

# STARTERS

## SPRINGROLLS:

2 Large Spring rolls, deep-fried and served with sweet chili sauce

VEGETABLE | R29 **V**

CHICKEN & VEG | R33

PRAWN (WITH CHEESE) | R45

## CRISPY ASIAN FISH CAKES | R58

Homemade Norwegian salmon fishcakes with coriander & ginger served with a coriander aioli

EDAMAME BEANS | R48 **V**

Steamed with served with rock salt an Asian favorite

PANKO CALAMARI | R73

Salt & pepper fried calamari strips

## BEN'S BUFFALO WINGS

4 WINGS | R35 8 WINGS | R68 16 WINGS | R134

Chicken wings fried in our homemade spicy Dirty sauce and sesame seed topping, served with Blue cheese dipping sauce - Add a side portion to your meal or have them as your meal - your choice

PRAWN TEMPURA (4PC) | R84

Deep fried tempura prawn served with coriander aioli

# DIM SUM

## CRISPY FRIED WONTON

• Chicken & Shitaki mushroom served with Chinese chili black vinegar (4 pc) | R45

• Pork & Celery Wonton served with Chinese chili black vinegar | R45

## POTSTICKERS:

• Beef, Ginger & Spring onion dumplings pan fried (4 pc) | R48

• Chicken, Onion & Sweetcorn | R48

• Vegetable: With Cabbage, Shitake Mushrooms and Sweetcorn (4 pc) | R48 **V**

## HAR GAU:

• Spinach with cream cheese steamed dumpling (4 pc) | R68 **V**

• Prawn steamed dumpling (4 pc) | R68

## SUI MAI:

• Open Faced Steam wheat pork & Shiitake Mushroom dumpling with hoisin sauce (4 pc) | R52

# SOUPS

MISO SOUP | R48 **V**

Mixed broth with tofu, wakame and Spring onion

TOM YUM SOUP | R68

Coconut broth with prawn, mushroom, baby tomato, coriander and chilli

CHICKEN & SWEETCORN SOUP | R68

Roasted chicken, sweetcorn, carrots and zinged with egg to give an Asian classic

# RIBS & GRILLS

## BATTERED FISH & CHIPS | R106

200g beer batter hake, crispy fried with fries and tartare sauce

**NEW**

KOREAN STICKY BBQ RIBS • 400G | R147 • 600G | R190

Succulent n tender pork loin ribs, marinated in our rib marinade, then grilled and basted in Ben Wei's homemade sweet & spicy Korean basting & served with fries

BEN'S SPICY RIBS & BUFFALO WINGS | R195

400g tender pork loin ribs basted in Ben Wei's sweet & spicy Korean basting with 8 spicy Dirty wings, served with Fries

CHEDDARMELT BURGER | R89

150g pure beef burger served with cheddar cheese & a creamy mushroom sauce, served with fries

BEN'S BEEF BURGER | R75

150g pure beef burger grilled to perfection and served with fries

500ml Bottle: Korean Spicy Sticky Basting Sauce

**NEW** Take it home!

R35



• ADD SLICE CHEESE | R10 • ADD CHEESE & BACON | R21 • ADD BACON | R13  
• ADD AVO | R10 • EXTRA PLATE FRIES | R35 *Feel free to swap salad for fries*



# BEN WEI

The Asian Kitchen

# MAINS

CHICKEN AND CASHEW NUT | R99

Fragrant chicken and cashew nuts Stir fried with vegetables

SPICY BEEF | R99

Our popular - Crispy Spicy beef wok fried with Jim's special spicy sauce & veggies - gotta try it!

GENERAL TSO'S PORK | R99

Crispy wok fried pork with spicy chinese szechuan peppers & stir fried vegetables. SPICY!

BEEF AND OYSTER SAUCE STIR FRY | R104

Stir fried beef with carrots, onion & peppers in a rich oyster sauce

KUNG-PAO CHICKEN | R99

Crispy wok fried chicken with exotic huajian pepper corns, roasted whole peanuts, veggies and Jimmies secret sauce

SWEET 'N SOUR • CHICKEN | R99 • PORK | R99

Tangy sweet n sour veggies fried with your choice of meat

CHOW MEIN

• BEEF | R99 • CHICKEN | R89 • VEG | R79 **V** • PRAWN | R110 • PORK | R89

Wok fried Chinese Noodles and your choice of meat

CHOW FAN

• BEEF | R99 • CHICKEN | R89 • VEG | R79 **V** • PRAWN | R110 • PORK | R89

Wok fried Jasmin rice with egg, veggies and your choice of meat

SINGAPORE RICE NOODLE

• BEEF | R99 • CHICKEN | R89 • VEG | R79 **V** • PRAWN | R110 • PORK | R89

Wok fried skinny rice noodle and your choice of meat

Ben Wei's Thai Red or Thai Green Curry

• BEEF | R109 • CHICKEN | R99 • VEG | R89 **V** • PRAWN | R119 • PORK | R99

Peppers, mushrooms, baby marrows, onions in a spicy red curry sauce or a rich coconut based creamy green curry

\*MAY CONTAIN PEANUT OR TREE NUT PRODUCTS\*

## SIDES

EGG FRIED RICE | R39

FRIED NOODLES | R35

STEAMED RICE | R27

STEAMED VEG | R35

# BEN WEI SUSHI PLATTERS

ROSE AND ROLL PLATTER (20PC) | R170

4pc salmon Roses, 8pc salmon California roll, 8pc veg maki

SALMON PLATTER (14PC) | R192

4pc salmon maki, 4pc salmon California roll, 2 salmon roses 4pc salmon sandwich

BANTING PLATTER (12PC) | R170 **B**

4pc salmon, tuna and avo bamboo roll, 4pc slimmer's rice-free maki, 4pc banting salmon roses - Iris' favourite!

SASHIMI PLATTER (12PC) | R199

4pc salmon sashimi, 4pc tuna sashimi, 4pc seared tuna sashimi

TOBIN'S PLATTER (12PC) | R213 **NEW**

2x pc salmon Sashimi, 2x pc tuna sashimi, 2x pc seared tuna sashimi, 2 x pc salmon nigiri, 2 x pc tuna nigiri, 2 x prawn nigiri

PANKO PLATTER (16PC) | R129

48pc panko calamari roll, 8pc tempura tuna roll

# THE ULTIMATE BEN PLATTER (36PC) | R249

8pc crunch calamari roll, 8pc red dragon roll, 4pc tuna bamboo roll, 2pc tuna nigiri, 6pc salmon sandwich, 8pc tuna tempura roll

# MADIBA PLATTER (46PC) | R359

4pc cucumber maki, 4pc avo maki, 4pc tuna nigiri, 4pc prawn nigiri, 4pc tuna sandwich, 4pc salmon sandwich, 8pc crab tempura roll, 4pc salmon roses, 2pc tempura calamari hand roll, 4pc veg roll, 4pc tuna California roll

# WESTERN STYLE SUSHI

BEN WEI CRUNCH ROLL (8PC) | R112

Tempura prawn and avo or cream cheese California roll

CRUNCH CALAMARI ROLL (8PC) | R90

Tempura calamari roll topped with more crunch calamari in Thai sweet chill sauce & mayo

CRISPY TEMPURA TUNA ROLL (8PC) | R88

Deep fried tuna roll with Thai sweet chill sauce & mayo

JIMMYLICIOUS (4PC) | R79

Prawn and cream cheese sandwich topped with crispy prawn dipped in tangy mayo sauce - A must try!

Food allergy warning: some of our food may contain peanut products

# CHEF SPECIALS

WASABI BOMB (9PC) | R122

Tuna sandwich with wasabi mayo topped with salmon & caviar

BAMBOO ROLL (4PC) | R86

Cucumber wrap salmon, ginger, tuna, crab, carrot - Banting friendly

RAINBOW ROLL (8PC) | R130

Salmon, tuna & avo wrapped on California roll

BANTING ROSES (4PC) | R67

Carb-free option: Salmon roses made out of nori, avo, cucumber topped with mayo & caviar

RAINBOW RELOADED (8PC) | R143

Rainbow roll topped 7 spice, mayo and teriyaki sauce

# ★ SUSHI ★

CALIFORNIA ROLL | 4PC

• SALMON | R56 • PRAWN | R57 • TUNA | R52 • VEG | R46 **V**

SALMON ROSES

• 4 PEICE | R78

• 8 PEICE | R139

• 12 PEICE | R199

MAKI | 4PC

• SALMON | R50 • CUCUMBER | R35 **V** • AVO | R35 **V** • TUNA | R49

FASHION SANDWICH | 4PC

• TUNA | R62 • SALMON | R65 • PRAWN | R66

HAND ROLL | 1PC

• SALMON | R62 • TUNA | R60 • PRAWN | R64

NIGIRI | 2PC **V**

• SALMON | R55 • SPICY PRAWN BEAN CURD | R66 • BEAN CURD | R49

SASHIMI | 3PC

• SALMON | R68 • TUNA | R65 • SPICY SEARED TUNA | R69

SUSHI SIDES

SALMON REPLACEMENT | R35

• SUSHI GINGER | R9 • SUSHI MAYO | R9 • WASABI | R9 • SOY SAUCE | R9

# SALADS

TUNA TATAKI SALAD | R92

Spiced & seared tuna served on a bed of greens with our Ben Wei house vinaigrette dressing

SUSHI SALAD | R89

Cooked prawn, salmon & tuna sashimi, Crabstick, with avocado on a bed of greens accompanied with our Asian dressing

ASIAN GREEN SALAD | R65

Mixed leaves with avocado, cucumber, Japanese Raddish, carrot & tomato with our Ben Wei house vinaigrette dressing