

# LA BU LA

## Take-Out Available

Coming up with a name for a restaurant is a daunting challenge. This is especially true if you serve a diverse customer base. After long nights of brainstorming we arrived at 'La Bu La' (lah-boo-lah), our new, unique identity. "La" is Chinese for "spicy", "Bu La" stands for the opposite.

Regardless of your preference, you will find a wide variety of choices. Be bold and take a trip on our wild side menu or enjoy classic American-Chinese dishes from our regular menu. We pride ourselves in quality Szechuan food so the only question you need to answer for yourselves is whether you want to go "La" or "Bu La".

Onions reduce cholesterol and fat deposits in the arteries and act as anticoagulant; thins blood, smoothen circulation. Such reactions prevent and/or cure common cold, nasal congestion, heart diseases, diabetes, high blood pressure, cataract, etc.

Many studies throughout 1970's and early 2000's proved garlic lowers LDL cholesterol measures, and it prevents and slows reproduction of cancerous cells that lead to esophageal, colon, oral, breast, skin, liver, stomach, and lung cancer.

### 湯羹類 - Soup

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1. 海鮮豆腐湯 Seafood Tofu Soup *(served for 4)* \$12.99
2. 西湖牛肉湯 West Lake Beef Soup *(served for 4)* \$12.99
3. 酸菜魚片湯 Pickled Cabbage Soup w/ Fish *(served for 4)* \$12.99
4. 酸辣湯 Hot & Sour Soup Cup \$ 3.00  
Bowl \$ 7.99
5. 蛋花湯 Egg Flower Soup *(served for 4)* Cup \$ 3.00  
Bowl \$ 7.99
6. 富雲吞湯 Hong Kong Style Dumpling *(Wonton Soup)* \$12.99

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### 頭檯 - Appetizers & Small Plates

11. 鍋貼 Pot Stickers (10) \$ 7.99
12. 春卷 Egg Rolls (2) \$ 4.99
13. 蔥油薄餅 Green Onion Pancake \$ 9.99
14. 手抓餅 House Special Pancake \$ 9.99
15. 夫妻肺片 Fu Chi Beef \$10.99  
*Thinly sliced marinated beef in a chili sauce with flakes of beef tripe*
16. 川北涼粉 Sichuan Bean Jelly \$ 6.99  
*Medium firm strips of Mung Bean jelly in an garlic accented chili sauce*
17. 蒜泥白肉 Pork with Cucumber \$ 8.95
18. 香油黃瓜 Cucumber Cubes in a Garlic Sesame Sauce \$ 6.99
19. 炸雞翅 Fried Chicken Wings (6) \$ 8.95
20. 香辣雞翅 Spicy Chicken Wings (6) \$ 8.95
21. 四川涼麵 Sichuan Cold Noodles \$ 7.95
22. 紅油抄手 Sichuan Style Dumplings \$ 8.95
23. 核桃蝦 Crispy Walnut Prawns \$ 6.95
24. 涼拌海蜇 Chilled Jelly Fish Salad \$ 6.95

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Add Menu: Beef, Chicken, Pork, Prawn or Tofu \$3.00  
Noodle Vegetable \$2.00 Rice \$2.00  
Mantou-Chinese Steamed Bun (2 pcs) \$2.00

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31. 各式炒麵 **Chow Mein**  
 刀削麵或粗細麵 **Hand Shaven or Egg Noodle**  
*Choice of Chicken, Pork, Beef, (Seafood + \$3.00)*

\$13.99

32. 紅燒牛肉湯麵 **Beef Noodle Soup** \$13.99

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33. 四川牛肉湯麵 **Sichuan Beef Noodle Soup** \$13.99
34. 成都擔擔麵 **Cheng Du Dan Dan Noodle (Pork)** \$ 9.99

35. 炸醬麵 **Jia Jang Mein** \$11.99

36. 炒馬麵 **Jjam Bbong** \$15.99

### 炒飯類 - *Fried Rice*

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41. 揚州炒飯 **Yang Zhou Fried Rice** \$15.99  
*Fried Rice with Chopped Prawn*

42. 各式炒飯 **Fried Rice** \$13.99  
 雞 / 牛 / 豬 / 叉燒 *Choice of Chicken, Pork, Beef (prawn add \$3.00)*

### 鍋仔類 - *Fire Pot Dishes*

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51. 干鍋牛仔腩 **The Great Fire Pot Debate of Beef Brisket** \$17.99  
 辣或不辣 - (Spicy or Non-Spicy)

52. 毛血旺 **Port Intestines & Sole Fish Morsels in Spicy Broth** \$17.99  
*Dare to try pork intestines, pig blood cubes, tofu chunks, basil and pickled cabbage in a tangy broth*

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53. 雙椒鍋仔魚 **Tender Fish Morsels in Fiery Broth of Two Kinds of Chili Peppers** \$17.99  
*Fish, Tofu and Napa*

54. 辣豆腐煲 **Spicy Soft Tofu Soup (Seafood)** \$17.99  
*Shrimp, Squid, Shellfish and Soft Tofu*

55. 海鮮豆腐煲 **Seafood Tofu in Pot** \$16.99  
*Fish, Shrimp, Tofu and Vegetable*

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35. Jia Jang Mein



36. Jjam Bbong

🌶️ Spicy     🍴 Most Popular

## 活鮮類 - Seafood Dish

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61. 豆瓣全魚 Whole Fish in Spicy Black Bean Sauce \$19.99

### 特別類 - Special menu (Reservation only)

64. 飄香辣螃蟹 Sichuan Style Crab Seasonal Price
65. 薑蔥螃蟹 Stir Fried Crab w/ Green Onions and Ginger Seasonal Price
66. 飄香辣龍蝦 Sichuan Style Lobster Seasonal Price
67. 薑蔥龍蝦 Stir Fried Lobster w/ Green Onions and Ginger Seasonal Price

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## 素菜類 - Vegetable Dishes

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71. 鮮菇芥蘭 Three Kinds of Mushroom w/ Shanghai Bok Choy \$15.99
72. 韭菜香干 Dry Fried Bean Curd w/ Chives \$15.99
73. 干扁四季豆 Dry Cooked String Beans \$12.99
74. 魚香茄子 Eggplant in Hot Garlic Sauce \$12.99

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75. 尖椒土豆絲 Shredded Potato w/ Sliced Green Chili Peppers \$ 9.99
76. 蒜茸菜心 Bok Choy with Garlic Sauce \$ 9.99
77. 素什錦 Vegetable Medley (Cabbage, Broccoli, Mushrooms, Bok Choy) \$12.99
78. 清炒芥蘭 Monk's Broccoli \$ 9.99

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## 豆腐類 - Tofu

81. 香辣豆腐 Deep Fried Tofu Sichuan Style \$13.99
82. 麻婆豆腐 Ma Po Tofu (w/ Pork) \$13.99
83. 家常豆腐 Deep Fried Tofu with Vegetable \$13.99
84. 茄子豆腐 Eggplant w/ Tofu \$13.99
85. 木須豆腐 Moo Shoo Tofu w/ 4 Pancakes \$13.99
86. 宮保豆腐 Kung Pao Tofu \$13.99
87. 九層豆腐 Spicy Basil Tofu \$13.99

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## 豬肉類 - Pork Dishes

91. 火爆腰花 Sliced Pork Kidneys in a Tangy Broth \$15.99  
*Kidneys surrounded by bamboo shoots, mushrooms and Chinese greens*

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92. 干扁肥腸 Dry Cooked Pork Intestines \$15.99

93. 回鍋肉 Twice Cooked Pork Sichuan Style \$15.99

94. 香干肉絲 Five Spice Tofu w/ Pork \$15.99

95. 魚香肉絲 Stir Fried Pork in Hot Garlic Sauce \$15.99

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96. 筍尖肉絲 Young Bamboo Shoots w/ Pork \$15.99  
*(Spicy or non spicy)*

97. 螞蟻上樹 Ants on a Tree \$13.99  
*(Ground Pork w/ Chinese Noodles)*

98. 木須肉絲 Moo Shoo Pork w/ 4 Pancakes \$13.99

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99. 糖醋肉 Sweet and Sour Pork (red sauce) \$13.99

100. 糖醋豬肉 Tang Su Yuk (white Sauce) \$15.99

101. 蒜泥白肉 Pork with Cucumber \$13.99

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## 海鮮類 - Seafood Dishes

111. 蜜汁核桃蝦 Crispy Walnut Prawns \$16.99

112. 椒鹽蝦 Salt & Pepper Prawns \$16.99

113. 香辣蝦 Sichuan Style Spicy & Crispy Prawns \$16.99

114. 宮保蝦球 Kung Pao Prawns \$16.99

115. 甜酸蝦 Chilli Prawns \$16.99

116. 左宗蝦 General's Prawns in Sweet and Spicy Ginger Sauce \$16.99

117. 松子魚粒 Fish w/ Pine Nuts \$14.99

What number ?



111

118. 水煮魚 Fiery Pot of Fish Morsels on a Bed of Cabbage \$16.99



119. 剁椒魚 Chopped Pepper Hot Fish \$14.99

120. 炆鍋魚 Deep Fried Fish Sichuan Style \$14.99

121. 溜魚片 Sliced Fish in Light Sauce \$14.99

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122. 宮保魚片 Kung Pao Sole Fish Fillet \$14.99

123. 鍋巴湯 Seafood Rice Bowl \$15.99  
*(Cucumber, shrimp, squid, shellfish and vegetable)*

124. 八寶菜 Stir-fried Seafood and Vegetable \$18.99

118

125. 麻辣香鍋 Sichuan Style Stir-fried Seafood and Vegetable \$18.99



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## 雞類 - *Chicken Dishes*

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|---|------------|---|---------|
| 🍴 | 131. 重慶辣子雞 | Chong Qing Hot Chicken                          | \$15.99 |
| 🍴 | 132. 宮保雞丁  | Kung Pao Chicken                                | \$15.99 |
| 🍴 | 133. 剝椒雞   | Chopped Pepper Hot Chicken                      | \$15.99 |
|   | 134. 芥蘭雞片  | Chicken w/ Broccoli                             | \$14.99 |
| 🍴 | 135. 蒙古雞   | Mongolian Chicken                               | \$14.99 |
| 🍴 | 136. 陳皮雞片  | Orange Flavor Chicken                           | \$14.99 |
|   | 137. 芝麻雞   | Sesame Crispy Chicken                           | \$14.99 |
| 🍴 | 138. 魚香脆皮雞 | Crispy Chicken w/ Hot Garlic Sauce              | \$14.99 |
| 🍴 | 139. 左宗雞   | General's Chicken in Sweet & Spicy Ginger Sauce | \$14.99 |
| 🍴 | 140. 腰果雞丁  | Cashew Nuts Chicken                             | \$14.99 |
|   | 141. 木須雞   | Moo Shoo Chicken w/ 4 Pancakes                  | \$14.99 |
|   | 142. 酥炸雞   | Breast Katsu                                    | \$14.99 |

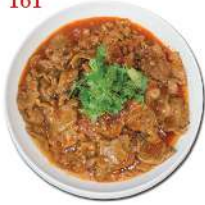
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161



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## 鴨類 - *Duck Dishes*

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|---|----------|--|---------|
| 🍴 | 151. 樟茶鴨 | Camphor Wood & Tea Smoked Duck (Bone in) | \$16.99 |
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## 牛類 - *Beef Dishes*

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|---|------------|--|---------|
| 🍴 | 161. 水煮牛   | Fiery Pot of Sliced Beef on a Bed of Cabbage | \$15.99 |
| 🍴 | 162. 九層塔牛柳 | Spicy Basil Beef                             | \$14.99 |
| 🍴 | 163. 蒙古牛   | Mongolian Beef                               | \$14.99 |
|   | 164. 芥蘭牛   | Beef w/ Broccoli                             | \$14.99 |
| 🍴 | 165. 宮保牛柳  | Kung Pao Beef                                | \$14.99 |
|   | 166. 木須牛   | Moo Shoo Beef w/ 4 Pancakes                  | \$14.99 |
|   | 167. 青椒牛   | Stir Fried Beef w/ Green Bell Peppers        | \$14.99 |
|   | 168. 牛仔骨   | Short Ribs                                   | \$18.99 |

## 羊類 - *Lamb Dishes*

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|---|-----------|--|---------|
| 🍴 | 171. 小炒羊  | Stir Fried Lamb w/ Green Chili Peppers | \$15.99 |
| 🍴 | 172. 蔥爆羊  | Stir Fried Lamb w/ Scallions           | \$15.99 |
| 🍴 | 173. 成都烤羊 | Cheng Du BBQ Lamb                      | \$15.99 |

# 午餐

# Lunch Special

星期一到五 10-3 Lunch Monday - Friday: 10am - 3pm

送：酸辣湯或蛋花湯	Includes: Hot & Sour Soup or Egg Flower Soup
白飯或炒飯	Steamed or Vegetable Fried Rice
外賣恕不送湯	Soup is not included for Take-out
加飯 50¢	Extra Rice 50¢

## 素菜類 - Vegetable

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|------------------|---|---------|
| 201. 香 辣 豆 腐     | Deep Fried Tofu Sichuan Style                                       | \$11.99 |
| 202. 素 什 錦       | Vegetable Medley<br><i>(Cabbage, Broccoli, Mushrooms, Bok Choy)</i> | \$11.99 |
| 🍴 203. 干 扁 四 季 豆 | Dry Fried String Beans  | \$11.99 |

## 雞類 - Chicken

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|------------------|--------------------------------------|---------|
| 🍴 211. 重 慶 辣 子 雞 | Chong Qing Hot Chicken               | \$11.99 |
| 212. 甜 酸 雞       | Sweet & Sour Chicken                 | \$11.99 |
| 🍴 213. 魚 香 脆 皮 雞 | Crispy Chicken with Hot Garlic Sauce | \$11.99 |
| 🍴 214. 剝 椒 雞     | Chopped Pepper Hot Chicken           | \$11.99 |
| 215. 芝 麻 雞       | Sesame Crispy Chicken                | \$11.99 |
| 216. 左 宗 雞       | General Tso's Chicken                | \$11.99 |
| 🍴 217. 陳 皮 雞 片   | Orange Flavor Chicken                | \$11.99 |
| 218. 酥 炸 雞       | Chicken Breast Kastu                 | \$11.99 |
| 219. 芥 蘭 雞       | Broccoli Chicken                     | \$11.99 |
| 🍴 220. 蒙 古 雞     | Mongolian Chicken                    | \$11.99 |

## 牛肉類 - Beef

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|--------------|-------------------------|---------|
| 🍴 221. 蒙 古 牛 | Mongolian Beef          | \$11.99 |
| 222. 芥 蘭 牛   | Broccoli Beef           | \$11.99 |
| 223. 宮 保 牛   | Kung Pao Beef           | \$11.99 |
| 224. 九 層 牛   | Spicy Basil Ginger Beef | \$11.99 |

## 豬肉類 - Pork

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|--------------|-------------------------------|---------|
| 231. 香 干 肉 絲 | Pork with Dry Bean Curd       | \$11.99 |
| 232. 麻 婆 豆 腐 | Mo Po Tofu with Pork          | \$11.99 |
| 233. 甜 酸 肉   | Sweet & Sour Pork             | \$11.99 |
| 234. 筍 尖 肉 絲 | Pork with Young Bamboo Shoots | \$11.99 |

## 海鮮類 - Seafood

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|--------------|-------------------------------|---------|
| 🍴 241. 宮 保 蝦 | Kung Pao Prawns               | \$12.99 |
| 🍴 242. 剝 椒 魚 | Chopped Pepper Hot Fish       | \$12.99 |
| 243. 香 辣 魚   | Deep-Fried Fish Sichuan Style | \$12.99 |
| 244. 甜 酸 蝦   | Sweet & Sour Prawn            | \$12.99 |

## 麵 - Noodle

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|-------------------|---|---------|
| 🍴 251. 各 式 炒 麵    | Chow Mein (Hand Shaven or Egg Noodle)                     | \$12.99 |
| 刀 削 麵 或 粗 細 麵     | Choice of Chicken, Pork, Beef, Vegetable, or Seafood.     |         |
| (麻, 牛, 雞, 素菜, 海鮮) | Soup included, but no rice or salad, seafood \$1.00 Extra |         |

🍴 Spicy

🍴 Most Popular