



烹湘味

FIERY FLAVORS



# Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

## Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



## Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry sauces, soups and fried foods which are dusted with flour.



## Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



## Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



## Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



## Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



## Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



## Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



## Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



## Molluscs

Not to be mistaken with peanuts this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## Peanuts

Peanuts are actually a legume and grow underground, which is why it's not a nut. Sometimes called a groundnut, Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



## Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



## Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



## Sulphur dioxide

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.



## Food Allergy or Intolerance?

If you have a food allergy, intolerance, or coeliac disease – please speak to the staff about the ingredients in your food and drink before you order. Thank you!!

- ALL PRICE INCLUDES VAT
- 12% SERVICES CHARGE WILL BE ADDED ONTO THE BILL
- WE ONLY ACCEPT CARDS WITH CHIP AND PIN, CHEQUES ARE NOT ACCEPTED.
- THE MANAGEMENT RESERVES THE RIGHT TO REFUSE ADMISSION.

# 烹湘味 FIERY FLAVORS 新派湘菜

*Xiang Cuisine, also known as Hunan Cuisine, is one of the eight great culinary traditions of China, with a history dating back to the Han Dynasty. Its flavors are defined by freshness, spiciness, and aromatic richness, with cooking techniques that include braising, stewing, curing, steaming, stir-frying, and more.*

*With its mellow sour of pickled vegetables, fresh and spicy chillies and traditionally smoked cured meats, every dish at 烹湘味 (Fiery Flavors) tells a story of a thousand years of culinary heritage. Our expert chefs use traditional techniques such as stir-frying, steaming, and braising to transform locally sourced, authentic ingredients into mouthwatering dishes.*

*From Hunan-Style Steamed Sea Bass with Fresh Chopped Chilli, Spicy Water-Boiled Beef with Silken Tofu, to Stir-Fried Dried Radish with Cured Meat, 烹湘味 (Fiery Flavors) brings the unique flavors of Hunan cuisine to London, inviting you to embark on a vibrant culinary journey through Xiang Cuisine!*


湘菜，作为中国历史悠久的汉族八大菜系之一，早在汉朝时期便已形成。其口味以鲜、辣、酸、香为主要特色。烹饪方法包括焗、炖、腊、蒸、炒等多种技法。

醇厚柔和的泡菜之酸，剁椒的鲜辣，以及古法重制腊肉的馥郁香味，融合成烹湘味 (Fiery Flavors) 为您呈现的每一道菜肴。我们的厨师团队凭借专业技艺，利用爆炒、蒸煮、炖制等传统技法，将来自原产地直供的地道食材，化身为一道道美味佳肴，讲述着传承千年的故事。

剁椒蒸鲈鱼，水煮豆花嫩牛肉，萝卜干炒腊肉，烹湘味 (Fiery Flavors) 将湖南菜的独特风味带到伦敦，邀您一同开启一段湘菜的美食之旅！

## 辣香四溢 湘味之心

SPICE FILLS THE AIR, CAPTURING THE HEART OF HUNAN FLAVOR

  @fieryflavorsuk

# 冷 系列 盘 皿

*Cold  
Starters*



08

01. *Starter Platter* £18.8

迷你四宫格

(Include Mala Jerk Beef, Nanjing Salted Duck, Seasoned Edamame in Sour and Spicy Sauce, and Mala Peanuts)  
(包含牛肉干、捞汁毛豆、酒鬼花生米、南京盐水鸭)

02. *Mala Jerk Beef* £9.8

麻辣牛肉干

03. *Sliced Beef and Ox Tongue in Chilli Sauce* £10.8

夫妻肺片

04. *Cloud Ear Fungus Mushroom Salad with Fragrant Vinegar* £7.8

老醋拌云耳

05. *Seasoned Edamame in Sour and Spicy Sauce* £7.8

捞汁毛豆

06. *Hunan Traditional Pickled Vegetables* £7.8

湖南泡菜

02



05



03



07. *Smashed Cucumber Salad* £7.8

拍拍小青瓜

08. *Nanjing Salted Duck* £10.8

南京盐水鸭

09. *Mala Peanuts* £7.8

酒鬼花生米

👍 RECOMMEND 🌿 VEGETABLES 🌶️ SAVORY SPICY

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# 热盘

系列

Hot Starters

12




19



10. **Crispy Vegetarian Spring Rolls** £7.8  
香酥斋春卷 

11. **Satay Chicken Skewers** £9.8  
(3 Skewers)  
沙嗲串串鸡 (3串) 

12. **Stir-Fried Chicken Wings with Deep Fried Breadcrumbs** £8.8  
金沙鸡中翅 

13. **Pan-Fried Chicken Dumplings** £7.8  
(6 Pieces)  
冰花鸡肉锅贴 (6粒) 

14. **Pan-Fried Pork Buns (4 Pieces)** £7.8  
生煎菜肉包 (4粒) 

15. **Salt and Pepper Prawns** £11.8  
椒盐大虾

16. **Salt and Pepper Squid** £11.8  
七味椒盐鱿鱼




17

17. **Salt and Pepper Spare Ribs** £8.8  
椒盐排骨

18. **Salt and Pepper Fries** £6.8  
椒盐薯条 



19. **Salt and Pepper Prawns** £7.8  
椒盐脆豆腐  

20. **Roast Meat Combo** £13.8  
烧味双拼 

Choose Any Two From The Following:

任选以下两款:

- Crispy Roast Pork / 脆皮烧肉
- Honey Glazed Char Siu / 蜜汁叉烧
- Hong Kong-Style Roast Duck / 港式烧鸭

 RECOMMEND  VEGETABLES  SAVORY SPICY

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11



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## 21. Peking Duck - Sliced

北京片片鸭		
<input type="checkbox"/> Half	2/1	£23.8
<input type="checkbox"/> Whole	整只	£42.8

## 22. Crispy Duck

香酥鸭		
<input type="checkbox"/> Quarter	4/1	£13.8
<input type="checkbox"/> Half	2/1	£22.8
<input type="checkbox"/> Whole	整只	£39.8

## 23. Hunan-Style Roast Duck

湘式烧鸭

Please choose one sauce:

请选则1款酱汁:

Roast Duck Gravy / 烧汁

Satay Ginger and Spring Onion Sauce / 沙茶姜葱酱

Sweet and Sour Sauce / 酸辣酱

<input type="checkbox"/> Quarter	4/1	£13.8
<input type="checkbox"/> Half	2/1	£22.8
<input type="checkbox"/> Whole	整只	£42.8



RECOMMEND VEGETABLES SAVORY SPICY

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# 点心系列

Dim Sum



25

24. **Signature Dim Sum Platter** £9.8

招牌点心拼盘

(One each of Prawn Dumpling, Vegetable Dumpling, Pork Siu Mai, Scallop Dumpling, and Custard Bun)

(虾饺、鲜蔬菜饺、猪肉烧卖、鲜带子饺、奶黄包各一只)

25. **Prawn Dumplings** £6.8

虾饺

26. **Vegetable Dumplings** £6.8

鲜蔬菜饺

27. **Pork Siu Mai** £6.6

猪肉烧麦

28. **Scallop Dumplings** £7.8

鲜带子饺

30



29. **Hong Kong-Style Char Siu Bao** £6.6

港式叉烧包

30. **Custard Buns** £6.6

香滑奶皇包

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# 汤类

*Soup  
Selections*


系列


34



**31. Seafood Hot and Sour Soup** **£6.8**  
 海鲜酸辣汤 

**32. Hong Kong-Style Char Siu Bao** **£5.8**  
 鸡米粟羹

**33. Taro and Bok Choy Soup**  
 芋头青菜汤   
 *Small. Portion for One* 小份 / 例 **£4.8**  
 *Large. Portion to Share* 大份 **£10.8**

**34. Pork Stomach and Chicken Soup**  
 滋补猪肚鸡汤   
 *Small. Portion for One* 小份 / 例 **£7.8**  
 *Large. Portion to Share* 大份 **£19.8**



31






32

35



**35. Winter Melon and Spare Ribs Soup**  
 冬瓜排骨汤  
 *Small. Portion for One* 小份 / 例 **£6.8**  
 *Large. Portion to Share* 大份 **£15.8**

**36. Kelp, Lotus Root, and Spare Ribs Soup**  
 海带莲藕排骨汤  
 *Small. Portion for One* 小份 / 例 **£6.8**  
 *Large. Portion to Share* 大份 **£15.8**

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# 海鮮

Seafood  
Selections

系列

37



41



37. **Kung Pao Prawns** £16.8  
灯盏宫保大虾

38. **Tiger Prawns with Deep Fried Breadcrumbs** £18.8  
金沙老虎大虾

39. **Lobster** £58.8  
澳洲大龙虾  
 Add Noodle 加伊面 £1.5  
Choose How to Cook:  
选择口味:  
 Ginger and Spring Onion / 姜葱  
 Spicy / 香辣



40. **Brown Crab** £22.8  
面包蟹

Choose How to Cook:  
选择口味:  
 Ginger and Spring Onion / 姜葱  
 Stir-Fried with Rice Cake / 年糕炒  
 Typhoon Shelter Style / 避风塘  
 Curry / 咖喱  
 Spicy / 香辣



41. **Sea Bass** £24.8  
鲈鱼

Choose How to Cook:  
选择口味:  
 Steamed with Hunan Chopped Chilli / 湖南剁椒蒸  
 Steamed / 清蒸

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# 湘菜

新派

系列

*Signature New  
Style  
Hunan Cuisine*

48

47



42. **Hunan-Style Steamed Sea Bass  
with Fresh Chopped Chilli** £24.8

湖南鲜剁椒蒸鲈鱼

☐ Add Noodle

加面底

£1.5

43. **Stir-Fried Beef Shank with  
White Chilli** £16.8

白辣椒炒牛腱肉



44. **Stir-Fried Beef** £15.8

小炒黄牛肉



43



44



45. **Stir-Fried Beef Aorta** £18.8

爆炒牛黄喉



46. **Stir-Fried Beef Tripe** £16.8

口味脆毛肚



47. **Spicy Water Boiled Beef with  
Silken Tofu** £18.8

水煮豆花嫩牛肉



45



48. **Stir-Fried Lamb Ribs with Deep  
Fried Breadcrumbs** £21.8

香辣风沙羊排



RECOMMEND



VEGETABLES



SAVORY SPICY

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49. *Clay Pot Frog Legs* £22.8  
砂锅跳跳蛙腿

50. *Clay Pot Beef Brisket with Beef Tripe and Tendon* £22.8  
砂锅牛三鲜

51. *Hunan-Style Steamed Dry Duck* £19.8  
湘味干蒸鸭

52. *Hunan-Style Boiled Butter Chicken* £19.8  
烹湘水煮黄油鸡

53. *Garlic Flavored Chicken Feet with Preserved Vegetables* £16.8  
蒜香梅干菜鸡爪

54. *Stir-Fried Dried Radish with Cured Meat* £19.8  
萝卜干炒腊肉

55. *Braised Pork Belly with Quail Eggs* £19.8  
鹌鹑蛋焖红烧肉



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RECOMMEND



VEGETABLES



SAVORY SPICY

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56. *Hunan-Style Stir-Fried Pork* £14.8  
湖南小炒肉 
57. *Stir-Fried Spicy Pig Trotter* £16.8  
香辣美容蹄花 
58. *Steamed Pork Slices with Glutinous Rice Flour* £16.8  
老妈荷香粉蒸肉
59. *Sour Pickled Long Beans with Minced Pork* £11.8  
酸豆角肉末
60. *Pounded Fresh Chilli with Preserved Duck Eggs* £15.8  
擂辣椒皮蛋  
61. *Braised Pork Belly Served with Gua Bao* £18.8  
虎皮扣肉夹馍 
62. *Signature Hunan-Style Stir-Fried Mixed Vegetablest* £11.8  
下饭一碗香  

 RECOMMEND  VEGETABLES  SAVORY SPICY

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# 干锅系列

Dry Pot Selections





63



63. *Dry Pot Duck* £18.8  
干锅啤酒鸭 

64. *Dry Pot Pork Intestines with Chinese Pickle* £18.8  
干锅酸菜肥肠  



64




65. *Dry Pot Bamboo Shoot Tops* £16.8  
干锅熊猫脆笋  

66. *Dry Pot Potato and Lotus Root Slices* £16.8  
干锅土豆藕片  

67. *Dry Pot Velvet Mushroom* £16.8  
干锅鹿茸菇   



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# 系列 香锅

Spicy and Aromatic  
Stir-Fry Pot

68. **Vegetarian Stir-Fry Pot** £18.8

斋香锅   
 (Lotus Root Slices, Potato Slices,  
 Cloud Ear Fungus Mushrooms, Cucumber Strips,  
 and Tofu Skin)  
 (藕片、土豆片、黑木耳、青瓜条、腐竹)

69. **Classic Stir-Fry Pot** £29.8

经典香锅   
 (Beef Brisket, Lamb Rolls, Luncheon Meat, Lotus Root Slices,  
 Potato Slices, Cloud Ear Fungus Mushroom,  
 Cucumber Strips, and Tofu Skin)  
 (牛腩、肥羊卷、午餐肉、藕片、土豆片、黑木耳、青瓜条、腐竹)

70. **Deluxe Stir-Fry Pot** £32.8

豪华香锅   
 (Prawns, Hand-Crafted Fish Balls, Mussels,  
 Beef Brisket, Lamb Rolls, Luncheon Meat, Lotus Root Slices,  
 Potato Slices, Cloud Ear Fungus Mushroom,  
 Cucumber Strips, and Tofu Skin)  
 (大虾、手打鱼旦、青口、牛腩、肥羊卷、午餐肉、藕片、土豆片、  
 黑木耳、青瓜条、腐竹)

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# 牛羊 系列 类

*Beef & Lamb  
Selections*

74



71. *Sizzling Black Pepper Beef* £15.8  
铁板黑椒牛肉

72. *Sizzling Black Bean Pepper Beef* £15.8  
铁板豉椒牛肉

73. *Crispy Dried Shredded Beef* £13.8  
香脆干牛丝



74. *Ginger and Spring Onion Beef* £13.8  
姜葱牛肉

75. *Sizzling Stir-Fried Lamb with Spring Onion* £15.8  
铁板葱爆羊肉

76. *Stir-Fried Lamb* £14.8  
小炒黑山羊

77. *Stir-fried Lamb with Cumin* £13.8  
孜然羊肉



RECOMMEND VEGETABLES SAVORY SPICY

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# 鸡肉

系列

*Chicken &  
Pork Selections*

# 猪肉

79



78. *Sizzling Black Bean Pepper Chicken* £14.8  
铁板豉椒鸡肉 


79. *Kung Pao Chicken* £14.8  
宫保鸡丁


80. *Stir-Fried Spicy Chicken with Crispy Rice Cake* £18.8  
锅粩辣子鸡  

81. *Pineapple Sweet and Sour Chicken* £14.8  
菠萝咕嚕鸡

82. *Curry Chicken* £14.8  
咖喱鸡肉

83. *Pineapple Sweet and Sour Pork* £14.8  
菠萝咕嚕肉

84. *Twice-Cooked Pork with Dried Tofu* £14.8  
香干回锅肉 

85. *Crispy Sweet and Sour Pork* £15.8  
气泡锅包肉 

80



81






85



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 RECOMMEND  VEGETABLES  SAVORY SPICY

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# 时蔬

Vegetable  
Selections

系列

92





86. *Sizzling Tamago Tofu* £13.8  
铁板烧玉子豆腐



87. *Mapo Tofu* £10.8  
麻婆豆腐



88. *Stir-Fried Chive with Dried Tofu* £13.8  
韭菜炒香干



89. *Northeast-Style Braised Cabbage with Tofu* £13.8  
东北白菜烧豆腐



90. *Dry-Fried Green Beans* £10.8  
干煸四季豆



91. *Stir-Fried Potatoes, Aubergine and Peppers* £10.8  
地三鲜



92. *Stir-Fried Aubergine and Green Beans* £19.8  
茄角之恋



93. *Spicy and Sour Shredded Potatoes* £10.8  
酸辣土豆丝



94. *Stir-Fried Water Spinach with Garlic* £14.8  
蒜茸空心菜



95. *Stir-Fried Baby Bok Choy* £11.8  
清炒小白菜



96. *Stir-Fried Hand-Torn Cabbage* £12.8  
手撕大盘包菜



97. *Stir-Fried Cos Lettuce with Chopped Chilli* £10.8  
剁椒炒长生菜



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# 粉面

系列

*Hunan Signature  
Noodles & Rice Noodles*

99



**98. Iron Pot Braised Noodles** £20.8

铁锅焖面

Choose Any Two From The Following:

任选以下两款:

○ *Chicken* (with Green Beans, Potatoes, and Handmade Noodles) / 鸡肉 (豆角、土豆、手工面条)

○ *Pork Ribs* (with Green Beans, Potatoes, and Handmade Noodles) / 排骨 (豆角、土豆、手工面条)

**99. Hunan-Style Rice Noodles with Marinated Broth** £13.8

湖南卤粉

**100. Jinshi-Style Braised Beef Rice Noodles** £13.8

津市牛肉粉

**101. Spicy Chicken Rice Noodles** £13.8

辣子鸡拌粉

**102. Beef Brisket Handmade Noodles** £13.8

牛腩手工面条

All of the below can be added separately.

以下配料可单独添加

Extra Toppings / 额外配料

<input type="checkbox"/> Taiwanese Style Sausage	台湾脆皮肠	£2.8
<input type="checkbox"/> Five-Spice Beef	五香牛肉	£3.2
<input type="checkbox"/> Braised Pork	地摊卤肉	£3.2
<input type="checkbox"/> Tea-Marinated Eggs	茶卤蛋	£1.8 🌿
<input type="checkbox"/> Hunan-Style Spicy Mashed Potatoes	回味土豆泥	£1.8 🌶️🌿
<input type="checkbox"/> Sour Pickled Long Beans	酸豆角	£1.8 🌿
<input type="checkbox"/> Spicy Diced Radishes	辣萝卜丁	£1.8 🌶️🌿
<input type="checkbox"/> Shredded Potatoes	土豆丝	£1.8 🌿



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👍 RECOMMEND    🌿 VEGETABLES    🌶️ SAVORY SPICY

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The images in this menu are for reference only. The actual dishes served will take precedence.

# 主食 & 甜品

系列

*Rice, Noodle and  
Rice Noodle Selections*

110



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**103.** *Malaysian-Style Dry Fried Beef Hor Fun* £12.8  
 檳城干炒牛河

**104.** *Singapore-Style Fried Vermicelli* £12.8  
 星洲炒米粉

**105.** *Stir-Fried Noodles with Shredded Chicken* £12.8  
 鸡丝炒面

**106.** *Stir-Fried Noodles with Bean Sprouts* £10.8  
 芽菜炒面

**107.** *Stir-Fried Crispy Noodles with Mixed Vegetables* £12.8  
 杂菜脆面

**108.** *Stir-Fried Crispy Noodles with Seafood* £13.8  
 海鲜脆面

**109.** *Prawn and Pork Dumplings with Chinese Cabbage* £9.8  
 三鲜水饺



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**110.** *Pork Wontons in Spicy Chilli Oil Sauce* £9.8  
 红油抄手

**111.** *XO Sauce Fried Rice with Caviar* £13.8  
 XO鱼子酱炒饭

**112.** *Char Siu Fried Rice* £10.8  
 叉烧炒饭

**113.** *Sour Pickled Cabbage Fried Rice* £5.8  
 酸菜炒饭

**114.** *Signature Egg Fried Rice. Portion for One* £4.8  
 黄金蛋炒饭 | 例

**115.** *Thai Jasmine Rice. Portion for One* £3.2  
 泰国香米饭 | 例



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👍 RECOMMEND 🌿 VEGETABLES 🌶️ SAVORY SPICY

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# 甜口系列

Desserts

116. *Brown Sugar Rice Cake* £8.8  
香甜红糖糍粑 🍌 🌿

117. *Caramelized Pumpkin with Sweet Syrup* £10.8  
拨丝糖心金瓜 🌿

118. *Osmanthus Wine Glutinous Rice Balls. Portion for One* £4.8  
桂花酒酿丸子/例 🌿

119. *Mango Pomelo Sago. Portion for One* £5.8  
杨枝甘露/例 🍌 🌿

120. *Ice Cream* £5.8  
冰淇淋/球 🌿

*Select Any 3 Scoops From The Following Options:*  
任选3个冰淇淋球:

- *Matcha* / 绿茶
- *Vanilla* / 香草
- *Strawberry* / 草莓
- *Chocolate* / 巧克力



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🍌 RECOMMEND    🌿 VEGETABLES    🌶️ SAVORY SPICY

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