

Polynesian Food

Hala Kahiki Chicken..... 12.50

Ready for some fun in the sun? This delightful fusion of pineapple, chicken, ginger, and abundance of green pepper and onions is the closest thing to a tropical vacation this side of the prairies.

Beef Mokuaweoweo.....12.50

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

Polynesian Fried Rice.....12.50

A special seasoned rice with a tropical blend of pineapple, tomato, shrimp, barbequed pork and slivers of green pepper.

Pork Tiki Tiki.....11.25

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.

Beef Tomato Samoan..... 12.50

A sweet saucy beef dish cooked with fresh tomatoes and onions.

Polynesian Pepper Pot Steak.....12.50

Slices of beef braised in black beans with a touch of garlic, sweet green peppers, onions and soya sauce.

Pork Mandarin Kau Kau.....13.25

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

Shrimp Fiji.....14.75

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

MISCELLANEOUS

Sweet & Sour Sauce (large).....	3.00
Lemon Sauce (large).....	3.00
Honey & Garlic Sauce (large).....	3.00
Fortune Cookies (6 pcs).....	1.50
Soft Egg Noodles (24 oz).....	5.25
French Fries.....	5.25
Crispy Noodles.....	1.75
Plum Sauce.....	15 ¢ /pkg
Mustard.....	15 ¢ /pkg

RESTAURANT HOURS

OPEN Tuesday - Sunday: 4pm - 10pm

CLOSED EVERY MONDAY

Chinese Gourmet Favourites

4 Seasons Crisp Wontons.....10.50

with sweet & sour sauce.....11.50
with honey and garlic sauce.....11.50

Chicken 'a La Ding'.....11.25

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

Vegetable 'a La Ding'.....10.75

Black Pearl Chicken..... 12.50

Pieces of lightly breaded chicken with slivers of ginger, onion and bell peppers, stir-fried in our sweet ginger sauce.

San Goo Dop Choy.....10.75

A vegetarian delight of deluxe mixed vegetables.

San Goo Beef Pan.....12.50

Slices of beef, cooked with fresh broccoli and assorted vegetables.

San Goo Guy Pan.....12.50

Tender slices of chicken breast, stir-fried with fresh broccoli and assorted vegetables.

Mama Yee's Chicken.....12.50

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.....12.50

Let your palate fly with these delicious Wings in our special Chinese Ginger B.B.Q. sauce.

Marquee Mooshu Pork.....13.50

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.....11.25

San Goo Fried Shrimp.....14.00

Fresh shrimp cooked with a delicious combination of broccoli and assorted vegetables.

Tai Dop Voy.....13.75

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).....12.50

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

Summer (Quoi Ha).....12.50

Enjoy a little summer all year round with our red-hot chicken in sweet Szechuan Sauce.

Autumn (Hing Chow).....12.50

Fall back and relax with this "nutty" chicken in almond honey garlic sauce.

Winter (Loong Duong Zhiu Fa).....12.50

Having a "flaky" day? Rid yourself of the winter blues with our chicken in lemon pineapple sauce.

Dinners

DINNER FOR TWO33.50

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

DINNER FOR FOUR.....68.60

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.....59.40

3 Egg Rolls * Yangste Noodles * Golden Fried Chicken Wings * Polynesian Pepper Pot Steak * Sweet & Sour Pineapple Pork * Barbequed Pork Fried Rice

*Sorry, no substitutions for any of the dinners.



4 Seasons 四季

(204) 254-2221

www.4seasonschinesefood.com

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

\$5.00 Delivery fee for Orders \$35.00 and Under
and \$3.00 for all Other Orders Over \$35.00 (Before
Taxes) in Local Areas



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Soups

Won Ton	7.75
Hot & Sour Soup.....	8.25
Consomme Soup with Fried Noodles.....	5.25
Egg Drop Mushroom Soup.....	6.00

Appetizers

Egg Roll.....	2.00
Barbequed Pork Slices.....	11.50
Vancouver-Style Spare Ribs (Dry).....	12.50
Mini Spring Rolls..... (6 pcs) 4.50 (12 pcs) 9.00	
Chimosa (each).....	4.50
A delicious crispy wrapper filled with ground beef and vegetables, seasoned with mild curry, ginger, and garlic. A Chinese-style Samosa!	

Fried Rice

Steamed Rice (26 oz)	4.50
Plain Fried Rice.....	9.75
Chicken Fried Rice.....	10.00
Barbequed Pork Fried Rice.....	10.00
Beef Fried Rice.....	10.00
Mushroom Fried Rice.....	10.00
Shrimp Fried Rice.....	12.50
Deluxe Fried Rice.....	12.50

Diced Vegetables and Almonds

Vegetable Ding.....	10.75
Chicken Ding.....	11.25
Beef Ding.....	11.25
Barbequed Pork Ding.....	11.25
Shrimp Ding.....	14.00

Chicken

4 Seasons Chicken Balls (no sauce).....	11.50
<i>with sweet & sour sauce.....12.50</i>	
<i>with sweet & sour pineapple sauce.....12.50</i>	
<i>with honey and garlic sauce.....12.50</i>	
<i>with lemon sauce.....12.50</i>	
<i>with mushroom sauce.....12.50</i>	
<i>with gan po sauce.....12.50</i>	
<i>(crushed ginger in sweet & sour sauce)</i>	
Chicken with Mushrooms.....	12.50
Chicken with Broccoli.....	12.50
Chicken with Snow Peas.....	12.50
Lemon Chicken.....	12.50
<i>(sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds).....	12.50
Golden Fried Chicken Wings.....	12.50
Honey & Garlic Chicken Wings.....	12.50
Ginger Chicken Wings.....	12.50
Chicken with Green Pepper.....	12.50
<i>(in black bean & garlic sauce)</i>	
Curry Chicken.....	12.50
Satay Chicken.....	12.50
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken).....	13.50
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken).....	14.50

Beef

Beef with Snow Peas.....	12.50
Beef with Mushrooms.....	12.50
Beef with Broccoli.....	12.50
Beef with Green Pepper.....	12.50
Satay Beef.....	12.50
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal (no sauce).....	11.50
<i>with sweet & sour sauce.....12.50</i>	
<i>with honey & garlic sauce.....12.50</i>	
Ginger Beef.....	12.50
Curry Beef.....	12.50

Pork & Spare Ribs

Honey & Garlic Spare Ribs.....	12.50
Sweet & Sour Spare Ribs.....	12.50
Dry Breaded Spare Ribs (no sauce).....	11.50
<i>with sweet & sour sauce.....12.50</i>	
Spare Ribs in Black Bean & Garlic Sauce..	12.50
Sweet & Sour Pineapple Pork.....	12.50
Sweet & Spicy Spare Ribs.....	12.50
<i>(A zesty rib dish, in our special blend of sweet & spicy chili sauce)</i>	

Shrimp

Deep Fried Battered Shrimp (no sauce)....	13.00
<i>with sweet & sour sauce.....14.00</i>	
Deep Fried Breaded Shrimp (no sauce)....	13.00
<i>with sweet & sour sauce.....14.00</i>	
Shrimp with Green Pepper.....	14.00
<i>(in black bean & garlic sauce)</i>	
Shrimp with Broccoli.....	14.00
Pan Fried Shrimp.....	14.00
Pan Fried Spicy Shrimp.....	14.00
Pan Fried Black Bean & Garlic Shrimp.....	14.00
Pan Fried Shrimp in Tomato Sauce.....	14.00
Pan Fried Curry Shrimp.....	14.00
Satay Shrimp.....	14.00
Shrimp with Snow Peas.....	14.00
Shrimp with Lobster Sauce.....	14.00
<i>(Fresh shrimp with minced pork cooked in black bean and garlic sauce)</i>	

Egg Foo Yong

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

Barbequed Pork Egg Foo Young.....	11.00
Chicken Egg Foo Yong.....	11.00
Shrimp Egg Foo Yong.....	14.00
Mushroom Egg Foo Yong.....	11.00

Chop Suey / Chow Mein

*(Bean Sprouts, Celery, Onions & Mushrooms)
For Chow Mein dishes a bag of crispy noodles will be added for 1.00*

Vegetable.....	9.75
Barbequed Pork.....	10.00
Beef.....	10.00
Chicken.....	10.00
Shrimp.....	13.00

Noodles

4 Seasons Cantonese Chow Mein.....	14.25
<i>Golden soft egg noodles crowned with our appetizing combination of barbequed pork ,beef, and chicken sauteed with mushrooms, baby corn, water chestnuts, and fresh vegetables.</i>	
Vegetarian Cantonese Chow Mein.....	13.00
Yangtse Noodle.....	12.50
<i>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.... 14.00)</i>	
Shanghai Noodle.....	12.50
<i>A dish that will captivate you. Enjoy a sea of Shanghai noodles with minced pork, garlic, and shredded vegetables. All aboard!</i>	
<i>with satay.....12.50</i>	
<i>with curry.....12.50</i>	
<i>with black bean & garlic.....12.50</i>	
<i>Cantonese style.....14.25</i>	
Singapore Mai-Fun.....	12.50
<i>A tasty and spicy dish of rice vermicelli stir-fried in curry with shredded barbequed pork, fresh shrimp, and slivers of mixed vegetables.</i>	
A Different Kind of Fun.....	12.50
<i>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.</i>	
Bowl Full of Fun.....	12.50
<i>You can never have too much fun eating this dish. A savoury black bean and garlic flavoured rice vermicelli dish with minced pork, eggs, sliced mushrooms and slivers of veggies.</i>	