

WELCOME

TO

ME WAH RESTAURANT TASMANIA

LAUNCESTON & HOBART



Australia's Good Food & Travel Guide



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)

Australia's Best Asian Restaurant

(Restaurant & Catering Awards for Excellence)

Savour Australia

Tasmania's Restaurant Of The Year

(Restaurant & Catering Awards for Excellence)

Savour Australia

Top Ten Chinese Restaurant in Australia

(“Australia's Thriving Chinese Restaurants “by Qantas Travel Insider 2015)

Tasmania's Best Asian Restaurant

(Restaurant & Catering Awards for Excellence)

Savour Australia

Executive Chef – Gordon Tso

Restaurant Manager – Stanley Tso

BANQUETS

One of the most pleasurable aspects of Chinese cuisine is the tradition of sharing the dishes with the other guests at your table therefore providing you and your guests the opportunity to experience a wide range of mouth-watering dishes covering the whole gambit of tastes and aromas. Our Cantonese Master Chef has matched these culinary dishes for you and your guest to enjoy.

SILK BANQUET

70 per head ~ min. 4 persons

APPETIZER

*Crispy chicken spring rolls
Barbecued pork puff
Fried pork dim sim*

BABY LAMB CUTLET

pan tossed with spicy salt, lemongrass & rose wine, crispy baby spinach

STEAMED CHAR SUI BAO

roasted char sui pork, shredded carrot, cabbage, hoi sin sauce, steamed flat gau bao

CHICKEN VEGETABLES

sautéed chicken fillets, seasonal vegetables, mushroom, onions, vegetarian oyster sauce

HOKKIEN NOODLES

shiitake mushrooms & seasonal vegetables stir fried with soft Hokkien noodles

RAINBOW BLACK ANGUS

*sautéed strips of eye fillets with bamboo shoots, celery, carrot, shiitake,
red & green capsicums in Peking sauce*

FRIED RICE

diced barbecued pork, smoked Chinese sausage, seasonal vegetables, egg

FRIED ICE CREAM

jatz crack pie, Swiss meringue, strawberry fluid jelly, vanilla fried ice cream

ESPRESSO COFFEE OR TEA

with house made walnut cookie

(g) – available in gluten free option

10% surcharge applies on Public Holiday | 1.5% Credit Card Surcharge

JADE BANQUET

100 per head ~ min. 2 persons

DUMPLINGS

steamed prawn, pink ling, wild mushrooms & truffle,
seasoned soya

PINK LING

fillets steamed with ginger & spring onions, seasoned soya, sauteed baby spinach

GARLIC KING PRAWNS

(Tiger King Prawns ~ Gulf of Carpentaria ~ Queensland)
sautéed with fresh, roasted & black garlic, snow peas,
handmade egg noodles, Shao Xing rice wine

MOUNT BUDDHA CHICKEN

oven roasted chicken fillets with diced coriander, fresh chilli, garlic & ginger
in vinegar dressing, garnished with strips of sugar-coated baby bok choy leaves

STEAMED RICE

long grain

BLACK ANGUS BEEF

(18 months Grass Fed ~ Sheffield, Tasmania)
wok seared eye fillet of beef, asparagus, mushrooms, black pepper

FRIED RICE

prawns, seasonal vegetables, eggs

MANGO SORBET

kaffir lime mousse, blueberry compote, apple lychee granita,
mango sorbet, dehydrated raspberry

ESPRESSO COFFEE OR TEA

with house made walnut cookie

Jade Banquet whole table only

(g) – available in gluten free option

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SIGNATURE MENU

160 per head ~ min. 2 persons

SEA SCALLOP

(steamed 3 ways)

ginger & shallots ~ fresh & roasted garlic ~ X.O chilli

ABERDEEN TASMANIAN FISH FILLETS

(selections of Tasmanian salmon, ling filets)

crispy fried, wok tossed with garlic, black bean, and sundried chilli

PEKING DUCK

roasted duck skin & breast, cucumber, spring onion, hoi sin sauce,
steamed Mandarin pancake

DUCK 'SANG CHOY BAO'

finely diced breast of duck, bamboo shoots, onions and roasted sesame
stir fried in hoi sin sauce, served in fresh iceberg lettuce leaves

CRAYFISH

(Bicheno, Tasmania)

sautéed crayfish, ginger & spring onions, garlic, handmade egg noodles

WAGYU BEEF

(Phoenix ~ marble score 9+)

wok seared sirloin cubes, tossed with asparagus, wild mushrooms,
Shao Xing rice wine, black truffle

FRIED RICE

prawns, seasonal vegetables, eggs

PEANUT PARFAIT

vanilla tapioca, peanut parfait, caramelised rice bubbles, fried peanuts,
raspberry rhubarb sorbet, chocolate disc, salty caramel

ESPRESSO COFFEE OR TEA

with house made walnut cookies

Signature menu whole table only

(g) – available in gluten free option

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ENTRÉE ~ APPETIZERS

PEKING DUCK (4pcs)	30
<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>	
DUCK 'SANG CHOY BAO' (2pcs) (g)	20
<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>	
SEA SCALLOPS (6pcs ~ Israelite Bay, Western Australia) (g)	27
<i>King sea scallops steamed with ginger & spring onion, seasoned soya</i>	
BRUNY ISLAND OYSTERS (6pcs) (g)	27
<i>crispy fried with sweet chilli sauce</i>	
ATLANTIC SALMON SASHIMI (150grams ~ Tasmania)	28
<i>fresh sliced fillets, wasabi soya</i>	
ABERDEEN FISH FILLETS (selections of Tasmanian salmon, ling fillets)	24
<i>crispy fried, wok tossed with garlic, black bean, and sundried chilli</i>	
CHAR SUI BAO (2pcs ~ Scottsdale Pork)	18
<i>roasted char sui pork, shredded carrot, cabbage, hoi sin sauce, steamed flat gau bao</i>	
MIXED ENTREE (3pcs)	12
<i>fried dim sim, chicken spring roll, BBQ pork puff</i>	
CHICKEN SPRING ROLL (4pcs)	16
<i>shreds of chicken, bamboo, mushrooms</i>	
CRAB DUMPLINGS ~ Xiao Long Bao (4pcs)	20
<i>steamed dumplings filled with blue swimmer crab meat, pork broth, red vinegar & ginger dipping</i>	
ASSORTED DUMPLINGS (4pcs)	18
<i>steamed prawn & bamboo, pink ling, wild mushrooms & truffle dumplings, pork & prawn sui mai</i>	

(g) – available in gluten free option

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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.

CHICKEN & SWEET CORN <i>a favourite ~ diced chicken and corn in velvety broth</i>	10
WESTLAKE BEEF <i>diced eye fillet of Black Angus beef, asparagus, fresh mushroom, egg flower, velvety broth</i>	10
CRAB & PUMPKIN <i>shredded blue swimmer crab meat, pumpkin purée</i>	12
SZECHUAN HOT & SOUR <i>a Szechuan classic ~ rich broth with shredded silky bean curd, bamboo shoots, black fungus, shallots & duck fillets</i>	12
WONTON <i>Chinese ravioli with diced prawns & pork in chicken broth</i>	10
CHICKEN CONSOMMÉ (g) <i>fillets with fresh shiitake & baby bok choy in chicken broth</i>	10
COMBINATION WONTON <i>prawns, chicken, beef, barbecued pork and seasonal vegetables in oyster sauce poured over a wonton soup</i>	20

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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) **295**
double braised served either whole or sliced with flower-top shiitake mushroom & steamed seasonal vegetables, ormer reduction

TASMANIAN BABY ABALONE (Tasmanian Blacklip ~ 4pcs) **60**
12 hours slow braised whole baby abalone, flower mushroom, steamed seasonal vegetable, ormer reduction

CRAYFISH (South Cape ~ Tasmania) per 100gm **25**

sashimi style (2 courses - \$25 supplement)

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

sautéed 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

Additional – Egg Noodles or E-Fu Noodles (per person) **3**
(can be served with ginger & spring onion crayfish or garlic & butter)

FISH

PINK LING GINGER & SHALLOTS (Tasmanian ~ 2pcs ~ 250grams) (g) **38**
fillets steamed with ginger & spring onions, seasoned soya, sauteed baby spinach

PINK LING SNOW PEA (Tasmania) (g) **38**
sautéed fillets with fresh garlic, snow peas, asparagus & Shao Xing rice wine

ATLANTIC SALMON (Tasmanian ~ 2pcs ~ 250grams) **36**
steamed fillets, diced black bean, sun dried mandarin peels, garlic, fresh chilli, seasoned soya, seasonal vegetable garnish

CHINESE FLOUNDER (New Zealand ~ 450grams) **48**
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

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SEAFOOD

SEAFOOD BIRD'S NEST (g) **45**
*sautéed 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)

GARLIC KING PRAWN (10pcs) (g) **45**
*sautéed with fresh, roasted & black garlic, cucumber cubes, onions
served in crispy potato birds' nest*

SZECHUAN KING PRAWN (10pcs) **45**
sautéed with snow peas, broccoli, mild Szechuan chilli sauce

SPICY SALT PRAWN (10pcs) **45**
wok fried then pan tossed with spicy salt, five spices, fresh chilli

HONEY GLAZED PRAWN (8pcs) **40**
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 **40**

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) **32**
wok fried then pan tossed with spicy salt, five spices, fresh chilli

DUCK (*Luv a Duck ~ Victoria*)

ROAST DUCK ~ a Cantonese classic **40**
deboned, served with plum sauce, steamed vegetable garnish

DUCK SNOW PEAS (g) **40**
sautéed strips of duck fillet, snow peas, asparagus, carrot, mushroom, vegetarian oyster sauce

SZECHUAN DUCK (g) **40**
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 **30**
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 **30**
deboned oven roasted chicken fillets with shredded ginger, shallots, fresh chilli, dressed in supreme soya

CASHEW CHICKEN (g) **28**
sautéed fillets with celery, carrot, baby corn, onion, shiitake, cashew nuts, vegetarian oyster sauce

KUNG PO CHILLI CHICKEN **28**
deboned fillets sautéed with celery, onion, carrot, salted peanuts, two kind of capsicums, Szechuan style chilli sauce

SZECHUAN CHICKEN **28**
sautéed chicken, snow peas, broccoli, garlic Szechuan chilli sauce

LEMON CHICKEN **28**
deep fried breast fillets with lemon sauce

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

BLACK ANGUS CANTONESE (300grams) (g) **40**
wok seared tender eye fillets gently cooked in oyster sauce, served on a bed of fresh broccoli

ANGUS BLACK PEPPER (300grams) **40**
wok seared eye fillets, onions, mushroom, green beans, mildly spice black pepper sauce

RAINBOW BLACK ANGUS (300grams) **40**
sautéed strips of eye fillets with bamboo shoots, celery, carrot, shiitake, red & green capsicums in Peking sauce

BEEF CHINESE VEGETABLE **30**
sautéed beef fillets, fresh mushrooms, Chinese seasonal vegetables, garlic, oyster sauce

SHANGHAI BEEF **30**
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) **95**
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) **95**
wok seared sirloin, snow peas, asparagus, side of honey soya wasabi sauce, cooked medium rare

(g) – available in gluten free option

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LAMB (*Wild Clover Lamb ~ Tasmania*)

BABY LAMB CUTLETS (4pcs) **38**
pan tossed with spicy salt, lemongrass & rose wine, sauteed baby spinach

MONGOLIAN LAMB **36**
sautéed lamb fillets, onions, leek, spring onion, green beans, mildly spice mongolian sauce

PORK

PORK PLUM SAUCE **28**
deep fried crispy pork strips, onion, leek, plum sauce

SWEET & SOUR PORK **28**
deep fried pork tenderloin, red & green capsicums, fresh pineapple

HONEY PEPPER PORK CHOPS **28**
fried tender pork chops, onions, shallots, leek, mushroom, honey black pepper sauce

OMELETTE

PRAWN OMELETTE **38**
pan fried eggs with carrot, onion, mushroom, bean sprout, baby corn, topped with oyster sauce

COMBINATION OMELETTE **32**
pan fried eggs with chicken, shrimp, barbecued pork, carrot, onion, mushroom, bean sprout, baby corn, topped with oyster sauce

PRAWN VELVET EGGS **45**
sauteed prawns, velvet scrambled egg, spring onion, truffle mushroom pate

VEGETARIAN SELECTION

ENTRÉE

VEGETARIAN SPRING ROLL (4pcs) <i>mushroom, cabbage, black fungus, carrot, bamboo</i>	16
VEGETARIAN DUMPLING (4pcs) <i>bamboo, water chestnut, black fungus, mushroom, coriander, cabbage</i>	16
VEGETARIAN WONTON SOUP <i>diced vegetables with Chinese ravioli in vegetarian broth</i>	10
VEGETABLE ‘SANG CHOY BAO’ (2pcs) (g) <i>diced mixed vegetables stir fried with vegetarian oyster sauce served in fresh iceberg lettuce leaves</i>	18

MAIN

TRUFFLE MUSHROOMS (g) <i>stir fried fresh Huon Valley enoki, shiitake, shimeji mushrooms, tossed with black truffle sauce on a bed of fresh spinach</i>	32
CRISPY EGGPLANT <i>crispy fried eggplant strips, spicy salt, mushrooms, spring onions, fresh chilli</i>	24
VEGETARIAN MA POH TOFU (g) <i>sautéed bean curd cubes, bamboo, black fungus, asparagus, Szechuan chilli</i>	24
MONK’S DELIGHT (g) <i>fried bean curd and shiitake braised with vegetarian oyster sauce on a bed of fresh broccoli</i>	24
SNAKE BEANS <i>wok fried, tomato, chilli, sun dried cabbage</i>	22
SEASONAL MIXED VEGETABLES (g) <i>stir fried asparagus, broccoli, snow pea, shitake, garlic sauce</i>	22
GAI LARN (Chinese broccoli) or BOK CHOY (g) <i>steamed with vegetarian oyster sauce or wok tossed with ginger garlic purée</i>	22
VEGETARIAN SINGAPORE NOODLES (spicy) (g) <i>green peppers, silky bean curd, bean sprout, fragrant curry spiced, wok tossed with rice vermicelli noodles</i>	24
VEGETARIAN FRIED RICE (g) <i>finely diced mixed vegetables with fried rice</i>	small 14-large 18

NOODLES

SEAFOOD CHOW MEIN **40**
sautéed prawn, scallop, fish fillets, squid with seasonal vegetables & seafood broth sauce

COMBINATION CHOW MEIN **30**
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*

LO MEIN **24**
braised handmade egg noodles, barbecued pork, shiitake, ginger & shallots, ormer reduction

BRAISED E-FU NOODLES **28**
Tasmanian trio mushrooms, braised with handmade e-fu egg noodles

RICE

DELUXE FRIED RICE (g) *small* **14**-*large* **18**
prawns, chicken, beef, barbecued pork & shallots

BUCK BOW FARN (g) **30**
*stir fried in oyster sauce & topped with steamed rice
prawns, beef, chicken, barbecued pork, seasonal vegetables*

STEAMED RICE *per person* **5**
long grain

*Thank you for paying the compliment of reading our menu
Please enjoy the cuisine you have selected
If we can be of further assistance, it be would be our pleasure*

One bill per table will be appreciated

BYO Cakes are charged at \$2.50 per person

*Restaurant bookings with 12 persons or more are required to select a banquet
or pre-ordered menu prior to arrival*

Dining room minimum spend \$25 per person

Gratuities are not inclusive in bill

Thank you for your patronage