



绿茶小馆

HEALTHY OPTION MENU

AUTHENTIC, CONTEMPORARY CHINESE CUISINE
THE NEW GREEN TEA RESTAURANT

STARTERS

SHREDDED CHICKEN SALAD AND SESAME DRESSING £4.50

Roasted & shredded chicken breast, cucumber, celery, sweet peppers and red onions served on a bed of baby spinach, dressed with sesame oil and garnished with chopped chillies

GREEN TEA GREEN DELIGHT (V) £3.90

Steamed asparagus served on a bed of five greens Oriental salad (green peppers, spinach, cucumber, celery & onions), dressed with healthy coconut chilli oil and garnished with cashew nuts

MAINS

All served with a small portion of steamed Jasmine rice

KING PRAWN WITH PAK CHOI £7.80

Stir fried king prawns and pak choi with coconut oil and sea salt, garnished with spring onions

CHICKEN WITH MIXED VEGETABLES AND CASHEW NUTS £7.50

Quick stir fried chicken and mixed seasonal vegetables and cashew nuts with coconut oil and sea salt, garnished with spring onions

SEASONAL MIXED VEGETABLE STIR FRY (V) £6.50

Stir fried seasonal mixed vegetables with coconut oil and sea salt, garnished with spring onions and coriander



DESSERTS

FRUIT OF THE DAY £3.50

ROSE FLOWER TEA £2.00 PER POT

ABOUT OUR NEW MENU

Green Tea Restaurant is delighted to present our new healthy option menu. Our ingredients, cooking methods and dishes have been devised with Didsbury based Personal Trainer and Food Nutritional Scientist, Michael Bach.

Every dish is created using the freshest ingredients and packed with green vegetables. We use only sea salt in our cooking, no artificial sweetening ingredients and no sugar and only use coconut or olive oil in all of our healthy option dishes. All of our dishes are freshly prepared by our Green Tea chefs. We shell our fresh king prawns. We grind our own peppercorns and chillies. We endeavour to source local, organic ingredients wherever possible.