

# WELCOME

TO

**ME WAH RESTAURANT TASMANIA**

**LAUNCESTON & HOBART**



**Australia's Good Food & Travel Guide**



**2010 – 2017 Australia's Wine List Of The Year Awards**  
**Tasmania's best Wine List for 3 Consecutive Years + Hall Of Fame**  
**(Gourmet Traveller – Fine Wine Partners)**

**2008, 2015, 2016 Australia's Best Asian Restaurant**  
**(Restaurant & Catering Awards for Excellence)**  
**Savour Australia**

**2007, 2012, 2015, 2016 Tasmania's Restaurant Of The Year**  
**(Restaurant & Catering Awards for Excellence)**  
**Savour Australia**

**2015 Top Ten Chinese Restaurant in Australia**  
**(“Australia's Thriving Chinese Restaurants “by Qantas Travel Insider 2015)**

**1999 – 2017 Tasmania's Best Asian Restaurant**  
**(Restaurant & Catering Awards for Excellence)**  
**Savour Australia**

Executive Chef – Gordon Tso

Restaurant Manager – Stanley Tso

## **ENTRÉE ~ APPETIZERS**

<b>PEKING DUCK</b> (4pcs)	<b>28</b>
<i>Peking Duck is an internationally acclaimed dish, not only because of the way it's cooked but also because of the way it's served, being wrapped in pancake with spring onions, strips of sliced cucumber and hoi sin sauce. The crisp vegetables and the tender meat of the duck, with the piquancy of the sauces all combined in one roll, makes this dish quite distinctive from any other duck dish.</i>	
<b>ATLANTIC SALMON SASHIMI</b> (150grams ~ Tasmania)	<b>20</b>
<i>fresh sliced fillets, wasabi soya</i>	
<b>SEA SCALLOPS</b> (6pcs ~ Israelite Bay, Western Australia) (g)	<b>24</b>
<i>King sea scallops steamed with ginger &amp; spring onion, seasoned soya</i>	
<b>BRUNY ISLAND OYSTERS</b> (6pcs) (g)	<b>24</b>
<i>crispy fried with sweet chilli sauce</i>	
<b>KING ISLAND ABALONE</b> (Tasmanian Blacklip ~ 200grams)	<b>95</b>
<i>12 hours slow braised whole abalone, flower mushroom, steamed seasonal vegetable, ormer reduction</i>	
<b>CHAR SIU</b> (6pcs ~ Scottsdale Pork)	<b>16</b>
<i>roasted sliced tenderloins, honeyed soya, maltose, candied walnuts</i>	
<b>DUCK 'SANG CHOY BAO'</b> (2pcs) (g)	<b>16</b>
<i>finely diced breast of duck, goose sausages, bamboo shoots, onions and roasted sesame stir fried in hoi sin sauce, served in fresh iceberg lettuce leaves</i>	
<b>CRAB DUMPLINGS</b> ~ Xiao Long Bao (4pcs)	<b>16</b>
<i>steamed dumplings filled with blue swimmer crab meat, pork broth, red vinegar &amp; ginger dipping</i>	
<b>CHICKEN SPRING ROLL</b> (4pcs)	<b>14</b>
<i>shreds of chicken, bamboo, mushrooms</i>	
<b>ASSORTED DUMPLINGS</b> (4pcs)	<b>16</b>
<i>steamed prawn &amp; bamboo, scallop, wild mushrooms &amp; truffle dumplings, pork &amp; prawn sui mai</i>	

(g) ~ available in gluten free option

## **SOUP**

*The secret of good Chinese Soup lies in the classic broth. Our Master Chef places so much importance on this, he will dedicate up to a full day to ensure that the base broth is perfect.*

<b>CHICKEN &amp; SWEET CORN</b> <i>a favourite ~ diced chicken and corn in velvety broth</i>	<b>8</b>
<b>WESTLAKE BEEF</b> <i>diced eye fillet of Black Angus beef, asparagus, fresh mushroom, egg flower, velvety broth</i>	<b>10</b>
<b>CRAB &amp; PUMPKIN</b> <i>shredded blue swimmer crab meat, pumpkin purée</i>	<b>10</b>
<b>WONTON</b> <i>Chinese ravioli with diced prawns &amp; pork in chicken broth</i>	<b>10</b>
<b>SZECHUAN HOT &amp; SOUR</b> <i>a Szechuan classic ~ rich broth with shredded silky bean curd, bamboo shoots, black fungus, shallots &amp; duck fillets</i>	<b>10</b>
<b>CHICKEN CONSOMMÉ</b> (g) <i>fillets with fresh shiitake &amp; baby bok choy in chicken broth</i>	<b>10</b>
<b>CRAYFISH &amp; BEAN CURD</b> <i>shreds of fresh crayfish, silky bean curd, shimeji mushrooms, velvety broth</i>	<b>15</b>
<b>GREENLIP ABALONE</b> <i>shredded greenlip abalone, shiitake, winter bamboo, sun dried conpoy, black fungus, rich master broth</i>	<b>18</b>
<b>COMBINATION WONTON</b> <i>prawns, chicken, beef, barbecued pork and seasonal vegetables in oyster sauce poured over a wonton soup</i>	<b>19</b>

(g) ~ available in gluten free option

## **ABALONE** (Tasmania)

The pristine clear cold waters off the Tasmanian coast grow some the finest wild abalone in the world. Greenlip abalone, found off the shores of Tasmania's King and Flinders Islands has the perfect makeup for drying. Processor CANDY ABALONE, use carefully selected fresh abalone and sea salt as the only two ingredients, totally organic. The drying facility sits on the beach at Barilla Bay where the freshest of salt air flows through ensuring that over a minimum of two months each dried greenlip abalone develops the sweet tender center known as Candy Heart.

**CANDY HEART DRIED ABALONE** (180 grams each) **250**  
double braised served either whole or sliced with flower-top shiitake mushroom & steamed seasonal vegetables, ormer reduction

**CRAYFISH** (South Cape ~ Tasmania) per 100gm **18**

The average catch of each crayfish ranges from 1kg and above, please ask your waiter for today's weight

Our crayfish can be cooked the way you prefer

**sautéed with ginger & spring onion, Shao Xing rice wine (g)**

**baked with fresh & black garlic, butter & black pepper(g)**

**Aberdeen style: crispy fried then pan tossed with diced sun dried prawns, whole black beans, dried shallots, garlic, fresh chilli**

(fresh handmade e-fu no odles can be served with ginger & spring onion crayfish or garlic & butter crayfish \$3 per person)

**CRAYFISH TAILS** (300grams) **95**  
sautéed fresh crayfish tails, ginger & spring onions, Shao Xing Rice wine

## **FISH**

**DEEP SEA PINK LING** (Tasmanian ~ 4pcs) (g) **36**  
fillets steamed with ginger & spring onions, seasoned soya, Chinese vegetable garnish

**DEEP SEA PINK LING** (Tasmania) (g) **33**  
sautéed fillets with fresh garlic, snow peas, asparagus & Shao Xing rice wine

**ATLANTIC SALMON** (Tasmanian ~ 2pcs ~ 200grams) **28**  
steamed fillets, diced black bean, sun dried mandarin peels, garlic, fresh chilli, seasoned soya, seasonal vegetable garnish

**CHINESE FLOUNDER** (New Zealand ~ 500grams) **38**  
whole flounder deep fried topped with a combination of prawns, beef, chicken, barbecued pork and seasonal vegetables with oyster sauce

(g) ~ available in gluten free option

## **SEAFOOD**

**SEAFOOD BIRD'S NEST** (g) **38**  
*sauté prawns, sea scallops, fresh fish fillets, squid and seasonal vegetables  
stir fried with fresh garlic & Shao Xing rice wine served in a crispy potato birds nest*

**KING PRAWN** (Tiger King Prawns ~ Gulf of Carpentaria ~ Queensland)

**GOLDEN KING PRAWN** (10pcs) (g) **38**  
*crispy fried, salted egg yolk, crunchy shallots, butter*

**GARLIC KING PRAWN** (10pcs) (g) **38**  
*sautéed with fresh, roasted & black garlic, cucumber cubes, onions  
served in crispy potato birds' nest*

**SZECHUAN KING PRAWN** (10pcs) **38**  
*sautéed with Szechuan chilli sauce*

**HONEY GLAZED PRAWN** (8pcs) **34**  
*deep fried, wok tossed with bush honey, roasted sesame*

## **SEA SCALLOP**

**Choice of ~**

Israelite Bay, Western Australia roe less King Sea Scallops **45**

**or**

Bass Strait, Tasmanian roe on Sea Scallops **38**

**GINGER & SHALLOT SEA SCALLOP** (g)  
*sautéed with ginger & shallots, asparagus, Shao Xing rice wine*

**X.O SEA SCALLOP**  
*sautéed with mild X.O chilli sauce (contains dry cured ham)*

**SQUID** (Bass Strait ~ Tasmania)

**SPICY SALT SQUID** (g) **28**  
*wok fried then pan tossed with spicy salt, five spices, fresh chilli*

(g) ~ available in gluten free option

**DUCK** (*Luv a Duck ~ Victoria*)

**ROAST DUCK** ~ a Cantonese classic **36**  
*deboned, served with plum sauce, steamed vegetable garnish*

**SZECHUAN DUCK** (g) **36**  
*sautéed strips of duck fillet, celery, carrot, bamboo, shiitake, red & green capsicums, mild Szechuan chilli sauce*

**CHICKEN** (*Free Range ~ Marion Bay ~ Tasmania*)

**MOUNT BUDDHA CHICKEN** **28**  
*deboned oven roasted chicken fillets with diced coriander, fresh chilli, garlic & ginger in vinegar dressing, garnished with strips of sugar coated baby bok choy leaves*

**SPRING CHICKEN** **28**  
*deboned oven roasted chicken fillets with shredded ginger, shallots, fresh chilli, dressed in supreme soya*

**KUNG PO CHILLI CHICKEN** **26**  
*deboned fillets sautéed with celery, onion, carrot, salted peanuts, two kind of capsicums, Szechuan style chilli sauce*

**CHILLI HERB CHICKEN** **26**  
*wok fried de-boned chicken, herbs & spices, dried chilli, garlic, peppercorn, ginger, spring onion, Shao Xing rice wine*

**CASHEW CHICKEN** (g) **26**  
*sautéed fillets with celery, carrot, baby corn, onion, shiitake, cashew nuts, vegetarian oyster sauce*

**LEMON CHICKEN** **26**  
*deep fried breast fillets with lemon sauce*

(g) ~ available in gluten free option

**BEEF** (18 months Black Angus ~ Grass Fed ~ Sheffield, Tasmania)

**BLACK ANGUS CANTONESE** (300grams) (g) **38**  
*wok seared tender eye fillets gently cooked in oyster sauce, served on a bed of fresh broccoli*

**ANGUS BLACK PEPPER** (300grams) **38**  
*wok seared eye fillets, spicy black pepper sauce, crispy spinach leaves*

**BLACK ANGUS MUSTARD** (300grams) **38**  
*wok seared eye fillets, English mustard, Tasmanian honey, fresh mushrooms, green beans*

**RAINBOW BLACK ANGUS** (300grams) **38**  
*sautéed strips of eye fillets with bamboo shoots, celery, carrot, shiitake, red & green capsicums in Peking sauce*

**SHANGHAI BEEF** **28**  
*crispy flour battered beef tossed in wok with Shanghai style vinegar spiced sauce*

**WAGYU BEEF** (Pheonix Wagyu ~ Darling Down, Queensland ~ marble score 9+)

*The wagyu cattle is known worldwide for its intense marbling characteristics and its ability to produce a higher percentage of oleaginous unsaturated fats, omega 3 & omega 6 than typical beef. Different breeding and feeding techniques were used such as massaging or adding beer to their feeding regime. Australian wagyu cattle are grain fed for the last 300-500 days of production.*

**WAGYU CUBES** (300grams) **75**  
*wok seared sirloin, tossed with dried shallots, whole black beans, ground pepper, garlic, seasoned soya, Shao Xing rice wine & fresh snow peas*

**WOK SEARED WAGYU** (300grams) **75**  
*wok seared sirloin, sides of black pepper sauce & English mustard, cooked medium rare*

(g) ~ available in gluten free option

**LAMB** (*Wild Clover Lamb ~ Tasmania*)

**BABY LAMB CUTLETS** (4pcs) **32**  
*pan tossed with spicy salt, lemongrass & rose wine on sugar coated fried bok choy leaves*

**CUMIN LAMB** **32**  
*sautéed lamb fillets, cumin, fresh asparagus*

**PORK**

**PORK PLUM SAUCE** **24**  
*deep fried crispy pork strips, onion, leek, plum sauce*

**SWEET & SOUR PORK** **24**  
*deep fried pork tenderloin, red & green capsicums, fresh pineapple*

**VINEGAR PORK CHOPS** **26**  
*fried tender chops with aged vinegar & spices*

**OMELETTE**

**PRAWN OMELETTE** **32**  
*pan fried eggs with carrot, onion, mushroom, bean sprout, baby corn, topped with oyster sauce*

**COMBINATION OMELETTE** **28**  
*pan fried eggs with chicken, shrimp, barbecued pork, carrot, onion, mushroom, bean sprout, baby corn, topped with oyster sauce*

(g) ~ available in gluten free option



## **VEGETARIAN SELECTION**

### **ENTRÉE**

<b>VEGETARIAN SPRING ROLL</b> (4pcs) <i>mushroom, cabbage, black fungus, carrot, bamboo</i>	<b>14</b>
<b>VEGETARIAN DUMPLING</b> (4pcs) <i>bamboo, water chestnut, black fungus, mushroom, coriander, cabbage</i>	<b>14</b>
<b>VEGETARIAN WONTON SOUP</b> <i>diced vegetables with Chinese ravioli in vegetarian broth</i>	<b>10</b>
<b>VEGETABLE ‘SANG CHOY BAO’</b> (2pcs) (g) <i>diced mixed vegetables stir fried with vegetarian oyster sauce served in fresh iceberg lettuce leaves</i>	<b>14</b>

### **MAIN**

<b>BLACK TRUFFLE MUSHROOMS</b> (g) <i>stir fried fresh Huon Valley enoki, shiitake, shimeji mushrooms, tossed with black truffle sauce</i>	<b>28</b>
<b>CRISPY EGGPLANT</b> <i>crispy fried eggplant strips, spicy salt, mushrooms, spring onions, fresh chilli</i>	<b>24</b>
<b>VEGETARIAN MA POH TOFU</b> (g) <i>sautéed bean curd cubes, bamboo, black fungus, asparagus, Szechuan chilli</i>	<b>21</b>
<b>MONK’S DELIGHT</b> (g) <i>fried bean curd and shiitake braised with vegetarian oyster sauce on a bed of fresh broccol</i>	<b>21</b>
<b>SNAKE BEANS</b> <i>wok fried, tomato, chilli, sun dried cabbage</i>	<b>19</b>
<b>SEASONAL MIXED VEGETABLES</b> (g) <i>stir fried asparagus, broccoli, snow pea, shitake, garlic sauce</i>	<b>19</b>
<b>GAI LARN</b> (Chinese broccoli) or <b>BOK CHOY</b> (g) <i>steamed with vegetarian oyster sauce or wok tossed with ginger garlic purée</i>	<b>19</b>
<b>VEGETARIAN SINGAPORE NOODLES</b> (spicy) (g) <i>green peppers, silky bean curd, bean sprout, fragrant curry spiced, wok tossed with rice vermicelli noodles</i>	<b>21</b>
<b>VEGETARIAN FRIED RICE</b> (g) <i>finely diced mixed vegetables with fried rice</i>	<b>small 12-large 16</b>

(g) ~ available in gluten free option

## **NOODLES**

**SEAFOOD CHOW MEIN** **36**  
*sautéed prawn, scallop, fish fillets, squid with seasonal vegetables & seafood broth sauce*

**COMBINATION CHOW MEIN** **26**  
*prawn, chicken, beef, barbecued pork, seasonal vegetables, stir fried in oyster sauce*

*(all chow mein dishes are served with fried crispy noodles or  
you can choose our authentic pan-fried egg noodles)* **4**

**HOKKIEN NOODLES** **24**  
*barbecued pork, shiitake & cabbage stir fried with soft Hokkien noodles*

**SINGAPORE NOODLES** (spicy) (g) **24**  
*shrimp, barbecued pork, eggs, bean sprout, onion & green peppers, fragrant curry spiced,  
stir fried with rice vermicelli noodles*

**ANGUS BEEF HOR FUN** **24**  
*eye fillet of beef strips, two kinds of capsicum, rice fettucine noodles, chilli black bean sauce*

**BRAISED E-FU NOODLES** **28**  
*blue swimmer crab meat, fresh mushroom, seasonal greens,  
braised with handmade e-fu egg noodles*

## **RICE**

**DELUXE FRIED RICE** (g) *small* **12**-*large* **16**  
*prawns, chicken, beef, barbecued pork & shallots*

**BUCK BOW FARN** (g) **26**  
*stir fried in oyster sauce & topped with steamed rice  
prawns, beef, chicken, barbecued pork, seasonal vegetables*

**STEAMED RICE** *per person* **4**  
*long grain*

*(g) ~ available in gluten free option*