

s o • w o k

Hessle

Peking & Cantonese Cuisine

Exclusive restaurant - style
Chinese meals to take away.

Tel: 648029

Opening Hours

Tuesday - Sunday	5:00pm - Late
Monday	Closed
Except Bank Holidays	5:00pm - Late

COLLECTIONS & ORDERS

COLLECT & GO

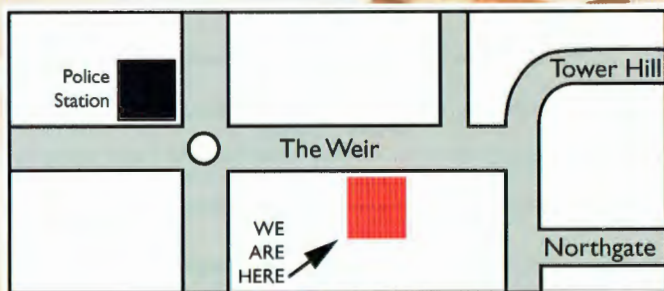
Just pop in to the shop and wait while we prepare your meal.

PHONE & COLLECT

Phone your order through in advance at your local shop and collect at your own convenience.

DELIVERY SERVICE

Phone your order straight through in advance at your local shop and we will deliver straight to your doorstep. Please see delivery details below.



So • Wok

14 The Weir, Hessle
Tel: 01482 648029

We deliver anywhere

Delivery to local area £1.00

Delivery over 2miles, every mile £1.00 extra
(eg 3miles = £2.00)

We accept cash only, cheques not accepted.



www.sowokmenus.co.uk

Banquet Menu

These Banquets are a guide to a well-balanced dinner. Please do not hesitate if you wish to change some of the dishes to suit your individual taste (maximum 2 dishes per banquet). We are here to serve you.

House Special Set Meal

£ 14.00 per person (Minimum for 4)

Starter:

Prawn crackers
Sweet Corn and Chicken Meat Soup

Second:

So Wok Hot Mixed Starter

Third:

Aromatic Crispy Duck Served with Pancake and Salad

Main Course:

Lemon Chicken
Stir Fried Tiger King Prawn with Mixed Vegetable
So Wok Spicy Chicken
Cantonese Roast Duck in Plum Sauce
Fillet Steak in Black Peppercorn Sauce
Chicken Fried Rice

Vegetarian Set Meal

£ 9.50 per person (Minimum for 2)

Starter:

Sweet Corn Soup

Second:

Crispy Dried Seaweed,
Crispy Won Tun In Sweet & Sour Dip,
So Wok Mini Crispy Spring Rolls

Main Course:

Sweet & Sour Sauce Bean Curd
Fried Eggplant in Black Bean Sauce
Mixed Vegetable in Kung Po Sauce (n)
Mixed Vegetable Fried Rice

For 4 Persons or more

Stir Fried Bamboo Shoots & Chinese Mushroom
Deep Fried Beancurd in Chilli Spicy Salt
Stir Fried Mixed Vegetables in Satay Sauce (n)

Banquet A

For Two People £ 20.00 For Three People £ 29.00

Starter:

Prawn Crackers, Deep Fried Chicken Wings In Peking Sauce, Spring Rolls

Main Course:

Fried Beef in Satay Sauce (n), Stir Fried Roast Pork with Mixed Vegetable,
Sweet & Sour Chicken, Young Chow Fried Rice

Banquet B

For Two People £ 22.00 For Three People £ 30.50

Starter:

Prawn Crackers, Peking Spare Ribs

Main Course:

Beef with Green Pepper in Black Bean Sauce, Stir Fried King Prawn with
Mixed Vegetable, Lemon Chicken, Young Chow Fried Rice

Banquet C

For Two People £ 24.00 For Three People £ 35.50

Starter:

Prawn Crackers, Sesame Prawn Toast
Aromatic Crispy Duck Served with Pancake and Salad

Main Course:

Stir Fried King Prawn in Kung Po Sauce, Stir Fried Beef in Cantonese Sauce,
Stir Fried Mixed Vegetable, Young Chow Fried Rice

(n) = Contains Nuts

(v) = Vegetarian

Banquet D

For Two People £ 24.50 For Three People £ 35.00

Starter:

Prawn Crackers, Spring Rolls, Aromatic Crispy Duck
Served with Pancake and Salad

Main Course:

Stir Fried Chicken in Satay Sauce (n), Stir Fried Beef with Mushroom
Sweet & Sour King Prawn Balls, Young Chow Fried Rice

Banquet E

For Three People £ 25.00 For Four People £ 32.00

Starter:

Prawn Crackers, Peking Spare Ribs

Main Course:

Fried Beef in Satay Sauce (n), Stir Fried Chicken with Mixed Vegetable
Sweet & Sour Pork, Young Chow Fried Rice

Banquet F

For Three People £ 30.00 For Four People £ 39.00

Starter:

Prawn Crackers, Peking Spare Ribs, Spring Rolls

Main Course:

Beef with Green Pepper in Black Bean Sauce, Stir Fried King Prawn with
Mixed Vegetable, Lemon Chicken, Cantonese Roast Duck
Young Chow Fried Rice

Banquet G

For Four People £ 38.00 For Five People £ 47.00

Starter:

Prawn Crackers, Chilli Spicy Salted Pork Spare Ribs, Spring Rolls

Main Course:

Stir Fried Chicken in Szechuan Sauce, Stir Fried Beef in Satay Sauce (n)
Stir Fried Tiger King Prawn With Cashew Nuts (n)
Chinese Style Roast Duck in Plum Sauce, Young Chow Fried Rice

Banquet H

For Four People £ 40.00 For Five People £ 52.00

Starter:

Prawn Crackers

Aromatic Crispy Duck Served with Pancake and Salad

Main Course:

King Prawn With Chinese Leaves, Stir Fried Roast Pork in Kung Po Sauce (n),
Stir Fried Chicken in Satay Sauce, Chinese Style Roast Duck in Plum
Sauce, Deep Fried Shredded Beef, Young Chow Fried Rice

Banquet I

For Five People £ 61.00 For Six People £ 76.00

Starter:

Prawn Crackers, So Wok Hot Mixed Appetizers
Aromatic Crispy Duck Served with Pancake and Salad

Main Course:

Lemon Chicken, King Prawn With Green Pepper in Black Bean Sauce,
Stir Fried Roast Pork with Mixed Vegetable
Stir Fried Chicken in Satay Sauce (n), Cantonese Roast Duck
Fillet Steak In Cantonese Sauce, Young Chow Fried Rice

Soups

001	Sweet Corn and Chicken Meat Soup	£1.90
002	Sweet Corn and King Prawn Soup	£1.90
003	Chicken & Mushroom Soup	£1.90
004	Hot and Sour Soup	£2.00
005	Sweet Corn Soup (v)	£1.70
006	Mixed Vegetable Soup (v)	£1.70

Starters

1	Aromatic Crispy Duck Served with Pancake and Salad (100% Homemade)	£14.00 £7.50
2	Traditional Chinese Oven Roast Peking Duck Served with Pancake and Salad (Highly Recommended / 100% Home Roasted)	£14.00 £7.50
3a	Smoked Golden Salted Shredded Chicken with Sweet & Sour Dip	£3.80

3b	Stir Fried Mussel In Black Bean Sauce	£4.60
3c	Stir Fried Mussel with Ginger & Spring Onion	£4.60
4a	SoWok Style Crispy Won Tun In Sweet & Sour Dip (v)	£2.20
4b	Indonesian Style Sate' Chicken Skewered (n) (6)	£4.80
5	Barbecue Pork Spare Ribs in Honey Sauce	£5.00
6	Peking Style Pork Spare Ribs	£5.00
7	Chilli Spicy Salted Pork Spare Ribs	£5.00
8a	Deep Fried Squid in Chilli Spicy Salt	£4.60
8b	Deep Fried Beancurd in Chilli Spicy Salt (v)	£3.70
9a	SoWok Hot Mixed Special Appetizers	£8.60

(Minimum for 2 at £4.30 per person)

SoWok Style Crispy Won Tun In Sweet & Sour Dip (v),

Grilled Sate' Chicken Skewered Indonesian Style (n),

Pork Spare Ribs In Peking Sauce,

Crispy Spring Rolls (v),

King Prawns in Chilli Salt

9b	Minced Pork Delight Served With Fresh Lettuce	£7.80
	(Minimum for 2 at £3.90 per person)	
10	Deep Fried Onion Rings (v) (8)	£1.60
11	Deep Fried Shell-on King Prawns In Chilli Spicy Salt	£4.60
11a	Deep Fried King Prawns & Mushroom In Chilli Spicy Salt	£5.00
11b	Deep Fried Shredded Fillet Steak & Mushroom In Chilli Spicy Salt	£6.40
12	Sesame Seed Prawn Toast (100% Prawn Meat)	£3.80
13	Crispy Dried Seaweed	£2.80
14	SoWok Mini Crispy Spring Rolls (v) (3)	£2.10
14a	Mushroom in Chilli Spicy Salt (v)	£3.60
14b	Minced Vegetable Delight Served with Fresh Lettuce (v) (Minimum for 2 at £3.20 per person)	£6.40
15	Prawn Crackers	£1.50
15a	Deep Fried Chicken Wings In Peking Sauce	£4.00
15b	Deep Fried Chicken Wings In Chilli Spicy Salt	£4.00

Main Meal

All Main Meals DO NOT include Rice or Chips.

Any Extras will be 30p Extra

eg. Pineapple, Mushroom, Onions, Green Pepper, Peas

CANTONESE SAUCE DISHES

The sauce that people often return to, it's light fruity tastes appeal to many. Cooked the SoWok way with fresh tomato and onion in hot wok.

16	Chicken & Fillet steak	£6.50
17	Chicken	£4.80
18	Beef	£4.80
19	Fillet steak	£8.50
20	House Special	£5.60

SATAY SAUCE DISHES (n)

SoWok spicy satay sauce is 100% home made. The ingredients of this sauce include peanut butter, green pepper, onion, garlic & pineapple sauce

21	King Prawns	£5.60
22	Chicken	£4.80
23	Beef	£4.80
24	King Prawns & Chicken	£5.60

KUNG PO SAUCE DISHES (n)

A unique dish that combined Sweet & Spicy flavour. Combining crunchy vegetables and cashew nuts to create a splendid taste.

25	Chicken	£4.80
26	King Prawns	£5.60
27	House Special	£5.60

SZECHUAN SAUCE DISHES

These dishes hail from the western part of mainland China. Szechuan sauce is deliciously rich & spicy. Cooked the SoWok way with fresh vegetable.

28	Chicken	£4.80
29	King Prawns	£5.60
30	Beef	£4.80

HOT & SOUR DISHES

An exceptional dish tailored for Western palettes, a blend of spices combined with Ginger that is designed to infuse into the Bamboo Shoots creating a delicious alternative served with your choice.

31	King Prawns	£5.60
32	Chicken	£4.80
33	Beef	£4.80

SO WOK CURRY DISHES (Contains wheat flour)

Another "SoWok" speciality, "SoWok" curry sauce ingredients are multiple South East Asia spices, curry powder & wheat flour. Here it is cooked with onions & peas.

34	House Special	£5.60
35	King Prawns & Mushroom	£5.60
36	Shrimp	£5.20
37	Chicken	£4.80
38a	Beef	£4.80
38b	Aromatic Duck	£6.80
38c	Vegetarian Curry	£4.50

TRADITIONAL CHINESE OVEN ROAST DUCK DISHES

39a	SoWok Spicy Duck	£6.80
	Sliced Duck, Green Bean, Onion, Green Pepper & Chilli	
39b	Duck with Green Pepper in Black Bean Sauce	£6.80
	Sliced Duck, Green Peppers & Onions in Black Bean Sauce	
40	Duck with Mushrooms	£6.80
	Sliced Duck, Onions, Mushrooms & Leek in White Wine Sauce	
41	Duck with Pineapple	£6.80
	Sliced Duck, Onions, Green Peppers & Carrots in Pineapple Sauce	
42	Duck with Ginger & Spring Onions	£6.80
	Sliced Duck, Ginger, Spring Onions & Onion in Oyster Sauce	
43	Cantonese Roast Duck	£6.80
	Deep-fried Duck on a Bed of Pickled Carrots & Cabbage with Home-made Soy Sauce	
44	Roast Duck in Plum Sauce	£6.80
	Deep-fried Duck on a Bed of Pickled Carrots & Cabbage with Home-made Plum Sauce	
45	Roast Duck in Oyster Sauce	£6.80
	Sliced Roast Duck with Bamboo Shoots, Chinese Mushrooms, Water Chestnuts & Carrots in a Delicious Home-made Oyster Sauce	

KING PRAWN DISHES

46a	SoWok Spicy King Prawns	£5.60
	King Prawns, Green Bean, Onion, Green Pepper & Chilli	
46b	King Prawns with Green Peppers in Black Bean Sauce	£5.60
	King Prawns, Green Peppers & Onions in Black Bean Sauce	
47	King Prawns with Mushrooms	£5.60
	King Prawns, Onions, Mushrooms & Leek in White Wine Sauce	
48	King Prawns in Oyster Sauce	£5.60
	King Prawns, Bamboo Shoots, Chinese Mushrooms, Water Chestnuts & Carrots in Oyster Sauce	
49	King Prawns with Mixed Vegetables	£5.60
	(Chop Suey) King Prawns, Onions, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Bamboo Shoots, Water Chestnuts, Leek & Carrot	
50	King Prawns with Ginger & Spring Onions	£5.60
	King Prawns, Ginger, Spring Onions & Onions in Oyster Sauce	
51	King Prawns with Cashew Nuts (n)	£5.60
	King Prawns, Cashew Nuts, Onions, Leeks, Bamboo Shoots Chinese Mushrooms, Water Chestnuts & Carrots	
52	King Prawns with Tomatoes	£5.60
	King Prawns, Tomatoes & Onions in Home-made Tomato Sauce	

BEEF DISHES

53a	So Wok Spicy Beef	£4.80
	Sliced Beef, Green Bean, Onion, Green Pepper and Chilli	
53b	Beef with Green Pepper in Black Bean Sauce	£4.80
	Sliced Beef, Green Peppers & Onions in Black Bean Sauce	
54	Beef with Mushrooms	£4.80
	Sliced Beef, Onions, Mushrooms & Leek in White Wine Sauce	
55	Beef in Oyster Sauce	£4.80
	Sliced Beef with Chinese Mushrooms, Bamboo Shoots, Water Chestnuts & Carrots in Home-made Oyster Sauce	
56	Beef with Mixed Vegetables	£4.80
	(Chop Suey) Sliced Beef, Onions, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Bamboo Shoots, Water Chestnuts, Leek & Carrots	
57	Beef with Ginger & Spring Onions	£4.80
	Sliced Beef, Ginger, Spring Onions & Onion in Oyster Sauce	
58	Beef with Bamboo Shoots, Green Peppers & Chilli Sauce	£4.80
	Sliced Beef, Onions, Bamboo Shoots, Green Peppers, Water Chestnuts & Carrots in Hot Spicy Chilli Sauce	
59	Deep Fried Shredded Beef	£4.80
	Deep Fried Crispy Beef, Green Peppers, Onions, Ginger & Chillies in Sweet Chilli Sauce	
60a	Fried Beef with Black Pepper Sauce	£4.80
	Sliced Beef, Green Peppers & Onions in Home-made Black Peppercorn Sauce	
60b	Fillet Steak with Black Pepper Sauce	£8.50
	Fillet Steak, Green Peppers & Onions in Home-made Black Peppercorn Sauce	
61	Fried Beef with Tomatoes	£4.80
	Sliced Beef, Tomatoes & Onions in Home-made Tomato Sauce	

CHICKEN DISHES

62	So Wok Spicy Chicken	£4.80
	Sliced Chicken, Green Bean, Onion, Green Pepper and Chilli	
62a	Chicken with Green Pepper in Black Bean Sauce	£4.80
	Sliced Chicken, Green Peppers & Onions in Black Bean Chilli Sauce	
62b	Chicken with Ginger & Spring Onions	£4.80
	Sliced chicken, Ginger, Spring Onions & Onion in Oyster Sauce	
63	Chicken with Mushrooms	£4.80
	Sliced Chicken, Onions, Mushrooms & Leek in Sauce	
64	Chicken with Mixed Vegetables	£4.80
	(Chop Suey) Sliced Chicken with Onions, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Bamboo Shoots, Water Chestnuts, Leek & Carrots	
65	Chicken with Cashew Nuts (n)	£4.80
	Chicken with Cashew Nuts, Onions, Leeks, Bamboo Shoots Chinese Mushrooms, Water Chestnuts & Carrots	
66	Chicken in Oyster Sauce	£4.80
	Sliced Chicken with Chinese Mushrooms, Bamboo Shoots, Water Chestnuts & Carrots in Home-made Oyster Sauce	
67	Chicken with Pineapple	£4.80
	Sliced Chicken, Green Peppers, Onions & Carrots in Pineapple Sauce	
68a	Fried Chicken with Cashew Nuts in Yellow Bean Sauce (n)	£4.80
	Sliced Chicken, Cashew Nuts, Green Peppers, Onions, Bamboo Shoots, Water Chestnuts & Carrots in Yellow Bean Sauce	
68b	Fried Chicken in Lemon Sauce	£4.80
	Deep Fried Chicken on a Bed of Pickled Carrots & Cabbage in Home-made Honey & Lemon Sauce	
68c	Deep Fried Shredded Chicken	£4.80
	Deep Fried Crispy Chicken, Green Peppers, Onions, Ginger and Chillies in Sweet Chilli Sauce	

SWEET & SOUR SAUCE DISHES

(HONG KONG STYLE)

"Goo Lo", a Hong Kong specialty. An outstanding dish cooked the So Wok way, pineapple, green pepper & onion in a mouth watering sauce.

69	King Prawns	£5.60
69a	House Special	£5.60
70	Chicken	£4.80
71	Pork	£4.80
72	King Prawns Balls (with sauce separate)	£5.60
73	Chicken Balls (with sauce separate)	£4.80

EGG FOO YUNG

Our Foo Yung dishes contain Onions, Peas, Spring Onions & Beansprouts, blended together in fresh egg which cooked to perfection.

74	House Special	£5.60
75	King Prawns	£5.60
75a	Shrimp Foo Young	£5.20
76	Chicken	£4.80
77	Mushroom	£4.50
77a	Plain Foo Yung	£4.10

VEGETABLE DISHES (V)

A dish traditionally known in the west as Chop Suey, but actually pronounced "Jop Soi" its literal meaning is "Lots of everything in Water". This dish cooked So Wok style is a unification of Fresh Vegetables.

78	Stir Fried Mixed Vegetables in Szechuan Sauce	£4.50
79	Stir Fried Mixed Vegetables in Sweet & Sour Sauce	£4.50
	Deep Fried Bean Curd, Chinese Mushroom & Onion	
80	Bean Curd in Sweet & Sour Sauce	£4.50
	Deep Fried Bean Curd, Pineapple, Green Pepper & Onion in a mouth-watering sauce.	
81	Bean Curd with Chinese Mushroom and Bamboo Shoots	£4.50
	Contain Bamboo Shoots, Water Chestnuts, Carrots & Onion	
82	Stir Fried Mixed Vegetables	£4.50
	Contains Onion, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Bamboo Shoots, Water Chestnuts, Leeks & Carrots	
83	Bean Curd in Black Bean Sauce	£4.50
	Deep Fried Bean Curd, Green Pepper & Onion in Black Bean Sauce	
84a	Stir Fried Mixed Vegetables in Kung Po Sauce (n)	£4.50
	Contains Onion, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Cashew nuts, Bamboo Shoots, Water Chestnuts & Carrots in a Sweet & Chilli Sauce	
84b	Fried Eggplant (Aubergine) in Szechuan Sauce	£4.50
	Fried Aubergine, Green Pepper & Onion in Chilli Spicy Sauce	
84c	Fried Eggplant (Aubergine) in Black Bean Sauce	£4.50
	Deep Fried Aubergines, Green Pepper & Onion in Black Bean Sauce	
85	Stir Fried Mixed Vegetables in Satay Sauce (n)	£4.50
	Contains Onion, Chinese Leaves, Broccoli, Beansprouts, Mushrooms, Bamboo Shoots, Water Chestnuts & Carrots in a Hot & Spicy Sauce	

CHOW MEIN / NOODLES

A staple ingredient in the Eastern diet, Chow Mein Literally means fried noodle. It has become a fashionable and popular dish throughout the West; it is said that long noodles equates to a long life. So Wok fried noodle dishes are a blend of Fresh Mixed Vegetables cooked in a delicious homemade sauce.

86	House Special Chow Mein	£5.80
87	Chicken Chow Mein	£5.20
88	Beef Chow Mein	£5.20
89	Tiger King Prawn Chow Mein	£5.80
90	So Wok Crispy Noodles (separate Sauce)	£7.60
	Roast Pork, Fillet Steak, Chicken, King Prawn with Onion, Spring Onion, Fine Bean in Oyster Sauce	
91	Singapore Style Chow Mein (Slightly Spicy)	£5.20
	Diced Roast Pork, Shrimp, Onions, Green Pepper, Bean sprouts, Egg with Noodles & Hot Curry Paste	
92	Mixed Vegetable Chow Mein (v)	£4.80

FRIED RICE

In China, the word for rice is "Fan", this has become synonymous with the word for "meal". Most Chinese family will eat rice everyday, few meals would be considered balanced without it.

93	House Special Fried Rice	£5.80
	Peas, Chicken, Shrimp, Pork in So Wok style Soy Sauce	
94	Chicken Fried Rice (Chicken & Peas)	£5.20
95	Tiger King Prawn Fried Rice (King Prawn, Peas & Spring Onion)	£5.80
96	Shrimp Fried Rice (Shrimps & Peas)	£5.70
97a	Young Chow Fried Rice (Roast Pork, Shrimp & Peas)	£5.20
97b	Roast Pork Fried Rice (Roast Pork & Peas)	£5.20
98	Mixed Vegetable Fried Rice	£4.80
	Diced Spring Onion, Broccoli, Carrot, Mushrooms & Peas	
99	Singapore Fried Rice (Slightly Spicy)	£5.20
	Diced Roast Pork, Chicken, Shrimp, Peas, Egg & Chilli Curry Powder	
100	Hot Garlic Sliced Mushroom Fried Rice	£4.80
101	Roast Duck Fried Rice (Roast Duck, Spring Onion & Peas)	£6.30
102	Beef Fried Rice (Beef & Peas)	£5.20

SO WOK THAI RED/GREEN CURRY DISHES

Blend with Thai Style curry sauce and different spices from Thailand. Cooked with onion, Green Bean, Mushrooms and Chilli.

103	King Prawn	£6.00
104	Mixed Meat (Choice of Chicken, Beef or Pork)	£5.30
105	Mixed Vegetables (v)	£4.90

SO WOK XIANG STYLE DISHES

A dish tradition Xiang Style with Green and Red Chilli, Ginger, Garlic, Leek & Spring onions quick fried delicious rich & hot spicy.

106	King Prawns	£5.60
107	Chicken / 107a Beef / 107b Roast Pork	£4.80
108	Roast Duck	£6.80

EXTRA PORTIONS

Chips	£1.80
Boiled Rice	£2.00
Fried Rice	£2.30
Noodles	£2.50
Curry Sauce / Gravy	£1.70
Sweet & Sour Sauce	£1.70
Hoi Sim Sauce	£1.90
Other Sauce e.g. Black Bean Sauce, Plum Sauce	£1.90
Beansprouts	£3.50
Mushrooms	£3.80
Cashew Nuts	£3.00
So Wok Chilli Oil	£1.50

SO WOK CHEF SPECIALS (Large Portion)

Deep Fried Chips With Chilli Spicy Salt	£2.50
Rice & Curry	£2.50
Rice & Sweet & Sour Sauce	£2.50
Fried Rice & Curry	£2.80
Fried Rice & Sweet & Sour Sauce	£2.80
Curry & Chips / Gravy	£2.50
Rice, Chips & Curry	£2.80
Rice, Chips & Sweet & Sour Sauce	£2.80
Fried Rice, Chips & Curry	£3.10
Fried Rice, Chips & Sweet & Sour Sauce	£3.10
Noodle & Sweet & Sour Sauce	£3.10
Noodle & Oyster Sauce	£3.10
Noodle Special	£3.80
Spring Roll & Chips	£3.00
Mushroom, Chips & Gravy / Curry	£3.30
Sausage & Chips	£3.40
Sausage & Chips & Gravy / Curry	£3.80
Chicken & Chips	£4.80
Chicken & Chips & Gravy / Curry	£5.00

SOFT DRINKS

Coke, Diet Coke, Fanta Orange, 7- Up, Dr Pepper	£1.00
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