

Cantonese Specialties

includes steam rice

- Beef with Oyster Sauce**\$14.49
Tender slices of beef, stir-fried with garlic, ginger and shredded vegetables in oyster mushroom sauce
- Beef with Chinese Vegetables**\$14.49
Tender slices of beef, stir-fried in oyster mushroom sauce served on a bed of Chinese vegetables
- Sweet & Sour Fish**\$16.49
Deep-fried jumbo haddock fillet in light egg batter with sweet & sour sauce
- Diced Shrimp with Cashews**\$16.49
Stir-fried jumbo shrimps, onion, green pepper, broccoli, and carrots
- Dai Dop Voy**\$16.49
Stir-fried scallops, shrimps, slices of beef, pork and chicken, sauteed garden vegetables
- Seafood Fried Rice**.....\$13.49
(Scallops, shrimps and egg)

Szechuan Specialties

includes steam rice except noodle dishes

- Orange Beef or Chicken (Hot)**.....\$14.49
Shredded beef or chicken, lightly floured and deep fried to a crisp, cooked in a mildly spicy orange sauce
- Kung Po Chicken or Beef (Hot)**\$14.49
Tender slices of chicken or beef sautéed with diced mixed vegetables, water chestnuts and chili peppers in a spicy sauce topped with cashews
- Hunan Chicken or Beef (Hot)**\$14.49
Tender slices chicken or beef, stir-fried with chili peppers, mixed vegetables, onions in Hunan style sauce
- Jean's Spicy Beef or Chicken (Hot)**\$14.49
Dry stir-fried, tender, Grade'A' beef or chicken with hot chilli peppers, onions, green & red peppers
- Mu Shu Pork (with 6 Crepes) (Hot)**\$14.49
Stir-fried shredded pork, cabbage, bamboo shoots and vegetables in a chili sauce with 6 crepes and hoisin sauce
- Ma Po Bean Curd (Hot)**\$14.49
Soy bean curd cooked with minced pork in our famous Szechuan sauce
- Mongolian Chicken or Beef (Hot)**\$13.49 ⇨
Stir-fried chicken or beef with green peppers, onion, carrot, and celery in a Szechuan style sauce
- Szechuan Beef or Chicken(Hot)**\$14.49
Stir-fried Grade A slice of beef or chicken with shredded vegetables in a hot chili Szechuan sauce
- Salt and Pepper Squid or Shrimp or Pork Chop (Hot)**\$15.99
Lightly floured and deep-fried, cooked with five-spice powder
- Jean's Ginger Beef or Chicken(Hot)**\$14.49
Deep-fried slices beef or chicken with our famous ginger sauce
- Singapore Noodles (Hot)**\$14.49
Rice vermicelli noodles with shrimps, BBQ pork, bean sprouts, shredded vegetables in a curry and chilli sauce Singapore style
- Shanghai Noodles (Hot)**\$14.49
Shanghai noodles with shredded pork, bamboo shoots, shredded vegetables and cabbage Shanghai style



- Northern China spicy chicken (Hot)**.....\$14.49
Dry stir-fried tender sliced chicken breast with hot chillies on a bed of crunchy bean sprouts
- Hot and Tangy Chicken or Beef (Hot)**.....\$14.49
Stir-fried shredded garden vegetables in a special spicy, tangy sauce with your choice of Grade "A" beef or tender sliced chicken breast
- Tangy Chili Noodles (Hot)**.....\$14.49
Stir – fried egg noodles with your choice of Grade "A" beef or chicken or pork or just fresh garden vegetables in a tangy chili sauce
- General Tao Chicken (Hot)**\$14.49 ⇨
Lightly floured chunks of chicken breast deep fried and mixed with garden vegetables in our own famous General Tao sauce
- Double Cooked Pork (Hot)**.....\$14.49
A Northern China style favorite of special cut pork with shredded garden vegetables in a homemade spicy sauce
- Jean's Asian Chicken(Hot)**\$14.49
Slices of lightly battered chicken, fried to a crisp, cooked with mix vegetable and Jean's hot & sweet sauce
- Szechuan Noodles(Hot)**\$14.49
Stir- fried egg noodles with shrimps, chicken and shredded vegetables in a spicy Szechuan chili sauce



New Thai Food

includes steam rice except noodle or rice dishes

- Pad Thai**\$14.49
Broad rice noodles stir fried with fresh shredded vegetables and egg in a spicy Thai coconut sauce topped with crushed peanuts.
Your choice of either Grade "A" beef or chicken or jumbo shrimps or tofu or just garden vegetables. \$2 extra for shrimp
- Thai Style Beef or Chicken(Hot)**.....\$14.49
Stir-fried fresh garden vegetables in a spicy Thai coconut sauce with your choice of meat
- Thai Style Jumbo Shrimp(Hot)**.....\$16.49
Stir-fried fresh garden vegetables in a spicy Thai coconut sauce with jumbo shrimps
- Thai Noodle(Hot)**.....\$14.49
Stir-fried broad rice noodles with vegetables, chicken, beef and shrimps in a spicy sweet Thai sauce
- Thai Fried Rice(Hot)**\$10.99
Thai style spicy fried rice with vegetables, egg, chicken, beef and shrimps

Business & Delivery Hours

Monday - Thursday	10:30am - 9:00pm	Saturday	11:30am - 10:00pm
Friday	10:30am -10:00pm	Sunday	11:30am - 9:00pm

Party for 40.....\$466

- 40 Egg Rolls or Spring Rolls
6 Chicken Fried Rice
4 Vegetable Fried Rice
5 Mongolian Beef
4 Ginger Beef
5 Beef and Broccoli
5 Jean's Sweet & Sour Chicken
4 BBQ Pork Chow Mein
3 Singapore Noodles
4 Healthy Mix Vegetables
5 Honey Garlic Ribs

Party for 30.....\$369

- 30 Egg Rolls or Spring Rolls
4 Chicken Fried Rice
3 Vegetable Fried Rice
3 Mongolian Beef
5 Beef and Broccoli
5 Almond Chicken Gai Ding
4 Honey Garlic Ribs
5 Sweet & Sour Chicken Balls

Party for 20.....\$259

- 20 Egg Rolls or Spring Rolls
4 Chicken Fried Rice
3 Jean's Sweet & Sour Chicken
3 Beef and Broccoli
3 Healthy Mix Vegetables
3 Ginger beef
3 Honey Garlic Ribs
2 Singapore Noodles

Party for 10.....\$135

- 10 Egg Rolls or Spring Rolls
3 Chicken Fried Rice
3 Jean's Sweet & Sour Chicken
2 Beef and Broccoli
3 Chicken Chow Mein
2 Mongolian Beef

We use only Grade "A" meats & fresh vegetables
Most items can be made "Gluten Free"

Jean's

CHINESE RESTAURANT

5927 Spring Garden Road

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10% off

444-7776

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ALL DAY DELIVERY!*

*We charge a \$1 fee within Halifax Peninsula on orders over \$15 (before tax)
For Deliveries to Clayton Park, Fairview, Spryfield, Bedford & Dartmouth, on orders over \$20 (before tax), we add a \$3 to \$4 delivery charge depending on distance

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The Coast
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BEST OF HALIFAX

READERS' CHOICE AWARDS

NOMINATED 14 YEARS IN A ROW!

GOLD WINNER
2017 & 2018

Good reviews from:
*The Coast, Daily News,
and Halifax Metro.
Chronicle Herald:
"good food, cheap
and lots of it!"*

RUNNER UP



**Party for 10/ 20/ 30/ 40
already discounted up to**

35%

Appetizers

Spring Roll.....	\$2.49
Pan Fried Dumplings	\$8.99
Egg Roll.....	\$2.19
Vegetarian Egg Roll.....	\$2.19
BBQ Pork Slices.....	\$10.99
Spicy Chicken Wings (Hot).....	\$9.99
Fried Wontons.....	\$5.99

Soups

Wonton & BBQ Pork Soup.....	\$4.79
Hot & Sour Soup (Hot).....	\$4.79
Chicken Noodle Soup.....	\$4.49
Mushroom Egg Drop Soup.....	\$4.39

Full Meal Soups

Vegetable Noodle Soup.....	\$9.99
Wonton & Noodle Soup.....	\$9.99
Chicken Vegetable Noodle Soup.....	\$10.99
Beef Vegetable Noodle Soup.....	\$10.99
Beef Flank Noodle Soup.....	\$10.99
Dan Dan Mein (Hot).....	\$11.49
<i>(Shanghai noodles with ground pork and minced vegetables in a spicy Szechuan sauce)</i>	
Seafood Vegetable Noodle Soup.....	\$13.99
<i>(Noodle can be replaced with rice noodle)</i>	

Sweet and Sour

Jean's Sweet & Sour Chicken.....	\$12.99
Sweet & Sour Chicken Balls.....	\$11.99
Sweet & Sour Shrimp.....	\$12.99
Sweet & Sour Pork.....	\$11.99



Lo Mein (On Soft Egg Noodles)

Mushroom Lo Mein.....	\$11.49
Vegetable Lo Mein.....	\$11.49
Chicken Lo Mein.....	\$12.49
Beef Lo Mein.....	\$12.49
BBQ Pork Lo Mein.....	\$12.49
Shrimp and Scallop Lo Mein.....	\$13.49

Chow Mein

Vegetable Chow Mein.....	\$9.49
Mushroom Chow Mein.....	\$9.49
BBQ Pork Chow Mein.....	\$10.49
Chicken Chow Mein.....	\$10.49
Beef Chow Mein.....	\$10.49
Shrimp Chow Mein.....	\$12.49

Rice Dishes

Young Chow Fried Rice.....	\$10.99
<i>(Egg, shrimp, BBQ pork and chicken)</i>	
Jean's Special Fried Rice.....	\$10.59
<i>(Chicken, shrimp, BBQ pork)</i>	
Shrimp Fried Rice.....	\$10.29
Chicken Fried Rice.....	\$9.59
Beef Fried Rice.....	\$9.59
BBQ Pork Fried Rice.....	\$9.59
Vegetable Fried Rice.....	\$8.99
Mushroom Fried Rice.....	\$8.99
Plain Fried Rice.....	\$8.59
Steamed Rice.....	\$1.99

Chicken Dishes

Almond Chicken Gai Ding.....	\$11.49
<i>(Chicken and Vegetables)</i>	
Almond Chicken Soo Gai.....	\$11.49
<i>(Breaded Chicken with Gravy)</i>	
Chicken with Broccoli.....	\$11.49
Chicken with Black Bean Sauce.....	\$11.49
Chicken Moo Goo Gai Pan.....	\$12.49
<i>(Chicken with mushrooms)</i>	



Egg Foo Young

Vegetable Foo Young.....	\$9.79
Chicken Foo Young.....	\$11.29
Beef Foo Young.....	\$11.29
BBQ Pork Foo Young.....	\$11.29
Shrimp Foo Young.....	\$12.49

Curry Dishes

Curried Chicken (Hot).....	\$11.49
Curried Beef (Hot).....	\$11.49
Curried BBQ Pork (Hot).....	\$11.49
Curried Shrimp (Hot).....	\$12.49

Pork & Spare Ribs Dishes

Honey Garlic Spare Ribs.....	\$11.99
Stir-Fried Shredded Pork and Vegetable in Szechuan Style Sauce (Hot).....	\$11.99
Black Bean Ribs	\$14.49
<i>(Steamed spare ribs with vegetables in a black bean sauce)</i>	

Beef Dishes

Beef and Broccoli.....	\$11.49
Beef and Rice Noodle in Soya Sauce.....	\$12.49
Beef and Black Bean Sauce.....	\$11.49

Stir-Fried Vegetarian Dishes

V1. Healthy Fresh Mixed Vegetables.....	\$11.79
V2. Mu Shu Vegetables (6 Crepes) (Hot).....	\$13.99
V3. Buddhist Delight Stir-Fried Vegetables with Tofu.....	\$13.39
V4. Vegetable Cantonese Chow Mein.....	\$12.99
V5. Vegetable Vermicelli Singapore Style(Hot)...	\$12.49
V6. Vegetarian Shanghai Noodle(Hot).....	\$12.49
V7. Stir-Fried Spicy Eggplant (Hot).....	\$13.49
V8. Stir-Fried Spicy Fresh Mixed Vegetables (Hot).....	\$12.29
V9. Vegetarian Combo <i>(Vegetable spring roll, vegetable fried rice, stir-fried vegetables)</i>	\$11.99

Stir-Fried Soft Egg Noodles

Chicken Stir-Fried Soft Egg Noodles...	\$12.49
Vegetable Stir-Fried Soft Egg Noodles.....	\$11.49
Beef Stir-Fried Soft Egg Noodles.....	\$12.49



Dinners

Dinner For 2	\$29.99
2 Egg Rolls, Chicken Fried Rice, Chicken Chow Mein, Jean's Sweet & Sour Chicken	
Dinner For 3	\$45.49
3 Egg Rolls, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef Chow Mein, Sweet & Sour Chicken Balls	
Dinner For 4	\$59.99
4 Egg Rolls, Chicken Fried Rice, Honey Garlic Spare Ribs, Beef with Broccoli, Jean's Sweet & Sour Chicken, Chicken Gai Ding	

New Japanese Food

includes steam rice except noodle or rice dishes

Teriyaki Noodle	\$14.49
Shanghai noodle with vegetables, chicken, and shrimps in Teriyaki sauce	
Japanese Style Chicken and Shrimp Fried Rice.....	\$10.59
Chicken or Beef Japanese Style.....	\$14.49
Stir-fried chicken or beef with garden vegetables in a Japanese sauce	
Jumbo Shrimp with Vegetables Japanese Style.....	\$16.49

Combination Plate

# 1.....\$11.99	# 7.....\$12.99
Egg Roll	Egg Roll
Chicken Fried Rice	Chicken Fried Rice
Jean's Sweet & Sour Chicken	Hunan Chicken (Hot)
# 2.....\$11.99	# 8.....\$12.99
Egg Roll	Egg Roll
Chicken Fried Rice	Chicken Fried Rice
Sweet & Sour Chicken Balls	Mongolian Beef (Hot)
# 3.....\$11.99	# 9.....\$12.99
Egg Roll	Egg Roll
Chicken Fried Rice	Chicken Fried Rice
Almond Chicken Soo Gai	Beef with Broccoli
# 4.....\$11.99	# 10.....\$13.99
Egg Roll	Egg Roll
Chicken Fried Rice	Chicken Fried Rice
Chicken Chow Mein	Ginger Beef (Hot)
# 5.....\$12.99	# 11.....\$13.99
Egg Roll	Egg Roll
Chicken Fried Rice	Chicken Fried Rice
Almond Chicken Gai Ding	General Tao Chicken (Hot)
# 6.....\$11.99	
Egg Roll	
Chicken Fried Rice	
Honey Garlic Ribs	

Combination Add-ons

Beef with Broccoli, Chicken Gai Ding, Chicken Chow Mein, Soo Gai, Honey Garlic Ribs, Sweet & Sour Chicken Balls or Jean's Sweet & Sour Chicken \$5.99 Extra.
Rice substitution to egg noodle add \$4.75

Cantonese Specialties

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Cantonese Assorted meat Stir-Fried	\$14.49
Grade A chicken, beef, BBQ pork, stir fried with fresh mix vegetables	
Crispy BBQ Duck (Whole) \$34.99 (Half) \$19.49	
Teriyaki Chicken	\$14.49
Boneless chicken with vegetables in a Teriyaki sauce	
Lemon Chicken	\$14.49
Wor Soo Gai.....	\$14.49
2 trunks of crispy breaded chicken on a bed of garden vegetables	
Beef with Black Pepper Sauce	\$14.49
Shrimp and Lobster Sauce	\$14.49
Jumbo shrimps, ground pork and eggs in black bean sauce	
Cantonese Chow Mein	\$17.49
Shrimps, scallops, BBQ pork, and chicken cooked with vegetables and served on a bed of egg noodles	
Stir-Fried Seafood	\$17.49
Jumbo shrimps and scallops, sauteed with garden vegetables	

