



Modern Chinese Menu
現代中式菜譜

ENTRÉE 頭盤

Steamed Oysters , 3 Coffin Bay oysters, prepared with your choice of ginger, black bean or XO sauce 蒸生蚝 (可选择薑絲, 豉汁, XO 醬)		12
Oyster shooter . A single natural oyster in a shot glass with a mirin and sake dressing. 生蠔調酒 (味醂+日本酒)		6
Peking duck wraps : 8 pieces/16 pieces 北京烤鴨 : 8 片 16 片		39/68
Dumplings . 三色蒸點心 Your choice of Har Kow [prawn], Sui Mai [pork and prawn] or vegetarian dumplings steamed to perfection and delivered to your table steaming hot.	[V]	9.5
BBQ Duck Gua Boa . Steamed Chinese bread with shredded BBQ duck. The Chinese version of a duck slider, served with spring onion coriander and chilli oil[optional]. 饅頭鴨絲包		12
Chicken San Choi Bao 生菜包 / 素生菜包 Finely diced chicken with mushroom, Chinese sausage, water chestnut and bamboo shoot in a lettuce leaf boat. Can be done vegetarian upon request.	[V]	9
Crispy salt and pepper squid or tofu or eggplant 椒鹽鮮魷/椒鹽豆腐/椒鹽茄子	[V]	12
Sizzling Garlic Prawns 鐵碗仔蒜蓉蝦		17
Eggplant stuffed with minced prawn topped with a Man Bo's special black bean and ginger sauce 煎釀茄子	[V]	14
Crunchy soft shell crab with cucumber relish and chilli jam 酥脆軟壳蟹		17
Spring Rolls vegetarian or chicken available [1 per serve] 春卷 / 齋春卷	[V]	4.5
Chinese Spring Onion Cake 中式香蔥餅	[V]	7
Cantonese roast pork belly , siu yuk 脆皮燒肉		12

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

SOUPS 汤

Chicken and sweetcorn soup 玉米鸡汤	[V]	8
Hot and sour soup 四川酸辣汤 Finely shredded bamboo shoots, black fungus and chicken spiced with Chinese black vinegar and chilli sauce.	[V]	8
Won Ton soup 餛飩汤 Succulent parcels of pork mince, water chestnuts and spring onion in a tasty broth.		8
Shredded duck soup 鴨絲汤 Bamboo shoot, black fungus and finely shredded duck		9
Seafood soup 海鮮汤 Sliced fish, prawns and scallops in a clear seafood broth		10
Bean curd and vegetable soup 豆腐时菜汤	[V]	8

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

MAINS / 主菜

Poultry

Roast Duck. Half a roasted duck deboned and served with Man Bo's special duck sauce and ginger chilli [optional] 脆皮燒鴨	34
Honey chicken. Deep fried chicken breast pieces, tossed through Man Bo's special honey sauce 香脆蜜糖蝦/蜜糖鸡	24
Mango Chicken. Crunchy chicken served with our light and tasty Langkawi mango sauce 酥炸香芒鸡	26
Crispy skin Bannockburn free range chicken served with spiced salt and fresh lemon 勝利燒鸡	30
Kung Po chicken. This classic Sichuan spicy chicken stir fry dish with vegetables is served here with cashews and nestled in a bird's nest 雀巢宮保鸡	28
Lemon Chicken, premium breast meat, deep fried in a light batter with a tangy fresh lemon sauce 香酥檸檬鸡	24
Sichuan stir fried green beans with minced chicken. Available vegetarian by replacing the chicken with tofu. 四川干煸四季豆 (可以选择鸡肉或豆干)	[V] 18
Salt & Pepper Chicken Ribs 椒盐鸡扒	24
King spicy chicken rib. 香辣鸡扒 Fried chicken ribs coated in a spicy sauce. A house favourite.	26
Sliced stir-fried chicken breast and vegetables with your choice of sauce. Choose from black pepper, black bean, satay, garlic or ginger. 时菜炒鸡片 (可选择黑椒, 豉汁, 沙爹, 蚝油, 蒜蓉或薑片)	24

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

MAINS / 主菜

Pork

Shanghai Zhen Jiang vinegar pork chop. Very different from the Australia Chinese style sweet and sour pork. This dish is finished with Zhen Jiang vinegar with lean and tasty bite size pieces of pork loin chop. Well worth the dare. 26

上海糖醋骨

Guangzhou sweet and sour pork. 古老肉 24

Gu Lou Yok, meaning pork with a long history. We prepare ours the traditional way, just lightly coated with flour and then fried. If you prefer the battered version we would be pleased to prepare it for you in that style.

Salt & Pepper Pork Chop 椒盐骨王 26

Ma Po Tofu, 麻婆豆腐

Braised tofu with spicy minced pork sauce 24

King pork chop Pai kuat wong. 排骨王 26

The very popular Hong Kong restaurant favourite

Fish

Man Bo dancing fish. Deep fried baby barramundi served with three flavour sauce. 33

酥炸泰式魚

Wild caught Northern Territory barramundi fillet, steamed with ginger and spring onion 32

清蒸石甲

Sweet & Sour Fish, 糖醋鱼片

Local Victorian Harpuku [NZ Garoupa], lightly dusted and fried and served with our light and tangy sweet and sour sauce 32

Salt & Pepper Flounder 椒盐比目鱼

An old Man Bo favourite, the whole flounder with the fillets removed and the bone crunchy fried to form a basket for the fillet pieces finished with our salt & pepper mix 36

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

MAINS / 主菜

Lobster, Shellfish, Molluscs and other seafood

Scallops stuffed with prawn mince , finished with the Man Bo salt & pepper mix. 椒盐攘带子		35
Pan Seared Scallops with XO chilli sauce XO 酱干煎带子		36
Scallops, stir fried with broccoli. This Cantonese preparation and delicate seasoning matches the delicate flavour of the scallops. 带子炒西兰花		34
Southern Rock Lobster tail [Warnambool] or Mud Crab sautéed with your choice of, Garlic butter, Black pepper, XO or Ginger sauce. 蒜蓉牛油龍蝦或可选择黑椒, XO 醬, 薑葱。	Market price 市價而定	
Prawns , wok fried with a tasty Man Bo special sauce. A house specialty. 干煎蝦碌		36
Honey Prawns 蜜糖大蝦		36
Butter Prawns. The Chinese Malaysian version of butter Prawns. Can be a vegetarian dish when done with tofu 香酥奶油蝦	[V]	36/23
Chilli Prawns , 辣子大蝦 Wok fried prawns with Singapore chilli sauce		36
Singapore Chilli Crab. 辣子蟹 Australian mud crab cooked the traditional way as you would find in the great Singapore seafood restaurants. Served with Man Tou [steamed bread] for mopping up the delicious sauce.	Market Price 市價而定	
Man Bo seafood combination in a noodle basket 雀巢海鮮雜燴		36
Bean curd, seafood and vegetables , served in a clay pot. Vegetarian available 砂鍋海鮮豆腐	[V]	29/24
Crispy Salt and Pepper Squid, or prawn , the Man Bo way 椒盐鲜鱿		26/36

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

MAINS / 主菜

Beef

Rendang Beef. Slow cooked beef in coconut milk and spices 冷当牛肉	26
Sliced beef with ginger and spring onion served on a hot sizzle plate 鉄板姜葱牛肉	28
Braised Beef Shin , topped with a fresh herb and lime salad 泰式炆牛腱	28
Pan seared eye fillet steak with your choice of Sichuan, black pepper, black bean or Cantonese sauce 菲力牛排 (廣東汁或四川汁)	36
Beef with Black Bean Sauce 豉汁牛肉	26
Sliced stir-fried beef and vegetables with your choice of sauce. Satay, Oyster or black pepper. 时菜炒牛肉 (可选择沙爹醬, 蚝油, 蒜蓉, 薑葱)	26
Peking Beef. 北京牛絲 Crispy fried shredded beef with Peking sauce	28

Special Vegetarian

Buddha's delight. 罗汉家鄉齋 This Buddhist vegetarian dish is traditionally served on the first day of Chinese New Year to bring good luck. The dish is a textural delight with simple flavour. (Unlike the original – our version contains garlic and onion, not for the pure Buddhist).	[V]	24
Shanghai Zhen Jiang vinegar cauliflower. Crispy cauliflower florets, finished with a black vinegar sauce 上海糖醋酥炸椰菜花	[V]	20
Tofu & vegetables with your choice of sauce. Satay, black pepper, vegetarian oyster, garlic, ginger or chilli 雜菜豆腐。醬汁可以选择沙爹, 黑椒, 素蚝油, 蒜蓉, 薑 或辣椒 .	[V]	24
Butter Tofu, lightly fried tofu, topped with spun egg and curry leaves. 酥炸奶油豆腐	[V]	26

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

NOODLES / 麵

Singapore Laksa. A very rich seafood and chicken spicy noodle soup, reminiscent of the Laksa found in the five star hotels of Singapore with all the flavours of the street food version. 新加坡辣沙		24
Beef Hor Fun or Combination Hor Fun. Flat rice noodle cooked with a succulent thin sliced beef or combination of meat and seafood, and Chinese vegetables. Soft and silky, with the breath of the wok flavour. 滑蛋河粉	[V]	24/28
Singapore Noodle. Can be made vegetarian 齋炒米粉/星洲炒米	[V]	22
Shredded Duck Fried Noodle or ginger noodle 鴨絲全蛋麵	[V]	24/21

SIDES

Wok Fried mixed vegetables with oyster sauce. Can be done vegetarian upon request. Small/large 雜錦時菜 / 可以依素食者的要求	[V]	12/18
Chinese Broccoli with your choice of garlic or oyster sauce. Can be made vegetarian upon request 蒜蓉芥蘭/蚝油芥蘭 Small/large	[V]	14/18
Man Bo special fried rice. Small/large Can be made vegetarian upon request 揚州炒飯	[V]	12/18
Jasmine steamed rice [per person bottomless] 白飯	[V]	3.5
Coconut Rice 椰漿飯	[V]	5.5

[V] Is vegetarian or can be prepared vegetarian upon request with alteration

DESSERTS / 甜品

Mango Pudding with fresh fruits	9
Deep Fried Ice-cream, 炸雪糕	10
Banana fritter and ice- cream 酥脆香蕉雪糕	10
Pineapple fritter and ice-cream 酥脆波蘿雪糕	10
Tapioca pearls in gula melaka syrup with mango and coconut Cream 珍珠椰汁西米露	9
Affogato , meaning ‘drowned’ in Italian. This dessert of vanilla bean ice-cream, espresso, & Frangelico, combines sweet, bitter and booze!!! Feel free to change the Frangelico to booze of your choice. 阿芙佳朵 (咖啡雪糕)	15

BANQUET 1- \$55 per head

Chicken and sweetcorn soup

玉米鸡汤

Spring Rolls vegetarian or chicken available

春卷 / 齋春卷

Mango Chicken. Crunchy chicken served with our light and tasty Langkawi mango sauce

酥炸香芒鸡

Beef with Black Bean Sauce,

豉汁牛肉

Man Bo Seafood Combination

萬寶海鮮雜燴

Wok Fried mixed vegetables

雜錦時菜

Yang Zhou fried rice

揚州炒飯

Banana fritter or Pineapple fritter and ice- cream

酥脆香蕉雪糕/酥脆波蘿雪糕

BANQUET 2 –\$60

BBQ Duck Gua Boa. 馒头鴨絲包

The Chinese version of a duck slider, served with spring onion, coriander and chilli oil[optional].

Sizzling Garlic Prawn

鉄碗仔蒜蓉蝦

Sliced beef with ginger and spring onion served on a hot sizzle plate

鉄板姜葱牛肉

Spicy king chicken rib 香辣鸡扒

Man Bo fish. Deep fried barramundi served with three flavour sauce.

酥炸泰式魚

Chinese Broccoli with oyster sauce

蚝油芥蘭

Shredded duck fried rice 鴨絲炒飯

Your Choice of the Man Bo desserts

Affogato surcharge \$4

甜品可任意选择

(阿芙佳朵附加费\$4)

BANQUET 3 – \$68

Sliced Fish and Coriander soup 鱼片香菜汤

Mixed Dumplings, steamed to perfection and delivered to your table steaming hot. 三色蒸點心

Crispy skin Bannockburn free range chicken served with spiced salt and fresh lemon
勝利燒鸡

Eye fillet steak with your choice of Sichuan, black pepper or black bean sauce,
菲力牛排 (四川汁, 黑椒或豉汁)

Prawns, wok fried with a tasty Man Bo special sauce.
A house specialty
干煎蝦碌

Shanghai Zhen Jiang vinegar pork chop. This dish is finished with Zhen Jiang vinegar with lean and tasty bite size pieces of pork loin chop.
上海糖醋骨

Wok Fried mixed vegetables with oyster sauce.
蚝油雜錦時菜

Yang Zhou fried rice
揚州炒飯

Your choice of the Man Bo desserts
Affogato surcharge \$4
甜品可任意选择
(阿芙佳朵附加费\$4)

BANQUET 4 – \$68

Won ton soup 餛飩湯

Peking duck wraps 北京烤鴨

Crunchy soft shell crab with cucumber relish and chilli jam
酥脆軟殼蟹

Eye fillet steak with your choice of Sichuan, black pepper or black bean sauce.
菲力牛排 (四川汁, 黑椒或豉汁)

Butter Prawns. The Chinese Malaysian version of butter Prawns.
香酥奶油蝦

King Pork Chop 排骨王

Wok Fried mixed vegetables with oyster sauce.
蚝油雜錦時菜

Yang Zhou fried rice
揚州炒飯

Your choice of the Man Bo desserts

Affogato surcharge \$4

甜品可任意选择

(阿芙佳朵附加费\$4)

BANQUET 5- \$88 [Min 4 persons]

Seafood soup. 海鮮湯

Peking Duck wraps. 北京烤鴨

Lobster. Cray tail, sautéed with your choice of sauce: Garlic butter sauce, Black pepper sauce, XO Sauce or a ginger and spring onion sauce.
蒜蓉牛油龍蝦或可選擇黑椒, XO 醬, 薑蔥。

Braised Beef Shin with Asian spice, topped with a fresh herb and lime salad
泰式燉牛腱

Kung Po chicken with cashew nuts
雀巢宮保雞

Wild caught Northern Territory barramundi fillet, steamed
with ginger and spring onion
清蒸石甲

Wok Fried mixed vegetables with oyster sauce.
雜錦時菜

Yang Zhou fried rice
揚州炒飯

Your Choice of the Man Bo desserts
Affogato surcharge \$4
甜品可任意選擇
(阿芙佳朵附加費\$4)