

Flame Light

ORIENTAL CUISINE



Tel: 01727 852288

303 WATFORD ROAD, ST. ALBANS, HERTS, AL2 3DA



Visit our **NEW** website

www.flamelight.co.uk

in association with www.lowcostmenus.co.uk

May 2018



FREE Prawn Crackers
with orders over £30.00



ALL MAJOR CREDIT CARDS ACCEPTED ON PURCHASES OVER £8.00
A 32P SURCHARGE WILL BE ADDED ON PURCHASES UNDER £8.00

Customer Information

Tuesday - Sunday and Bank Holiday Monday:
5pm – 10.45pm

CLOSED MONDAY

All prices inclusive of VAT

Flame Light

Oriental Cuisine

We are delighted to introduce you to our selection of the finest Chinese foods.

In accordance with custom, each dish is prepared with fresh ingredients: Poultry, meat, vegetables and preparations: cuttings, mixing, marinating and combining ingredients.

When cooked, the dishes are delicious, healthy and a true representative of their area of origin. China is large and culturally diverse, it is no wonder that its cuisine is so rich in style, flavour and colour. Peking Duck, a rich aromatic speciality requiring lengthy preparation. You may well have noticed windows full of reddish-brown glazed Peking Duck in chinese food stores. If you prefer strongly flavoured food, then taste Szechuan style dishes.

Szechuan province lies in the West of China. Its gourmet delights tend to be hot with spicy red chillies, peppercorns, ginger and garlic are used in abundance.

To the South lies Canton province, Cantonese cuisine is famous for its sweet and sour dishes using pork, chicken or prawns and also for roasting duck and pork etc., and for many more dishes, too numerous to list.

We hope that you enjoy the food. The chefs take a very long time preparing fresh ingredients which are cooked very quickly to preserve their texture, nutritional value and delicate flavour.

Soup

1. **Hot and Sour Soup** 🌶️ **£2.70**
A rich soup with egg drops, shrimps, sliced chicken, peas, chinese vegetables and fungus
2. **Chicken with Sweetcorn Soup** **£2.60**
Chicken with sweetcorn and egg
3. **Crabmeat with Sweetcorn Soup** **£3.20**
4. **Chicken and Noodle Soup** **£2.40**
Clear soup with chopped spring onions
5. **Chicken and Mushroom Soup** **£2.40**
6. **Won Ton Soup** **£3.20**
Minced pork and prawns wrapped in egg pastry with chinese leaf and chopped spring onions

Appetisers

7. **Chilli and Salt Chicken Wings** 🌶️🌶️ **£4.50**
Chilli and salt chicken wings lightly coated in egg and corn flour, stir-fried with a touch of fresh chilli, salt and spice, with garlic and wine
8. **Crispy Deep Fried Chicken Rolls (6)** **£4.50**
Shredded bamboo shoots with chinese mushrooms and white chicken with peppercorns
9. **Sesame Prawn on Toast** **£5.00**
Minced prawn with sesame seed topping
10. **Crispy Aromatic Duck**
(Quarter – with 6 pancakes and dressing) **£10.00**
(Half – with 12 pancakes and dressing) **£18.50**
(Whole – with 24 pancakes and dressing) **£34.70**
11. **Sweet and Sour Won Ton with Dip** **£5.20**
Whole prawn wrapped with thin pastry, served with sweet and sour dip
12. **Flame Light Mixed Hors D'Oeuvres** (minimum for 2 persons) **£4.80pp**
Seaweed, prawns on toast, chicken satay, chicken or vegetable spring rolls
13. **Satay Chicken (4)** **£5.70**
On skewers with a spicy peanut sauce
14. **Satay King Prawns (4)** **£6.30**
On skewers with a spicy peanut sauce
15. **Deep Fried Squid with Chilli and Salt** 🌶️🌶️ **£6.50**
In light egg and corn flour coating, with a touch of fresh chilli and spices, garlic, wine and chopped spring onions
16. **Vegetable Spring Rolls (4)** **£3.10**
Shredded carrots and cabbage wrapped in a thin pastry
17. **Grilled Dumplings (6)** **£5.40**
Minced pork with chinese vegetables and spring onions
18. **Crispy Seaweed** **£4.00**
134. **Crispy Mongolian Lamb with Pancake** **£9.80**

Spare Rib Dishes

19. **Canton Spare Ribs** £6.50
Roast spare ribs cooked with fruity sauce
- 19a. **Chilli and Salt Spare Ribs** // £5.90
Lightly fried in corn flour, egg and spice coating, stir fired with a touch of fresh chilli, spring onions and crushed peppercorn with rice wine
- 19b. **Spare Ribs in Black Bean Sauce** £6.00
Lightly fried in corn flour, eggs and spice coating
29. **Sweet and Sour Spare Ribs** £7.10
Marinated roast spare ribs
30. **Roast Spare Ribs** £7.00
Marinated roast spare ribs
- 30a. **Roast Spare Ribs in Barbecue Sauce** £7.10
Marinated roast spare ribs

Chop Suey Dishes

20. **Flame Light Special Chop Suey** £5.60
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
21. **Chicken Chop Suey** £4.80
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
22. **Beef Chop Suey** £5.10
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
23. **King Prawn Chop Suey** £6.50
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
24. **Shrimp Chop Suey** £5.40
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
25. **Chinese Roast Pork Chop Suey** £4.60
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy

Sweet and Sour Dishes

26. **Sweet and Sour Chicken Balls in Batter (10)** £5.50
27. **Sweet and Sour King Prawn Balls in Batter (10)** £6.70
28. **Sweet and Sour Pork Balls in Batter (12)** £5.10
31. **Sweet and Sour Pork (Hong Kong Style)** £5.90
Tender pieces of meat lightly coated in corn flour and egg, stir fried with four vegetables and sweet and sour sauce
32. **Sweet and Sour King Prawn (Hong Kong Style)** £6.90
Tender pieces of seafood lightly coated in corn flour and egg, stir fried with four vegetables and sweet and sour sauce
- 32a. **Sweet and Sour Chicken (Hong Kong Style)** £6.00
Tender pieces of chicken lightly coated in corn flour and egg, stir fried with four vegetables and sweet and sour sauce

Seafood Dishes

33. **Kung Po King Prawn** 🌶️🌶️ £7.00
Marinated prawn pan braised with sweet vegetables and blended with a rich fruity sauce
38. **Fried King Prawns Szechuan Style** 🌶️🌶️ £7.00
Pan braised with bamboo shoots of fungus and garlic, stir fried with chilli, yellow bean paste and sesame oil
39. **King Prawns with Green Pepper & Black Bean Sauce** 🌶️ £7.00
45. **King Prawns with Ginger & Spring Onions** £7.00
46. **King Prawns with Baby Sweetcorn** £7.00
50. **King Prawns with Oyster Sauce** (with Broccoli 30p extra) £7.00
54. **King Prawns with Straw Mushrooms** £7.00
57. **Saute Prawns with Hot Garlic Sauce** 🌶️🌶️ £7.00
58. **King Prawns with Peking Sauce** 🌶️ £7.00
87. **King Prawns with Mixed Vegetables** £7.00
Seafood stir fried with garlic and Chinese vegetables with a dash of oyster sauce
88. **King Prawns Foo Yung** £6.40
139. **King Prawns in Tomato** £7.00
140. **King Prawns with Cashew Nuts** (Yellow Bean Sauce 20p Extra) £7.10
47. **Stir Fried Squid with Green Pepper and Black Bean Sauce** £6.60
141. **Stir Fried Squid Szechuan Style (Hot)** £6.60
142. **Mussel Supreme** 🌶️ Braised mussels with green pepper and black bean sauce £6.60
143. **Crispy King Prawn with Chilli and Salt** 🌶️🌶️ £7.10

Chicken Dishes

35. **Kung Po Chicken** 🌶️🌶️ £5.80
Marinated chicken pan braised with sweet vegetables and blended with a rich fruity sauce
36. **Fried Chicken Szechuan Style** 🌶️🌶️ £5.80
Pan braised with bamboo shoots of fungus and garlic, stir fried with sweet chilli, yellow bean paste and sesame oil
41. **Chicken with Green Pepper & Black Bean Sauce** 🌶️ £5.90
44. **Chicken with Ginger & Spring Onions** £6.00
49. **Chicken with Baby Sweetcorn** £5.70
52. **Chicken with Oyster Sauce** (with Broccoli 30p extra) £5.80
53. **Chicken with Straw Mushrooms** £5.80
56. **Saute Chicken with Hot Garlic Sauce** 🌶️ £6.00
Lightly fried with an egg and corn flour coating
61. **Grilled Chicken in Plum Sauce** £5.90
63. **Grilled Chicken in Lemon Sauce** £5.90
64. **Grilled Peking Chicken** 🌶️ £6.60
Spring onions, ginger and chilli, cooked in a white wine sauce
77. **Roast Chicken Chinese Style** £5.50
78. **Chicken with Ginger & Chinese Leaf** £5.80
79. **Chicken with Cashew Nuts** (Yellow bean sauce 20p extra) £5.80
80. **Chicken with Pineapple** £5.50
81. **Chicken with English Mushrooms** £5.50

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| 82. | Chicken with Bamboo Shoots and Water Chestnuts | £5.30 |
| 83. | Chicken with Mixed Vegetables | £5.70 |
| 89. | Chicken Foo Yung | £5.30 |
| 144. | Crispy Chicken with Chilli and Salt 🌶️🌶️..... | £6.00 |

Meat Dishes

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| 34. | Kung Po Beef 🌶️🌶️🌶️..... | £6.00 |
| | Marinated meat pan braised with sweet vegetables and blended with a rich fruity sauce | |
| 37. | Fried Beef Szechuan Style 🌶️🌶️..... | £6.30 |
| | Pan braised with bamboo shoots of fungus and garlic, stir fried with chilli, yellow bean paste and sesame oil | |
| 40. | Beef with Green Pepper & Black Bean Sauce 🌶️..... | £6.50 |
| 43. | Beef with Ginger & Spring Onions | £6.50 |
| 48. | Beef with Baby Sweetcorn | £6.30 |
| 51. | Beef with Oyster Sauce (with Broccoli 30p extra) | £6.20 |
| 55. | Beef with Straw Mushrooms | £6.20 |
| 59. | Beef Cantonese Style | £6.40 |
| 65. | Shredded Beef 🌶️🌶️..... | £6.40 |
| 84. | Beef with Mushrooms | £5.80 |
| 84a. | Beef with Cashew Nuts in Yellow Bean Sauce | £6.30 |
| 85. | Beef with Onions | £5.60 |
| 86. | Beef with Mixed Vegetables | £5.80 |
| 145. | Beef with Tomato | £5.80 |
| 60. | Chinese Roast Pork (Char Siu) | £5.90 |
| | Roasted loin pork with sliced onions, spring onions and chinese leaf, cooked with a meaty barbecued sauce | |

Duck Dishes

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| 42. | Duck with Green Pepper & Black Bean Sauce | £7.00 |
| 62. | Duck in Plum Sauce | £7.00 |
| 130. | Roast Duck (So Chow) | £7.90 |
| 131. | Roast Duck with English Mushrooms | £7.30 |
| 132. | Roast Duck with Beansprouts | £7.30 |
| 133. | Roast Duck with Pineapple | £7.30 |

Satay Dishes (With added Coconut Cream)

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| 66. | Special Satay | £6.70 |
| | Mixed meat and king prawn, braised with onions, cucumber, pineapple,
red and green peppers, cooked with spicy satay garlic in a coconut cream sauce | |
| 67. | King Prawn Satay | £7.00 |
| | Braised with onions, cucumber, pineapple, red and green peppers, cooked with
spicy satay garlic in a coconut cream sauce | |

68. **Beef Satay** £6.40
Braised with onions, cucumber, pineapple, red and green peppers,
cooked with spicy satay garlic in a coconut cream sauce
69. **Chicken Satay** £6.00
Braised with onions, cucumber, pineapple, red and green peppers,
cooked with spicy satay garlic in a coconut cream sauce
146. **Squid Satay** £6.70
Braised with onions, cucumber, pineapple, red and green peppers,
cooked with spicy satay garlic in a coconut cream sauce

Malaysian Curry Dishes

70. **King Prawn Curry** // £6.50
71. **Chicken Curry** // £5.40
72. **Beef Curry** // £5.70
73. **Pork Curry** // £5.30
74. **Shrimp Curry** // £5.50
75. **Special Curry** // £6.10
76. **Duck Curry** // £6.80
147. **Lamb Curry** // £6.40

Thai Curry Dishes

- T1 **King Prawn Green or Red Curry** // £7.70
- T2 **Beef Green or Red Curry** // £7.00
- T3 **Chicken Green or Red Curry** // £6.60
- T4 **Special Green or Red Curry** // £7.60

Lamb Dishes

148. **Lamb with Ginger & Spring Onions** £6.50
149. **Lamb with Green Pepper & Black Bean Sauce** // £6.50
150. **Lamb in Yellow Bean Sauce** £6.60

Rice Dishes

90. **Flame Light Special Rice** (in gravy) £6.60
91. **Special Fried Rice** £4.90
92. **Chicken Fried Rice** £4.60
93. **Shrimp Fried Rice** £5.10
94. **King Prawn Fried Rice** £5.90
95. **Singapore Fried Rice** // £5.10
96. **Egg Fried Rice** £2.90
97. **Plain Boiled Rice** £2.60

Chow Mein Dishes (Large)

98.	Flame Light Special Chow Mein (in gravy)	£6.60
98a.	Special Chow Mein (dry)	£6.10
99.	Chicken Chow Mein	£5.50
100.	Beef Chow Mein	£5.60
101.	King Prawn Chow Mein	£6.40
102.	Crispy Noodle with Beef & Green Pepper in Black Bean Sauce	£6.90
103.	Seafood Medley with Crispy Noodles	£10.70
	<small>Squid, prawns and scallops with broccoli, spring onions and straw mushrooms with a dash of wine</small>	
104.	Chinese Roast Pork Chow Mein	£5.50
105.	Hot Singapore Chow Mein !!	£5.70
106.	Roast Duck Chow Mein	£6.60
107.	Mei Fun Noodles !! Singapore Style Rice Noodles	£5.90

Extra Portions

108.	Portion of Sweet & Sour Sauce	£1.70
109.	Portion of Curry Sauce	£1.70
110.	Portion of Prawn Crackers	£1.80
111.	Portion of Chips	£1.80
112.	Portion of Barbecue Sauce	£1.70
113.	Fried Crispy Pancake Roll (2)	£3.30
135.	Roast Chicken with Chips	£5.40
136.	Portion of Roast Chicken	£4.50
137.	Banana Fritter	£2.60
138.	Pineapple Fritter	£2.60

Vegetable Dishes

114.	Sweet & Sour Mixed Vegetables	£3.70
115.	Portion of Chow Mein	£3.70
116.	Portion of Mushrooms	£3.70
117.	Portion of Beansprouts	£3.70
118.	Portion of Mixed Vegetable	£4.00
119.	Fried Bamboo Shoots & Water Chestnuts	£3.70
120.	Fried Onions	£3.40
121.	Mushroom Fried Rice	£3.60
122.	Mushroom Foo Yung	£4.10
123.	Mushroom Chop Suey	£3.90
124.	Chinese Leaves in Oyster Sauce	£4.20
125.	Mixed Vegetables in Oyster Sauce	£4.20
126.	Stir Fried Vegetables Chow Mein	£4.80
127.	Mixed Vegetables in Satay Sauce	£4.50
128.	Vegetable Curry	£4.30
129.	Mushroom Curry	£3.90
151.	Stir Fried Beancurd in Green Pepper & Black Bean Sauce !	£5.00
152.	Stir Fried Beancurd Szechuan Style !!	£5.00
153.	Deep Fried Mushrooms in Chilli and Salt !!!	£5.10
154.	Stir Fried Vegetables Mei Fun Noodles	£5.10
155.	Stir Fried Broccoli in Black Bean Sauce	£4.90
156.	Stir Fried Chinese Mushrooms & Straw Mushrooms in Oyster Sauce	£5.10
157.	Monk's Vegetables	£5.00

Special Set Dinners

A. For Two People

£24.10

Sweet & Sour Pork (Hong Kong Style)
Chicken with Mixed Vegetables
Beef in Yellow Bean Sauce
Special Fried Rice
Pancake Rolls (2)

B. For Two People

£22.90

Sweet & Sour Chicken Balls in Batter
Beef with Mushrooms
Kung Po Roast Pork
Special Fried Rice
Roast Spare Ribs (2)

C. For Three People

£31.30

Sweet & Sour Chicken Balls
Beef with Bamboo Shoots &
Water Chestnuts
Chicken with Pineapple
Roast Pork Foo Yung
Special Chop Suey
Special Fried Rice

D. For Three People

£33.10

Sweet & Sour Pork Balls
Roast Pork with Mushrooms
Chicken Chinese Style
Fried King Prawn in Batter
Beef with Mixed Vegetables
Special Fried Rice

E. For Four People

£45.10

Sweet & Sour Pork Balls
Beef Cantonese Style
Special Chow Mein
Salted Chicken with Garlic Dressing
Special Chop Suey
Fried King Prawn Balls in Batter
Special Fried Rice

F. For Six People

£70.00

Chicken with Mixed Vegetables
Crispy Aromatic Duck (half)
Beef with Oyster Sauce
Shredded Beef
Sweet & Sour Chicken (Hong Kong Style)
Special Fried Rice
Sesame Prawn on Toast
Prawn Crackers
Singapore Mei Fun Rice Noodles

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Name:

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We use GM free pure vegetable oil for our cooking, which does not overshadow the taste of the food, and as it is low in cholesterol, it is the healthy choice.



Food allergies and intolerances:
 Before ordering please speak to our staff about your requirements

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