

Polynesian Food

Hala Kahiki Chicken14.75
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.....14.75
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.....14.75
A special seasoned rice with a tropical blend of pineapple, tomato, shrimp, barbequed pork and slivers of green pepper.

Pork Tiki Tiki13.75
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 Samoan14.75
A sweet saucy beef dish cooked with fresh tomatoes and onions.

Polynesian Pepper Pot Steak14.75
Slices of beef braised in black beans with a touch of garlic, sweet green peppers, onions and soya sauce.

Pork Mandarin Kau Kau15.75
A tantalizing deep fried sweet & sour battered pork dish, served with a colourful blend of pineapples, green peppers and lychee fruits.

Shrimp Fiji16.75
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

Tuesday - Sunday — 4pm - 10pm

CLOSED EVERY MONDAY

Chinese Gourmet Favourites

4-Seasons Crisp Wontons 12.75
with sweet & sour sauce 13.75
with honey and garlic sauce 13.75

Black Pearl Chicken..... 14.75
Pieces of lightly breaded chicken with slivers of ginger, onion, and bell peppers, stir-fried in our sweet ginger sauce with a lemony twist.

Mama Yee's Chicken..... 14.75
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 14.75
Let your palate fly with these delicious Wings in our special Chinese Ginger B.B.Q. sauce.

Marquee Mooshu Pork..... 15.75
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

The 4-Seasons Mah-Jong Chicken Group (Chicken in our special egg batter)

Spring (Sey Chin).....14.75
Not just any ordinary "Spring Chicken", this is Chicken stir-fried in our special ginger and oyster sauce.

Summer (Quoi Ha).....14.75
Enjoy a little summer all year round with our red-hot chicken in sweet Szechuan sauce.

Autumn (Hing Chow).....14.75
Fall back and relax with this "nutty" chicken in almond honey garlic sauce.

Winter (Loong Duong Zhiu Fa)14.75
Having a "flaky" day? Rid yourself of the winter blues with our chicken in lemon pineapple sauce.

Egg Foo Yong

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

Barbequed Pork Egg Foo Yong... 13.25

Chicken Egg Foo Yong 13.25

Shrimp Egg Foo Yong 16.25

Mushroom Egg Foo Yong..... 13.25

Dinners

DINNER FOR TWO.....40.00
*2 Egg Rolls * Dop Choy * Sweet & Sour Chicken Balls * Barbequed Pork Fried Rice*

DINNER FOR FOUR.....82.00
*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..... 70.00
*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 dinners.

** Gluten friendly menu available upon request.

*** Please let us know if you have any allergies when ordering.

Revised April, 2025



SOUTDALE 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

(204)254-2221
www.4seasonschinesefood.com

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Soups

Won Ton Soup	8.50
Hot & Sour Soup	9.00
Consomme Soup with Fried Noodles	5.25
Egg Drop Mushroom Soup	6.00

Appetizers

Egg Roll	2.25
Barbequed Pork Slices.....	13.75
Vancouver-Style Spare Ribs (Dry)	14.75
Mini Spring Rolls (6 pcs) 4.75 (12 pcs) 9.50	
Chimosa (each)	4.50
<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.)	5.00
Plain Fried Rice.....	12.00
Chicken Fried Rice	12.25
Barbequed Pork Fried Rice	12.25
Beef Fried Rice	12.25
Mushroom Fried Rice.....	12.25
Shrimp Fried Rice.....	14.75
Deluxe Fried Rice	14.75

Diced Vegetables and Almonds

Vegetable Ding	13.25
Chicken Ding.....	13.75
Beef Ding	13.75
Barbequed Pork Ding	13.75
Shrimp Ding	16.25
Vegetable 'A La' Ding (no almonds)	13.25
Chicken 'A La' Ding (no almonds) ..	13.75
<i>Unlike our regular Ding dishes, the 'A La' Dings contain no almonds and are prepared with Szechuan sauce. Almonds available upon request.</i>	

Deluxe Mixed Greens

San Goo Dop Choy	13.25
<i>A vegetarian delight of deluxe mixed vegetables.</i>	
San Goo Beef Pan.....	14.75
<i>Slices of beef, cooked with fresh broccoli and assorted vegetables.</i>	
San Goo Guy Pan	14.75
<i>Tender slices of chicken breast, stir-fried with fresh broccoli and assorted vegetables.</i>	
Spicy San Goo Dop Choy	13.75
San Goo Fried Shrimp	16.25
<i>Fresh shrimp cooked with a delicious combination of broccoli and assorted vegetables.</i>	

Tai Dop Voy.....	16.25
<i>Chicken, beef, shrimp, and barbequed pork slices, served with broccoli and assorted vegetables.</i>	
<i>A hearty and tasty dish to be enjoyed by all!</i>	

Chicken

4-Seasons Chicken Balls (no sauce) ..	13.75
<i>with Sweet & Sour sauce.....</i>	
<i>with Sweet & Sour Pineapple sauce</i>	
<i>with Honey & Garlic sauce.....</i>	
<i>with Lemon sauce.....</i>	
<i>with Mushroom sauce</i>	
<i>with Gan Po sauce.....</i>	
<i>(crushed ginger in sweet & sour sauce)</i>	
Chicken with Mushrooms	14.75
Chicken with Broccoli.....	14.75
Chicken with Snow Peas	14.75
Lemon Chicken	14.75
<i>(Sauce on the side is optional upon request)</i>	
Soo Guy (with crushed almonds) ..	14.75
Golden Fried Chicken Wings	14.75
Honey & Garlic Chicken Wings ..	14.75
Ginger Chicken Wings.....	14.75
Chicken with Green Pepper	14.75
<i>(in black bean and garlic sauce)</i>	
Curry Chicken	14.75
Satay Chicken	14.75
<i>(spicy Chinese savory sauce)</i>	
B-B-Q Chicken (half chicken)	15.75
<i>(Cha Chee Guy)</i>	
Ginger Chicken (half chicken) ...	16.75

Pork & Spare Ribs

Honey & Garlic Spare Ribs	14.75
Sweet & Sour Spare Ribs.....	14.75
Dry Breaded Spare Ribs (no sauce)	13.75
<i>with sweet & Sour sauce.....</i>	
Spare Ribs in Black Bean & Garlic Sauce	14.75
Sweet & Sour Pineapple Pork... ..	14.75
Sweet & Spicy Spare Ribs	14.75
<i>(A zesty rib dish, in our special blend of sweet & spicy chili sauce)</i>	

Shrimp

Deep Fried Battered Shrimp (no sauce) ..	15.25
<i>with sweet & sour sauce.....</i>	
Deep Fried Breaded Shrimp (no sauce) ..	15.25
<i>with sweet & Sour sauce.....</i>	
Shrimp with Green Pepper	16.25
<i>(in black bean & garlic sauce)</i>	
Shrimp with Broccoli	16.25
Pan Fried Shrimp	16.25
Pan Fried Spicy Shrimp	16.25
Pan Fried Black Bean & Garlic Shrimp .	16.25
Pan Fried Shrimp in Tomato Sauce .	16.25
Pan Fried Curry Shrimp.....	16.25
Satay Shrimp.....	16.25
Shrimp with Snow Peas	16.25
Shrimp with Lobster Sauce	16.25
<i>(Fresh shrimp with minced pork cooked in black bean and garlic sauce)</i>	

Beef

Beef with Snow Peas	14.75
Beef with Mushrooms	14.75
Beef with Broccoli.....	14.75
Beef with Green Pepper	14.75
Satay Beef.....	14.75
<i>(spicy Chinese savory sauce)</i>	
Dry Breaded Veal (no sauce)	13.75
<i>with sweet & Sour sauce.....</i>	
<i>with honey & garlic sauce.....</i>	
Ginger Beef	14.75
Curry Beef.....	14.75
Dry Salt & Pepper Crispy Beef ...	13.75

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	12.00
Barbequed Pork	12.25
Beef	12.25
Chicken.....	12.25
Shrimp	15.25

Noodles

4-Seasons Cantonese Chow Mein ..	16.75
<i>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.</i>	

Vegetarian Cantonese Chow Mein ..	14.75
Thai Cantonese Chow Mein	16.75
<i>Add Thai-style spicy sauce to your Cantonese chow mein for a fusion twist!</i>	

Yangtse Noodle	14.75
<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!</i>	
<i>(Substitute chicken for shrimp. 16.25)</i>	

Shanghai Noodle	14.75
<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 curry</i>	
<i>with black bean & garlic.....</i>	
<i>with satay sauce.....</i>	
<i>Cantonese style.....</i>	

Singapore Mai-fun	14.75
<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	14.75
<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.....	14.75
<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>	