

NOODLES

叉燒	炒麵	B. B. Q. PORK CHOW MEIN	8.25
肉絲	炒麵	PORK CHOW MEIN	8.25
雞丁	炒麵	CHICKEN CHOW MEIN	8.25
牛腩	炒麵	BEEF CHOW MEIN	8.25
蕃茄	牛炒麵	TOMATO BEEF CHOW MEIN	8.25
蝦仁	炒麵	SHRIMP CHOW MEIN	8.95
青菜	炒麵	VEGETABLE CHOW MEIN	8.95
什錦	炒麵	COMBINATION CHOW MEIN	8.95
高朋	炒麵	GAU POANG CHOW MEIN	9.95
<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables.</i>			
兩面	黃	HONG KONG STYLE PAN FRIED NOODLE	9.95
高朋	炒粉	GAU POANG CHOW FUN	9.95
高朋	湯麵	GAU POANG NOODLE SOUP	9.95
榨菜	肉絲炒麵	NOODLE SOUP WITH CHINESE PICKLE	9.95

RICE

白	飯	STEAMED RICE	1.80
糙	飯	BROWN RICE	1.80
叉燒	炒飯	B. B. Q. PORK FRIED RICE	8.25
肉絲	炒飯	PORK FRIED RICE	8.25
雞丁	炒飯	CHICKEN FRIED RICE	8.25
牛腩	炒飯	BEEF FRIED RICE	8.25
蝦仁	炒飯	SHRIMP FRIED RICE	8.95
什錦	炒飯	COMBINATION FRIED RICE	8.95
青菜	炒飯	VEGETABLE FRIED RICE	8.95
高朋	炒飯	GAU POANG FRIED RICE	9.95
<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables.</i>			

BEVERAGES & DESSERTS

咖啡	啡	COFFEE	1.75
汽水	水	SOFT DRINKS	1.75
冰茶	茶	ICE TEA	1.75
冰淇淋	淋	ICE CREAM	2.75
柳汁	汁	FRESH SQUEEZED ORANGE JUICE	3.75
炸香蕉	蕉	FRIED BANANA	6.75

★ 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	7.45			
2. 回	鍋	肉★	TWICE COOKED PORK	7.45			
3. 杏	仁	雞	ALMOND CHICKEN	7.45			
4. 咖	哩	雞	CURRY CHICKEN	7.45			
5. 腰	果	雞	CASHEW CHICKEN	7.45			
6. 醬	爆	雞	PLUM SAUCE CHICKEN	7.45			
7. 芥	蘭	雞	BROCCOLI CHICKEN	8.45			
8. 蘆	筍	雞	ASPARAGUS CHICKEN	8.45			
9. 左	宗	雞	GENERAL TSO'S CHICKEN	8.45			
10. 磨	菇	片	CHICKEN WITH MUSHROOM	8.45			
11. 宮	保	雞★	KUN BAU CHICKEN	8.45			
12. 乾	烹	雞★	MANDARIN CHICKEN	8.45			
13. 蒙	古	雞★	MONGOLIAN CHICKEN	8.45			
14. 甜	酸	雞	SWEET AND SOUR CHICKEN	8.45			
15. 芥	蘭	肉	BEEF WITH BROCCOLI	7.45			
16. 雪	豆	肉	BEEF WITH SNOW PEAS	7.45			
17. 滑	蛋	肉	BEEF WITH SCRAMBLED EGG	7.45			
18. 咖	哩	肉	CURRY BEEF	7.45			
19. 蒙	古	肉★	MONGOLIAN BEEF	8.45			
20. 四	川	肉★	SZECHUAN BEEF	8.45			
21. 蘆	筍	肉	BEEF WITH ASPARAGUS	8.45			
22. 豆	豉	蝦	PRAWNS WITH BLACK BEAN SAUCE	8.45			
23. 咖	哩	蝦	CURRY PRAWNS	8.45			
24. 宮	保	蝦★	KUN BAU PRAWNS	8.45			
25. 甜	酸	蝦	SWEET & SOUR PRAWNS	8.45			
26. 叉	燒	飯	B.B.Q. PORK WITH BROCCOLI OVER RICE	8.45			
27. 菜	遠	飯	BEEF WITH CHINESE GREEN OVER RICE	8.45			
28. 雞	沙	拉	CHICKEN SALAD	8.45			
29. 炒		麵	CHOW MEIN (Choice of Beef, Pork, Chicken)	7.45			
30. 麻	婆	腐★	HOT BEAN CURD	7.45			
31. 素	什	飯	MIXED VEGETABLES OVER RICE	7.45			
32. 四	季	飯	STRING BEAN OVER RICE	7.45			
33. 高	朋	飯	GAU POANG COMBINATION	9.45			
<i>B.B.Q. Pork, Beef, Prawns and Chicken with All Kinds of Vegetables over Rice.</i>							
34. 高	朋	炒	麵	GAU POANG CHOW MEIN	9.45		
35. 高	朋	炒	飯	GAU POANG FRIED RICE	9.45		
36. 高	朋	炒	粉	GAU POANG CHOW FUN	9.45		
<i>White Soft Rice Noodles go with B.B.Q. Pork, Beef, Prawns, Chicken with All Kinds of Vegetables.</i>							
37. 高	朋	魚	GAU POANG FISH FILLET	9.45			
<i>Steamed Fish Fillet Served with Fresh Vegetable</i>							
<i>(★ Garlic Sauce or Black Bean Sauce or ★House Sauce)</i>							
38. 高	朋	湯	麵	GAU POANG NOODLE SOUP	9.45		
39. 牛	肉	湯	麵	BEEF STEW NOODLE SOUP	9.45		
<i>Noodle in Slow Cooked Beef Soup and Beef Stew</i>							
40. 榨	菜	肉	絲	湯	麵★	NOODLE SOUP WITH CHINESE PICKLE	9.45

★ Hot & Spicy

★ ALL HOT DISHES CAN BE ADJUSTED UPON REQUESTISHES



GAU POANG
CHINESE RESTAURANT

高朋飯店

1208 South El Camino Real
San Mateo, CA 94402
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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

APPETIZERS

炸雲吞	角	FRIED WON TONS (8)	7.00
蟹肉	捲	CRAB & CHEESE PUFFS (8)	7.20
春捲	貼	EGG ROLLS (4)	7.20
鍋貼	燒	POT STICKERS (6)	7.45
叉燒	沙	B.B.Q. PORK	9.00
雞	拉	CHICKEN SALAD	9.00
炸雞	翅	CHICKEN WING (6)	9.00
炸蝦	蝦	FRIED PRAWNS (6)	9.00
熱拼盤	盤	COMBINATION APPETIZER PLATE (FOR 2) <i>Fried Prawns, Egg Rolls, Crab & Cheese Puffs and Chicken Wings</i>	10.00

SOUP

	S	M	L
酸辣湯	7.25	10.95	15.45
叉燒雲吞湯	7.25	10.95	15.45
蕃茄蛋花湯	7.25	10.95	15.45
雞蓉玉米湯	7.25	10.95	15.45
三絲湯	7.25	10.95	15.45
高雲吞湯	8.25	11.95	16.45
鍋巴湯	8.25	11.95	16.45

POULTRY

甜酸雞	雞	SWEET AND SOUR CHICKEN	10.75
腰果雞丁	雞	CASHEW CHICKEN	10.75
杏仁雞丁	雞	ALMOND CHICKEN	10.75
大蒜雞丁	雞	GARLIC CHICKEN	10.75
咖哩雞丁	雞	CURRY CHICKEN	10.75
豆豉雞丁	雞	CHICKEN IN BLACK BEAN SAUCE	10.75
醬爆雞丁	雞	PLUM SAUCE CHICKEN	10.75
什錦雞片	雞	CHICKEN WITH MIXED VEGETABLES	11.45
生炒雞片	雞	SNOW WHITE CHICKEN <i>White Meat Chicken with Snow Peas and Mushroom Sautéed with Light Sauce.</i>	11.45
左宗雞	雞	★ GENERAL TSO'S CHICKEN	11.45
宮保雞丁	雞	★ KUN BAU CHICKEN	11.45
檸檬雞片	雞	LEMON CHICKEN FILLET	11.45
蘆筍雞片	雞	ASPARAGUS CHICKEN	11.45
芥藍雞片	雞	CHICKEN WITH BROCCOLI	11.45
蘑菇雞片	雞	CHICKEN WITH MUSHROOM	11.45
蒙古雞	雞	★ MONGOLIAN CHICKEN	11.45
鐵板雞	雞	SIZZLING CHICKEN WITH FRESH VEGETABLES	11.45
中芥藍雞	雞	CHICKEN WITH CHINESE BROCCOLI	11.45
高朋雞	雞	★ GAU POANG CHICKEN (Crispy Chicken) <i>Deep Fried Chicken with Sweet & Sour Spicy Garlic Sauce.</i>	11.45
乾烹雞	雞	★ MANDARIN CHICKEN	11.45
炒雞鬆	雞	ROLLING LETTUCE CHICKEN <i>Minced Chicken, Black Mushrooms, Onion, and Chestnuts Served with Lettuce Plum Sauce, and Scallion.</i>	13.45

BEEF

芥蘭牛肉	牛肉	BEEF WITH BROCCOLI	10.75
雪豆牛肉	牛肉	BEEF WITH SNOW PEAS	10.75
滑蛋牛肉	牛肉	BEEF WITH SCRAMBLED EGG	10.75
蠔油牛肉	牛肉	BEEF IN OYSTER SAUCE	10.75
豆豉牛肉	牛肉	BEEF IN BLACK BEAN SAUCE	10.75
咖哩牛肉	牛肉	CURRY BEEF	10.75
什錦牛肉	牛肉	BEEF WITH MIXED VEGETABLES	10.75
黑椒牛肉	牛肉	★ BLACK PEPPER STEAK	11.45
中芥蘭牛肉	牛肉	BEEF WITH CHINESE BROCCOLI	11.45
菜心牛肉	牛肉	BEEF WITH CHINESE GREEN	11.45
湖南牛肉	牛肉	★ HUNAN BEEF <i>Black Mushrooms, Snow Peas and Carrots with Hunan Sauce.</i>	11.45
四川牛肉	牛肉	★ SZECHUAN BEEF <i>Shredded Beef with Celery and Carrots in Peppery Spicy Sauce.</i>	11.45
蒙古牛肉	牛肉	★ MONGOLIAN BEEF <i>Sliced Tender Beef Marinated with Green Onion and Garnished with Vermicelli.</i>	11.45
蘆筍牛肉	牛肉	BEEF WITH ASPARAGUS	11.45
鐵板牛肉	牛肉	SIZZLING BEEF STEAK <i>Tender Beef with Mix Vegetables on a Sizzling Platter.</i>	11.45
高朋牛肉	牛肉	★ GAU POANG BEEF (Crispy Beef) <i>Sweet & Sour Spicy Garlic Sauce with Vermicelli.</i>	11.45

VEGETABLES

素什錦	什錦	MIXED VEGETABLES	9.75
素三鮮	三鮮	VEGETABLES DELUXE <i>Snow Peas, Black Mushroom, and Water Chestnuts.</i>	9.75
魚香茄子	茄子	★ EGG PLANT WITH GARLIC SAUCE	9.75
干扁四季豆	四季豆	★ DRIED SAUTEED STRING BEAN	9.75
麻婆豆腐	豆腐	★ HOT BEAN CURD	9.75
家常豆腐	豆腐	FAMILY STYLE BEAN CURD <i>Mix Vegetables with Deep Fried Tofu.</i>	9.75
生炒菠菜	菠菜	SAUTEED SPINACH WITH GARLIC	9.75
蠔油芥藍	芥藍	BROCCOLI IN OYSTER SAUCE	9.75
冬菇菜心	菜心	BLACK MUSHROOM WITH CHINESE GREEN	9.95
鐵板豆腐	豆腐	SIZZLING BEAN CURD	9.95
生炒蘆筍	蘆筍	SAUTEED ASPARAGUS	9.95

PORK & DUCK

甜酸肉	肉	SWEET AND SOUR PORK	10.75
回鍋肉	肉	★ TWICE COOKED PORK	10.75
魚香肉絲	肉	★ SHREDDED PORK IN GARLIC SAUCE	10.75
木須肉	肉	MU SHU PORK/Or Beef/Chicken/Prawn(12.25) <i>Egg, Pork, Mushrooms, Cabbage, Bamboo Shoots, and Green Onion with 4 Pancakes, 50 Cents, Each Additional.</i>	11.45
高朋排骨	排骨	★ GAU POANG SPARERIBS <i>Peking Style.</i>	11.45
北京鴨	鴨	PEKING DUCK <i>(Order one Day in Advance)</i>	33.95

SEAFOOD

甜酸蝦	蝦	SWEET AND SOUR PRAWNS	12.75
雪豆蝦	蝦	PRAWNS WITH SNOW PEAS	12.75
豆豉蝦	蝦	PRAWNS WITH BLACK BEAN SAUCE	12.75
咖哩蝦	蝦	CURRY PRAWNS	12.75
宮保蝦	蝦	糊 PRAWNS WITH LOBSTER SAUCE	12.75
什錦蝦	蝦	★ KUN BAU PRAWNS	13.75
乾烹蝦	蝦	★ MANDARIN PRAWNS	13.75
鐵板蝦	蝦	SIZZLING PRAWNS WITH VEGETABLES	13.75
魚香干貝	干貝	★ SCALLOPS WITH GARLIC SAUCE	16.75
核桃南蝦	蝦	WALNUT PRAWNS	16.75
湖南蝦	蝦	★ HUNAN PRAWNS <i>Deep Fried Prawns with Sweet & Sour Spicy Garlic Sauce.</i>	16.25
炒三鮮	鮮	SEAFOOD COMBINATION <i>Prawn, Scallop and Fish Fillet with All Kinds of Vegetable.</i>	16.75
鴛鴦蝦	蝦	GAU POANG LOVER'S PRAWNS <i>Two Flavored, Hot, Spicy, and Tender.</i>	18.75

HOUSE SPECIAL SEAFOOD

炒蝦鬆	蝦	ROLLING LETTUCE PRAWNS <i>Minced Prawns, Water Chestnuts, Ginger and Scallions with Light Sauce Topped with Crispy Chips.</i>	15.25
椒鹽蝦	蝦	★ SALT AND PEPPER PRAWNS(WITH SHELL)	15.25
水煮魚片	魚片	★ SPICY HOT BOILED FISH FILLET <i>Boiled Fish Fillet with Chili Pepper and Special Spices.</i>	15.25
椒鹽魚片	魚片	★ SALT AND PEPPER FISH FILLET	15.25
糖醋魚片	魚片	SWEET AND SOUR FISH FILLET	15.25
高朋魚片	魚片	GAU POANG FISH FILLET <i>Steamed Fish Fillet Served with Fresh Vegetables. (★ Garlic Sauce or Black Bean Sauce or House Sauce)</i>	15.25
生炒魚片	魚片	★ SAUTEED FISH FILLET	15.25
魚香魚片	魚片	FISH FILLET WITH GARLIC SAUCE	15.25
豆豉蟹	蟹	CRAB IN BLACK BEAN SAUCE <i>(Order one Day in Advance)</i>	SEASONAL
薑蔥蟹	蟹	CRAB WITH GREEN ONION AND GINGER ROOT <i>(Order one Day in Advance)</i>	SEASONAL
北京蟹	蟹	PEKING CRAB <i>(Order one Day in Advance)</i>	SEASONAL

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