

## SALAD

- Thai Beef or Pork Salad** (*Jasmine rice*) ..... 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**..... 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**..... 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*) ..... 14  
(*Jasmine rice*) Stir-fried pumpkin, carrot, broccoli, cauliflower, capsicum and cabbage served with a satay sauce.
- Warm Vegetable Salad** ..... 14  
Stir-fried zucchini, carrot, broccoli, cauliflower, capsicum and cabbage. Add tofu \$1.50.
- Tofu Salad with Rice**..... 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** ..... 15.5  
Hot and sour prawn noodle soup with mushroom, lemon grass, galangal, lemon leaves, coriander and lime juice.
- Chicken and Tofu Noodle Soup** ..... 14  
Coriander, capsicum, celery, bean sprouts, broccoli, cauliflower, topped with dried garlic and green nori.
- Sukiyaki Noodle Soup** (*Udon noodles*) ..... 13.5  
Spicy and sour noodle soup with broccoli, cauliflower, tofu, egg and spring onion.

## SIDES

- Prawn Spring Roll**..... 6.5
- Money Bags** prawn and crabstick dumpling with Thai herbs.. 5.5
- Chicken Satay** 4 chicken skewers with peanut sauce ..... 8.5
- Fish Cakes** Wok'n Noodle special recipe! ..... 5.5
- Deep-Fried Chicken Nibbles**..... 6.5
- Thai Calamari** with sweet chilli or BBQ tamarind sauce .... 7
- Fresh Spring Roll**..... 6  
Rice paper wrapped with chicken and shrimps, shredded lettuce, carrot, vermicelli noodle and cucumber with special dressing.
- Vegetarian Fresh Spring Roll** ..... 6  
Rice paper wrapped with shredded lettuce, carrot, vermicelli noodle and cucumber with special dressing.
- Deep Fried Vegetarian Spring Roll** v ..... 5.5
- Japanese Meat Balls** ..... 6.5
- Vege Salad** v Lettuce, apple, tomato, cucumber..... 6.5  
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
- 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 Item** ..... 1.5
- Extra Seafood** ..... 4.5

## How to eat Wok'n Noodle



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



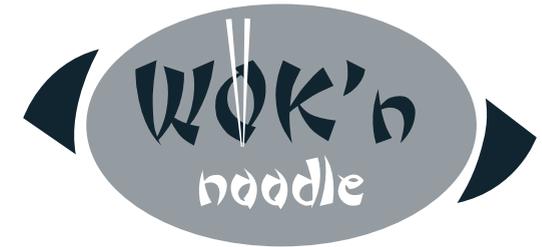
**2** Stir up and around. Mix bottom to top of Wok'n Noodle Box.



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



Please visit our website to order online  
[www.woknoodle.com](http://www.woknoodle.com)



FRESH AND TASTY ASIAN CUISINE

**DELIVERY,  
TAKE AWAY &  
DINE IN MENU**

**Order online for deliveries:**  
[www.woknoodle.com/order/shortlandst](http://www.woknoodle.com/order/shortlandst)

### Mt Eden

61 Normanby Road, Mt Eden  
PHONE 09 630 6651

### Auckland Central

51-53 Shortland Street, Auckland Central  
**Delivery / Take away**  
PHONE 09 358 0088

## 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

<b>Wok'n Noodle Bar Speciality</b> .....	<b>15.5</b>
<i>(Thai rice noodles or Jasmine rice)</i> with prawn and calamari served with cashew nuts, broccoli, carrot, cauliflower, onion and mushrooms in chilli paste.	
<b>Chinese Style Crispy Pork Belly with Fresh Basil</b> <i>(Rice or egg noodles)</i> .....	<b>14.5</b>
With green bean, capsicum, onion, broccoli, fresh chilli and carrot.	
<b>Whiskey Duck</b> <i>(Rice or thick egg noodles)</i> .....	<b>15.5</b>
Stir-fried roast duck with whisky, chilli, onion, beans, capsicum, bamboo-shoot and sweet basil.	
<b>Fried Noodle with Duck</b> <i>(Thin egg noodles)</i> .....	<b>15.5</b>
Stir-fried thin egg noodles and roast duck with egg, carrot, broccoli and cauliflower in oyster sauce and tomato sauce.	
<b>Cashew Chicken</b> <i>(Thick egg noodles or rice)</i> .....	<b>14</b>
Grilled chicken, cashew nuts, red capsicum, broccoli, cauliflower, carrot, onion, baby corn and mushroom.	
<b>Grilled Teriyaki Chicken</b> <i>(Jasmine rice)</i> .....	<b>14</b>
Served with, broccoli, cauliflower, red capsicum, carrot and onion.	
<b>Rama Rung Song</b> <i>(Jasmine rice)</i> .....	<b>14.5</b>
Choice of chicken, beef or pork with stir-fried pumpkin, carrot, broccoli, cauliflower and red capsicum served with a satay sauce.	
<b>Pork Sirloin or Chicken Breast with Tamarind Sauce</b> <i>(Rice or udon noodles)</i> .....	<b>14</b>
Served with red onion, broccoli, cauliflower, carrot and fried onion garnish.	
<b>Sweet and Sour Pork</b> <i>(Udon noodles)</i> .....	<b>14</b>
Grilled pork served with cucumber, tomato, onion, baby corn and pineapple in sweet and sour sauce.	
<b>Pad Kee Mao</b> <i>(Thick rice noodles)</i> .....	<b>14</b>
Stir-fried chicken breast with onion, egg, tomato, bamboo shoot, carrot, broccoli, spicy chilli basil oil.	
<b>Stir-Fried Basil Chilli Beef</b> <i>(Thick egg noodles or rice)</i> .....	<b>14</b>
Broccoli, cauliflower, red capsicum, carrot, and coriander.	
<b>Black Bean Beef</b> .....	<b>14</b>
<i>(Jasmine rice or thick egg noodles)</i> With garlic, red onion, capsicum, broccoli and green bean in black bean sauce.	
<b>Black Pepper Beef</b> <i>(Rice or egg noodles)</i> .....	<b>14</b>
With broccoli, leek, capsicum, onion and spring onion.	
<b>Beef Ginger</b> <i>(Thick egg noodles)</i> .....	<b>14</b>
Grilled ginger beef served with fresh chilli, broccoli, coriander, onion, mushroom and spring onion.	

## WOK'N NOODLE AND RICE

<b>Drunken Fried Rice</b> .....	<b>Meat 14 Seafood 15.5</b>
A choice of chicken, beef, pork or seafood with bamboo-shoots, onion, eggs, broccoli, carrots, tomato, basil and Wok'n Noodle's own chili paste.	
<b>Pad Thai</b> <i>(Thin rice noodles)</i> .....	<b>14</b>
Grilled chicken with egg, chives, bean sprout and chopped peanuts.	
<b>Pad See U</b> .....	<b>Meat 14 Seafood 15.5</b>
<i>(Thick rice noodles)</i> Chicken or Seafood served with broccoli, cauliflower, carrot, cabbage, and egg in homemade sweet soy sauce.	
<b>Sukiyaki</b> .....	<b>Chicken 14 Seafood 15.5</b>
<i>(Udon noodles)</i> Sweet and spicy sukiyaki sauce served with egg, celery, chinese cabbage, broccoli garnished with spring onion and coriander.	
<b>Japanese Wholemeal Noodles</b> .....	<b>15</b>
<i>(Yaki soba noodles)</i> Grilled pork, cabbage, carrot, egg, onion topped with green nori.	
<b>Mee Goreng</b> <i>(Fried egg noodles Indonesian style)</i> .....	<b>14</b>
Choice of chicken, pork or beef with shrimps, mixed vegetables, green beans, cashew nuts and eggs, garnished with fried onion.	
<b>Nasi Goreng</b> <i>(Fried rice Indonesian style)</i> .....	<b>14</b>
Choice of chicken, pork or beef with shrimps, mixed vegetables, green beans, cashew nuts and eggs, garnished with fried onion.	
<b>Fried Rice</b> .....	<b>Chicken 13.5 Seafood 15</b>
Chicken or seafood with egg, carrot, onion, peas and sweet corn.	
<b>Tom Yum Fried Rice</b> .....	<b>14</b>
Chicken, beef or pork stir-fried with hot and sour tom yum paste, chilli, egg, mushroom, tomato and broccoli.	

## WOK'N CURRY

<b>Green Curry</b> <i>(Jasmine rice)</i> .....	<b>14</b>
Pork or chicken served with green beans, bamboo shoots and red capsicum in coconut milk.	
<b>Yellow Curry with Chicken</b> <i>(Jasmine rice)</i> .....	<b>14</b>
Served with banana, egg, celery, spring onion and coconut cream.	
<b>Red Curry with Duck</b> <i>(Jasmine rice)</i> .....	<b>15.5</b>
With coconut milk, pineapple, grape, lychee, tomato, basil and chilli.	
<b>Panang Curry with Chicken</b> <i>(Jasmine rice)</i> .....	<b>14</b>
Served with peanuts, pumpkin, carrot and capsicum in panang paste and coconut milk.	
<b>Massaman Curry with Lamb</b> <i>(Jasmine rice)</i> .....	<b>14.5</b>
With red capsicum, potato, peanuts and onion topped with fried onion.	
<b>Mango Curry with Chicken</b> <i>(Jasmine rice)</i> .....	<b>14</b>
With capsicum, tomato and onion.	
<b>Choo Chee</b> <i>(Jasmine rice)</i> .....	<b>15.5</b>
Fish or prawn served in red curry sauce with steamed broccoli, cauliflower and carrot topped with coconut milk and wild ginger.	
<b>Seafood Curry</b> <i>(Jasmine rice)</i> .....	<b>15.5</b>
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

<b>Wok-Fried Scallops</b> <i>(Rice or soba noodles)</i> .....	<b>16</b>
Marinated in soba sauce. Served with ginger, mushroom, capsicum, pineapple and zucchini garnished with coriander and spring onion.	
<b>Prawn and Calamari</b> <i>(Udon noodles)</i> .....	<b>15.5</b>
Served with egg, broccoli, cauliflower and cabbage.	
<b>Wok'n Noodle Bar Speciality</b> <i>(Thai rice noodles or Jasmine rice)</i>	<b>15.5</b>
Prawn and calamari served with cashew nuts, broccoli, carrot, cauliflower, onion and mushrooms in chilli paste.	
<b>Calamari</b> <i>(Jasmine rice or Thick egg noodles)</i> .....	<b>15</b>
With oyster sauce or curry paste. Lightly wok-fried calamari served with zucchini, carrot, mushroom, eggs, onion, coriander and bok-choy.	
<b>Wok-Fried Tarakihi</b> <i>(Jasmine rice or thick egg noodles)</i> .....	<b>15.5</b>
Choice of teriyaki or sweet/sour sauce, served with garlic, pumpkin, broccoli and red onion.	
<b>Crispy Fried Fish</b> <i>(Jasmine rice)</i> .....	<b>16</b>
Choice of hot and sour or black bean sauce with carrot, capsicum, garlic, red onion, coriander and green bean.	
<b>Choo Chee</b> Fish or Prawn Red Curry.....	<b>15.5</b>
Fish or Prawn served in red curry sauce with steamed broccoli, cauliflower and carrot topped with coconut milk and wild ginger.	
<b>Garlic Prawn</b> <i>(Flat rice noodles or Jasmine rice)</i> .....	<b>15.5</b>
Wok-fried prawn in garlic sauce with leek, cabbage and zucchini.	
<b>Seafood Curry</b> <i>(Jasmine rice)</i> .....	<b>15.5</b>
Stir fried prawns, calamari, scallops, fish with red curry paste, beans, bamboo-shoots, carrots, capsicum, kachai with a touch of coconut milk.	
<b>Tom Yum Goong</b> .....	<b>15.5</b>
Hot and sour prawn noodle soup with mushroom, lemon grass, galangal, lemon leaves, coriander and lime juice.	

## VEGETARIAN

<b>Thai-Style Vegetarian Noodles</b> <i>(Thick egg noodles)</i> .....	<b>13.5</b>
Tofu, cabbage, carrot, broccoli, cauliflower, celery and spring onion.	
<b>Tom Yum Stir-Fried Tofu</b> <i>(Rice or white soba noodles)</i> .....	<b>14</b>
Served with zucchini, onion, mushroom and red capsicum garnished with coriander and spring onion.	
<b>Tofu Salad With Rice</b> .....	<b>14</b>
Deep-fried or fresh tofu with lettuce, tomato, cucumber, lemongrass, celery, red onion, bean sprout, coriander, lemon juice and fresh chilli.	
<b>Sukiyaki Noodle Soup</b> <i>(Udon noodles)</i> .....	<b>13.5</b>
Spicy and sour soup with broccoli, cauliflower, tofu, egg and spring onion.	
<b>Rama Rama</b> Thai-style vegetable salad.....	<b>14</b>
<i>(Jasmine rice)</i> Stir-fried pumpkin, carrot, broccoli, cauliflower, capsicum and cabbage served with a satay sauce.	

## CAVEMAN DIET

GLUTEN FREE, SUGAR FREE, OIL FREE

<b>Meat</b> .....	<b>\$14.5</b>	<b>Choice of:</b>
<b>Seafood</b> .....	<b>\$15.5</b>	• Red curry sauce (medium)
<b>Vegetarian</b> .....	<b>\$14</b>	• Gluten free soy with honey sauce
	(with tofu add \$1.50)	• Yellow curry sauce (mild)

Served with broccoli, cauliflower, capsicum, zucchini, pumpkin, carrot, kumara, cashew and garlic.