

## STARTERS

1	HOT & SOUR SOUP	£3.90
1a	WON TON SOUP	£4.00
2	CRAB MEAT & SWEETCORN SOUP	£4.10
3	CHICKEN & SWEETCORN SOUP	£3.60
4	CHICKEN & MUSHROOM SOUP	£3.60
5	SESAME KING PRAWN ON TOAST	£4.10
6	YUK SUNG	£4.30
	A miraculous mixture of finely chopped pork, fried with crunchy vegetables, served on cool iceberg lettuce, decorated with crispy noodles.	
7	SPARE RIBS	SMALL £5.50    LARGE £7.00
	Roasted to perfection and served with a choice of barbecued sauce, Peking sauce (fruity sweet) or stir fried with chilli & peppers.	
8	CRISPY WON TONS	£4.20
	Minced savoury pork deep fried in crispy pancake wrappers served with a sweet and sour dip.	
8a	SEAWEED	£3.70
8b	CHICKEN VEGETABLE DUMPLING	£6.00
9	CANTONESE PANCAKE ROLL	£3.20
	Crispy finger sized meaty rolls served with a sweet & sour dip.	
9a	SEAWEED SEAFOOD ROLLS	£4.20
10	STUFFED MUSHROOMS	£3.70
	Stuffed with minced prawns, deep fried in a crisp light batter and served with a sweet and sour dip.	
11	SPRING ROLL	£3.20
	Char sui pork, shrimps and beansprouts.	
12	CHICKEN SKEWERED OR	£4.70
13	KING PRAWNS SKEWERED	£5.00
	Skewered meat pieces served with a spicy peanut sauce.	
14	APPETISER COMBINATION	£4.50
	Spare rib, won ton, sesame toast and Cantonese roll. Served with a sweet and sour sauce.	
15	WAFER WRAPPED PRAWNS	£5.30
16	BUTTERFLY KING PRAWNS	£5.30
	King prawns in batter.	
17	JUMBO KING PRAWNS	£6.70
	Large whole prawns served with a choice of satay sauce, Peking sauce or hot and spicy.	
18	CHICKEN WINGS	£5.80
	Marinated chicken wings served with Peking sauce or hot and spicy.	
19	MUSSELS	£5.80
	A hint of garlic in a savoury black bean sauce	
20	CRISPY AROMATIC DUCK	(Quarter) £9.90 (Half) £18.00
	A highly recommended and most popular Cantonese starter. Marinated with a fine selection of oriental herbs and spices to create a unique flavour. Served with pancakes, a special blend of Hoi-Sin Sauce, spring onions and cucumber slices.	
21	CRISPY AROMATIC DUCK SALAD	£11.00
	Crispy salad and shredded crispy duck & sauce	

## KUNG PO

22a	KUNG PO KING PRAWNS <b>NEW</b>	£7.20
22b	KUNG PO BEEF <b>NEW</b>	£6.80
22c	KUNG PO CHICKEN <b>NEW</b>	£6.80
22d	KUNG PO PORK	£6.80
	Pork stir fried with cashew nuts, stripped vegetables in a chilli and fruity sauce.	

## CANTON

24	JIL YIM KING PRAWN OR CHICKEN	£7.20
	Delicious king prawns seasoned with onions, chillies and peppercorn salt.	
25	MINCED PRAWN CRISPY CHICKEN	£7.50
	OR DUCK	£8.50
	Crispy chicken fillet spread with minced prawns and sprinkled with sesame seeds on a seafood flavoured sauce.	

## CANTON continued

26	DUCK WITH PLUM SAUCE	£7.40
	Sliced crispy duck served with plum sauce	
27	LEMON HONEY CHICKEN	£6.80
	OR FISH	£7.00
	Fillet of chicken, lightly coated in thin batter and served with lemon sauce	
28	KING RED	£7.20
	Succulent king prawns, marinated in garlic and stir fried with vegetables and chilli in a garlic wine sauce.	
29	STIR FRIED THREE DELICIOUS	£6.60
	Slices of roast pork, chicken and duck stir fried with beansprouts and garlic.	
30	CRISPY SHREDDED BEEF (HOT)	£6.80
	Lightly coated in Cantonese fruity sauce with chillies.	
31	CHICKEN MACAO	£6.80
	A creamy and coconuttu style curry, ideal for curry lovers	
32	CHAR SUI PORK	£6.60
	Cantonese style honey sweet roast pork fried with onions and soya sauce.	
33a	KING PRAWNS, Creamy Sweet Chilli Sauce	£7.20
33b	BEEF, Creamy Sweet Chilli Sauce	£6.80
33c	CHICKEN, Creamy Sweet Chilli Sauce	£6.80
	Sweet chilli sauce stir fried with a sprinkle of cheddar cheese.	
34	KI BAN SPICY CHICKEN	£6.80
	Chicken fillet and chopped vegetables stir fried in a wonderful garlic, peppery hot sauce.	
35	CRISPY CHICKEN WITH PINEAPPLE	£6.80
36	CHI - LO DUCK	£7.20
	Roast duck slices served with sweet ginger and pineapple pieces.	
37	CHICKEN WITH BABY CORN & STRAW MUSHROOMS	£6.80
38	CRISPY CHICKEN with spicy Thai sauce	£6.80
38a	BBQ CHICKEN IN SPICY THAI SAUCE	£6.80
39	SWEET GINGER CHICKEN	£7.00
	Slices of chicken fillet lightly coated with crispy coating and simmered with sweet ginger and lemon sauce.	
40	HONG KONG CHICKEN	£6.80
	Lightly coated with sesames and fruity sauce with a hint of chilli.	
41	PAR PO DUCK	£7.20
	Fried duck with Char Sui pork and king prawns in a garlic wine sauce.	

## CANTONESE STEAK

*Tender & juicy sliced fillet steak marinated with rice wine and soya sauce.*

42	FILLET STEAK WITH FRUITY SAUCE	£9.00
43	FILLET STEAK WITH BLACK PEPPER	£9.00
44	FILLET STEAK WITH GREEN PEPPERS & BLACK BEAN SAUCE	£9.00
45	FILLET STEAK WITH WINE & CHILLI	£9.00
46	FILLET STEAK WITH GINGER & SPRING ONIONS	£9.00

## SPICY CHILLI PEPPER

*Lightly battered meaty pieces, cooked with fresh chilli & pepper.*

46a	KING PRAWNS	£7.20
46b	CHICKEN	£6.80
46c	PORK	£6.80
46d	FILLET OF FISH	£7.20
46e	SQUID	£7.20
46h	CHIPS	£4.00

## SEA FOOD

*Cooked to exact ingredients and timing to ensure the delicate, juicy flavours of this exquisite seafood is served to perfection.*

47	KING PRAWN & SCALLOPS WITH OYSTER SAUCE	£8.80
48	KING PRAWN & SCALLOPS WITH GINGER & SPRING ONIONS	£8.80
49	CHILLI SCALLOPS	£8.80
50	KING PRAWN & SCALLOPS WITH VEGETABLES	£8.80
51	HOT FRIED KING PRAWNS & SCALLOPS	£8.80
	Juicy scallops & king prawns slightly spicy & savoury with an aromatic sesame fragrance.	

## SZECHUAN

*Mixed vegetables stir fried in a piquant sweet and chilli sauce finished with a touch of garlic.*

52	KING PRAWN	£7.20
53	DUCK	£7.20
54	BEEF	£6.80
55	CHICKEN	£6.80
56	LAMB	£7.20

## SZE JIL

*Onions and green pepper in a savoury black bean sauce finished with a touch of wine and sesame oil.*

57	KING PRAWN & SCALLOPS	£8.80
58	KING PRAWNS	£7.20
59	BEEF	£6.80
60	CHICKEN	£6.80
61	LAMB	£7.20

## BROCCOLI

*Stir fried with oyster sauce. If you like broccoli for either its nutritional or medicinal claims, you will love his dish. Perfectly blanched broccoli, quick stir fried with the leanest meat of your choice. Accompany this meal with your favourite herbal tea, what a great way to start a healthy lifestyle.*

62	KING PRAWNS	£7.20
63	BEEF	£6.80
64	CHICKEN	£6.80

## SATAY

*Baby young corn, onions and peppers cooked in a peanutty tasty hot sauce.*

65	LAMB	£7.20
66	KING PRAWN	£7.20
67	BEEF	£6.80
68	CHICKEN	£6.80

## SATAY CHOW MEIN

*Thick noodles stir fried in tasty satay sauce.*

68a	LAMB	£7.20
68b	KING PRAWN	£7.20
68c	BEEF	£6.80
68d	CHICKEN	£6.80
68e	DUCK	£7.20

## GINGER & SPRING ONIONS

*Fresh stem ginger & spring onions combined to concoct a wonderfully classic Cantonese flavour.*

69	BEEF	£6.80
70	KING PRAWNS	£7.20
71	DUCK	£7.20
72	LAMB	£7.20
73	CHICKEN	£6.80
74	FILLET OF FISH	£7.00

## CASHEW NUTS & MIXED VEGETABLES

75	CHICKEN	£6.80
76	KING PRAWNS	£7.20
75a	BEEF	£6.80

## SWEET AND SOUR

*Cantonese style crisp corn flour coated meaty pieces cooked with pineapples, onions and green peppers.*

77	KING PRAWN	£7.20
78	PORK	£6.80
79	FILLET OF FISH	£7.00
80	CHICKEN	£6.80
	Also available in crispy ball style in chicken	

## CURRY

*Spanish onions, mushrooms and peas (Rice not included)*

81	MIXED MEAT	£6.80
82	KING PRAWNS	£6.80
83	ROAST DUCK	£6.80
84	SHRIMPS	£6.80
85	BEEF	£6.50
86	CHICKEN	£6.50
87	ROAST PORK	£6.50
87a	FAMOUS THAI GREEN CURRY	£7.00
87b	THAI RED CURRY	£7.00
	(Choice of: Chicken, Beef or King Prawns)	

## Extra Value Meals

### MUSHROOMS

*White mushrooms, onions with a hint of garlic, these meals come with a small boiled rice*

88	KING PRAWNS	£7.20
89	DUCK	£7.20
90	BEEF	£6.80
91	CHICKEN	£6.80

### CHOP SUEY *Mixed Vegetables*

92	MIXED MEAT	£7.00
93	BEEF	£6.80
94	CHICKEN	£6.80
95	KING PRAWNS	£7.20
96	LAMB	£7.20

### EGG FOO YUNG

97	SPECIAL	£7.00
98	KING PRAWNS	£7.20
99	SHRIMPS	£7.00
100	ROAST PORK	£6.80
101	CHICKEN	£6.80
102	MUSHROOM	£6.50

## RICE

103	CHEF SPECIAL FRIED	£7.00
	Chicken, pork, beef and prawns with vegetables in a garlic wine sauce. (Comes in two trays)	
103a	KI BAN SPICY SAUCE	£7.00
104	SHRIMP FRIED RICE	£7.00
105	KING PRAWN FRIED RICE	£7.20
106	CHICKEN FRIED RICE	£6.80
106a	PORK FRIED RICE	£6.80
106b	BEEF FRIED RICE	£6.80
107	PINEAPPLE FRIED RICE	£5.10
	Pineapple pieces and shrimps	
108	YOUNG CHOW FRIED RICE (Small)£5.00 (Large)£7.00	
	Shrimps and roast pork stir fried with rice.	
109	RAINBOW FRIED RICE	£5.10
	Finely diced vegetables fried with pork and shrimps	
110	BOILED RICE	£2.90
111	FRIED RICE	£3.20

### Healthier option meals are 50p extra on request

*These meals are cooked with less salt and no additives. Then the use of olive oil is drizzled over the freshly cooked meal to give its health benefit and flavour.*

*(Food should not be cooked with olive oil as it has a low tolerance to heat and burning your food will reduce its benefits)*

**All our meals are cooked with rapeseed oil.**

## CHOW MEIN (NOODLES)

112	CHEF SPECIAL CHOW MEIN	£7.00
	Chicken, pork, beef and prawns with vegetables in a garlic wine sauce.	
113	KING PRAWN CHOW MEIN	£7.20
114	CHICKEN CHOW MEIN	£6.80
115	PORK CHOW MEIN	£6.80
116	BEEF CHOW MEIN	£6.80
117	SINGAPORE NOODLES	£7.00
	Spicy hot rice noodles stir fried with shrimps and roast pork.	
117a	KI BAN SPICY NOODLE	£7.00

## VEGETARIAN

*Vegetarian meals prepared Cantonese style Healthy and delicious alternatives.*

### VEGETARIAN STARTERS

118	VEGETARIAN SOUP	£3.30
119	DEEP FRIED MUSHROOMS	£3.50
	(Deep fried in a crispy light batter served with a sweet and sour dip)	
120	VEGETARIAN PANCAKE ROLL (8)	£3.80
121	VEGETARIAN YUK SUNG	£3.80
122	VEGETARIAN SATAY SKEWERS	£4.30
123	SKEWERED BEAN CURD	£4.30
	(Diced bean curd deep fried, served with a sweet & sour dip or satay dip or stir fried, hot & spicy)	
123a	VEGETARIAN SEAWEED ROLLS	£4.10
123b	SPICY VEGETABLE SAMOSAS	£3.30

### MAIN

124	SZECHUAN HOT FRIED VEGETABLES	£5.90
125	SATAY VEGETABLES	£5.90
126	CURRY VEGETABLES	£5.90
127	MIXED VEGETABLES & CASHEW NUTS	£6.10
128	CHILLI BEAN CURD	£6.50
	(Fresh bean curd, mushrooms, chilli, diced, stir fried with ginger & garlic)	
129	BEAN CURD WITH GREEN PEPPER & BLACK BEAN SAUCE	£6.50
130	DEEP FRIED BEAN CURD with Vegetables	£6.50
131	VEGETARIAN FRIED RICE	£4.60
131a	VEGETARIAN SPICY NOODLES OR RICE	£6.70
131b	STIR FRIED BEAN CURD IN FRESH CHILLI & PEPPER	£6.50
131c	VEGETARIAN SATAY CHOW MEIN	£6.50
131d	MACAU CURRY VEGETABLES	£6.20
131e	THAI GREEN CURRY VEGETABLES	£6.10
131f	THAI RED CURRY VEGETABLES	£6.10
	<i>or why not try our</i>	

## MEAT FREE ALTERNATIVES

*Meat alternatives are made from a tasty blend of seasonings, cereal and vegetable protein.*

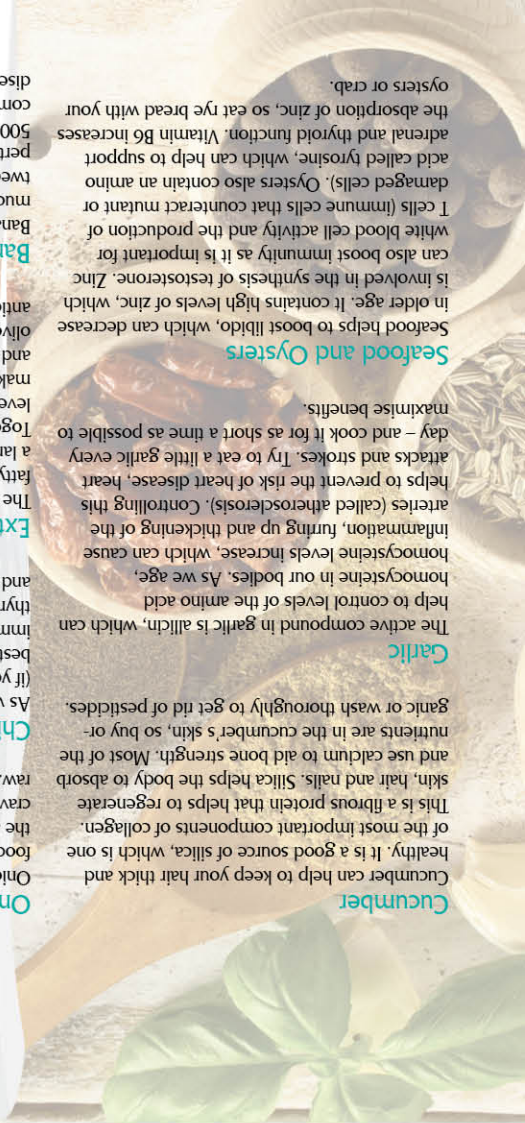
132	MEAT FREE LEMON CHICKEN	£7.00
133	MEAT FREE BEEF & BLACK BEAN SAUCE	£6.80
134	MEAT FREE BEEF & CHILLI BEAN SAUCE	£6.80
135	MEAT FREE MINCED PORK & SATAY SAUCE	£6.80
136	MEAT FREE MINCED PORK & MIXED VEGETABLES	£6.80
136a	CRISPY MEAT FREE CHICKEN IN SPICY THAI SAUCE	£7.00
136b	MEAT FREE CHICKEN, FRESH CHILLI & PEPPER	£7.00

## EXTRA PORTIONS

137	FRIED NOODLES	£4.30
138	CHIPS	SMALL £2.60    REGULAR £3.20
138a	CURRY RICE & CHIPS	£4.80
139	BAMBOO SHOOTS & WATER CHESTNUTS	£3.30
140	MUSHROOMS	£3.60
141	MIXED VEGETABLES	£4.50
142	BEANSPOUTS	£3.30
143	SWEET & SOUR SAUCE	£2.50
144	CURRY SAUCE	£2.50
145	PRAWN CRACKERS	£2.80

## DESSERTS

146	BANANA FRITTERS	£3.50
147	PINEAPPLE FRITTERS	£3.50



**Oysters and Seafood**  
Seafood helps to boost libido, which can decrease in older age. It contains high levels of zinc, which is involved in the synthesis of testosterone. Zinc can also boost immunity as it is important for white blood cell activity and the production of T cells (immune cells that counteract mutant or damaged cells). Oysters also contain an amino acid called tyrosine, which can help to support the adrenal and thyroid function. Vitamin B6 increases the absorption of zinc, so eat rye bread with your oysters or crab.

**Garlic**  
The active compound in garlic is alliin, which can help to control levels of the amino acid homocysteine in our bodies. As we age, homocysteine levels increase, which can cause inflammation, turning up and thickening of the arteries (called atherosclerosis). Controlling this helps to prevent the risk of heart disease, heart attacks and strokes. Try to eat a little garlic every day – and cook it for as short a time as possible to maximise benefits.

**Onions**  
Onions can help you to stay slim. They are a rare food source of chromium, a mineral that enhances the action of insulin, therefore cutting sugar cravings. This applies whether they're cooked or raw. This is a fibrous protein that helps to regenerate skin, hair and nails. Silica helps the body to absorb and use calcium to aid bone strength. Most of the nutrients are in the cucumber's skin, so buy organic or wash thoroughly to get rid of pesticides.

**Broccoli**  
Broccoli is a good source of vitamin C and magnesium, which may be depleted as we get older or in times of stress. Magnesium is also required to relax muscles. Broccoli also contains glucosinolates, bitter-tasting compounds that have been found to kill tumour cells. Overheating broccoli reduces the concentration of glucosinolates, so steaming is the best way of cooking it.

**Iceberg Lettuce**  
While not usually known for its nutritional value, iceberg lettuce contains silica which helps to strengthen the skin, hair, bones and nervous system. (SHEATH)

**Green Tea**  
Protects against cardiovascular disease  
Green tea can protect your heart. It is the richest source of catechin, a polyphenol that is believed to protect against cardiovascular disease, such as heart attack and stroke, and to help you recover more quickly after a stroke. The tea is also believed to reduce the concentration of prostate-specific antigen (PSA), a protein released by the prostate, increased levels of which are linked to prostate cancer.

**Sesame Seeds**  
As well as being high in monounsaturated fat, sesame seeds are a rich dietary source of copper and manganese. Copper helps to guard against the bone loss that occurs with ageing, and also against inflammatory conditions such as arthritis.

**Beef**  
Eating beef can maintain a healthy sex drive, because of the good levels of zinc it contains, and also help to keep your body toned. Along with Toru, made from soya, contains isoflavones that early research suggests might help to reduce memory loss and enhance brain function. It is a rare non-fish source of omega-3 (useful for combating inflammatory conditions such as arthritis). It also provides a good source of iron that helps to convert glucose from food into energy.

**Tomatoes**  
Tomatoes can help to fight wrinkles. They contain high levels of lycopene, a powerful anti-ageing antioxidant that also helps to prevent skin damage from ultraviolet exposure. Lycopene can also help to keep the prostate gland healthy. Prostate cancer affects about one in eight men, with the risk rising in the over-fifties. The lycopene is most easily absorbed after heating (it's almost four times more concentrated in cooked food), so tomato puree is an excellent source. Tomatoes also contain vitamin C, which may help to support the immune system, and vitamin B5, which helps to prevent low energy.

**Pinapple**  
Bromelain is an enzyme that helps the body to absorb protein and pineapple is the only food to contain it. Bromelain can help to reduce muscle inflammation. It can also reduce the likelihood of blood clots as it is a natural anticoagulant.

**Red Peppers**  
Red peppers contain high levels of vitamin C, which is used by cells in the immune system to fight off infection. Vitamin C can reduce levels of C-reactive protein (CRP), a high level of which is a sign that you are at risk of heart disease. In high levels, may help to protect the skin from free-radical damage caused by UV rays. Best eaten raw, as cooking destroys vitamin C.

**Beef**  
Eating beef can maintain a healthy sex drive, because of the good levels of zinc it contains, and also help to keep your body toned. Along with Toru, made from soya, contains isoflavones that early research suggests might help to reduce memory loss and enhance brain function. It is a rare non-fish source of omega-3 (useful for combating inflammatory conditions such as arthritis). It also provides a good source of iron that helps to convert glucose from food into energy.

**Some Fun Facts About The Food We Eat**  
(Nutrition Specialist – Dr John Britta 2016)

**Ki Ban House Feast**  
*Wonderfully Combined*

- A** (FOR 1 PERSON) £15.90  
Vegetarian Mini Spring Rolls  
Sze Jii Chicken  
Sweet & Sour Pork  
Crispy Beansprout Flavoured with Garlic  
Yung Chow Fried Rice
- B** (FOR 2 PERSONS) £31.00  
Peking Spare Ribs  
Cantonese Pancake Rolls  
Sweet & Sour Chicken  
Satay Beef  
Stir Fried Mixed Vegetables  
Yung Chow Fried Rice
- D** (FOR 4 PERSONS) £59.00  
Pork Yuk Sung  
Mixed Appetiser Combination (Mini Spring Rolls, Sesame Toast Ribs and Crispy Won Ton)  
Fillet Steak in Fruity Sauce  
Roast Duck with Plum Sauce  
Cantonese Pork Satay  
King Red  
Chicken with Mixed Vegetables & Cashew Nuts  
Yung Chow Fried Rice



**Opening Times:**  
Sun – Thurs 5.00pm – 11.00pm  
Fri – Sat 5.00pm – 11.30pm  
Tues Closed  
All Bank Holiday Open



**FOOD ALLERGIES AND INTOLERANCES**  
Some of our dishes contain Celery, Cereals Containing Gluten, Crustaceans, Egg, Fish, Lupin, Milk, Mustard, Molluscs, Peanuts, Sesame Seeds, Soya, Nuts, 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.

**極品**  
**KI BAN**  
**CANTONESE TAKE AWAY**  
**TEL: (0121) 422 8333**

Available on request:  
**Healthier Option Meals**

**www.ki-ban.co.uk**  
**510 Hagley Road West, Quinton, B68 0BZ**  
We are opposite the Toby Restaurant

