Mein 素海鲜炒面 \$14.95
 61. Mock Beef(or Mock Ham or BBQ Pork) Chow Mein 素牛絲(或火腿或素叉燒)炒面\$13.95
 62. Lotus Pond House Special Chow Mein 招牌炒面\$13.95
 63. Diced Vegetables & Mock Ham in Coconut Sauce Chow Mein 椰汁素玉炒面 \$12.95
 64. Mixed Vegetables with (1.Tofu, 2.Gluten, 3.Three Kinds 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 \$12.95
 65. Buddha's Feast Chow Mein 羅汉炒面\$12.95
 66. Soya Strips, Shredded Vegetables Bean Sprout Chow Mein 玉絲炒面 \$11.95
 67. Diced Vegetables and Mock Chicken in Spicy Sauce Chow Mein 炸醬面 \$11.95
 68. Curry Shredded Vegetables Chow Fun (Broad Rice Noodle) (Wheat Free) 炒貴雕 \$12.95
 69. Singapore Fried Noodle (Curry Rice Vermicelli) (Wheat Free) 星洲炒米 \$12.95
 70. Soya Slices Shredded Vegetables Chow Fun (Broad Rice Noodle) 干炒河粉 \$11.95
 71. Shanghai Fried Noodle (Udon Noodle) 上海粗炒 \$11.95
 72. Soya Bean Sprout Chow Mein 豉油皇炒面 \$11.95
 73. Yang Chow Fried Rice 扬州炒饭 \$12.95
 74. Vegetarian Ham & Pepper Fried Rice 双椒火腿炒饭 \$11.95
 75. Mushroom Fried Rice 菇粒炒饭..... \$11.95
 76. Diced Vegetables Fried Rice 杂菜炒饭 \$10.95

DESSERTS 甜品

77. Red Bean Pastry Cakes (3pcs) 豆沙窝饼 \$5.50

MISCELLANEOUS 杂项类

79. Healthy House Brown Rice 糙米飯 \$1.95/Bowl
 80. White Rice 丝苗白飯 \$1.25/Bowl
 81. Sweet & Sour Sauce 甜酸汁 \$1.50/Bowl

BEVERAGES 饮品

- Can Pop \$1.50/Bottle
 Juice \$1.95/Bottle

COMBINATION DINNER FOR ONE \$ 13.50

(Served with Spring Roll + Hot & Sour Soup or Wonton Soup + Healthy Brown Rice or White Rice)

- (A) Pineapple Mock Chicken Ball 菠萝吉球
 Diced Mushroom Vegetables 腰果菇丁
 w/ Cashew Nuts
 (B) Lemon Mock Chicken 西柠吉球
 Mixed Vegetables Tofu 豉汁杂菜豆腐
 in Black Bean Sauce
 (C) Sweet & Sour Soyaballs 咕嚕玉
 Pan Fried Mix Vegetables 姜茸杂菜
 w/Crushed Ginger
 (D) Pan Fried Vegetables on Bean Curd 碧綠千层
 Skin Layers w/Spicy Salt Crispy Tofu 椒盐豆腐

VARIOUS COMBOS FOR SELECTION 自选和菜

(Served with Spring Rolls + Hot & Sour Soup or Wonton Soup + 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) \$26.95 Any 3 Items (三菜) \$40.95
 Any 4 Items (四菜) \$52.95 Any 5 Items (五菜) \$66.95

- S1. Pan Fried Mixed 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 恰香茄子
 S4. Pan Fried Vegetables on Bean Curd Skin Layers 碧綠千层
 S5. Braised Tofu & Vegetables 红烧豆腐
 S6. Buddha's Feast 羅汉上素
 S7. Sweet & Sour Soyapork 咕嚕玉
 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 Mixed Vegetables 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 Mixed 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

蓮池素食

617 Johnson Street, Victoria, B.C. V8W 1M5

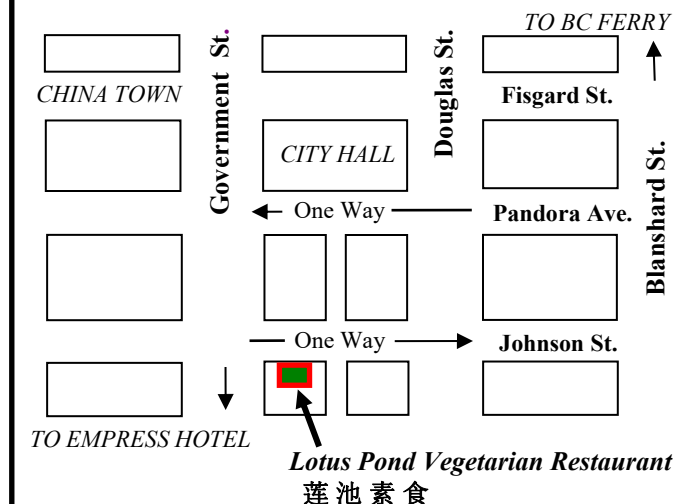
Tel: (250) 380-9293

lotuspondvictoria.ca

'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's body, mind, and the environment.

All dishes are made 100% with vegetables, with mock meats from soya bean products such as T.V.P., fresh bean curd, and wheat gluten.

Based on Buddha's doctrine, five pungent plants which create anger and sexual desire are prohibited: (Garlic, onion, chives, leeks, and shallots).



DELIVERY with min. order \$25.00 within 5 km radius. +5% fuel for out of 5 km.

We also do Banquet and 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.)
 11:00-2:30pm (Wed.) 4:00-8:00pm (Sunday)
 CLOSED: Monday

Vegan Lunch Buffet (By Weight) from Tues. to Sat.

Lotus Pond Vegetarian Restaurant v.2019a

APPETIZER 頭 盤

1. Spring Rolls 春卷 \$1.75/pc
2. Crispy Pancakes 香酥餅 \$4.50
3. Turnip Cake 羅卜糕 \$4.50
4. Taro Roll 香芋荔卷 \$4.95
5. Steamed Dumplings 蒸餃子 \$7.50/6pcs \$14.50/12pcs
6. Pot Stickers 鍋帖 \$7.50/6pcs \$14.50/12pcs
7. Assorted Wheat Gluten 齋 卤味
(A combination of curry, sweet & sour, and soy sauce
flavour) S(小)\$7.50 L(大)\$13.95
8. Vegetarian Mock Duck Cold Cut 素千层 (Wheat Free)
(Tasty bean curd skin layers) S(小)\$7.50 L(大)\$13.95

SOUP 汤羹类

9. Lotus Pond House Special Thick Soup.....\$10.95
海皇豆腐羹
(Seaweed, Diced Vegetables, Mushroom, Soft Tofu)
10. Hot & Sour Soup 酸辣汤...S(小)\$5.95 L(大)\$10.95
11. Wor Wonton 窝云吞 (serves 4-6 people) \$14.50
12. Wonton Vegetable Soup 云吞杂菜汤 \$7.95

NOODLE SOUP 烫面类

(Choices of Regular noodle, Udon noodle,
Rice vermicelli, or Broad rice noodle)

13. Veggie Sea Fresh & Vegetables Noodle Soup
素鲜汤面 \$8.95
14. House Special Noodle Soup 招牌汤面 \$8.95
15. Three Kinds of Mushrooms Vegetable Noodle Soup
三菇汤面 \$7.95
16. Buddha's Feast Noodle Soup 罗汉汤面 \$7.95
17. Wonton Vegetable Noodle Soup 云吞杂菜汤面....\$7.50
18. Mixed Vegetables Tofu Noodle Soup
杂菜豆腐汤面.....\$7.50

CHEF'S SPECIAL 精 選 上 素

- (Some of following items can be made spicy or wheat free)
19. Veggie Sea Fresh Delight 雜錦素海鮮\$18.95
(Combination of Mock Fish and other Mock Sea Food)
 20. Shiitake Mushroom Delight 香麻脆菇柳 \$16.95
(Light battered fresh shiitake mushroom in basil sauce)
 21. Szechuan Chili Pepper Mock Chicken Balls 川椒吉丁
(Soya cubes in ginger chili pepper sauce
on crispy greens) \$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 colouring, wrapped in
thin layer of 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: Gailan, Green bean, Broccoli,
Bokchoy, Sueychoy, Asparagus or Mixed Vegetables)
(Choices of Mock Meat: Mock Beef, Chicken, Shrimp,
Scallop, Fish, BBQ Pork, Soya Slices) 素玉块炒时菜
 27. Moo She Shredded Vegetables and 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 Shiitake Mushrooms
with Mixed Greens 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, Shiitake Mushroom, Lotus Roots, and Mixed
Vegetables in Bean Curd Paste Sauce, Traditional Dish)
 36. Sweet & Sour Soyaballs 咕嚕玉 \$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) \$11.95
41. Pan Fried Mixed Vegetables in Crushed Ginger
姜茸杂菜 (Wheat Free) \$9.95
42. Mushroom Tofu Chop Suey (Wheat Free)
蘑菇豆腐杂碎 \$10.95

TOFU SPECIAL 豆腐类

43. Steamed Soft Tofu on Lotus Leaf Topped w/ Assorted
Mushroom and Veggie Sea Food \$16.95
荷香笼仔滑豆腐
44. Soft Tofu Topped with Three Kinds Mushrooms
(Wheat Free) 三菇玉子滑豆腐 \$14.95
45. Spicy Salted Tofu (Wheat Free) 椒盐豆腐 \$12.95
46. Braised Tofu with Mixed Vegetables 红烧豆腐...\$12.95
47. MaPo Tofu (Soft Tofu in Spicy Sauce) 麻婆豆腐 \$12.95
48. Szechuan Tofu w/ Mixed Vegetables 四川豆腐 \$12.95
49. Pan Fried Mixed Vegetables and Tofu in Black Bean
Sauce 豉汁杂菜豆腐 \$11.95

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 三菇香芋煲 \$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