

**Highlighted items have G/F options**  
**Please specify G/F when ordering**  
**\$1.00 surcharge for select G/F meals**

**SWEET & SOUR**

Sweet & Sour Pork .....	\$ 22.00
Sweet & Sour Chicken Fritters .....	\$ 22.00
<b>Sweet &amp; Sour Chicken Fillets</b> .....	\$ 22.00
Sweet & Sour Fish .....	\$ 23.00
<b>Sweet &amp; Sour Braised King Prawns</b> .....	\$ 30.00
Sweet & Sour King Prawn Fritters .....	\$ 30.00

**CHOW MEIN \*noodles not G/F\***

Beef Chow Mein .....	\$ 22.00
<b>Chicken Chow Mein</b> .....	\$ 22.00
<b>BBQ Pork Chow Mein</b> .....	\$ 22.00
Beef & Chicken (No Seafood) Chow Mein .....	\$ 23.00
Combination Chow Mein .....	\$ 26.00
<b>King Prawns Chow Mein</b> .....	\$ 30.00
Seafood Chow Mein .....	\$ 31.50

**OMELETTE**

<b>Chicken Omelette</b> .....	\$ 22.00
<b>Ham Omelette</b> .....	\$ 22.00
<b>BBQ Pork Omelette</b> .....	\$ 22.00
<b>Vegetable Omelette</b> .....	\$ 22.00
Combination Omelette .....	\$ 25.70
<b>King Prawns Omelette</b> .....	\$ 29.30
Seafood Omelette .....	\$ 31.50
<b>Plain Omelette</b> .....	\$ 16.50

**THAI DISHES (Contain Chilli & Peanuts)**

Thai Beef .....	\$ 22.00
Thai Chicken .....	\$ 22.00
Thai King Prawns .....	\$ 30.00
Thai Beef & Chicken (No Seafood) .....	\$ 23.00
Thai Combination .....	\$ 26.00

**VEGETABLES**

Vegetables with Sauce (Satay, curry, oyster or chilli).....	\$ 22.00
<b>Stir Fried Mixed Vegetables</b> .....	\$ 19.30
<b>Steamed Mixed Vegetables</b> .....	\$ 19.30
<b>Vegetables Fried Rice</b> .....	\$ 11.50

**RICE**

<b>Chicken Fried Rice</b> .....	Lge \$16.00	Sml \$ 15.00
<b>Deluxe Fried Rice</b> .....	Lge \$16.00	Sml \$ 15.00
<b>Fried Rice</b> .....	Lge \$11.50	Sml \$ 11.00
<b>Boiled Rice</b> .....	Lge \$ 7.00	Sml \$ 6.60

- Price subject to change without notice
- Price including GST

July 2022

**NOODLE GOURMET**

<b>Seafood Laksa</b> .....	\$ 29.80
Famous Malaysian noodle soup. Rice noodle with scallops, king prawns, fish, calamari, bean curd and beans sprouts, in curry and coconut milk.	
<b>Kway Teow</b> .....	\$ 22.70
Fried thick rice noodles with prawns, chicken, BBQ pork and bean sprouts in chilli soy sauce.	
<b>Combination Hokkien Noodles</b> .....	\$ 22.70
Hokkien noodles with dark soy sauce, topped with prawns, chicken, BBQ pork & vegetables.	
<b>Malaysian Mee Goreng</b> .....	\$ 22.70
Hokkien noodles with prawns, chicken, BBQ pork, bean sprouts and vegetables in a touch of curry.	
<b>Beef Ho Fan</b> .....	\$ 22.70
Chinese style wok fried thick rice noodles with beef & bean sprouts.	
<b>Seafood Ho Fan</b> .....	\$ 29.80
Wok fried thick rice noodles with choice scallops, king prawns, fish & calamari cooked in Chinese style.	
<b>Japanese Udon with Seafood</b> .....	\$ 29.80
Japanese udon noodles stir fried with choice scallops, king prawns, fish, calamari & vegetables.	
<b>Udon with Vegetables (Japanese Style)</b> .....	\$ 22.70
Japanese udon noodles stir fried with fresh mixed vegetables.	
<b>Singapore Noodle</b> .....	\$ 22.70
Thin rice noodles stir fried with prawns, chicken & BBQ pork in a touch of curry.	
<b>Oriental Noodle</b> .....	\$ 22.70
Thin egg noodles stir fried with prawns, chicken, BBQ pork in a touch of curry & spicy sauce.	
<b>Pad Thai</b> .....	Chicken \$22.70.....King Prawn \$ 29.80
Thai rice noodle stir fried with egg, bean sprouts in tamarind, palm sugar, fish sauce and a touch of chilli. Crushed peanuts on top.	

**Home Delivery Deal**



For delivery meals order  
**Over \$98.00**  
**FREE** Four Spring Rolls  
**Over \$118.00**  
**FREE** Large Fried Rice  
**Over \$208.00**  
**FREE** Fried Rice & Spring Rolls

**Takeaway Menu For Delivery & Pick Up**  
 Extra \$1.00 for selected gluten free meal

**HENG LOONG**  
**RESTAURANT**

**DINE IN - FULLY LICENCED**

**67 Cowper Street Wallsend**

(Formerly, the old Wallsend Library)

**4951 5000**

**Trading Hours**

Lunch: Tue - Fri 12:00 - 2:00pm

Dinner: Tue -Sun 5:00 - 9:00pm

**Free Home Delivery**

(To selected areas / Dinner only)

Minimum meal order for home delivery \$55.00

For order under \$55.00 a surcharge of \$8.50 applies



**Takeaway Deal 10% Discount**

(Pick up Only)

Please specify G/F when ordering  
\$1.00 surcharge for select G/F meals

*Pick Up 10% off*

## ENTREE

Spring Roll (4) .....	\$ 8.50
Dim Sim (4) .....	\$ 8.50
Steamed Dim Sim (4).....	\$ 8.50
Sesame Prawn Toast (4).....	\$11.00
King Prawn Cutlets (3).....	\$15.70
Three Story Prawns (4) .....	\$15.90
Prawn Cocktail .....	\$12.90
Deep Fried Calamari.....	\$13.20
<b>Garlic Calamari</b> .....	\$13.90
<b>Garlic King Prawns</b> .....	\$16.60
<b>Garlic Scallops</b> .....	\$17.90
Mixed Entree (Prawn Toast x 2, Spring Roll, Dim Sim).....	\$11.00
Mixed Seafood Entree (Scallops, Prawns, Fish, Calamari) .....	\$16.80

## BEEF

Satay Beef .....	\$ 22.00
Mongolian Beef .....	\$ 22.00
Beef with Ginger and Shallots.....	\$ 22.00
Beef with Garlic Sauce.....	\$ 22.00
Beef with Szechuan Sauce (Hot).....	\$ 22.00
Beef with Cashew Nuts .....	\$ 22.00
Beef with Pineapple.....	\$ 22.00
Beef with Black Bean Sauce .....	\$ 22.00
Beef with Young Corn and Mushrooms .....	\$ 22.00
Beef with Oyster Sauce.....	\$ 22.00
Beef with Oriental Sauce.....	\$ 22.00
Beef with BBQ Sauce.....	\$ 22.00
Beef with Chilli Sauce.....	\$ 22.00
Beef with Curry Sauce.....	\$ 22.00

## CHICKEN

<b>Crispy Skin Chicken with Sauce</b> - trace .....	\$ 23.00
(Half chicken with bone) (Lemon, plum or sweet & sour)	
Boneless Chicken with Sauce .....	\$ 23.00
(Lemon, plum or sweet & sour)	
Honey Chicken .....	\$ 22.00
<b>Chicken Fillets with Ginger and Shallots</b> .....	\$ 22.00
<b>Chicken Fillets with Garlic Sauce</b> .....	\$ 22.00
Chicken Satay .....	\$ 22.00
Chicken Fillets with Black Bean Sauce .....	\$ 22.00
<b>Chicken Fillets with Cashew Nuts</b> - trace .....	\$ 22.00
<b>Chicken Fillets with Pineapple</b> .....	\$ 22.00
<b>Chicken Fillets with Young Corn &amp; Mushrooms</b> .....	\$ 22.00
<b>Chicken Fillets with Szechuan Sauce (Hot)</b> .....	\$ 22.00
Chicken Fillets with Oyster Sauce.....	\$ 22.00
Chicken Fillets with Chilli Sauce.....	\$ 22.00
<b>Chicken Fillets with Curry Sauce</b> .....	\$ 22.00
Chicken Fillets with Teriyaki Sauce .....	\$ 22.00

## SOUP

Short Soup .....	\$ 8.00
Long Soup .....	\$ 8.00
<b>Chicken and Sweet Corn Soup</b> .....	\$ 8.00
<b>Crab Meat and Sweet Corn Soup</b> .....	\$ 9.00
<b>Combination Soup</b> .....	\$ 9.00
Combination Long Soup .....	\$15.80
Combination Short Soup.....	\$15.80
Seafood Soup .....	\$13.80
Tom Yum Soup (Hot) .....	\$13.80
(Famous Thai seafood soup consists of scallop, king prawn, fish & calamari)	

## KING PRAWNS

<b>Garlic King Prawns</b> .....	\$ 30.00
Satay King Prawns .....	\$ 30.00
Honey King Prawns.....	\$ 30.00
Hot & Spicy King Prawn Fritters.....	\$ 30.00
<b>King Prawns with Ginger &amp; Shallots</b> .....	\$ 30.00
<b>King Prawns with Young Corn &amp; Mushroom</b> .....	\$ 30.00
<b>King Prawns with Cashew Nuts</b> - trace.....	\$ 30.00
King Prawns with Oyster Sauce.....	\$ 30.00
King Prawns Cutlets (6) .....	\$ 30.00
<b>King Prawns with Szechuan Sauce (Hot)</b> .....	\$ 30.00
<b>King Prawns with Curry Sauce</b> .....	\$ 30.00
King Prawns with Chilli Sauce.....	\$ 30.00
<b>Curry Small Prawns</b> .....	\$ 25.00

## SEAFOOD

Seafood Platter (Deep Fried) .....	\$ 31.50
Seafood Combination .....	\$ 31.50
Satay Seafood Combination .....	\$ 31.50
<b>Scallops with Ginger and Shallots</b> .....	\$ 33.00
<b>Scallops with Young Corn and Mushroom</b> .....	\$ 33.00
Satay Scallops.....	\$ 33.00
<b>Garlic Scallops</b> .....	\$ 33.00
<b>Calamari in Garlic Sauce</b> .....	\$ 25.50
Calamari in Satay Sauce .....	\$ 25.50
Calamari in Black Bean Sauce .....	\$ 25.50
<b>Calamari with Ginger and Shallots</b> .....	\$ 25.50
Deep Fried Calamari.....	\$ 25.50
Hot & Spicy Calamari .....	\$ 25.50

## PORK

Hot and Spicy Pork Fritters .....	\$ 22.00
Pork Spare Rib with Plum Sauce .....	\$ 22.00
Pork Spare Rib with Sweet & Sour Sauce.....	\$ 22.00
Pork Spare Rib with Chin Kiang Sauce ( Aged Black Vinegar ) .....	\$ 22.00
Pork Spare Rib with BBQ Sauce.....	\$ 22.00
(Pork Spare Ribs- Battered & off the bone, marinated in a touch of garlic)	

## COMBINATION

Consists of prawns, chicken, beef and calamari	
<b>Garlic Combination</b> .....	\$ 26.00
<b>Satay Combination</b> .....	\$ 26.00
<b>Curried Combination</b> .....	\$ 26.00
<b>Sweet and Sour Combination</b> .....	\$ 26.00
<b>Chilli Combination</b> .....	\$ 26.00
<b>Combination with Plum Sauce</b> .....	\$ 26.00
<b>Combination with Black Bean Sauce</b> .....	\$ 26.00
<b>Beef &amp; Chicken (No Seafood) with Sauce</b> .....	\$ 23.00

## DUCK

Deep Fried Duck with Sauce.....	\$ 28.20
( Lemon, plum, sweet and sour or pineapple )	
Duck with Vegetables in Oyster Sauce .....	\$ 28.20
Duck with BBQ Pork and Mushroom .....	\$ 29.20
Duck with Crab Meat Sauce .....	\$ 29.20
Combination Duck.....	\$ 29.20

## SPECIALITIES OF THE HOUSE

Mary's Treasury .....	\$ 34.90
Choice scallops, prawns, fish & calamari cooked in delicious spicy sauce with a touch of garlic. Served in bird nest.	
<b>Rainbow Fillet Steak</b> .....	\$ 33.20
Stir fried fillet steak strips with tasty sauce which consists of tomato, fruits juice, worcestershire and red wine. Served in bird nest.	
<b>Deep Fried Wontons Combo</b> .....	\$ 33.20
Deep fried dumplings served with prawns, beef, chicken and calamari in sweet & sour sauce.	
<b>San Choy Bow</b> .....	\$ 23.80
Finely chopped chicken fillet, onion, celery cooked with oyster sauce, served rolled in lettuce.	
<b>Shun Tung Chicken</b> - trace .....	\$ 23.80
Boneless crispy skin chicken with garlic, soy sauce and a touch of chilli.	
<b>Empress Chicken</b> - trace .....	\$ 26.20
Boneless crispy skin chicken with crab meat sauce.	
<b>Black Pepper Fillet Steak</b> .....	\$ 29.20
<b>Fillet Steak (Hong Kong Style)</b> .....	\$ 29.20
Marinated fillet steak, braised with our famous home made sauce which consists of onion, red wine, vinegar and tomato sauce.	
<b>Crumbed Peking Steak</b> .....	\$ 23.80
<b>Seafood Supreme</b> .....	\$ 34.90
Choice scallops, prawns, fish, calamari, tossed with crab meat sauce and surrounded with lettuce.	
<b>Beef XO Sauce</b> .....	\$ 22.00
The most popular chilli sauce in Hong Kong, not very hot but tasty. *XO sauce is delicious used with seafood and meat, create your own dish.	
<b>Vegetables Supreme</b> .....	\$ 24.20
Choice mixed vegetables stir fried and topped with crab meat sauce	
<b>Mongolian Lamb (Trim Lamb Eye of Loin)</b> .....	\$ 29.20