

# FLYING WOKS MENU



## ENTREES/FINGER FOOD

### Cold Entrees

#### **Rice Paper Rolls**

Hand rolled with mint, vermicelli & vegetables with Vietnamese dipping sauce. Prawn OR Veg (or combine). DF, NF, (GF Optional).

#### **Thai Style Bruschetta**

Ripe tomato, Thai basil and mild chilli & lemongrass paste on fresh sourdough bread with fried shallots. NF, VEG.

#### **Peking Duck Crepes**

Filled with roasted duck, spring onion, shaved carrot & served with traditional hoi sin dipping sauce. DF, NF.

### Hot Entries

#### **Seared Dumplings**

Authentic handmade dumplings served with traditional soy dipping sauce. Pork OR Veg (OR combine) DF, NF, FF, VEG, VE.

#### **Prawn & Potato Wraps**

Golden fried prawns wrapped in shredded potato and served with sweet chilli sauce. GF, DF, NF.

#### **Steamed Bao Buns**

Delicious handmade buns cooked in front of your guests from our giant wok steamers. Pork OR Veg (OR combine). DF, NF, VE.

#### **Spring Rolls**

Homemade Vietnamese spring rolls Pork OR vegetable (OR combine) with Nuoc Cham dipping sauce. DF, NF, VEG, VE, FF.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.



### **Five Spice Samosas**

Hand turned pastry filled with masala-curried vegetables. DF, NF.

### **Thai Fish Cakes**

Cumin, chilli and lemon grass flavours. DF, NF, FF.

### **Roti Chanai**

Crispy roti bread lightly browned in the wok with soybean oil & served with satay dipping sauce. NF, VE.

### **Vegetable Pakora**

Vegetables marinated in exotic spices & chickpea batter, then golden fried and served with a yogurt and cucumber dip. GF, VEG, (VEGAN OPTION – served with GF Sweet Chilli Sauce).

### **Cassava (veg) & Prawn Crackers**

Vegetable cassava & prawn crackers fried until golden. DF, NF.

### **Satay Sticks: Chicken or Prawn**

Seared in the wok with chilli, spices & served with satay dipping sauce. DF, GF.

### **Pan-fried Vegetable Skewers**

A selection of vegetables skewered and marinated in lemon, paprika & chilli, pan-fried then served with Tzatziki sauce. GF, VEG.

### **Tortila de Patatas**

Spanish omelette with potato, onion & roasted red peppers. VEG, GF.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

## **MAIN COURSES**



### **STIR-FRY NOODLES / RICE MENU**

All main courses served with seasonal wok cooked vegetables  
(May choose up to 3 dishes / additional prices for more choices)

#### **Beef Dishes**

##### **Beef & Black Bean (Chinese)**

Sesame oil, garlic & sweet black bean glaze, bok choy and steamed jasmine rice. DF, NF, HALAL CERTIFIED

##### **Beef Teriyaki (Japanese)**

Beef strips marinated in ginger, onion, mirin & soy sauce, served with green vegetables and steamed rice. DF, NF, (GF optional), HALAL CERTIFIED.

##### **Szechwan Peppered Beef (Chinese)**

Marinated beef strips tossed with dry roasted Szechwan pepper & seasonal vegetables & hokkien noodles. DF, NF, HALAL CERTIFIED.

##### **Gang Keow Whan (Thai)**

Marinated beef strips with ginger, coconut & mild green curry, with bok choy, coriander, mushrooms and steamed jasmine rice. DF, NF, (GF optional), HALAL CERTIFIED.

##### **Pad Thai (Thai)**

An authentic blend of Asian vegetables, beef, shrimp, egg, tamarind juice & rice noodles. DF.

##### **Pad Satay (Chinese)**

Garlic, ginger, beef, coriander & authentic Hong Kong satay, served best with rice noodles. DF, (GF optional), HALAL CERTIFIED.

#### **Chicken Dishes**

##### **Chicken Teriyaki (Japanese)**

Succulent chicken strips marinated in ginger, onion, mirin & soy sauce, served with green vegetables and steamed jasmine rice. DF, NF, (GF optional), HALAL CERTIFIED.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.



### **Chicken Yakisoba (Japanese)**

Succulent chicken strips marinated in garlic, onion, chilli paste & yakisoba sauce, served with green vegetables and noodles. DF, NF, HALAL CERTIFIED.

### **Pad Gratium Prik (Thai)**

Quickly tossed vegetables & chicken fillets with sweet Vietnamese basil, palm sugar soy glaze & hokkien noodles. DF, NF, HALAL CERTIFIED.

### **Shanghai Chicken (Chinese)**

Marinated chicken strips immersed in Chinese rice wine, oyster sauce, sesame oil & shitake mushrooms with udon noodles. DF, NF.

### **Char Kway Teow (Singapore Noodles with Prawn & Chicken)**

\*Plus \$1.50 per person for optional prawns (medium size)

Tossed quickly with shallots, bean sprouts, garlic and light soy sauce. DF, NF.

### **Mie Goreng (Balinese style)**

A mildly spicy fried noodle (Chow Mein) dish with chicken & green vegetables, tomato, mushroom, fried shallots and lime juice. DF, NF., HALAL CERTIFIED.

### **Tom Yum (Thai)**

Our popular stir-fry version of a Thai classic, with tenderised chicken, chilli, lemon grass & galanga with vegetables and rice noodles. DF, NF, (GF optional), HALAL CERTIFIED.

### **Gang Keow Whan (Thai)**

Marinated chicken strips with ginger, coconut & mild green curry, with bok choy, coriander, mushrooms and steamed jasmine rice. DF, NF, (GF optional), HALAL CERTIFIED.

### **Pad Thai (Thai)**

An authentic blend of Asian vegetables, chicken, shrimp, egg, tamarind juice & rice noodles. DF

### **Chicken Kottu Roti (Sri Lankan)**

This popular Sri Lankan street food combines thinly sliced cabbage, capsicum, beans & chicken strips with roti chanai and full flavoured curry sauce.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

## Vegetarian & Vegan Dishes



### **Teriyaki Vegetables (Japanese)**

Seasonal Asian vegetables in ginger, onion, mirin & soy sauce, served with green vegetables and steamed rice. DF, NF, VEG, VE, (GF optional).

### **Gado Gado (Indonesian)**

A healthy warm Javanese salad, combining potatoes, red onions, boiled egg (optional), & mixed vegetables - covered in our authentic sambal kacang (peanut sauce). DF, GF, VEG, (VEGAN optional).

### **Nasi Goreng (Indonesian)**

Sweet, spicy, sour & salty flavours combine to make Indonesian Fried rice with aroma of lime, chilli and garnished with an egg omelette. DF, NF, VEG, (GF optional).

### **Mie Goreng (Balinese style)**

A mildly spicy fried noodle (Chow Mein) dish with tofu, green vegetables, tomato, mushroom, fried shallots & lime juice. DF, NF, VEG (VEGAN optional).

### **"Special" Fried Rice (Chinese)**

With onion, garlic, peas and corn, carrot, eggs, mushrooms and spring onion. DF, NF, VEG, (GF optional) (VEGAN optional).

### **Tom Yum (Thai)**

Our popular stir-fry version of a Thai classic with chilli, lemon grass & galanga with vegetables and rice noodles. DF, NF, VEG, VE, GF.

### **Pad Gratium Prik (Thai)**

Quickly tossed vegetables with sweet Vietnamese basil, palm sugar soy glaze & hokkien noodles. DF, NF, VEG, VE.

### **Vegetarian Gaeng Phet (Thai)**

Seasonal vegetables with ginger, coconut & mild red curry, with bok choy, coriander, mushrooms and steamed jasmine rice. DF, NF, VEG, (GF optional).

### **Vegetarian Kaeng Kari (Thai)**

Seasonal vegetables with ginger, coconut & mild yellow curry, with bok choy, coriander, mushrooms and steamed jasmine rice. DF, NF, VEG, VE, (GF optional).

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.



### **Pad Satay (Chinese)**

Garlic, ginger, coriander, seasonal vegetables & authentic Hong Kong satay served best with rice noodles. VEG, VE.

### **Vegetarian Kottu Roti (Sri Lankan)**

This popular Sri Lankan street food combines thinly sliced cabbage, capsicum & beans with roti chanai and full flavoured curry sauce. VEG.

### **Seafood Dishes**

\*Prawns OR seasonal White Fish Stir-Fry available at \$3 extra per serve (MEDIUM SERVE)

### **Black Peppered Calamari\* (Chinese)**

Garlic & ginger infused squid with spring onion, coriander and hokkien noodles. NF.

### **Pad Thai\* (Thai)**

An authentic blend of Asian vegetables, prawns, shrimp, egg, tamarind juice & rice noodles. DF.

### **Gang Keow Whan\* (Thai)**

Wok seared tiger prawns, with ginger, coconut & mild green curry, bok choy, coriander, mushrooms and steamed jasmine rice. DF, NF, (GF optional).

### **Pad Satay\* (Chinese)**

Garlic, ginger, prawns, coriander & authentic Hong Kong satay served best with rice noodles. DF, (GF Optional).

### **Sweet and Sour Fish\* (Chinese)**

With ginger, garlic & spring onion, this classic Chinese dish is always popular. Served best with steamed Jasmine Rice. DF, NF, (GF Optional) (contains egg).

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

**Flying Woks Australia Pty Ltd** ABN 33 083 228 602 Ph 1300 00 WOKS (9657) PO Box 1100 Sunshine West VIC 3020 [flyingwoks.com.au](http://flyingwoks.com.au)

*May the woks be with you®*



## **MOROCCAN TAGINES MENU**

Served with couscous or steamed rice, fresh coriander and natural yogurt.  
(May choose up to 2 dishes / additional prices for more choices)

### **Chicken Tagine**

Tender pieces of chicken stewed in a blend of Moroccan spices with olives, lemon and almonds. DF, GF, HALAL CERTIFIED.

### **Fish Tagine**

Pieces of fish gently stewed in a tomato sauce with saffron, ginger and chilli. DF.

### **Vegetable Tagine**

Chunky pieces of butternut pumpkin, shallots and peppers, stewed in a stock with prunes, ginger, honey and mint. VE, VEG, DF, GF, NF option.

## **PAELLA MENU**

All main courses are stir-fried with seasonal paella-cooked vegetables.  
(May choose up to 2 dishes / additional prices for more choices)

### **Chicken and Chorizo (Pork) Paella**

With onions, garlic, red & green peppers cooked in tomato sauce with oregano and ground black pepper. DF, NF.

### **Seafood Paella**

\*Plus \$3.00 per serving

Mussels, calamari, prawns & fish in tomato, paprika, lemon strips and parsley. DF, NF, GF.

### **Vegetarian Paella**

Pumpkin, shiitake mushroom, peppers, zucchini and peas, stewed in a saffron, paprika and tomato stock. DF, NF, GF, VEG, VE.

### **Chicken and Sucuk (Beef) Paella**

With onions, garlic, red & green peppers, cooked in tomato sauce with oregano and ground black pepper. DF, NF. HALAL CERTIFIED.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.



## **INDIAN MENU**

Served with rice and garnished with fresh coriander  
(May choose up to 3 dishes / additional prices for more choices)



### **Chicken Masala**

Pieces of chicken cooked in a creamy tomato sauce with a blend of spices and fresh garlic, mixed with capsicum and onion. DF, NF, HALAL CERTIFIED.

### **Lamb Madras**

Plus \$1.50 per serving (medium size)

Lamb cooked with a combination of curry leaves, tempered with mustard seeds in coconut cream with fresh coriander. DF, NF (+10% additional charge), HALAL CERTIFIED.

### **Aloo Gobi**

Potatoes and Cauliflower cooked with exotic spices, onions, fresh ginger and coriander. VEG, VE, DF, NF.

### **Dahl Tadka**

Yellow lentils delicately tempered and seasoned with spices, ginger and fresh coriander. VEG, VE, NF, DF.

### **Pumpkin Masala**

Pieces of pumpkin cooked in a creamy tomato sauce with a blend of spices and fresh garlic, mixed with capsicum and onion. DF, NF, VEG

### **Anton's Red Lentil Curry**

The bosses' favourite with ginger, beetroot and tomato, blended with red lentils, coconut milk & spices. DF, NF, VEG, VE.

### **Keema Biryani**

South Indian aromatic rice classic with minced lamb meat, dry fruits, rose water & a variety of masalas.

### **Khoresh Fesenjoon**

A sweet & sour Persian stew with chicken, pomegranate and walnuts. Served with basmati rice.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.





### **Beef Kofta Curry**

A traditional Pakistani curry made of tender ground beef meatballs, simmered in a spicy flavourful sauce with cumin, coriander & mint leaves. Served with basmati rice.

## **BUDDHA BOWL MENU**

(May choose up to 3 dishes / additional prices for more choices)

### **Beef Buddha Bowl**

Beef chilli con carne with red beans, peppers, and quinoa served with sour cream. HALAL CERTIFIED.

### **Chicken Buddha Bowl**

Thai chicken buddha bowl with spicy satay sauce. HALAL CERTIFIED.

### **Vegetarian Buddha Bowl**

Vegetarian buddha bowl with paprika chickpeas, spiced potato and cauliflower, drizzled with maple syrup and tahini.

### **Tuna Buddha Bowl**

Korean tuna buddha bowl with quinoa, kim chi and sesame seed dressing.

## **SOUP MENU**

Served with fresh bread rolls.

(May choose up to 3 dishes / additional prices for more choices)

### **Pho Bo** (Vietnamese Beef Noodle Soup)

With rice noodles, lime & pepper flavours. HALAL CERTIFIED.

### **Tom Yum**

With mushroom, chilli and optional prawns. (Prawns additional 15%). GF, (VEG/VE optional).

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

### **Traditional Pumpkin Soup**

Our popular recipe with fresh pumpkin, onion, garlic & creamy coconut milk. VEG, VE, GF.



### **Chickpea & Spinach Soup**

A hearty winter warmer with potato, paprika & garlic. VEG, GF (VEGAN Optional), HALAL CERTIFIED.

### **Chicken & Sweet Corn Soup**

A Chinese classic with chicken strips & corn, with a dash of sesame oil and cracked black pepper. GF, HALAL CERTIFIED.

### **Harira Lentil Soup**

A traditional Moroccan soup of tomato, lentils & chickpeas, with lemon, ginger, fermented butter and broken vermicelli.

### **Potato & Leek Soup**

Always a crowd pleaser, splashed with a dash of cream, chives and croutons.

### **Miso & Tofu Soup**

A Japanese classic with tofu, wakame seaweed & green vegetables.

## **SAUSAGES MENU**

### **Beef Sausages**

Halal beef sausages. GF, HALAL CERTIFIED.

### **Vegan Sausages**

Deliciously filled with walnuts, chai seeds and cannellini beans, making them both wheat and gluten free. GF

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

**Flying Woks Australia Pty Ltd** ABN 33 083 228 602 Ph 1300 00 WOKS (9657) PO Box 1100 Sunshine West VIC 3020 flyingwoks.com.au

*May the woks be with you®*



## **SALAD MENU**

Minimum salad order is 40 serves. Each serve fits in a 5-inch bowl by 2-inches deep.  
(May choose 1 salad / additional charge for more choices)

### **Asian Green Salad**

Cos lettuce tossed with grated carrot, shallots and bean shoots, with chilli coriander and mint, drizzled in a lemon and pepper dressing.

### **Pomegranate & Pistachio Salad**

Green salad tossed with mint, fennel, pomegranate & pistachio seeds and splashed with red wine vinegar & orange juice dressing.

### **Tomato & Chickpea Salad**

Baby rocket, chickpeas, tomato and red onion drizzled with a Moroccan spiced dressing.

### **Black Bean Salad**

Red capsicum, black beans, corn & coriander in a lime and cayenne pepper dressing.

## **DESSERT MENU**

Minimum dessert order is 50 serves of each dessert (except for tarts/slices – minimum 20 serves).

(May choose 1 dessert choice per 100 serves / additional charge for more choices)

### **Cold Desserts**

#### **All Butter Shortbread Tarts**

20 Assorted tarts including boysenberry cream, mandarin citrus, caramel & pecan toffee, lemon tart & chocolate hazelnut praline.

#### **Two-Bite Tartlets**

20 Assorted colourful fruit curd almondine tarts including passionfruit curd, raspberry curd, lime curd, chocolate praline, lemon curd & caramel fudge.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.



### **Mini Tarts**

20 Assorted mini tarts including lemon tart, lime meringue, tiramisu, chocolate praline, pistachio and caramel nut.

### **Slice Bites**

20 Assorted petite sized slices including cherry, lemon, caramel, mint and hedgehog.

### **Golden Heytime (Jar Cake)**

A duo of honeycomb and vanilla mousse, topped with a dark chocolate sauce and finished with the signature honeycomb crumb.

### **Chocolate Utopia (Jar Cake)**

Layers of chocolate cake drizzled with whisky syrup, dark chocolate mousse, ganache & gold dusted Maltesers.

### **Red Velvet & Cashew Cream**

Beautifully balanced vanilla bean infused cake topped with cashew cream with a hint of maple cinnamon.

### **Rich Chocolate Ganache**

Moist chocolate ganache cake with subtle hints of pomegranate & espresso, crowned with a freeze-dried raspberry. VEG, VE.

### **Phirni (Rice Pudding)**

A thick, creamy and delicious Indian treat mostly enjoyed for Ramadan & Eid. It is incredibly rich tasting with cardamom, sugar and saffron.

**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

**Flying Woks Australia Pty Ltd** ABN 33 083 228 602 Ph 1300 00 WOKS (9657) PO Box 1100 Sunshine West VIC 3020 [flyingwoks.com.au](http://flyingwoks.com.au)

*May the woks be with you®*

## Ice Cream

### Wok Gelato

A selection of strawberry, lemon and chocolate gelato served in sugar cones or classic cups.



### Asian Paddle Pops

A fun and refreshing option of ice creams on sticks served by our roving chef from his mobile esky. Try flavours of mango, coconut, coffee & honey dew melon.



## Hot Desserts

### Spanish Churros

Dusted in cinnamon our mouth-watering churros are cooked on the spot and served with couverture chocolate. Decadent!

### Sticky Date Pudding

Guests are served direct from the steamer, a delicious individual pudding with hot butterscotch sauce & ice cream. Optional VE, Optional GF.



### Banana Fritters

Ripe bananas are deep fried in tapioca batter and rolled in cinnamon & shredded toasted coconut. Served with ice cream.

### Sweet Black Rice & Mango Pudding

A melt in your mouth dish of glutinous black rice cooked in the wok with pandan leaves & garnished with mango slices and pure coconut milk.



**GF**=Gluten Free, **DF**=Dairy Free, **NF**=Nut Free **VE**=Vegan **VEG**=Vegetarian **FF**=Fructose Free  
# Halal, Kosher Friendly & other dietary requirements happily accommodated for.

**Flying Woks Australia Pty Ltd** ABN 33 083 228 602 Ph 1300 00 WOKS (9657) PO Box 1100 Sunshine West VIC 3020 [flyingwoks.com.au](http://flyingwoks.com.au)

*May the woks be with you®*