

Fong's



143 Columbus Drive, Carbonear, NL

Canadian Dishes

APPETIZERS

Canadian Sampler Basket

Onion rings (8), hot wings (4), chicken fingers (4), mozzarella sticks (6), home made fries
14.95

Crab au Gratin

4.95

Calamari*

7.95

Steamed Mussels* with Garlic Butter

7.95

Shrimp Cocktail

7.95

Soup of the Day with Dinner Roll or Crackers

3.95

Garden Salad

3.75

Chef Salad

small 5.50 large 6.95

Caesar Salad with Garlic Bread

small 5.25 large 6.95

add Grilled Chicken Breast
or Crispy Chicken \$2.00 extra

Homemade Onion Rings

4.95 (10 pieces)

Side Order of Fries

small 2.50 large 3.50

Poutine

small 3.75 large 4.95

Hot Wings

8.95 (10 pieces)

Basket of Garlic Bread

4 slices 3.00 with mozzarella cheese 4.50

MISCELLANEOUS

Gravy, Dressing, Sauce, Mixed Vegetables

1.00 (each)

Fried Onions

1.50

Fried Mushrooms

2.25

Coleslaw

1.25

SANDWICH PLATTERS

Hot Beef 9.95 **Hot Hamburger . . 9.95 Hot Turkey . . . 9.95
ABOVE INCLUDE HOMEMADE FRIES OR MASHED POTATO, DRESSING, VEGETABLES AND GRAVY.

Cold Turkey . . 7.95 BLT. 7.95 Cold Beef 7.95
Club House . . 9.95 Western 7.95 Turkey Salad. . . 7.95

ABOVE SANDWICHES ARE TOASTED AND SERVED WITH HOMEMADE FRIES AND COLESLAW.

**1/4 lb. Hamburger Platter. 7.95

**1/4 lb. Hamburger Deluxe Platter

(bacon, tomato, lettuce & cheese) 8.95

**ABOVE INCLUDE HOMEMADE FRIES AND COLESLAW.

Chicken Fingers. 8.95

4 PIECES OF BREAST STRIPS, SERVED WITH HOMEMADE FRIES, VEGETABLES AND COLESLAW.

Roast Turkey Dinner 13.95

SERVED WITH GARDEN SALAD OR SOUP, BROCCOLI AND CARROT, DRESSING, CRANBERRY SAUCE, GRAVY, AND YOUR CHOICE OF HOMEMADE FRIES, MASHED OR BAKED POTATO.

FROM OUR GRILL

T-Bone Steak (12 oz, served on a sizzling platter). . . 21.95

Pork Chops (boneless pork loin) . . 13.95 Beef Liver & Onions. 12.95

ABOVE INCLUDE HOMEMADE FRIES OR POTATO AND VEGETABLES. YOUR CHOICE OF SOUP OR SALAD.

Grilled Chicken Breast on a Kaiser 8.95

SERVED WITH FRIES AND COLESLAW.

Steak on a Bun 11.95

6 OZ STRIPLOIN SERVED ON A TOASTED GARLIC BUN, TOPPED WITH FRIED ONIONS, COLESLAW, FRIES AND BEEF BROTH FOR DIPPING.

SEAFOOD

Seafood Platter (Grilled shrimp,

cod tongues, cod, scallops) 20.95

Cod Tongues 17.95

Cod Fillet 16.95

Butterfly Shrimp 19.95

ABOVE INCLUDE GARDEN SALAD OR SOUP, HOMEMADE FRIES OR POTATO, BROCCOLI, CAULIFLOWER AND CARROTS AND IS SERVED ON OUR UNIQUE FISH PLATTERS.

Fish & Chips

1 piece 8.95

2 piece. . . 10.95

3 piece . . . 12.95

DEEP FRIED COD WITH TARTER SAUCE, HOMEMADE FRIES, VEGETABLES AND COLESLAW...
ALL SERVED UP ON OUR UNIQUE FISH PLATTERS.

BEVERAGES

Coffee or Tea (free refill) 1.75

Tomato Juice 2.00

Chinese Tea 1.75

Orange Juice 2.00

Soda Drink. . . (sm) 1.75 . . . (lg) 2.25

Milk (sm) 1.95 . . . (lg) 2.50

Shirley Temple. .(sm) 2.00. . . (lg) 2.50

ADDITIONAL CHARGE OF 95¢ FOR ORDERS REQUESTING WHITE MEAT ONLY, OR TO SUBSTITUTE
A SMALL SOUP OF THE DAY, GARDEN OR CAESAR SALAD FOR FRIES ON SANDWICH PLATTERS.

*PENDING AVAILABILITY

Chinese Dishes

APPETIZERS

Pu Pu Platter for 2

Chicken wings, garlic ribs, BBQ pork, sweet & sour chicken, crispy won ton, deep fried shrimp
16.95

Spring Roll

BBQ pork or vegetable
1.75

Egg Roll

1.50

Won Ton Soup

3.50

Mushroom Egg Drop Soup

3.50

Hot and Sour Soup

5.50

Crispy Won Ton

4.50

FRIED RICE

Vegetable

5.50

Plain

4.00

Ham

6.50

Chicken

6.50

Beef

6.50

Mushroom

6.00

Shrimp

7.95

Fong's Fried Rice

BBQ pork, shrimp, chicken, vegetables
8.95

Steamed Rice

3.50



COMBINATION PLATTERS

- | | | |
|----|---------------------------------------------------------------------------------------------------|------|
| #1 | Garlic Ribs (4 pieces) & Chicken Fried Rice | 6.95 |
| #2 | Sweet & Sour Chicken (4 pieces) & Chicken Fried Rice | 6.95 |
| #3 | Garlic Ribs (4 pieces), Chicken Chow Mein & Chicken Fried Rice | 8.95 |
| #4 | Sweet & Sour Chicken (4 pieces), Chow Mein & Chicken Fried Rice | 8.95 |
| #5 | Garlic Ribs, Sweet & Sour Chicken (4 pieces of each),
Chow Mein & Chicken Fried Rice | 9.95 |
| #6 | Garlic Ribs, Sweet & Sour Chicken (4 pieces of each),
& Chicken Fried Rice | 8.95 |

NO SUBSTITUTIONS OTHER THAN FRIES FOR RICE.

CHOW MEIN

- | | | | |
|-------------------|------|------------------|-------|
| Beef | 8.95 | Pork | 8.95 |
| Chicken | 8.95 | Shrimp | 10.95 |

SWEET & SOUR

- | | | | |
|----------------------------------|------|--------------------|-------|
| Chicken | 8.50 | Shrimp | 12.95 |
| Chicken with Pineapple | 8.95 | Scallops | 12.95 |

EGG FOO YOUNG

- | | | | |
|--------------------|------|-------------------|------|
| Ham | 6.95 | Crab | 7.95 |
| Shrimp | 9.25 | Chicken | 6.95 |
| BBQ Pork | 7.95 | | |

SELECTED DISHES

- | | | | |
|--------------------------------------------------------|-------|-----------------------------------------------|-------|
| Curried Beef or Chicken
(with vegetables) | 10.95 | Curried Shrimp
(with vegetables) | 11.95 |
| Beef and Tomato | 10.95 | Beef or Chicken with Broccoli | 10.95 |
| Beef or Chicken Bok Choy | 10.95 | Almond Guy Ding | 10.95 |
| Almond or Lemon Soo Gai | 10.95 | Garlic Spareribs | 9.95 |
| BBQ Pork | 9.95 | Vegetable Stir Fry | 8.95 |
| | | (with chicken or beef) | 10.95 |

*Experience Chinese dishes prepared
the way they were meant to be served!*

A History of Our Own...

In 1897, Charlie (Moo Sic) Fong, great-grandfather of the present generation, arrived in St. John's. In 1918 Charlie Fong was the first Chinese to open a restaurant (King Cafe) in St. John's. He stayed in Newfoundland until 1933, returned to China and died in 1934.

In 1936 Davey Fong, son of Charlie Fong, opened the first large Chinese enterprise that was not a laundry or restaurant. It was a confectionary called Davey Fong & Co., located at 393 Duckworth Street in St. John's. Davey was a wholesaler and retailer of fruit, produce, cigarettes and tobacco. In 1939 Davey became the second Chinese adult to become a citizen of Newfoundland; Hayford, his son, became a citizen as well. Hayford travelled to China in 1948 where he married Oio-Hi Wong before returning to Newfoundland. She joined him in 1951.



In 1959 they established themselves in the restaurant business. Their restaurant was located on Water Street in Carbonear, a choice spot at that time amidst the town's business centre. Fong's restaurant became a popular eating spot for residents of Trinity Conception and was well known to visitors to the area as well.

The restaurant flourished at that location until it was destroyed by fire in 1981.

The next generation of the family foresaw the fading importance of Water Street as the business centre and chose to rebuild their business in 1982 on what was then known as the outskirts of Carbonear; the area has since been developed.

Fong's restaurant has expanded to a full service facility including: motel, restaurant, banquet room and lounge.

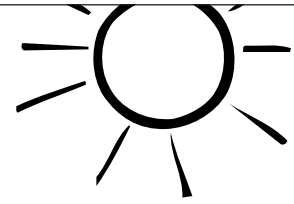
The management and staff fondly acknowledge and remember Hayford Fong, the founder of Fong's Restaurant, who passed away May 2001. We strive to continue to provide the same quality of food and service that the Fong name has become known for.

143 Columbus Drive, Carbonear, NL

Telephone: 596-5114/5 • Facsimile: 596-0565

Visit us online at www.fongs.nf.ca

NEWFOUNDLAND TRADITIONS



From our breakfast menu...
choose some of Newfoundland's favorites: bologna 'n eggs or homemade fish cakes & toast.

On Sunday
(ready at 12 noon)

IT'S TURKEY & JIGGS DINNER!

A traditional Newfoundland scoff... potato, turnip, carrot, cabbage, salt beef, peas pudding and fresh cooked turkey.
Coffee or tea, and dessert are included.

On Saturday,
our Soup of the Day is
HOMEMADE PEA SOUP
prepared with salt beef.

As an appetizer...
Why not try calamari (squid marinated in garlic & stir-fried our special way), fresh steamed mussels, or crab au gratin?

We always serve our guests the freshest seafood in season... lobster, cod fillet, cod tongues, calamari, mussels, and salmon.



House Specials

CANTONESE STYLE

Cantonese Chow Mein 13.95
Our chef's specialty... shrimp, chicken, BBQ pork, mushrooms, and fresh vegetables on a bed of fine Chinese egg noodles.

Golden Phoenix Chicken 13.95
Chicken breast stuffed with sliced BBQ pork, and scallions, deep fried until crispy. Served on fresh stir-fried vegetables.

Moo Goo Gai Pan 11.95
Sliced chicken breast, mushrooms, and mixed vegetables in oyster sauce.

Shrimp Tofu 13.95
Shrimp, green onions, bamboo shoots and tofu.

Beef with Mixed Vegetables 11.95
Beef sautéed with a variety of Chinese mixed vegetables.

Sweet & Sour Fish 12.95
Fish in a light batter, green peppers, carrots, and scallions.

Sautéed Beef & Scallions 11.95
Tender beef sirloin stir-fried with our special soya sauce.

Beef Ding Ho 11.95
Beef sirloin sautéed in rice wine, broccoli, water chestnuts.

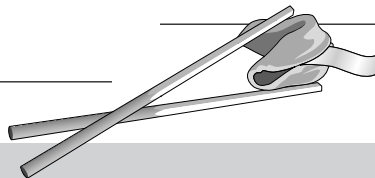
Mongolian Beef 11.95
Tender beef sirloin, freshly chopped onion and green pepper served on a sizzling plate in our special sauce.

Scallops with Vegetables 13.95
Scallops stir-fried with fresh mixed vegetables and delicately seasoned.

Fried Rice Noodles (Singapore Style) 12.95
Shrimp, BBQ pork, egg and green onions cooked with our rice noodles, curry flavored.

Lemon Chicken Cantonese 11.95
Chicken breasts dipped in a light batter, deep fried until tender, and topped with a very delicious sweet & sour lemon sauce.

Shrimp with Lobster Sauce 13.95
Jumbo shrimp, red pepper and green onion stir-fried with ground pork in our special black bean sauce.



You're worth a fortune to us.

SZECHUAN STYLE

***Kung Pao Chicken** 11.95
The most famous Szechuan dish. Diced chicken breast, bamboo shoots, green pepper, onions and peanuts sautéed in a hot chili sauce.

****Ma La Chicken or Beef** 11.95
Chicken or beef with fresh mixed vegetables sautéed in a hot dry sauce. A must for all spice lovers!

***Kung Pao Shrimp** 13.95
Shrimp, bamboo shoots, green pepper and onions sautéed in a hot chili sauce.

Orange Flavor Beef or Chicken 11.95
Tender beef sautéed with Szechuan pepper corns and orange peel.

Szechuan Assorted Platter 13.95
Hot and spicy young shrimp, scallops, chicken breast, with mixed vegetables sautéed in a hot sauce.

*HOT & SPICY **EXTRA HOT & SPICY

HST NOT INCLUDED IN MENU PRICE

Full Course Chinese Dinners

DINNER FOR 2

1. Won Ton Soup
Spring Rolls
Fong's Fried Rice
Cantonese Chow Mein
Garlic Ribs

\$35.95

2. Won Ton Soup
Egg Rolls
Chicken Fried Rice
Chicken Chow Mein
Sweet & Sour Chicken

\$29.95

DINNER FOR 4

1. Won Ton Soup
Spring Rolls
Fong's Fried Rice
Mongolian Beef
Cantonese Chow Mein
Garlic Ribs
Beef & Broccoli

\$69.95

2. Won Ton Soup
Egg Rolls
Chicken Fried Rice
Sweet & Sour Chicken
Almond Guy Ding
Chicken Chow Mein
Almond Soo Gai

\$59.95

DINNER FOR 6

1. Won Ton Soup
Spring Rolls
Fong's Fried Rice
Cantonese Chow Mein
Lemon Chicken Cantonese
Mongolian Beef
*Szechuan Assorted Platter

\$89.95

2. Won Ton Soup
Egg Rolls
Chicken Fried Rice
Chicken Chow Mein
Garlic Ribs
Sweet & Sour Chicken
Beef & Broccoli

\$79.95

ABOVE DINNERS INCLUDE TEA OR COFFEE AND FORTUNE COOKIES.



*HOT & SPICY