



Add : 28, Frith Street, London W1D 5LF Tel: 02072876688 / 02072878822 Fax: 02072878858

Website: www.barshurestaurant.co.uk

食在中国，味在四川

China is the place for food, but Sichuan is the place for flavour

The food of Sichuan province in southwest China is one of the world's great cuisines. Its most famous characteristic is its fiery spiciness, which comes from the liberal use of chillies and lip-tingling Sichuan pepper. But hot and spicy is only part of the story. Sichuanese chefs are legendary for their ability to combine many different tastes into exquisite complex flavours. Some of these are robustly spicy, while others are delicate and teasing. And the use of chillies is so inventive that their taste never palls. In China, they say the variety of flavours used in Sichuanese cuisine is so dazzling that 'each one of a hundred dishes will have its own, unique taste'.

At Bar Shu we want to bring you the best of the authentic flavours of Sichuan. So look out, among others, for the seductive 'fish-fragrant' combination of pickled chillies, ginger, garlic and spring onion, the addictive fieriness of 'numbing-and-hot' flavoured dishes, and the refreshing tones of a 'ginger-juice' sauce. We hope you enjoy your food.

四川凉菜

Appetisers

A Sichuanese meal traditionally begins with a set of cold appetisers, designed to arouse the senses and set the mood for the meal to come.

四川口水鸡 **

Mouthwatering Sichuan chicken £12.90

Served on bamboo shoots with a lip-tinglingly spicy sauce

棒棒鸡丝 *

Bang Bang chicken slivers £7.90

In a 'strange-flavour' sauce with chilli oil and sesame paste

鸡丝荞面 *

Buckwheat noodles with chicken slivers £6.90

In a refreshing sour-and-hot sauce

糖醋排骨

Sweet-and-sour spare ribs £8.90

Irresistible

蒜泥白肉 *		
Thin-sliced pork rolls in a spicy, garlicky sauce	£8.90	
<i>A modern take on a Sichuanese classic</i>		
青花椒螺片 *		
Sliced whelk with green Sichuan pepper	£10.90	
<i>With fresh red and green peppers and a hint of wasabi</i>		
鲜椒草原肚 **		
‘Prairie tripe’ with fresh chilli	£12.90	
<i>Fine slices of beef tripe in a piquant, refreshing sauce</i>		
葱油腐竹		
Beancurd skin with spring-onion flavoured oil	£6.90	
<i>A delicate dish suitable for vegetarians</i>		
麻辣牛肉干 **		
Numbing-and-hot dried beef	£7.90	
<i>Chewy, deep-fried beef laced with chilli and Sichuan pepper</i>		
夫妻肺片 *		
Man-and-wife offal slices	£7.90	
<i>Mixed beef offal with peanuts in a spicy sauce, named after a couple of Chengdu street vendors of the 1930s</i>		
青椒皮蛋		
Preserved duck eggs with green peppers	£8.90	
<i>The dark, savoury preserved eggs are perhaps the Chinese equivalent of blue cheese</i>		
老醋蜆头		
Jellyfish ribbons in dark Chinese vinegar	£7.90	
<i>Jellyfish is prized for its cool, slithery mouth feel</i>		
美味藕片		
Delicious lotus root slices	£8.90	
<i>In a vibrant, tangy sauce</i>		
香菜木耳 *		
Cloud ear fungus with coriander	£6.90	
<i>Slippery black fungus with a delicate sour-and-hot dressing</i>		
爽青豆		
Refreshing green soybeans	£6.90	
<i>Shelled edamame in a light sesame oil dressing</i>		
四川泡菜 *		
Sichuanese pickled vegetables	£6.90	
<i>An essential part of the traditional Sichuan meal</i>		

鲜椒蘑菇 *

Juicy mushrooms with fresh chilli £6.90

Rich and savoury

民族风味鸡 *

Yunnanese chicken salad £7.90

With lemon, basil, chilli and crushed peanuts

拍黄瓜

Smacked cucumbers £6.90

With preserved mustard greens, garlic and sesame sauce

海鲜类

Seafood dishes

Sichuan is a landlocked province in the heart of China, so the chefs of the past could only use dried seafood in their cooking. These days, however, Sichuanese chefs use traditional methods and seasonings to prepare all kinds of fresh seafood, with spectacular results.

宫保大虾球 *

Gong Bao prawns with cashew nuts £18.90

One of our most popular dishes

巴山香辣虾 **

Bar Shu fragrant-and-hot shell-on prawns £18.90

Lavishly spicy

巴山烤虾 **

King prawns with sizzling spices £21.90

And colourful, crunchy vegetables

钵钵香辣蟹 **

Fragrant-and-hot crab £22.90

A magnificent platter of crab with lashings of chilli and garlic

姜葱浸蟹

Stir-fried crab with ginger and spring onion £22.90

Juicily delicious

巴山烤蟹 **

Crab with sizzling spices £24.90

And colourful, crunchy vegetables

姜葱浸龙虾

Stir-fried lobster with ginger and spring onion £30.90

A sumptuous lobster feast

巴山烤龙虾 **

Lobster with sizzling spices £32.90

And colourful, crunchy vegetables

家常八爪鱼 *

Homestyle baby octopus £18.90

With fermented black beans, fresh chilli and coriander

海皇豆腐

Savoury seafood and beancurd £22.90

Tender tofu, scallops and prawns in an exquisite gravy

香辣蒸带子 *

Steamed scallops with a fragrant chilli sauce 每只£ 5.90 最少 2 只

Served on the shell

蒜茸粉丝蒸带子

Steamed scallops with garlic and beanthread noodles 每只£ 5.90 最少 2 只

Served on the shell

鱼香带子 *

Fresh scallops in a fish-fragrant sauce 每只£ 5.90 最少 2 只

Served on the shell

鱼类

Fish dishes

Over the centuries, some of China's great poets have praised the fish of Sichuan Province, and fish cookery has long been an important part of the local cuisine.

水煮鲈鱼 **

Boiled sea bass with sizzling chilli oil £28.90

A spectacular dish of tender fish and aromatic spices

糖醋脆皮鱼

Sweet-and-sour crispy fish £28.90

A real Chinese sweet-and-sour

成都干烧鲈鱼 *

Chengdu dry-braised sea bass £28.90

Cooked in the traditional way, with pork and preserved mustard greens

酸菜鱼 *

Sliced seabass in a soup of pickled mustard greens £28.90

Delicately spicy, with green pickled chilli

清蒸鲈鱼

Steamed sea bass with ginger and spring onion £28.90

A dish with Cantonese influences

鲜椒鱼片 *

Sliced sea bass with fresh chillies £22.90

Sour and hot, on a bed of enoki mushroom

巴山烤鲈鱼 **

Sea bass with sizzling spices £30.90

And colourful, crunchy vegetables

禽类

Poultry dishes

四川辣子鸡 **

Fragrant chicken in a pile of chillies £18.90

A Chongqing speciality: it's not as hot as it looks!

宫保鸡丁 *

Gong Bao chicken with peanuts £11.90

An authentic version of the famous dish, named after a nineteenth century governor of Sichuan

芽菜鸡米包

Minced chicken with preserved mustard greens £14.90

Served with lettuce leaf wraps

四川芋儿鸡 *

Chicken braised with taro £10.90

In a chilli and broad bean sauce

石锅飘香鸡 *

Stir-fried chicken served in a stone pot £16.90

With Chinese wild 'tea-tree mushrooms'

猪肉类

Pork dishes

东坡肘子 *

Dongpo pork knuckle £18.90

Named after the Song Dynasty poet Su Dongpo, who loved pork so much he wrote a poem about it

四川回锅肉 *

Twice-cooked pork £9.90

One of the best loved of all Sichuan dishes: boiled belly pork sliced and stir-fried with chilli bean paste

鱼香肉丝 *

Fish-fragrant pork slivers £9.90

The famous dish, flavoured with pickled chilli, ginger, garlic and spring onion, with a hint of sweet and sour

巴山红烧肉

Bar Shu red-braised pork £12.90

Rich, succulent chunks of belly pork in a dark, sweet sauce

水煮肉片 **

'Water-boiled' pork slices

In a fantastically spicy, lip-tingling sauce £10.90

韭菜肉丝

Stir-fried pork slivers with Chinese chives £9.90

Typical of Sichuanese home-cooking

木须肉

Muxu pork £9.90

A beautiful stir-fry with cucumber, egg and wood ear fungus

四川毛血旺 **

Assorted meats in a fiery sauce £18.90

Including ox tripe, pig intestines, pig's blood and luncheon meat

香辣美容蹄 *

Fragrant-and-hot pig's trotters £12.90

Traditionally seen as good for the complexion

蚂蚁上树 *

'Ants climbing a tree' £9.90

Beanthread noodles with morsels of spicy minced pork (the 'ants')

丝瓜肉片

Sliced pork with silk gourd £12.90

A mild dish, soft and comforting

牛肉与羊肉类

Beef and lamb dishes

干煸牛肉丝 *

Dry-fried beef slivers £14.90

A robustly spicy stir-fry

水煮牛肉 **

Boiled beef slices in an extremely spicy sauce £14.90

One of the most famous Sichuan dishes, and notoriously hot!

粒粒飘香 *

'Li Li' fragrant beef £14.90

A colourful stir-fry of chopped beef, sweetcorn and sweet peppers

私家萝卜炖牛尾

Mandarin's oxtail with Asian radish £16.90

A sumptuous, slow-cooked stew

黄焖牛肉 *

Red-braised beef with beancurd stick £14.90

A gorgeously rich and spicy stew

干锅

Dry-wok

干锅卤牛肉 **

'Dry-wok' aromatic beef with cumin £16.90

In a tumble of crunchy vegetables

干锅牛百叶 **

'Dry-wok' beef tripe £16.90

Served in a small wok

干锅鸭舌 **

'Dry-wok' duck's tongues £16.90

Served in a small wok

干锅肥肠 **

'Dry-wok' pig's intestines £16.90

Served in a small wok

干锅莲藕 **

'Dry-wok' lotus root slices £16.90

Served in a small wok

干锅茶树菇 *

Chinese 'tea-tree mushrooms' £18.90

Served in a small wok

素类

Beancurd and vegetable dishes

芦笋百合炒夏果

Stir-fried asparagus £14.90

With lily bulb and macadamia nuts

咸菜鸡丝豆花

Tender beancurd with salted mustard greens £9.90

And slivered chicken, in a gentle broth

榄菜肉末炒豆角

Stir-fried yard-long beans £9.90

With minced pork and Chaozhou preserved mustard greens

麻婆豆腐 *

Pock-marked Old Woman's beancurd £9.90

The legendary dish, named after a smallpox-scarred restaurateur who once lived in the Sichuanese capital, Chengdu

干煸四季豆

Dry-fried green beans £9.90

Cooked with minced pork and ya cai, an intensely-flavoured preserved mustard green from the Sichuanese city of Yibin

熊掌豆腐

'Bear's paw' beancurd in a spicy sauce £9.90

Named because of the puckered appearance of the beancurd slices

韭菜炒鸡蛋

Scrambled eggs with Chinese chives £9.90

A home-style supper dish

鱼香茄子 *

Fish-fragrant aubergines £9.90

Sumptuous braised aubergines with minced pork: one of our most delicious dishes

炆炒土豆丝 *

Stir-fried potato slivers £9.90

With chilli and Sichuan pepper

醋溜土豆丝

Stir-fried potato slivers with vinegar £ 9.90

A simple, refreshing dish

清炒时菜

Stir-fried seasonal vegetable £9.90

(Please ask your waiter for details)

蒜茸时菜

Stir-fried seasonal vegetable with garlic £9.90

(Please ask your waiter for details)

炆炒时菜 *

Stir-fried seasonal vegetable with dried chilli and £9.90

Sichuan pepper (please ask your waiter for details)

椒丝腐乳空心菜

Stir-fried water spinach with chilli and fermented beancurd £9.90

The beancurd gives the sauce a creamy flavour

上汤时菜

Boiled seasonal vegetable served with stock £13.90

And a scattering of chopped prawn, preserved duck egg, straw mushrooms and garlic

干煸苦瓜

Dry-fried bitter melon £12.90

With minced pork and Sichuanese preserved mustard greens

上汤芦笋

Boiled asparagus served with stock £13.90

And a scattering of chopped prawn, ham, preserved duck egg and other titbits

冬菇芦笋

Asparagus with Chinese mushroom £13.90

A crisp stir-fry

干煸芦笋

Dry-fried asparagus £12.90

With minced pork and Sichuanese preserved mustard greens

冬菇时菜

Stir-fried seasonal vegetable with Chinese mushroom £13.90

and oyster sauce (please ask your waiter for details)

精美汤羹

Soups

In Sichuan, soup is traditionally taken at the end of the meal, to cleanse and refresh the palate after all the spicy flavours.

滋补牛尾炖山药

Nourishing oxtail soup £5.00(per person)

With Chinese yam and medicinal herbs

酸辣羹汤 *

Traditional sour-and-hot soup £4.50 (per person)

A thick soup made with many slivered ingredients, flavoured with Chinese vinegar and ground pepper

浓汤三蔬 (素)

Mixed vegetables in a sumptuous stock £6.50 (per person)

Fresh mushrooms, winter melon and bamboo pith fungus

高汤双海烩

Mixed seafood in a fine banquet stock £9.50 (per person)

With sea cucumber, shrimp and mushrooms

酸辣双海烩 *

Sour-and-hot seafood soup £9.50 (per person)

With sea cucumber, shrimp and mushrooms

成都小吃

Traditional Chengdu street snacks

The Sichuanese capital, Chengdu, has long been famed for its vibrant street life, and above all for its diverse and delicious street food. In the past, the lanes of the old city were alive with vendors who carried their cooking equipment and ingredients in baskets slung from the ends of bamboo shoulderpoles. These days, you find many of the traditional snacks served as side dishes in restaurants.

四川担担面 *

The legendary Dan Dan noodles £4.50 (per person)

Dry, spicy noodles, traditionally sold on the streets of Chengdu by a vendor with a shoulderpole

巴山水饺 *

Bar Shu boiled crescent dumplings in chilli-oil sauce £4.50 (per person)

Flavoured with spiced soy sauce, garlic and just a hint of sweetness

水月凉面 *

Bar Shu cold noodles with chicken slivers £4.50 (per person)

Dressed in a spicy sesame sauce with soy and garlic

飘香酸辣粉 **

Sweet potato noodles in a sour-and-hot sauce £4.50 (per person)

With a topping of mixed meats and offal

香酥番薯饼

Sweet potato cakes £5.00 (3 pieces)

Golden, crisp and a little sweet

赖汤圆

Lai's glutinous riceballs stuffed with sweet black sesame paste £ 4.00 (3 pieces)

Named after a Chengdu street vendor

酥脆香芋卷

Deep-fried taro rolls

£5.00 (3 pieces)

Made with white bread, mashed taro and sesame seeds

饭类

Rice and noodles

白米饭

Plain steamed rice

£2.50 (per person)

- We cannot guarantee that our dishes are completely free of nuts and other ingredients to which some customers may be sensitive. Please speak to a member of staff if you have any specific dietary requirements.