



**Modern Chinese Menu**  
**現代中式菜譜**

*[V] or [GF] Is vegetarian or gluten free, or can be prepared that way upon request with alteration. Please ensure our wait staff know of your requirements.*

## ENTRÉE 頭盤

<b>Steamed Oysters</b> , 3 oysters, prepared with your choice of ginger, black bean or XO sauce 蒸生蚝 (可选择薑絲, 豉汁, XO醬)	[GF]	12
<b>Oyster shooter</b> . A single natural oyster in a shot glass with a mirin and sake dressing. 生蠔調酒 (味醂+日本酒)	[GF]	6
<b>Scallops in the ½ shell [6]</b> , with your choice of ginger, black bean, XO, or garlic sauce 在1/2殼的扇貝	[GF]	22
<b>Peking duck wraps:</b> 8 pieces/16 pieces 北京烤鴨: 8片 16片		39/68
<b>Dumplings.</b> 點心 Your choice of: Prawn, [Har Kow], 大蝦餃子 Shanghai style pan fried dumplings, 鍋炒餃子 Vegetarian dumplings 素食餃子 Pork and prawn [Sui Mai]	[V]	10.5 9 8.5 9
<b>BBQ Duck Gua Bao.</b> 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
<b>Chicken San Choi Bao</b> 生菜包 / 素生菜包 Can be done vegetarian upon request.	GF / [V]	9
<b>Crispy salt and pepper squid or tofu or eggplant</b> 椒鹽鮮魷/椒鹽豆腐/椒鹽茄子	GF / [V]	12
<b>Sizzling Garlic Prawns</b> 鉄碗仔蒜蓉蝦	[GF]	18
<b>Eggplant stuffed with minced prawn topped with a Man Bo's special black bean and ginger sauce</b> 煎釀茄子	[GF] / [V]	14
<b>Crunchy soft-shell crab</b> with cucumber relish and chilli jam 酥脆軟壳蟹		17
<b>Spring Roll</b> , vegetarian or chicken available 春卷 / 齋春卷	[V]	4.5
<b>Chinese Spring Onion Cake</b> 中式香葱餅	[V]	7
<b>Cantonese roast pork belly, siu yuk</b> 脆皮燒肉		15

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## SOUPS 汤

<b>Chicken and sweetcorn soup</b> 玉米鸡汤	[GF] / [V]	8
<b>Hot and sour soup</b> 四川酸辣汤 Finely shredded bamboo shoots, black fungus, spiced with Chinese red vinegar and chilli.	[V]	8
<b>Won Ton soup</b> 馄饨汤 Succulent parcels of pork, water chestnuts and spring onion in a tasty broth.		8
<b>Shredded duck soup</b> 鴨絲汤 Bamboo shoot, black fungus and finely shredded duck		9
<b>Seafood soup</b> 海鮮汤 Sliced fish, prawns and scallops in a clear broth	[GF]	10
<b>Bean curd and vegetable soup</b> 豆腐时菜汤	[GF] / [V]	8
<b>Sliced fish &amp; coriander soup</b> 鱼片香菜汤	[GF]	10

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## MAINS / 主菜

### Lobster, Shellfish, Molluscs and other seafood

<b>Scallops stuffed with prawn mince</b> , finished with the Man Bo salt & pepper mix. 椒盐攘带子	[GF]	36
<b>Pan Seared Scallops with XO sauce</b> XO酱干煎带子	[GF]	36
<b>Scallops, stir fried with broccoli.</b> This Cantonese preparation and delicate seasoning matches the delicate flavour of the scallops. 带子炒西兰花	[GF]	36
<b>Southern Rock Lobster tail or Mud Crab</b> 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。	[GF]	Market price 市價而定
<b>Sizzling garlic prawns</b> , the best quality Australian king prawns, sautéed with garlic and served to your table sizzling hot. 鉄碗仔蒜蓉蝦	[GF]	36
<b>Australian king prawn cutlets</b> , wok fried with a tasty Man Bo special sauce. A house specialty. 干煎蝦碌		36
<b>Honey prawns</b> , Australian King Prawns 蜜糖大蝦	[GF]	36
<b>Butter prawns.</b> The Chinese Malaysian version of butter Prawns prepared with Australian King Prawns 香酥奶油蝦	[GF]	36
<b>Chilli prawns</b> , 辣子大蝦 Wok fried Australian king prawns with Singapore chilli sauce	[GF]	36
<b>Singapore Chilli Crab.</b> 辣子蟹 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.	[GF]	Market Price 市價而定
<b>Man Bo seafood combination</b> in a noodle basket 雀巢海鮮雜燴	[GF]	36
<b>Bean curd, seafood and vegetables</b> , served in a clay pot. 砂鍋海鮮豆腐	[GF]	29
<b>Crispy Salt and Pepper Squid, or prawn</b> , the Man Bo way 椒盐鲜鱿	[GF]	28/36

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## MAINS / 主菜

### Fish 魚

- Man Bo dancing fish.** Deep fried whole fish served with our Delicious three flavour sauce. [GF] 32  
酥炸泰式魚
- Wild caught Northern Territory barramundi fillet,** steamed with ginger and spring onion 34  
清蒸石甲
- Sweet & Sour Fish,** 糖醋魚片  
Our best available market fresh fish, crispy fried and served with our light and tangy sweet and sour sauce 32
- Salt & Pepper Flounder** 椒鹽比目魚 [GF]  
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

## MAINS / 主菜

### Beef

- Rendang Beef.** Slow cooked beef in coconut milk and spices [GF] 26  
冷當牛肉
- Sliced beef with ginger and spring onion** served on a hot sizzle plate 鐵板姜蔥牛肉 [GF] 28
- Braised Beef Shin,** topped with a fresh herb and lime salad 28  
泰式燉牛腩
- Pan seared eye fillet steak** with your choice of Sichuan, black pepper, black bean or Cantonese sauce [GF] 36  
菲力牛排 (廣東汁或四川汁)
- Beef with Black Bean Sauce** 豉汁牛肉 26
- Sliced stir-fried beef** and vegetables with your choice of sauce. Satay, oyster, black pepper or Mongolian [GF] 26  
時菜炒牛肉 (可選擇沙爹醬, 蚝油, 蒜蓉, 薑葱,)
- Peking Beef.** 北京牛絲  
Crispy fried shredded beef with Peking sauce 28

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## MAINS / 主菜

### Poultry

<b>Roast Duck.</b> Half a roasted duck deboned and served with Man Bo's special duck sauce and ginger chilli [optional] 脆皮燒鴨	34
<b>Black pepper chicken.</b> Stir fried with vegetables 雞用黑胡椒	24
<b>Honey chicken.</b> Deep fried chicken breast pieces, tossed through Man Bo's special honey sauce 香脆蜜糖蝦/蜜糖雞	26
<b>Mango Chicken.</b> Crunchy chicken served with our light and tasty Langkawi mango sauce 酥炸香芒雞	26
<b>Crispy skin Bannockburn free range chicken</b> served with spiced salt and fresh lemon 勝利燒雞	30
<b>Kung Pao chicken.</b> This classic Sichuan spicy chicken stir fry dish with vegetables is served here with cashews and nestled in a bird's nest. 雀巢宮保雞	28
<b>Lemon Chicken,</b> premium breast meat, deep fried in a light batter with a tangy fresh lemon sauce. 香酥檸檬雞 [GF]	24
<b>Sichuan stir fried green beans with minced chicken.</b> Available vegetarian by replacing the chicken with tofu. 四川干煸四季豆 (可以選擇雞肉或豆干) [GF]/ [V]	15
<b>Salt &amp; Pepper Chicken Ribs</b> 椒鹽雞扒	26
<b>King spicy chicken rib.</b> 香辣雞扒 Fried chicken ribs coated in a spicy sauce. A house favourite.	26
<b>Sliced stir-fried chicken breast</b> and vegetables with your choice of sauce. Choose from black bean, satay, garlic, chilli or ginger sauce 時菜炒雞片 [GF]	24

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## MAINS / 主菜

### Pork

**Shanghai Zhen Jiang vinegar pork chop.** Very different from the Cantonese 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 [GF] 26

**Ma Po Tofu,** 麻婆豆腐 [GF] 24

Braised tofu with spicy minced pork sauce

**King pork chop** Pai kuat wong. 排骨王 26

The very popular Hong Kong restaurant favourite

## NOODLES / 麵

**Mud crab, ginger and spring onion noodle,** 薑蔥炒蟹 42

**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. 24

新加坡辣沙

**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. [GF]/[V] 24/28

滑蛋河粉

**Singapore Noodle.** Can be made vegetarian [GF]/[V] 24

齋炒米粉/星洲炒米

**Shredded Duck Fried Noodle or ginger noodle** [V] 24/21

鴨絲全蛋麵

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## MAINS / 主菜

### Vegetable dishes and special vegetarian

<b>Wok fried mixed greens</b> with Chinese mushroom	[GF]/[V]	14
<b>Chinese Broccoli</b> with your choice of garlic or oyster sauce. 蒜蓉芥蘭/蚝油芥蘭	[GF]/[V]	15
<b>Bok choy with Chinese mushrooms</b>	[GF]/[V]	15
<b>Chinese Hot and Sour Eggplant.</b> Yu xiang qie zi. 鱼香求职	[V]	16
<b>Crispy &amp; chewy sesame shiitake.</b> Fried shiitake mushrooms tossed through a tasty sesame sauce 芝麻香菇	[GF]/[V]	20
<b>Spicy Cold Tofu</b> with century egg. Liangban Dofu. A refreshing and spicy salad from China's north that can be prepared vegan by the omission of the century egg 凉拌豆腐	[V]	18
<b>Buddha's delight.</b> 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).	[GF]/[V]	24
<b>Kung Pao Tofu.</b> The vegan version of the traditional kung pao chicken dish with the chunky vegetables, and here topped with roasted cashews. 宫保豆腐	[GF]/[V]	24
<b>Shanghai Zhen Jiang vinegar cauliflower.</b> Crispy cauliflower florets, finished with a black vinegar sauce 上海糖醋酥炸椰菜花	[V]	22
<b>Hotpot Tofu &amp; vegetables,</b> with your choice of sauce. Satay, black pepper, vegetarian oyster, garlic, ginger or chilli 雜菜豆腐。酱汁可以选择沙爹，黑椒，素蚝油，蒜蓉，薑或辣椒。	[GF]/[V]	24
<b>Butter Tofu,</b> lightly fried tofu, topped with spun egg and curry leaves. 酥炸奶油豆腐	[GF]/[V]	26

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## RICE

<b>Man Bo special fried rice.</b> Small/large Can be made vegetarian upon request 揚州炒飯	[GF]/[V]	12/18
<b>Jasmine steamed rice</b> [per person bottomless] 白飯	[GF]/[V]	3.5
<b>Coconut Rice</b> 椰漿飯	[GF]/[V]	5.5

## DESSERTS / 甜品

<b>Mango Pudding</b> with fresh fruits 芒果布丁	[GF]	9
<b>Grand Marnier Panna Cotta</b> 橙色布丁	[GF]	12
<b>Deep Fried Ice-cream,</b> 炸雪糕		10
<b>Banana fritter</b> and ice- cream 酥脆香蕉雪糕		10
<b>Pineapple fritter</b> and ice-cream 酥脆波蘿雪糕		10
<b>Tapioca pearls</b> with gula melaka turmeric caramel, mango and coconut cream 珍珠椰汁西米露	[GF]	10
<b>Affogato</b> , 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)	[GF]	15

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**BANQUET 1-**  
**\$49 per head**  
**Minimum 2 persons**

**Chicken and sweetcorn soup**

玉米鸡汤

**BBQ Duck Gua Bao.** 馒头鸭丝包

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

**Beef with ginger and spring onion,**

铁板姜葱牛肉

**Salt and pepper Calamari** 椒盐鲜鱿

**Satay chicken** 沙爹雞

**Guangzhou sweet and sour pork.** 古老肉

**Special fried rice**

揚州炒飯

**Deep Fried Ice-cream,**

炸雪糕

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**BANQUET 2 –**  
**\$53 per head**  
**Minimum 2 persons**

**BBQ Duck Gua Bao.** 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

**Peking Beef.** 北京牛絲

Crispy fried shredded beef with Peking sauce

**Kung Po Chicken**

雀巢宮保鸡

**Salt & Pepper Pork Chop** 椒盐骨王

**Man Bo seafood combination** in a noodle basket

雀巢海鮮雜燴

**Special fried rice**

揚州炒飯

**Banana fritter** and ice- cream

酥脆香蕉雪糕

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**BANQUET 3 –**  
**\$65 per head**  
**Minimum 2 persons**

**Seafood soup** 海鲜汤

Sliced fish, prawns and scallops in a clear broth

**Dumplings**, pot-stickers served with black vinegar, ginger dipping sauce

**Eye fillet steak** with black pepper sauce

**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

**Salt & Pepper Chicken Ribs** 椒盐鸡扒

**Sichuan stir fried green beans with minced chicken.**

四川干煸四季豆

**Yang Zhou fried rice**

揚州炒飯

**Your choice of the Man Bo desserts**

Affogato surcharge \$5

甜品可任意选择

(阿芙佳朵附加费\$5)

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**BANQUET 4 –**  
**\$68 per head**  
**Minimum 2 persons**

**Peking duck wraps** 北京烤鸭

**Crunchy soft shell crab** with cucumber relish and chilli jam  
酥脆軟壳蟹

**Beef with ginger and spring onion,**  
鉄板姜葱牛肉

**Butter King Prawns** The Chinese Malaysian version of butter prawns,  
香酥奶油蝦

**Three flavour fish.** Deep fried fish fillet served with  
three flavour sauce.  
酥炸泰式魚

**Kung Po chicken** with cashew nuts  
雀巢宮保鸡

**Broccoli and braised shiitake mushroom**  
西蘭花與香菇

**Shredded duck fried rice** 鴨絲炒飯

**Your choice of the Man Bo desserts**

Affogato surcharge \$5

甜品可任意选择

(阿芙佳朵附加费\$5)

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**BANQUET 5- Special Vegetarian Banquet**  
**\$53 per head**  
**Minimum 2 persons**

**Chinese Spring Onion Cake**      中式香葱餅      [V]

**Vegetarian dumplings**      素食餃子      [V]

**Salt & Pepper Eggplant**      [V]  
鹽和胡椒茄子

**Spicy Cold Tofu with century egg.** Liangban Dofu.  
A refreshing and spicy salad from China's north that can be prepared vegan by the omission of the century egg      [V]  
涼拌豆腐

**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.      [V]  
GF]/[V]

**Shanghai Zhen Jiang vinegar cauliflower.** Crispy cauliflower florets, finished with a black vinegar sauce      [V]  
上海糖醋酥炸椰菜花

**Crispy & chewy sesame shiitake.** Fried shiitake mushrooms tossed through a tasty sesame sauce      GF]/[V]  
芝麻香菇

**Vegetarian fried rice,** can be done vegan      by the omission of the egg      [V]  
素食炒飯

**Tapioca pearls** with gula melaka turmeric caramel, mango, and coconut cream  
珍珠椰汁西米露

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**BANQUET 6-**  
**\$88 per head**  
**Minimum 2 persons**

**Seafood soup.** 海鮮汤

**Peking Duck wraps.** 北京烤鸭

**Lobster.** Cray tail, sautéed with your choice of sauce: Garlic butter sauce, Black pepper sauce, XO Sauce or a ginger and spring onion sauce.  
蒜蓉牛油龍蝦或可选择黑椒, XO醬, 薑葱。

**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)

**Kung Po chicken** with cashew nuts  
雀巢宮保鸡

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

**Wok Fried mixed vegetables** with garlic sauce.  
雜錦時菜

**Shredded duck fried rice** 鴨絲炒飯

**Your Choice of the Man Bo desserts**

Affogato surcharge \$5

甜品可任意选择  
(阿芙佳朵附加费\$5)

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