



General Gau's Chicken



Moo Goo Gai Pan



Kung Poo Chicken



Pepper Steak w. Onion



Pork Egg Foo Yong



Beef w. Broccoli



Sweet & Sour Chicken



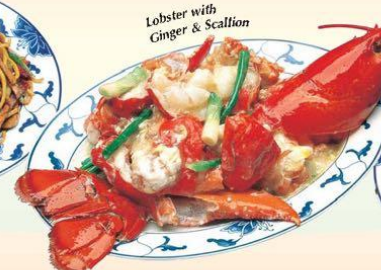
Crispy Shrimp



Pork Lo Mein



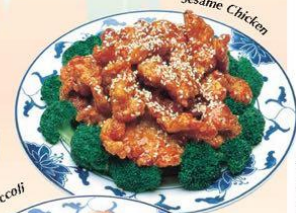
Lobster with Ginger & Scallion



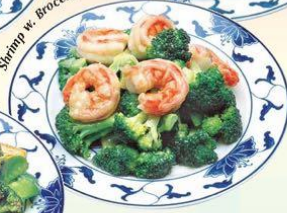
Fried Bean Curd w. Veggies



Pan Fried Peking Ravioli (6)



Sesame Chicken



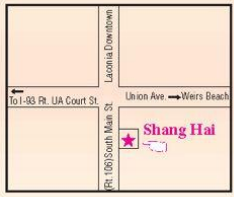
Shrimp w. Broccoli

LUNCHEON SPECIALS

(5 days a week, 11:30 AM - 3:30 PM) (Sunday All Day Dinner) (closed Monday)
Served w. Fried Rice or White Rice

	Lunch	Dinner
1. Chicken Chow Mein, Egg Roll	12.25	15.25
2. Pork Chow Mein, Chicken Wings	12.25	15.25
3. Pork Egg Foo Yong, Chicken Wings	12.95	15.95
4. Chicken Teriyaki, Boneless Ribs	12.75	15.75
5. Pepper Steak, Egg Roll	12.75	15.75
6. Sweet & Sour Chicken, Egg Roll	12.75	15.75
7. Boneless Ribs, Egg Roll	12.75	15.75
8. Shrimp Lobster Sauce, Egg Roll	12.75	15.75
9. Crab Rangoon, Chicken Wings	12.95	15.95
10. Chicken Fingers, Beef Teriyaki	12.95	15.95
11. Kung Poo Chicken, Egg Roll	12.95	15.95
12. Mixed Vegetables, Chicken Wings	12.75	15.75
13. General Gau's Chicken	13.55	16.55
14. Moo Goo Gai Pan	12.75	15.75
15. Three Delights	13.95	16.95
16. Seafood Combination	14.25	17.25
17. Beef with Broccoli	12.95	15.95
18. Shrimp with Vegetables	12.75	15.75
19. Exotic Flavor Chicken	12.75	15.75
20. Curry Chicken	12.75	15.75
21. Chicken with Garlic Sauce	12.75	15.75

♥ HEALTHY ♣ SPICY * VEGETARIAN



SHANG HAI RESTAURANT

"The Finest Szechuan & Mandarin Cuisine in the Lakes Region"



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Sunday: 11:30 am - 8:00 pm
Closed Monday

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APPETIZERS

春卷 A	1.	Egg Roll.....	5.95
上海春卷 A	2.*	Spring Rolls.....	5.95
蔥油餅 A	3.*	Pan Fried Scallion Pancakes.....	7.95
鍋貼 A	4.	Pan Fried Peking Ravioli.....	10.75
雞條 A	5.	Fried Chicken Fingers.....	11.95
牛串 A	6.	Beef Teriyaki.....	14.25
雞串 A	7.	Chicken Teriyaki.....	13.95
炸雞 A	8.	Fried Chicken Wings.....	14.25
素鍋貼 A	9.♥	Vegetable Ravioli.....	10.50
蟹角 A	10.	Crab Rangoon.....	12.25
無骨排 A	12.	Boneless Spareribs.....	13.99
排骨 A	13.	Barbecued Spareribs (5).....	13.99
洋葱圈 A	14.	Fried Onion Rings.....	7.95
炸薯條 A	15.	French Fries.....	7.95
芝士條 A	16.	Cheese Sticks.....	10.95
頭槓一號 A	17.	Appetizers Plate #1.....	19.55
		<small>Boneless Spareribs, Chicken Fingers, Beef Teriyaki, Egg Roll.</small>	
頭槓二號 A	18.	Appetizers Plate #2.....	19.55
		<small>Chicken Wings, Crab Rangoon, Chicken Teriyaki, Fried Shrimp.</small>	
實實盤 A	19.	Pu Pu Platter.....	(For 2) 31.00 (For 3) 41.00
		<small>An assortment of Boneless Spareribs, Chicken Fingers, Crab Rangoon, Fried Shrimp, Chicken Wings, Beef Teriyaki, Egg Roll Served in a Flaming Hibachi.</small>	
		Additional \$3.00 for any substitutions	

COMBINATION PLATTERS

(Served with Pork Fried Rice)

A.	Egg Roll, Boneless Spareribs, Chicken Wings	17.95
B.	Egg Roll, Chicken Fingers, Boneless Spareribs	17.95
C.	Egg Roll, Fried Jumbo Shrimp, Crab Rangoon	17.95
D.	Egg Roll, Beef Teriyaki, Chicken Wings	17.95
E.	Egg Roll, Crab Rangoon, Beef Teriyaki	17.95
F.	Egg Roll, Chicken Teriyaki, Chicken Fingers	17.95
G.	Egg Roll, Beef Teriyaki, Chicken Fingers	17.95

SOUPS

雲吞湯 SP	1.	Wonton Soup.....	4.80
酸辣羹 SP	2.♯	Hot & Sour Soup.....	4.80
蛋花羹 SP	3.	Egg Drop Soup.....	4.80
雞絲湯 SP	4.	Chicken Noodles Soup.....	7.25
雞丁麵條湯 SP	5.	Yatka Mein Soup.....	8.75
三鮮湯 SP	6.	Three Delight Soup (for 2).....	12.25
海鮮湯 SP	7.	Seafood Special Soup (for 2).....	14.95
		<small>(Shrimp, scallops, crabmeat & Vegetables)</small>	
豆腐菜湯 SP	8.*	Bean Curd & Veggies. Soup (for 2).....	11.55

RICE

白飯 R	1.*	Boiled White Rice.....	3.25
炒飯 R	2.*	Fried Rice.....	12.75
		<small>Choice: Pork, Chicken, Ham or Vegetables.</small>	
牛式椒炒飯 R	3.	Beef or Shrimp Fried Rice.....	13.25
本樓炒飯 R	4.	House Special Fried Rice.....	14.55

HOUSE SPECIALTIES

左宗雞 H	1.♯	General Gau's Chicken.....	17.95
		<small>Tender pieces of chicken, lightly battered in lotus root flour, fried until crispy, then coated with spicy sweet & sour sauce.</small>	
陳皮雞/牛 H	2.♯	Orange Flavored Chicken or Beef.....	18.95
		<small>Tender pieces of chicken or beef lightly battered in lotus root flour, fried until crispy, then coated w. delicate orange sauce.</small>	
檸檬雞 H	3.	Lemon Chicken.....	17.75
		<small>Tender pieces of chicken, lightly battered in Chestnut flour, fried until crispy, then coated with delicious lemon sauce.</small>	
芝蔴雞/牛 H	4.♯	Crispy Sesame Chicken or Beef.....	18.95
素菜三樣 H	6.*	Vegetable Paradise.....	19.95
		<small>A unique & delightful combination of 3 vegetarian favorites, bean curd Szechuan style, mixed Chinese vegs. & sauteed string beans, a dish no vegetarian can resist.</small>	
龍鳳記 H	7.♯	Dragon & Phoenix.....	20.95
		<small>A combination of 2 tasty dishes, General Gau's Chicken & Shrimp w. Garlic Sauce, lovely & tasty.</small>	
三鮮撈麵 H	8.	Chef's Lo Mein.....	22.95
		<small>Fresh shrimp, chicken, roast pork w. vegetable on a bed of lo mein w. Chef's special brown sauce.</small>	
鐵板牛排 H	9.	Sizzling Sirloin Steak.....	23.75
		<small>12 oz. Sirloin steak smothered w. vegetables in brown sauce, served on a sizzling platter at your table.</small>	
牛排撈麵 H	10.	Steak Lo Mein.....	23.75
		<small>Prime steak broiled to perfection & nestled on a bed of special lo mein with oyster sauce.</small>	
炒三鮮 H	11.♥	Three Delights.....	18.95
		<small>Tender beef, chicken & shrimp sauteed w. broccoli, bean, & mushrooms. pea pods, water chestnuts in brown sauce.</small>	
全家福 H	12.	Happy Family.....	19.95
		<small>Fresh shrimp, roast pork, chicken, beef & scallops w. Chinese vegs. in brown sauce.</small>	
五星拱月 H	14.	Five Stars & Moon.....	24.55
		<small>Shrimp, scallops, lobster meat, roast pork, chicken & beef mixed w. vegs. topped w. crispy chicken & surrounded by five crispy jumbo shrimp, beautiful & delicious.</small>	
雀巢海鮮 H	15.♥	Seafood Combo.....	22.25
		<small>Lobster, crabmeat, scallops & Shrimp, lightly sauteed w. assortment of Chinese vegs. in light sauce.</small>	
薑蔥大蝦 H	17.	Shrimp w. Ginger & Scallion.....	21.95
海鮮兩面黃 H	18.	Crispy Seafood Noodles.....	22.25
		<small>Soft noodles stir fried till crispy & topped with shrimp, scallop, crab meat & fresh vegetables.</small>	
帶子牛 H	19.	Steak Kew & Scallops.....	21.95
		<small>Steak & scallops sauteed with mushroom, pea pod, broccoli & baby corn in chef's sauce.</small>	
魚香四寶 H	20.♯	Crow's Delight.....	22.25
		<small>Jumbo shrimp, sea scallop, sliced chicken & beef sauteed with tasty chef's special garlic sauce.</small>	

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All Prices Subject to New Hampshire Meal Tax
Not Responsible for Lost Articles
No Personal Checks Accepted
Additional \$3.00 for any Substitutions

BEEF

豉豆牛 B	1.	Beef with Pea Pods.....	18.25
芥蘭牛 B	2.	Beef with Broccoli.....	18.25
蔬菜牛 B	3.	Beef with Vegetables.....	18.25
青椒牛 B	4.	Beef Pepper Steak.....	18.25
魚香牛 B	5.♯	Beef with Garlic Sauce.....	18.25
宮保牛 B	6.♯	Kung Pao Beef.....	18.25
干燒牛肉絲 B	7.♯	Shredded Beef Szechuan Style.....	18.25
蘑菇牛 B	8.	Beef with Mushroom.....	18.25

PORK

素菜肉片 P	1.	Pork with Vegetables.....	15.95
蔥爆肉片 P	2.	Pork with Scallions.....	15.95
宮寶肉片 P	3.♯	Kung Pao Pork.....	15.95
魚香肉片 P	4.♯	Pork with Garlic Sauce.....	15.95
龍蝦 P	5.	Lobster Sauce.....	12.55

CHICKEN

蘑菇雞片 CH	1.♥	Moo Goo Gai Pan.....	16.95
芥蘭雞 CH	2.♥	Chicken with Broccoli.....	16.95
怪味雞 CH	3.♯	Exotic Sliced Chicken w. Veggies.....	16.95
宮保雞丁 CH	4.♯	Kung Pao Chicken.....	16.95
腰果雞丁 CH	5.	Chicken with Cashew Nuts.....	16.95
豉豆雞丁 CH	6.♥	Chicken with Pea Pods.....	16.95
魚香雞片 CH	7.♯	Chicken with Garlic Sauce.....	16.95
咖喱雞 CH	9.♯	Curry Chicken.....	16.95

SEAFOOD

魚香二品 S	1.♯	Shrimp Scallop w. Garlic Sauce.....	19.25
椒龍蝦 S	2.	Shrimp with Lobster Sauce.....	18.95
蔬菜蝦 S	3.♥	Shrimp with Vegetable.....	18.95
芥蘭蝦 S	5.♥	Shrimp with Broccoli.....	18.95
咖喱蝦 S	6.♯	Curry Shrimp.....	18.95
豉豆蝦 S	7.♥	Shrimp with Pea Pod.....	18.95
魚香蝦 S	8.♯	Shrimp with Garlic Sauce.....	18.95
腰果蝦 S	9.	Shrimp with Cashew Nuts.....	18.95
宮保蝦 S	10.♯	Kung Pao Shrimp.....	18.95
怪味蝦 S	11.♯	Exotic Flavor Shrimp.....	18.95
蔬菜干貝 S	12.♥	Scallop with Vegetable.....	18.95
魚香干貝 S	13.♯	Scallop with Garlic Sauce.....	18.95

BEAN CURD & VEGETABLES

素什錦 V	2.*	Mixed Vegetables.....	14.95
麻辣四季豆 V	3.♯	Hot Spicy String Beans.....	14.95
魚香芥蘭 V	4.♯	Broccoli in Garlic Sauce.....	14.95
紅燒豆腐 V	5.*	Braised Bean Curd.....	14.95
家常豆腐 V	6.♯	House Style Bean Curd.....	14.95
蔬菜豆腐 V	7.*	Fried Bean Curd with Veggies.....	14.95
蔬菜雞 V	8.*	Vegetarian Chicken.....	16.55
蔬菜牛 V	9.*	Vegetarian Beef.....	17.25
蔬菜左宗雞 V	10.♯	Vegetarian General Gao's Chicken.....	19.95

SWEET & SOUR

甜酸雞 S	1.	Sweet & Sour Chicken.....	14.95
甜酸蝦 S	2.	Sweet & Sour Shrimp.....	15.95

MOO SHI STYLE

素菜木須 MS	1.*	Moo Shi Vegetables.....	13.95
木須雞/肉 MS	2.	Moo Shi Chicken or Pork.....	14.55
木須蝦/牛 MS	3.	Moo Shi Shrimp or Beef.....	15.25
本樓木須 MS	4.	Moo Shi Special.....	16.25

EGG FOO YONG

素菜卷蛋 E	1.*	Vegetables Egg Foo Yong.....	12.25
肉/雞火卷蛋 E	2.	Pork, Chicken or Ham Egg Foo Yong.....	13.95
牛/蝦卷蛋 E	3.	Beef or Shrimp Egg Foo Yong.....	14.95

CHOW MEIN

素菜炒麵 CM	1.*	Vegetables Chow Mein.....	11.95
肉雞炒麵 CM	2.	Pork or Chicken Chow Mein.....	13.95
牛式蝦炒麵 CM	3.	Beef or Shrimp Chow Mein.....	14.95
本樓炒麵 CM	4.	House Special Chow Mein.....	15.95

LO MEIN

素撈麵 LM	1.*	Vegetables Lo Mein.....	12.55
肉或雞撈麵 LM	2.	Pork or Chicken Lo Mein.....	14.55
牛式蝦撈麵 LM	3.	Beef or Shrimp Lo Mein.....	14.95
本樓撈麵 LM	4.	House Special Lo Mein.....	15.55

GLUTEN FREE MENU

Appetizers	Chicken Teriyaki (5).....	13.95
	Beef Teriyaki (5).....	14.25
	Chicken Tenders "Lotus Flour".....	14.95
Soups	Chicken with Rice Noodles Soup.....	7.95
	Chicken with Rice Soup.....	6.95
	Tofu with Vegetable Soup.....	11.55
	Three Delight Soup.....	12.25
Dinners	Crispy Sesame Beef.....	18.95
	<small>Lightly coated with lotus flour</small>	
	Crispy Lemon Chicken Lotus flour.....	17.75
	Happy Family Gluten free soy sauce.....	19.95
	Chicken w. Vegetables.....	16.95
	White Fried Rice w. beef or shrimp.....	13.25
	White Fried Rice w. choice of chicken, pork, vegetables or ham.....	12.75
	House Special White Fried Rice.....	14.95
	Curry Rice Noodles w. beef or shrimp.....	14.95
	Curry Rice Noodles w. choice of chicken, pork, vegetables or ham.....	14.55
	House Special Curry Rice Noodles.....	15.95
	Gluten Free General Tso's Chicken.....	20.95