

## Polynesian Food

### **Beef Mokuaweoweo** .....10.00

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** .....10.00

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

### **Pork Tiki Tiki** ..... 9.00

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**.....10.00

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

### **Polynesian Pepper Pot Steak** .....10.00

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

### **Pork Mandarin Kau Kau** ..... 11.00

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

### **Shrimp Fiji** .....12.50

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) .....	2.00
Lemon Sauce (large) .....	2.00
Honey & Garlic Sauce (large).....	2.00
Fortune Cookies (6 pcs) .....	1.50
Soft Egg Noodles (24 oz) .....	4.00
French Fries .....	4.00
Chopsticks .....	50¢
Crispy Noodles .....	1.50
Plum Sauce .....	10¢/pkg
Mustard .....	10¢/pkg

#### RESTAURANT HOURS

Tuesday - Thursday: 4pm – 10pm  
Friday & Saturday: 4pm – 12am  
Sunday: 4pm – 10pm

CLOSED EVERY MONDAY

## Chinese Gourmet Favourites

### **4-Seasons Crisp Wontons**.....8.25

with sweet & sour sauce ..... 9.00

with honey and garlic sauce..... 9.00

### **Chicken ‘a La Ding’**..... 9.00

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

### **Vegetable ‘a La Ding’** ..... 8.50

### **Black Pearl Chicken** ..... 10.00

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** ..... 8.50

A vegetarian delight of deluxe mixed vegetables.

### **San Goo Beef Pan** ..... 10.00

A generous amount of tender beef, cooked with fresh broccoli and assorted vegetables.

### **San Goo Guy Pan** ..... 10.00

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

### **Mama Yee’s Chicken** ..... 10.00

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!

### **Marquee Mooshu Pork** ..... 10.75

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 ..... 80¢ each

Extra Hoi Sin sauce ..... 1.00

### **Spicy San Goo Dop Choy** .....9.00

### **San Goo Fried Shrimp** .....11.50

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

### **Tai Dop Voy**.....10.75

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-Gong Chicken Group

(Chicken in our special egg batter)

### **Spring (Sey Chin)** .....10.00

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

### **Summer (Quoi Ha)**..... 10.00

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

### **Autumn (Hing Chow)**..... 10.00

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

### **Winter (Loong Duong Zhiu Fa)**..... 10.00

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** .....24.75

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

### **DINNER FOR THREE** ..... 43.90

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** .....26.35

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

### **DINNER FOR FOUR**..... 54.25

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

# 4 Seasons

CHINESE & POLYNESIAN FOOD

PICK-UP OR DELIVERY

## 254-2221

[www.4seasonschinesefood.com](http://www.4seasonschinesefood.com)

FREE Delivery  
on Orders \$28.00 and over  
(Before Taxes) in Local Area

SOUTHDAL CENTRE  
10-35 Lakewood Blvd.  
Winnipeg, Manitoba R2J 2M8

Fax# 256-9159

## Soups

Won Ton Soup . . . . .	6.50
Hot & Sour Soup . . . . .	7.00
Consomme Soup with Fried Noodles . .	4.25
Egg Drop Mushroom Soup . . . . .	5.00

## Appetizers

Egg Roll . . . . .	1.50
Barbequed Pork Slices . . . . .	9.25
Vancouver-Style Spare Ribs (Dry) . . .	10.25
Mini Spring Rolls (6 pcs) 3.75 (12 pcs)	7.50
Chimosa (each) . . . . .	3.50
<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.) . . . . .	4.50
Plain Fried Rice . . . . .	7.50
Chicken Fried Rice . . . . .	7.75
Barbequed Pork Fried Rice . . . . .	7.75
Beef Fried Rice . . . . .	7.75
Shrimp Fried Rice . . . . .	10.00
Mushroom Fried Rice . . . . .	7.75
Deluxe Fried Rice . . . . .	10.00

## Diced Vegetables and Almonds

Vegetable Ding . . . . .	8.50
Chicken Ding . . . . .	9.00
Beef Ding . . . . .	9.00
Barbequed Pork Ding . . . . .	9.00
Shrimp Ding . . . . .	11.50

## Chicken

4-Seasons Chicken Balls <i>no sauce</i> . . . . .	9.25
<i>with Sweet &amp; Sour sauce</i> . . . . .	10.00
<i>with Sweet &amp; Sour Pineapple sauce</i> . . . . .	10.00
<i>with Honey &amp; Garlic sauce</i> . . . . .	10.00
<i>with Lemon sauce</i> . . . . .	10.00
<i>with Mushroom sauce</i> . . . . .	10.00
<i>with Gan Po sauce</i> . . . . .	10.00
<i>(crushed ginger in sweet &amp; sour sauce)</i>	
Chicken with Mushrooms . . . . .	10.00
Chicken with Broccoli . . . . .	10.00
Chicken with Snow Peas . . . . .	10.00
Lemon Chicken . . . . .	10.00
<i>(Sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds) . . . . .	10.00
Golden Fried Chicken Wings . . . . .	9.75
Honey & Garlic Chicken Wings . . . . .	9.75
Ginger Chicken Wings . . . . .	9.75
Chicken with Green Pepper . . . . .	10.00
<i>(in black bean and garlic sauce)</i>	
Curry Chicken . . . . .	10.00
Satay Chicken . . . . .	10.00
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken) . . . . .	10.50
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken) . . . . .	11.00

## Beef

Beef with Snow Peas . . . . .	10.00
Beef with Mushrooms . . . . .	10.00
Beef with Broccoli . . . . .	10.00
Beef with Green Pepper . . . . .	10.00
Satay Beef . . . . .	10.00
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal . . . . .	9.25
Dry Breaded Veal <i>Sweet &amp; Sour sauce</i> . . . . .	10.00
Dry Breaded Veal <i>Honey &amp; Garlic sauce</i> . . . . .	10.00
Ginger Beef . . . . .	10.00
Curry Beef . . . . .	10.00

## Pork & Spare Ribs

Honey & Garlic Spare Ribs . . . . .	9.75
Sweet & Sour Spare Ribs . . . . .	8.25
Dry Breaded Spare Ribs . . . . .	9.25
Dry Breaded Spare Ribs <i>(Sweet &amp; Sour sauce)</i> . . . . .	10.00
Spare Ribs in Black Bean & Garlic Sauce	9.75
Sweet & Sour Pineapple Pork . . . . .	9.75
Sweet & Spicy Spare Ribs . . . . .	9.75
<i>(A zesty rib dish, in our special blend of sweet &amp; spicy chili sauce.)</i>	

## Shrimp

Deep Fried Battered Shrimp . . . . .	10.75
Deep Fried Battered Shrimp <i>(Sweet &amp; Sour sauce)</i> . . . . .	11.50
Deep Fried Breaded Shrimp . . . . .	10.75
Deep Fried Breaded Shrimp <i>(Sweet &amp; Sour sauce)</i> . . . . .	11.50
Shrimp with Green Pepper <i>(in black bean &amp; garlic sauce)</i> . . . . .	11.50
Shrimp with Broccoli . . . . .	11.50
Pan Fried Shrimp . . . . .	11.50
<i>Pan Fried Spicy Shrimp</i> . . . . .	11.50
Pan Fried Black Bean & Garlic Shrimp	11.50
Pan Fried Shrimp in Tomato Sauce . . .	11.50
Pan Fried Curry Shrimp . . . . .	11.50
Satay Shrimp . . . . .	11.50
Shrimp with Snow Peas . . . . .	11.50
Shrimp with Lobster Sauce . . . . .	11.50
<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 . . . . .	8.50
Chicken Egg Foo Yong . . . . .	8.50
Shrimp Egg Foo Yong . . . . .	11.50
Mushroom Egg Foo Yong . . . . .	8.50

## Chop Suey / Chow Mein

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

Vegetable . . . . .	7.50
Barbequed Pork . . . . .	7.75
Beef . . . . .	7.75
Chicken . . . . .	7.75
Shrimp . . . . .	10.75

## Noodles

**4-Seasons Cantonese Chow Mein . . 11.00**  
*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 . 10.00**

**Yangtse Noodle . . . . . 9.75**  
*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) . . . . . 11.50*

**Shanghai Noodle . . . . . 9.75**

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

<i>with curry</i> . . . . .	9.75
<i>with black bean &amp; garlic</i> . . . . .	9.75
<i>with satay sauce</i> . . . . .	9.75
<i>Cantonese style</i> . . . . .	11.00

**Singapore Mai-fun . . . . . 10.25**

*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 . . . . . 10.25**

*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 . . . . . 10.25**

*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.*