

NOODLES

叉燒炒麵	B. B. Q. PORK CHOW MEIN.....	7.75
肉絲炒麵	PORK CHOW MEIN.....	7.75
雞丁炒麵	CHICKEN CHOW MEIN.....	7.75
牛肉炒麵	BEEF CHOW MEIN.....	7.75
番茄牛肉炒麵	TOMATO BEEF CHOW MEIN.....	7.75
蝦仁炒麵	SHRIMP CHOW MEIN.....	8.45
青菜炒麵	VEGETABLE CHOW MEIN.....	8.45
什錦炒麵	COMBINATION CHOW MEIN.....	8.45
高朋炒麵	GAU POANG CHOW MEIN.....	9.45
	<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables.</i>	
兩面黃	HONG KONG STYLE PAN FRIED NOODLE.....	9.45
高朋炒粉	GAU POANG CHOW FUN.....	9.45
高朋湯麵	GAU POANG NOODLE SOUP.....	9.45
榨菜肉絲湯麵★	NOODLE SOUP WITH CHINESE PICKLE.....	9.45

RICE

白飯	STEAMED RICE.....	1.50
糙米飯	BROWN RICE.....	1.50
叉燒炒飯	B. B. Q. PORK FRIED RICE.....	7.75
肉絲炒飯	PORK FRIED RICE.....	7.75
雞丁炒飯	CHICKEN FRIED RICE.....	7.75
牛肉炒飯	BEEF FRIED RICE.....	7.75
蝦仁炒飯	SHRIMP FRIED RICE.....	8.45
什錦炒飯	COMBINATION FRIED RICE.....	8.45
青菜炒飯	VEGETABLE FRIED RICE.....	8.45
高朋炒飯	GAU POANG FRIED RICE.....	9.45
	<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables.</i>	

BEVERAGES & DESSERTS

咖啡	COFFEE.....	1.50
汽水	SOFT DRINKS.....	1.50
冰茶	ICE TEA.....	1.50
冰淇淋	ICE CREAM.....	2.50
柳橙汁	FRESH SQUEEZED ORANGE JUICE.....	3.50
炸香蕉	FRIED BANANA (For 2).....	6.50

★ ALL HOT DISHES CAN BE ADJUSTED UPON REQUEST

★ Hot & Spicy

LUNCHEON SPECIALS

Served from 11:30 a.m. - 3:00 p.m.
Monday through Saturday
Served with Hot & Sour Soup or Won Ton soup
Steamed Rice, Brown Rice or Fried Rice

1. 甜酸肉	SWEET AND SOUR PORK.....	6.95
2. 回鍋肉★	TWICE COOKED PORK.....	6.95
3. 杏仁雞	ALMOND CHICKEN.....	6.95
4. 咖哩雞	CURRY CHICKEN.....	6.95
5. 腰果雞	CASHEW CHICKEN.....	6.95
6. 醬爆雞	PLUM SAUCE CHICKEN.....	6.95
7. 宮保雞★	KUN BAU CHICKEN.....	7.95
8. 乾烹雞★	MANDARIN CHICKEN.....	7.95
9. 蒙古雞★	MONGOLIAN CHICKEN.....	7.95
10. 甜酸雞	SWEET AND SOUR CHICKEN.....	7.95
11. 芥蘭牛肉	BEEF WITH BROCCOLI.....	6.95
12. 雪豆牛肉	BEEF WITH SNOW PEAS.....	6.95
13. 滑蛋牛肉	BEEF WITH SCRAMBLED EGG.....	6.95
14. 咖哩牛肉	CURRY BEEF.....	6.95
15. 蒙古牛肉★	MONGOLIAN BEEF.....	7.95
16. 四川牛肉★	SZECHUAN BEEF.....	7.95
17. 蘆筍牛肉	BEEF WITH ASPARAGUS.....	7.95
18. 豆豉蝦	PRAWNS WITH BLACK BEAN SAUCE.....	7.95
19. 咖哩蝦	CURRY PRAWNS.....	7.95
20. 宮保蝦★	KUN BAU PRAWNS.....	7.95
21. 甜酸蝦	SWEET & SOUR PRAWNS.....	7.95
22. 叉燒芥蘭增飯	B.B.Q. PORK WITH BROCCOLI OVER RICE.....	7.95
23. 菜遠牛肉增飯	BEEF WITH CHINESE GREEN OVER RICE.....	7.95
24. 雞沙拉	CHICKEN SALAD.....	7.95
25. 炒麵	CHOW MEIN (Choice of Beef, Pork, Chicken)	6.95
26. 麻婆豆腐★	HOT BEAN CURD.....	6.95
27. 素什錦增飯	MIXED VEGETABLES OVER RICE.....	6.95
28. 四季豆增飯	STRING BEAN OVER RICE.....	6.95
29. 高朋增飯	GAU POANG COMBINATION.....	8.95
	<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables over Rice.</i>	
30. 高朋炒麵	GAU POANG CHOW MEIN.....	8.95
31. 高朋炒飯	GAU POANG FRIED RICE.....	8.95
32. 高朋炒粉	GAU POANG CHOW FUN.....	8.95
	<i>White Soft Rice Noodles go with B.B.Q. Pork, Beef, Prawns, Chicken with All Kinds of Vegetables.</i>	
33. 高朋魚	GAU POANG FISH FILLET.....	8.95
	<i>Steamed Fish Fillet Served with Fresh Vegetable</i>	
	<i>(★ Garlic Sauce or Black Bean Sauce or ★House Sauce)</i>	
34. 高朋湯麵	GAU POANG NOODLE SOUP.....	8.95
35. 榨菜肉絲湯麵★	NOODLE SOUP WITH CHINESE PICKLE.....	8.95

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★ Hot & Spicy



GAU POANG

CHINESE RESTAURANT

高朋飯店

1208 South El Camino Real
San Mateo, CA 94402

Tel. (650) 286-9386

Tel. (650) 286-9387

Fax. (650) 286-9389

FREE DELIVERY

Business Hour

Lunch

Monday - Saturday

11:30 AM - 3:00 PM

Sunday Closed

Dinner

Sunday - Thursday

4:45 PM - 9:30 PM

Friday - Saturday

4:45 PM - 10:00 PM

HOT APPETIZERS

炸雲吞	FRIED WON TONS (8)	6.50
炸蟹角	CRAB & CHEESE PUFFS (8)	6.70
春捲	EGG ROLLS (4)	6.70
鍋貼	POT STICKERS (6)	6.95
叉燒	B.B.Q. PORK	8.50
雞沙拉	CHICKEN SALAD	8.50
炸雞翅	CHICKEN WING (8)	8.50
炸蝦	FRIED PRAWNS (6)	8.50
熱拼盤	COMBINATION APPETIZER PLATE (FOR 2)	9.50

Fried Prawns, Egg Rolls, Crab & Cheese Puffs and Chicken Wings

SOUP

	S	M	L
雞湯	6.95	10.45	14.95
叉燒雲吞湯	6.95	10.45	14.95
蕃茄蛋花湯	6.95	10.45	14.95
雞蓉玉米湯	6.95	10.45	14.95
三絲湯	6.95	10.45	14.95
窩雲吞湯	7.95	11.45	15.95
鍋巴湯	7.95	11.45	15.95

CHICKEN

甜酸雞	SWEET AND SOUR CHICKEN	9.75
腰果雞丁	CASHEW CHICKEN	9.75
杏仁雞丁	ALMOND CHICKEN	9.75
大蒜雞丁	GARLIC CHICKEN	9.75
咖哩雞丁	CURRY CHICKEN	9.75
豆豉雞丁	CHICKEN IN BLACK BEAN SAUCE	9.75
醬爆雞丁	PLUM SAUCE CHICKEN	9.75
什錦雞片	CHICKEN WITH MIXED VEGETABLES	10.45
生炒雞片	SNOW WHITE CHICKEN	10.45
	<i>White Meat Chicken with Snow Peas and Mushroom Sauteed with Light Sauce.</i>	
左宗雞	★ GENERAL TSO'S CHICKEN	10.45
宮保雞丁	★ KUN BAU CHICKEN	10.45
檸檬雞	LEMON CHICKEN	10.45
蒙古雞	★ MONGOLIAN CHICKEN	10.45
鐵板雞	SIZZLING CHICKEN WITH FRESH VEGETABLES	10.45
高朋雞	★ GAU POANG CHICKEN (Crispy Chicken)	10.45
	<i>Deep Fried Chicken with Sweet & Sour Spicy Garlic Sauce.</i>	
乾烹雞	★ MANDARIN CHICKEN	10.45
炒雞鬆	ROLLING LETTUCE CHICKEN	12.45
	<i>Minced Chicken, Black Mushrooms, Onion, and Chestnuts Served with Lettuce Plum Sauce, and Scallion.</i>	

BEEF

芥蘭牛肉	BEEF WITH BROCCOLI	9.75
雪豆牛肉	BEEF WITH SNOW PEAS	9.75
滑蛋牛肉	BEEF WITH SCRAMBLED EGG	9.75
蠔油牛肉	BEEF IN OYSTER SAUCE	9.75
豆豉牛肉	BEEF IN BLACK BEAN SAUCE	9.75
咖哩牛肉	CURRY BEEF	9.75
什錦牛肉	BEEF WITH MIXED VEGETABLES	9.75
黑椒牛肉	★ BLACK PEPPER STEAK	10.45
菜心牛肉	BEEF WITH CHINESE GREEN	10.45
湖南牛肉	★ HUNAN BEEF	10.45
	<i>Black Mushrooms, Snow Peas and Carrots with Hunan Sauce.</i>	
四川牛肉	★ SZECHUAN BEEF	10.45
	<i>Shredded Beef with Celery and Carrots in Peppery Spicy Sauce.</i>	
蒙古牛肉	★ MONGOLIAN BEEF	10.45
	<i>Sliced Tender Beef Marinated with Green Onion and Garnished with Vermicelli.</i>	
蘆筍牛肉	BEEF WITH ASPARAGUS	10.45
鐵板牛肉	SIZZLING BEEF STEAK	10.45
	<i>Tender Beef with Chinese Vegetables on a Sizzling Platter.</i>	
高朋牛肉	★ GAU POANG BEEF (Crispy Beef)	10.45
	<i>Sweet and Sour Spicy Garlic Sauce with Vermicelli.</i>	

VEGETABLES

素什錦	MIXED VEGETABLES	9.25
素三鮮	VEGETABLES DELUXE	9.25
	<i>Snow Peas, Black Mushroom, and Water Chestnuts.</i>	
魚香茄子	★ EGG PLANT WITH GARLIC SAUCE	9.25
干扁四季豆	★ DRIED SAUTEED STRING BEAN	9.25
麻婆豆腐	★ HOT BEAN CURD	9.25
家常豆腐	FAMILY STYLE BEAN CURD	9.25
	<i>Mix Vegetables with Deep Fried Tofu</i>	
生炒菠菜	SAUTEED SPINACH WITH GARLIC	9.25
蠔油芥蘭	BROCCOLI IN OYSTER SAUCE	9.25
冬菇菜心	BLACK MUSHROOM WITH CHINESE GREEN	9.45
鐵板豆腐	SIZZLING BEAN CURD	9.45
生炒蘆筍	SAUTEED ASPARAGUS	9.45

PORK & DUCK

甜酸肉	SWEET AND SOUR PORK	9.75
回鍋肉	★ TWICE COOKED PORK	9.75
魚香肉絲	★ SHREDDED PORK IN GARLIC SAUCE	9.75
木須肉	MU SHU PORK/Or Beef/Chicken/Prawn (11.75)	10.45
	<i>Egg, Pork, Mushrooms, Cabbage, Bamboo Shoots, and Green Onion with 4 Pancakes, 40 Cents, Each Additional.</i>	
高朋排骨	★ GAU POANG SPARERIBS	10.45
	<i>Peking Style.</i>	
北京鴨	PEKING DUCK	32.95
	<i>(Order one Day in Advance)</i>	

SEAFOOD

甜酸蝦	SWEET AND SOUR PRAWNS	11.75
雪豆蝦	PRAWNS WITH SNOW PEAS	11.75
豆豉蝦	PRAWNS WITH BLACK BEAN SAUCE	11.75
咖哩蝦	CURRY PRAWNS	11.75
蝦龍糊	PRAWNS WITH LOBSTER SAUCE	11.75
宮保蝦	★ KUN BAU PRAWNS	12.75
什錦蝦	PRAWNS WITH MIXED VEGETABLES	12.75
乾烹蝦	★ MANDARIN PRAWNS	12.75
鐵板蝦	SIZZLING PRAWNS WITH VEGETABLES	12.75
魚香干貝	★ SCALLOPS WITH GARLIC SAUCE	15.75
核桃蝦	★ WALNUT PRAWNS	15.75
湖南蝦	★ HUNAN PRAWNS	15.75
	<i>Deep Fried Prawns with Sweet & Sour Spicy Garlic Sauce.</i>	
炒三鮮	SEAFOOD COMBINATION	15.75
	<i>Prawn, Scallop and Fish Fillet with All Kinds of Vegetable</i>	
鴛鴦蝦	GAU POANG LOVER PRAWNS	17.75
	<i>Two Flavored, Hot, Spicy, and Tender.</i>	

HOUSE SPECIAL SEAFOOD

炒蝦鬆	ROLLING LETTUCE PRAWNS	13.75
	<i>Minced Prawns, Water Chestnuts, Ginger and Scallions with Light Sauce Topped with Crispy Chips.</i>	
椒鹽蝦	★ SALT AND PEPPER PRAWNS(WITH SHELL)	13.75
椒鹽魚片	★ SALT AND PEPPER FISH FILLET	13.75
糖醋魚片	SWEET AND SOUR FISH FILLET	13.75
高朋魚片	GAU POANG FISH FILLET	13.75
	<i>Steamed Fish Fillet Served with Fresh Vegetables.</i>	
	<i>(★ Garlic Sauce or Black Bean Sauce or ★House Sauce)</i>	
生炒魚片	SAUTEED FISH FILLET	13.75
魚香魚片	★ FISH FILLET WITH GARLIC SAUCE	13.75
豆豉蟹	CRAB IN BLACK BEAN SAUCE	SEASONAL
	<i>(Order one Day in Advance)</i>	
薑蔥蟹	CRAB WITH GREEN ONION AND GINGER ROOT	SEASONAL
	<i>(Order one Day in Advance)</i>	
北京蟹	PEKING CRAB	SEASONAL
	<i>(Order one Day in Advance)</i>	

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