

## Polynesian Food

**Hala Kahiki Chicken** NEW .....10.75

Ready for some fun in the sun? This delightful fusion of pineapple, chicken, ginger and abundance of green pepper and onions is the closest thing to a tropical vacation this side of the prairies.

**Beef Mokuaweoweo** .....10.50

A scrumptious spicy beef dish to be enjoyed by all. Slices of lightly breaded beef, sautéed in our sweet & spicy honey & garlic sauce with roasted sesame seeds.

**Polynesian Fried Rice** .....10.50

A special seasoned rice with a tropical blend of pineapple, tomato, shrimp, barbequed pork and slivers of green pepper.

**Pork Tiki Tiki** .....9.50

Fresh bean sprouts stir-fried with assorted mixed vegetables and barbequed pork slices. This delicious dish is crowned with roasted almonds and accompanied with a bag of crispy noodles.

**Beef Tomato Samoan** .....10.50

A sweet saucy beef dish cooked with fresh tomatoes and onions.

**Polynesian Pepper Pot Steak** .....10.50

Slices of beef braised in black beans with a touch of garlic, sweet green peppers, onions and soya sauce.

**Pork Mandarin Kau Kau** .....11.50

A tantalizing deep fried sweet & sour battered pork dish, served with a colourful blend of pineapples, green peppers and lychee fruits.

**Shrimp Fiji** .....13.00

A delicious deep fried sweet & sour battered shrimp dish, served with a colourful blend of pineapples, green pepper, and lychee fruits.

### MISCELLANEOUS

Sweet & Sour Sauce (large) .....2.50  
 Lemon Sauce (large) .....2.50  
 Honey & Garlic Sauce (large) .....2.50  
 Fortune Cookies (6 pcs) .....1.50  
 Soft Egg Noodles (24 oz) .....4.50  
 French Fries .....4.50  
 Crispy Noodles .....1.75  
 Plum Sauce .....10¢/pkg  
 Mustard .....10¢/pkg

### RESTAURANT HOURS

Tuesday - Sunday — 4pm - 10pm

**CLOSED EVERY MONDAY**

## Chinese Gourmet Favourites

**4-Seasons Crisp Wontons** .....8.75

with sweet & sour sauce .....9.50

with honey and garlic sauce .....9.50

**Chicken 'a La Ding'** .....9.50

A delicious "Hot" combination of fresh sliced chicken breast and diced vegetables, stir-fried in our sweet spicy Szechuan sauce.

**Vegetable 'a La Ding'** .....9.00

**Black Pearl Chicken** .....10.50

Pieces of lightly breaded chicken with slivers of ginger, onion, and bell peppers, stir-fried in our sweet ginger sauce with a lemony twist.

**San Goo Dop Choy** .....9.00

A vegetarian delight of deluxe mixed vegetables.

**San Goo Beef Pan** .....10.50

Slices of beef, cooked with fresh broccoli and assorted vegetables.

**San Goo Guy Pan** .....10.50

Tender slices of chicken breast, stir-fried with fresh broccoli and assorted vegetables.

**Mama Yee's Chicken** .....10.50

Pieces of delicious chicken, deep-fried in egg batter, lovingly prepared with our Mama Yee's special blend of sweet, spicy, and tangy sauce. It's good, just ask her!

**Papa Yee's Chicken Wings** NEW .....10.50

Let your palate fly with these delicious Wings in our special Chinese Ginger B.B.Q. sauce.

**Marquee Mooshu Pork** .....11.50

Featuring an all-star cast of pork and shredded vegetables, with supporting roles of crepes and hoi sin sauce... It's a Wrap!

Extra crepe .....90¢ each

Extra Hoi Sin sauce .....1.00

**Spicy San Goo Dop Choy** .....9.50

**San Goo Fried Shrimp** .....12.00

Fresh shrimp cooked with a delicious combination of broccoli and assorted vegetables.

**Tai Dop Voy** .....11.50

Chicken, beef, shrimp, and barbequed pork slices, served with broccoli and assorted vegetables. A hearty and tasty dish to be enjoyed by all!

## The 4-Seasons Mah-Jong Chicken Group

(Chicken in our special egg batter)

**Spring (Sey Chin)** .....10.50

Not just any ordinary "Spring Chicken", this is Chicken stir-fried in our special ginger and oyster sauce.

**Summer (Quoi Ha)** .....10.50

Enjoy a little summer all year round with our red-hot chicken in sweet Szechuan sauce.

**Autumn (Hing Chow)** .....10.50

Fall back and relax with this "nutty" chicken in almond honey garlic sauce.

**Winter (Loong Duong Zhiu Fa)** .....10.50

Having a "flaky" day? Rid yourself of the winter blues with our chicken in lemon pineapple sauce.

## Dinners

(Sorry, no substitutions)

**(A) DINNER FOR TWO** .....26.30

2 Egg Rolls \* Chicken Chow Mein \* Sweet & Sour Spare Ribs \* Barbequed Pork Fried Rice

**DINNER FOR THREE** .....46.55

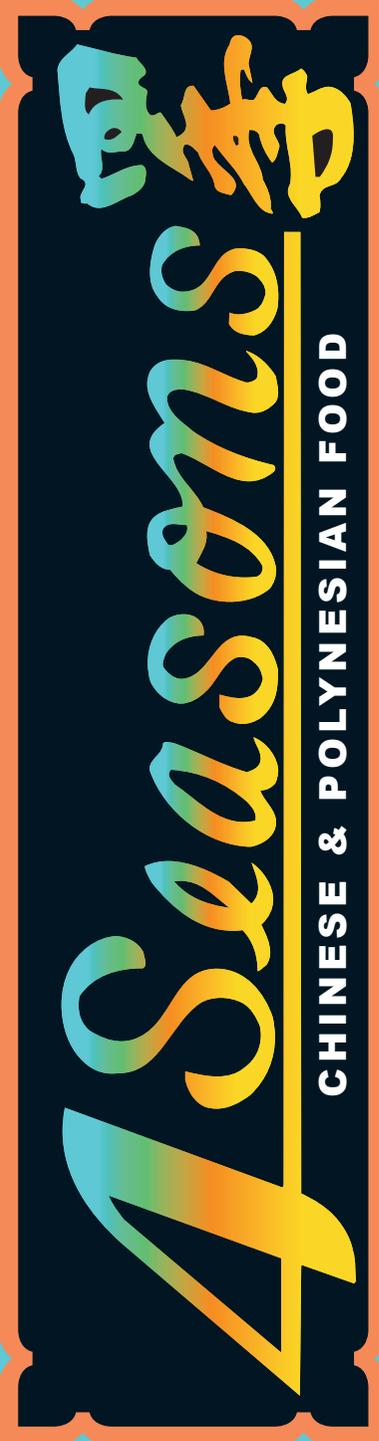
3 Egg Rolls \* Chicken Chow Mein \* Golden Fried Chicken Wings \* Polynesian Pepper Pot Steaks \* Sweet & Sour Spareribs \* Barbequed Pork Fried Rice

**(B) DINNER FOR TWO** .....27.65

2 Egg Rolls \* San Goo Dop Choy \* Sweet & Sour Chicken Balls \* Barbequed Pork Fried Rice

**DINNER FOR FOUR** .....56.90

4 Egg Rolls \* Beef Chow Mein \* Chicken Ding \* Deep fried Shrimp in Batter \* Crispy Wontons \* Sweet & Sour Pineapple Chicken Balls \* Barbequed Pork Fried Rice



**CHINESE & POLYNESIAN FOOD**

FREE Delivery  
on orders \$30.00 and over  
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SOUTHDALE CENTRE  
10-35 Lakewood Blvd.  
Winnipeg, Manitoba  
R2J 2M8

## Soups

Won Ton Soup . . . . .	7.00
Hot & Sour Soup . . . . .	7.50
Consomme Soup with Fried Noodles . . . . .	4.50
Egg Drop Mushroom Soup . . . . .	5.25

## Appetizers

Egg Roll . . . . .	1.50
Barbequed Pork Slices . . . . .	9.75
Vancouver-Style Spare Ribs (Dry) . . . . .	10.75
Mini Spring Rolls (6 pcs) 4.00 (12 pcs) 8.25	
Chimosa (each) . . . . .	3.75
<i>A delicious crispy wrapper filled with ground beef and vegetables, seasoned with mild curry, ginger and garlic. Chinese-style Samosa!</i>	

## Fried Rice

Steamed Rice (26 oz.) . . . . .	4.75
Plain Fried Rice . . . . .	8.00
Chicken Fried Rice . . . . .	8.25
Barbequed Pork Fried Rice . . . . .	8.25
Beef Fried Rice . . . . .	8.25
Shrimp Fried Rice . . . . .	10.50
Mushroom Fried Rice . . . . .	8.25
Deluxe Fried Rice . . . . .	10.50

## Diced Vegetables and Almonds

Vegetable Ding . . . . .	9.00
Chicken Ding . . . . .	9.50
Beef Ding . . . . .	9.50
Barbequed Pork Ding . . . . .	9.50
Shrimp Ding . . . . .	12.00

## Chicken

4-Seasons Chicken Balls <i>no sauce</i> . . . . .	9.75
<i>with Sweet &amp; Sour sauce</i> . . . . .	10.50
<i>with Sweet &amp; Sour Pineapple sauce</i> . . . . .	10.50
<i>with Honey &amp; Garlic sauce</i> . . . . .	10.50
<i>with Lemon sauce</i> . . . . .	10.50
<i>with Mushroom sauce</i> . . . . .	10.50
<i>with Gan Po sauce</i> . . . . .	10.50
<i>(crushed ginger in sweet &amp; sour sauce)</i>	
Chicken with Mushrooms . . . . .	10.50
Chicken with Broccoli . . . . .	10.50
Chicken with Snow Peas . . . . .	10.50
Lemon Chicken . . . . .	10.50
<i>(Sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds) . . . . .	10.50
Golden Fried Chicken Wings . . . . .	10.50
Honey & Garlic Chicken Wings . . . . .	10.50
Ginger Chicken Wings . . . . .	10.50
Chicken with Green Pepper . . . . .	10.50
<i>(in black bean and garlic sauce)</i>	
Curry Chicken . . . . .	10.50
Satay Chicken . . . . .	10.50
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken) . . . . .	11.00
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken) . . . . .	11.50

## Beef

Beef with Snow Peas . . . . .	10.50
Beef with Mushrooms . . . . .	10.50
Beef with Broccoli . . . . .	10.50
Beef with Green Pepper . . . . .	10.50
Satay Beef . . . . .	10.50
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal . . . . .	9.75
Dry Breaded Veal <i>Sweet &amp; Sour sauce</i> . . . . .	10.50
Dry Breaded Veal <i>Honey &amp; Garlic sauce</i> . . . . .	10.50
Ginger Beef . . . . .	10.50
Curry Beef . . . . .	10.50

## Pork & Spare Ribs

Honey & Garlic Spare Ribs . . . . .	10.50
Sweet & Sour Spare Ribs . . . . .	9.00
Dry Breaded Spare Ribs . . . . .	9.75
Dry Breaded Spare Ribs <i>(Sweet &amp; Sour sauce)</i> . . . . .	10.50
Spare Ribs in Black Bean & Garlic Sauce . . . . .	10.50
Sweet & Sour Pineapple Pork . . . . .	10.50
Sweet & Spicy Spare Ribs . . . . .	10.50
<i>(A zesty rib dish, in our special blend of sweet &amp; spicy chili sauce)</i>	

## Shrimp

Deep Fried Battered Shrimp . . . . .	11.25
Deep Fried Battered Shrimp <i>(Sweet &amp; Sour sauce)</i> . . . . .	12.00
Deep Fried Breaded Shrimp . . . . .	11.25
Deep Fried Breaded Shrimp <i>(Sweet &amp; Sour sauce)</i> . . . . .	12.00
Shrimp with Green Pepper <i>(in black bean &amp; garlic sauce)</i> . . . . .	12.00
Shrimp with Broccoli . . . . .	12.00
Pan Fried Shrimp . . . . .	12.00
<i>Pan Fried Spicy Shrimp</i> . . . . .	12.00
Pan Fried Black Bean & Garlic Shrimp . . . . .	12.00
Pan Fried Shrimp in Tomato Sauce . . . . .	12.00
Pan Fried Curry Shrimp . . . . .	12.00
Satay Shrimp . . . . .	12.00
Shrimp with Snow Peas . . . . .	12.00
Shrimp with Lobster Sauce . . . . .	12.00
<i>(Fresh shrimp with minced pork cooked in black bean and garlic sauce)</i>	

## Egg Foo Yong

*(A Chinese omelette with peas and onions served with a light brown gravy)*

Barbequed Pork Egg Foo Yong . . . . .	9.00
Chicken Egg Foo Yong . . . . .	9.00
Shrimp Egg Foo Yong . . . . .	12.00
Mushroom Egg Foo Yong . . . . .	9.00

## Chop Suey / Chow Mein

*(Bean Sprouts, Celery, Onions & Mushrooms)  
For Chop Mein dishes, a bag of crispy noodles will be added for 75¢*

Vegetable . . . . .	8.00
Barbequed Pork . . . . .	8.25
Beef . . . . .	8.25
Chicken . . . . .	8.25
Shrimp . . . . .	11.25

## Noodles

### 4-Seasons Cantonese Chow Mein . . . . . 12.00

*Golden soft egg noodles crowned with our appetizing combination of Barbequed pork, beef, and chicken sautéed with mushrooms, baby corn, water chestnuts, and fresh vegetables.*

### Vegetarian Cantonese Chow Mein . . . . . 10.75

### Yangtse Noodle . . . . . 10.75

*A dish overflowing with a river of egg noodles, chicken, bean sprouts, celery, onion, and carrots, highlighted with garlic. You'll ride into town on a rickshaw for this one!*

*(Substitute chicken for shrimp) . . . . . 12.00*

### Shanghai Noodle . . . . . 10.75

*A dish that will captivate you. Enjoy a sea of Shanghai noodles with minced pork, garlic and shredded vegetables. All aboard!*

*with curry . . . . . 10.75*

*with black bean & garlic . . . . . 10.75*

*with satay sauce . . . . . 10.75*

*Cantonese style . . . . . 12.00*

### Singapore Mai-fun . . . . . 10.75

*A tasty and spicy dish of rice vermicelli stir-fried in curry with shredded barbequed pork, fresh shrimp, and slivers of mixed vegetables.*

### A Different Kind of Fun . . . . . 10.75

*Not a fan of curry? Try our mildly-spiced Szechuan rice vermicelli noodle dish, stir-fried with shredded barbequed pork, veggies, and topped off with crushed almonds.*

### Bowl Full of Fun . . . . . 10.75

*You can never have too much fun eating this dish.*

*A savoury Black Bean and Garlic flavoured rice vermicelli dish with minced pork, eggs, sliced mushrooms and slivers of veggies.*

### Chaggetti . . . . . 10.75

*Explore your taste buds like Marco Polo. This sweet and spicy tomato flavoured noodle dish adds a new twist on an Italian classic.*