



“A truly fine meal is enjoyed not once but three times; in anticipation, in consumption and in remembrance.”

The Laughing Buddha opened its doors in 2003 with the aim to reveal the diversity of Chinese food in a pleasing and comfortable environment where service is attentive, warm but never pompous or judgemental.

If you haven't been here before, consider this. Sitting in an unfamiliar Chinese restaurant, have you already chosen the old Chinese classics before opening these pages? Dishes like Crispy Duck, Spring Rolls and Spare Ribs may have crossed your mind? Yes, we do have most of these comfort recipes and yes, we do take a great deal of care preparing them.

At The Laughing Buddha, we serve Oriental food with a modern twist with influences from Malaysia, Thailand, Shandong, Szechuan, Huiyang and Guanngdong. A large part of the menu is a compilation of specialties unique to us and the recipes are never softened or diluted, remaining true to their Oriental origins.

Allow us therefore, to offer to you, new experiences in Chinese food by ordering something unfamiliar. After all, a meal with no surprises is a culinary experience lost and a potentially memorable dining experience wasted.

Alex Mah
General Manager

STARTER PLATTERS

Can't decide what to start with?

These platters are designed to give you a bit of variety but plenty of quality.

Laughing Buddha Platter (min 2 people)	£9.00	Seafood Platter (min 2 people)	£9.50
<i>Salt and pepper spare ribs</i>	per	<i>Crispy King Prawn Rolls</i>	per
<i>Crispy chicken spring rolls</i>	person	<i>Salt and pepper Squid</i>	person
<i>Thai Fishcakes</i>		<i>Thai Fishcakes</i>	
<i>Skewered chicken in Malaysian peanut satay sauce</i>		<i>Minced King Prawns on Toast</i>	
<i>Crispy seaweed</i>		<i>Crispy Seaweed</i>	
Gourmet Platter (min 2 people)	£8.50	Vegetarian Platter (single orders are welcome) V	£8.50
<i>Minced King prawns on Toast</i>	per	<i>Crispy Vegetable Spring Rolls</i>	per
<i>Honey glazed Barbecued Spare Ribs</i>	person	<i>Skewered Vegetarian Mock chicken in Malaysian peanut satay sauce</i>	person
<i>Crispy chicken spring rolls</i>		<i>Salt and Pepper Crispy Silken Tofu</i>	
<i>King prawn wontons</i>		<i>Crispy Seaweed</i>	
<i>Crispy seaweed</i>		Simply Steaming Dim Sum Platter (min 2 people)	£8.00
		<i>Har Kau</i>	per
		<i>Sui Mae</i>	person
		<i>Shanghai Pork Pies</i>	
		<i>War Tip</i>	

SOUP

Wonton Soup	£5.80
<i>King prawn and pork dumplings in a clear broth</i>	
Szechuan Hot and Sour Soup	£4.90
<i>Sweet and spicy infused broth with Chinese roast pork, prawns and mixed vegetables</i>	
Minced Chicken and Sweetcorn Soup	£4.90
Crabmeat and Sweetcorn Soup	£5.20
Seafood and Baby Spinach Soup	£6.50
Three Winter Soup V	£4.90
<i>Clear broth with Chinese mushrooms, bamboo shoots and mangetout</i>	
Sweetcorn and Egg Soup V	£4.50
Vegetarian Hot and Sour Soup V	£4.90
Thai Tom Yum Seafood Soup	£6.80
<i>Thailand's most famous spicy and sour soup</i>	
Thai Tom Yum Chicken Soup	£5.80

DIM SUM

Crispy Chicken Spring Rolls	£4.90
Crispy Vegetable Spring Rolls V	£4.50
Crispy Aromatic Duck Spring Rolls	£6.50
Crispy King Prawn Rolls	£5.80
King Prawn Wontons	£5.90
Curry Samosas	£4.80
Crispy Fun Gor	£5.20
<i>Deep fried pork dumplings</i>	
Grilled War Tip with ginger vinegar	£5.80
<i>Pork and chive dumplings</i>	
Shanghai Pork Pie	£4.90
<i>Steamed pork and vegetable dumplings</i>	
Har Kau	£5.20
<i>Steamed King Prawns in a white paper wrap</i>	
Sui Mae	£4.90
<i>Steamed pork and king prawn dumplings</i>	

ALL DISHES WITHIN A COURSE ARE SERVED WHEN READY AND MAY NOT ARRIVE AT THE SAME TIME
A SERVICE CHARGE OF 10% IS ADDED TO YOUR FINAL BILL FOR PARTIES OF 5 OR MORE

APPETISERS

Crispy Seaweed topped with deep fried fish V	£4.50	Crispy Aromatic Duck	Quarter	£9.90	
King Prawns on Toast with sesame seeds	£6.50	<i>Served with fresh cucumber, spring onions, pancakes and hoi-sin sauce</i>	Half	£19.00	
Crispy Chicken Balls with Thai Chilli Sauce	£5.90	Crispy Aromatic Vegetarian Duck V	Quarter	£9.50	
Buddha Fishcakes with Thai Chilli Sauce	£6.80	<i>Marinated soya based "mock" duck deep fried and served with fresh cucumber, spring onions, pancakes and hoi-sin sauce</i>	Half	£18.00	
<i>Minced cod fillets with coriander, spring onions and runner beans</i>		Crispy Aromatic Lamb		£10.90	
Lobster Tails sautéed Salt and Pepper Style	£10.90	<i>Marinated New Zealand Lamb deep fried and shredded, served with cucumber, spring onions, pancakes and hoi-sin sauce</i>			
Lobster Tails	£10.90	Malaysian Skewers			
<i>In Garlic and Chilli Sauce or Black Bean Sauce</i>		<i>Meat/Vegetables marinated in Lobo seasoning, grilled and served with a rich piquant Malaysian peanut satay sauce:</i>			
Chilli Soft Shell Crab	£11.80	<i>Chicken Fillets</i>	£6.20	<i>King Prawns</i>	£8.50
<i>Young soft shell crabs marinated with a fine tempura batter, deep fried to a crisp then tossed in salt and chilli pepper</i>		<i>Silken Tofu</i> V	£6.00	<i>Vegetarian "Mock"</i>	£6.20
Buddha Crab Claws	£8.80			<i>Chicken</i> V	
<i>Minced king prawns enveloping crab claws in a light crispy breadcrumb</i>		Salt and Pepper Style			
Chicken Wings in Peking Sauce	£6.50	<i>Ground toasted black peppercorns, bell peppers, onions and fresh chilli, stir fried with:</i>			
Thai Style Chicken Wings	£6.50	<i>Crispy Chicken</i>	£6.50	<i>King Prawns</i>	£8.80
Chicken in Lettuce Wrap	£7.90	<i>Spare Ribs</i>	£7.50	<i>Squid</i>	£7.80
<i>Minced chicken and vegetables topped with toasted vermicelli and served with fresh lettuce and hoi-sin sauce</i>		<i>Crispy Silken Tofu</i> V	£6.20	<i>Vegetarian "Mock"</i>	£6.50
Thai Style Chicken in Lettuce Wrap	£7.90			<i>Chicken</i> V	
Minced Vegetables in Lettuce Wrap V	£7.90	<i>Chicken Wings</i>	£6.50		
Steamed Scallops	£8.90				
<i>Fresh scallops in its shell, with garlic and chilli dressing</i>					
Vietnamese Prawn Crackers	£3.00				
<i>Served with dips</i>					
Stuffed Mushrooms	£7.20				
<i>Minced king prawns stuffed in mushrooms with garlic and chilli dressing</i>					

SPARE RIBS

Barbecue Honey Glazed Spare Ribs	£7.50
Salt and Pepper Spare Ribs	£7.50
Peking Style Spare Ribs	£7.50
Thai Style Spare Ribs	£7.50
Szechuan Style Spare Ribs	£7.50

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BUDDHA STIR FRIES

Please choose an option of meat, seafood or vegetarian,
followed by a Sauce Style for it to be cooked in

MEAT

Velveting Chicken Fillets	£8.50	Crispy Shredded Beef	£9.50	Fillet Steak	£12.00
<i>Or crispy chicken pieces</i>				<i>Served on a sizzler</i>	
Char Siu Roast Pork	£8.50	Roasted Canton Duck	£10.50	Mixed Meat	£10.50
<i>Or crispy pork</i>		New Zealand Lamb	£10.80	<i>Chicken fillets, roast pork, king prawns</i>	
Garlic Marinated Beef	£8.50	<i>Served on a sizzler</i>			

VEGETARIAN

Mixed Vegetables V	£8.00
Vegetarian Mock Chicken V	£9.00
Crispy Silken Tofu V	£8.00
Vegetarian Mock Duck V	£9.50

SEAFOOD

Sea Champion King Prawns	£11.00
Sea King Scallops	£11.80
Fresh Squid	£10.50
Crispy Fillets of Cod	£9.50
Mixed Seafood	£12.00
<i>King prawns, fresh squid, scallops</i>	

SAUCE STYLES

Mixed Bell Peppers in Black Bean Sauce

The powerful savoury flavour of fermented black beans complimented with red and green peppers and garlic. Ask for extra red chillies to give an extra bite

Sweet and Sour Sauce

Marinated meat in a light batter, stir fried in this classic sauce

Yellow Bean Sauce

Crushed fermented soya beans with toasted cashew nuts

Black Pepper Sauce

Freshly ground black pepper is behind this hot sauce with bell peppers and spring onions

Thai Red Curry

Thailand's classic red curry with aubergines flavoured with red chillies, lime leaves, sweet basil in a succulent spicy red curry paste with coconut milk cream

Thai Green Curry

Thailand's famous green curry with aubergines flavoured with green chillies, lime leaves, sweet basil all in a spicy green curry paste with coconut milk cream

Buddha Curry

Rich, mild oriental curry with strong essences of star aniseed and garlic

Garlic and Chilli Sauce

Fresh garlic and fresh chilli stir fried together to make a Chinese favourite dish

Szechuan Style

A rich spicy and tangy sauce with mixed bell peppers

Malaysian Peanut Satay Sauce

Thick and full flavoured satay sauce with a strong hint of spices and peanuts

Toasted Cashew Nuts

Whole cashew nuts in a light garlic sauce

Mangetout and Cashew Nuts

Toasted cashew nuts with fresh mangetout in a garlic sauce

Ginger and Spring Onions

Light, delicate sauce complimented with fresh ginger and spring onions, perfect for any seafood dish

Seasonal Chinese Greens in Oyster Sauce

Chinese leaves, broccoli, mange tout and asparagus in a rich oyster sauce

Asparagus in Garlic and Oyster Sauce

Asparagus in a delicate garlic and oyster sauce

Baby Spinach and Sesame Seeds

Fresh baby spinach in a light garlic sauce

Pineapple and Pickled Ginger

Pickled fresh ginger and sweet pineapple in a light sweet sauce

Kung Po Style

Tangy sauce with a hint of chillies, cooked with bamboo shoots and toasted cashew nuts

Peking Style

Classic, sweet and tangy sauce

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CHEF SPECIALS

Duck with Prawn Stuffing	£12.50
<i>Roast Canton Duck with minced King Prawns in garlic oyster sauce or Black Bean sauce</i>	
Mongolian Lamb	£10.90
<i>New Zealand lamb stir fried with bell peppers and bamboo shoots in coconut cream and oriental spices</i>	
Lobster Tails in Garlic and Chilli Sauce or Black Bean Sauce	£14.50
Chilli Soft Shell Crab	£15.80
<i>Young soft shell crabs marinated with a fine tempura batter, deep fried to a crisp then tossed in salt and chilli pepper</i>	
Beijing Chicken	£9.80
<i>Crisp fillet of chicken in tangy spring onion sauce</i>	
Braised Aubergine with Minced King Prawn Stuffing in Garlic Oyster Sauce	£11.80
Jar Har Gow	£11.50
<i>Pan fried minced king prawns on a bed of sweet pak choi in rich oyster sauce</i>	
Sizzling Mixed Seafood with Asparagus in XO Sauce	£13.60
<i>XO sauce is a savoury chilli sauce derived from expensive ingredients such as sundried scallops, shrimps and Chinese golden ham, its value is comparable to XO Champagne Brandy</i>	
Sizzling Garlic Marinated Beef with Asparagus in XO Sauce	£10.50
Mapo Tofu	
<i>A highly aromatic dish of bean curds with spicy hot beans in choice of:</i>	
	<i>Seafood</i> £12.50 <i>Beef</i> £10.50
Stir Fried New Zealand Mussels in Thai Green Curry	£10.90
Thai Sweet and Sour	
<i>Classic oriental dish with a Thai spicy twist. Choice of:</i>	
	<i>Crispy Chicken Fillets</i> £9.50 <i>Crispy Pork</i> £9.50
	<i>Mixed Meat</i> £11.50 <i>Crispy King Prawns</i> £11.50
Thai Tom Yum Seafood	£12.80
<i>Thailand's infamous dish made with lemongrass, kaffir lime leaves, galangal, fish sauce and ground chilli peppers</i>	

VEGETARIAN DISHES

(please also see Buddha Stir Fries)

Baby Spinach with Toasted Sesame Seeds in Garlic Sauce V	£7.50	Braised Aubergines in Garlic and Chilli Sauce V	£7.80
Monks Vegetables V	£8.50	Three Treasure Mushrooms V	£8.20
<i>Mangetout, tofu, Chinese fungus and baby sweetcorn in a delicate oyster sauce</i>		<i>Shitake, straw mushrooms and button mushrooms medley in oyster sauce</i>	
Buddha Vegetables V	£8.50	Sweet Pak Choi in Garlic Sauce V	£8.00
<i>Sweet Pak choi, asparagus, Chinese mushrooms, in garlic oyster sauce</i>		Mixed Vegetable Medley in Oyster Sauce V	£8.00
Braised Aubergines in Black Bean Sauce V	£7.80		

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RICES

These are accompaniments to your main meal or as a complete meal. Unless stated, please choose either black bean sauce, garlic & chilli sauce, oyster sauce or dry

House special fried rice <i>Sliced chicken, roast pork and king prawns stir fried</i>	£11.00
Singapore Style fried rice (dry) <i>Diced chicken, roast pork and shrimps stir fried in a mild curry powder</i>	£9.00
Yeung Chow fried rice (dry) <i>Diced king prawns, roast pork and shrimps</i>	£9.00
Thai spicy chicken fried rice (dry) <i>Sliced chicken stir fried in a Thai sweet chilli sauce</i>	£10.80
Thai spicy seafood fried rice (dry) <i>Diced king prawns, scallops and squid stir fried in a Thai sweet chilli sauce</i>	£12.50
Seafood XO Style fried rice (dry) <i>Diced king prawns, scallops and squid stir fried in a special seafood sauce</i>	£13.50
Shredded duck fried rice	£9.80
Chicken fried rice	£9.00
Roast pork fried rice	£9.00
Beef fried rice	£9.00
King prawn fried rice	£11.00
Mixed vegetable fried rice V	£9.00
Vegetable Singapore Style fried rice (dry) V	£9.50
Egg fried rice (dry) V	£3.50
Boiled rice (dry) V	£3.00

DESSERTS

Irish Cream Parfait <i>An Irish Cream liqueur parfait on a vanilla Joconde base decorated with neutral glaze and a white and dark chocolate cigarette</i>	£5.20
Grand Marnier Souffle Glace <i>A chocolate cup containing a Grand Marnier soufflé with vermicelli pieces, dusted with cocoa powder</i>	£5.40
Passionfruit Souffle Glace <i>A light soufflé made with passionfruit juice, finished with passion fruit glaze containing seeds on a vanilla sponge base</i>	£4.90
Caramel & Whisky Parfait <i>A burnt sugar parfait with a chocolate joconde base and a chocolate and mixed nut sponge surround, finished with a clear glaze and decorated by hand with white and dark chocolate stripes</i>	£5.20

NOODLES

These are accompaniments to your main meal or as a complete meal. Unless stated, please choose either black bean sauce, garlic and chilli sauce, oyster sauce or dry

House special chow mein <i>Sliced chicken, roast pork and king prawns stir fried</i>	£12.00
Singapore Style vermicelli noodles (dry/vermicelli noodles) <i>Diced chicken, roast pork and shrimps stir fried in a mild curry powder</i>	£9.50
Shredded duck vermicelli noodles (dry/vermicelli noodles)	£10.90
Shredded duck chow mein	£10.50
Chicken chow mein	£9.50
Roast pork chow mein	£9.50
Beef chow mein	£9.50
King prawn chow mein	£12.50
Mixed Vegetable chow mein V	£9.00
Vegetable Singapore vermicelli noodles V (dry/vermicelli noodles)	£9.00
Pan fried egg noodles (dry) V	£4.50

ICE CREAM

Vanilla with Pod <i>A delicate natural vanilla speckled with vanilla pod seeds</i>	£3.20
Strawberries and Cream <i>Strawberry fruit pieces combined with rich creamy strawberry ice cream</i>	£3.20
Chocolate <i>The finest natural blend of cocoa powder makes this a real chocolate taste</i>	£3.20
Ferrero Rocher <i>The combination of rich hazelnut and chocolate ice cream, chopped hazelnuts and chocolate covered wafer really is too good to share</i>	£3.50
Honeycomb <i>Natural Cheshire Plain ice cream combined with chunks of cinder toffee which melt into delicious swirls.</i>	£3.50
Lemon Grass <i>Subtle yet fragrant flavour of lemongrass in a creamy texture works really well</i>	£3.50
Green Tea <i>Very subtle flavours and full of antioxidants</i>	£3.50
Stem Ginger <i>Chunks of mild ginger in vanilla ice cream. Perfectly Refreshing</i>	£3.50

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LAUGHING BUDDHA BANQUETS

Our banquets are totally flexible and can be adjusted to suit all numbers,
from a table of 2 to a party of 20

Our Creativity can cater for vegetarians, seafood lovers, meat eaters
and many other special dietary requirements.

BUDDHA BANQUET A

£18.00 per person

APPETISER 1

Gourmet Platter of:

Crispy Seaweed topped with Deep Fried Fish ♻️
Crispy Chicken Spring Rolls
Barbecue Honey Glazed Ribs
King Prawn Wontons

APPETISER 2

Choice of Soup:

Minced Chicken and Sweetcorn or Szechuan Hot and Sour
Vietnamese Prawn Crackers

MAIN MEAL

For 2 People:

Roast Pork in Black Bean Sauce
Crispy Chicken Fillets Kung Po Style
Egg Fried Rice

For 3 People:

King Prawns with Ginger and Spring Onions

For 4 People:

Sizzling New Zealand Lamb in Black Pepper Sauce

BUDDHA BANQUET B

£21.00 per person

APPETISER 1

Gourmet Platter of:

Crispy Seaweed topped with Deep Fried Fish ♻️
Skewered Chicken in Malaysian Peanut Satay Sauce
Crispy Chicken Spring Rolls
Minced King Prawns on Toast
Barbecue Honey Glazed Ribs
King Prawn Wontons

APPETISER 2

Choice of Soup:

Minced Chicken and Sweetcorn or Szechuan Hot and Sour
Vietnamese Prawn Crackers

MAIN MEAL

For 2 People:

Sizzling Beef Fillets in Black Bean Sauce
Sweet and Sour Chicken
Egg Fried Rice ♻️

For 3 People:

Crispy Cod Fillets in Garlic and Chilli

For 4 People:

Mixed Seafood in Thai Green Curry

MORE BANQUETS CAN BE FOUND ON THE NEXT PAGE

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BUDDHA BANQUET C

£25.00 per person

APPETISER 1

Gourmet Platter of:

Crispy Seaweed topped with Deep Fried Fish 🍷
Skewered Chicken in Malaysian Peanut Satay Sauce
Crispy Chicken Spring Rolls
Minced King Prawns on Toast
Barbecue Honey Glazed Ribs
King Prawn Wantons

APPETISER 2

Choice of Soup:

Minced Chicken and Sweetcorn or Szechuan Hot and Sour
Vietnamese Prawn Crackers

APPETISER 3

Crispy Aromatic Duck served with Pancakes

MAIN MEAL

For 2 People:

Mongolian Lamb
King Prawns in Garlic and Chilli Sauce
Egg Fried Rice 🍷

For 3 People:

Sizzling Fillet Steak in Peking Sauce

For 4 People:

Crispy Chicken Fillets Kung Po Style

BUDDHA BANQUET D (SEAFOOD)

£36.00 per person

APPETISER 1

Gourmet Platter of:

Crispy Seaweed topped with deep fried Fish 🍷
Crispy King Prawn Rolls
Salt and Pepper Squid
Thai Fishcakes
Skewered King Prawns in Malaysian Satay Sauce

APPETISER 2

Lobster Tails with Ginger and Spring Onions

APPETISER 3

Steamed Scallops in Shell in Ginger and Spring Onion Sauce

MAIN MEAL

For 2 People:

Chilli Soft Shell Crab
Sweet And Sour King Prawns
Egg Fried Rice 🍷

For 3 People:

New Zealand Mussels in Thai Green Curry

For 4 People:

Sizzling Mixed Seafood with Asparagus in Oyster Sauce

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