

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)....2.75
- 2. Crispy Wonton.....8.95
- 3. Dried Garlic Spareribs.....14.95
- 4. Pork Dumplings (10).....12.95
- 5. B.B.Q. Pork.....14.95
- 6. Salt and Pepper Ribs (Hot).....14.95
- 7. Shrimp Salad Rolls (3).....9.95

SOUP

- 8. Wonton Soup (Med).9.50 (Large) 13.50
- 9. Wor Wonton (Med).9.50 (Large) 13.50
- 10. Wor Mein..... 13.50
- 11. Hot & Sour Soup (Med)9.50 (Large)13.50
- 12. Chicken Noodle Soup(Med)9.50(Large)12.95

SIZZLING PLATE & HOT POT

- 13. Sizzling Black Pepper Beef Tenderloin (Hot).....18.95
- 14. Sizzling Beef Tenderloin.....18.95
- 15. Sizzling Black Pepper Chicken (Hot).....16.50
- 16. Sizzling Curry Chicken (Hot).....16.50
- 17. Sizzling Black Bean & Chicken.....16.50
- 18. Sizzling Seafood.....19.95
- 19. Sizzling Prawns & Scallops Black Bean Sauce.....19.95
- 20. Sizzling Prawns..... 19.95
- 21. Sizzling Mussels in Black Bean Sauce.....19.50
- 22. Seafood & Tofu Hot Pot.....19.95
- 23. Sliced Chicken Hot Pot.....16.50
- 24. Beef Ginger Hot Pot..... 16.50

SEAFOOD

- 25. Salt & Pepper Seafood (Hot)..... 17.95
- 26. Salt & Pepper Prawns (Hot).....17.95
- 27. Salt & Pepper Squid (Hot)..... 17.95
- 28. Prawns with Tomato..... 17.45
- 29. Ginger Squid (Hot)..... 17.45
- 30. Creamy Prawns..... 17.45
- 31. Prawns with Black Bean Sauce..... 17.45
- 32. Prawns with Oyster Sauce..... 17.45
- 33. Curry Prawns (Hot)..... 17.45
- 34. Prawns with Cashew Nuts.....17.45
- 35. Palace Style Prawns (Hot)..... 17.45
- 36. Deep Fried Prawns..... 17.45
- 37. Scallop with Mixed Greens..... 17.45
- 38. Scallop with Black Bean Sauce.....17.95
- 39. Squid with Celery in Oyster Sauce.....17.95
- 40. Squid w/ Green Pepper in Black Bean Sauce..... 17.45
- 41. Szechuan Style Prawns (Hot).....17.45
- 42. Szechuan Style Scallops (Hot)..... 17.45

PHOENIX NEST

- 43. China Ben's Phoenix Nest.....19.50
- 44. Chicken & Prawns Basket.....18.50
- 45. Prawns & Scallops Basket.....19.50
- 46. Chicken Phoenix Nest.....17.50
- 47. Beef Basket.....17.50
- 48. Prawns Phoenix Nest.....19.95
- 49. Scallops Phoenix Nest.....19.95

CHICKEN

- 50. Almond or Cashew Gai Ding (Stir Fried)14.50
- 51. Ginger Chicken..... 15.95
- 52. Sweet & Sour or Pineapple Chicken Balls 14.50
- 53. Lemon or Orange Chicken.....14.50
- 54. Almond Soo Gai (Deep Fried).....14.50
Gravy is Extra..... 1.50
- 55. Palace Style Chicken (Hot).....14.50
- 56. Szechuan Chicken (Hot).....14.50
- 57. Sliced Chicken with Black Bean Sauce 14.50
- 58. Curry Chicken (Hot)..... 14.50
- 59. Chicken Broccoli..... 14.50

BEEF

- 60. China Ben's Special Beef.....18.50
- 61. Fried Ginger Shredded Beef.....15.95
- 62. Beef with Fresh Tomato.....14.50
- 63. Szechuan Style Beef (Stir Fried).....14.50
- 64. Curry Beef (Hot)..... 14.50
- 65. Satay Beef (Hot)..... 14.50
- 66. Beef with Mushroom & Baby Corn.14.50
- 67. Beef with Black Bean Sauce.....14.50
- 68. Beef with Broccoli..... 14.50

PORK & SPARERIBS

- 69. Honey Garlic Boneless Pork.....14.95
- 70. Honey Garlic Spareribs.....14.95
- 71. Sweet & Sour Spareribs (Bone-In)...14.95
- 72. Sweet & Sour Pork Loin (Boneless).14.95

CHICKEN WINGS

- 73. Deep Fried Chicken Wings.....14.95
- 74. Salt and Pepper Wings (Hot).....14.95
- 75. Honey Garlic Chicken Wings.....14.95
- 76. Hot Chicken Wings 14.95

☪ = Spicy ☪☪ = Extra Spicy

POP All Flavours.....1.95

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

CHOP SUEY

- 77. Chicken, Beef or BBQ Chop Suey.14.50
- 78. Scallop Chop Suey..... 17.95
- 79. Prawn Chop Suey..... 17.95
- 80. Seafood Chop Suey.....17.95
- 81. China Ben's Special Chop Suey...16.95

VEGETARIAN

- 82. Vegetable Delight..... 12.95
- 83. Tofu & Vegetables.....14.50
- 84. Mushrooms & Baby Corn.....12.95
- 85. Plain Stir Fry Egg Noodle.....12.95
- 86. Vegetable Chow Mein.....14.50
- 87. Mushroom Chow Mein..... 14.50
- 88. Deep Fried Salt & Pepper Tofu.....14.50
- 89. Mushroom Egg Foo Young.....14.50
- 90. Veggie Fried Rice.....12.95
- 91. Mushroom Fried Rice.....12.95
- 92. Plain Fried Rice.....12.50
- 93. Steamed Rice.....3.00

NOODLE

- 94. China Ben's Fried Noodle..... 16.95
- 95. Seafood Chow Mein 17.95
- 96. Beef Vermicelli w/Black Bean Sauce.14.50
- 97. Chicken, Beef, BBQ Chow Mein.. 14.50
- 98. Seafood Shanghai Noodle..... 17.95
- 99. Shanghai Noodle.....14.50
- 100. Singapore Vermicelli (Hot)..... 14.50
- 101. Prawn Chow Mein..... 17.45
- 102. Satay Beef Noodle (Hot).....14.50
- 103. Buffet Style Noodle..... 14.50
- 104. Chicken, Beef, BBQ Buffet Noodle.15.95

EGG FOO YOUNG

- 105. China Ben's Egg Foo Young.....14.95
- 106. Shrimp Egg Foo Young.....14.95
- 107. Chicken or B.B.Q. Egg Foo Young14.50

RICE

- 108. China Ben's Special Fried Rice.....13.50
- 109. Shrimp Fried Rice.....13.50
- 110. Chicken, Beef, or B.B.Q. Pork Fried Rice.....12.95
- 111. Curry Beef Fried Rice (Hot).....13.50

STIR FRY WITH STEAMED RICE

- 112. Vegetable Stir Fry w/ Steamed Rice..... 13.50
- 113. Chicken, Beef, or BBQ Pork Stir Fry Rice.....14.50
- 114. Prawn & Mixed Vegetables Stir Fry w/Steamed Rice..16.95
- 115. Seafood & Mixed Vegetables Stir Fry w/Steamed Rice.....17.50
- 116. Ben's Special Mixed Vegetables Stir Fry w/Steamed Rice....16.95
- 117. Barbeque Pork on a Bed of Steamed Rice..... 16.95