


Chowmein / Lowmein			Chef's Specialties		Soup & Appetizers	
Shrimp Cantonese	Chowmein	19.00	Szechuan Shrimp	25.00	Wonton B.B.Q Soup	9.50
Vegetable Cantonese	Lowmein	15.50	Shrimp with peking sauce	25.00	Chicken noodle soup	12.00
Chicken or Beef Cantonese	Chowmein	17.00	Deep fried almond prawns (10)	25.00	WOR wonton soup	12.00
	Lowmein		Beef with Ginger & Onion	20.00	Hot & Sour soup	13.00
Special Cantonese	Chowmein	18.00	Peppercorn tofu (vegetarian)	15.00	Wonton noodle soup	12.00
	Lowmein		Beef satay	18.00	Spring roll (vegetarian)	2.25
Shrimp Chowmein		12.00	Chicken satay	17.00	Sweet & Sour	
Chicken Chowmein		11.50	Lemon chicken (breaded)	17.00	S&S Breaded shrimp	13.00
Beef Chowmein		11.50	Almond soo gai (sauce, chicken & almonds)	17.00	S&S Chicken ball	13.00
B.B.Q Pork Chowmein		11.50	Shanghai noodle (thick/brown noodle)	17.00	S&S Lean pork	13.00
Mushroom Chowmein		11.50	Szechuan chicken (a bit spicy)	17.00	S&S Spareribs	13.00
Seafood			Szechuan beef (a bit spicy)	17.00	S&S Wonton (16)	13.00
Shrimp black bean sauce		18.00	Ginger beef	17.00	Pork & Ribs	
Shrimp fresh tomatoes		18.00	Singapore noodle (skinny curry noodle)	17.00	B.B.Q Pork Slices	13.00
Shrimp curry sauce		18.00	Crispy B.B.Q chicken (half - NO sauce)	18.00	Dry garlic rib	14.50
Shrimp mixed vegetables		18.00	Peking chicken (half - crispy - W / sauce)	20.00	Honey garlic ribs	14.50
Chicken			Beef		Peppercorn ribs	18.00
Peppercorn wings		18.00	Beef black bean sauce	14.50	Egg Foo Young	
Chicken diced veg & almond		14.00	Beef fresh tomatoes	14.50	Special Foo Young	14.00
Chicken diced veg & cashew		14.00	Beef mushroom	14.50	Shrimp Foo Young	14.00
Chicken black bean sauce		14.00	Beef broccoli	14.50	Chicken Foo Young	13.50
Chicken curry sauce		14.00	Beef curry sauce	14.50	Beef Foo Young	13.50
Chicken wings		14.00	Beef Gailan (Chinese broccoli)	20.00	B.B.Q Foo Young	13.50
Chicken mushroom		14.00	Vegetables – Chop Suey		Mushroom Foo Young	13.50
Chicken broccoli		15.00	Vegetarian dish	16.00	Fried Rice	
			Special mixed vegetables	15.00	Special fried rice	13.00
			Chicken mixed vegetables	14.00	Yangchow fried rice	13.00
			Beef mixed vegetables	14.00	Shrimp fried rice	13.00
			B.B.Q Pork mixed vegetables	14.00	Beef fried rice	12.00
			Chinese mixed vegetables	12.00	Chicken fried rice	11.50
			Shrimp OR BBQ Pork chopsuey	11.50	B.B.Q fried rice	11.50
			Chicken OR Beef chopsuey	11.50	Mush room fried rice	11.50
			Mushroom chopsuey	11.50	Vegetables fried rice	11.50
			Broccoli garlic	13.00	Plain fried rice	9.00
			Gailan garlic (Chinese broccoli)	17.00	Steam rice	3.00

Large Items (大): \$7.00 for each item	
1	Shrimp noodle roll (steamed w/ soya sauce) 蝦腸
2	B.B.Q pork noodle roll (steamed w/ soya sauce) 叉燒腸
3	Beef noodle roll (steamed w/ soya sauce) 牛腸粉
4	Squids (deep fried) 炸鮮魷
5	Sticky rice (wrapped in lotus leaf) 糯米雞
6	Scallops (deep fried) 炸帶子
7	Sparerib w/ white rice (steamed w/ black bean) 排骨飯
8	Honey garlic breaded pork 蒜子串豬
9	Steamed shrimp dumplings / Hargow 蝦餃
10	Crispy seafood wraps 海鮮腐皮卷
11	Salt & pepper ribs (deep fried) 椒鹽骨
12	Eggplants (stuffed with shrimp & black bean sauce) 釀茄子
13	Tofu (stuffed with shrimp & black bean sauce) 釀豆腐
14	Steamed taro bun 芋頭包
15	Chinese broccoli oyster sauce (Gailan) 油菜
16	Singapore noodles (curry skinny noodle) 星洲炒米
17	Shrimp & vegie dumplings (steamed) 鮮蝦粉果
18	Deep fried shrimp dumplings (with mayo) 明蝦角
19	Salt & pepper wings (deep fried) 椒鹽雞翼
20	Satay meat balls 沙爹豬肉丸
21	Beef tripe (White with gingers) 牛柏葉
22	Beef stomach (Brown) 牛肚
Small items (小): \$6.00 for each item	
23	Pork dumpling / Shumai (Steamed) 燒賣
24	Spareribs (Steamed) 排骨
25	B.B.Q pork buns (Steamed) 叉燒包
26	Spring rolls (Vegetarian) 春卷
27	Chinese radish cakes (pan fried) 蘿白糕
28	Ginger pork rolls (Steamed) 鮮竹卷
29	Chicken feet 鳳爪
30	Deep fried meat dumplings 咸水角
31	Sweet & Sour deep fried wontons 炸雲吞
32	Pan fried meat dumplings 鍋貼
33	Green bean cakes 綠豆糕
34	Sesame balls (red beans inside) 煎堆仔
35	Sponge cake (steamed) 馬拉糕
36	Beef spring rolls (deep fried) 牛肉春卷
37	Shanghai dumplings (pork, vegie, mushroom) 小籠包
38	Cream butter buns 奶黃包
39	Taro cakes (Pan fried) 芋頭糕-甜
40	Vietnamese spring rolls (Deep fried) 越南春卷
41	Beef ball with bean curd wrap 山竹牛肉
42	Coconut pineapple tarts 椰撻
43	Water chestnut cakes (Pan fried) 馬蹄糕
44	Cassava with green bean cake 木薯綠豆糕

No MSG / allergies / special requests must be informed upfront. All prices subject to change without notice | www.jandarestaurant.com

點心晚飯



306 757 2288

2201 11th Ave, Regina, SK

Located basement across from
Thebay in downtown

Dine in – delivery - pick up

Hours of business

Monday-Sunday

11:00 am to 8:30 pm

Lunch Special from 11am to 2pm
(weekdays only)

Dimsum all day/ everyday

Food total:

Delivery charge:

GST/PST:

Total:

DINNER FOR ONE - \$15.00

Spring roll (01)
Sweet & Sour chicken balls
Beef mixed vegetables
Chicken fried rice

DINNER FOR THREE - \$42.00

Spring rolls (03)
Sweet & sour spareribs
Beef with mixed vegetables
Chicken chowmein
Chicken fried rice

DINNER FOR FIVE - \$68.00

Spring rolls (05)
Sweet & sour chicken balls
Deep fried breaded shrimp
Beef with mixed vegetables
Chicken diced vegie & almonds
Chicken wings
Chicken fried rice

DINNER FOR TWO - \$28.00

Spring rolls (02)
Sweet & sour Spareribs
Beef with mixed vegetables
Chicken fried rice

DINNER FOR FOUR - \$57.00

Spring rolls (04)
Sweet & sour chicken balls
Beef with mixed vegetables
Deep fried breaded shrimp
Chicken chowmein
Chicken fried rice

DINNER FOR SIX - \$82.00

Spring rolls (06)
Sweet & sour spareribs
Deep fried breaded shrimp
Beef with mixed vegetables
Chicken with black bean sauce
Lemon chicken
Dry rib
SPECIAL fried rice

DELUXE DINNER FOR EIGHT - \$126.00

Spring rolls (08)	SPECIAL fried rice	Beef with mixed vegie (L)
Lemon chickens	Deep fried shrimps (L)	Chicken diced vegie & almond (L)
Ginger beef (L)	Sweet & sour chicken balls (L)	Sweet & sour spareribs
	Steamed rice	

Address:

Phone:

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**Now!!! you can order from CHOWLOCAL APP
or go to JANDARESTAURANT.COM**

Phone: 306 757 2288 Address: 2201 11th avenue Regina, SK (basement)

Delivery Pickup App Order Food

Address: _____ Delivery Charge: _____

Phone: _____ GST/PST: _____

Total: _____