

Polynesian Food

Hala Kahiki Chicken (GFA) 11.25
Ready for some fun in the sun? This delightful fusion of pineapple, chicken, ginger, onions, and abundance of green peppers, is the closest thing to a tropical vacation this side of the prairies.

Beef Tomato Samoan (GFA) 11.25
A sweet saucy beef dish cooked with fresh tomatoes and onions.

Polynesian Pepper Pot Steak (GFA) 11.25
Slices of beef braised in black beans with a touch of garlic, sweet green peppers, onions and soya sauce.

Beef Mokuaweoweo 11.25
A scrumptious spicy beef dish to be enjoyed by all. Slices of lightly breaded beef, sautéed in our sweet & spicy honey & garlic sauce with roasted sesame seeds.

Polynesian Fried Rice 11.00
A special seasoned rice with a tropical blend of pineapple, tomato, shrimp, barbequed pork, and slivers of green peppers.

Pork Tiki Tiki 10.00
Fresh bean sprouts stir-fried with assorted mixed vegetables and barbequed pork slices. This delicious dish is crowned with roasted almonds and accompanied with a bag of crispy noodles.

Pork Mandarin Kau Kau 12.00
A tantalizing deep fried sweet & sour battered pork dish, served with a colourful blend of pineapples, green peppers, and lychee fruits.

Shrimp Fiji 13.50
A delicious deep fried sweet & sour battered shrimp dish, served with a colourful blend of pineapples, green peppers, and lychee fruits.

MISCELLANEOUS

Sweet & Sour Sauce (large) (GFA) 2.50
Lemon Sauce (large) (GFA) 2.50
Honey & Garlic Sauce (large) (GFA) 2.50
French Fries (GFA) 4.50
Fortune Cookies (6 pcs) 1.50
Soft Egg Noodles (24 oz) 4.50
Crispy Noodles 1.75
Plum Sauce 10¢/pkg
Mustard 10¢/pkg

RESTAURANT HOURS

OPEN Tuesday - Sunday 4pm - 10pm
CLOSED EVERY MONDAY

Chinese Gourmet Favourites

4-Seasons Crisp Wontons 9.25
with sweet & sour sauce 10.00
with honey & garlic sauce 10.00

Chicken 'a La Ding' 10.00
A delicious "Hot" combination of fresh sliced chicken breast and diced vegetables, stir-fried in our sweet spicy Szechuan sauce.

Vegetable 'a La Ding' 9.50
Black Pearl Chicken 11.25
Pieces of lightly breaded chicken with slivers of ginger, onion, and bell peppers, stir-fried in our sweet ginger sauce.

San Goo Dop Choy (GFA) 9.50
A vegetarian delight of deluxe mixed vegetables.

San Goo Beef Pan (GFA) 11.25
Slices of beef, cooked with fresh broccoli and assorted vegetables.

San Goo Guy Pan (GFA) 11.00
Tender slices of chicken breast, stir-fried with fresh broccoli and assorted vegetables.

Mama Yee's Chicken 11.00
Pieces of delicious chicken, deep-fried in egg batter, lovingly prepared with our Mama Yee's special blend of sweet, spicy, and tangy sauce. It's good, just ask her!

Papa Yee's Chicken Wings 11.00
Let your palate fly with these delicious wings in our special Chinese Ginger B.B.Q. sauce.

Marquee Mooshu Pork 12.25
Featuring an all-star cast of pork and shredded vegetables, with supporting roles of crepes and hoi sin sauce... It's a Wrap!

Extra crepe 1.00 each
Extra Hoi Sin sauce 1.00

Spicy San Goo Dop Choy (GFA) 10.00

San Goo Fried Shrimp (GFA) 12.50
Fresh shrimp cooked with a delicious combination of broccoli and assorted vegetables.

Tai Dop Voy 12.25
Chicken, beef, shrimp, and barbequed pork slices, served with broccoli and assorted vegetables. A hearty and tasty dish to be enjoyed by all!

The 4-Seasons Mah-Jong Chicken Group

(Chicken in our special egg batter)

Spring (Sey Chin) 11.00
Not just any ordinary "Spring Chicken", this is Chicken stir-fried in our special ginger and oyster sauce.

Summer (Quoi Ha) 11.00
Enjoy a little summer all year round with our red-hot chicken in sweet Szechuan sauce.

Autumn (Hing Chow) 11.00
Fall back and relax with this "nutty" chicken in almond honey & garlic sauce.

Winter (Loong Duong Zhiu Fa) 11.00
Having a "flaky" day? Rid yourself of the winter blues with our chicken in lemon pineapple sauce.

Dinners

DINNER FOR TWO 29.50
2 Egg Rolls * San Goo Dop Choy * Sweet & Sour Chicken Balls * Barbequed Pork Fried Rice

DINNER FOR FOUR 60.75
4 Egg Rolls * Beef Chow Mein * Chicken Ding * Deep Fried Shrimp in Batter * Crispy Wontons * Sweet & Sour Pineapple Chicken Balls * Barbequed Pork Fried Rice

DINNER FOR THREE 52.65
3 Egg Rolls * Yangste Noodles * Golden Fried Chicken Wings * Polynesian Pepper Pot Steaks * Sweet & Sour Pineapple Pork * Barbequed Pork Fried Rice

*Sorry, no substitutions for any of the dinners

Please let us know if you are ordering for someone with Gluten Intolerance or Allergies. Cross contamination may occur. GFA = Gluten Friendly Available.



4 Seasons 四季
CHINESE & POLYNESIAN FOOD

PICK UP OR DELIVERY

204-254-2221

www.4seasonschinesefood.com

SOUTHDALE CENTRE 10-35 Lakewood Blvd
Winnipeg, Manitoba R2J 2M8

FREE Delivery on orders \$35 and over
(before taxes) in Local Areas



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Soups

Won Ton Soup	7.25
Hot & Sour Soup	7.75
Consomme Soup with Fried Noodles	4.75
Egg Drop Mushroom Soup	5.50

Appetizers

Egg Roll	1.75
Barbequed Pork Slices	10.25
Vancouver-Style Spare Ribs (Dry)	11.25
Mini Spring Rolls (6 pcs) 4.25 (12 pcs)	8.50
Chimosa (each)	4.00
<i>A delicious crispy wrapper filled with ground beef and vegetables, seasoned with mild curry, ginger, and garlic. Chinese-style Samosa!</i>	

Fried Rice

Steamed Rice (26 oz.) (GFA)	5.25
Plain Fried Rice	8.50
Chicken Fried Rice	8.75
Barbequed Pork Fried Rice	8.75
Mushroom Fried Rice	8.75
Beef Fried Rice	9.00
Shrimp Fried Rice	11.00
Deluxe Fried Rice	11.00

Diced Vegetables and Almonds

Vegetable Ding (GFA)	9.50
Chicken Ding (GFA)	10.00
Beef Ding (GFA)	10.25
Shrimp Ding (GFA)	12.50
Barbequed Pork Ding	10.00

Chicken

4-Seasons Chicken Balls (no sauce)	10.25
with Sweet & Sour sauce	11.00
with Sweet & Sour Pineapple sauce	11.00
with Honey & Garlic sauce	11.00
with Lemon sauce	11.00
with Mushroom sauce	11.00
with Gan Po sauce	11.00
<i>(crushed ginger in sweet & sour sauce)</i>	

Chicken with Mushrooms (GFA)	11.00
Chicken with Broccoli (GFA)	11.00
Chicken with Snow Peas (GFA)	11.00
Chicken with Green Pepper (GFA)	11.00
<i>(in black bean and garlic sauce)</i>	
Curry Chicken (GFA)	11.00
Lemon Chicken	11.00
<i>(sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds)	11.00
Golden Fried Chicken Wings	11.00
Honey & Garlic Chicken Wings	11.00
Ginger Chicken Wings	11.00
Satay Chicken	11.00
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken)	12.00
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken)	12.75

Beef

Beef with Snow Peas (GFA)	11.25
Beef with Mushrooms (GFA)	11.25
Beef with Broccoli (GFA)	11.25
Beef with Green Pepper (GFA)	11.25
Curry Beef (GFA)	11.25
Satay Beef	11.25
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal (no sauce)	10.50
with sweet & sour sauce	11.25
with honey & garlic sauce	11.25
Ginger Beef	11.25

Pork & Spare Ribs

Honey & Garlic Spare Ribs (GFA)	11.00
Sweet & Sour Spare Ribs (GFA)	11.00
Spare Ribs in Black Bean & Garlic Sauce (GFA)	11.00
<i>(A zesty rib dish, in our special blend of sweet & spicy chili sauce.)</i>	
Dry Breaded Spare Ribs (no sauce)	10.25
with sweet & sour sauce	11.00
Sweet & Sour Pineapple Pork	11.00

Shrimp

Shrimp with Green Pepper	12.50
<i>(in black bean & garlic sauce) (GFA)</i>	
Shrimp with Broccoli (GFA)	12.50
Pan Fried Shrimp (GFA)	12.50
Pan Fried Spicy Shrimp (GFA)	12.50
Pan Fried Black Bean & Garlic Shrimp (GFA)	12.50
Pan Fried Shrimp in Tomato Sauce (GFA)	12.50
Pan Fried Curry Shrimp (GFA)	12.50
Shrimp with Snow Peas (GFA)	12.50
Deep Fried Battered Shrimp (no sauce)	11.75
with sweet & sour sauce	12.50
Deep Fried Breaded Shrimp (no sauce)	11.75
with sweet & sour sauce	12.50
Satay Shrimp	12.50
Shrimp with Lobster Sauce	12.50
<i>(Fresh shrimp with minced pork cooked in black bean & garlic sauce)</i>	

Egg Foo Yong

(A Chinese omelette with peas and onions served with a light brown gravy)

Barbequed Pork Egg Foo Yong	9.75
Chicken Egg Foo Yong	9.75
Shrimp Egg Foo Yong	12.50
Mushroom Egg Foo Yong	9.75

Chop Suey / Chow Mein

*(Bean Sprouts, Celery, Onions & Mushrooms)
For Chow Mein dishes, a bag of crispy noodles will be added for 75¢*

Vegetable (GFA)	8.50
Shrimp (GFA)	11.75
Beef (GFA)	8.75
Chicken (GFA)	8.75
Barbequed Pork	8.75

Noodles

4-Seasons Cantonese Chow Mein 13.00
Golden soft egg noodles crowned with our appetizing combination of barbequed pork, beef, and chicken sautéed with mushrooms, baby corn, water chestnuts, and fresh vegetables.

Vegetarian Cantonese Chow Mein 11.75

Yangtse Noodle 11.25
*A dish overflowing with a river of egg noodles, chicken, bean sprouts, celery, onion, and carrots, highlighted with garlic. You'll ride into town on a rickshaw for this one!
(Substitute chicken for shrimp) 12.50*

Shanghai Noodle 11.25
*A dish that will captivate you. Enjoy a sea of Shanghai noodles with minced pork, garlic and shredded vegetables. All aboard!
with satay 11.25
with curry 11.25
with black bean & garlic 11.25
Cantonese style 13.00*

Singapore Mai-fun (GFA) 11.25
A tasty and spicy dish of rice vermicelli stir-fried in curry with shredded barbequed pork, fresh shrimp, and slivers of mixed vegetables.

A Different Kind of Fun 11.25
Not a fan of curry? Try our mildly-spiced Szechuan rice vermicelli noodle dish, stir-fried with shredded barbequed pork, veggies, and topped off with crushed almonds.

Bowl Full of Fun (GFA) 11.25
You can never have too much fun eating this dish. A savoury black bean & garlic flavoured rice vermicelli dish with minced pork, eggs, sliced mushrooms, and slivers of veggies.

For GF please tell us not to put almonds on the Dings

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