



Harvest Vegetarian Kitchen

Delicious, healthy & meat-free

www.harvestvegetariankitchen.com

APPETISER

1	Pan-Fried Dumplings (4)	£4.00
	<i>serve with rice vinegar</i>	
2	Crispy Won Ton (4)	£4.00
	<i>serve with sweet & sour sauce</i>	
3	Mini Spring Rolls (4)	£4.00
	<i>serve with rice vinegar</i>	

SOUPS

4	Hot and Sour Soup	£3.50
	<i>wheat & soya roasted pork, chicken, prawns, bamboo shoots, carrots</i>	
5	Veggie Chicken and Sweet Corn soup	£3.50
	<i>wheat & soya chicken, creamy sweet corn</i>	
6	Veggie Chicken and Mushroom soup	£3.50
	<i>wheat & soya chicken, mushrooms</i>	
7	Veggie Beef and Tomato Soup	£3.50
	<i>wheat & soya beef, tomatoes</i>	
8	Vegetable soup	£3.50
	<i>red & green peppers, carrots, bamboo shoots, baby corns, mushrooms</i>	

RIBS

wheat & soya ribs

9	Peking Style Veggie Ribs	£5.60
10	Sweet & Sour Veggie Ribs	£5.60
11	Salt & Pepper Veggie Ribs	£5.60
12	Barbecued Veggie Ribs	£5.60

CURRY DISHES

13	Veggie Duck Curry	£5.60
	<i>wheat & soya duck, mushrooms, onions</i>	
14	House Special Curry	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions</i>	
15	Veggie King Prawn Curry	£5.60
	<i>wheat & soya king prawn, mushrooms, onions</i>	
16	Veggie Chicken Curry	£5.30
	<i>wheat & soya chicken, mushrooms, onions</i>	
17	Veggie Beef Curry	£5.30
	<i>wheat & soya beef, mushrooms, onions</i>	
18	Veggie Barbecued Pork Curry	£5.30
	<i>wheat & soya barbecued pork, mushrooms, onions</i>	
19	Vegetable Curry	£5.30
	<i>Mixed vegetables: mushrooms, peppers, onions, carrots, broccolis, cauliflowers and pineapples</i>	

CHOP SUEY DISHES

20	Veggie Duck Chop Suey	£5.60
	<i>wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	

21	House special Chop Suey	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	
22	Veggie King Prawn Chop Suey	£5.60
	<i>wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	
23	Veggie Chicken Chop Suey	£5.30
	<i>wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	
24	Veggie Beef Chop Suey	£5.30
	<i>wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	
25	Veggie Barbecued Pork Chop Suey	£5.30
	<i>wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis</i>	
26	Vegetable Chop Suey	£5.30
	<i>Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, peppers, cauliflowers</i>	

SWEET & SOUR DISHES

27	Sweet & Sour Combination	£5.60
	<i>veggie battered king prawns, chicken balls, pork balls</i>	
28	Sweet & Sour King Prawn	£5.60
	<i>veggie battered king prawns</i>	
29	Sweet & Sour Chicken	£5.30
	<i>veggie battered chicken balls</i>	
30	Sweet & Sour Pork	£5.30
	<i>veggie battered pork balls</i>	

MUSHROOM DISHES

31	Veggie Duck Mushroom	£5.60
	<i>wheat & soya duck, mushrooms, onions</i>	
32	House Special Mushroom	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions</i>	
33	Veggie King Prawn Mushroom	£5.60
	<i>wheat & soya king prawn, mushrooms, onions</i>	
34	Veggie Chicken Mushroom	£5.30
	<i>wheat & soya chicken, mushrooms, onions</i>	
35	Veggie Beef Mushroom	£5.30
	<i>wheat & soya beef, mushrooms, onions</i>	
36	Veggie Barbecued Pork Mushroom	£5.30
	<i>wheat & soya barbecued pork, mushrooms, onions</i>	

BEANSPROUT DISHES

37	Veggie Duck Beansprouts	£5.60
	<i>wheat & soya duck, beansprouts, carrots</i>	
38	House Special Beansprouts	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, beansprouts, carrots</i>	
39	Veggie King Prawn Beansprouts	£5.60
	<i>wheat & soya king prawn, beansprouts, carrots</i>	
40	Veggie Chicken Beansprouts	£5.30
	<i>wheat & soya chicken, beansprouts, carrots</i>	
41	Veggie Barbecued Pork Beansprouts	£5.30
	<i>wheat & soya barbecued pork, beansprouts, carrots</i>	

PINEAPPLE DISHES

42	Veggie Duck Pineapple	£5.60
	<i>wheat & soya duck, pineapple, green & red peppers, onions</i>	
43	House Special Pineapple	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, pineapple, green & red peppers, onions</i>	
44	Veggie King Prawn Pineapple	£5.60
	<i>wheat & soya king prawn, pineapple, green & red peppers, onions</i>	

45	Veggie Chicken Pineapple	£5.30
	<i>wheat & soya chicken, pineapple, green & red peppers, onions</i>	
46	Veggie Beef Pineapple	£5.30
	<i>wheat & soya beef, pineapple, green & red peppers, onions</i>	
47	Veggie Barbecued Pork Pineapple	£5.30
	<i>wheat & soya barbecued pork, pineapple, green & red peppers, onions</i>	
48	Vegetable Pineapple	£5.30
	<i>Mixed vegetables, pineapple, green & red peppers, onions</i>	

TOMATO DISHES

49	Veggie Duck Tomato	£5.60
	<i>wheat & soya duck, tomatoes, onions</i>	
50	House Special Tomato	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, tomatoes, onions</i>	
51	Veggie King Prawn Tomato	£5.60
	<i>wheat & soya king prawn, tomatoes, onions</i>	
52	Veggie Chicken Tomato	£5.30
	<i>wheat & soya chicken, tomatoes, onions</i>	
53	Veggie Beef Tomato	£5.30
	<i>wheat & soya beef, tomatoes, onions</i>	
54	Veggie Barbecued Pork Tomato	£5.30
	<i>wheat & soya barbecued pork, tomatoes, onions</i>	

CASHEWNUTS DISHES

55	Veggie Duck Cashewnuts	£5.60
	<i>wheat & soya duck, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	
56	House Special Cashewnuts	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	
57	Veggie King Prawn Cashewnuts	£5.60
	<i>wheat & soya king prawn, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	
58	Veggie Chicken Cashewnuts	£5.30
	<i>wheat & soya chicken, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	
59	Veggie Beef Cashewnuts	£5.30
	<i>wheat & soya beef, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	
60	Veggie Barbecued Pork Cashewnuts	£5.30
	<i>wheat & soya barbecued pork, mushrooms, bamboo shoots, beansprouts, onions, cashewnuts</i>	

MIXED PEPPERS & BLACK BEAN SAUCE DISHES

61	Veggie Duck Mixed Pepper & Black Bean Sauce	£5.60
	<i>wheat & soya duck, mixed peppers, onions</i>	
62	House Special Mixed Pepper & Black Bean Sauce	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mixed peppers, onions</i>	
63	Veggie King Prawn Mixed Pepper & Black Bean Sauce	£5.60
	<i>wheat & soya king prawn, mixed peppers, onions</i>	
64	Veggie Chicken Mixed Peppers & Black Bean Sauce	£5.30
	<i>wheat & soya chicken, mixed peppers, onions</i>	
65	Veggie Beef Mixed Peppers & Black Bean Sauce	£5.30
	<i>wheat & soya beef, mixed peppers, onions</i>	
66	Veggie Barbecued Pork Mixed Peppers & Black Bean Sauce	£5.30
	<i>wheat & soya barbecued pork, mixed peppers, onions</i>	

SATAY DISHES

67	Veggie Duck Satay	£5.60
	<i>wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
68	House Special Satay	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
69	Veggie King Prawn Satay	£5.60
	<i>wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
70	Veggie Chicken Satay	£5.30
	<i>wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
71	Veggie Beef Satay	£5.30
	<i>wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
72	Veggie Barbecued Pork Satay	£5.30
	<i>wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
73	Vegetable Satay	£5.30
	<i>Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, mixed peppers</i>	

SPECIAL DISHES

74	Veggie Chicken Skewers	£5.60
	<i>3 x wheat & soya chicken skewer in satay sauce</i>	
75	Crispy Chilli Veggie Beef	£5.60
	<i>wheat & soya beef, beansprouts, carrots, onions</i>	

SWEET CHILLI DISHES

76	Veggie Duck Sweet Chilli	£5.60
	<i>wheat & soya duck, bamboo shoots, beansprouts, onions</i>	
77	House Special Sweet Chilli	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions</i>	
78	Veggie King Prawn Sweet Chill	£5.60
	<i>wheat & soya king prawn, bamboo shoots, beansprouts, onions</i>	
79	Veggie Chicken Sweet Chilli	£5.30
	<i>wheat & soya chicken, bamboo shoots, beansprouts, onions</i>	
80	Veggie Beef Sweet Chilli	£5.30
	<i>wheat & soya beef, bamboo shoots, beansprouts, onions</i>	
81	Veggie Barbecued Pork Sweet Chilli	£5.30
	<i>wheat & soya barbecued pork, bamboo shoots, beansprouts, onions</i>	

SZECHUAN DISHES

82	Veggie Duck Szechuan	£5.60
	<i>wheat & soya duck, bamboo shoots, beansprouts, onions</i>	
83	House Special Szechuan	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions</i>	
84	Veggie King Prawn Szechuan	£5.60
	<i>wheat & soya king prawn, bamboo shoots, beansprouts, onions</i>	
85	Veggie Chicken Szechuan	£5.30
	<i>wheat & soya chicken, bamboo shoots, beansprouts, onions</i>	
86	Veggie Beef Szechuan	£5.30
	<i>wheat & soya beef, bamboo shoots, beansprouts, onions</i>	
87	Veggie Barbecued Pork Szechuan	£5.30
	<i>wheat & soya barbecued pork, bamboo shoots, beansprouts, onions</i>	

SWEET BROWN SAUCE DISHES

88	Veggie Duck Sweet Brown Sauce	£5.60
	<i>wheat & soya duck, bamboo shoots, beansprouts, onions</i>	
89	House Special Sweet Brown Sauce	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, bamboo shoots, beansprouts, onions</i>	
90	Veggie King Prawn Sweet Brown Sauce	£5.60
	<i>wheat & soya king prawn, bamboo shoots, beansprouts, onions</i>	
91	Veggie Chicken Sweet Brown Sauce	£5.30
	<i>wheat & soya chicken, bamboo shoots, beansprouts, onions</i>	
92	Veggie Beef Sweet Brown Sauce	£5.30
	<i>wheat & soya beef, bamboo shoots, beansprouts, onions</i>	
93	Veggie Barbecued Pork Sweet Brown Sauce	£5.30
	<i>wheat & soya barbecued pork, bamboo shoots, beansprouts, onions</i>	

KUNG PO DISHES

94	Veggie Duck Kung Po	£5.60
	<i>wheat & soya duck, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
95	House Special Kung Po	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
96	Veggie King Prawn Kung Po	£5.60
	<i>wheat & soya king prawn, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
97	Veggie Chicken Kung Po	£5.30
	<i>wheat & soya chicken, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
98	Veggie Beef Kung Po	£5.30
	<i>wheat & soya beef, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	
99	Veggie Barbecued Pork Kung Po	£5.30
	<i>wheat & soya barbecued pork, mushrooms, onions, bamboo shoots, baby corns, beansprouts, mixed peppers</i>	

HOI SIN SAUCE DISHES

100	Veggie Duck Hoi Sin Sauce	£5.60
	<i>wheat & soya duck, onions, mixed peppers, carrots, broccolis, cauliflowers</i>	
101	House Special Hoi Sin Sauce	£5.60
	<i>wheat & soya chicken, beef, barbecued pork, prawns, onions, mixed peppers, carrots, broccolis, cauliflowers</i>	
102	Veggie King Prawn Hoi Sin Sauce	£5.60
	<i>wheat & soya king prawn, onions, mixed peppers, carrots, broccolis, cauliflowers</i>	
103	Veggie Chicken Hoi Sin Sauce	£5.30
	<i>wheat & soya chicken, onions, mixed peppers, carrots, broccolis, cauliflowers</i>	
104	Veggie Beef Hoi Sin Sauce	£5.30
	<i>wheat & soya beef, onions, mixed peppers, carrots, broccolis, cauliflowers</i>	
105	Veggie Barbecued Pork Hoi Sin Sauce	£5.30
	<i>wheat & soya barbecued pork, mixed peppers, carrots, broccolis, cauliflowers</i>	
106	Vegetable Hoi Sin Sauce	£5.30
	<i>Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, mixed peppers</i>	

CHOW MEIN DISHES

107	Veggie Roast Duck Chow Mein	£6.80
	<i>wheat & soya duck, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
108	House Special Chow Mein	£6.80
	<i>wheat & soya chicken, beef, barbecued pork, prawns, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
109	Veggie King Prawn Chow Mein	£6.80
	<i>wheat & soya king prawn, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
110	Veggie Chicken Chow Mein	£6.50
	<i>wheat & soya chicken, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
111	Veggie Beef Chow Mein	£6.50
	<i>wheat & soya beef, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
112	Veggie Barbecued Pork Chow Mein	£6.50
	<i>wheat & soya barbecued pork, noodles, beansprouts, onions, carrots, broccolis, cauliflowers</i>	
113	Vegetable Chow Mein	£6.50
	<i>Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, beansprouts, carrots, broccolis, cauliflowers, mixed peppers, noodles, beansprouts</i>	

FRIED RICE DISHES

114	Veggie Roast Duck Fried Rice	£6.80
	<i>wheat & soya duck, mixed peppers, mushrooms, rice</i>	
115	House special Fried Rice	£6.80
	<i>wheat & soya chicken, beef, barbecued pork, prawns, mixed peppers, mushrooms, rice</i>	
116	Veggie King Prawn Fried Rice	£6.80
	<i>wheat & soya king prawn, mixed peppers, mushrooms, rice</i>	
117	Veggie Chicken Fried rice	£6.50
	<i>wheat & soya chicken, mixed peppers, mushrooms, rice</i>	
118	Veggie Beef Fried Rice	£6.50
	<i>wheat & soya beef, mixed peppers, mushrooms, rice</i>	
119	Veggie Barbecued Pork Fried Rice	£6.50
	<i>wheat & soya barbecued pork, mixed peppers, mushrooms, rice</i>	
120	Vegetable Fried Rice	£6.50
	<i>Mixed vegetables: mushrooms, onions, bamboo shoots, baby corns, carrots, broccolis, mixed peppers, rice</i>	

SIDE PORTIONS

Stir Fried Mixed Vegetables	£3.30
Bamboo Shoots & Water Chestnuts	£3.30
Noodles & Beansprouts	£3.30
Mushrooms	£3.30
Beansprouts	£3.30
Onions	£3.30
Fried Rice	£2.00
Boiled Rice	£1.90
Sweet & Sour Sauce	£1.30
Curry Sauce	£1.20
Barbecued Sauce	£1.10
Gravy	90p
Banana Fritters	£2.40
Pineapple Fritters	£2.40
Chips	£2.00