



Harvest Vegetarian Kitchen

Delicious, healthy & meat-free

www.harvestvegetariankitchen.com

APPETISER

- 1 Pan-Fried Dumplings (4)** £3.50
serve with rice vinegar
- 2 Crispy Won Ton (4)** £3.50
serve with sweet & sour sauce
- 3 Mini Spring Rolls (4)** £3.50
serve with rice vinegar

SOUPS

- 4 Hot and Sour Soup** £3.00
wheat & soya roasted pork, chicken, prawns, bamboo shoots, carrots
- 5 Veggie Chicken and Sweet Corn soup** £3.00
wheat & soya chicken, creamy sweet corn
- 6 Veggie Chicken and Mushroom soup** £3.00
wheat & soya chicken, mushrooms
- 7 Veggie Beef and Tomato Soup** £3.00
wheat & soya beef, tomatoes
- 8 Vegetable soup** £3.00
red & green peppers, carrots, bamboo shoots, baby corns, mushrooms

RIBS

wheat & soya ribs

- 9 Peking Style Veggie Ribs** £5.10
- 10 Sweet & Sour Veggie Ribs** £5.10
- 11 Salt & Pepper Veggie Ribs** £5.10
- 12 Barbecued Veggie Ribs** £5.10

CURRY DISHES

- 13 Veggie Duck Curry** £5.10
wheat & soya duck, mushrooms, onions
- 14 House Special Curry** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions
- 15 Veggie King Prawn Curry** £5.10
wheat & soya king prawn, mushrooms, onions
- 16 Veggie Chicken Curry** £4.80
wheat & soya chicken, mushrooms, onions
- 17 Veggie Beef Curry** £4.80
wheat & soya beef, mushrooms, onions
- 18 Veggie Barbecued Pork Curry** £4.80
wheat & soya barbecued pork, mushrooms, onions
- 19 Vegetable Curry** £4.80
Mixed vegetables: mushrooms, peppers, onions, carrots, broccolis, cauliflowers and pineapples

CHOP SUEY DISHES

- 20 Veggie Duck Chop Suey** £5.10
wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis

- 21 House special Chop Suey** £5.10
wheat & soya chicken, beef, barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis
- 22 Veggie King Prawn Chop Suey** £5.10
wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis
- 23 Veggie Chicken Chop Suey** £4.80
wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis
- 24 Veggie Beef Chop Suey** £4.80
wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis
- 25 Veggie Barbecued Pork Chop Suey** £4.80
wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis
- 26 Vegetable Chop Suey** £4.80
Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, cauliflowers

SWEET & SOUR DISHES

- 27 Sweet & Sour Combination** £5.10
veggie battered king prawns, chicken balls, pork balls
- 28 Sweet & Sour King Prawn** £5.10
veggie battered king prawns
- 29 Sweet & Sour Chicken** £4.80
veggie battered chicken balls
- 30 Sweet & Sour Pork** £4.80
veggie battered pork balls

MUSHROOM DISHES

- 31 Veggie Duck Mushroom** £5.10
wheat & soya duck, mushrooms, onions
- 32 House Special Mushroom** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions
- 33 Veggie King Prawn Mushroom** £5.10
wheat & soya king prawn, mushrooms, onions
- 34 Veggie Chicken Mushroom** £4.80
wheat & soya chicken, mushrooms, onions
- 35 Veggie Beef Mushroom** £4.80
wheat & soya beef, mushrooms, onions
- 36 Veggie Barbecued Pork Mushroom** £4.80
wheat & soya barbecued pork, mushrooms, onions

BEANSPROUT DISHES

- 37 Veggie Duck Beansprouts** £5.10
wheat & soya duck, beansprouts, carrots
- 38 House Special Beansprouts** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, beansprouts, carrots
- 39 Veggie King Prawn Beansprouts** £5.10
wheat & soya king prawn, beansprouts, carrots
- 40 Veggie Chicken Beansprouts** £4.80
wheat & soya chicken, beansprouts, carrots
- 41 Veggie Barbecued Pork Beansprouts** £4.80
wheat & soya barbecued pork, beansprouts, carrots

PINEAPPLE DISHES

- 42 Veggie Duck Pineapple** £5.10
wheat & soya duck, pineapple, green & red peppers, onions
- 43 House Special Pineapple** £5.10
wheat & soya chicken, beef, barbecued pork, pineapple, green & red peppers, onions
- 44 Veggie King Prawn Pineapple** £5.10
wheat & soya king prawn, pineapple, green & red peppers, onions

- 45 Veggie Chicken Pineapple** £4.80
wheat & soya chicken, pineapple, green & red peppers, onions
- 46 Veggie Beef Pineapple** £4.80
wheat & soya beef, pineapple, green & red peppers, onions
- 47 Veggie Barbecued Pork Pineapple** £4.80
wheat & soya barbecued pork, pineapple, green & red peppers, onions
- 48 Vegetable Pineapple** £4.80
Mixed vegetables, pineapple, green & red peppers, onions

TOMATO DISHES

- 49 Veggie Duck Tomato** £5.10
wheat & soya duck, tomatoes, onions
- 50 House Special Tomato** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, tomatoes, onions
- 51 Veggie King Prawn Tomato** £5.10
wheat & soya king prawn, tomatoes, onions
- 52 Veggie Chicken Tomato** £4.80
wheat & soya chicken, tomatoes, onions
- 53 Veggie Beef Tomato** £4.80
wheat & soya beef, tomatoes, onions
- 54 Veggie Barbecued Pork Tomato** £4.80
wheat & soya barbecued pork, tomatoes, onions

CASHEWNUTS DISHES

- 55 Veggie Duck Cashewnuts** £5.10
wheat & soya duck, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts
- 56 House Special Cashewnuts** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts
- 57 Veggie King Prawn Cashewnuts** £5.10
wheat & soya king prawn, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts
- 58 Veggie Chicken Cashewnuts** £4.80
wheat & soya chicken, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts
- 59 Veggie Beef Cashewnuts** £4.80
wheat & soya beef, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts
- 60 Veggie Barbecued Pork Cashewnuts** £4.80
wheat & soya barbecued pork, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts

MIXED PEPPERS & BLACK BEAN SAUCE DISHES

- 61 Veggie Duck Mixed Pepper & Black Bean Sauce** £5.10
wheat & soya duck, mixed peppers, onions
- 62 House Special Mixed Pepper & Black Bean Sauce** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mixed peppers, onions
- 63 Veggie King Prawn Mixed Pepper & Black Bean Sauce** £5.10
wheat & soya king prawn, mixed peppers, onions
- 64 Veggie Chicken Mixed Peppers & Black Bean Sauce** £4.80
wheat & soya chicken, mixed peppers, onions
- 65 Veggie Beef Mixed Peppers & Black Bean Sauce** £4.80
wheat & soya beef, mixed peppers, onions
- 66 Veggie Barbecued Pork Mixed Peppers & Black Bean Sauce** £4.80
wheat & soya barbecued pork, mixed peppers, onions

SATAY DISHES

- 67 Veggie Duck Satay** £5.10
wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 68 House Special Satay** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 69 Veggie King Prawn Satay** £5.10
wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 70 Veggie Chicken Satay** £4.80
wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 71 Veggie Beef Satay** £4.80
wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 72 Veggie Barbecued Pork Satay** £4.80
wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 73 Vegetable Satay** £4.80
Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, mixed peppers

SPECIAL DISHES

- 74 Veggie Chicken Skewers** £5.10
3 x wheat & soya chicken skewer in satay sauce
- 75 Crispy Chilli Veggie Beef** £5.10
wheat & soya beef, beansprouts, carrots, onions

SWEET CHILLI DISHES

- 76 Veggie Duck Sweet Chilli** £5.10
wheat & soya duck, bamboo shoots, beansprouts, onions
- 77 House Special Sweet Chilli** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions
- 78 Veggie King Prawn Sweet Chill** £5.10
wheat & soya king prawn, bamboo shoots, beansprouts, onions
- 79 Veggie Chicken Sweet Chilli** £4.80
wheat & soya chicken, bamboo shoots, beansprouts, onions
- 80 Veggie Beef Sweet Chilli** £4.80
wheat & soya beef, bamboo shoots, beansprouts, onions
- 81 Veggie Barbecued Pork Sweet Chilli** £4.80
wheat & soya barbecued pork, bamboo shoots, beansprouts, onions

SZECHUAN DISHES

- 82 Veggie Duck Szechuan** £5.10
wheat & soya duck, bamboo shoots, beansprouts, onions
- 83 House Special Szechuan** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions
- 84 Veggie King Prawn Szechuan** £5.10
wheat & soya king prawn, bamboo shoots, beansprouts, onions
- 85 Veggie Chicken Szechuan** £4.80
wheat & soya chicken, bamboo shoots, beansprouts, onions
- 86 Veggie Beef Szechuan** £4.80
wheat & soya beef, bamboo shoots, beansprouts, onions
- 87 Veggie Barbecued Pork Szechuan** £4.80
wheat & soya barbecued pork, bamboo shoots, beansprouts, onions

SWEET BROWN SAUCE DISHES

- 88 Veggie Duck Sweet Brown Sauce** £5.10
wheat & soya duck, bamboo shoots, beansprouts, onions
- 89 House Special Sweet Brown Sauce** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions
- 90 Veggie King Prawn Sweet Brown Sauce** £5.10
wheat & soya king prawn, bamboo shoots, beansprouts, onions
- 91 Veggie Chicken Sweet Brown Sauce** £4.80
wheat & soya chicken, bamboo shoots, beansprouts, onions
- 92 Veggie Beef Sweet Brown Sauce** £4.80
wheat & soya beef, bamboo shoots, beansprouts, onions
- 93 Veggie Barbecued Pork Sweet Brown Sauce** £4.80
wheat & soya barbecued pork, bamboo shoots, beansprouts, onions

KUNG PO DISHES

- 94 Veggie Duck Kung Po** £5.10
wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 95 House Special Kung Po** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 96 Veggie King Prawn Kung Po** £5.10
wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 97 Veggie Chicken Kung Po** £4.80
wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 98 Veggie Beef Kung Po** £4.80
wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers
- 99 Veggie Barbecued Pork Kung Po** £4.80
wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers

HOI SIN SAUCE DISHES

- 100 Veggie Duck Hoi Sin Sauce** £5.10
wheat & soya duck, onions, mixed peppers, carrots, broccolis, cauliflowers
- 101 House Special Hoi Sin Sauce** £5.10
wheat & soya chicken, beef, barbecued pork, prawns, onions, mixed peppers, carrots, broccolis, cauliflowers
- 102 Veggie King Prawn Hoi Sin Sauce** £5.10
wheat & soya king prawn, onions, mixed peppers, carrots, broccolis, cauliflowers
- 103 Veggie Chicken Hoi Sin Sauce** £4.80
wheat & soya chicken, onions, mixed peppers, carrots, broccolis, cauliflowers
- 104 Veggie Beef Hoi Sin Sauce** £4.80
wheat & soya beef, onions, mixed peppers, carrots, broccolis, cauliflowers
- 105 Veggie Barbecued Pork Hoi Sin Sauce** £4.80
wheat & soya barbecued pork, mixed peppers, carrots, broccolis, cauliflowers
- 106 Vegetable Hoi Sin Sauce** £4.80
Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, mixed peppers

CHOW MEIN DISHES

- 107 Veggie Roast Duck Chow Mein** £6.30
wheat & soya duck, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 108 House Special Chow Mein** £6.30
wheat & soya chicken, beef, barbecued pork, prawns, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 109 Veggie King Prawn Chow Mein** £6.30
wheat & soya king prawn, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 110 Veggie Chicken Chow Mein** £6.00
wheat & soya chicken, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 111 Veggie Beef Chow Mein** £6.00
wheat & soya beef, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 112 Veggie Barbecued Pork Chow Mein** £6.00
wheat & soya barbecued pork, noodles, beansprouts, onions, carrots, broccolis, cauliflowers
- 113 Vegetable Chow Mein** £6.00
Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, cauliflowers, mixed peppers, noodles, beansprouts

FRIED RICE DISHES

- 114 Veggie Roast Duck Fried Rice** £6.30
wheat & soya duck, mixed peppers, mushrooms, rice
- 115 House special Fried Rice** £6.30
wheat & soya chicken, beef, barbecued pork, prawns, mixed peppers, mushrooms, rice
- 116 Veggie King Prawn Fried Rice** £6.30
wheat & soya king prawn, mixed peppers, mushrooms, rice
- 117 Veggie Chicken Fried rice** £6.00
wheat & soya chicken, mixed peppers, mushrooms, rice
- 118 Veggie Beef Fried Rice** £6.00
wheat & soya beef, mixed peppers, mushrooms, rice
- 119 Veggie Barbecued Pork Fried Rice** £6.00
wheat & soya barbecued pork, mixed peppers, mushrooms, rice
- 120 Vegetable Fried Rice** £6.00
Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, carrots, broccolis, mixed peppers, rice

SIDE PORTIONS

- Stir Fried Mixed Vegetables** £3.00
- Bamboo Shoots & Water Chestnuts** £3.00
- Noodles & Beansprouts** £3.00
- Mushrooms** £3.00
- Beansprouts** £2.80
- Onions** £2.80
- Fried Rice** £1.80
- Boiled Rice** £1.70
- Sweet & Sour Sauce** £1.20
- Curry Sauce** £1.10
- Barbecued Sauce** £1.00
- Gravy** 80p
- Banana Fritters** £2.20
- Pineapple Fritters** £2.20
- Chips** £1.50