

Cantonese Specialties

includes steam rice



Stir-Fried Seafood..... \$14.99
Jumbo Shrimps and Scallops,
Sauteed with Garden Vegetables

- Beef with Oyster Sauce.....\$11.99**
Tender Slices of Beef, Stir-Fried with Garlic, Ginger and Shredded Vegetables in Oyster Mushroom Sauce
- Beef with Chinese Vegetables.....\$11.99**
Tender Slices of Beef, Stir-Fried in Oyster Mushroom Sauce Served on a bed of Chinese Vegetables
- Sweet & Sour Fish.....\$13.99**
Deep-Fried Jumbo Haddock Fillet in light Egg Batter with Sweet & Sour Sauce
- Diced Shrimp with Cashews.....\$13.99**
Stir-Fried Jumbo Shrimps, Onion, Green Pepper, Broccoli, and Carrots
- Dai Dop Voy.....\$13.99**
Stir-Fried Scallops, Shrimps, Slices of Beef, Pork and Chicken, Sauteed Garden Vegetables

Szechuan Specialties

includes steam rice

General Tao Chicken (Hot)...\$11.99
Slices of Chicken, lightly floured and Crispy Deep Fried, Cooked in our own General Tao Sauce



- Orange Beef (Hot)..... \$11.99**
Shredded Beef, Lightly Floured and Deep Fried to a Crisp, Cooked in a Mildly Spicy Orange Sauce
- Kung Po Chicken (Hot)..... \$11.99**
Diced Chicken, Sauteed with Mixed Vegetables, Chili Peppers, Onions, Cashew, Water Chestnut in Spicy Sauce
- Hunan Chicken (Hot)..... \$11.99**
Tender Slices Chicken, Stir-Fried with Chili Pepper, Mixed Vegetables, Onions in Hunan Style Sauce



Jean's Spicy Beef (Hot)..... \$11.99
Dry Stir-Fried, Tender, Grade'A' Beef with Hot Chilli Peppers, Onions, Green & Red Peppers

- Mu Shu Pork (with 6 Crepes) (Hot)..... \$11.99**
Stir Fried Shredded Pork, Cabbage, Bamboo Shoots and Vegetables in a Chili Sauce with 6 Crepes and Hoisin Sauce
- Ma Po Bean Curd (Hot)..... \$11.99**
Soy Bean Curd Cooked with Minced Pork in Famous Szechuan Sauce
- Szechuan Beef or Chicken(Hot).....\$11.99**
Stir-Fried grade A Slices of Beef or Chicken with Shredded Vegetables in a Hot Chili Szechuan Sauce
- Salt and Pepper Squid or Shrimp or Pork Chop (Hot)..... \$13.49**
Lightly Floured and Deep-Fried, Cooked with Five-Spice Powder.



Jean's Ginger Beef or Chicken(Hot)..\$11.99
Deep-Fried Slices Beef with our Famous Ginger Sauce

Szechuan Specialties

includes steam rice except noodle dishes

Mongolian Chicken or Beef (Hot) \$11.99
Stir-Fried Chicken or Beef with Green Pepper, Onion, Carrot, and Celery in a Szechuan Style Sauce



Singapore Noodles (Hot)..... \$11.99
Rice Vermicelli Noodles with Shrimp, Barbecue Pork, Bean Sprouts, Shredded Vegetables in a Curry and Chilli Sauce Singapore Style

- Shanghai Noodles (Hot)..... \$11.99**
Shanghai Noodles with Shredded Pork, Bamboo Shoots, Shredded Vegetables and Cabbage Shanghai Style
- Jean's Asian Chicken(Hot).....\$11.99**
Slices of Lightly Battered Chicken, Fried to a Crisp, Cooked with Mix Vegetable and Jeans Hot & Sweet Sauce

- new** **Thai Noodle(Hot).....\$11.99**
Stir Fried Rice Noodles with Vegetables, Chicken, Beef and Shrimp in a Spicy Thai Sauce
- Thai Fried Rice(Hot).....\$8.29**
Thai Style Spicy Fried Rice with Vegetables, Egg, Chicken, Beef and Shrimp
- Teriyaki Noodle.....\$11.99**
Shanghai Noodle with Vegetables, Chicken, and Shrimp in Teriyaki Sauce
- Szechuan Noodle(Hot).....\$11.99**
Stir Fried Egg Noodle with Shrimp and Chicken and Vegetables in a Spicy Szechuan Chili Sauce
- Black Bean Ribs.....\$11.99**
Steamed Spare Ribs with Vegetables in a Black Bean Sauce

Party for 10 / 20 / 30 / 40 already discounted up to 35% OFF

Party For 10.....\$109

Party For 20.....\$219

- 10 Egg Roll or Spring Roll
3 Chicken Fried Rice
3 Jean's Sweet & Sour Chicken
2 Beef and Broccoli
3 Chicken Chow Mein
2 Mongolian Beef

- 20 Egg Roll or Spring Roll
4 Chicken Fried Rice
3 Jean's Sweet & Sour Chicken
3 Beef and Broccoli
3 Healthy Mix Vegetables
3 Ginger beef
3 Honey Garlic Ribs
2 Singapore Noodles

★ for bigger party menus visit our website ★

Business & Delivery Hours

Monday - Thursday	10:30am - 11:00pm
Friday	10:30am - midnight
Saturday	11:30am - midnight
Sunday	11:30am - 11:00pm

Jean's Restaurant

5972 Spring Garden Road
www.jeansrestaurant.ca

444-7776

ACCEPTED **DEBIT** on **ALL DAY FREE DELIVERY**
Dal Cards Credit Cards

Free Delivery within Halifax peninsula on orders over \$15 (before tax) except Clayton Park, Fairview, Spry field & some areas in Dartmouth, on orders over \$20 (before tax) we add a \$2 charge.

4 Years in a row!

6th Annual **BEST OF FOOD**
BEST OF THE BEST READERS SURVEY

1st runner up:

"Best of Chinese restaurant 2007, 2008, 2009, 2010" the Coast

2nd runner up: Best Server

"good food, cheap, and lots of it!"

quote:

Bill Spurr, Chronicle Herald

New Business Hours

Appetizers



Spring Roll.....\$1.99

Vegetarian Spring Roll.....	\$1.99
Egg Roll.....	\$1.69
Vegetarian Egg Roll.....	\$1.69
BBQ Pork Slices.....	\$7.39
Spicy Chicken Wings (Hot).....	\$7.59
Fried Wontons.....	\$4.59
Pan Fried Dumpling.....	\$7.39

Soups



Wonton & BBQ Pork Soup
\$3.99

Hot & Sour Soup (Hot).....	\$3.99
Chicken Noodle Soup.....	\$3.89
Chinese Green Soup.....	\$3.49
Mushroom Egg Drop Soup.....	\$3.59

Full Meal Soups

Vegetable Noodle Soup.....	\$7.49
Wonton & Noodle Soup.....	\$7.49
Chicken vegetable Noodle Soup.....	\$8.49
Beef Vegetable Noodle Soup.....	\$8.49
Beef Flank Noodle Soup.....	\$8.49
Seafood Vegetable Noodle Soup.....	\$11.49
(Noodle can be replaced with Rice Noodle)	

Sweet and Sour



Jean's Sweet & Sour Chicken.....\$10.49

Sweet & Sour Chicken Balls.....	\$9.49
Sweet & Sour Shrimp.....	\$10.49
Sweet & Sour Pork.....	\$9.49

Lo Mein (On Soft Egg Noodles)

Mushroom Lo Mein.....	\$8.99
Vegetable Lo Mein.....	\$8.99
Chicken Lo Mein.....	\$9.99
Beef Lo Mein.....	\$9.99
BBQ Pork Lo Mein.....	\$9.99
Shrimp and Scallop Lo Mein.....	\$10.99

Chicken Dishes



Almond Chicken Gai Ding
(Chicken and Vegetable)
\$8.99

Almond Chicken Soo Gai.....	\$8.99
(Breaded Chicken with Gravy)	
Chicken with Chinese BBQ Sauce.....	\$8.99
Chicken with Broccoli.....	\$8.99
Chicken with Black Bean Sauce.....	\$8.99

Rice Dishes

Young Chow Fried Rice.....	\$8.79
(Egg, Shrimp, BBQ Pork and Chicken)	
Jean's Special Fried Rice.....	\$8.29
(Chicken, Shrimp, BBQ Pork)	
Shrimp Fried Rice.....	\$7.79
Chicken Fried Rice.....	\$7.29
Beef Fried Rice.....	\$7.29
BBQ Pork Fried Rice.....	\$7.29
Vegetable Fried Rice.....	\$6.79
Mushroom Fried Rice.....	\$6.79
Plain Fried Rice.....	\$6.29
Steamed Rice.....	\$1.50

Chow Mein

Vegetable Chow Mein.....	\$6.99
Mushroom Chow Mein.....	\$6.99
BBQ Pork Chow Mein.....	\$7.99
Chicken Chow Mein.....	\$7.99
Beef Chow Mein.....	\$7.99
Shrimp Chow Mein.....	\$9.99

Curry Dishes

Curried Chicken (Hot).....	\$8.99
Curried Beef (Hot).....	\$8.99
Curried BBQ Pork (Hot).....	\$9.99
Curried Shrimp (Hot).....	\$8.99

Beef Dishes

Beef and Broccoli.....	\$8.99
Beef and Green Peppers.....	\$8.99
Beef and Rice Noodle in Soya Sauce.....	\$9.99
Beef and Black Bean Sauce.....	\$8.99

Pork & Spare Ribs Dishes

Honey Garlic Spare Ribs.....	\$9.49
Stir-Fried Shredded Pork and Vegetable in Szechuan Style Sauce (Hot).....	\$9.49

Stir-Fried Vegetarian Dishes



V1. Healthy Fresh
Mixed Vegetables
\$9.29

V2. Mu Shu Vegetables (6 Crepes) (Hot).....	\$11.49
V3. Buddhist Delight Stir-Fried Vegetables.....	\$10.89
with Tofu	
V4. Vegetable Cantonese Chow Mein.....	\$10.49
V5. Vegetable Vermicelli Singapore Style (Hot).....	\$9.99
V6. Vegetarian Shanghai Noodle (Hot).....	\$9.99
V7. Stir-Fried Spicy Eggplant (Hot).....	\$10.89
V8. Stir-Fried Spicy Fresh Mixed Vegetables (Hot).....	\$9.79
V9. Vegetarian Combo (Vegetable Spring Roll, Vegetable Fried Rice, Stir-Fried Vegetables).....	\$8.99

Stir-Fried Soft Egg Noodles

Chicken Stir-Fried
Soft Egg Noodles...\$9.99



Vegetable Stir-Fried Soft Egg Noodles.....	\$8.99
Beef Stir-Fried Soft Egg Noodles.....	\$9.99

Egg Foo Young

Vegetable Foo Young.....	\$7.29
Chicken Foo Young.....	\$8.79
Beef Foo Young.....	\$8.79
BBQ Pork Foo Young.....	\$8.79
Shrimp Foo Young.....	\$9.99

Dinners

Dinner for 2	\$24.99
2 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Chicken Chow Mein, Jean's Sweet & Sour Chicken	
Dinner for 3	\$36.99
3 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef Chow Mein, Sweet & Sour Chicken Balls	
Dinner for 4	\$48.99
4 Egg Rolls/Fortune Cookies, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef with Broccoli, Jean's Sweet & Sour Chicken, Chicken Gai Ding	

Combination Plate

Combination 1	\$8.99
Egg Roll	
Chicken Fried Rice	
Jean's Sweet & Sour Chicken	
Combination 2	\$8.99
Egg Roll	
Chicken Fried Rice	
Sweet & Sour Chicken Balls	
Combination 3	\$8.99
Egg Roll	
Chicken Fried Rice	
Almond Chicken Soo Gai	
Combination 4	\$8.99
Egg Roll	
Chicken Fried Rice	
Chicken Chow Mein	
Combination 5	\$9.99
Egg Roll	
Chicken Fried Rice	
Almond Chicken Gai Ding	
Combination Add-ons	

Beef with Broccoli, Chicken Gai Ding, Chicken Chow Mein, Soo Gai, Honey Garlic Ribs, Sweet & Sour Chicken Balls or Jean's Sweet & Sour Chicken \$3.99 Extra.
Rice substitution to egg noodle add \$2.75

Combination 6	\$8.99
Egg Roll	
Chicken Fried Rice	
Honey Garlic Ribs	
Combination 7	\$9.99
Egg Roll	
Chicken Fried Rice	
Hunan Chicken (Hot)	
Combination 8	\$9.99
Egg Roll	
Chicken Fried Rice	
Mongolian Beef (Hot)	
Combination 9	\$9.99
Egg Roll	
Chicken Fried Rice	
Beef with Broccoli	
Combination 10	\$10.99
Egg Roll	
Chicken Fried Rice	
Ginger Beef (Hot)	

Cantonese Specialties

includes steam rice except noodle dishes

Cantonese assorted meat Stir-Fried....\$11.99
Grade A Chicken, Beef, BBQ Pork,
stir fried with fresh mix vegetables



Crispy BBQ Duck	(Whole) \$31.99 / (Half) \$16.99
Teriyaki Chicken.....	\$11.99
Boneless Chicken with Vegetables and Teriyaki Sauce	
Lemon Chicken	\$11.99
Wor Soo Gai.....	\$11.99
2 trunks of Crispy Breaded Chicken on a bed of Garden Vegetables	
Beef Steak Cantonese Style	\$13.99
Fried Beef Tenderloin with onion in Sweet & Sour Sauce	
Beef with Black Pepper Sauce	\$11.99
Shrimp and Lobster Sauce.....	\$11.99
Jumbo Shrimp, Ground Meat and Eggs in Black Bean Sauce	
Cantonese Chow Mein.....	\$14.99
Shrimp, Scallops, BBQ Pork, and Chicken cooked with vegetables and served on a bed of egg noodles	