

**STARTERS / APPETISERS** 頭盤

- Mix Appetisers .....£7.90  
*BBQ Spare Ribs (2), Chicken Balls (3), Vegetarian Spring Rolls (4), Prawn Toast (2) & Seaweed*
- Salt & Chilli Special Mixed .....£9.80  
*Mini Spring Rolls (3), Chicken Balls (3), Salt & Chilli Shredded Beef, Salt & Chilli Spare Ribs (3), Salt & Chilli Chips, Seaweed, Pot of Sauce (Curry, BBQ or Sweet & Sour)*
- Chicken Pancake Rolls (4) .....£3.00
- Sesame Prawn Toast (6) .....£4.80
- Seaweed (Vegetable Leaf) .....£4.10
- 5a. Seaweed & Sesame Prawn Toast (4) £4.60
- Satay Chicken Skewered (4) .....£5.10
- Smoked Chicken .....£5.20
- Pancake Rolls (2) .....£2.90
- Mini Spring Rolls (10) .....£3.10
- Crispy Aromatic Duck ..... (1/4) £7.90  
..... (1/2) £14.90
- Grilled Chicken Dumplings (6) .....£5.10
- Grilled Pork Dumplings (6) .....£5.30
- Pineapple Fritters .....£2.70
- Banana Fritters .....£2.70

**SOUPS** 湯類

- Chicken Noodle Soup .....£2.60
- Hot & Sour Soup .....£3.00
- Chicken Sweetcorn Soup .....£2.70
- Crab Sticks Sweetcorn Soup .....£2.70
- Won Ton Soup .....£3.00

🔥 Hot & Spicy 🥜 Contain Nuts  
🌿 Vegetarian Dishes

**CHICKEN WINGS** 雞翅類

24. Chicken Wings with BBQ Sauce .£4.50
25. Chicken Wings with Honey Roast Sauce .....£4.50
26. Chicken Wings with Peking Sauce .....£4.50

**SALT & CHILLI DISHES** 椒鹽類

29. Salt & Chilli Chicken .....£5.20
30. Salt & Chilli King Prawns .....£5.70
31. Salt & Chilli Squid .....£5.70
32. Salt & Chilli Chicken Wings .....£4.50
33. Salt & Chilli Spare Ribs .....£5.70
34. Salt & Chilli Shredded Beef .....£5.70
35. Salt & Chilli Chips .....£3.20
36. Salt & Chilli Tofu .....£4.80
37. Salt & Chilli Chicken Balls .....£5.30

**RIBS DISHES** 排骨類

39. Barbecued Spare Ribs .....£5.70
40. Peking Spare Ribs .....£5.70
41. Honey Roast Spare Ribs .....£5.70
42. Sweet & Sour Spare Ribs .....£5.70
43. Sweet & Chilli Spare Ribs .....£5.70

**SWEET & SOUR** 甜酸類

45. Sweet & Sour Chicken Balls (10) £5.30
- 45a. Sweet & Sour Chicken Balls (5) £2.80
46. Sweet & Sour King Prawn Balls (10) £5.70
- 46a. Sweet & Sour King Prawn Balls (5) £3.00
47. Sweet & Sour Chicken Cantonese Style .....£5.30
48. Sweet & Sour King Prawn Cantonese Style .....£5.80

**RICE DISHES (Large)** 炒飯類

52. House Special Fried Rice .....£5.60
53. Mixed Meat Fried Rice .....£5.70
54. Chicken Fried Rice .....£5.20
55. Beef Fried Rice .....£5.20
56. Roast Pork Fried Rice .....£5.20
57. Ham Fried Rice .....£5.20
58. King Prawn Fried Rice .....£5.60
59. Shrimp Fried Rice .....£5.20
60. Mushroom Fried Rice .....£4.60
61. Mixed Vegetable Fried Rice .....£4.60
62. Roast Duck Fried Rice .....£5.70
63. Singapore Fried Rice .....£5.30
64. Young Chow Fried Rice .....£5.20
65. Pineapple Fried Rice .....£4.50
66. Fried Rice ..... Small £2.80 Large £3.60
67. Boiled Rice ..... Small £2.30 Large £3.00

**CHOW MEIN DISHES (Noodles) (Large)** 炒麵類

70. House Special Chow Mein .....£5.60
71. Mixed Meat Chow Mein .....£5.70
72. Chicken Chow Mein .....£5.20
- 72a. Noodles with Chicken in Black Bean Sauce .....£5.60
73. Beef Chow Mein .....£5.20
- 73a. Noodles with Beef in Black Bean Sauce .....£5.60
74. Roast Duck Chow Mein .....£5.70
75. Roast Pork Chow Mein .....£5.20
76. King Prawn Chow Mein .....£5.70
77. Shrimp Chow Mein .....£5.20
78. Mushroom Chow Mein .....£4.90
79. Vegetable Chow Mein .....£4.90
80. Singapore Chow Mein .....£5.30

**VERMICELLI (Rice Noodle) (Large)** 米粉類

81. Noodle & Beansprouts ..... Standard .....£2.90 Large .....£3.80
82. Plain Noodle (Noodle Only) ..... Standard .....£3.00 Large .....£3.90
85. House Special Vermicelli .....£5.70
86. Chicken Vermicelli .....£5.20
87. Roast Duck Vermicelli .....£5.60
88. Roast Pork Vermicelli .....£5.20
89. Vegetable Vermicelli .....£4.70
90. Singapore Vermicelli .....£5.50

**CURRY DISHES (Large)** 咖喱類

93. House Special Curry .....£5.10
94. Chicken Curry .....£4.90
95. Beef Curry .....£4.90
96. Roast Pork Curry .....£4.90
97. King Prawn Curry .....£5.40
98. Prawn Curry .....£4.90
99. Roast Duck Curry .....£5.50
100. Chicken & Mushroom Curry .....£4.90
101. Beef & Mushroom Curry .....£4.90
102. Mixed Vegetable Curry .....£3.90
103. Mushroom Curry .....£4.10

**CHICKEN DISHES (Large)** 雞肉類

105. Roast Chicken Chinese Style .....£5.20
106. Chicken & Mixed Vegetables .....£5.20
107. Chicken with Green Pepper in Black Bean Sauce .....£5.30
108. Chicken Szechuan Style .....£5.20
109. Chicken in Satay Sauce .....£5.20
110. Chicken & Cashew Nuts .....£5.20
111. Chicken & Mushroom .....£5.20
112. Chicken with Ginger & Spring Onion .....£5.20
113. Chicken & Pineapple .....£5.20
114. Chicken in Black Pepper Sauce .....£5.20
115. Chicken with Bamboo Shoots & Chinese Mushroom .....£5.20
116. Kung Po Chicken .....£5.20
117. Chicken with Bamboo Shoots & Water Chestnuts .....£5.20
118. Chicken with Tomatoes & Garlic Sauce .....£5.20
119. Chicken with Lemon Sauce .....£5.30
120. Crispy Chicken Peking Style .....£5.30
121. Chicken in Plum Sauce .....£5.30
122. Crispy Chicken with Sweet Chilli Sauce .....£5.30
123. Crispy Chicken in Honey Roast Sauce .....£5.30
124. Chicken with Mango Flavour Peking Sauce .....£5.30

**BEEF DISHES (Large)** 牛肉類

128. Beef with Onion & Garlic Sauce .....£5.30
129. Beef with Ginger & Spring Onion .....£5.30
130. Beef with Bamboo Shoots & Chinese Mushroom .....£5.30

**BEEF & MIXED VEGETABLES** 牛肉類

131. Beef & Mixed Vegetables .....£5.30
132. Beef & Mushroom .....£5.30
133. Beef & Cashew Nuts .....£5.30
134. Beef in Satay Sauce .....£5.30
135. Beef with Green Pepper in Black Bean Sauce .....£5.30
136. Beef in Black Pepper Sauce .....£5.30
137. Beef in Oyster Sauce .....£5.30
138. Beef Szechuan Style .....£5.30
139. Beef with Tomatoes & Garlic Sauce .....£5.30
140. Beef with Bamboo Shoots & Water Chestnuts .....£5.30
141. Beef with Pineapple .....£5.30
142. Crispy Beef Cantonese Style .....£5.60
143. Crispy Hot Shredded Beef & Carrot .....£5.60
144. Kung Po Beef .....£5.30
145. Crispy Beef in Honey Roast Sauce .....£5.60
146. Crispy Beef in Mango Flavour Peking Sauce .....£5.60

**KING PRAWN (Large)** 大蝦類

148. King Prawn with Ginger & Spring Onion .....£5.70
149. King Prawn with Bamboo Shoots & Chinese Mushroom .....£5.70
150. King Prawn with Bamboo Shoots & Water Chestnuts .....£5.70
151. King Prawn in Satay Sauce .....£5.70
152. King Prawn with Mushroom .....£5.70
153. King Prawn with Cashew Nuts .....£5.70
154. King Prawn in Black Pepper Sauce .....£5.70

**KING PRAWN WITH GREEN PEPPER IN BLACK BEAN SAUCE** 大蝦類

155. King Prawn with Green Pepper in Black Bean Sauce .....£5.70
156. King Prawn Mixed Vegetables .....£5.70
157. King Prawn Szechuan Style .....£5.70
158. King Prawn with Tomatoes & Garlic Sauce .....£5.70
159. Kung Po King Prawn .....£5.70
160. King Prawn in Spicy Garlic Sauce .....£5.70
161. Crispy King Prawn in Spicy Garlic Sauce .....£5.70
162. King Prawn in Sweet Chilli Sauce .....£5.70

**ROAST PORK (Large)** 叉燒類

171. Roast Pork Chinese Style .....£5.20
172. Roast Pork Szechuan Style .....£5.20
173. Roast Pork with Mushroom .....£5.20
174. Roast Pork Mixed Vegetables .....£5.20
175. Roast Pork with Green Pepper in Black Bean Sauce .....£5.20
176. Honey Roast Pork .....£5.20
177. Crispy Pork Peking Style .....£5.20

**DUCK DISHES (Large)** 燒鴨類

180. Duck with Green Pepper in Black Bean Sauce .....£5.70
181. Duck with Mushroom .....£5.70
182. Duck with Pineapple .....£5.70
183. Duck with Bamboo Shoots & Water Chestnuts .....£5.70
184. Duck with Mixed Vegetables .....£5.70
185. Duck with Bamboo Shoots & Chinese Mushroom .....£5.70
186. Duck in Plum Sauce .....£5.70

**DUCK IN ORANGE SAUCE** 鴨類

187. Duck in Orange Sauce .....£5.70
188. Roast Duck Chinese Style .....£5.70
189. Duck Szechuan Style .....£5.70
190. Sweet & Sour Duck Cantonese Style .....£5.70

**CHOP SUEY (Large)** 什水類

197. House Special Chop Suey .....£5.30
198. Chicken Chop Suey .....£5.10
199. Beef Chop Suey .....£5.10
200. Roast Pork Chop Suey .....£5.10
201. King Prawn Chop Suey .....£5.50
202. Shrimp Chop Suey .....£5.10
203. Mushroom Chop Suey .....£4.10

**FOO YOUNG (Large)** 芙蓉類

206. House Special Foo Young .....£5.30
207. Chicken Foo Young .....£5.10
208. King Prawn Foo Young .....£5.60
209. Prawn Foo Young .....£5.10
210. Roast Pork Foo Young .....£5.10
211. Mushroom Foo Young .....£4.80
212. Plain Foo Young .....£4.50

**OMELETTE DISHES** 奄列類*(All Served with Chips)*

215. House Special Omelette .....£5.50
216. Chicken Omelette .....£5.20
217. Roast Pork Omelette .....£5.20
218. King Prawn Omelette .....£5.70
219. Prawn Omelette .....£5.20
220. Ham Omelette .....£5.20
221. Mushroom Omelette .....£4.80
222. Plain Egg Omelette .....£4.70





### THAI DISHES 泰類

- 225. Special Thai Red Curry .....£5.80  
*(Traditional Thai Curry Cooked with Coconut Cream & Milk)*
- 226. Chicken Thai Red Curry .....£5.30
- 227. Beef Thai Red Curry .....£5.30
- 228. King Prawn Thai Red Curry .....£5.70
- 229. Special Thai Green Curry .....£5.70
- 230. Chicken Thai Green Curry .....£5.30
- 231. Beef Thai Green Curry .....£5.30
- 232. King Prawn Thai Green Curry .....£5.70
- 233. Crispy Squid with Thai Sweet Chilli Sauce .....£5.70

### VEGETARIAN DISHES 素菜類

- 239. Beansprouts .....£3.50
- 240. Mushrooms .....£3.50
- 241. Onions .....£3.30
- 242. Bamboo Shoots & Water Chestnuts.....£3.50
- 243. Mixed Vegetables .....£3.50
- 244. Vegetables in Satay Sauce .....£3.70
- 245. Vegetables Szechuan Style .....£4.00
- 246. Sweet & Sour Mixed Vegetables .....£3.80
- 247. Vegetables in Black Bean Sauce .....£3.70

### TOFU DISHES (Beancurd) (Large) 豆腐類

- 249. Tofu Szechuan Style .....£4.80
- 250. Tofu with Green Pepper in Black Bean Sauce .....£4.80
- 251. Tofu in Peking Sauce .....£4.80
- 252. Tofu with Satay Sauce .....£4.80
- 253. Tofu in Honey Roast Sauce.....£4.80
- 254. Tofu in Sweet & Sour Sauce .....£4.80

### EXTRA PORTIONS 其它類

- 255. Chips ..... Standard £1.90 Large £2.40
- 256. Tray Chip & Sauce ..... Small £2.50 Large £3.00  
*(Curry, BBQ Or Sweet & Sour Only)*
- 257. Chicken Breast .....£3.50
- 258. Fish Cake .....£1.30
- 259. Jumbo Sausage.....£1.30
- 260. Jumbo Sausage in Batter .....£1.40
- 261. Small Sausage .....£0.90
- 262. Small Sausage in Batter.....£1.00
- 263. Onion Rings (10) .....£1.60
- 264. Chicken Nuggets (5).....£1.70
- 265. Curry (Extra Hot + 10p) .....£1.70
- 266. Barbecue Sauce .....£1.70
- 267. Sweet & Sour Sauce .....£1.70
- 268. Honey Roast Sauce .....£2.00
- 269. Pekinese Sauce .....£2.00
- 270. Satay Sauce .....£2.00
- 271. Gravy Sauce.....£1.70
- 272. Poppadoms .....£1.20
- 273. Prawn Crackers.....£1.70
- 274. Can of Soft Drink .....£1.10  
*(Coke, Diet Coke, Pepsi, Dr Pepper, Fanta Lemon, 7UP)*
- 275. Bottle of Drink (Coke / Diet Coke) ....£2.40

### CHEF'S RECOMMENDATION 廚師推介

- 276. Mixed Meat in Black Bean Sauce .....£5.40
- 277. Mixed Meat with Mushroom .....£5.40
- 278. Crispy Chicken with Ginger & Sweet Sauce .....£5.30
- 279. Szechuan Style Aubergine .....£4.50
- 280. Chicken with Aubergine in Spicy Garlic Sauce .....£5.30

### SPECIAL COMBINATION

(Choice of Sauce: Curry, BBQ or Sweet & Sour Sauce)

- S1. Fried Rice & Sauce ..... Small £3.00 Large £3.90
- S2. Noodle & Sauce ..... Small £3.10 Large £4.00
- S3. Fried Rice & Chips with Sauce .....£3.80
- S4. Fried Rice & Noodle with Sauce .....£4.40
- S5. Noodle & Chips with Sauce .....£4.20
- S6. 5 Chicken Balls with Chips & Sauce .....£5.20
- S7. 5 Chicken Balls with Fried Rice & Sauce.....£5.30
- S8. 5 Chicken Balls with Noodle & Sauce.....£5.40
- S9. 5 Chicken Balls with Fried Rice, Chips & Sauce .....£5.30
- S10. 5 Chicken Balls with Noodle, Chips & Sauce.....£5.40
- S11. Crispy Beef Cantonese Style with Fried Rice & Chips .....£5.70
- S11A. Crispy Hot Shredded Beef with Fried Rice & Chips .....£5.70
- S12. Sweet & Sour Chicken Cantonese Style with Fried Rice & Chips .....£5.70
- S13. Beef in Black Bean Sauce with Fried Rice & Chips .....£5.70
- S14. Chicken Curry with Fried Rice & Chips .....£5.40
- S15. Beef Curry with Fried Rice & Chips .....£5.40
- S18. Sweet & Sour Chicken Cantonese Style with BBQ Spare Ribs & Fried Rice...£6.50
- S20. Crispy Beef Cantonese Style with Chicken Balls & Fried Rice.....£6.50
- S20A. Crispy Hot Shredded Beef with Chicken Balls & Fried Rice .....£6.50
- S21. 5 Chicken Balls with Rice, Noodle & Sauce.....£5.80
- S22. Crispy Chicken Peking Sauce with Chicken Balls & Fried Rice .....£6.60
- S23. Crispy Chicken Honey Roast Sauce with Chicken Balls & Fried Rice .....£6.60

## SPECIAL SET MEALS

A1 FOR KID'S £5.00

- Chips
- Chicken Nuggets (3)
- Mini Spring Rolls (3)
- 1 Small Sausage
- 1 Pot of Sauce (Curry, BBQ or Sweet & Sour)

A FOR ONE PERSON £8.70

- Sweet & Sour Chicken Balls (5)
- Chicken Curry
- Egg Fried Rice (Standard)

B FOR ONE PERSON £10.30

- Mini Spring Rolls
- Beef & Mushrooms
- Pot of Sauce (Curry / BBQ or Sweet & Sour)
- Young Chow Fried Rice (Standard)

C FOR TWO PERSONS £19.50

- Pancake Rolls (2)
- Sweet & Sour Chicken Balls (6)
- Chicken with Green Pepper in Black Bean Sauce
- Beef & Mushrooms
- Young Chow Fried Rice (Large)

D FOR THREE PERSONS £28.20

- Seaweed & Sesame Prawn Toast
- Honey Roast Spare Ribs
- Sweet & Sour Chicken Cantonese Style
- Beef with Bamboo Shoots & Water Chestnuts
- King Prawn with Green Pepper in Black Bean Sauce
- Young Chow Fried Rice (2 Small)

### ALLERGY ADVICE

Most of our dishes contain **GARLIC, SOYA, GLUTEN, COOKING WINE & SESAME OIL**. Some of our dishes may contain these 14 allergens as follows:



If you have any allergies to these products please inform us before ordering. We will do our best to advise you.



# RAINBOW

Chinese Take Away

13 PWLLGWAUN ROAD, PONTYPRIDD, CF37 1HH

## Tel: 01443 400 369

Telephone Orders Welcome



[www.rainbowfoodpd.co.uk](http://www.rainbowfoodpd.co.uk)

Find us on Facebook

@Rainbow Chinese Takeaway Pontypridd



### OPENING TIMES

Monday - CLOSED  
Open ALL Bank Holiday Monday  
Tuesday - Sunday 5:00PM - 11:00PM

### FREE

Poppadoms on Orders over £9  
Prawn Crackers on Orders over £16  
Mini Spring Rolls on Orders over £20  
Bottle of Coke on Orders over £25  
Choice of 1 Dish on Orders over £37 (From No 24 - 177)  
(Not Including Delivery Charge)



Ewch i food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni/beth yw ein sgôr hylendid bwyd wrth archebu. / Go to food.gov.uk/ratings to find out the food hygiene rating of our business, or ask us for our food hygiene rating when you order.