

# *Exotic* Wok & Grill

Exotic Wok & Grill is a unique Asian dining experience that offers sophisticated & high quality cuisine.

This creative menu which spans from Hakka Chinese to Cantonese style chinese food has been brought to you with much love & dedication to gastronomy by Joseph & Jenny Lee as been in the hospitality for more than 20 years with Chinese Hakka, Swedish and Cantonese background.

We welcome you to our exciting journey where we will guide you through the colours and flavours of our food

## *Chef's Creations*

01.	Grilled lamb cutlets served with fresh salad in Thai red curry sauce	\$23.90
02.	Grilled sate chicken or beef skewers bedded with salad & dipping sauce	\$15.90
03.	Grilled Terriyaki chicken or beef with tossed warm vegetables in Terriyaki sauce	\$15.90
04.	Grilled scotch fillet & warm vegies in creamy pepper sauce	\$18.90
05.	Grilled scotch fillet bedded with salad in Peking sauce	\$18.90
06.	Grilled chicken breast fillet bedded with salad in creamy curry sauce	\$17.90
07.	Crispy fillet steak in peking sauce	\$18.90
08.	Crispy glazed honey chicken	\$14.90
09.	Crispy glazed honey king prawns	\$18.90
010.	Sizzling Thai chicken or beef in green curry sauce	\$17.90
011.	Sizzling chicken or beef in chilli basil	\$17.90
012.	Sizzling duck fillet in Peking sauce	\$19.90
013.	Sizzling duck fillet in Thai red curry sauce	\$19.90
014.	Sizzling king prawns in spicy Hoisen Sauce	\$19.90
015.	Grilled chicken breast served with warm vegetables in lemon sauce	\$17.90
016.	Deep fried duck breast fillet in plum sauce	\$19.90
017.	Battered chicken fritters glazed with spicey sweet & sour sauce	\$15.90



## Starters

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|----|--|--------|
| 1. | Spring Roll (4)<br><i>Home made meat &amp; vegetables</i>  | \$5.90 |
| 2. | Vegetarian Spring Roll (4)<br><i>Home made vegetables</i>  | \$5.90 |
| 3. | Hakka Fried Chicken (6)<br><i>Fried succulent boneless chicken flavoured in hakka style with chilli, garlic &amp; ginger dipping sauce</i> | \$5.90 |
| 4. | Elegant Prawns (4)<br><i>Marinated panko large fan-tailed Tiger Prawns fried, encase like a butterfly</i>                                  | \$8.90 |
| 5. | Hakka Fried Prawns (4)<br><i>Fried Tiger Prawns flavoured in Hakka style with chilli, garlic &amp; ginger dipping sauce</i>                | \$8.90 |
| 6. | Buffalo Wings (6)<br><i>Well marinated with chefs creation flavoured with spices. Tangy and crispy chicken wings</i>                       | \$7.90 |
| 7. | Dim Sims (4) Steamed or fried<br><i>Home made pork minced dumplings</i>  | \$5.90 |

## Soups

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|-----|--|--------|
| 8.  | Hot & Sour Soup<br><i>As the name suggest hot chillie, sour &amp; vinegar flavoured</i>                      |        |
| C.  | Chicken  | \$6.00 |
| P.  | Prawns   | \$8.90 |
| V.  | Vegetables   | \$6.00 |
| CP. | Chicken & Prawns   | \$8.90 |
| 9.  | Sweet Corn Soup<br><i>A creamy broth bound with whisked egg</i>  |        |
| V.  | Vegetables   | \$6.00 |
| C.  | Chicken  | \$6.00 |
| CB. | Crab   | \$7.90 |
| 10. | Tom Yum Soup<br><i>Lemon grass, galangal, lime leaves &amp; lime juice with spicy flavour</i>                |        |
| V.  | Vegetables   | \$6.00 |
| C.  | Chicken  | \$6.00 |
| P.  | Prawns   | \$8.90 |
| 11. | Hong Kong Style Wonton Soup<br><i>W. Hand wrapped dumplings with minced pork in our house special stock</i>  | \$6.00 |
| 12. | Hong Kong Style Noodle Soup<br><i>N. Fresh egg noodles with chicken &amp; veg in our special house stock</i> | \$6.90 |

# From the Wok

## 13. Chilli

*Stir fried with fresh hot chillies, spring onions, onions in chef's special sauce*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
L.	Lamb	\$17.90

## 14. Manchurian

*Tossed in flavoured sauce with garlic, ginger, chillies and corriander*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
L.	Lamb	\$17.90
V.	Vegetables	\$13.90

## 15. Sweet and Sour

*Arguably the most popular chinese dish in the world*

C.	Chicken	\$14.90
PR.	Pork	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
V.	Vegetables	\$13.90

## 16. Garlic

*Tossed fresh garlic seasoned in garlic sauce*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
V.	Vegetables	\$13.90

## 17. Kung Pao

*Hot chillie garlic sauce woked with vegetables*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
V.	Vegetables and Tofu	\$13.90

## 18. Szechuan

*Tossed chillie, ginger, garlic with spicy sauce and vegetables*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
L.	Lamb	\$17.90
V.	Vegetables and Tofu	\$13.90

## 19. Oyster Sauce

*Stir fried fresh broccoli and garlic flavoured in oyster sauce*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$14.90

## From the Wok

20.	<b>Black Bean</b> <i>Stir fried green peppers in black bean sauce</i>	
C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90

21.	<b>Cashews</b> <i>Stir fried assorted garden vegetables with cashew nuts in savoury sauce</i>	
C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90

22.	<b>Curry</b> <i>Stir fried vegetables with home made curry sauce</i>	
C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
F.	Fish	\$15.90
L.	Lamb	\$17.90
V.	Vegetables	\$13.90

23.	<b>Mongolian</b> <i>Stir fried in a savoury chefs signature sauce with a touch of spice</i>	
C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$18.90
L.	Lamb	\$17.90

24.	<b>Salt and Pepper</b> <i>Lightly battered, fried to perfection, sprinkled with sea salt and black pepper with sweet chilli dip</i>	
P.	Prawn	\$18.90
S.	Squid	\$16.90
V.	Vegetables	\$13.90
T.	Tofu	\$14.90

25.	<b>Omelette</b> <i>Fluffy wok omelette drizzled with home made savoury sauce</i>	
PL.	Plain	\$10.90
C.	Chicken	\$14.90
P.	Prawn	\$18.90
B.	Beef	\$14.90
V.	Vegetables	\$13.90
CB.	Combination	\$17.90



# Rice and Noodles

## 26. Fried Rice

*All fried rice comes with eggs*

C.	Chicken	\$10.90
P.	Prawn	\$12.90
V.	Vegetables	\$10.90
SP.	Special	\$11.90
NG.	Nasi Goreng (Spicy)	\$11.90
CN.	Coconut Rice	\$5.50
EF.	Egg Fried Rice	\$6.00
	Steamed Rice	\$4.50

## 27. Cantonese Chow Mein

*Pan fried crispy egg noodle with vegetables*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$17.90
V.	Vegetables	\$13.90
SP.	Special	\$16.90

## 28. Hakka Chow Mein

*Stir fried soft noodles and vegetables*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$17.90
V.	Vegetables	\$13.90
SP.	Special	\$16.90

## 29. Chow Fun

*Stir fried thin rice noodles tossed with vegetables*

C.	Chicken	\$14.90
B.	Beef	\$14.90
P.	Prawn	\$17.90
V.	Vegetables	\$13.90
SI.	Singapore (Spicy)	\$14.90

## 30. Chips

BB.	Beer Battered Chips	\$5.00
SB.	Sweet Potato Chips	\$6.00
PW.	Potato Wedges	\$6.00



## *Dinner for Two*

\$39.90

Spring Rolls (4)  
Sweet and Sour Pork  
Beef and Black Bean Sauce  
Special Fried Rice

## *Dinner for Four*

\$79.90

Spring Rolls (4)  
Fried Dim Sums (4)  
Sweet and Sour Chicken  
Szechuan Beef  
Honey Prawns  
Mongolian Lamb  
Special Fried Rice

## *Dinner for Six*

\$119.90

Vegetable Spring Rolls (6)  
Elegant Prawns (6)  
Hakka Fried Chicken (6)  
Chicken and Vegetables with Cashews  
Crispy Beef Glazed in Peking Sauce  
Manchurian Lamb  
Curry Prawns  
Vegetable Hakka Noodles  
Special Fried Rice



## *Desserts*

*Some room for dessert? All home made!*

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Mango Pudding	\$5.90
Coconut Pudding	\$5.90
Fried Banana Fritters with Ice cream	\$6.90
Fried Pineapple Fritters with Ice cream	\$6.90
Sweet Coconut Rice with Fresh Mango & Icecream	\$6.90
Brownie Bites	\$5.90
Lemon Bites	\$5.90
Chocolate Moouse	\$5.90
Mango Moouse	\$5.90
Baked, light Cheesecake with Ice Cream	\$6.90
Icecream with Chocolate, Strawberry or Caramel Topping	\$4.90

## *Hot Drinks*

Hot Drinks (*With Milk or Soy Milk*) \$4.00

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*Latte*

*Flat White*

*Capuccino*

*Long Black*

*Espresso*

*Mocha*

*Hot Chocolate*

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Tea in the Pot \$3.90

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*Japanese Green Tea*

*Jasmine*

*Oolong,*

*Lipton*

*English Breakfast*

*Earl Grey*

*Peppermint Tea*

*All Corkages \$2.50 per head*



# Cold Drinks

## Smoothies \$8.90

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1. **Weekend Breaky...***Banana, weetbix, honey, nutmeg, low fat milk, yogurt & ice*

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  2. **Gymer Bounce...***Mixed berries, apple juice, greek yogurt & ice*

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  3. **Yummy Mango...***Mango cheeks, mango juice, greek yogurt & ice*

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  4. **Protein Blast...***Banana, mixed berries, low fat milk, greek yogurt, 30g protein shot & ice*

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  5. **Exotic Storm...***Mango, banana, tropical juice, coconut milk, 30gm protein shot & ice*

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  6. **Toned & Slim...***Mango, banana, tropical juice, coconut milk, 30gm protein shot & ice*

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  7. **East Meets West...***Passionfruit, mango, banana, coconut milk, greek yogurt, chia seeds & ice*
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## Ice Frappes (Dairy free) \$7.90

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1. **Pina Colada...***Tropical pineapple & coconut flavour with a hint of coconut cream*

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  2. **Cranberry Apple...***A crisp taste of hot pink in colour. Perfect for summer*

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  3. **Sour Apple & Black Current...***Tropical mix of juice. Very refreshing*

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  4. **Lemon Quench...***Lemon & orange juice & ice. Perfect for a hot summer sun*

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  5. **Strawberry Kick...***Strawberries, apple juice & ice. Just perfect for sunset breeze*
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## Juices \$4.90

*Choice of Orange, Coconut, Mango, Blackcurrant, Apple, Pineapple & Tropical Juice*

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## Fizzy Drinks \$3.90

*Lemon, lime & bitters, Coke, Fanta, Sprite, Diet Coke, Mineral Water & Still Water*

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## Milk Shakes \$5.90

*Choice of Strawberry, Mango, Chocolate, Vanilla, Banana, Caramel & Lime*

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## Thick Shakes \$7.90

*Choice of Strawberry, Mango, Chocolate, Vanilla, Banana, Caramel & Lime*

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# *Lunch Menu*

**Dine in or Take Away** \$10.90

*Tuesday to Friday ONLY*

*11.00am - 2.00pm*

- A. Sweet and sour pork with steamed rice
  - B. Honey chicken with steamed rice
  - C. Beef black bean with steamed rice
  - D. Mongolian lamb with steamed rice
  - E. Chicken hakka chow mein
  - F. Vegetarian chow fun
  - G. Chicken or vegetarian fried rice
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