

SET MENU

A One Person £6.50

- Sweet & Sour Chicken Balls (10)
- Pancake Roll
- Egg Fried Rice
- Beef & Green Pepper in Black Bean Sauce

B Two Persons £13.50

- Spicy Chicken Wings (8)
- Young Chow Fried Rice
- Chicken & Mushroom
- Crispy Shredded Chili Beef (8)
- Prawn Crackers

C Two Persons £14.00

- Barbecued Spare Ribs in Sauce
- Beef Curry
- Sweet & Sour Chicken Hong Kong Style
- Chicken Fried Rice
- Prawn Crackers

D Three Persons £21.60

- Sesame Prawn on Toast (10)
- Sweet & Sour Chicken Balls (10)
- Chicken & Oyster Sauce
- Beef Szechwan Style (8)
- Lemon Chicken
- Young Chow Fried Rice

E Three Persons £21.60

- Barbecued Spare Ribs in Sauce
- Spicy Chicken Wings (8)
- Chicken & Cashewnuts in Yellow Bean Sauce
- Roast Pork Chop Suey
- Sweet & Sour Chicken
- Young Chow Fried Rice

F Four Persons £28.80

- Satay Chicken on Skewers (10)
- Sesame Prawn Toast (10)
- Mini Spring Rolls (10) (4)
- Crispy Shredded Chili Beef (8)
- Kung Po Chicken (8)
- Beef & Mushroom
- Chicken Szechwan Style (8)
- Beef Chow Mein
- Chicken Fried Rice

RAINBOW SPECIAL

Minimum for Two Persons £12 Per Person

- Sesame Prawn on Toast (10)
- Crispy Peking Duck (Quarter)
- Mini Pancake Rolls (10) (4)
- Chicken & Green Pepper in Black Bean Sauce
- King Prawns & Cashewnuts
- Roast Duck with Plum Sauce
- Young Chow Fried Rice
- Prawn Crackers

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RAINBOW

CHINESE MEALS TO TAKEAWAY

01202 678790

257 Blandford Road, Hamworthy
Poole BH15 4HW

OPENING HOURS

Open 6 Days A Week

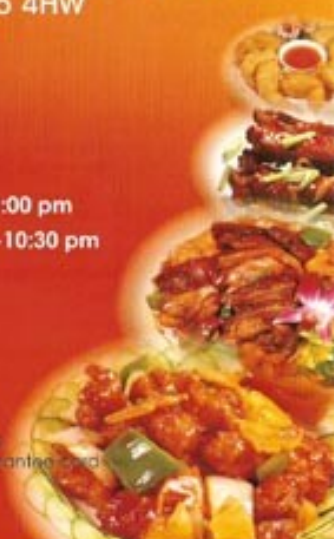
Monday To Saturday: 4:30 pm-11:00 pm

Sunday & Bank Holiday: 4:30 pm-10:30 pm

Closed Every Tuesday

Free Home Delivery
for orders over £10.00
(within a 3 mile radius)

We accept all major credit cards & cash
Please call 01202 678790 for a full list of our menu



Appetisers

- | | | |
|----|--|-------|
| 1 | Chef's Hors D'oeuvres (For Two Persons)
(Crispy Seaweed, Mini Spring Roll, Sesame Prawn on Toast, Satay Chicken on Skewers, Spare Ribs) | £8.00 |
| 2 | Crispy Peking Duck
(Served with Pancakes, Spring onions, Cucumber & Hoï Sin Sauce)
Quarter £6.50 / Half £12.50 / Whole £23.00 | |
| 3 | Crispy Mongolian Lamb
(Served with Pancakes, Spring onions, Cucumber & Hoï Sin Sauce) | £6.50 |
| 4 | Peking Chicken
(Served with Pancakes, Spring onions, Cucumber & Hoï Sin Sauce) | £6.00 |
| 5 | Spicy Chicken Wings (10) | £3.10 |
| 6 | Crispy Seaweed | £2.80 |
| 7 | Thai Fish Cake (10) | £3.00 |
| 8 | Sesame Prawn on Toast (10) | £3.10 |
| 9 | Pancake Roll | £1.50 |
| 10 | Mini Pancake Rolls (10) (4) | £1.80 |
| 11 | Satay Chicken on Skewers (10) | £3.50 |
| 12 | Satay King Prawn on Skewers (10) | £4.30 |
| 13 | Prawn Crackers | £1.20 |
| 14 | Shredded Smoked Chicken (8) | £4.00 |
| 15 | Peking Dumplings (10) | £4.00 |
| 16 | Butterfly King Prawn (10) | £4.30 |
| 17 | Deep Fried Crispy Won Ton (10)
(Served with Sweet and Sour Sauce) | £3.50 |



1 Chef's Hors D'oeuvres



2 Crispy Peking Duck



5 Spicy Chicken Wings



8 Sesame Prawn on Toast



9 Pancake Roll

Spare Ribs

- | | | |
|----|--|-------|
| 18 | Barbecued Spare Ribs in Sauce | £4.20 |
| 19 | Barbecued Spare Ribs in Sauce (Small) | £3.20 |
| 20 | Peking Spare Ribs | £4.20 |
| 21 | Honey Spare Ribs | £4.20 |
| 22 | Spicy Spare Ribs (Salt & Pepper) (8) | £4.20 |
| 23 | Sweet & Sour Spare Ribs | £4.20 |
| 24 | Spare Ribs & Green Peppers in Black Bean Sauce | £4.20 |
| 25 | Barbecued Spare Ribs (Dry) | £4.10 |

Soup

- | | | |
|----|-----------------------------|-------|
| 26 | Sweet Corn Soup (8) | £1.40 |
| 27 | Chicken & Sweet Corn Soup | £1.60 |
| 28 | Chicken & Mushroom Soup | £1.60 |
| 29 | Chicken & Noodle Soup | £1.60 |
| 30 | Vegetable Soup (8) | £1.40 |
| 31 | Hot & Sour Soup (8) | £1.70 |
| 32 | Crab Meat & Sweet Corn Soup | £1.80 |
| 33 | Won Ton Soup | £2.00 |

Rice Dishes (Large Containers)

- | | | |
|----|---|-------|
| 34 | House Special Fried Rice (Exquisite Dish of King Prawns, Chicken, Roast Pork & Vegetables on Top of Fried Rice) | £4.20 |
| 35 | King Prawn Fried Rice | £4.00 |
| 36 | Shrimp Fried Rice | £4.10 |
| 37 | Young Chow Fried Rice | £3.80 |
| 38 | Chicken Fried Rice | £3.80 |
| 39 | Beef Fried Rice | £4.00 |
| 40 | Roast Pork Fried Rice | £3.80 |
| 41 | Roast Duck Fried Rice | £4.50 |
| 42 | Singapore Fried Rice (8) | £3.80 |
| 43 | Mushroom Fried Rice (8) | £3.70 |
| 44 | Mixed Vegetable Fried Rice (8) | £3.70 |
| 45 | Garlic Fried Rice (8) | £3.30 |
| 46 | Egg Fried Rice (small) | £1.80 |
| 47 | Boiled Rice (small) | £1.70 |



11 Satay Chicken on Skewers



15 Peking Dumplings



20 Peking Spare Ribs



33 Won Ton Soup



27 Chicken & Sweet Corn Soup

Noodle Dishes (Large Containers)

- | | | |
|----|---|-------|
| 48 | House Special Chow Mein (Exquisite Dish of King Prawns, Chicken, Roast Pork & Vegetables on Top of Plain Chow Mein) | £4.20 |
| 49 | King Prawn Chow Mein | £4.60 |
| 50 | Shrimp Chow Mein | £4.10 |
| 51 | Young Chow Chow Mein | £4.00 |
| 52 | Chicken Chow Mein | £3.90 |
| 53 | Beef Chow Mein | £3.90 |
| 54 | Roast Pork Chow Mein | £3.90 |
| 55 | Roast Duck Chow Mein | £4.80 |
| 56 | Singapore Chow Mein (8) | £4.00 |
| 57 | Singapore Fried Rice Noodles (8) | £4.00 |
| 58 | Mushroom Chow Mein (8) | £3.70 |
| 59 | Mix Vegetable Chow Mein (8) | £3.70 |

Sweet & Sour Dishes

- | | | |
|----|---|-------|
| 60 | Sweet & Sour Chicken Balls (10) | £3.50 |
| 61 | Sweet & Sour King Prawn Balls with Lemon (10) | £4.50 |
| 62 | Sweet & Sour Chicken Hong Kong Style | £4.00 |
| 63 | Sweet & Sour King Prawns Hong Kong Style | £4.30 |
| 64 | Sweet & Sour Pork Hong Kong Style | £4.00 |
| 65 | Sweet & Sour Crispy Shredded Beef | £4.00 |
| 66 | Sweet & Sour Mixed Vegetables (8) | £3.20 |

Chicken Dishes

- | | | |
|----|------------------------|-------|
| 67 | Chicken & Oyster Sauce | £3.50 |
| 68 | Chicken & Mushroom | £3.50 |
| 69 | Chicken & Mangetout | £3.50 |
| 70 | Chicken & Pineapples | £3.50 |
| 71 | Chicken & Beansprouts | £3.50 |
| 72 | Chicken & Tomatoes | £3.50 |

73	Chicken & Broccoli	£3.50
74	Chicken & Mixed Vegetables	£3.50
75	Chicken with Bamboo Shoots & Water Chestnuts	£3.50
76	Chicken with Ginger & Spring Onions	£3.50
77	Chicken & Cashewnuts	£3.80
78	Chicken & Cashewnuts in Yellow Bean Sauce	£3.80
79	Chicken & Green Pepper in Black Bean Sauce	£3.70
80	Chicken in Black Pepper Sauce	£3.50
81	Chicken in Satay Sauce	£3.50
82	Kung Po Chicken	£4.00
83	Lemon Chicken	£4.00
84	Chicken Szechwan Style	£3.50
85	Spicy Chicken (Salt & Pepper)	£4.00
86	Roast Chicken (Chinese Style)	£3.50

Beef Dishes

87	Beef & Oyster Sauce	£3.50
88	Beef & Mushroom	£3.50
89	Beef & Mangelout	£3.50
90	Beef & Pineapples	£3.50
91	Beef & Beansprouts	£3.50
92	Beef & Tomatoes	£3.50
93	Beef & Broccoli	£3.50
94	Beef & Mixed Vegetables	£3.50
95	Beef with Bamboo Shoots & Water Chestnuts	£3.50
96	Beef with Ginger and Spring Onions	£3.50
97	Beef & Green Peppers in Black Bean Sauce	£3.80
98	Beef in Black Pepper Sauce	£3.50
99	Beef in Satay Sauce	£3.80
100	Beef Szechwan Style	£3.50
101	Crispy Shredded Beef in Chili Sauce	£4.00
102	Spicy Shredded Chili Beef (Salt & Pepper)	£4.00

Pork Dishes

103	Roast Pork & Oyster Sauce	£3.50
104	Roast Pork & Mushroom	£3.50
105	Roast Pork & Mangelout	£3.50
106	Roast Pork & Pineapple	£3.50
107	Roast Pork & Beansprouts	£3.50
108	Roast Pork & Tomatoes	£3.50
109	Roast Pork & Broccoli	£3.50
110	Roast Pork & Mixed Vegetables	£3.50
111	Roast Pork with Bamboo Shoots & Water Chestnuts	£3.50
112	Roast Pork with Ginger & Spring Onions	£3.50
113	Roast Pork & Green Pepper in Black Bean Sauce	£3.80
114	Roast Pork in Black Pepper Sauce	£3.50
115	Roast Pork in Satay Sauce	£3.80
116	Roast Pork Szechwan Style	£3.50
117	Spicy Pork (Salt & Pepper)	£4.00

Curry Dishes (with Boiled Rice)

165	House Special Curry	£4.70
166	King Prawns Curry	£4.80
167	Shrimp Curry	£4.50
168	Chicken Curry	£4.40
169	Beef Curry	£4.50
170	Roast Pork Curry	£4.40
171	Roast Duck Curry	£4.80
172	Mushroom Curry	£4.10
173	Mixed Vegetable Curry	£4.10
174	Squid Curry	£4.80
175	Lamb Curry	£4.80

Chop Suey Dishes

176	House Special Chop Suey	£4.20
177	King Prawns Chop Suey	£4.30
178	Shrimp Chop Suey	£3.50
179	Chicken Chop Suey	£3.50
180	Beef Chop Suey	£3.50
181	Roast Pork Chop Suey	£3.50
182	Roast Duck Chop Suey	£4.30
183	Squid Chop Suey	£4.30
184	Lamb Chop Suey	£4.20
185	Szechwan Style Chop Suey	£3.20

English Dishes (with Chips)

186	Roast Chicken in Barbecued Sauce	£3.70
187	Sausages & Chips	£2.70
188	King Prawn Omelette	£4.70
189	Special Omelette	£4.30
190	Shrimp Omelette	£4.20
191	Chicken Omelette	£3.90
192	Mushroom Omelette	£3.70
193	Ham Omelette	£3.90
194	Plain Omelette	£3.60
195	Chips	£1.30
196	Chips in Barbecued Sauce	£1.80

Egg Foo Yung Dishes

197	House Special Foo Yung	£3.70
198	King Prawn Foo Yung	£4.30
199	Shrimp Foo Yung	£3.50
200	Chicken Foo Yung	£3.60
201	Beef Foo Yung	£3.60
202	Roast Pork Foo Yung	£3.80
203	Roast Duck Foo Yung	£4.30
204	Mushroom Foo Yung	£3.30
205	Mixed Vegetable Foo Yung	£3.30
206	Squid Foo Yung	£4.50
207	Plain Foo Yung	£3.00



37 Young Chow Fried Rice



49 King Prawn Chow Mein



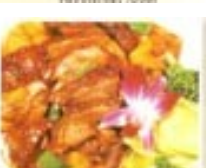
57 Singapore Fried Rice Noodles



60 Sweet & Sour Chicken Balls



64 Sweet & Sour Pork Hawaiian Style



121 Roast Duck & Pineapple



138 King Prawns & Mangelout



145 King Prawns with Ginger & Spring Onions



166 Roast Chicken in Barbecued Sauce



163 Spicy Squid

Duck Dishes

118	Roast Duck & Oyster Sauce	£4.50
119	Roast Duck & Mushroom	£4.50
120	Roast Duck & Mangelout	£4.50
121	Roast Duck & Pineapple	£4.50
122	Roast Duck & Beansprouts	£4.50
123	Roast Duck & Tomatoes	£4.50
124	Roast Duck & Broccoli	£4.50
125	Roast Duck & Mix Vegetables	£4.50
126	Roast Duck with Bamboo Shoots & Water Chestnuts	£4.50
127	Roast Duck with Ginger & Spring Onions	£4.50
128	Roast Duck & Cashewnuts	£4.50
129	Roast Duck & Cashewnuts in Yellow Bean Sauce	£4.50
130	Roast Duck & Green Pepper in Black Bean Sauce	£4.50
131	Roast Duck in Black Pepper Sauce	£4.50
132	Roast Duck in Satay Sauce	£4.50
133	Roast Duck Szechwan Style	£4.50
134	Roast Duck Chinese Style	£4.50
135	Roast Duck in Plum Sauce	£4.50

King Prawns Dishes

136	King Prawns & Oyster Sauce	£4.30
137	King Prawns & Mushroom	£4.30
138	King Prawns & Mangelout	£4.30
139	King Prawns & Pineapple	£4.30
140	King Prawns & Beansprouts	£4.30
141	King Prawns & Tomatoes	£4.30
142	King Prawns & Broccoli	£4.30
143	King Prawns & Mixed Vegetables	£4.30
144	King Prawns with Bamboo Shoots & Water Chestnuts	£4.30
145	King Prawns with Ginger & Spring Onions	£4.30
146	King Prawns & Cashewnuts	£4.30
147	King Prawns & Cashewnuts in Yellow Bean Sauce	£4.30
148	King Prawns & Green Pepper in Black Bean Sauce	£4.30
149	King Prawns in Black Pepper Sauce	£4.30
150	King Prawns in Satay Sauce	£4.30
151	Kung Po King Prawns	£4.30
152	Lemon King Prawns	£4.30
153	King Prawns Szechwan Style	£4.30
154	Spicy King Prawns (Salt & Pepper)	£4.30

Seafood Dishes

155	Mussels & Green Pepper in Black Bean Sauce	£4.50
156	Mussels with Ginger & Spring Onions	£4.50
157	Mussels Szechwan Style	£4.50
158	Squid & Oyster Sauce	£4.50
159	Squid & Mixed Vegetables	£4.50
160	Squid with Ginger & Spring Onions	£4.50
161	Squid & Green Pepper in Black Bean Sauce	£4.50
162	Squid in Satay Sauce	£4.50
163	Spicy Squid (Salt & Pepper)	£4.50
164	Shrimp Szechwan Style	£4.00

Lamb Dishes (New)

208	Lamb & Oyster Sauce	£4.20
209	Lamb with Ginger & Spring Onions	£4.20
210	Lamb & Green Pepper in Black Bean Sauce	£4.20
211	Lamb in Black Pepper Sauce	£4.20
212	Lamb in Satay Sauce	£4.20
213	Lamb Szechwan Style	£4.20

Thai Dishes (Sweet & Cold)

214	House Special in Thai Style	£4.30
215	King Prawns in Thai Style	£4.50
216	Shrimp in Thai Style	£4.20
217	Chicken in Thai Style	£3.90
218	Beef in Thai Style	£3.90
219	Roast Pork in Thai Style	£3.90
220	Roast Duck in Thai Style	£4.50
221	Fried Rice in Thai Style (with Chicken or Shrimp)	£4.50
222	Chow Mein in Thai Style (with Chicken or Shrimp)	£4.50
223	Thai Green/ Red Chicken Curry	£4.30
224	Thai Green/ Red King Prawns Curry	£4.30

Vegetarian Dishes

225	Mushroom & Onion	£2.20
226	Beansprouts	£2.20
227	Mangeltout & Baby Corn	£2.20
228	Bamboo Shoots & Water Chestnuts	£2.20
229	Stewed Mushrooms	£2.20
230	Satay Mixed Vegetables	£2.90
231	Plain Chow Mein	£2.20
232	Mushroom Szechwan Style	£2.90

Tofu (Beancurd) Dishes

233	Tofu & Green Peppers in Black Bean Sauce	£3.70
234	Sweet & Sour Tofu	£3.70
235	Spicy Tofu (Salt & Pepper)	£3.70
236	Tofu in Yellow Bean Sauce	£3.70
237	Tofu Szechwan Style	£3.70

Extra

238	Barbecued Sauce	£1.10
239	Sweet & Sour Sauce	£1.10
240	Thai Chili Sauce	£1.10
241	Curry Sauce	£1.10
242	Satay Sauce	£1.10
243	Hoi Sin Sauce	£1.10
244	Peking Sauce	£1.10
245	Banana Fritter in Syrup	£1.70
246	Pineapple Fritter in Syrup	£1.70
247	Soft Drinks Per Can	£0.70
248	Soft Drinks Per Bottle	£1.80



83 Lemon Chicken



84 Chicken Szechwan Style



92 Beef & Tomatoes



97 Beef & Green Peppers in Black Bean Sauce



101 Crispy Shredded Beef



166 Chicken Curry



200 Chicken Foo Yung



215 King Prawns in Thai Style



232 Mushroom Szechwan Style



241 Curry Sauce



239 Sweet & Sour Sauce