



菜单

THE IMPORTANCE OF FOOD IN CHINESE SOCIETY

In Chinese society, food plays a crucial role for every occasion and people usually treat others with meals in order to make new friends or enhance established relationships and every celebration and occasion takes place around good food.

Chinese cuisine is an important part of Chinese culture, which includes cuisine originating from the diverse regions of China, as well as from Chinese people in various parts of the world. Because of the Chinese diaspora, Chinese cuisine has influenced many other cuisines in Asia, with modifications made to cater to local palates.

The preference for seasoning and cooking techniques of Chinese provinces depend on differences in historical backgrounds and ethnic groups. Geographic features including mountains, rivers, forests and deserts also have a strong effect on the locally available ingredients, considering climate of China varies from tropical in the south to subarctic in the northeast. Imperial, royal and noble preference also plays a role in the change of Chinese cuisines. Because of imperial expansion and trading, ingredients and cooking techniques from other cultures are integrated into Chinese cuisines over time.

BAO XUAN FLAVOURS OF CHINA AT SOALTEE CROWNE PLAZA

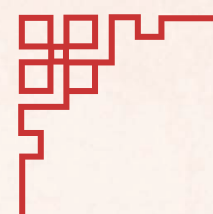
At Soaltee Crowne Plaza we are delighted to introduce Bao Xuan, Flavours of China, our Chinese restaurant that is a treasure trove of authentic traditional recipes and delightful dishes from three of the most popular culinary regions of China - Canton, Hunan and Sichuan.

At Bao Xuan we have selected dishes on our menu that are renowned and relished from each of these cuisines to ensure a perfect blend of flavours and variety to suit every palate.

For the first time in Nepal, patrons can enjoy an authentic experience and taste the best of China as it is enjoyed in the regions they hail from in a five star hotel setting at Soaltee Crowne Plaza. Served in typical stone bowls and platters, the food is served in an ambience that offers a traditional experience of fine dining in China.

At Bao Xuan the greatest attention is placed on authenticity with our experienced chefs using only the very best ingredients imported from China to ensure you treasure this experience of authentic Chinese cuisine.

With a menu that has been carefully created to offer the best celebrated dishes from these three Chinese regional cuisines, we have balanced the items to offer a perfect selection for every palate as well as for both vegetarians and non-vegetarians.



APPETIZER

Non-Vegetarian

Donggu Soya Flavored King Prawn (Chef's Signature Dish) 1850
Special traditional aged sauce marinated fried king prawns tossed with bell pepper and seasoning

Salt and Pepper Fish 1150
Crispy fried fish tossed in crushed chilli, pepper, garlic and green onion

Seasoned Crisp Squid 1375
Crispy garlic and green onion wok tossed squid rings

Nanjing Five Spiced Duck (Chef's Signature Dish) 2350
Pot roasted sliced duck tossed in garlic and home made five-spiced aromatic seasoning

Hakka Chicken 1050
Soft fried chicken tossed in garlic, ginger, green chilli and cooking sherry

Sichuan Style Fried Chicken 1050
Crispy fried chicken cubes tossed with dry chilli, Sichuan pepper, and sesame seeds

Steamed Chicken Mala Sesame Salad 1000
Thin strips steamed chicken marinated with old style mala sauce, sesame oil and preserved chilli bean sauce

Vegetarian

Sichuan Crunchy Fresh Mushroom (Chef's Signature Dish) 1050
Diced cut fresh button mushroom tossed with ginger, garlic, green onion and Sichuan seasoning

Shredded Crispy Potato 950
Shredded crispy potato tossed with garlic, dry red chilli and fresh coriander

Corn Cream 1000
Crispy sweet corn starch cake served with sweet chilli sauce

Crispy Vegetable with Sichuan Pepper Corn 950
Bean curd, baby corn and button mushroom tossed with red chilli, whole cashew, peanuts and spring onions





DIM SUM

Non-Vegetarian

Crystal Prawns Dim Sum *(Chef's Signature Dish)* 1050

Seasoned minced prawns wrapped in potato and wheat starch dough

Mixed Seafood Sui Mai with Flying Fish Roe *(Chef's Signature Dish)* 1275

Marinated mix seafood wrapped in fresh dough sheets and steamed to perfection

Soya Chilli Steamed Chicken Wonton 950

Seasoned minced chicken wrapped and tossed with soya chilli garlic

Chicken Garlic Chives Steamed Dumpling 1000

Traditional Chinese seasoning marinated minced chicken, garlic and chives wrapped in homemade dough sheets

Steamed Chicken Sui Mai 950

Fine chopped chicken wrapped in homemade sheets

Vegetarian

Cantonese Style Mixed Mushroom Dim Sum *(Chef's Signature Dish)* 1000

Shiitake mushroom, fresh button mushroom, wild fungus, green onion tossed with soya, garlic & sesame sauce

Asian Greens Crystal Vegetable Dim Sum 900

Pok choy, fresh spinach choy sum, Chinese cabbage tossed in Sichuan oil and stuffed in crystal dough

Peking Vegetable Spring Rolls 950

Assorted vegetables, bamboo shoot, mushrooms, onion and bell peppers wrapped in homemade pastry sheet

Steamed Crystal Vegetable Dim Sum 900

Pok Choy French beans and baby corn tossed with soya sauce and wrapped in crystal starch dough

Cantonese Steamed Dim Sum 995

Water chestnut sweet corn chopped and tossed garlic with soya sauce, spices and wrapped in crystal dough sheet



SOUP

Egg and Prawn Roast Garlic Soup 800
Chopped prawns garlic and egg drop soup

Fish Dumpling Soup *(Chef's Signature Dish)* 850
Seasoned minced fish dumpling soup with pok choy, green onion, and glass noodles

Creamy Sweet Corn 700/750/800
(Vegetable/ Chicken/ Crabmeat)
Creamy corn soup with seasonal vegetables / chicken or crabmeat

Wonton Soup *(Vegetable/ Chicken)* 700/750
Cantonese traditional soup with wonton and seasoning

Bamboo Shoot Hot & Sour Soup 700/750
(Vegetable/Chicken)
Traditional hot and sour soup with bamboo shoot, mushroom, tofu and egg drops

Tofu Spinach Soup *(Chef's Signature Dish)* 700
Garlic flavored silken tofu, spinach and fresh green chilli thicken soup

Pepper Lemon Coriander Soup 700
Tofu, carrot, shiitake mushroom, bamboo shoots, black pepper and lemon coriander soup

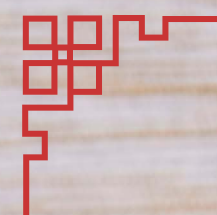




MAIN COURSE

Non-Vegetarian

- Ginger Scallion Double Steamed Tiger Prawns** *(Chef's Signature Dish)* 2050
Spicy chilli mala sauce marinated with king prawns & served with seasoned glass noodle
- Deep Fried Prawns with Lantern Chilli** 1650
Prawns, mushrooms and bamboo shoots with lantern chilli sauce
- Sweet & Sour Crisp (Chicken /Prawn)** 1150/1550
Fried chicken/ prawn combined with cucumber, pineapple, bell pepper and simmered with mild sweet sauce
- Tilapia Chilli Black Bean Sauce** 1550
Fried fish with onion, bell pepper, ginger, garlic, black bean and soya sauce
- Traditional Steamed Fish** 1550
Steamed soft fish with fragrant black bean chilli sauce
- Crispy Aromatic Duck** *(Chef's Signature Dish)* 2500
Aromatic herbs roasted duck served with Chinese pancake and hoisin sauce
- Stir-Fry Burnt Chilli Chicken** 1200
A combination of stir-fried chicken with Sichuan vegetables, and chilli pepper sauce
- Oyster Garlic Clay Pot Chicken** 1150
Mild and flavorful chicken prepared with combination of exotic vegetables and sauces
- Shallow Fried Chicken Kung Pao Sauce** 1200
Shallow fried chicken tossed with garlic ginger, Chinese vinegar, soya sauce, cashew, peanuts and scallion
- Chicken with Fermented Black Bean Sauce** 1150
Diced chicken with mushroom, water chestnut, green onion and black bean sauce
- Local Lamb Ribs** *(Chef's Signature Dish)* 1950
Pan-fried lamb ribs cooked with special mala sauce and served with steamed jasmine rice
- Black Pepper Pot Roasted Pork Ribs** 1350
Slow pot roasted pork ribs with aniseed, garlic and glazed with black pepper sauce
- Home Style Wok Fried Sliced Pork** 1275
Thin sliced pork with bell peppers, garlic, chives and whole beans
- Sichuan Roasted Pork Belly** 1450
Roasted pork with bell pepper and homemade chilli bean sauce



Vegetarian

- Stir Fried Asian Vegetable Cashew nuts** *(Chef's Signature Dish)* 1150
Baby corn, button mushrooms, carrots, bell peppers & broccoli tossed in garlic
- Eggplant Chilli Bean Sauce** 950
Fried aubergene, tofu and oyster mushroom in spicy chilli bean sauce
- Braised Fresh Farm Tofu Black Fungus Sichuan Style** 1150
Fried tofu, black mushrooms, bamboo shoots and bell pepper in soya chilli sauce
- Freshly Matured Cottage Cheese Green Coriander Sauce** 1150
Soft fried cottage cheese, simmered with fresh coriander, celery, green chilli and light soya
- Sauteed Garden Fresh Chinese Cabbage Hong Kong Style** 1050
Chinese cabbage tossed in Sichuan peppercorn
- Stir Fried Exotic Vegetable Black Pepper Sauce** 1050
Exotic vegetables tossed in butter garlic, black pepper and soya sauce
- Triple Mushroom Guilin Chilli Sauce** *(Chef's Signature Dish)* 1250
Shiitake mushrooms, button mushroom & black fungus tossed with special chilli sauce
- Preserved Sichuan Chinese Vegetables Glazed Green Beans** 1050
Wok fried green beans with Sichuan preserved vegetables
- Traditional Assorted Asian Greens** 1050
Seasonal Asian greens - broccoli, pok choy, choy sum and green zucchini tossed with garlic and soya
- Traditional Sichuan Mala Flavor Sliced Potato** 1000
Fried slice potato tossed in onion, ginger, garlic, celery and mala sauce served in hot stone bowl
- Clay Pot Seasonal Vegetable** 1100
Seasonal vegetables with Sichuan pickle chilli





SIDE DISHES RICE & NOODLES

Rice

**Fukien Fried Rice (Veg/ Chicken/
Sea food) (Chef's Signature Dish)** 880/950/1100

Wok fried jasmine rice with eggs, carrots, mushrooms
& green onion with choice of vegetables, seafood or chicken

Changi Style Rice Vermicelli 975

Singaporean wok fried noodles combined with bell
peppers, mushrooms and bean sprouts

Sauteed Vegetable Fried Rice 875

Sichuan chilli oil fried rice with green onions, sweet
corn and green peas

Chicken Fried Rice with Crispy Garlic 875

Jasmine rice tossed with chicken, egg and crispy garlic

Lettuce Eggs and Corn Fried Rice 875

Jasmine rice tossed with egg, lettuce, spring
onion and whole corn

Steamed Rice 800

Noodles

**Oriental Double Cooked Noodles (Veg/ Chicken/
Seafood) (Chef's Signature Dish)** 900/1000/1100

Northern Chinese wok fried noodles with combination of
mushroom, green vegetables & bell pepper

Stir Fried Noodles (Vegetable/ Chicken/ Seafood) 875/950/1100

Traditional Chinese noodles with bean sprouts, bell
peppers, Chinese cabbage and fresh mushrooms

**Mainland Provencal Noodles (Veg/ Chicken/
Sea food)** 875/895/1100


Steamed homemade noodle stir-fried with bell
peppers, mushrooms, ginger and garlic.

Soft Chicken and Egg Noodles 895

Noodles fried with chicken, egg, bell peppers and bean sprouts

Wok Tossed Noodles with Chilli Garlic 975

Traditional Chinese noodles with bean sprout, bell
pepper, Chinese cabbage, black mushroom, and chilli garlic



DESSERTS

Melting Chocolate Spring Roll (Chef's Signature Dish) 850

Chocolate and nuts filled spring rolls with sherry smoked pineapple
and vanilla ice cream

Dates Pancake with Berry Syrup 795

Dates, nuts and prunes wrapped with pancake and served with
choice of ice cream


Seasonal Fresh Fruit with Choice of Ice Cream 750

Darsaan Noodles 795

Fresh crisp fried wonton sheets tossed in honey and sesame
seed served with vanilla ice cream

Banana Pancake (Chef's Signature Dish) 850

Ripped and soft banana in homemade wrap, deep fried and
served with ice cream and sauce





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CROWNE PLAZA®**

AN IHG® HOTEL
KATHMANDU