

xen



menu

healthy eating
for everyday

MSG free

We use natural ingredients to create our amazing tasting dishes

We cater for vegetarians & vegans

Gluten free options on request

Please advise us if you have any food intolerances or allergies

Some meat and poultry dishes may contain bones

We cater for large parties and private functions, please ask us for more details

Proof of ID to be shown for 18 and over to be served alcohol

Service charge not included

Credit and debit cards accepted
VAT included

All our food is freshly cooked, so dishes may come out at different times.

47 - 49 Calenick Street, Truro TR1 2SF
01872 222998 • XenTruro.co.uk

starters / side dishes

appetizing starters (or side dishes) to stimulate the start of your meal

- grilled dumplings (vegetarian option available)** £5.90
a choice of pork, duck, prawn or vegetables with chives, served with vinegar dip
- vegetarian mini spring rolls (4)** £4.20
- mini spring rolls** £4.30
- crispy won ton** £5.20
deep fried pork dumplings served with sweet & sour sauce
- sui mai or har gau** £5.80
- bbq spare ribs** £6.20
- chilli spare ribs** £6.20
- Thai sweet chilli chicken** £5.80
- sesame prawn toast** £5.80
- edamame beans** £4.40
- prawn crackers** £1.80
- deep fried squid** £6.20
- satay chicken on skewers (contains peanuts)** £6.20
- tempura prawns (Japanese style)** £6.80
lightly battered with sweet sake soya dip
- tempura vegetables (Japanese style) (v)** £5.90
lightly battered assorted vegetables with sweet sake dip
- quarter crispy duck (with 6 pancakes)** £11.90
served with spring onions, cucumber and plum sauce
- half crispy duck (with 12 pancakes)** £20.90
served with spring onions, cucumber and plum sauce
- thai spicy chicken wings** £5.80
deep fried chicken wings with spicy sauce
- Mongolian lamb** £6.20
crispy lamb served with coriander, chilli, garlic dip
- agedashi tofu (Japanese style) (v)** £5.60
tofu stuffed with water chestnuts, Chinese mushrooms, coriander and pepper, bound together with egg and served with a kombu & bonito dashi stock
- 201. steamed bbq pork buns** £5.60
soft steamed buns with bbq pork inside them
- 202. hirata buns** £5.40
sweet, pillowy steamed buns from Japan, filled with roast pork and Thai coleslaw
- 203. karaage chicken** £5.90
Japanese fried chicken
- 204. soft shell crab tempura** £6.40
with a sweet sake dip

(v) Suitable for vegetarians & vegans

soup - noodles

noodles in full flavoured soup stock with Chinese vegetables & garnished with coriander

- xen special** £9.90
chicken, beef, char sui (roast pork) prawn, assorted vegetables
- vegetarian (v)** £9.40
selection of vegetables with tofu
- chicken** £9.60
marinated sliced chicken
- duck** £10.20
sliced roast duck
- char sui (roast pork)** £9.70
sliced roast pork
- won ton** £9.60
prawn and pork dumplings
- chilli beef steak** £9.70
marinated sliced beef with fresh chilli
- mixed seafood** £10.90
fresh prawns, squid and scallops
- curry soup** £9.80
boneless pork chop in a curry soup with soba noodles and vegetables

wok fried noodles

wok fried noodles and vegetables, combine in this classic Chinese/Japanese cuisine. a dish with onion, beansprouts & peppers with a choice of sauces

classic oriental sauce

soy sauce, oyster sauce, sesame oil & seasoning
yakisoba sauce
worcestershire sauce, oyster sauce, fruity sauce, soy sauce & honey

- xen special** £9.90
soba noodles with chicken, beef, char sui (roast pork) prawns, assorted vegetables
- vegetarian (v)** £9.40
ho fan noodles, assorted vegetables and tofu in soya sauce
- chicken** £9.40
soba noodles, sliced chicken and spring onions
- duck** £10.20
sliced roast duck
- char sui (roast pork)** £9.60
soba noodles with sliced roast pork
- Singapore rice noodles** £9.70
fried spicy vermicelli, shredded chicken, pork, shrimps, egg
- beef ho fan** £9.50
marinated slices of beef with flat rice noodles with beansprouts
- mixed seafood** £10.90
prawns, squid, scallops with udon noodles
- xen special udon noodles (wok fried)** £9.90
udon noodles, chicken, beef, prawns lightly spiced in yellow bean sauce

rice & sauce base noodles

the goal of a Chinese meal is to attain harmony of taste, texture, colour and aroma by balancing fan and t'sai foods. rice is one of the fan foods while vegetables, meat, poultry and seafood are t'sai foods. noodles tossed in a delicious sauce, meat or seafood with a variety of seasonal vegetables

- xen special** £9.90
prawns, chicken, beef, char sui (roast pork) Chinese vegetables in oriental sauce served with steamed rice or noodles
- vegetarian (v)** £9.40
selection of vegetables & tofu in vegetarian soya sauce served with steamed rice or noodles
- chicken with black bean sauce** £9.60
sliced chicken with green and red peppers in black bean sauce served with egg fried rice or noodles
- roast duck** £10.20
Cantonese roast duck with seasonal vegetables in oriental sauce served with egg fried rice or noodles
- char sui (roast pork)** £9.60
marinated roast pork and Chinese vegetables in oriental sauce served with egg fried rice or noodles
- rendang beef** £9.80
uniquely spiced coconut based sauce with egg fried rice or noodles
- beef steak with black bean sauce** £9.60
slices of beef with green and red peppers in black bean sauce served with egg fried rice or noodles
- mixed seafood** £10.90
prawns, squid, scallops and Chinese vegetables in a chilli garlic hot and sour sauce served with steamed rice
- king prawns lo mein** £10.40
soft noodles in garlic, ginger and spring onions
- chicken satay (contains peanuts)** £9.70
sliced chicken with green & red peppers in satay sauce served with egg fried rice or noodles
- sweet and sour chicken** £9.60
chicken lightly battered with pineapple and peppers served with egg fried rice
- sweet and sour king prawns** £10.40
prawns lightly battered with green and red peppers served with egg fried rice
- Szechuan chicken** £9.60
chicken in hot and spicy sauce served with egg fried rice
- roast duck** £10.20
Cantonese roast duck with seasonal vegetables in oriental sauce served with egg fried rice
- chicken with ginger** £9.40
slices of chicken with ginger and spring onions served with egg fried rice
- Malaysian chicken curry** £9.70
slices of chicken with onions served with egg fried rice
- Malaysian prawn curry** £10.40
king prawns with onions served with egg fried rice
- beef with black bean sauce** £9.50
slices of beef with green and red peppers in a black bean sauce served with egg fried rice
- Szechuan lamb** £9.60
sliced lamb in a hot and spicy sauce served with egg fried rice
- Japanese pork chop** £9.90
Japanese style pork chop coated with Japanese bread crumbs served with lightly spiced ginger and garlic sauce and fried rice, garnished with red and green peppers
- chicken and prawn satay (contains peanuts)** £9.90
sliced chicken and prawns with green & red peppers in satay sauce served with egg fried rice
- breaded chicken** £9.80
chicken breast coated with Japanese breadcrumbs served with katsu curry sauce and egg fried rice.
- xen special fried rice** £9.40
chicken, char sui (roast pork) shrimps, egg, peas
- Thai style special fried rice (contains peanuts)** £9.40
diced chicken, char sui (roast pork), shrimps, egg, peas and sweetcorn (slightly hot yellow bean sauce)
- teriyaki chicken** £9.80
grilled chicken breast glazed with teriyaki sauce and served with steamed rice
- shredded chilli beef** £9.90
served with either steamed rice or noodles
- vegetarian macanese fried rice (v)** £9.30
fried rice with onions, sesame seeds and a tomato sauce
- mandarin fillet steak** £9.50
sliced beef with onions in a fruity sauce served with egg fried rice or noodles

children's menu

each meal comes with a soft drink, prawn crackers and ice cream for dessert each meal

- fried japanese chicken served with a choice of rice, chips or noodles** £6.90
- sweet & sour chicken served with a choice of rice, chips or noodles** £6.90
- chicken with wok fried noodles** £6.90
- beef ho fan wok fried noodles** £6.90
- 400+ ask your waiter what's available from the main menu for children** £6.90

fancy trying something a bit different?

South Korean BBQ grill

dine at one of our South Korean BBQ grill tables & experience a true taste of Asia with a succulent selection of marinated meat & seafood. ask staff for the grill menu.