

**VEGETABLE OIL**

**NO MSG**

# China Ben



**403-343-2760 / 403-343-2773 / 587-377-2888**

**FAST TAKE-OUT & DELIVERY**

### APPETIZERS

- 1. Spring Roll (2)/or Egg Rolls (1)..... 2.25
- 2. Crispy Wonton..... 8.95
- 3. Dried Garlic Spareribs.....13.95
- 4. Pork Dumplings (10)..... 11.95
- 5. B.B.Q. Pork.....13.95
- 6. Salt and Pepper Ribs (Hot)..... 13.95
- 7. Shrimp Salad Rolls (3)..... 8.95

### SOUP

- 8. Wonton Soup (Med).8.50 (Large) ..... 12.50
- 9. Wor Wonton (Med).8.50 (Large) ..... 12.50
- 10. Wor Mein.....12.50
- 11. Hot & Sour Soup (Med)8.50 (Large)12.50
- 12. Chicken Noodle Soup (Med)8.50(Large) 11.95

### SIZZLING PLATE & HOT POT

- 13. Sizzling Black Pepper Beef Tenderloin (Hot).....17.95
- 14. Sizzling Beef Tenderloin.....17.95
- 15. Sizzling Black Pepper Chicken (Hot).....15.50
- 16. Sizzling Curry Chicken (Hot).....15.50
- 17. Sizzling Black Bean & Chicken.....15.50
- 18. Sizzling Seafood.....18.95
- 19. Sizzling Prawns & Scallops Black Bean Sauce 18.95
- 20. Sizzling Prawns.....18.95
- 21. Sizzling Mussels in Black Bean Sauce.. 18.50
- 22. Seafood & Tofu Hot Pot..... 18.95
- 23. Sliced Chicken Hot Pot.....15.50
- 24. Beef Ginger Hot Pot..... 15.50

### SEAFOOD

- 25. Salt & Pepper Seafood (Hot).....16.95
- 26. Salt & Pepper Prawns (Hot).....16.95
- 27. Salt & Pepper Squid (Hot).....16.95
- 28. Prawns with Tomato.....16.45
- 29. Ginger Squid (Hot).....16.45
- 30. Creamy Prawns.....16.45
- 31. Prawns with Black Bean Sauce.....16.45
- 32. Prawns with Oyster Sauce.....16.45
- 33. Curry Prawns (Hot).....16.45
- 34. Prawns with Cashew Nuts.....16.45
- 35. Palace Style Prawns (Hot).....16.45
- 36. Deep Fried Prawns.....16.45
- 37. Scallop with Mixed Greens.....16.45
- 38. Scallop with Black Bean Sauce.....16.95
- 39. Squid with Celery in Oyster Sauce.. 16.95
- 40. Squid with green Pepper in Black Bean Sauce 16.45
- 41. Szechuan Style Prawns (Hot)..... 16.45
- 42. Szechuan Style Scallops (Hot).....16.45

### PHOENIX NEST

- 43. China Ben's Phoenix Nest.....18.50
- 44. Chicken & Prawns Basket.....17.50
- 45. Prawns & Scallops Basket.....18.50
- 46. Chicken Phoenix Nest.....16.50
- 47. Beef Basket.....16.50
- 48. Prawns Phoenix Nest.....18.95
- 49. Scallops Phoenix Nest..... 18.95

### CHICKEN

- 50. Almond or Cashew Gai Ding (Stir Fried)...13.50
- 51. Ginger Chicken..... 14.95
- 52. Sweet & Sour or Pineapple Chicken Balls..13.50
- 53. Lemon or Orange Chicken..... 13.50
- 54. Almond Soo Gai (Deep Fried)..... 13.50  
Gravy is Extra..... 1.50
- 55. Palace Style Chicken (Hot)..... 13.50
- 56. Szechuan Chicken (Hot)..... 13.50
- 57. Sliced Chicken with Black Bean Sauce 13.50
- 58. Curry Chicken (Hot).....13.50
- 59. Chicken Broccoli..... 13.50

### BEEF

- 60. China Ben's Special Beef.....17.50
- 61. Fried Ginger Shredded Beef.....14.95
- 62. Beef with Fresh Tomato.....13.50
- 63. Szechuan Style Beef (Stir Fried).....13.50
- 64. Curry Beef (Hot).....13.50
- 65. Satay Beef (Hot).....13.50
- 66. Beef with Mushroom & Baby Corn...13.50
- 67. Beef with Black Bean Sauce.....13.50
- 68. Beef with Broccoli.....13.50

### PORK & SPARERIBS

- 69. Honey Garlic Boneless Pork.....13.95
- 70. Honey Garlic Spareribs.....13.95
- 71. Sweet & Sour Spareribs (Bone-In).....13.95
- 72. Sweet & Sour Pork Loin (Boneless).....13.95

### CHICKEN WINGS

- 73. Deep Fried Chicken Wings.....13.95
- 74. Salt and Pepper Wings (Hot).....13.95
- 75. Honey Garlic Chicken Wings.....13.95
- 76. Hot Chicken Wings.....13.95

☪ = Spicy ☪☪ = Extra Spicy

**POP All Flavours.....1.75**

\* Please advise your server of food allergies prior to ordering.

### CHOP SUEY

- 77. Chicken, Beef or BBQ Chop Suey..13.50
- 78. Scallop Chop Suey.....16.95
- 79. Prawn Chop Suey..... 16.95
- 80. Seafood Chop Suey..... 16.95
- 81. China Ben's Special Chop Suey.... 15.95

### VEGETARIAN

- 82. Vegetable Delight..... 11.95
- 83. Tofu & Vegetables..... 13.50
- 84. Mushrooms & Baby Corn.....11.95
- 85. Plain Stir Fry Egg Noodle..... 11.95
- 86. Vegetable Chow Mein.....13.50
- 87. Mushroom Chow Mein.....13.50
- 88. Deep Fried Salt & Pepper Tofu.....13.50
- 89. Mushroom Egg Foo Young.....13.50
- 90. Veggie Fried Rice..... 11.95
- 91. Mushroom Fried Rice.....11.95
- 92. Plain Fried Rice.....11.50
- 93. Steamed Rice..... 2.50

### NOODLE

- 94. China Ben's Fried Noodle..... 15.95
- 95. Seafood Chow Mein ..... 16.95
- 96. Beef Vermicelli w/Black Bean Sauce13.50
- 97. Chicken, Beef, BBQ Chow Mein....13.50
- 98. Seafood Shanghai Noodle..... 16.95
- 99. Shanghai Noodle.....13.50
- 100. Singapore Vermicelli (Hot).....13.50
- 101. Prawn Chow Mein..... 16.45
- 102. Satay Beef Noodle (Hot).....13.50
- 103. Buffet Style Noodle.....13.50
- 104. Chicken, Beef, BBQ Buffet Noodle.14.95

### EGG FOO YOUNG

- 105. China Ben's Egg Foo Young.....13.95
- 106. Shrimp Egg Foo Young.....13.95
- 107. Chicken or B.B.Q. Egg Foo Young.13.50

### RICE

- 108. China Ben's Special Fried Rice.....12.50
- 109. Shrimp Fried Rice.....12.50
- 110. Chicken, Beef, or B.B.Q. Pork Fried Rice.. 11.95
- 111. Curry Beef Fried Rice (Hot).....12.50

### STIR FRY WITH STEAMED RICE

- 112. Vegetable Stir Fry with Steamed Rice..... 12.50
- 113. Chicken, Beef, or BBQ Pork Stir Fry Rice...13.50
- 114. Prawn & Mix Veg Stir Fry w/Steamed Rice..15.95
- 115. Seafood & Mix Veg Stir Fry w/Steamed Rice... 16.50
- 116. Ben's Special Mix Veg Stir Fry w/Steamed Rice...15.95
- 117. Barbeque Pork on a Bed of Steamed Rice..15.95