

## Side Dish

### RICE

- R1 **Steamed Jasmine Rice** £3.50  
(small) (v)
- R2 **Egg Fried Rice (small)** £3.90
- R3 **Special Fried Rice** £ 5.90  
*Perfectly cooked long grain rice wok fried with egg, chicken, pork, shrimp, peas and spring onions*
- R4 **Chicken Fried Rice** £5.80
- R5 **Pork Fried Rice** £5.80
- R6 **Shrimp Fried Rice** £6.50
- R7 **King Prawn Fried Rice** £6.90
- R8 **Vegetable Fried Rice (v)** £5.90
- R9 **Hot Singapore Fried Rice** 🌶️ £6.20  
*Long grain rice wok fried with chicken, pork, shrimp, egg, peas, spring onions and our blend of Chinese 'curry' spices*

### CHOW MEIN (NOODLES)

- N1 **Special Chow Mein** £6.50  
*WoknRock's House Chow Mein of soft egg noodles, shrimp, chicken, Chinese roast pork and vegetables all stir fried in soy sauce and ground pepper*
- N2 **Chicken Chow Mein** £6.20
- N3 **Pork Chow Mein** £6.20
- N4 **Beef Chow Mein** £6.50
- N5 **Duck Chow Mein** £6.50
- N6 **Shrimp Chow Mein** £6.80
- N7 **King Prawn Chow Mein** £6.90
- N8A **Plain Chow Mein (v)** £6.10  
*Stir fried soft noodles cooked with long slivers of spring onion, bean sprouts and onions*
- N8B **Plain Noodles (No Vegetable) (v)** £5.90
- N9 **Vegetable Chow Mein (v)** £6.50
- N10 **Hot Singapore Chow Mein** 🌶️ £6.80  
*Soft egg noodles Wok fried with chicken, pork, shrimp, egg, peas, spring onions and our blend of Chinese 'curry' spices*
- N11 **Singapore Rice Noodles** 🌶️ £6.90  
(Vermicelli)  
*Rice noodles stir-fried with meats, shrimp, onions, bell peppers, chilli and our blend of Chinese 'curry' spices*

- E1 **Chips (v)** £2.80
- E2 **Curly Fries (v)** £3.20
- E3 **Sweet Potato Fries (v)** £3.80
- E4 **Chicken Nuggets** £3.90
- E5 **Scampi** £4.20
- E6 **Sweet & Sour Sauce (v)** £1.80
- E7 **Curry Sauce (v)** £1.80
- E8 **Homemade Chinese BBQ Sauce** £2.50

## Dessert

- S1 **Banana Fritters in Syrup (v)** £3.80
- S2 **Pineapple Fritters in Syrup (v)** £3.80
- S3 **Toffee Apple (v)** £4.80

### Drinks

#### WINE

Merlot  
Shiraz  
Sauvignon blanc  
Chardonnay  
Pinot Grigio  
White Zinfandel Rose  
Champagne  
Prosecco

#### CIDER

Mixed Fruit Cider  
Strawberry & Lime Cider

Wide range of soft drinks, bottled beers, ciders and wines, all available to pick up or be delivered  
Alcohol purchaser must be 18 or over

#### SOFT DRINKS

Coca Cola  
Diet Coke  
Sprite  
Tango Orange (No Sugar)  
Dr Pepper  
J20  
Orange Juice  
Apple Juice  
Cranberry Juice  
Appletize  
Lipton Ice Tea  
Still or Sparkling Spring Water

#### BOTTLED BEER

Budweiser  
Becks  
Corona Extra  
Kronenbourg 1664  
Crabbie's Alcoholic Ginger Beer  
Chinese Tsing Tao  
Tiger  
Japanese ASAHI,  
Non-Alcoholic Beers (0% ABV)

#### Meal for One £13.00

- Mini Spring Rolls (six)
- Sweet & Sour Chicken
- Hong Kong Style
- Egg Fried Rice

#### Meal for Two £22.00

- Spring Rolls
- Pork w/Peppers in Black Bean Sauce
- Lemon Chicken,
- Special Fried Rice

#### Meal for Four £50.00

- Barbecued Ribs
- Prawns on Toast
- Salt & Pepper Chicken
- Chicken with Ginger & Spring Onion
- Roast Pork with Cashew Nuts in Yellow Bean Sauce
- Shredded Crispy Beef in Chilli Sauce
- Stir-fried Vegetables
- Special fried Rice
- Special Chow Mein

Drink  
Eat Enjoy  
WoknRock

your choice for takeaway, eat-in,  
a night out or as the venue for your  
private party!

We cannot guarantee any products are free from nuts, other allergens or their derivatives. Whilst every care is taken, some dishes may contain small bones. WoknRock reserve all rights to change or amend this menu without notice. Please ask for advice if you have questions.  
Thank You for choosing WoknRock for takeaway.

# WoknRock

## TAKE AWAY MENU

Pick Up Orders Welcome and Recommended

Delivery is available most days between 5.30 pm - 10pm.  
There may be a delivery cost for your order, please call and ask.



Phone 01842 860 088

Wok n Rock Restaurant & Bar  
at The Plough Inn, Mill Road,  
Lakenheath, Suffolk IP27 9DT

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Facebook.com/wokn.rock  
[www.woknrock.co.uk](http://www.woknrock.co.uk)

## Starters

- 1 **Mixed Starter Platter** £6.50  
(price is per person, min. order of 2)  
*A wide selection including Ribs, Sesame Prawn Toast, Seaweed, Mini Vegetable Spring Rolls, Chicken Skewers, Crab Rangoon, and dipping side of Sweet & Sour Sauce*
- 1a **Crab Rangoon** £5.80  
*Dumpling appetizer stuffed with cream cheese, crab meat, spring onions*
- 2 **Crispy Seaweed (v)** £4.50  
*Sweet and crispy home made fresh seaweed*
- 3 **Spring Roll (Egg Roll)** £3.80  
*Chef's special cooked Spring Rolls filled with roasted pork, cabbage, carrots, bean sprouts, served with Sweet & Sour Sauce*
- 4 **Mini Vegetable Spring Roll (v)** £3.50  
*Rolled appetizers a crispy shell filled with cabbage, carrots, bean sprouts; crispy, tasty; served with Sweet & Sour Sauce*
- 5 **Prawn Toast** £4.80  
*Golden fried bread coated with seasoned shrimp mince and sesame seeds*
- 6 **Barbecued Spare Ribs** £5.90  
*Seasoned, pork ribs in homemade BBQ sauce*
- 7 **Salt & Pepper Spare Ribs** 🌶️ £ 5.90  
*Roasted pork ribs wok fried with garlic, onions, peppers, rice wine, chilli and spices*
- 9 **Salt & Pepper Squid** 🌶️ £6.50  
*Wok fried squid with salt, peppers, rice wine, spring onions and chilli*
- 10 **Salt & Pepper Chicken** 🌶️ £5.80  
*Diced Coated chicken, wok fried with seasoning, rice wine, spring onions and chilli*
- 11 **Salt & Pepper Chicken Wings** 🌶️ £5.80  
*Deep fried Coated chicken wings, wok fried with vegetables, garlic, chilli and seasonings*
- 12 **Salt & Pepper King Prawn** 🌶️ £6.90  
*Coated King Prawns quick fried with seasoning, rice wine, spring onions and chilli*
- 13 **Chicken on Skewers** £6.50  
*Seasoned chicken on skewers, served with Peanut Satay Sauce*
- 18 **Prawn Crackers** £2.50



Chicken Skewers



Crab Rangoon



Wonton Soup



Sesame Chicken

## Soups

- 26 **Chicken & Sweetcorn Soup** £3.80
- 27 **Chicken Noodle Soup** £3.80
- 28 **Won Ton Dumpling Soup** £3.90
- 29a **Hot & Sour Soup** £3.80
- 29b **Vegetarian Hot & Sour Soup (v)** £3.80
- 30 **Japanese Miso Soup** £4.50

## Taster

### Crispy Aromatic Duck

- 21 **Quarter** £10.00
- 22 **Half** £19.00

Served with pancakes for wrapping with sticks of cucumber, spring onions and side of Hoi Sin Sauce



## Chicken

- C1 **Sweet & Sour Chicken Hong Kong Style** £6.50  
Coated crispy chicken, cooked with our famous rich sweet & sour sauce with onions, peppers and pineapple
- C2 **Sesame Chicken** £6.80  
A delicious sweet & sour chicken that's wok fried with sesame seeds for a hint of nutty sesame flavour
- C3 **Chicken with Peppers in Black Bean Sauce** £6.50  
Wok fried chicken cooked with garlic, onions and bell peppers in a rich and lightly spicy black bean sauce
- C4 **Chicken with Ginger & Spring Onion** £6.50  
Sliced chicken stir-fried with onions, garlic and ginger for a wonderfully light and fragrant flavour
- C5 **Chicken w/Cashew Nuts in Yellow Bean Sauce** £6.50  
Chicken cooked in Chef's homemade yellow bean sauce along with water chestnuts and crunchy cashews
- C6 **Peking Kung Po Chicken (General Tso Chicken)** £6.50  
Coated chicken in spicy hot sauce that's infused with a peppery Szechuan and a deep garlic flavour
- C7 **Szechuan Chicken** £6.50  
An aromatic dish of chicken stir-fried with bamboo, water chestnuts and crisp vegetables in a spicy Szechuan sauce

## Chicken continued

- C8 **Lemon Chicken** £6.50  
Coated chicken in a classic sweet and tangy lemon sauce
- C9 **Chicken Balls with Sweet & Sour Dipping Sauce** £6.50  
Marinated battered Chicken cooked until golden and crispy, served with sweet & sour sauce
- C10 **Chicken with Vegetables** £6.50  
Wok fried chicken cooked with garlic, onions, peppers, broccoli, pak choi, and many more vegetables to create a tasty and healthy dish
- C11 **Chicken Curry** £6.50  
Marinated Chicken wok fried with onions, carrots, mushrooms, peas and variety of spices, medium hot
- C12 **Chicken Chop Suey** £6.50  
Chicken, bean sprouts, onions and spring onions stir-fried with tomato sauce to create a healthy and tasty chicken chop suey
- C13 **Chicken Foo Yung** £6.50  
Chinese version of Chicken Omelette, stir-fried with onions, spring onions, bean sprouts mushrooms, peas, fresh cooked shredded chicken breast, and egg

## Pork

- P1 **Pork with Peppers in Black Bean Sauce** £6.50  
Wok fried roasted Pork with garlic, onions and peppers in a lightly spicy black bean sauce
- P2 **Pork with Ginger and Spring Onion** £6.50  
Roasted Pork wok fried with onions, garlic and ginger for a wonderfully light and fragrant flavour
- P3 **Pork with Mushrooms** £6.50  
Sliced Pork stir-fried with onions, mushrooms and spring onions in chef's homemade gravy sauce
- P4 **Pork with Cashew Nuts in Yellow Bean Sauce** £6.50  
Roasted Pork cooked in Chef's homemade yellow bean sauce along with water chestnuts and crunchy cashews
- P5 **Szechuan Pork** £6.50  
Roast Pork stir-fried with bamboo, water chestnuts and vegetables in WoknRock's own spicy Szechuan sauce
- P6 **Pork with Pak Choi in Cantonese Sauce** £6.50  
Roast Pork on freshly cooked pak choi bedding with chef's special cooked Cantonese gravy
- P7 **Pork Curry** £6.50  
Home roasted sliced Pork Fillet wok fried with onions, carrots, mushrooms, peas and variety of spices, medium hot
- P8 **Pork Chop Suey** £6.50  
Roasted sliced Pork, bean sprouts, onions and spring onions stir-fried with tomato sauce to create a healthy and tasty Pork chop suey
- P9 **Pork Foo Yung** £6.50  
Chinese version of Pork Omelette, stir-fried with onions, spring onions, bean sprouts, mushrooms, peas, shredded pork, and egg

Please ask member of staff for ingredients information & allergy advice.

## Beef

- B1 **Shredded Crispy Beef in Chilli Sauce** £7.20  
Coated, flash fried strips of Beef in a sweet, spicy sauce
- B2 **Beef with Peppers in Black Bean Sauce** £7.20  
Beef with garlic, onions and bell peppers all cooked in black bean sauce; light, spicy and a firm favourite
- B3 **Beef with Mushrooms** £7.20  
Sliced Beef stir-fried with onions, mushrooms and spring onions in chef's homemade gravy sauce
- B4 **Szechuan Beef** £7.20  
Marinated Beef stir-fried in a hot, spicy Szechuan sauce with bamboo, water chestnuts and vegetables
- B5 **Beef with Ginger & Spring Onion** £7.20  
Marinated Beef stir-fried with onions, garlic and ginger for a wonderfully light and fragrant flavour
- B6 **Beef Curry** £7.20  
Marinated Beef wok fried with onions, carrots, mushrooms, peas and variety of spices, medium hot
- B7 **Stir-fried Beef Satay** £7.20  
Marinated Beef stir-fried with onions, bamboo, water chestnuts and cooked in a spicy satay sauce
- B8 **Beef with Broccoli** £7.50  
Marinated Beef stir-fried with onions, broccoli, spring onions in Chinese cooking sauce

If you have a favourite dish you do not see on the menu, please ask staff to check availability.

## Duck

- D1 **Duck with Peppers in Black Bean Sauce** £7.50  
Wok fried Duck cooked with garlic, onions and bell peppers in a rich and lightly spicy black bean sauce
- D2 **Duck with Mushrooms** £7.50  
Sliced Duck stir-fried with onions, mushrooms and spring onions in chef's homemade cooking sauce
- D3 **Duck with Pineapple** £7.50  
Roasted Duck cooked with onions and pineapple for a wonderfully sweet and fragrant flavour
- D4 **Duck with Pak Choi in Cantonese Sauce** £7.50  
Roast Duck on freshly cooked pak choi bedding with chef's special cooked Cantonese gravy
- D5 **Duck in Orange Sauce** £7.50  
Roasted Duck cooked in a classic sweet and tangy orange sauce
- D6 **Duck in Plum Sauce** £7.50  
Roasted Duck cooked in a classic sweet and tangy plum sauce
- D7 **Duck Curry** £7.50  
Roasted Duck wok fried with onions, carrots, mushrooms, peas and variety of spices, medium hot

## King Prawn

- K1 **Sweet & Sour King Prawn Hong Kong Style** £7.80  
Coated crispy Tiger King Prawns, cooked with our famous rich sweet & sour sauce with onions, peppers and pineapple
- K2 **Sesame King Prawn** £7.90  
Delicious sweet & sour King Prawns that are wok fried with sesame seeds for a hint of nutty sesame flavour
- K3 **King Prawn with Ginger & Spring Onion** £7.80  
Marinated King Prawns stir-fried with onions, garlic and ginger for a wonderfully light and fragrant flavour
- K4 **Peking Kung Po King Prawn** £7.80  
King prawns in a hot and spicy Peking Kung Po sauce
- K5 **Szechuan King Prawn** £7.80  
Juicy Tiger King Prawns stir-fried in a hot, spicy Szechuan sauce with bamboo, water chestnuts and vegetables
- K6 **King Prawn with Vegetables** £7.80  
Wok fried King Prawns cooked with garlic, onions, peppers, broccoli, pak choi, and many more vegetables to create tasty and healthy dish
- K7 **King Prawn Curry** £7.80  
Marinated King Prawns wok fried with onions, carrot, mushrooms, peas and variety of spices, medium hot
- K8 **King Prawn Foo Yung** £7.80  
Chinese version of King Prawn Omelette, stir-fried with onions, spring onions, bean sprouts, mushrooms, peas, king prawns, and egg
- K9 **Shrimp Foo Yung** £7.50  
Chinese version of Shrimp Omelette, stir-fried with onions, spring onions, bean sprouts, mushrooms, peas, shrimp, and egg

## Vegetables

- V1 **Pak Choi in Garlic Sauce (v)** £6.90
- V2 **Stir-fried Broccoli (v)** £6.50
- V3 **Stir-fried Mixed Vegetables (v)** £6.50
- V4 **Stir-fried Mushroom (v)** £5.50
- V5 **Stir-fried Bean Sprouts (v)** £5.20
- V6 **Tofu with Peppers in Black Bean Sauce (v)** £6.90

Looking to enjoy a meal, drink or entertainment?  
**WoknRock** hits all three every Friday & Saturday night!

**MUSIC, TV, DARTS, POOL TABLE, FREE WIFI... it all Woks!**