Hors D' Oeuvres & Appetisers

- Regency Mixed Hors D'Oeuvres per person £9.50
 (Satay Chicken, Sesame Prawn on Toast, Vegetable Spring Rolls,
 Crispy Won Tuns) (min 2 persons)
- 2. Seafood Mixed Platter per person £11.00 (Satay Prawns, Chilli & Salt Fried Squid, Mussels in Black Bean Sauce, Sesame Prawn on Toast & Seaweed) (min 2 persons)
- 3. Vegetarian Mixed Hors D'Oeuvres per person £8.00 (Seaweed, Satay Tofu, Smoked Vegetable Shreds, Vegetable Spring Rolls) (min 2 persons)
- 4. Steamed Dim Sum Platter per person £7.20 ('Har Kau' Prawn Dumpling, 'Siu Mai' Pork & Prawn Dumpling, Chicken & Mushmroom Dumpling, Chicken & Vegetable Dumpling) (min 2 persons)
- Mongolian Crispy Lamb
 (Served with Lettuce Wraps and Plum Sauce)
 Crab Claws Stuffed With Mashed Prawns (2)
 Tempura King Prawns (Light Crispy Japanese Batter)
 Garlic Butter Prawns
 Duck & Coriander Spring Roll (4)
 Seafood Lettuce Wraps
 £10.00
 £8.50
- 11. Chicken Lettuce Wraps
 12. Satay Chicken on Skewers (4)
 13. Satay Beef on Skewers (4)
 14. Satay King Prawns on Skewers (4)
 15. Ep. 20
 16. Ep. 20
 17. Ep. 20
 18. Ep. 20
 19. Ep. 20
- 15. Satay Tofu on Skewers (4)
 16. Honey Glazed Spare Ribs
 17. Chilli and Salt Spare Ribs
 18. Peking Style Spare Ribs
 19. Barbecue Spare Ribs in Sauce
 19. £8.50

20. Szechuan Spicy Smoked Chicken Shreds

- 21. Gyoza (Chicken or Vegetable Dumplings) (8)
 22. Crispy Seaweed
 23. Sesame Seed Prawn on Toast
 24. Grilled Dumplings (6)
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- 26. Crispy Won Tons (8)27. Typhoon Bay Chilli Prawns
 (Taiwanese Special Chilli Prawns)

25. Vegetable Spring Rolls (3)

28. Soft Shell Crab in Chilli and Salt (2)
29. Deep Fried Tofu in Chilli and Salt £7.20
30. Chicken Wings with Chilli and Salt £9.00
31. Deep Fried Squid in Chilli and Salt £9.50
32. Deep Fried Prawns in Chilli and Salt £10.00

33. Deep Fried Calamari with a Sweet Chilli Dip

Soup

20	ир	
34.	Chef's Special Won Ton Soup	£6.00
35.	Chicken and Sweet Corn Soup	£6.00
36.	Crab and Sweet Corn Soup	£6.00
37.	Roast Duck and Noodle Soup	£6.00
38.	Hot and Sour Soup	£6.00
39.	Three Kinds of Seafood Soup	£6.80

Duck

40.	Crispy Aromatic Duck	
	(with Wheaten Pancakes, Sliced Cucumber, Spring Onion a	nd Hoi Sin Sauce)
	Quater	£12.50
	Half	£21.00
	Whole	£38.00
41.	Cantonese Roast Duck	
	Quater	£12.50
	Half	£21.00
	Whole	£38.00
42.	Roast Duck Chinese Style	£9.80
43.	Roast Duck with Pineapples	£9.80

Chef's Specialities

44.	Yeung Sam Po	£12.80
	(Minced Prawn Stuffed Aubergine, Tofu & Peppers)	
45.	Pei Pa Tofu	£12.80
	(Deep Fried Fusion of King Prawns Roast Pork, Chinese Mushroom	s & Tofu)
46.	Crispy Belly Pork (Tender Pork Crispy Crackling)	£11.80
47.	Cantonese Char Siu (Marinated Roast Pork Honey Sauce)	£10.80

Poultry

48.	Chicken with Cashew Nuts in Yellow Bean Sauce	£9.20
49.	Chicken with Peppers in Black Bean Sauce	£9.20
50.	Fruity Sweet and Sour Chicken (Hong Kong Style)	£9.20
51.	Kung Po Chicken in Chilli Sauce	£9.20
52.	Chicken & Asparagus with Black Pepper Sauce	£9.20
53.	Lemon Chicken Fillets	£9.20
54.	Chicken with Pineapples	£9.20
55.	Chicken in Breadcrumbs	£9.20
56.	Chicken Szechuan Style	£9.20
57.	Stir Fried Chicken with Mushrooms	£9.20
58.	Roast Chicken Chinese Style	£9.20
59.	Chicken with Ginger and Spring Onions	£9.20

Pork

£8.50

£5.50

£7.20

£11.50

£9.50

60.	Pork Loin Cutlets in Capital Sauce	£10.00
61.	Pork Loin Cutlets with Chilli and Salt	£10.00
62.	Belly Pork with Pak Choi in Ginger Sauce	£10.00
63.	Fruity Sweet Sour Pork (Hong Kong Style)	£10.00
64.	Szechuan Pork	£10.00

Beef

65.	Sliced Fillet of Beef in Teriyaki Sauce	£13.50
66.	Deep Fried Crispy Chilli Beef	£9.80
67.	Beef with Seasonal Vegetables	£9.80
68.	Beef with Peppers in Black Bean Sauce	£9.80
69.	Beef with Ginger and Spring Onion	£9.80
70.	Sautéed Beef in Oyster Sauce	£9.80
71.	Sautéed Beef in Szechuan Malak Sauce	£9.80
72.	Mandarin Fillet Steak	£13.00
73.	Fillet Steak in Black Pepper Sauce	£13.00
74.	Honey Glazed Fillet Steak	£13.00
75.	Fillet Steak Stir Fried with Mango	£13.00

Lamb

76.	Lamb with Ginger and Spring Onion	£9.80
77.	Lamb in Black Bean Sauce.	£9.80
78.	Stir Fried Lamb in Szechuan Malak Sauce	£9.80

SP

£15.50

£8.50

79. Fresh Lobster with Ginger and Spring Onion

Seafood

(with Crispy Noodle Base)

80.	Fresh Sea Bass Steamed with Spring Onion & Premium Garlic Soya Sauce	SF
81.	Dover Sole Steamed or Grilled.	SF
82.	Half Shell Steamed Scallops with Chilli Soya Sauce (min 2 persons, price per person)	SF
83.	Pan-Fried Salmon Fillet in Teriyaki Sauce	£12.80
84.	Fruity Sweet and Sour Fish Fillets (Hong Kong Style)	£9.50
85.	Mussels in Black Bean Sauce	£10.00
86.	Stir Fried King Prawns and Scallops with Asparagus	£14.50

87. Chefs Supreme Chilli and Salt Mixed Seafood £14.50

88. Four Seasons Sizzling Seafood Medley

(Medley of Mussels, King Prawns, Squid and Scallops)

King Prawns

(Prawn, Scallop, Squid)

in Black Bean Sauce

89.	Regency Seasons King Tiger Prawns (4) (Jumbo Sized Tiger Prawns in Peking Sauce)	£18.50
90.	Fruity Sweet and Sour King Prawns (Hong Kong Style)	£10.50
91.	Szechuan Style King Prawns	£10.50
92.	King Prawns with Pak Choi in Ginger Sauce	£10.50
93.	King Prawns with Cashew Nuts in Yellow Bean Sauce	£10.50
94.	King Prawns in Plum Sauce	£10.50
95.	Kung Po King Prawns in Chilli Sauce	£10.50

Curry Dishes

96.	Curry King Prawns	£10.50
97.	Curry Chicken	£9.20
98.	Curry Beef	£9.80
99.	Curry Lamb	£9.80
100.	Curry Mixed Meat	£10.80
101.	Curry Vegetables	£7.50

Vegetable Dishes

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102. Seasonal Vegetables with Oyster Sauce	£8.00
103. Stir Fried Bean Sprouts	£8.00
104. Chinese Leaf with Garlic or Oyster Sauce	£800
105. Pak Choi with Garlic or Oyster Sauce	£8.8
106. Stir Fried Aubergine in Black Bean Sauce	£8.50
107. Fried Tofu in Black Bean Sauce	£8.00
108. Stir Fried Mange Tout with Baby Corn	£8.00
109. Stir Fried Asparagus in Garlic Butter	£8.8
110. Monks Vegetables	£8.00

111. Deep Fried Crispy Chilli Vegetables

MANY PLANT BASED OPTIONS AVAILABLE. PLEASE ENQUIRE.

Rice & Noodles

112.	Yeung Chow Fried Rice	£7.20
113.	King Prawn Fried Rice (6)	£8.50
114.	Chicken Fried Rice	£7.80
115.	Roast Duck Fried Rice	£8.00
116.	Egg Fried Rice	£5.50
117.	Steamed Jasmine Fragrant Rice	£5.00
118.	Coconut Pineapple Rice	£6.80
119.	Regency Special Noodles	£9.50
120.	Chicken Chow Mein	£8.50
121.	Beef Chow Mein	£8.80
122.	King Prawn Chow Mein (6)	£9.50
123.	Plain Chow Mein with Bean Sprouts	£7.20
124.	Singapore Fried Rice Vermicelli	£9.00
125.	Regency Special Ho-Fun	£11.80
126.	Chicken Udon Noodles	£11.50
127.	Three Kinds of Seafood Crispy Noodles	£11.50
128.	Beef Ho-Fun	£11.00
129.	Shredded Roast Duck Chow Mein	£9.80
130.	Shredded Crispy Belly Pork Chow Mein	£9.80
131.	Shredded Roast Pork Chow Mein	£9.80

After Dinner

132. Toffee Apple	£5.80
133. Toffee Banana	£5.80
134. Apple Fritter	£5.80
135. Banana Fritter	£5.80
136. Lychees in Syrup	£5.80

CREATE YOUR OWN MENU

From every Monday to Thursday evenings and All Day Sunday. Eat in Restaurant ONLY

All Special Functions are welcome. Entertainment can be provided. We will cater for your individual needs.

IMPORTANT CUSTOMER NOTICE:

All food service from our **MENU** may contain some or all of the following ingredients: • Cereals/ Wheat flour (containing gluten) • Egg • Fish (fish sauce) • Soybeans (soy sauce) • Peanut • Milk • Nut (almonds, hazelnuts, walnuts, cashew nuts, seeds etc.) • Celery • Mustard • Sesame • Lupin

- Sulphur dioxide (preservative vegetable, dried fruit) Crustaceans (prawns, crabs, lobster & crayfish) • Molluscs (clams, mussels, oyster, squid, octopus)
- Oil (peanut oil, sunflower oil, sesame oil).

ALLERGIC TO FOOD NOT ON THE LIST

We can not guarantee our foods are free of allergen, please speak to our staff. If you have any allergies to a food that is not on the regulatory list. Please kindly inform us of any food allergies prior to ordering your meal.

All prices include VAT Cheques are not accepted. All prices & conditions may change without prior notice.

Cantonese Set Menu A

For Minimum of Two Persons

Crispy Seaweed Vegetable Spring Rolls Sesame Seed Prawn on Toast Barbecued Spare Ribs in Sauce

Fruity Sweet and Sour Pork Diced Chicken with Asparagus Beef with Seasonal Vegetables Egg Fried Rice

Cantonese Set Menu B

£24.50 per person

£21.50 per person

For Minimum of Two Persons

Chicken or Crab Meat Sweet Corn Soup

Crispy Aromatic Duck

(with Wheaten Pancakes, Sliced Cucumber, Spring Onion and Hoi Sin Sauce) Beef with Ginger and Spring Onions

Lemon Chicken Fillets Chilli and Salt King Prawns Seasonal Vegetables with Oyster Sauce Egg Fried Rice

Seafood Set Menu

£37.50 per person

For Minimum of Two Persons

Seafood Mixed Platter

(Satay Prawns, Chilli & Salt Fried Squid, Mussels in Black Bean Sauce, Sesame Prawn on Toast & Seaweed)

Half Shell Steamed Scallops with Chilli Soya Sauce

King Prawns with Cashew Nuts in Yellow Bean Sauce Fresh Sea Bass Steamed with Spring Onion and Premium Garlic Soya Sauce

Seasonal Vegetables Yeung Chow Fried Rice

Chef's Special Set Menu

£28.05 per person

For Minimum of Two Persons

Regency Mixed Hors D'Oeuvres

Vegetables Spring Rolls Crispy Seaweed Satay Chicken Skewers

Honey Glazed Spare Ribs

Crispy Won Tons

Sesame Prawns on Toast

Crispy Aromatic Duck

(with Wheaten Pancakes, Sliced Cucumber, Spring Onion and Hoi Sin Sauce)

To Follow (for Two or Three Persons)

Deep Fried Crispy Chilli Beef

Fruity Sweet and Sour Pork

Chicken with Peppers in Black Bean Sauce

Seasonal Vegetables with Oyster Sauce

Special Fried Rice

To Follow (for Four Persons or more)

Deep Fried Crispy Chilli Beef Chicken with Peppers in Black Bean Sauce

Lamb with Ginger and Spring Onion

Fruity Sweet and Sour King Prawns Seasonal Vegetables with Oyster Sauce

Special Fried Rice



Regency **Chinese Restaurant**

12-14 Mutton Lane Potters Bar, Herts FN6 2PA

www.regencypottersbar.com



Telephone

01707 652 551 or 01707 658 810

Opening Hours

Monday - Saturday Tuesday Sunday all day

12noon-2pm / 5pm-11pm

Delivery minimum order £20. Delivery charges apply.

Hau family restauranteurs established since 1971