

SALAD

Thai Beef or Pork Salad (*Jasmine rice*) **CF GF LC**..... 14
Choice of sliced pork or beef with lettuce, tomato, cucumber, capsicum, onion and spring onion in homemade dressing garnished with coriander.

Chicken Lettuce Wrap **CF GF LC**..... 14
Wok-seared minced chicken mixed with red onion, chilli, chopped spring onion, toasted rice and grated carrot served with crispy egg noodle.

Vermicelli Noodle Salad **GF LC**..... 14
Grilled chicken, pork or beef served with lettuce, cucumber, carrot, bean sprouts with peanuts and spring onion in chef's special dressing.

Rama Rama (*Thai-style vegetable salad*) **CF GF LC V** 14
(*Jasmine rice*) Stir-fried pumpkin, carrot, broccoli, cauliflower, capsicum and cabbage served with a satay sauce.

Warm Vegetable Salad **CF GF LC V**..... 14
Stir-fried zucchini, carrot, broccoli, cauliflower, capsicum and cabbage served with mayonnaise. Add tofu \$0.50.

Tofu Salad with Rice **CF GF LC V** 14
Deep-fried or fresh tofu with lettuce, tomato, cucumber, lemongrass, celery, red onion, bean sprout, coriander, lemon juice and fresh chilli.

WOK'N SOUP

Tom Yum Goong **CF GF LC**..... 15.5
Hot and sour prawn noodle soup with mushroom, lemon grass, galangal, lemon leaves, coriander and lime juice.

Chicken and Tofu Noodle Soup **CF GF LC** 14
Coriander, capsicum, celery, bean sprouts, broccoli, cauliflower, topped with dried garlic and green nori.

Sukiyaki Noodle Soup (*Udon noodles*) **CF GF LC V** 13.5
Spicy and sour noodle soup with broccoli, cauliflower, tofu and spring onion.

SIDES

Prawn Spring Roll.....6.5

Money Bags prawn and crabstick dumpling with Thai herbs .5.5

Chicken Satay Grilled chicken with peanut sauce8.5

Fish Cakes Wok'n Noodle special recipe!5.5

Deep-Fried Chicken Nibbles.....6.5

Thai Calamari with sweet chilli or BBQ tamarind sauce7

Vegetarian Spring Rolls v.....5.5

Japanese Meat Balls6.5

Vege Salad v Lettuce, apple, tomato, cucumber6.5
and spring onion with homemade dressing.

Mixed Sides (*Entree mixed, 10 pieces*)13.5

Curry Puffs.....6.5

Minced curry chicken with potatoes, onion in puff pastry

Minced Pork on Toast with sweet plum sauce.....6.5

Tom Kha Gai Traditional Thai chicken and coconut soup ..4.5

Miso Soup v Traditional Japanese soy bean soup.....3.5

Tom Yum Soup Traditional hot and sour Thai soup.....3.5

Extra Rice.....2.5

Extra Vege.....2.5

Extra Meat (Except Duck)2.5

One Extra Item1.5

Extra Seafood4

How to eat Wok'n Noodle



1 Dig chopsticks deep into the bottom of Wok'n Noodle box.



2 Stir up and around. Mix bottom to top of Wok'n Noodle Box.



3 Sit, relax and enjoy. Taste the sauces of Wok'n Noodle Box.



Please visit our website to order online
www.woknnoodle.com



FRESH AND TASTY ASIAN CUISINE

**DINE IN AND
TAKE-OUT MENU**

Please visit our website to order online
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Mt Eden

61 Normanby Road, Mt Eden
PHONE 09 630 6651

Auckland Central

51-53 Shortland Street, Auckland Central
PHONE 09 358 0088

Opening Hours

Monday to Friday

LUNCH 11am – 3pm

DINNER 5pm – 10pm

Saturday and Sunday

DINNER 5pm – 10pm

Hi! Lee here from Wok'n Noodle!

At Wok'n Noodle you are welcome to request any of our healthier options:

- Gluten-free **GF**
- Carbohydrate-free **CF**
- Low carbohydrate **LC**
- Vegetarian **V**
- Brown rice or white rice

You can make changes to any of our dishes to suit your taste or diet. We will do our best accommodate your needs.

WOK'N NOODLE WOK STARS

Wok'n Noodle Bar Speciality **CF GF LC 15.5**
(Thai rice noodles or Jasmine rice) with prawn and calamari served with cashew nuts, broccoli, carrot, cauliflower, onion and mushrooms in chilli paste.

Chinese Style Crispy Pork Belly with Fresh Basil **CF GF LC 14.5**
(Rice or egg noodles) With green bean, capsicum, onion, broccoli, fresh chilli and carrot.

Whiskey Roast Duck **CF GF LC .. 15**
Stir-fried roast duck with whisky, chilli, onion, beans, capsicum, bamboo-shoot and sweet basil.

Roast Duck Noodles **CF GF LC 15**
Stir-fried thin egg noodles and roast duck with egg, carrot, broccoli and cauliflower in oyster sauce and tomato sauce.

Cashew Chicken **CF GF LC 14**
Grilled chicken, cashew nuts, red capsicum, broccoli, cauliflower, carrot, onion, baby corn and mushroom.

Grilled Teriyaki Chicken **CF GF LC 14**
Served with, broccoli, cauliflower, red capsicum, carrot and onion.

Rama Rung Song **CF GF LC 14.5**
Choice of chicken, beef or pork with stir-fried pumpkin, carrot, broccoli, cauliflower and red capsicum served with a satay sauce.

Pork Sirloin or Chicken Breast with Tamarind Sauce **CF GF LC 14**
(Rice or udon noodles) Served with spinach, red onion, fried kumara and fried onion garnish.

Sweet and Sour Pork **CF LC 14**
Grilled pork served with cucumber, tomato, onion, baby corn and pineapple in sweet and sour sauce.

Pad Kee Mao **GF LC 14**
Stir-fried chicken breast with onion, egg, tomato, bamboo shoot, carrot, broccoli, spicy chilli basil oil.

Stir-Fried Basil Chilli Beef **CF GF LC ... 14**
Broccoli, cauliflower, red capsicum, carrot, and coriander. **CF GF LC**

Black Bean Beef **CF GF LC 14**
(Jasmine rice or thick egg noodles) With garlic, red onion, capsicum, broccoli and green bean in black bean sauce.

Black Pepper Beef **CF GF LC 14**
With broccoli, leek, capsicum, onion and spring onion.

Beef Ginger **CF GF LC 14**
Grilled ginger beef served with fresh chilli, broccoli, coriander, onion, mushroom and spring onion.

WOK'N NOODLE AND RICE

Drunken Fried Rice **GF LC..... Meat 14 Seafood 15.5**
A choice of chicken, beef, pork or seafood with bamboo-shoots, onion, broccoli, carrots, tomato, basil and Wok'n Noodle's own chili paste.

Pad Thai **GF LC 14**
(Thin rice noodles) Grilled chicken with egg, chives, bean sprout and chopped peanuts.

Pad See U **GF LC Meat 14 Seafood 15.5**
(Thick rice noodles) Chicken or Seafood served with broccoli, cauliflower, carrot, cabbage, and egg in homemade sweet soy sauce.

Sukiyaki **CF GF LC Chicken 14 Seafood 15.5**
(Udon noodles) Sweet and spicy sukiyaki sauce served with egg, celery, chinese cabbage, broccoli garnished with spring onion and coriander.

Japanese Wholemeal Noodles **GF LC 15**
(Yaki soba noodles) Grilled pork, cabbage, carrot, egg, onion topped with green nori.

Mee Goreng **GF LC 14**
(Fried egg noodles Indonesian style) Choice of chicken, pork or beef with shrimps, mixed vegetables, green beans, cashew nuts and eggs, garnished with fried onion.

Nasi Goreng **GF LC 14**
(Fried rice Indonesian style) Choice of chicken, pork or beef with shrimps, mixed vegetables, green beans, cashew nuts and eggs, garnished with fried onion.

Fried Rice **GF LC Chicken 13.5 Seafood 15**
Chicken or seafood with egg, carrot, onion, peas and sweet corn.

Tom Yum Fried Rice **GF LC 14**
Chicken, beef or pork stir-fried with hot and sour tom yum paste, chilli, egg, mushroom, tomato and broccoli.

WOK'N CURRY

Green Curry **CF GF LC 14**
(Jasmine rice) Pork or chicken served with green beans, bamboo shoots and red capsicum in coconut milk.

Yellow Curry with Chicken **CF GF LC..... 14**
Served with banana, egg, celery, spring onion and coconut cream.

Red Curry with Roast Duck **CF GF LC..... 15**
With coconut milk, pineapple, grape, lychee, tomato, basil and chilli.

Panang Curry with Chicken **CF GF LC 14**
Served with peanuts, pumpkin, carrot and capsicum in panang paste and coconut milk. **CF GF LC**

Massaman Curry with Lamb **CF GF LC ... 14.5**
With red capsicum, potato and onion topped with fried onion.

Mango Curry with Chicken **CF GF LC..... 14**
With capsicum, tomato and onion.

Choo Chee **CF GF LC 15.5**
(Jasmine rice) Fish or prawn served in red curry sauce with steamed broccoli, cauliflower and carrot topped with coconut milk and wild ginger.

Seafood Curry **CF GF LC 15.5**
(Jasmine rice) Stir fried prawns, calamari, scallops, fish with red curry paste, beans, bamboo-shoots, carrots, capsicum, kachai with a touch of coconut milk.

WOK'N SEAFOOD

Wok-Fried Scallops **CF GF LC 16**
(Rice or soba noodles) Marinated in soba sauce. Served with ginger, mushroom, capsicum, pineapple and zucchini garnished with coriander and spring onion.

Prawn and Calamari **CF GF LC 15.5**
(Udon noodles) Served with egg, broccoli, cauliflower and cabbage.

Wok'n Noodle Bar Speciality **CF GF LC 15.5**
(Thai rice noodles or Jasmine rice) with prawn and calamari served with cashew nuts, broccoli, carrot, cauliflower, onion and mushrooms in chilli paste.

Calamari **CF GF LC 15**
(Jasmine rice or Thick egg noodles) With oyster sauce or curry paste. Lightly wok-fried calamari served with zucchini, carrot, mushroom, onion, coriander and bok-choy.

Wok-Fried Tarakihi **CF GF LC 15.5**
(Jasmine rice or thick egg noodles) Choice of teriyaki or sweet/sour sauce, served with garlic, pumpkin, broccoli and red onion.

Crispy Fried Fish **CF GF LC..... 16**
(Jasmine rice) Choice of hot and sour or black bean sauce with carrot, capsicum, garlic, red onion, coriander and green bean.

Choo Chee Fish or Prawn Red Curry **CF GF LC 15.5**
Fish or Prawn served in red curry sauce with steamed broccoli, cauliflower and carrot topped with coconut milk and wild ginger.

Garlic Prawn **CF GF LC 15.5**
(Flat rice noodles or Jasmine rice) Wok-fried prawn in garlic sauce with leek, cabbage and zucchini.

Seafood Curry **CF GF LC 15.5**
(Jasmine rice) Stir fried prawns, calamari, scallops, fish with red curry paste, beans, bamboo-shoots, carrots, capsicum, kachai with a touch of coconut milk.

Tom Yum Goong **CF GF LC 15.5**
Hot and sour prawn noodle soup with mushroom, lemon grass, galangal, lemon leaves, coriander and lime juice.

VEGETARIAN

Thai-Style Vegetarian Noodles **CF GF LC V 13.5**
(Thick egg noodles) Tofu, cabbage, carrot, broccoli, cauliflower, celery and spring onion.

Tom Yum Stir-Fried Tofu **CF GF LC V 14**
(Rice or white soba noodles) Served with zucchini, onion, mushroom and red capsicum garnished with coriander and spring onion.

Tofu Salad With Rice **CF GF LC V 14**
Deep-fried or fresh tofu with lettuce, tomato, cucumber, lemongrass, celery, red onion, bean sprout, coriander, lemon juice and fresh chilli.

Sukiyaki Noodle Soup **CF GF LC V 13.5**
(Udon noodles) Spicy and sour soup with broccoli, cauliflower, tofu and spring onion.

Rama Rama Thai-style vegetable salad **CF GF LC V 14**
(Jasmine rice) Stir-fried pumpkin, carrot, broccoli, cauliflower, capsicum and cabbage served with a satay sauce.