洞庭湘

The Hunan Man

Sichuan / Hunan / Cantonese Cuisine

川菜/ 湘菜/ 粤菜

洞庭湘

The Hunan Man

匠心烹制

Menu



ALLERGY ALERT

If you have any food allergies, please read the following information before placing your order. The symbols below indicate potential allergens contained in our dishes:

=Contains Nuts	=Contains Sesame Seeds and/or Sesame Paste*
=Contains Gluten	=Contains Egg
=Contains Cashew Nuts	=Suitable for Vegetarians
=Contains Water Chestnut(s)	=Suitable for Vegans

*Note that most of our dishes are cooked with sesame oil. If you require cooking without sesame oil please highlight when ordering.

Please inform us of any food allergies (including those not indicated above), to allow our chefs to accommodate your requirements when preparing your food or suggest alternative delicious dishes for you.

Spice Levels (all contain chilli):

= Medium

= Hot

=Extra Hot

Thank you for your attention, and enjoy your meal!

Management
The Hunan Man

Opening Hours: Monday–Sunday 12:00am–11:00pm
Tel: 0207 387 8599
Add: 45 Grafton Way, London, W1T 5DQ
http://www.thehunanman.co.uk/

扫描微信二维码
拉您进群可及时了解更多活动福利信息

出品以实物为准;另加收12.5%的服务费 Pictures of dishes in the menu are for illustrative purposes only.A discretionary service charge of 12.5% will be added to your bill. Cheques are not accepted, we only accept cards with chip and pin.



001 香酥鸭 Quarter £12.80 Half £21.80 Whole £36.80
Classic Crispy Aromatic Duck
Served with steamed pancakes, cucumber
and spring onion trimmings and Hoi Sin sauce.

002 香脆春卷 £6.80
Crispy Vegetable Spring Rolls (V)
Crispy spring rolls filled with cabbage, carrot and vermicelli.



003 金沙鸡中翅 £8.80
Golden Fried Chicken Wings (6pcs)
Deep-fried chicken cooked to golden brown perfection,
crispy on the outside and succulent on the inside.

004 鸡肉锅贴 £6.80
Grilled Chicken Dumplings (6pcs)



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精美头盘 | Hot Appetisers



006 椒盐豆腐 £7.90
Salt & Pepper Bean Curd (Tofu) (V)

008 酥炸平菇 £7.90
Deep-Fried Mushrooms with Flour (V)

009 椒盐红薯条 £8.80
Salt & Pepper Sweet Potato (V)



005 现炸手工藕夹 £7.90
Fresh Deep-Fried Lotus Root



007 椒盐鲜鱿 £8.80
Salt & Pepper Squid



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012 凉拌毛脆肚 £10.80
Beef Tripe Strips with Special Garlic Sauce

013 蒜菜粉丝 £9.80
Spinach with Glass Noodles (V)

014 凉拌西芹 £8.80
Marinated Celery (V)

011 麻辣口水鸡 £12.80
Numb & Spicy Sichuan-style Mouthwatering Chicken
Tender pieces of sliced corn-fed chicken served with shredded bamboo shoots and numbing and spicy Sichuan sauce.



015 夫妻肺片 £10.80
Man & Wife Offal Slices
A selection of sliced beef, offal, tripe and tongue, dressed in a light spicy peanut sauce and chilli oil.



016 酒鬼花生米 £6.80
Drunken Crispy Peanuts (V)



017 香辣顺风耳 £9.80
Spicy Pig's Ear in Red Chilli Oil



018 腐竹小青瓜 £8.80
Cucumber with Tofu Strips (V)



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020 经典点心拼盘 £13.80
Dim Sum Platter (7pcs)
虾饺 King Prawn Dumplings(2) 烧麦 'Siu Mai' Pork Dumplings (2)
奶黄包 Cream Custard Buns (2) 叉烧包 Char-Siu Bun (1)



022 虾饺(4个) £5.80
King Prawn Dumplings (4 pcs)



021 烧麦(4个) £5.80
'Siu Mai' Pork Dumplings (4 pcs)



024 奶黄包(3个) £5.80
Cream Custard Bun(3 pcs)



023 叉烧包(3个) £5.80
Char Siu Bun (3 pcs)



025 家湘煎团子(1个) 3.80
Home-made Glutinous Rice Dimpling with Hunan Stuffing. (per pcs).
童年的味道
Childhood memories



026 冬瓜排骨汤 (L) £12.80 (S) £4.80
Spare Ribs with White Gourd Soup

027 海带莲藕排骨汤 (L) £12.80 (S) £4.80
Spare Ribs with Seaweed and Lotus Root



029 玉米萝卜龙骨汤 (L) £12.80 (S) £4.80
Fresh Sweetcorn and Carrots in a Pork-Bone Soup



028 玉米羹 £5.80
Sweetcorn Soup
Served with a choice of chicken, crab sticks or with no addition.



030 酸辣汤 £5.80
Sichuan Hot and Sour Soup(V)
A Sichuan classic broth with black fungus, bamboo shoots, tofu and egg in a warming peppery hot broth with a contrast of sour sweet vinegar



031 胡椒猪肚鸡汤 £18.80
Pork Tripe and Chicken Soup with White Pepper

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032 龙虾 Seasonal pricing
Fresh Whole Lobster
a.姜葱 with ginger and spring onions
b.香辣Hunan-Style: tossed in a hot, fragrant and salty chilli
c.加面底 additional noodle base £2.80 extra



034 大虾 £22.80
King Prawns
a.姜葱with ginger and spring onions
b.香辣Hunan-Style: tossed in a hot, fragrant, and salty chilli
c.咖喱 in Thai Curry sauce
d.避风塘炒 with Crushed Garlic and Breadcrumbs



033 小龙虾 £32.80
Crayfish
a.蒜香 with garlic, ginger, and spring onions
b.香辣Hunan-Style tossed in a hot, fragrant and salty chilli
c.麻辣 Sichuan Numb & Spicy in a hot, fragrant and salty chilli

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035 蟹 £22.80

Crab
a.姜葱with ginger and spring onions
b.香辣Hunan-Style: tossed in a hot, fragrant, and salty chilli
c.咖喱 in Thai Curry sauce
d.避风塘炒 with Crushed Garlic and Breadcrumbs

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生猛海鲜 | Seafood and Fish Main Dishes



036 湖南剁椒鱼头 £16.80

Hunan Steamed Fish Head with Chopped Salted Fresh Chillies



037 新鲜鲈鱼 £22.80

Fresh Whole Sea Bass
a. 清蒸 Steamed with ginger and spring onions
b. 湖南剁椒蒸 Steamed with chopped Hunan salted red chillies
c. 干烧 Red braised with chilli bean paste

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038 烤鱼 £36.80

Traditional Grilled Fish
Grilled fish with spicy and garlic sauce made with Chinese 'doubanjiang' and Sichuan peppercorns.
Includes broccoli, lotus, fungus and Chinese cabbage.
已包含: 西兰花、藕片、木耳和大白菜
a.蒜香豆豉 Garlic tempeh
b.香辣Hunan-Style tossed in a hot, fragrant and salty chilli
c.麻辣 Sichuan Numb & Spicy in a hot, fragrant and salty chilli



039 经典香锅 £22.80

Classic Set
嫩牛 Tender Beef　午餐肉Luncheon Meat　腐竹Dried Tofu Strip
土豆 Potato　豆腐干 Pressed Bean Curd　藕片 Lotus Root
黄瓜 Cucumber　木耳 Fungus　香菇 Chinese Mushrooms

040 豪华香锅 £32.80 超值

Deluxe Set
嫩牛 Tender Beef　午餐肉Luncheon Meat　基围虾 King Prawn
蟹柳 Crabsticks　鱿鱼 Squid　藕片 Lotus Root
黄瓜 Cucumber　木耳 Fungus　香菇 Chinese Mushrooms
腐竹Dried Tofu Strip　豆腐干 Pressed Bean Curd

可以自选以下配菜 Choose your desired ingredients for both A and B

· 大虾 King Prawns	£8.80	· 午餐肉Luncheon Meat	£7.80
· 鱼丸 Fish Balls	£8.80	· 红薯粉 Sweet Potato Vermicelli	£6.80
· 肥肠 Pig's Intestine	£7.80	· 腐竹Dried Tofu Strip	£7.80
· 排骨 Spare Ribs	£7.80	· 木耳Fungus	£6.80
· 酥肉 Fried Crispy Pork Slices	£7.80	· 西兰花Broccoli	£6.80
· 猪肚 Pork Brisket	£7.80	· 牛百叶Beef Tripe	£7.80
· 鱿鱼 Squid	£8.80	· 血豆腐Black Tofu	£7.80
· 鸡胗 Chicken Gizzard	£8.80	· 白豆腐 White Tofu	£6.80
· 鲜鱼片 Sliced Fresh Fish Fillet	£8.80	· 金针菇 Needle Mushrooms	£7.80
· 平菇 Chinese Mushrooms	£7.80	· 肥牛 Thin Beef Slices	£7.80
· 土豆 Potato	£6.80	· 千张Dried Paper Tofu	£6.80
· 藕 Lotus Roots	£6.80	· 大白菜 Chinese Cabbage	£6.80

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041 干锅啤酒鸭 £18.80

Dry Wok Duck Braised with Beer



043 干锅有机花菜 £18.80

Dry Wok Organic Cauliflower with Smoked Pork



042 干锅肥肠 £16.80

Dry Wok Pig Intestines



045 干锅藕片 £14.80

Dry Wok Lotus Slices
Crunchy sliced lotus roots with shredded pork in fragrant spice.



044 干锅土豆片 £12.80

Dry Wok Sliced Potato
Finely sliced potatoes with shredded pork in fragrant spice.

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046 手抓羊仔排 £22.80
Fragrant & Hot Lamb with Cumin



047 土豆焖牛腩 £14.80
Braised Beef with Potatoes



048 葱爆羊肉 £16.80
Stir-Fried Lamb with Spring Onions



049 铁锅焖面 £26.80
Iron Pot Braised Noodles

a.排骨（扁豆，土豆）
Pork Ribs (with beans and potato)

b.鸡肉（扁豆，土豆）
Chicken (with beans and potato)

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050 水煮牛肉 £15.80
Classic Sichuan Boiled Beef in Sizzling Chilli Oil
Thick cuts of tender boiled beef in hot Sichuan chilli bean sauce and fresh chillies, garnished with garlic stem, Chinese cabbage and bean sprouts.



052 白辣椒炒牛肉 £14.80
Stir-Fried Beef with Pickled White Peppers



051 小炒黄牛肉 £13.80
Signature Stir-Fried Beef with Coriander



054 香干回锅肉 £13.80
Double-Cooked Pork Belly with Pressed Bean Curd



053 招牌锅包肉 £14.80
Signature Sweet & Sour Fried Pork

056 香炒蒜苔 £15.80
Pan-Fried Pork and Garlic Shoots
a. 猪肉Shredded Pork
b. 腊肉Smoked Pork

055 豉椒牛肉 £13.80
Beef in Black Bean Sauce

058 肥肠 £13.80
Pig Intestines
a. 干煸 Dry-Braised
b. 干锅Dry Wok
c. 酸菜with Chinese Pickle

057 毛氏红烧肉 £14.80
Mao's Red Braised Pork Belly
A dish loved by Chairman Mao. Double cooked pork belly braised in soya sugar, rich aromatic Hunan spices and sweet fermented paste.

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059 招牌白菜烧豆腐 £12.80
Signature Braised Tofu
with Chinese Cabbage (V)



060 萝卜干炒腊肉 £14.80
Stir-Fried Smoked Pork with Pickled Turnip



062 小炒香干 £12.80
Stir-Fried Bean Curd with Chives (V)
A finely cut bean curd lightly stir-fried
with Chinese chives.

063 香辣虾 £16.80
Fried Prawns in Hot & Spicy Sauce

a. 有壳 Prawns with Shells
b. 无壳Prawns without Shells



061 宫保大虾球 £16.80
'Gong Bao' King Prawns with Cashew Nuts & Celery
A medley of king prawns, cashew nuts, celery and red
chillies in a tangy sweet & sour sauce laced
with chilli spice and a touch of Sichuan pepper.

064 铁板黑椒鸡肉 £13.80
Sizzling Chicken with Black Pepper

065 湖南小炒肉 £12.80
Hunan Stir-Fried Pork with Fresh Green Peppers

066 泡椒爆鸡杂 £14.80
Stir-Fried Chicken Giblets with Pickled Peppers

067 茄角之恋 £10.80
Stir-Fried Aubergines with Long Green Beans (V)

068 咕噜鸡肉 £13.80
Sweet & Sour Chicken

069 咕噜大虾 £15.80
Sweet & Sour Prawns



070 铁板黑椒牛肉 £13.80
Sizzling Beef with Black Pepper



071 铁板玉子豆腐 £12.80
Sizzling Japanese Tofu

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地道中国风味 | Main Dishes



073 太二酸蒸鱼 £18.80
Chinese Sauerkraut Fish



072 新疆大盆鸡 £22.80
Stewed Chicken in Spicy Xinjiang Sauce



075 宫保鸡丁 £13.80
Classic 'Gong Bao' Chicken with Peanuts
A medley of chicken cubes, crushed peanuts and
red chillies, in a tangy sweet sauce laced with chilli
spice and a touch of numbing Sichuan pepper.



074 飘香辣仔鸡 £16.80
Sautéed Diced Chicken with Chilli Peppers



077 湖南三蒸 £14.80
Hunan-Style Fresh Mixed Steam
Served with: 排骨/香芋/土豆
Spare Ribs, Taro and Potato

079 梅菜蒸扣肉 £15.80
Stewed Pork Belly with Preserved Vegetables

081 酸豆角肉末 £9.80
Pickled Yard-Long Beans with
Minced Pork(V available)

083 麻婆豆腐 £10.80
Legendary Ma-Po Tofu with
Minced Pork(V available)



076 糯香排骨 £16.80
Steamed Pork Ribs with Glutinous Rice

078 酱油肉炒冬笋 £14.80
Stir-Fried Pork Belly with Bamboo Shoots

080 包菜捞粉丝 £13.80
Cabbage and Glass Noodles with
Duck Egg Yolk

082 番茄炒蛋 £9.80
Stir-Fried Tomato with Scrambled Eggs

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084 北京炸酱面 £12.80
Beijing Noodles with Soya Bean Sauce Paste



085 四川担担面 £10.80
Classic Sichuan Dan Dan Noodles
A famous Sichuan street snack. Chinese wheat noodles topped with finely chopped pork,a mixture of sweet and sour, laced with heat from Sichuan pepper and pickled vegetables.



086 重庆小面 £11.80
Chongqing Noodles
牛肉/猪肉沫/素
Beef, Minced Pork or Vegetarian



087 湖南卤粉 £13.80
卤汁拌粉，越拌越香
Hunan Braised Round Rice Noodles



088 霸蛮拌粉 £16.80
(招牌 - 湖南特色拌粉)
Ba-Man Round Rice Noodles
(Signature - Hunan Special Noodles)



089 油泼子面 £12.80
Noodles in Red Chilli Oil
牛肉/羊肉/素
Beef, Lamb or Vegetarian



090 红烧牛肉面 £12.80
Braised Beef Noodles



091 牛杂拌粉 £14.80
Essence of Beef Offal Round Rice Noodles



092 鲜椒肉酱拌面 £13.80
Fried Minced Pork Noodles
(肉酱就是要用来拌面，绝绝子)



093 武汉热干面（斋） 12.80
Wuhan Dry Noodles (V)
(麻酱的香 油辣子的香，
混合在一起真的是满口留香)

以上面、粉可选择以下绝配
Additional ingredients for above noodle dishes:

土豆丝 Shredded Potatoes	£1.50	酸豆角 Pickled Beans	£2.00
卤肉 Braised Pork	£2.80	萝卜干Pickled Turnip	£2.00
台湾肠Taiwan Sausages	£2.50	卤蛋Marinated Egg	£2.00
五香牛肉 Braised Beef	£3.50	牛杂Beef Offal	£3.50
		鱼蛋Fish Balls	£2.00

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特色主食 拌粉/拌面/盖浇饭 Rice and Noodles
让你物有所值



095 台湾卤肉饭(热卖火) £13.80
Taiwan-Style Braised Pork Rice
(一天卖出去几百份的卤肉饭，你一定要尝尝)



094 湖南小炒肉盖码饭 £11.80
Hunan-Style Stir-Fried Rice with Pork
(湖南厨师的小炒肉从来不会让你失望)

097 湘味汤米粉 £12.80
Hunan Style Soup Rice Noodles
Flat rice noodles in preserved Chinese pickles, spare ribs in Hunan fragrant sauce.

098 西红柿打卤面 £12.80
Noodles with Tomato Sauce Paste

099 加煎蛋 £2.00
Fried Egg

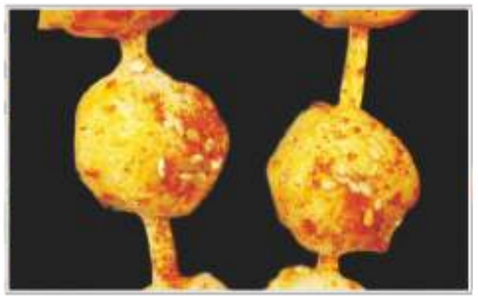


096 番茄炒蛋盖码饭 £11.80
Egg Tomato Fried Rice

029 玉米萝卜龙骨汤 (L) £12.80 (S) £4.80
Fresh Sweetcorn and Carrots in a Pork-Bone Soup
(每日新鲜现煲，拌粉拌面绝配)



101 陕西肉夹馍(个) £4.80
Shan Xi Style Burger
(Braised and chopped pork) (per pcs)



100 炸鱼丸(两根) £2.80
Deep Fried Fish Balls on Skewers(2pcs)



103 炸台湾肠(两根) £5.80
Deep Fried Taiwan Style Sausages (2pcs)
(跟台湾夜市炸肠一样的味道)



102 炼乳炸小馒头 £6.50
Deep Fried Chinese Bun with Condensed Milk

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清炒/蒜蓉/上汤/醋溜
Stir-Fried / Garlic / Soup / Vinegar Sauce

104 油麦菜 You-Mak Choi £8.80

105 空心菜 Morning Glory £10.80

106 小白菜 Pak-Choi (v) £10.80

107 西兰花 Broccoli (v) £9.80

108 大白菜 Chinese Cabbage (v) £10.80

109 土豆丝 Sliced Potato (v) £9.80

110 鱼香茄子 £11.80
'Fish-Fragrant' Aubergine with Minced Pork(v available)
A blend of fish fragrant spices and flavours with braised aubergine in a rich, spicy sauce.

111 干煸四季豆 £10.80
Dry-Fried Green Beans with Minced Pork (V available)
Deep fried green beans with minced pork and Sichuan dry chillies.



112 手撕苞菜 £10.80
Hand-Torn Cabbage with Chilli and Vinegar (V)



113 东北地三鲜 £11.80
Three Fresh Vegetables (v)
Mixed aubergine, potatoes and red peppers.





115 干炒牛河 £11.80
Stir-Fried Ho-Fun
鸡肉/牛肉/大虾
Chicken, Beef or King Prawns



114 炒面 £10.80
Fried Noodles
鸡肉/牛肉/大虾/杂菜
Chicken, Beef, King Prawns or Mixed Vegetables



117 星洲炒粉 £10.80
Singapore Fried Vermicelli



116 炒饭 £7.80
Fried Rice
鸡肉/牛肉/大虾
Chicken, Beef or King Prawns



120
酸菜炒饭 £4.20/pp
Fried Rice with Preserved Vegetables



119
剁椒炒饭 £4.20/pp
Fried Rice with Salted Chopped Red Chilli



118
杨州炒饭 £7.80
Yang Zhou Special Fried Rice



122
蛋炒饭 3.80/pp
Egg Fried Rice



123
白饭 £2.80
Steamed Rice



121
猪肉白菜水饺(20粒) £16.80
Pork Cabbage Dumplings (20 pcs)

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124 蜜汁红枣 £10.80
Dates with Glutinous Rice



125 红糖糍粑 (8) £8.80
Glutinous Rice Cake (8 pcs)



126 香甜南瓜饼 (4) £7.80
Pumpkin Cake(4 pcs)



127 芝麻豆沙卷 (4) £8.80
Sesame and Bean Paste Rolls(4 pcs)



128 桂花酒酿小丸子 £3.80/pp
Mini Rice Balls in Sweet Rice Wine

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