



## SMALL EATS 小吃

### House Pickled

#### Seasonal Vegetables

#### 私房腌菜

*in star anise, peppercorns, mustard seeds, chillies & rice wine vinegar. GF, V*

MEMBERS \$4.50

GUESTS \$6.00

### Short Soup

#### 雲吞湯 (4)

MEMBERS \$6.00

GUESTS \$7.00

### Salt & Pepper

#### Soft Shell Crab

#### 椒盐软壳蟹

MEMBERS \$12.00

GUESTS \$15.00

### Mixed BBQ Plate

#### 烧味拼盤

*selection of Roast Duck & Man-Chu BBQ Pork*

MEMBERS \$15.00

GUESTS \$17.00

### Man Tao 饅頭 (6) OR

#### Gua-Bao 刈包 (6)

*steamed or fried*

MEMBERS \$7.00

GUESTS \$8.00

### Chicken & Cashew

#### Sang Choi Bao GF

#### 雞肉生菜包 (6)

MEMBERS \$15.00

GUESTS \$17.00

### Mixed Vegetable

#### Sang Choi Bao GF, V

#### 時蔬生菜包 (6)

MEMBERS \$12.00

GUESTS \$14.00

### Chef's Hot & Spicy

#### Chicken Mid Wings

#### 香辣炸鸡翅 (4)

MEMBERS \$7.00

GUESTS \$8.00

## 飲茶

### YUM-CHA

*To have tea.*

### Chinese Tea Set

*choose from*

Jasmine Green Tea

Pu-Erh Black Tea

Tie Guan Yin

Chrysanthemum Tea

PER PERSON

MEMBERS \$3.00

GUESTS \$4.00

## DIM-SUM 點心

### Har-Gow 蝦餃 (3)

*Steamed Prawn Dumplings*

MEMBERS \$6.50

GUESTS \$8.00

### Shiu-Mai 燒賣 (4)

*Steamed Pork &*

*Prawn Dumplings*

MEMBERS \$6.50

GUESTS \$8.00

### Steamed

#### Vegetarian Dumpling

#### 蔬菜餃 (3) V

MEMBERS \$5.50

GUESTS \$7.00

### Xiao Long Bao

#### 小籠包 (4)

MEMBERS \$7.00

GUESTS \$8.50

### Dim-Sum Platter

#### 點心拼盤 (8)

*2 Har-Gow, 2 Shiu-Mai*

*2 Vegetarian Dumpling*

*2 Xiao Long Bao*

MEMBERS \$16.00

GUESTS \$18.00

### DIM-SUM

#### ORDERING TIP:

*select 3-4 items to share as a starter for 2 people.*

YOU WIN SUM

YOU DIM SUM



### Steamed BBQ Pork Buns

#### 叉燒包 (3)

MEMBERS \$5.00

GUESTS \$6.00

### Deep Fried

#### Vegetable Spring Rolls

#### 素春卷 (4) V

MEMBERS \$5.00

GUESTS \$6.00

### Deep Fried Wontons

#### 炸雲吞 (4)

MEMBERS \$6.50

GUESTS \$8.00

### Lo Mai Gai 糯米雞 (2)

*steamed glutinous rice with chicken & mushrooms.*

MEMBERS \$5.00

GUESTS \$6.00

### OPEN 7 DAYS

LUNCH

11.30AM—2.30PM

DINNER

5.30PM—9.30PM

### CONTACT US

info@manchu.com.au

02 8440 3248



## BIG EATS 大吃

### Kung Pao Chicken

宮保雞

MEMBERS \$18.00

GUESTS \$21.00

### Sweet & Sour Pork

咕咾肉

MEMBERS \$19.00

GUESTS \$22.00

### Beef in Black Bean Sauce

豉汁炒牛肉

MEMBERS \$19.00

GUESTS \$22.00

### Sizzling Black Pepper

Sirloin Steak grain fed 250g

黑椒鐵板牛肉

MEMBERS \$24.00

GUESTS \$27.00

### Crisp Whole Barramundi in Ginger & Shallot Sauce

姜葱魚

MEMBERS \$28.00

GUESTS \$32.00

### Garlic King Prawns

蒜香大蝦 GF

MEMBERS \$25.00

GUESTS \$28.00

### Salt & Pepper Tofu

椒鹽豆腐

MEMBERS \$17.00

GUESTS \$19.00

### Wok fried

#### Seasonal Vegetables

炒時蔬 GF,V

*with sesame, ginger and soy*

MEMBERS \$13.00

GUESTS \$15.00

#### 特色

### HOUSE SPECIAL

家鄉豆腐

#### Man-Chu Tofu

*House-made Tofu  
with minced chicken,  
mushrooms and  
broccoli.*

MEMBERS \$22.00

GUESTS \$25.00

#### 特色

### HAINANESE CHICKEN RICE

#### SET FOR ONE

*Deboned poached chicken Maryland  
served with ginger rice, chicken broth,  
fresh ginger and chilli dipping sauces*

MEMBERS \$16.00

GUESTS \$18.00

### HAINANESE CHICKEN DOUBLE PORTION TO SHARE

*Deboned poached chicken Maryland  
served fresh ginger and chilli dipping sauces*

MEMBERS \$19.00

GUESTS \$21.00

## CHOP-CHOP 燒味

### TO SHARE OR MAIN COURSE

#### Chinese Roast Duck

脆皮燒鴨 (half)

*served with spring onions, coriander,  
hoisin sauce & steamed Gua Bao (6)*

MEMBERS \$28.00

GUESTS \$32.00

#### Man-Chu BBQ Pork

蜜汁叉燒 (450g)

*served with spring onions, coriander,  
hoisin sauce & steamed Gua Bao (6)*

MEMBERS \$27.00

GUESTS \$31.00

#### Chinese Roast Chicken 脆皮燒雞 (half)

*served with pickled vegetables & prawn chips.*

MEMBERS \$19.00

GUESTS \$21.00

## CHOP-CHOP 燒味

### SETS FOR ONE

#### Chinese Roast Duck 燒鴨

MEMBERS \$18.00

GUESTS \$20.00

#### Man-Chu BBQ Pork 叉燒

MEMBERS \$17.00

GUESTS \$19.00

#### Roast Chicken 燒雞

MEMBERS \$16.00

GUESTS \$18.00

*served with*

*Choi-Sum, Chicken broth and choice of*

Jasmine Rice 白飯

Egg Noodle Soup 湯麵

Egg Noodle Dry 撈麵

## 面或飯食／配菜

### NOODLES, RICE & SIDES

#### Long Soup 湯麵

MEMBERS	\$8.00
GUESTS	\$10.00

#### Short & Long Soup 雲吞湯麵

MEMBERS	\$14.00
GUESTS	\$16.00

#### Man-Chu BBQ Pork Chow Mein

##### 叉燒滑蛋生麵

MEMBERS	\$17.00
GUESTS	\$19.00

#### King Prawn Chow Mein

##### 大蝦滑蛋生麵

MEMBERS	\$24.00
GUESTS	\$27.00

#### Mushroom & Vegetable Chow Mein

##### 什錦時蔬滑蛋生麵

MEMBERS	\$16.00
GUESTS	\$18.00

#### Combination Chow Mein

##### 什錦滑蛋生面

*Man-Chu BBQ Pork, Chicken, Beef and King Prawn*

MEMBERS	\$22.00
GUESTS	\$25.00

#### Special Fried Rice 特色炒飯

MEMBERS	\$14.50
GUESTS	\$17.00

#### Roast Duck & Wholegrain

##### Mustard Fried Rice

##### 特色鴨絲炒飯

MEMBERS	\$18.00
GUESTS	\$21.00

#### Vegetarian Fried Rice 時蔬炒飯

MEMBERS	\$13.50
GUESTS	\$16.00

#### Jasmine Rice 白飯 OR

#### Prawn Chips 蝦片 *per bowl*

MEMBERS	\$2.50
GUESTS	\$3.00

#### CHOW MEIN 生麵

*Fried noodles.*

*Man-Chu Chow Mein is  
crispy egg noodles,  
best eaten with chopsticks.  
Allow 2-3 hours dining time  
depending on your skill and  
how hungry you are.  
Longer for fried rice.*



### DESSERT 甜品

#### Steamed Custard Buns

##### 奶皇包 (2)

MEMBERS	\$5.00
GUESTS	\$6.00

#### Fried Man-Tou

##### 黃金饅頭 (6)

*with sweetened condensed milk*

MEMBERS	\$7.00
GUESTS	\$8.00

#### Fresh Fruit Platter

##### 水果拼盤

MEMBERS	\$12.00
GUESTS	\$14.00

### ALLERGENS

Some dishes can be prepared gluten-free, however, we cannot guarantee no traces of gluten. Our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, sesame and gluten. Whilst all reasonable efforts and care are taken to accommodate dietary needs, we cannot guarantee that our food will be allergen free.

### BEVERAGES 飲品

#### Soy Milk

豆奶 *served cold*

MEMBERS	\$4.00
GUESTS	\$5.00

#### Lemon Barley

檸檬薏米 *served cold*

MEMBERS	\$4.00
GUESTS	\$5.00

#### Iced Tea 冰茶

*Sugar-free and bottomless*

MEMBERS	\$4.50
GUESTS	\$5.50

#### Chinese Tea Set 中国茶

*choose from*

Jasmine Green Tea  
Pu-Erh Black Tea  
Tie Guan Yin  
Chrysanthemum Tea

PER PERSON

MEMBERS	\$3.00
GUESTS	\$4.00

## MAN-CHU BANQUETS

### 小套餐

#### LITTLE MAN-CHU BANQUET

Select from

- 2 DIM-SUM 點心
- 1 SMALL EATS 小吃
- 2 BIG EATS 大吃
- 1 CHOP-CHOP 燒味
- 1 NOODLES, RICE & SIDES  
面或飯食／配菜

2 – 4 persons

MEMBERS	\$100.00
GUESTS	\$125.00

### 大套餐

#### BIG MAN-CHU BANQUET

Select from

- 4 DIM-SUM 點心
- 2 SMALL EATS 小吃
- 3 BIG EATS 大吃
- 2 CHOP-CHOP 燒味
- 3 NOODLES, RICE & SIDES  
面或飯食／配菜

5 – 10 persons

MEMBERS	\$200.00
GUESTS	\$250.00

### 兒童套餐

#### CHILDREN'S BANQUET \*

select one..

- Chicken Chow Mein  
雞肉滑蛋生麵
- Wonton Noodle Soup  
雲吞湯麵
- BBQ Pork Gua-Bao Burgers  
叉燒中式漢堡

\*served with prawn chips, fresh fruit,  
soy milk & kids activity set.  
For children 12 years and under.

MEMBERS	\$9.00
GUESTS	\$12.00



CHINESE RESTAURANT

### ABOUT US

Man-Chu Chinese Restaurant aims to serve traditional, delicious and skilfully prepared Chinese meals for members and guests of Chatswood RSL—representing value for money and friendly professional service.

On our menu you will find retro Australian Chinese favourites such as Sweet and Sour Pork and Chow-Mein alongside steaming hot Dim-Sum and Chinese Roast Duck.

Our chefs are trained, qualified and passionate about what they do—believing that Man-Chu, God of the Wok, will guide them and breathe fire into their woks.

### 关于我们

文朱餐厅的宗旨是为车士活退伍军人俱乐部的会员和客人提供传统，美味和技巧娴熟的中餐，以物有所值，友好而专业的服务。

在我们的菜单上，您将找到复古的澳大利亚中式料理，例如古老肉和春卷，以及热呼呼的点和中式烤鸭。

我们的厨师对他们的工作充满热情，流过汗受过伤，相信成功没有捷径，学习更好的厨艺只为了看见客人享受美食时的欢愉。他们相信炒锅之神“文朱”将引导他们并保护他们。

### COVID-19 SAFE DINING AT MAN-CHU

Help us practice physical distancing,  
keep 1.5m apart.

Protect yourself and others. Regularly wash your hands, cover your cough with your elbows and if you feel unwell, isolate and get yourself checked.

Every table is sanitised after every use. Our staff will assist you to your table when it is safe to do so.

Menus are single use disposable.

EFTPOS terminals, common benches and other shared spaces are frequently sanitised by our staff.

We encourage cashless payments.

Members and guests are required to remain seated whilst dining in restaurant.

### SURCHARGE

Surcharge of 15% of total bill applies on all Public Holidays.

No surcharge for  
Debit and Credit Cards.