

Flame Light

ORIENTAL CUISINE



Tel: 01727 852288

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



November 2015

Soup

1. **Hot and Sour Soup** £2.50
A rich soup with egg drops, shrimps, sliced chicken, peas, chinese vegetables and fungus
2. **Chicken with Sweetcorn Soup** £2.40
Chicken with sweetcorn and egg
3. **Crabmeat with Sweetcorn Soup** £3.00
4. **Chicken and Noodle Soup** £2.30
Clear soup with chopped spring onions
5. **Chicken and Mushroom Soup** £2.30
6. **Won Ton Soup** £3.00
Minced pork and prawns wrapped in egg pastry with chinese leaf and chopped spring onions

Appetisers

7. **Chilli and Salt Chicken Wings** £4.25
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)** £4.20
Shredded bamboo shoots with chinese mushrooms and white chicken with peppercorns
9. **Sesame Prawn on Toast** £4.80
Minced prawn with sesame seed topping
10. **Crispy Aromatic Duck**
(Quarter – with 6 pancakes and dressing) £9.40
(Half – with 12 pancakes and dressing) £17.50
(Whole – with 24 pancakes and dressing) £32.70
11. **Sweet and Sour Won Ton with Dip** £4.90
Whole prawn wrapped with thin pastry, served with sweet and sour dip
12. **Flame Light Mixed Hors D'Oeuvres** (minimum for 2 persons) £4.50pp
Seaweed, prawns on toast, chicken satay, chicken or vegetable spring rolls
13. **Satay Chicken (4)** £5.25
On skewers with a spicy peanut sauce
14. **Satay King Prawns (4)** £5.90
On skewers with a spicy peanut sauce
15. **Deep Fried Squid with Chilli and Salt** £6.10
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)** £2.90
Shredded carrots and cabbage wrapped in a thin pastry
17. **Grilled Dumplings (6)** £5.10
Minced pork with chinese vegetables and spring onions
18. **Crispy Seaweed** £3.80
134. **Crispy Mongolian Lamb with Pancake** £9.20

Spare Rib Dishes

19. **Canton Spare Ribs** £6.10
Roast spare ribs cooked with fruity sauce
- 19a. **Chilli and Salt Spare Ribs** // £5.55
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** £5.60
Lightly fried in corn flour, eggs and spice coating
29. **Sweet and Sour Spare Ribs** £6.70
Marinated roast spare ribs
30. **Roast Spare Ribs** £6.60
Marinated roast spare ribs
- 30a. **Roast Spare Ribs in Barbecue Sauce** £6.70
Marinated roast spare ribs

Chop Suey Dishes

20. **Flame Light Special Chop Suey** £5.30
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
21. **Chicken Chop Suey** £4.50
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
22. **Beef Chop Suey** £4.80
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
23. **King Prawn Chop Suey** £6.10
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
24. **Shrimp Chop Suey** £5.10
Beansprouts, bamboo shoots, water chestnuts and carrots, cooked with tomato sauce gravy
25. **Chinese Roast Pork Chop Suey** £4.30
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)** £5.20
27. **Sweet and Sour King Prawn Balls in Batter (10)** £6.30
28. **Sweet and Sour Pork Balls in Batter (12)** £4.80
31. **Sweet and Sour Pork (Hong Kong Style)** £5.60
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)** £6.50
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)** £5.70
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** // // £6.60
Marinated prawn pan braised with sweet vegetables and blended with a rich fruity sauce
38. **Fried King Prawns Szechuan Style** // // £6.60
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** // £6.60
45. **King Prawns with Ginger & Spring Onions** £6.60
46. **King Prawns with Baby Sweetcorn** £6.60
50. **King Prawns with Oyster Sauce** (with Broccoli 30p extra) £6.60
54. **King Prawns with Straw Mushrooms** £6.60
57. **Saute Prawns with Hot Garlic Sauce** // // £6.60
58. **King Prawns with Peking Sauce** // £6.60
87. **King Prawns with Mixed Vegetables** £6.60
Seafood stir fried with garlic and Chinese vegetables with a dash of oyster sauce
88. **King Prawns Foo Yung** £6.00
139. **King Prawns in Tomato** £6.60
140. **King Prawns with Cashew Nuts** (Yellow Bean Sauce 20p Extra) £6.70
47. **Stir Fried Squid with Green Pepper and Black Bean Sauce** £6.25
141. **Stir Fried Squid Szechuan Style (Hot)** £6.20
142. **Mussel Supreme** // Braised mussels with green pepper and black bean sauce £6.20
143. **Crispy King Prawn with Chilli and Salt** // // £6.70

Chicken Dishes

35. **Kung Po Chicken** // // £5.50
Marinated chicken pan braised with sweet vegetables and blended with a rich fruity sauce
36. **Fried Chicken Szechuan Style** // // £5.50
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** // £5.60
44. **Chicken with Ginger & Spring Onions** £5.70
49. **Chicken with Baby Sweetcorn** £5.40
52. **Chicken with Oyster Sauce** (with Broccoli 30p extra) £5.50
53. **Chicken with Straw Mushrooms** £5.50
56. **Saute Chicken with Hot Garlic Sauce** // £5.70
Lightly fried with an egg and corn flour coating
61. **Grilled Chicken in Plum Sauce** £5.60
63. **Grilled Chicken in Lemon Sauce** £5.60
64. **Grilled Peking Chicken** // // £6.20
Spring onions, ginger and chilli, cooked in a white wine sauce
77. **Roast Chicken Chinese Style** £5.20
78. **Chicken with Ginger & Chinese Leaf** £5.50
79. **Chicken with Cashew Nuts** (Yellow bean sauce 20p extra) £5.50
80. **Chicken with Pineapple** £5.20
81. **Chicken with English Mushrooms** £5.20

82. **Chicken with Bamboo Shoots and Water Chestnuts** £4.95
 83. **Chicken with Mixed Vegetables** £5.40
 89. **Chicken Foo Yung** £5.00
 144. **Crispy Chicken with Chilli and Salt** !!! £5.70

Meat Dishes

34. **Kung Po Beef** !!! £5.70
 Marinated meat pan braised with sweet vegetables and blended with a rich fruity sauce
 37. **Fried Beef Szechuan Style** !!! £5.90
 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** ! £6.10
 43. **Beef with Ginger & Spring Onions** £6.10
 48. **Beef with Baby Sweetcorn** £5.90
 51. **Beef with Oyster Sauce** (with Broccoli 30p extra) £5.80
 55. **Beef with Straw Mushrooms** £5.80
 59. **Beef Cantonese Style** £6.00
 65. **Shredded Beef** !! £6.00
 84. **Beef with Mushrooms** £5.50
 84a. **Beef with Cashew Nuts in Yellow Bean Sauce** £5.90
 85. **Beef with Onions** £5.30
 86. **Beef with Mixed Vegetables** £5.50
 145. **Beef with Tomato** £5.50
 60. **Chinese Roast Pork** (Char Siu) £5.60
 Roasted loin pork with sliced onions, spring onions and chinese leaf, cooked with a meaty barbecued sauce

Duck Dishes

42. **Duck with Green Pepper & Black Bean Sauce** £6.60
 62. **Duck in Plum Sauce** £6.60
 130. **Roast Duck** (So Chow) £7.50
 131. **Roast Duck with English Mushrooms** £6.90
 132. **Roast Duck with Beansprouts** £6.90
 133. **Roast Duck with Pineapple**..... £6.90

Satay Dishes (With added Coconut Cream)

66. **Special Satay** £6.30
 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** £6.60
 Braised with onions, cucumber, pineapple, red and green peppers, cooked with spicy satay garlic in a coconut cream sauce

68. **Beef Satay** £6.00
 Braised with onions, cucumber, pineapple, red and green peppers, cooked with spicy satay garlic in a coconut cream sauce
 69. **Chicken Satay** £5.70
 Braised with onions, cucumber, pineapple, red and green peppers, cooked with spicy satay garlic in a coconut cream sauce
 146. **Squid Satay** £6.30
 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** !! £6.10
 71. **Chicken Curry** !! £5.10
 72. **Beef Curry** !! £5.40
 73. **Pork Curry** !! £5.00
 74. **Shrimp Curry** !! £5.20
 75. **Special Curry** !! £5.80
 76. **Duck Curry** !! £6.40
 147. **Lamb Curry** !! £6.00

Thai Curry Dishes

- T1 **King Prawn Green or Red Curry** !! £7.30
 T2 **Beef Green or Red Curry** !! £6.60
 T3 **Chicken Green or Red Curry** !! £6.20
 T4 **Special Green or Red Curry** !! £7.20

Lamb Dishes

148. **Lamb with Ginger & Spring Onions** £6.10
 149. **Lamb with Green Pepper & Black Bean Sauce** ! £6.10
 150. **Lamb in Yellow Bean Sauce** £6.20

Rice Dishes

90. **Flame Light Special Rice** (in gravy) £6.20
 91. **Special Fried Rice** £4.60
 92. **Chicken Fried Rice** £4.30
 93. **Shrimp Fried Rice** £4.80
 94. **King Prawn Fried Rice** £5.60
 95. **Singapore Fried Rice** ! £4.80
 96. **Egg Fried Rice** £2.70
 97. **Plain Boiled Rice** £2.40

Chow Mein Dishes (Large)

98.	Flame Light Special Chow Mein (in gravy)	£6.20
98a.	Special Chow Mein (dry)	£5.75
99.	Chicken Chow Mein	£5.20
100.	Beef Chow Mein	£5.30
101.	King Prawn Chow Mein	£6.00
102.	Crispy Noodle with Beef & Green Pepper in Black Bean Sauce	£6.50
103.	Seafood Medley with Crispy Noodles	£10.10
	<small>Squid, prawns and scallops with broccoli, spring onions and straw mushrooms with a dash of wine</small>	
104.	Chinese Roast Pork Chow Mein	£5.20
105.	Hot Singapore Chow Mein //	£5.40
106.	Roast Duck Chow Mein	£6.20
107.	Mei Fun Noodles // Singapore Style Rice Noodles	£5.60

Extra Portions

108.	Portion of Sweet & Sour Sauce	£1.55
109.	Portion of Curry Sauce	£1.55
110.	Portion of Prawn Crackers	£1.70
111.	Portion of Chips	£1.70
112.	Portion of Barbecue Sauce	£1.60
113.	Fried Crispy Pancake Roll (2)	£3.10
135.	Roast Chicken with Chips	£5.10
136.	Portion of Roast Chicken	£4.20
137.	Banana Fritter	£2.45
138.	Pineapple Fritter	£2.45

Vegetable Dishes

114.	Sweet & Sour Mixed Vegetables	£3.50
115.	Portion of Chow Mein	£3.50
116.	Portion of Mushrooms	£3.50
117.	Portion of Beansprouts	£3.50
118.	Portion of Mixed Vegetable	£3.80
119.	Fried Bamboo Shoots & Water Chestnuts	£3.50
120.	Fried Onions	£3.20
121.	Mushroom Fried Rice	£3.40
122.	Mushroom Foo Yung	£3.90
123.	Mushroom Chop Suey	£3.70
124.	Chinese Leaves in Oyster Sauce	£3.90
125.	Mixed Vegetables in Oyster Sauce	£3.90
126.	Stir Fried Vegetables Chow Mein	£4.50
127.	Mixed Vegetables in Satay Sauce	£4.20
128.	Vegetable Curry	£4.00
129.	Mushroom Curry	£3.70
151.	Stir Fried Beancurd in Green Pepper & Black Bean Sauce //	£4.70
152.	Stir Fried Beancurd Szechuan Style //	£4.70
153.	Deep Fried Mushrooms in Chilli and Salt ///	£4.80
154.	Stir Fried Vegetables Mei Fun Noodles	£4.80
155.	Stir Fried Broccoli in Black Bean Sauce	£4.60
156.	Stir Fried Chinese Mushrooms & Straw Mushrooms in Oyster Sauce	£4.80
157.	Monk's Vegetables	£4.70

Special Set Dinners

A. For Two People £22.70

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 £21.55

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

C. For Three People £29.50

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 £31.20

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 £42.50

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 £65.70

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