Noodles

Reg. Lg.

Bo Lings Fried Noodles.....12.95 .19.95
Pan-fried egg noodles with jumbo shrimp, chicken, beef and fresh vegetables in our special brown sauce.

★♦Pad Thai Noodles with Shrimp.12.95..19.95
Soft rice noodles, fresh bean sprouts, peanuts and tofu.

★♦Pad Thai Noodles with Chicken.11.95.18.95

★Singapore Noodles with
Shrimp or BBQ Pork .....12.55..19.55
Thin rice noodles, curry, bean sprouts, egg and onions.

Cantonese Noodles with Chicken...11.95..18.95
With Seafood ..15.95..23.95
Pan-fried thin yellow noodles, fresh vegetables in a light sauce.

Chow Funn Noodles with
Beef or Chicken .....10.95..17.95
Soft flat rice noodles, onions and bean sprouts with soy sauce.

Combination Lo Mein.....11.95..17.95

Chicken or Vegetable Lo Mein .....9.55..16.95

★♦Sichuan Dan Dan Noodle with Pork..8.95..15.95
With Shrimp....10.95..17.95
Soft noodles in a special sesame-chili-garlic sauce with a touch of Chinese black vinegar.

Long Life Noodle Soup.....9.75....16.95
Shrimp, chicken and egg with fresh spinach and thin rice noodles in a delicious chicken broth.

***Sichuan Eggplant and Noodle Bowl... 10.95**

Rice

Reg. Lg.

Fresh Pineapple Fried Rice
with Seafood 15.95
with BBQ Pork 14.95
with Vegetables.....13.95

House Special Rice Plate.....12.95..19.95
White fried rice served aside shrimp, scallops, chicken and vegetables in a delicious soy-garlic sauce.

Young Chow Fried Rice .....9.95....16.95
White fried rice with egg, shrimp, chicken and BBQ pork.

Shrimp Fried Rice .....9.95....16.95

Chicken or Pork Fried Rice.....9.55....16.95

■Fresh Vegetable Fried Rice .....8.95....15.95
Fresh zucchini, mushrooms, snow peas, carrots, bean sprouts with eggs and onions in a mixture of white and brown rice.

■Salted Fish Fried Rice with Chicken . 13.95
(white rice)

★XO Sauce Fried Rice with Shrimp . 14.95
(white rice)

Lunch Menu

Monday-Friday 11:00am—3:00pm

Combination Plates

Lunch plates are served with egg drop soup, crab rangoon, and your choice of vegetable fried rice, steamed white or brown rice. (rice is not served with noodle dishes)

Grilled Salmon Teriyaki Style..... .....12.95
Grilled salmon filet with a Japanese style sauce and steamed vegetables.

★General Tso's Chicken..... .....9.75
Our most popular dish! Crispy chicken in a sweet and spicy sauce.

■Shrimp and Chicken in Ginger Sauce 9.75
Served with choice of steamed white or brown rice or rice noodle.

■Shrimp with Lobster Sauce..... .....9.75
Served with choice of steamed white or brown rice or rice noodle.

★Sichuan Peppercorn Chicken..... .....8.95
Sliced chicken with fresh vegetables in a spicy peppercorn and chili sauce.

★♦Gong Bao Chicken 8.95
Diced chicken with peanuts and hot peppers and fresh green beans.

★Spicy Curry Chicken..... .....8.95
Our special blend of curry and herbs, tender chicken, fresh vegetables and coconut milk.

♦Cashew Chicken 8.95
A house favorite, with tender diced chicken and fresh vegetables.

■Chicken and Vegetables..... .....8.95

Sweet and Sour Chicken 8.95

★Chicken and Shrimp Hunan Style.....9.75

★Sichuan Peppercorn Beef..... .....9.25

★Spicy Mongolian Beef 9.25

Beef with Broccoli..... .....9.25

★■Curry Vegetables 8.95

■Sauteed Mixed Vegetables..... .....8.95

★Tofu family Style 8.95

★spicy ■gluten free ♦nuts
Please advise us of your dietary needs or allergy request
Extra charges for substitutions no MSG in most sauces

BO LINGS

chinese please!

Plaza—Board of Trade
4800 Main St.
Kansas City, MO 64112
Open 7 days

Tel: 816 753 1718

Full Dim Sum Service
Saturdays & Sundays
From 11:00am-3:00pm

Order online

www.bolings.com

6 Kansas City area locations

Banquet Room Catering Special Events Delivery
Custom Birthday and Wedding Cakes

Dumplings

Chef's specialties! All made in house from fresh hand-rolled wrappers, fresh cut meat and chopped vegetables, Simply delicious. Please allow 15 minutes for cooking.

	Reg.	Lg.
★Sichuan Pork Dumplings (8/24) Steamed pork dumplings in a delicious garlic-soy and chili sauce.	7.55	18.95
Meat Dumplings (8/24) Fresh pork and nappa cabbage in handmade wrappers, served with a soy-vinegar dipping sauce. Choose steamed or pan-fried.	7.55	18.95
Chive Dumplings with Shrimp and Pork(10/20) Fresh chive, shrimp, pork and ginger.	8.95	15.95
Steamed Vegetable Dumplings (8/24)	7.55	18.95

Appetizers

	Reg.	Lg.
Panko Shrimp (4/12)	7.95	19.95
Crispy Eggplant	6.95	12.95
Crab Rangoon (6/18)	6.95	18.75
Crispy Calamari	8.95	16.95
Shrimp Rolls (3/9)	5.25	13.75
Vegetable Spring Rolls (2/8)	4.25	14.95
♦Vietnamese Style Spring Rolls (2/6) . Shrimp, pork, cucumber and lettuce with rice noodles rolled in a thin rice wrapper. Served with peanut-hoisin dipping sauce.	5.95	15.95
Also vegetarian Lettuce Wraps (3) Chicken or vegetable	7.95	
■Edamame Fresh green soy beans.	4.95	8.95

Soup

Our soup stocks are made fresh daily.

	Cup	Bowl	Qt.
★Hot and Sour Soup Lean pork, bamboo shoot, mushroom and egg in chicken stock	3.25	4.75	7.95
Chicken Wonton Soup	3.25	4.75	7.95
■Egg Drop Soup	2.75	3.95	7.75
■Sizzling Rice Soup with Chicken (for 2) Sliced chicken, fresh vegetables in a light chicken broth.		8.95	
■Seafood Tofu Soup (for 2) Shrimp, scallop and crab meat, vegetables and egg white.		9.75	
Seaweed and Tomato Soup (for 2) With spinach and tofu in a vegetable broth.		8.75	

★spicy ■gluten free ♦nuts
Please advise us of your dietary needs or allergy request.
Extra charges for substitutions. no MSG in most sauces.

Sichuan Specialties

	Reg.	Lg.
★Yu Xiang Whole Flounder	21.95	
Tea Smoked Duck (1/2)	17.95	
★General Tso's Chicken	11.95	18.95
★♦Sichuan Gong Bao		
♦Chicken	10.95	16.95
♦Beef	13.95	20.95
♦Shrimp and Scallops	15.95	22.95
★Sichuan Wonder		
Chicken	12.95	
Beef	13.95	
Fish	15.95	
Tofu	11.55	
★Ginger and Garlic Shrimp	15.95	22.95
★Sichuan Peppercorn Chicken	10.95	16.95
★Empress Chicken	10.95	16.95
★Orange Peel Shrimp	15.95	22.95

Beijing Specialties

	Reg.	Lg.
Beijing Roasted Duck (1/2 / whole)	18.95	33.95
■House Special Sizzling Rice Shrimp, scallops and chicken with fresh vegetables in a light ginger sauce	15.95	
★Beijing Crispy Beef	14.95	21.95
Sweet and Sour Pork	12.95	19.95
Garlic Pork	12.95	19.95
Mandarin Chicken	10.95	17.95
★Shrimp Beijing	13.95	20.95
★Mongolian Beef	11.95	18.95
Mandarin Pork	10.95	17.95
Lamb with Scallion	14.95	22.95
★Hui Style Lamb with Spices	14.95	22.95
Moo Shu Chicken or Pork	10.95	17.95

Classic Dishes

	Reg.	Lg.
■Shrimp with Cashews	13.95	20.95
Triple Delight Shrimp, chicken and beef with vegetables.	12.95	19.95
Chicken and Shrimp Hunan Style	12.95	19.95
★■Curry Chicken	11.95	18.95
Sweet and Sour Chicken	10.95	17.95
♦Cashew Chicken	10.95	17.95
Beef Broccoli	11.95	18.95
■Moo Goo Gai Pan	10.95	17.95
■Shrimp and Lobster Sauce	13.95	

Add Chow Funn Noodles ..... 3.00 extra

Cantonese Specialties

	Reg.	Lg.
Cantonese Style Whole Flounder Boneless whole fish with choice of ginger and scallions, sweet chili and garlic, or salt and pepper.	21.95	
Salmon Filet Choose steamed or grill Teriyaki style	16.95	
★Salt and Pepper Soft Shell Crab	17.95	
Sizzling Shrimp and Scallops Jumbo shrimp and sea scallops, fresh vegetables in a garlic ginger sauce	16.95	
Beef Tenderloin in Black Pepper Sauce	16.95	
★Crispy Shrimp *(in shell)*	15.95	
★Scallops in Black Bean Sauce	16.95	
Steamed Shrimp with Garlic	15.95	
★Salt and Pepper Pork	12.95	19.95
♦Honey Walnut Shrimp	13.95	20.95
♦Honey Walnut Chicken	11.95	18.95
★Chicken Black Bean Sauce	11.95	18.95
Salted Fish with Chicken and Tofu Pot	14.95	
Cantonese Pork Belly	14.95	
Slow Cooked Beef Pot	15.95	
Steamed Chicken with Ginger and Scallion *(1/2 chicken, cut, bone-in)*	12.95	

Tofu and Vegetables

	Reg.	Lg.
★Sichuan Ma Po Tofu (no meat)	9.75	1695
★Tofu Family style	9.75	16.95
★Tofu in Black Bean Sauce	9.75	16.95
★Sichuan Eggplant and Tomato	10.95	17.55
★■Curry Vegetables	9.95	16.95
■Sautéed Mixed Vegetables	9.75	16.95
★Green Bean Sichuan Style	9.75	16.95
Add marinated Tofu	2.50 extra	
■Baby Bok Choy with Garlic	9.75	16.95
■Spinach with Garlic	9.75	16.95
Gai Lan (Chinese Broccoli)	10.75	17.95

Children's Plate $ 7.00

■Chicken Broccoli Crispy Chicken
Beef Broccoli Lo Mein (stir-fry noodles)