

Polynesian Food

Hala Kahiki Chicken NEW10.75

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 Mokuaweoweo10.25

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 Rice10.25

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

Pork Tiki Tiki9.25

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 Samoan10.25

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

Polynesian Pepper Pot Steak10.25

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

Pork Mandarin Kau Kau11.25

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

Shrimp Fiji12.75

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 Fries4.50
 Crispy Noodles1.75
 Plum Sauce10¢/pkg
 Mustard10¢/pkg

RESTAURANT HOURS

Tues-Thurs-4pm-10pm, Fri & Sat-4pm-12am
 Sunday: 4pm - 10pm

CLOSED EVERY MONDAY

Chinese Gourmet Favourites

4-Seasons Crisp Wontons8.50

with sweet & sour sauce9.25

with honey and garlic sauce9.25

Chicken 'a La Ding'9.25

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

Vegetable 'a La Ding'8.75

Black Pearl Chicken10.25

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 Choy8.75

A vegetarian delight of deluxe mixed vegetables.

San Goo Beef Pan10.25

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

San Goo Guy Pan10.25

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

Mama Yee's Chicken10.25

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 NEW10.25

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

Marquee Mooshu Pork11.00

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

Extra crepe90¢ each

Extra Hoi Sin sauce1.00

Spicy San Goo Dop Choy9.25

San Goo Fried Shrimp11.75

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

Tai Dop Voy11.00

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)10.25

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

Summer (Quoi Ha)10.25

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

Autumn (Hing Chow)10.25

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

Winter (Loong Duong Zhiu Fa)10.25

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

Dinners

(Sorry, no substitutions)

(A) DINNER FOR TWO25.65

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

DINNER FOR THREE45.45

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

(B) DINNER FOR TWO27.00

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

DINNER FOR FOUR55.60

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

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

Fax# 256-9139

www.4seasonschinese.com

FREE Delivery
 on Orders \$30.00 and over
 (Before Taxes) in Local Area

Soups

Won Ton Soup	6.75
Hot & Sour Soup	7.25
Consomme Soup with Fried Noodles	4.25
Egg Drop Mushroom Soup	5.00

Appetizers

Egg Roll	1.50
Barbequed Pork Slices	9.50
Vancouver-Style Spare Ribs (Dry)	10.50
Mini Spring Rolls (6 pcs) 4.00 (12 pcs) 8.00	
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.)	4.50
Plain Fried Rice	7.75
Chicken Fried Rice	8.00
Barbequed Pork Fried Rice	8.00
Beef Fried Rice	8.00
Shrimp Fried Rice	10.25
Mushroom Fried Rice	8.00
Deluxe Fried Rice	10.25

Diced Vegetables and Almonds

Vegetable Ding	8.75
Chicken Ding	9.25
Beef Ding	9.25
Barbequed Pork Ding	9.25
Shrimp Ding	11.75

Chicken

4-Seasons Chicken Balls <i>no sauce</i>	9.50
with Sweet & Sour sauce	10.25
with Sweet & Sour Pineapple sauce	10.25
with Honey & Garlic sauce	10.25
with Lemon sauce	10.25
with Mushroom sauce	10.25
with Gan Po sauce	10.25
<i>(crushed ginger in sweet & sour sauce)</i>	
Chicken with Mushrooms	10.25
Chicken with Broccoli	10.25
Chicken with Snow Peas	10.25
Lemon Chicken	10.25
<i>(Sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds)	10.25
Golden Fried Chicken Wings	10.25
Honey & Garlic Chicken Wings	10.25
Ginger Chicken Wings	10.25
Chicken with Green Pepper	10.25
<i>(in black bean and garlic sauce)</i>	
Curry Chicken	10.25
Satay Chicken	10.25
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken)	10.75
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken)	11.25

Beef

Beef with Snow Peas	10.25
Beef with Mushrooms	10.25
Beef with Broccoli	10.25
Beef with Green Pepper	10.25
Satay Beef	10.25
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal	9.50
Dry Breaded Veal Sweet & Sour sauce	10.25
Dry Breaded Veal Honey & Garlic sauce	10.25
Ginger Beef	10.25
Curry Beef	10.25

Pork & Spare Ribs

Honey & Garlic Spare Ribs	10.25
Sweet & Sour Spare Ribs	8.75
Dry Breaded Spare Ribs	9.50
Dry Breaded Spare Ribs	
<i>(Sweet & Sour sauce)</i>	10.25
Spare Ribs in Black Bean & Garlic Sauce	10.25
Sweet & Sour Pineapple Pork	10.25
Sweet & Spicy Spare Ribs	10.25
<i>(A zesty rib dish, in our special blend of sweet & spicy chili sauce.)</i>	

Shrimp

Deep Fried Battered Shrimp	11.00
Deep Fried Battered Shrimp	
<i>(Sweet & Sour sauce)</i>	11.75
Deep Fried Breaded Shrimp	11.00
Deep Fried Breaded Shrimp	
<i>(Sweet & Sour sauce)</i>	11.75
Shrimp with Green Pepper	
<i>(in black bean & garlic sauce)</i>	11.75
Shrimp with Broccoli	11.75
Pan Fried Shrimp	11.75
<i>Pan Fried Spicy Shrimp</i>	11.75
Pan Fried Black Bean & Garlic Shrimp	11.75
Pan Fried Shrimp in Tomato Sauce	11.75
Pan Fried Curry Shrimp	11.75
Satay Shrimp	11.75
Shrimp with Snow Peas	11.75
Shrimp with Lobster Sauce	11.75
<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	8.75
Chicken Egg Foo Yong	8.75
Shrimp Egg Foo Yong	11.75
Mushroom Egg Foo Yong	8.75

Chop Suey / Chow Mein

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

Vegetable	7.75
Barbequed Pork	8.00
Beef	8.00
Chicken	8.00
Shrimp	11.00

Noodles

4-Seasons Cantonese Chow Mein . . . 11.50
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 . 10.50
Yangtse Noodle 10.00

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. . . . 11.75)


Shanghai Noodle 10.50
A dish that will captivate you. Enjoy a sea of Shanghai noodles with minced pork, garlic and shredded vegetables. All aboard!

with curry 10.50
with black bean & garlic 10.50
with satay sauce 10.50
Cantonese style 11.50

Singapore Mai-fun 10.50
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 10.50
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 10.50
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.

Chaghetti  10.50
Explore your taste buds like Marco Polo. This sweet and spicy tomato flavoured noodle dish adds a new twist on an Italian classic.