

TOFU DISHES (BEANCURD)

(SUITABLE FOR VEGETARIANS)

94 To Fu with Peppers in Black Bean Sauce.....	£5.35
95 To Fu in Szechuan Sauce.....	£5.35
96 To Fu with Seasonal Vegetables.....	£5.35
97 Satay To Fu.....	£5.35
98 Kung Po To Fu.....	£5.35
99 To Fu Chinese Curry.....	£5.35
100 To Fu Thai Red/Green Curry.....	£5.55

RENDANG DISHES

A MALAYSIAN CURRY CONSISTING OF CHILLIES, LEMONGRASS, GINGER, GARLIC & CREAMED COCONUT (MEDIUM HOT)

101 Rendang King Prawns.....	£7.40
102 Rendang Squid.....	£7.75
103 Rendang Beef.....	£6.50
104 Rendang Chicken.....	£6.50
105 Rendang Pork.....	£6.50
106 Rendang Chef's Special.....	£7.35
<i>(King Prawns, Beef & Chicken)</i>	
107 Rendang To Fu.....	£5.95

SAMBAL DISHES

A MALAYSIAN CHILLI SAUCE WITH ANCHOVIES, GARLIC & ONION (HOT)

108 Sambal King Prawns.....	£7.40
109 Sambal Squid.....	£7.75
110 Sambal Beef.....	£6.50
111 Sambal Chicken.....	£6.50
112 Sambal Pork.....	£6.50
113 Sambal Lamb.....	£6.95
114 Sambal Chef's Special.....	£7.35
<i>(King Prawns, Beef & Chicken)</i>	
115 Sambal Tofu (Contains Fish).....	£5.95

HO-FUN DISHES

RICE-STICK NOODLES. ALL HO-FUN DISHES CAN BE COOKED SPICY UPON REQUEST.

116 Stir Fried Ho-Fun with King Prawns.....	£6.75
117 Stir Fried Ho-Fun with Chicken.....	£6.20
118 Stir Fried Ho-Fun with Beef.....	£6.20
119 Stir Fried Ho-Fun with Roast Duck.....	£6.80
120 Stir Fried Ho-Fun Chef's Special.....	£7.30
<i>(King Prawns, Beef & Chicken)</i>	
121 Stir Fried Ho-Fun Vegetarian.....	£5.65

FRIED RICE

122 King Prawns Fried Rice.....	£6.30
123 Prawns Fried Rice.....	£5.80
124 Beef Fried Rice.....	£5.45
125 Chicken Fried Rice.....	£5.45
126 Vegetarian Fried Rice.....	£5.45
127 Singapore Fried Rice (Hot & Spicy).....	£5.45
128 Chef's Special Fried Rice.....	£5.95
129 Roast Duck Fried Rice.....	£7.95
130 Yung Chow Fried Rice.....	£5.65



CHOW MEIN DISHES (NOODLES)

131 King Prawns Chow Mein.....	£6.30
132 Prawn Chow Mein.....	£5.80
133 Beef Chow Mein.....	£5.45
134 Chicken Chow Mein.....	£5.45
135 Pork Chow Mein.....	£5.45
136 Vegetarian Chow Mein.....	£5.45
137 Singapore Chow Mein (Hot & Spicy).....	£5.50
138 Chef's Special Chow Mein.....	£5.95
139 Yung Chow Chow Mein.....	£5.85

DESSERTS

140 a) Apple/ b) Banana/ c) Pineapple Fritter with Syrup.....	£2.60
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SIDE DISHES

C Chips.....	£2.30
FR Egg Fried Rice.....	£2.40
BR Boiled Rice.....	£2.30
FN Fried Soft Noodles.....	£2.95
MU Mushrooms.....	£2.95
BS Beansprouts.....	£2.95
B Broccoli.....	£2.95
BSW Bamboo Shoots and Water Chestnuts.....	£2.95
BSM Baby Sweet Corn and Straw Mushrooms.....	£2.95
V Mixed Vegetables.....	£3.50

SAUCES

SS Sweet & Sour Sauce.....	£1.65
BQ Barbecue Sauce.....	£1.65
CS Curry Sauce.....	£1.65
ST Satay Sauce.....	£1.85
MS Mango Sauce.....	£1.85
LS Lemon Sauce.....	£1.85
PS Plum Sauce.....	£1.85

SOFT DRINKS

Can--Coke, Diet Coke, Tango or Rio.....	£0.80
1.5L Bottle--Coke, Diet coke or Lemonade.....	£2.60



CHEF'S SPECIAL SET MENUS

Dinner A..... £11.00 per person

- Prawn Crackers
- Pork with Seasonal Vegetables
- Crispy Shredded Chilli Beef
- Chicken with Green Peppers in Black Bean Sauce
- Yung Chow Fried Rice
(minimum two persons)

Dinner B..... £12.50 per person

- Prawn Crackers
- Pancake Rolls
- Pork in Peking Sauce
- Beef with Green Peppers in Black Bean Sauce
- Chicken with Cashew Nuts
- Yung Chow Fried Rice
(minimum two persons)

Dinner C..... £13.50 per person

- Prawn Crackers
- Spare Ribs
- Chicken Satay
- Crispy Shredded Chilli Beef
- King Prawns in Szechuan Sauce
- Singapore Fried Rice
(minimum two persons)

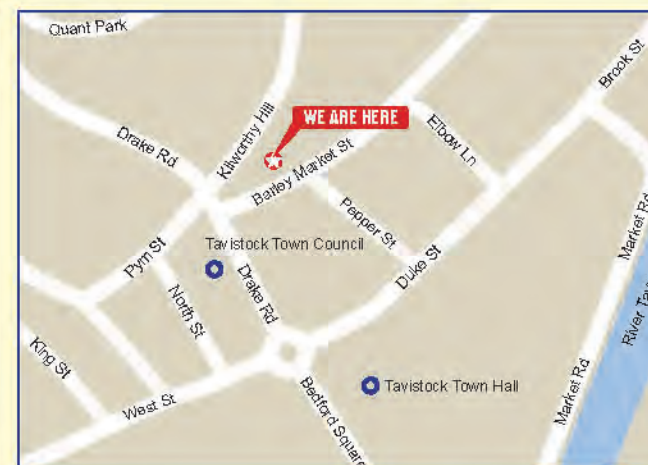
VEGETARIAN SET MENUS (V)

Vegetarian Dinner A..... £11.00 per person

- Vegetable Pancake Rolls
- Samosas & Seaweed
- Vegetable Egg Foo Yung
- Vegetables in Sweet & Sour Sauce
- To Fu with Seasonal Vegetables
- Beansprouts and Spring Onions Fried Rice
(minimum two persons)

Vegetarian Dinner B..... £11.00 per person

- Vegetable Mini Pancake Rolls
- Samosas & Seaweed
- Vegetables in Black Bean Sauce
- To Fu in Satay Sauce
- Vegetarian Singapore Chow Mein
- Beansprouts and Spring Onions Fried Rice
(minimum two persons)



BIRD'S NEST

CHINESE RESTAURANT AND TAKE AWAY



www.birdsneztavistock.co.uk

Tel: 01822 610611

4 BARLEY MARKET STREET
TAVISTOCK, DEVON, PL19 0JF



ALLERGY NOTICE Some of our dishes contain CELERY, CEREALS CONTAINING GLUTEN, CRUSTACEANS, EGG, FISH, LUPIN, MILK, MOLLUSCS, MUSTARD, NUTS, PEANUTS, SESAME SEEDS, SOYA, SULPHUR DIOXIDE which some people may have a reaction to. Please inform our staff before ordering if you suffer from any food allergies. We will do our best to advise you.

Free Prawn Crackers with Orders Over £20.00

**Restaurant reservations
and Take-away orders welcome
by telephone**

BUSINESS HOURS DAILY

SUNDAY - THURSDAY

5:00pm - 10:30pm

FRIDAY & SATURDAY

5:00pm - 11:00pm

OPEN ALL BANK HOLIDAYS

CLOSED TUESDAYS



Birds Nest Tavistock

May 2014



- 1 House Special with Rice £5.80
15p extra for Fried Rice
- 2 House Special with Noodles £5.80

APPETISERS

- A1 Mixed Hors D'oeuvres.. £4.50 per person
(Min. Two persons)
- A2 Ribs with Salt & Pepper *(Dry)* £6.35
- A3 Barbecue Spare Ribs in Sauce..... £6.35
- A4 Honey & Garlic Spare Ribs..... £6.35
- A5 Crispy Won Ton..... £4.95
- A6 Pancake Rolls *(3)*..... £2.40
- A7 Prawn Crackers..... £1.95
- A8 Seaweed £3.25
- A9 Satay Chicken on Skewers *(4)*..... £5.85
- A10 Sesame Prawns on Toast..... £2.95
- A11 Vegetable Mini Pancake Rolls *(10)*.. £2.95
- A12 Spicy Veg Samosas *(4)*..... £2.40
- A13 Salt and Pepper Mushroom..... £3.65
- A14 Crispy Aromatic Duck Served with Pancakes
(Q) Quarter..... £8.95
(H) Half..... £16.95
(E)Extra Pancakes *(pack of 6)* £1.25

SOUPS

- S1 Won Ton Soup..... £3.75
- S2 Crabmeat and Sweet Corn Soup ... £3.75
- S3 Chicken and Sweet Corn Soup..... £2.95
- S4 Hot and Sour Soup..... £2.75
- S5 Chicken & Mushroom Soup £2.95
- S6 Thai Tom Yum Prawn Soup..... £3.55

KING PRAWN DISHES

- 3 King Prawns with Mushrooms..... £6.30
- 4 King Prawns in Peking Sauce..... £6.30
- 5 King Prawns with Cashew Nuts £6.45
- 6 King Prawns with Seasonal Vegetables £6.30
- 7 King Prawns with Baby Sweet Corn and Straw Mushrooms £6.30
- 8 King Prawns in Szechuan Sauce... £6.30
- 9 King Prawns in Satay Sauce..... £6.30
- 10 King Prawns with Green Peppers in Black Bean Sauce £6.30
- 11 King Prawns with Ginger and Spring Onions £6.30



CHICKEN DISHES

- 12 Chicken with Mushrooms £5.25
- 13 Chicken with Pineapple..... £5.25
- 14 Chicken with Cashew Nuts £5.45
- 15 Lemon Chicken £5.95
- 16 Mango Chicken £5.95
- 17 Chicken with Plum Sauce £5.95
- 18 Chicken in Peking Sauce..... £5.45
- 19 Chicken with Seasonal Vegetables £5.40
- 20 Chicken Satay..... £5.40
- 21 Chicken with Green Peppers in Black Bean Sauce..... £5.40
- 22 Chicken with Ginger and Spring Onions £5.45
- 23 Chicken in Szechuan Sauce £5.45
- 24 Crispy Shredded Chilli Chicken..... £5.45

BEEF DISHES

- 25 Fillet of Beef Steak with Black Pepper Sauce..... £8.45
- 26 Szechuan Fillet of Beef Steak..... £8.45
- 27 Beef in Peking Sauce..... £5.45
- 28 Crispy Shredded Chilli Beef £5.45
- 29 Beef in Tomatoes £5.45
- 30 Beef with Seasonal Vegetables..... £5.45
- 31 Beef Satay..... £5.45
- 32 Beef with Green Peppers in Black Bean Sauce..... £5.45
- 33 Beef with Ginger and Spring Onions£5.45

PORK DISHES

- 34 Pork with Bamboo Shoots and Water Chestnuts £5.40
- 35 Pork with Seasonal Vegetables..... £5.40
- 36 Pork Satay..... £5.40
- 37 Pork with Green Peppers in Black Bean Sauce..... £5.40
- 38 Pork with Ginger and Spring Onions£5.40
- 39 Pork with Cashew Nuts £5.60



DUCK DISHES

- 40 Duck with Mushrooms..... £6.60
- 41 Duck with Peppers in Black Bean Sauce..... £6.60
- 42 Duck with Pineapple..... £6.60
- 43 Duck with Cashew Nuts £6.60
- 45 Duck with Ginger and Spring Onions £6.60
- 46 Duck in Peking Sauce £6.60
- 47 Roast Duck *(Breast)* Cantonese Style £7.95
- 48 Crispy Duck with Plum Sauce..... £6.95
- 49 Crispy Duck With Soy Sauce £6.95

LAMB DISHES

- 50 Lamb in Peking Sauce £5.95
- 51 Lamb Satay £5.95
- 52 Lamb with Green Peppers in Black Bean Sauce..... £5.95
- 53 Lamb with Ginger and Spring Onions £5.95

FOO YUNG (CHINESE OMELET)

- 54 House Special Foo Yung..... £6.50
- 55 King Prawn Foo Yung £6.95
- 56 Chicken Foo Yung..... £5.50
- 57 Mushroom Foo Yung..... £5.20

CHOP SUEY DISHES (MIXED VEGETABLES)

- 58 King Prawns Chop Suey £6.30
- 59 Prawns Chop Suey £5.75
- 60 Beef Chop Suey..... £5.25
- 61 Chicken Chop Suey £5.25
- 62 Pork Chop Suey..... £5.25
- 63 Chef's Special Chop Suey £5.80

SWEET & SOUR DISHES

- 64 Sweet & Sour King Prawns
a) Balls *(In Batter)* £6.55
b) Cantonese Style..... £6.75
- 65 Sweet & Sour Chicken
a) Balls *(In Batter)* £5.25
b) Cantonese Style..... £5.45
- 66 Sweet & Sour Pork
a) Balls *(In Batter)* £5.25
b) Cantonese Style..... £5.45



CURRIES

- 67 King Prawns Curry £6.30
- 68 Prawns Curry £5.80
- 69 Lamb Curry £5.60
- 70 Beef Curry £5.25
- 71 Chicken Curry £5.25
- 72 Pork Curry £5.25
- 73 Mixed Vegetables Curry £5.10
- 74 Chef's Special Curry £5.85
(King Prawns, Beef & Chicken)

THAI RED/GREEN CURRY DISHES

- | | Red | Green |
|-------------------------------------|-------|-------|
| 75 King Prawn Thai Curry | £6.45 | £6.45 |
| 76 Chicken Thai Curry..... | £5.45 | £5.45 |
| 77 Beef Thai Curry £5.45 | £5.45 | £5.45 |
| 78 Lamb Thai Curry..... | £5.85 | £5.85 |
| 79 Chef's Special Thai Curry. £5.95 | £5.95 | £5.95 |
- (King Prawns, Beef & Chicken)*

SZECHUAN PEPPERCORN & CHILLI SALT DISHES

- 80 Chicken in Peppercorn Chilli Salt... £5.45
- 81 King Prawn in Peppercorn Chilli Salt..... £6.30
- 82 Squid in Peppercorn Chilli Salt..... £7.20

VEGETARIAN DISHES

- 83 Vegetarian Chop Suey £5.25
- 84 Mixed Vegetables in Black Bean Sauce..... £5.25
- 85 Satay Mixed Vegetables..... £5.25
- 86 Vegetarian Singapore Chow Mein.. £5.25
- 87 Vegetarian Singapore Fried Rice... £5.25

KUNG PO DISHES

- 88 Kung Po King Prawns £6.30
- 89 Kung Po Squids £7.20
- 90 Kung Po Beef..... £5.45
- 91 Kung Po Chicken £5.45
- 92 Kung Po Lamb £5.95
- 93 Kung Po Chef's Special £5.95
(King Prawns, Beef & Chicken)

