

## Vegetable Dishes

118. Seasonal Vegetables with Oyster Sauce .....	£4.50
119. Stir Fried Bean Sprouts.....	£3.50
120. Chinese Leaf with Garlic or Oyster Sauce.....	£4.20
121. Seasonal Chinese Vegetables ( <i>Pak Choi or Choi Sum</i> ) .....	£5.50
122. Stir Fried Aubergine in Black Bean Sauce .....	£5.20
123. Fried Tofu in Black Bean Sauce.....	£4.80
124. Stir Fried Mange Tout with Baby Corn .....	£5.00
125. Quick Fried Three Vegetables in XO Sauce .....	£5.00
126. Stir Fried Asparagus in Garlic Butter.....	£5.50
127. Monks Vegetables.....	£5.00
128. Deep Fried Crispy Chilli Vegetables .....	£5.30

## Rice & Noodles

129. Yeung Chow Fried Rice .....	£4.50
130. King Prawn Fried Rice (6).....	£5.80
131. Chicken Fried Rice.....	£4.30
132. Roast Duck Fried Rice .....	£5.30
133. Egg Fried Rice .....	£3.50
134. Steamed Jasmine Fragrant Rice .....	£3.20
135. Coconut Pineapple Rice .....	£4.00
136. Regency Special Noodles.....	£6.00
137. Chicken Chow Mein.....	£4.50
138. Beef Chow Mein.....	£4.50
139. King Prawn Chow Mein (6).....	£6.00
140. Plain Chow Mein with Bean Sprouts.....	£4.50
141. Singapore Fried Rice Vermicelli.....	£5.50
142. Regency Special Ho-Fun.....	£7.50
143. Creamy Egg King Prawn Ho-Fun.....	£7.50
144. Three Kinds of Seafood Ho-Fun .....	£8.80
145. Beef Ho-Fun.....	£7.00
146. Shredded Roast Duck Chow Mein.....	£5.80
147. Shredded Crispy Belly Pork Chow Mein .....	£5.80
148. Shredded Roast Pork Chow Mein.....	£4.50

## After Dinner

149. Toffee Apple .....	£3.50
150. Toffee Banana.....	£3.50
151. Apple Fritter .....	£3.50
152. Banana Fritter .....	£3.50
153. Lychees in Syrup.....	£3.00

## Cantonese Set Menu A.....£12.00 per person

*For Minimum of Two Persons*

Crispy Seaweed  
Vegetables Spring Rolls  
Sesame Seed Prawn on Toast  
Barbecued Spare Ribs in Sauce  
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Fruity Sweet and Sour Pork  
Diced Chicken with Asparagus  
Beef with Seasonal Vegetables

Egg Fried Rice

## Cantonese Set Menu B.....£16.00 per person

*For Minimum of Two Persons*

Chicken or Crab Meat Sweet Corn Soup  
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Crispy Aromatic Duck  
*(with Wheaten Pancakes, Sliced Cucumber, Spring Onion and Hoi Sin Sauce)*  
\*\*\*\*\*

Beef with Ginger and Spring Onions  
Lemon Chicken Fillets

Mixed Seafood and Tofu Medley  
Seasonal Vegetables with Oyster Sauce  
Egg Fried Rice

## Seafood Set Menu.....£28.00 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)*  
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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

*All prices include VAT.*

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

## Chef's Special Set Menu.....£19.00 per person

*For Minimum of Two Persons*

Regency Mixed Hors D'Oeuvres

Vegetables Spring Rolls  
Crispy Seaweed

Satay Chicken Served on Skewers with Peanut Sauce  
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

## Create Your Own Menu

From Every Monday to Thursday Evenings

and All Day Sunday

Eat in Restaurant ONLY

All Reservations and  
Special Functions are Welcome  
We Will Cater for Your Individual Need

### Important Customer Notice:

All food service from our MENU may contains 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 ect..) • Celery • Mustard • Sesame • Lupin • Sulphur dioxide (preservative vegetable, dried fruit) • Crustaceans (prawns, crabs, lobster & crayfish)  
• Molluscs (clams, mussels, oyster, squid, octopus) • Oil (peanuts oil, sunflower oil, sesame oil)

### Allergic to food not on the list

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

# Regency

CHINESE RESTAURANT

12-14 Mutton Lane  
Potters Bar, Herts EN6 2PA

Telephone

01707 652 551

01707 658 810

DELIVERY SERVICE AVAILABLE

Free Delivery on Orders Over £20

Within a 3 Mile Radius

[www.regencypottersbar.com](http://www.regencypottersbar.com)



TAKE AWAY MENU

### OPENING HOURS

Monday and Bank Holidays	5pm – 11pm
Tuesday to Saturday	11.30am - 2pm / 5pm - 11pm
Sunday All Day	12.00 noon – 10.30pm



## Hors D'Oeuvres & Appetisers

1. Regency Mixed Hors D'Oeuvres (min 2 persons) £6.80 per person  
*(Satay Chicken, Sesame Prawn on Toast, Vegetable Spring Rolls, Crispy Wan Tun, Dry Barbecue Spare Ribs & Seaweed)*
2. Seafood Mixed Platter (min 2 persons) £7.80 per person  
*(Satay Prawns, Chilli & Salt Fried Squid, Mussels in Black Bean Sauce, Sesame Prawn on Toast & Seaweed)*
3. Vegetarian Mixed Hors D'Oeuvres (min 2 persons) £4.90 per person  
*(Seaweed, Satay Tofu, Smoked Vegetable Shreds, Vegetable Spring Rolls)*
4. Steamed Dim Sum Platter (min 2 persons) £4.90 per person  
*('Har Kau' Prawn Dumpling, 'Siu Mai' Pork & Prawn Dumpling, 'Ngau Mai' Beef Dumpling Chicken & Vegetable Dumpling)*
5. Mongolian Crispy Lamb £6.80  
*(Served with Lettuce Wraps and Plum Sauce)*
6. Crab Claws Stuffed With Mashed Prawns (2) £6.50
7. Tempura King Prawns (Light Crispy Japanese Batter) £6.80
8. Garlic Butter Prawns £6.80  
*(Deep Fried or Steamed with Garlic Butter)*
9. Duck & Coriander Spring Roll (4) £5.00
10. Seafood Lettuce Wraps £7.20
11. Chicken Lettuce Wraps £5.50
12. Satay Chicken on Skewers (4) £5.50
13. Satay Beef on Skewers (4) £5.50
14. Satay King Prawns on Skewers (4) £6.80
15. Satay Tofu on Skewers (4) £4.50
16. Honey Glazed Spare Ribs £5.80
17. Chilli and Salt Spare Ribs £5.80
18. Peking Style Spare Ribs £5.80
19. Barbecue Spare Ribs in Sauce £5.80
20. Szechuan Spicy Smoked Chicken Shreds £5.80
21. Gyoza (Chicken & Vegetable Dumpling) (8) £5.50
22. Crispy Seaweed £4.00
23. Sesame Seed Prawn on Toast £5.50
24. Grilled Dumplings (6) £5.00
25. Vegetable Spring Rolls (3) £3.50
26. Crispy Won Tons £4.50
27. Typhoon Bay Chilli Prawns £8.50  
*(Taiwanese special chilli prawns)*
28. Soft Shell Crab in Chilli and Salt (2) £10.00
29. Deep Fried Sea Bass Fillet in Chilli and Salt £8.50
30. Deep Fried Tofu in Chilli and Salt £4.50
31. Sliced Lamb in Chilli and Salt £6.50
32. Deep Fried Squid in Chilli and Salt £6.20
33. Deep Fried Prawns in Chilli and Salt £6.80
34. Deep Fried Calamari with a Sweet Chilli Dip £6.20

## Soup

35. Chef's Special Won Ton Soup £3.50
36. Chicken and Sweet Corn Soup £3.20
37. Crab and Sweet Corn Soup £3.50
38. Roast Duck and Noodle Soup £3.30
39. Hot and Sour Soup £3.20
40. Three Kinds of Seafood Soup £4.00

## Duck

41. Crispy Aromatic Duck  
*(with Wheaten Pancakes, Sliced Cucumber, Spring Onion and Hoi Sin Sauce)*
  - Quarter £8.50
  - Half £16.00
  - Whole £30.00
42. Cantonese Roast Duck
  - Quarter £8.50
  - Half £16.00
  - Whole £30.00
43. Sliced Duck in Plum Sauce £6.80
44. Sliced Duck in Orange Sauce £6.80
45. Roast Duck Chinese Style £6.80
46. Roast Duck with Pineapples £6.80

## Cantonese Specialities

47. Yeung Sam Po £8.80  
*(Minced Prawn Stuffed Aubergine, Tofu & Peppers)*
48. Pei Pa Tofu £8.80  
*(Deep Fried Fusion of King Prawns Roast Pork, Chinese Mushrooms & Tofu)*
49. Mixed Seafood and Tofu Medley £9.50
50. XO Cognac Sauce King Prawns £8.80  
*(Spiced King Prawns with Essence of Hennessy XO)*
51. Crispy Belly Pork (Tender Pork Crispy Crackling) £6.80
52. Cantonese Char Siu (Marinated Roast Pork) £6.50
53. Scallops with Asparagus £9.20
54. Slow cooked Tender Beef Brisket £12.00
55. Yu Heung Aubergine (Sea Spiced Pork & Aubergine) £8.20
56. Deep Fried Oysters in Batter  
with Lettuce Wraps (Hong Kong Delicacy) £8.50
57. Slow cooked Pork Belly and Marinated Cabbage £12.00



## Poultry

58. Chicken with Cashew Nuts in Yellow Bean Sauce £6.00
59. Chicken with Peppers in Black Bean Sauce £6.00
60. Fruity Sweet and Sour Chicken (Hong Kong Style) £6.00
61. Kung Po Chicken in Chilli Sauce £6.00
62. Diced Chicken with Asparagus £6.00
63. Lemon Chicken Fillets £6.00
64. Chicken with Pineapples £6.00
65. Chicken in Breadcrumbs £6.00
66. Chicken Szechuan Style £6.00
67. Stir Fried Chicken with Mushrooms £6.00
68. Roast Chicken Chinese Style £6.00
69. Stir Fried Chicken  
with Baby Corn & Straw Mushrooms £6.00

## Pork

70. Pork Loin Cutlets in Capital Sauce £6.80
71. Pork Loin Cutlets with Chilli and Salt £6.80
72. Fruity Sweet Sour Pork (Hong Kong Style) £6.00
73. Szechuan Pork £6.00

## Beef

74. Sliced Fillet of Beef in Teriyaki Sauce £9.50
75. Deep Fried Crispy Chilli Beef £7.20
76. Beef with Seasonal Vegetables £6.60
77. Beef with Peppers in Black Bean Sauce £6.60
78. Beef with Ginger and Spring Onion £6.60
79. Sautéed Beef in Oyster Sauce £6.60
80. Sautéed Beef in Szechuan Malak Sauce £6.60
81. Mandarin Fillet Steak £9.20
82. Fillet Steak in Black Pepper Sauce £9.20
83. Honey Glazed Fillet Steak £9.20
84. Fillet Steak Stir Fried with Mango £9.20

## Lamb

85. Lamb with Ginger and Spring Onion £6.80
86. Lamb in Black Bean Sauce £6.80
87. Stir Fried Lamb in Szechuan Malak Sauce £6.80



## Seafood

88. Fresh Lobster with Ginger and Spring Onion £28.50  
*(with Crispy Noodle Base)*
89. Fresh Sea Bass Steamed with  
Spring Onion and Premium Garlic Soya Sauce £18.00
90. Dover Sole Steamed or Grilled £26.50
91. Pan-Fried Salmon Fillet in Teriyaki Sauce £8.90
92. Half Shell Steamed Scallops with  
Chilli Soya Sauce (min 2 persons) each £3.50
93. Drunken Fish (Tsaoshing Wine Marinated Fish Fillets) £6.30
94. Fruity Sweet and Sour Fish Fillets (Hong Kong Style) £6.30
95. Peking Grilled Fish £6.30
96. Mussels in Black Bean Sauce £6.80
97. Mussels in Szechuan Malak Chilli Sauce £6.80
98. Squid in Black Bean Sauce £6.80
99. Sizzling Squid with Ginger and Spring Onion £6.80
100. Stir Fried King Prawns and Scallops  
with Asparagus in 'Birds Nest' £9.90
101. Chefs Supreme Chilli and Salt Mixed Seafood £10.80  
*(Prawn, Scallop, Squid)*
102. Four Seasons Sizzling Seafood Medley  
in Black Bean Sauce £11.50  
*(Medley of Mussels, King Prawns, Squid and Scallops)*

## King Prawns

103. Regency Seasons King Tiger Prawns (4) £14.80  
*(Jumbo Sized Tiger Prawns in Peking Sauce)*
104. Fruity Sweet and Sour King Prawns (Hong Kong Style) £7.00
105. Szechuan Style King Prawns £7.00
106. King Prawns with Pak Choi in Ginger Sauce £7.50
107. King Prawns with  
Cashew Nuts in Yellow Bean Sauce £7.20
108. King Prawns in Plum Sauce £7.00
109. Kung Po King Prawns in Chilli Sauce £7.00

## Curry Dishes

110. Curry Seafood £8.80
111. Curry King Prawns £7.00
112. Curry Chicken £6.00
113. Curry Beef £6.60
114. Curry Lamb £6.80
115. Curry Pork £6.00
116. Curry Mixed Meat £6.50
117. Curry Vegetables £4.50

