

# New Seven Seas

Peking & Cantonese Cuisine

312 Munster Road, Fulham, SW6 6BH

02073852479

## Opening Hours

|           |                                |
|-----------|--------------------------------|
| Monday    | 12pm - 2pm<br>5.30pm - 11.30pm |
| Tuesday   | 12pm - 2pm<br>5.30pm - 11.30pm |
| Wednesday | 12pm - 2pm<br>5.30pm - 11.30pm |
| Thursday  | 12pm - 2pm<br>5.30pm - 11.30pm |
| Friday    | 12pm - 2pm<br>5.30pm - 11.30pm |
| Saturday  | 5.30pm - 11.30pm               |
| Sunday    | Closed                         |

## Free Home Delivery

Minimum £15 order, within a 2 mile radius. Deliveries will take normally around 45 - 55 min. It may vary depending on how busy we are.

## Card payment

We require a minimum order of £10 for card payments and we accept contactless payments. We don't accept American Express.

## Allergies

Please inform us of any allergies before ordering.



**Over £12** Free Prawn Crackers



**Over £25** Free Mini Spring Rolls



**Over £35** Free Dish under £6.00

## Appetisers

- 1 Prawn Crackers **V** ..... £1.90
- 2 Mixed Appetiser ..... £8.80  
(Sesame Prawn Toast, Crispy Seaweed,  
Spare Ribs & Mini Spring Rolls)
- 3 Chicken Satay Skewers (4) ..... £5.80
- 4 Prawn Satay Skewers (4) ..... £6.30
- 5 Sesame Prawn Toast (6) ..... £6.00
- 6 Crispy Seaweed ..... £4.50
- 7 Chilli Salt Chicken Wings **🔥** ..... £5.50
- 8 Chicken in Breadcrumbs ..... £5.50
- 9 Butterfly Prawns (8) ..... £6.50
- 10 Chips **V** ..... £2.00
- 11 Large Chips **V** ..... £2.60
- 12 Chilli Salt Chips ..... £3.50
- 13 Chips in Curry Sauce ..... £3.20
- 14 Wall Tip (4) ..... £4.80
- 15 Spring Roll ..... £1.80  
(Chicken)
- 16 Vegetarian Spring Roll **V** ..... £1.80
- 17 King Prawn in Batter (8) ..... £6.50
- 18 Dim Sum Pack ..... £5.80  
(3 Prawn & 3 Pork Dumplings)
- 19 Mini Vegetarian Spring Rolls (10) **V** ..... £4.00  
(Served with Sweet & Sour Sauce)
- 20 Spicy Pork Dumplings (4) **🔥** ..... £5.80

## Crispy Aromatic Duck

(Served with, Cucumber, Spring Onion & Plum Sauce)

- 21 Quarter Duck with 6 Pancakes ..... £9.00
- 22 Half Duck with 12 Pancakes ..... £16.50

- 23 Whole Duck with 24 Pancakes ..... £31.00
- 24 Pancake (6) ..... £1.80
- 25 Salad **V** ..... £2.50  
(Cucumber & Spring Onion)

## Soup

- 26 Sweet Corn Soup **V** ..... £3.20
- 27 Chicken Sweet Corn Soup ..... £3.50
- 28 Crab Meat Corn Soup ..... £3.50
- 29 Wonton Soup ..... £3.80
- 30 Hot & Sour Soup **🔥** ..... £3.80
- 31 Chicken Noodle Soup ..... £3.50
- 32 Chicken Mushroom Soup ..... £3.50
- 33 Mixed Vegetable Soup **V** ..... £3.20
- 34 Tom Yung Kung **🔥** ..... £4.50  
(King Prawn)
- 35 Tom Yum Kai **🔥** ..... £4.00  
(Chicken)

## Spare Ribs

- 36 Dry Spare Ribs ..... £6.30
- 37 Spare Ribs in Syrup ..... £6.30
- 38 Spare Ribs in BBQ Sauce ..... £6.30
- 39 Spare Ribs in Sweet & Sour Sauce ..... £6.30
- 40 Spare Ribs in Capital Sauce ..... £6.30
- 41 Chilli Salt Spare Ribs **🔥** ..... £6.30

## Sweet & Sour

- 42 Sweet & Sour Chicken Balls ..... £5.50
- 43 Sweet & Sour Chicken HK Style ..... £6.00
- 44 Sweet & Sour Pork Balls ..... £5.50

- 45 Sweet & Sour Pork HK Style ..... £6.00
- 46 Sweet & Sour King Prawn Balls ..... £6.50
- 47 Sweet & Sour King Prawn HK Style ..... £6.50
- 48 Sweet & Sour Squid HK Style ..... £6.50
- 49 Sweet & Sour Tofu HK Style ..... £5.50

## Omelette

- 50 Special Omelette ..... £5.80  
(Chicken, Pork & Shrimp)
- 51 Chicken Omelette ..... £5.20
- 52 King Prawn Omelette ..... £6.20
- 53 Mushroom Omelette **V** ..... £5.00
- 54 Plain Omelette **V** ..... £5.00

## Chop Suey

- 55 Special Chop Suey ..... £5.50  
(Chicken, Pork & Shrimp)
- 56 King Prawn Chop Suey ..... £6.80
- 57 Beef Chop Suey ..... £5.20
- 58 Pork Chop Suey ..... £5.20
- 59 Chicken Chop Suey ..... £5.20
- 60 Mushroom Chop Suey **V** ..... £4.80

## Curry

- 61 Special Curry ..... £6.00  
(Chicken, Pork, Beef & King Prawn)
- 62 King Prawn Curry ..... £6.00
- 63 Shrimp Curry ..... £5.50
- 64 Chicken Curry ..... £5.50
- 65 Beef Curry ..... £5.50
- 66 Roast Pork Curry ..... £5.50

- 67 Mixed Vegetable Curry **V** ..... £5.00
- 68 Mushroom Curry **V** ..... £5.00

### Thai Green or Red Curry

- 69 Special **🔥** ..... £6.20  
(Chicken, Pork, Prawn & Beef)
- 70 Chicken **🔥** ..... £5.80
- 71 Beef **🔥** ..... £5.80
- 72 King Prawn **🔥** ..... £6.20

### Chicken

- 73 Lemon Chicken ..... £6.00
- 74 Kung Po Chicken **🔥** ..... £6.00
- 75 Crispy Shredded Chicken **🔥** ..... £6.00
- 76 Chilli Salt Chicken **🔥** ..... £6.00
- 77 Chicken in Satay Sauce ..... £6.00
- 78 Szechuan Chicken with Garlic & Chilli **🔥** ..... £6.00
- 79 Chicken in Black Bean Sauce ..... £6.00
- 80 Chicken with Ginger & Spring Onion ..... £6.00
- 81 Chicken in Oyster Sauce ..... £6.00
- 82 Chicken with Cashew Nuts ..... £6.00
- 83 Chicken with Chinese Mushrooms and  
Bamboo Shoots ..... £6.00
- 84 Chicken with Mushrooms ..... £6.00
- 85 Chicken with Pineapple ..... £6.00
- 86 Chicken with Mixed Vegetables ..... £6.00
- 87 Stir Fried Chicken Chinese Style ..... £6.00

### Beef

- 88 Cripsy Shredded Beef **🔥** ..... £6.00

- 89 Beef in Satay Sauce ..... £6.00
- 90 Szechuan Beef with Garlic & Chilli **🔥** ..... £6.00
- 91 Beef in Black Bean Sauce ..... £6.00
- 92 Beef with Ginger & Spring Onion ..... £6.00
- 93 Beef in Oyster Sauce ..... £6.00
- 94 Beef with Broccoli ..... £6.00
- 95 Beef with Mushrooms ..... £6.00
- 96 Beef with Mixed Vegetables ..... £6.00

### Roast Pork

- 97 Honey Roast Pork ..... £6.00
- 98 Roast Pork in Satay Sauce ..... £6.00
- 99 Roast Pork in Black Bean Sauce ..... £6.00
- 100 Roast Pork in Ginger & Spring Onion ..... £6.00
- 101 Roast Pork in Oyster Sauce ..... £6.00
- 102 Roast Pork with Chinese Mushrooms and  
Bamboo Shoots ..... £6.00
- 103 Roast Pork with Mushrooms ..... £6.00
- 104 Roast Pork with Mixed Vegetables ..... £6.00

### Roast Duck

- 105 Roast Duck Cantonese Style ..... £6.50
- 106 Roast Duck with Garlic & Chilli **🔥** ..... £6.50
- 107 Roast Duck in Black Bean Sauce ..... £6.50
- 108 Roast Duck with Ginger & Spring Onion ..... £6.50
- 109 Roast Duck in Oyster Sauce ..... £6.50
- 110 Roast Duck with Chinese Mushrooms &  
Bamboo Shoots ..... £6.50
- 111 Roast Duck with Mushrooms ..... £6.50

- 112 Roast Duck with Pineapple ..... £6.50
- 113 Roast Duck with Mixed Vegetables ..... £6.50

### King Prawn

- 114 Lemon King Prawn ..... £6.50
- 115 Kung Po King Prawn **🔥** ..... £6.50
- 116 Chilli & Salt King Prawn **🔥** ..... £6.50
- 117 King Prawn in Garlic Butter ..... £6.50
- 118 King Prawn in Satay Sauce ..... £6.50
- 119 King Prawn in Chilli Sauce **🔥** ..... £6.50
- 120 Szechuan King Prawn with Garlic & Chilli **🔥** .... £6.50
- 121 King Prawn in Black Bean Sauce ..... £6.50
- 122 King Prawn in Oyster Sauce ..... £6.50
- 123 King Prawn with Cashew Nuts ..... £6.50
- 124 King Prawn with Broccoli ..... £6.50
- 125 King Prawn with Chinese Mushrooms &  
Bamboo Shoots ..... £6.50
- 126 King Prawn with Mixed Vegetables ..... £6.50
- 127 King Prawn with Ginger & Spring Onion ..... £6.50

### Squid

- 128 Chilli Salt Squid **🔥** ..... £6.50
- 129 Squid in Satay Sauce ..... £6.50
- 130 Squid in Black Bean Sauce ..... £6.50
- 131 Squid with Ginger & Spring Onions ..... £6.50
- 132 Squid in Oyster Sauce ..... £6.50
- 133 Squid with Broccoli ..... £6.50
- 134 Squid with Mushrooms ..... £6.50
- 135 Squid with Mixed Vegetables ..... £6.50

## Tofu

|     |   |       |
|-----|---|-------|
| 136 | Chilli Salt Tofu 🌶️ V                         | £5.50 |
| 137 | Tofu in Black Bean Sauce V                    | £5.50 |
| 138 | Tofu with Ginger & Spring Onions V            | £5.50 |
| 139 | Tofu with Broccoli V                          | £5.50 |
| 140 | Tofu with Chinese Mushrooms & Bamboo Shoots V | £5.50 |
| 141 | Tofu with Mushrooms V                         | £5.50 |
| 142 | Tofu with Mixed Vegetables V                  | £5.50 |

## Vegetables

|     |  |       |
|-----|--|-------|
| 143 | Fried Mixed Vegetables V                               | £5.00 |
| 144 | Sweet & Sour Vegetables V                              | £5.00 |
| 145 | Mixed Vegetables with Cashew Nuts V                    | £5.00 |
| 146 | Broccoli in Garlic Butter V                            | £5.00 |
| 147 | Broccoli in Black Bean Sauce V                         | £5.00 |
| 148 | Broccoli in Oyster Sauce V                             | £5.00 |
| 149 | Fried Mushrooms V                                      | £5.00 |
| 150 | Mushrooms in Oyster Sauce V                            | £5.00 |
| 151 | Fried Beansprouts V                                    | £5.00 |
| 152 | Bamboo Shoots & Water Chestnuts V                      | £5.00 |
| 153 | Chinese Mushrooms & Bamboo Shoots in Chilli Sauce 🌶️ V | £5.00 |

## Fried Rice

(Upgrade to a Large for £1)

|     |   |       |
|-----|---|-------|
| 154 | King Prawn Fried Rice                       | £5.60 |
| 155 | Special Fried Rice (Chicken, Pork & Shrimp) | £4.90 |
| 156 | Shrimp Fried Rice                           | £4.60 |
| 157 | Chicken Fried Rice                          | £4.60 |

|     |  |       |
|-----|--|-------|
| 158 | Roast Pork Fried Rice                                    | £4.60 |
| 159 | Beef Fried Rice  | £4.60 |
| 160 | Vegetable Fried Rice V                                   | £4.20 |
| 161 | Mushroom Fried Rice V                                    | £4.20 |
| 162 | Egg Fried Rice V   | £3.50 |
| 163 | Plain Boiled Rice V                                      | £3.20 |
| 164 | Singapore Fried Rice 🌶️ (Chicken, Pork & Shrimp)         | £4.90 |
| 165 | Vegetarian Singapore Fried Rice 🌶️ V                     | £4.60 |
| 166 | Thai Style Fried Rice 🌶️ (King Prawn, Chicken & Peanuts) | £4.90 |

## Chow Mein

(Upgrade to a Large for £1)

|     |   |       |
|-----|---|-------|
| 167 | King Prawn Chow Mein                                    | £5.80 |
| 168 | Special Chow Mein (Chicken, Pork & Shrimp)              | £5.20 |
| 169 | Shrimp Chow Mein  | £4.80 |
| 170 | Chicken Chow Mein                                       | £4.80 |
| 171 | Roast Pork Chow Mein                                    | £4.80 |
| 172 | Beef Chow Mein  | £4.80 |
| 173 | Vegetable Chow Mein V                                   | £4.50 |
| 174 | Mushroom Chow Mein V                                    | £4.50 |
| 175 | Plain Chow Mein V                                       | £4.50 |
| 176 | Singapore Rice Noodle 🌶️ (Chicken, Pork & Shrimp)       | £5.20 |
| 177 | Vegetarian Singapore Rice Noodle 🌶️ V                   | £5.00 |
| 178 | Thai Style Chow Mein 🌶️ (King Prawn, Chicken & Peanuts) | £5.20 |

## Economy

|     |  |       |
|-----|--|-------|
| 179 | Beef Curry with Rice                                     | £6.50 |
| 180 | Chicken Curry with Rice                                  | £6.50 |
| 181 | Vegetable Curry with Rice V                              | £6.50 |
| 182 | Beef in Black Bean Sauce with Rice                       | £6.50 |
| 183 | Chicken in Black Bean Sauce with Rice                    | £6.50 |
| 184 | House Special Rice (Chicken, Pork, King Prawn & Beef)    | £7.00 |
| 185 | House Special Noodles (Chicken, Pork, King Prawn & Beef) | £7.00 |
| 186 | Seafood with Noodles                                     | £7.00 |
| 187 | Chicken with Noodles                                     | £6.50 |
| 188 | Beef with Noodles  | £6.50 |
| 189 | Vegetables with Noodles V                                | £6.50 |
| 190 | King Prawns with Noodles                                 | £7.00 |
| 191 | Mix Vegetables with Rice V                               | £6.50 |
| 192 | Satay Beef with Rice                                     | £6.50 |
| 193 | Satay Chicken with Rice                                  | £6.50 |
| 194 | Sweet & Sour Chicken with Rice                           | £6.50 |
| 195 | Sweet & Sour Pork with Rice                              | £6.50 |
| 196 | Beef & Mushrooms with Rice                               | £6.50 |
| 197 | Chicken & Mushrooms with Rice                            | £6.50 |
| 198 | King Prawns & Cashew Nuts with Rice                      | £7.00 |
| 199 | Beef & Cashew Nuts with Rice                             | £6.50 |
| 200 | Spare Ribs in Black Bean Sauce with Rice                 | £6.50 |
| 201 | Roast Pork with Rice                                     | £6.50 |
| 202 | Roast Duck with Rice                                     | £6.50 |
| 203 | Roast Pork & Duck with Rice                              | £7.50 |

204 **Create Your Own Meal** ..... £6.90

(Choose any dish and have it with Rice or Noodles)  
Upgrade from Boiled rice or Chow Mein to:

Egg Fried Rice ..... £0.70

Special/Shrimp/Chicken/Beef/Pork/Veg/  
Singapore/Mushroom Fried Rice ..... £1.50

Special/Shrimp/Chicken/Beef/Pork/Veg/  
Singapore/Mushroom Chow Mein ..... £1.50

Thai Style Fried Rice/Chow Mein ..... £2.00

King Prawn Fried Rice/Chow Mein (4) ..... £3.00

## Chef's Specialities

205 Stir Fried Chicken with Cashew Nuts in  
Yellow Bean Sauce ..... £6.00

206 Fried Chicken in Black Pepper Sauce ..... £6.00

207 Fried Beef in Black Pepper Sauce ..... £6.00

208 Fried Beef in XO Chilli Sauce 🔥 ..... £6.00

209 Fried Chicken in XO Chilli Sauce 🔥 ..... £6.00

210 Fried King Prawn in XO Chilli Sauce 🔥 ..... £6.50

211 Chilli Salt Pork Chop 🔥 ..... £6.50

212 Pork Chop with Ginger & Spring Onion ..... £6.50

213 Pork Chop in XO Chilli Sauce 🔥 ..... £6.50

214 Pork Chop in Black Pepepr Sauce ..... £6.50

215 Pork Chop in Capital Sauce ..... £6.50

216 Kung Po Mixed Seafood 🔥 ..... £6.50  
(King Prawn & Squid)

217 Crispy Shredded Chicken with  
Peppercorn & Garlic Flakes ..... £6.50

218 MaPo Tofu with Minced Beef 🔥 ..... £6.50

## Special Sets

Spring Roll, Chicken Chop Suey, Egg  
Fried Rice

**A** for One: ..... £9.00      **A** for Two: ..... £16.00

Sweet & Sour Pork Balls (5), Chicken with  
Mushrooms, Egg Fried Rice

**B** for One: ..... £10.00      **B** for Two: ..... £18.00

**C** for Two: ..... £18.00

Sweet & Sour Chicken Balls, Beef with  
Mushrooms, Broccoli in Garlic Butter, Egg  
Fried Rice

**D** for Two: ..... £22.00

Chicken Sweetcorn Soup (2), Chicken  
with Cashew Nuts, King Prawn with Mixed  
Veg, Large Egg Fried Rice

**E** for Two: ..... £26.50

Spring Rolls (2), Quarter Duck, Sweet  
& Sour Chicken HK Style, Beef in Black  
Bean Sauce, Special Fried Rice

**F** for Two: ..... £30.50

Mixed Appetiser, Quarter Duck, King  
Prawn with Ginger & Spring Onion,  
Chicken with Garlic & Chilli, Special Fried  
Rice

**G** for Three: ..... £35.00

Butterfly Prawn (6), Chicken Satay  
Skewer (3), Kung Po Mixed Seafood,  
Chicken in Black Bean Sauce, Beef with  
Cashew Nuts, Large Special Fried Rice,  
Plain Chow Mein

**H** for Four: ..... £45.00

Spare Ribs in Capital Sauce, Seasme  
Prawn Toast (8), Lemon Chicken, King  
Prawn in Satay Sauce, Honey Roast  
Pork,  
Squid with Mixed Veg, Large Special  
Fried Rice, Large Singapore Rice  
Noodles

**I** for Four: ..... £55.00

Mini Vegetarian Spring Rolls (10),  
Crispy Seaweed, Half a Duck, King  
Prawn with Ginger & Spring Onion,  
Beef in Black Bean Sauce, Chicken  
in Oyster Sauce, Mixed Veg with  
Cashew Nuts, Large Special Fried  
Rice, Large Chicken Chow Mein.

## Sauce

219 Chilli Oil 🔥 ..... £2.00

220 Curry Sauce ..... £1.70

221 Sweet & Sour Sauce ..... £1.70

222 BBQ Sauce ..... £1.70

223 Black Bean Sauce ..... £1.70

224 Satay Sauce ..... £2.00

225 Bottle of Soya Sauce ..... £1.80

226 Hoi Sin ..... £1.70

## Desserts

227 Banana Fritter in Syrup ..... £3.80

228 Pineapple Fritter in Syrup ..... £3.80

229 Apple Fritter in Syrup ..... £3.80

230 Fortune Cookie ..... £0.35

## Drinks

231 Soft Drink (330ml) ..... £1.00  
(Coke, Diet Coke, 7Up, Orange Tango,  
Ginger Beer)

232 Water (500ml) ..... £1.00

233 Bottle of Coke (1.2 Litres) ..... £2.50