

Delivery Available Tel:0161 237 1570

LIVE LIFE WITH FAST GRAIN

Our Rice restaurant provides for a healthy, visual fine dining experience



Unit 4, The Quadrangle, Chester Street (off Oxford Road) Manchester M1 5QS



	AF	FETIZER AND STARTERS.	
	1.	Thai Prawn Crackers Thai style crackers served with sweet chilli dipping sauce	£2.89
©	2.	Malaysian Chicken Satay Grilled, marinated chicken skewers with a spicy peanut sauce	£3.99
	3.	Jamaican Jerk Chicken Wings Caribbean style, tender firecracker chicken	£3.99
	4.	Cantonese Salt & Pepper Chicken Wings Accompanied by fresh cooked onions, shredded chillies & spring onions	£3.99
	5.	Thai Fish Cakes Minced wild salmon, lemongrass, chillies & spring onions	£3.99
	6.	Thai Deep Fried Coconut Prawns	£4.99
	7.	Deep fried prawns in coconut & bread crumbs with a sweet chilli dipping sauce Japanese Prawn Katsu	£4.99
		A healthy blend of lightly aired bread crumbs dusted over succulent tiger prawns, served with fruity Katsu sauce	
	8.	Vietnamese Envelopes Wrapped in freshly minced chicken & prawn, served wih mayonnaise dipping sauce	£4.99
0	9.	Japanese Tempura Vegetables Selection of vegetables in light batter, served with sweet chilli sauce	£3.69
V	10.	Italian Suppli Italian risotto rice balls filled with mozzarella & Italian herbs	£3.99
0	11.	Chinese Spring Rolls Handmade spring rolls with fresh Chinese vegetables wrapped in a light golden pastry	£3.99
	12.	World Combo Platter Jamaican Jerk Chicken Wing, Italian Suppli, Thai Fish Cake & Chinese Spring Rolls	£5.99
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	SO	OUPS:	
©		Chinese Chicken & Sweet Corn Soup A non-spicy wholesome blend of chicken & sweet corn soup served with Thai prawn cr	£4.49
(V)	22.	Thai Tom Yam Soup Vegetarian £3.99 Chicken £4.49 Prawn Hot & sour flavour with lemongrass, chillies & lime leaves	
	23.	Japanese Seafood Soup with Udon Noodle A medley of assorted seafood & udon noodles in savoury clear soup	£5.99
		Malaysian Noodle Soup with Rice Stick Noodle Served with freshly minced chicken balls & Chinese leaf	£5.99
©	SA	LADS:	
	31.	Thai Mango Salad Chicken £7.49 Prawn Julliens of mango & oriental vegetables, finished with a refreshing blend of Thai & Malaysian Spices	£7.99
	32.	French Crispy Duck Salad Duck, Mango, mixed lettuce with honey dressing	£5.99
Ø	33.	Greek Feta Salad Laced in lemon & olive oil dressing	£5.99
		Laced in Terriori & Olive Oil dressing	
	W	OK SEARED NOODLE DISHES:	
		dishes include noodles	
00	41.	Thailand's Phad Thai Vegetarian £6.49 Chicken £6.99 Prawn Popular Thai flat noodles with Chinese leaf, bean sprouts, egg & nuts	£7.49
	42.	Thai Phad Si-Lew Thinly sliced fillet steak, flat rice stick noodles, egg, Chinese Leaf, broccoli, mangetout,	£6.99
и		spring onions & kecap manis (sweet dark soy sauce)	C7 40
n	45.	Singapore Style Noodles Rice vermicelli noodles, egg, char siu, shrimp, red & green peppers, spring onions & Chinese leaf with a hint of curry flavour	£7.49
		Chinese Chicken & Noodle Stir Fry with Black Pepper Egg noodles, bean sprouts, bamboo shoots, red & green peppers in black pepper	£6.99
	45.	Chinese Hoisin Duck with Udon Noodles Japanese Udon noodles with roast duck accompanied with a sweet sticky sauce	£7.49
) (V	46.	Japanese Yaki Udon Vegetarian £6.49 Chicken £6.99 Prawn Teppan-wok seared thick noodles laced in a savory style with soya sauce	£7.49
	47.	Far East Seafood Noodle An exotic selection of scallops, tiger prawns, squid, mussels fused in a light clear savour	£7.49 y sauce
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		wo	OK SEARED RICE DISHES:	
		All c	dishes include rice or noodles	
	(V)	51.	Indonesian Nasi Goreng An exotic blend of Indonesian spices in rice with red & green peppers, tomatoes, spring onion kaifer lime leaves & poku mushrooms	n £7.49 ns,
	©	52.	Malaysian Chilli Chicken Spicy chicken encapsulated in spicy healthy oils blended with peppers & chillies (Recommended: Sticky Jasmine Rice)	£6.99
		53.	Cantonese Crispy Chilli Shredded Beef Thinly sliced beef in a light crispy batter, with onions, bamboo strips & chillies (Recommended: Chinese Egg Fried Rice)	£6.99
	©	54.	Jamaican Jerk Chicken Tender firecracker chicken, Caribbean style with onions, peppers, leeks & mushrooms (Recommended: Hopping John Rice)	£6.99
			Mexican Beef Chilli Lean minced beef, jalapeno & red kidney beans & onions (Recommended: Mexican Rice)	£6.99
		56.	American Barbeque Chicken Sticky sweet chicken with onions, peppers, courgette, mushrooms & baby corn (Recommended: Chinese Egg Fried Rice)	£6.99
		57.	Cantonese Chicken Fillet with Salt & Pepper An extra light batter coated chicken tossed with a hint of salt & pepper, accompanied with mixed lettuce salad (Recommended: Chinese Egg Fried Rice)	£6.99
	н	58.	South American Jambalaya A classic dish with prawns, chicken, chorizo, tomatoes, onions & peppers (Recommended: Cajun Spiced Rice)	£7.49
		59.	Mongolian Lamb Ginger Spring Onion Sizzling lamb wok seared with fresh vegetables in savoury sauce (Recommended: Chinese Egg Fried Rice)	£6.99
	©	60.	Thai Pineapple Rice An Authentic well celebrated Thai Rice dishes, eaten with a Contains the essence of Thaila (garlic, Thai spices, pineapple, dry shallots) garnished with Japanese crispy seaweed	n £7.49 and
		61.	Indian Chicken Biryani A marination of Easter spices, stone grilled pieces of Indian Tikka, slow cooked & finished in a Rice way.	£7.49
		62.	East/West Crushed Black Pepper Lamb/Beef An integretion of East/ West crushed black pepper with garlic & ginger from Canton with savoury vegetables based flavours & shredded mixed peppers from the Americas (Recommended: Savoury Mushroom Brown Rice)	£7.49
		CU	RRIES:	
		All c	lishes include rice	
			Thai Green Curry Spicy fragrant curry with coconut milk, Thai basil, bamboo shoots, aubergine, broccoli (Recommended: Thai Coconut Rice)	n £7.49
			Thai Red Curry Vegetarian £6.49 Chicken £6.99 Praw Slightly sweet & hot curry with coconut milk, Thai basil, bamboo shoots, mushroom, baby corn (Recommended: Thai Coconut Rice)	/n £7.49
©	0	73.	Japanese Java Curry Healthy mild curry accompanied with carrots, potatoes, peppers & onions (Recommended: Sticky Jasmine Rice)	n £7.49
	©	74.	Japanese Chicken Katsu Curry A healthy blend of lightly aired bread crumbs dusted over succulent chicken breast,	£6.99
			accompánied with mild curry sauce (Recommended: Thai Fragrant Rice)	
((C)	GR	RILL:	
	_		lishes include rice or noodles	
			Japanese Grilled Chicken Teriyaki Pieces of chicken breast marinated in teriyaki sauce (Recommended: Rice Stick Noodles)	£6.99
			Indian Chicken Masala Marinated in secret Indian spices served with pilaf rice	£6.99
			Korean Bulgogi Strips of beef/chicken marinated in spring onions, garlic, ginger & olive oil (Recommended: Chinese Egg Fried Rice) Beef / Chicket	en £6.99
			American Barbeque Chicken & Salsa Stone grilled chicken breast marinated in barbeque dry rubs served with salsa & Chinese Egg Fried Rice	£6.99
			Kashmiri Lamb Chops Pieces of lamb marinated in Kashmiri spices, served with masala rice & mint yoghurt	£6.99
			French Roasted Poussin Marinated chicken in a variety of spices slow roasted & finished on the stone grill (Recommended: Hopping John Rice)	£7.49
			Japanese Yaki Salmon Marinated grilled wild salmon fillets served with stir fried rice stick noodles	£7.49
		88.	Persian Fish Kebab A selection of cod, scallops, tuna, prawn & salmon served with saffron sauce (Recommended: Hopping John Rice)	£7.99



MISSION STATEMENT:

The mission of is to bring the most flavoursome culinary tastes from all corners of the world to your palate, creating a unique and healthy dining experience.

Our dishes are prepared in front of your very eyes, theatrically cooked with the finest ingredients to create a healthy experience for all the senses.

Live life with the fast grain.

FRESH FUSION COOKING!

In 2009 with mission & goal was to empower the customers. Our challenge was to calorie control our dishes. Our tireless emphasis on healthy based products has allowed us the confidence to share this achievement with you. Working closely with one of the leading nutritionists in the country, where we have controlled every dish. Our transparent approach & open healthier theme means we hide nothing from you.

Live Rice Love Rice!

A wider selection of drinks are available Please ask to see our drinks menu.

Some dishes may contain traces of Eggs, Nuts or Fish Sauce

Terms & Conditions:

Minumum £20 order for **FREE** delivery within 4 miles radius

Delivery Time Available:

 Sun
 4pm - 10pm

 Mon-Thu
 4pm - 10.30pm

 Fri-Sat
 4pm - 11.30pm

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