

THE FORUM





Welcome to
THE FORUM

"The fresh, inventive menus at The Forum are testament to the skill and imagination of our Head Chef, **Mr Xiu Gao.**

His passion for cooking began at the age of 14, peeling carrots and potatoes at his home town, Fujian. Having learned his trade under some of the greatest restaurants in UK in the past 30 years.

Alongside our main menu, the monthly special shows Mr. Gao's creative skills which illuminate everyone's tastebud. He leads the kitchen team dedicated to raising the culinary making The Forum one of the best Chinese Restaurants in Cambridge."

ALLERGY ADVICE

*Most of our dishes contain **GARLIC, SOYA, GLUTEN, COOKING WINE & SESAME OIL.***

Some of our dishes may contain these 14 allergens as follows:



If you have any allergies to these products please inform us before ordering. We will do our best to advise you.

SET MEALS

CLASSIC (A)..... £28.80 PER PERSON

(MIN. 2 PERSONS)

Satay Chicken 🌶️🌶️🌶️, Honey Ribs, Seaweed,
Butterfly Prawns, Spring Rolls

Aromatic Crispy Duck

(Served with Pancakes, Cucumber, Spring Onion and Hoi Sin Sauce)

Stir Fried Chicken with Cashew Nuts in Yellow Bean Sauce 🌶️

Stir Fried King Prawns with Mixed Vegetables

Sizzling Beef in Black Bean Sauce 🌶️

Special Fried Rice

GOURMET (B)..... £28.80 PER PERSON

(MIN. 2 PERSONS)

Smoked Chicken, Capital Ribs, Seaweed,
Sesame Prawn Toast, Spring Rolls

Aromatic Crispy Duck

(Served with Pancakes, Cucumber, Spring Onion and Hoi Sin Sauce)

Chicken with Lemon Sauce

Crispy Shredded Beef in Chilli Sauce 🌶️

Sizzling King Prawns with Ginger & Spring Onion

Special Fried Rice

VEGETARIAN (C)£26.80 PER PERSON

(MIN. 2 PERSONS)

Satay Vegetables 🌶️🌶️🌶️, Seaweed, Onion Rings,
Salt & Pepper Beancurd 🌶️🌶️, Spring Rolls

Vegetables Lettuce Wrapped

Sweet & Sour Bean Curd

Fried Aubergine in Black Bean Sauce 🌶️

Stir Fried Mange Tout Straw Mushroom in Garlic Sauce

Steamed Boiled Rice

APPETIZERS

Mixed Hot Hors D'oeuvres (Min For Two) (Satay Chicken 🌶️🌶️🍯 Capital Ribs, Seaweed, Sesame Prawn Toast, Spring Rolls)	£10.50pp
Sesame Prawn Toast (4).....	£8.00
Capital Spare Ribs	£8.50
Szechuan Spare Ribs 🌶️🌶️🌶️.....	£8.50
Honey Spare Ribs.....	£8.50
Deep Fried Seaweed	£7.50
Crispy Vegetarian Spring Rolls.....	£6.00
Shredded Smoked Chicken.....	£8.00
Salt & Pepper King Prawns 🌶️🌶️.....	£12.80
Salt & Pepper Spare Ribs 🌶️🌶️.....	£8.50
Salt & Pepper Squid 🌶️🌶️.....	£12.80
Salt & Pepper Bean Curd 🌶️🌶️.....	£8.50
Salt & Pepper Lobster Tail (150g) 🌶️🌶️.....	£16.00
Salt & Pepper Soft Shell Crab 🌶️🌶️.....	£12.80
Salt & Pepper Aubergine 🌶️🌶️.....	£8.00
Butterfly King Prawns in Breadcrumbs (4).....	£8.00
Onion Rings.....	£6.00
Lobster Crackers.....	£2.50
Thai Prawn Crackers 🌶️.....	£3.50
Satay King Prawns on Skewers (3) 🌶️🌶️🍯.....	£8.00
Satay Chicken on Skewers (3) 🌶️🌶️🍯.....	£7.50
Grilled / Steamed Pork Dumplings (5).....	£8.50
Lettuce Wrapped (Chicken or Vegetables).....	£8.50
Seafood Lettuce Wrapped.....	£10.50

Sauce starts from £1.50



SOUPS

Hot and Sour Soup 🌶️	£6.00
Won Ton Soup	£6.00
Chicken & Sweet Corn Soup	£6.00
Crab Meat & Sweet Corn Soup	£6.00
Chicken & Noodles Soup	£6.00
Chicken & Mushroom Soup	£6.00



DUCK DISHES

- Aromatic Crispy Duck (*Served with Spring Onion,Quarter £14.80
Cucumber, Pancakes & Hoi Sin Sauce*) Half £26.80 Whole £48.80
- Roast Duck with Soya Sauce Cantonese Style.....£13.80
- Roast Duck in Fresh Plum Sauce.....£13.80
- Roast Duck in Fresh Orange Sauce.....£13.80
- Stir Fried Duck with Ginger and Pineapple.....£13.80
- Stir Fried Duck with Ginger & Spring Onion.....£13.80
- Stir Fried Duck with Mushroom.....£13.80
- Stir Fried Duck in Black Bean Sauce 🌶️£13.80
- Stir Fried Duck with Chinese Mushroom & Bamboo Shoots .£13.80



SEAFOOD

	Fillet of Fish Peking Style <i>(Ginger & Garlic Sauce)</i>	£13.80
	Sweet & Sour Fish Hong Kong Style	£13.80
	Stir Fried Squid in Black Bean Sauce 🌶️	£13.80
	King Prawns Peking Style <i>(Ginger & Garlic Sauce)</i>	£13.80
	Sweet & Sour King Prawns Hong Kong Style	£13.80
	Kung Po King Prawns in Sweet Chilli Sauce 🌶️	£13.80
	Stir Fried King Prawns Szechuan Style 🌶️🌶️🌶️	£13.80
	Stir Fried King Prawns in Oyster Sauce	£13.80
	Stir Fried King Prawns in Sea Spice Sauce <i>(Fish Sauce)</i> 🌶️🌶️ ..	£13.80
	Stir Fried King Prawns in Black Bean Sauce 🌶️	£13.80
	Stir Fried King Prawns with Ginger & Spring Onion	£13.80
	Stir Fried King Prawns with Cashew Nuts in Garlic Sauce 🥜	£13.80
	Stir Fried King Prawns with Mixed Vegetables	£13.80
	Stir Fried Scallops in Black Bean Sauce 🌶️	£14.80
	Stir Fried Scallops in Mixed Vegetables	£14.80
	Stir Fried Mixed Seafood	£14.80
	Stir Fried Mussels in Black Bean Sauce 🌶️	£14.80
	Sweet & Sour King Prawns Balls	£13.80

SEAFOOD (SEASONAL PRICE)

Lobster Tails with Ginger Spring Onion or Black Bean Sauce <i>(Can Be Served with Crispy Noodle for £4.00 Extra) (300g)</i>	£36.80
Steamed Whole Sea Bass with Ginger & Spring Onion or Black Bean Sauce	Seasonal



PORK & LAMB

Sweet & Sour Pork Hong Kong Style	£12.80
Double Cooking Pork with Hoi Sin Sauce 🌶️	£12.80
Roast Pork with Soya Sauce Cantonese Style	£12.80
Stir Fried Lamb Szechuan Style 🌶️🌶️🌶️	£13.80
Crispy Lamb with Lemon & Honey Sauce	£13.80
Stir Fried Lamb with Ginger & Spring Onion.....	£13.80
Stir Fried Mixed Meat in Black Bean Sauce 🌶️	£13.80
Stir Fried Mixed Meat with Ginger & Spring Onion	£13.80



SIZZLING (HOT IRON PLATE)

Sizzling Fillet of Steak Cantonese Style (Average 5.50z)	£17.80
Sizzling Fillet of Steak in Black Pepper Sauce 🌶️ (Average 5.50z)	£17.80
Sizzling Fillet of Steak in Black Bean Sauce 🌶️ (Average 5.50z)	£17.80
Sizzling King Prawns in Black Bean Sauce 🌶️	£14.80
Sizzling King Prawns with Ginger & Spring Onion	£14.80
Sizzling Squid in Black Bean Sauce 🌶️	£14.80
Sizzling Scallops in Black Bean Sauce 🌶️	£15.80
Sizzling Mixed Meat in Black Bean Sauce 🌶️	£14.80
Sizzling Mixed Meat with Ginger & Spring Onion	£14.80
Sizzling Lamb with Ginger & Spring Onion	£14.80
Sizzling Beef in Black Bean Sauce 🌶️	£13.80
Sizzling Chicken in Black Bean Sauce 🌶️	£13.80
Sizzling Chicken with Ginger & Spring Onion	£13.80



POULTRY DISHES

Stir Fried Chicken with Cashew Nuts in Yellow Bean Sauce 🥜	£12.80
Chicken Peking Style (<i>Ginger & Garlic Sauce</i>)	£12.80
Stir Fried Chicken Szechuan Style 🌶️🌶️🌶️	£12.80
Stir Fried Chicken in Satay Sauce 🌶️🌶️🥜	£12.80
Chicken with Lemon Sauce	£12.80
Kung Po Chicken in Sweet Chilli Sauce 🌶️	£12.80
Sweet & Sour Chicken Hong Kong Style	£12.80
Stir Fried Chicken in Sea Spice Sauce (<i>Fish Sauce</i>) 🌶️🌶️	£12.80
Stir Fried Chicken in Oyster Sauce	£12.80
Stir Fried Chicken in Black Bean Sauce 🌶️	£12.80
Stir Fried Chicken with Ginger & Spring Onion	£12.80
Stir Fried Chicken with Mixed Vegetables	£12.80
Stir Fried Chicken with Mushroom	£12.80
Stir Fried Chicken with Ginger & Pineapple	£12.80
Sweet & Sour Chicken Balls	£12.80



BEAN CURD DISHES

Fried Bean Curd with Meat & Vegetables	£10.80
Ma Po Bean Curd (<i>Stir Fried with Minced Pork</i>) 🌶️🌶️🌶️	£9.80
Stir Fried Bean Curd Szechuan Style 🌶️🌶️🌶️	£9.80
Bean Curd in Sea Spice Sauce (<i>Fish Sauce</i>) 🌶️🌶️	£9.80
Stir Fried Bean Curd in Black Bean Sauce 🌶️	£9.80
Stir Fried Bean Curd in Satay Sauce 🌶️🌶️🥜	£9.80
Sweet & Sour Bean Curd Hong Kong Style	£9.80
Stir Fried Bean Curd with Ginger & Spring Onion	£9.80



CURRY DISHES

House Special Curry	£13.80
King Prawns with Curry	£13.80
Chicken with Curry	£12.80
Beef with Curry	£12.80
Roast Pork with Curry	£12.80
Mixed Vegetables with Curry	£9.00
Mushroom with Curry	£9.00



BEEF DISHES

Crispy Shredded Beef in Chilli Sauce 🌶️	£12.80
Stir Fried Beef in Black Bean Sauce 🌶️	£12.80
Stir Fried Beef in Oyster Sauce	£12.80
Stir Fried Beef with Mixed Vegetables	£12.80
Stir Fried Beef with Ginger & Pineapple	£12.80
Stir Fried Beef with Ginger & Spring Onion	£12.80
Stir Fried Beef with Mushroom	£12.80



VEGETABLE DISHES

- Fried Aubergine in Sea Spice Sauce (*Fish Sauce*) 🌶️🌶️ £9.50
Seasonal Vegetables (*Broccoli or French Beans or Spinach*) £9.00
Stir Fried Pak Choi in Garlic Sauce or Oyster Sauce..... £9.00
Stir Fried Mixed Vegetables in Garlic Sauce..... £9.00
Chinese Mushroom & Bamboo Shoots in Oyster Sauce..... £9.00
Stir Fried Mange Tout & Straw Mushroom in Garlic Sauce.. £9.00
Stir Fried Beansprouts in Garlic Sauce..... £9.00
Stir Fried Mushroom in Garlic Sauce..... £9.00





RICE

Special Fried Rice.....	£8.50
Chicken Fried Rice.....	£7.50
King Prawns Fried Rice.....	£8.50
Egg Fried Rice.....	£5.00
Steamed Boiled Rice.....	£4.80





CRISPY NOODLES

House Special Crispy Noodles.....	£12.80
Crispy Noodles with Fried King Prawns & Vegetables.....	£12.80
Crispy Noodles with Fried Chicken & Vegetables.....	£9.80
Crispy Noodles with Mixed Vegetables.....	£8.80

SOFT NOODLES

Special Fried Noodles.....	£8.80
King Prawns Fried Noodles	£8.80
Beef Fried Noodles.....	£7.80
Chicken Fried Noodles.....	£7.80
Singapore Fried Rice Noodles (<i>Vermicelli</i>) 🌶️🌶️	£9.80
Fried Noodles with Beansprouts	£6.50
Stir Fried Udon Noodles with Mixed Seafood.....	£13.50



