

Chinese



Core Value
We sell the highest quality food available.



Appetizers

A1	Egg Roll (2) (contains peanut)	8
A2	Vegetable Spring Roll (2)	8
A3	Vegetable Tempura	9
A4	Peking Ravioli (6) (steamed or fried)	10
A5	Shu Mai (6)	8
A6	Chicken Ravioli (6)	10
A7	Vegetable Ravioli (6) (contains peanut)	10
A8	Fried Jumbo Shrimp	11
A9	Chicken Wings	14
A10	Chicken Fingers	12
A11	Beef Teriyaki (6) / Chicken Teriyaki (6)	15
A12	Crab Rangoon	11
A13	Barbecued Spare Ribs	16
A14	Boneless Spare Ribs	16
A15	Pork Strips	14
A16	Scallion Pancake	8
A17	Pu Pu Platter (for 1) 15 (for 2) 29	
	<i>Egg roll (contains peanuts), chicken wings, chicken fingers, beef teriyaki, fried shrimp, spare ribs.</i>	
A18	Peking Noodle	12
A19	Thai Ribs	16
A20	Scallop Tempura with Asian tartar sauce	16

Salad

1	Spicy Seafood Salad	12
2	Avocado Salad	11

Soup

S1	Hot & Sour	SM 6 REG 8
S2	Miso Soup	6 8
S3	Egg Drop	6 8
S4	Chicken Noodle Soup	8
S5	Vegetable Tofu Soup	(for 2) 9
S6	Spinach Tofu Soup	(for 2) 9
S7	Seafood Soup	(for 2) 12 (for 4) 18
S8	Wonton Soup	6 8

Moo Shi

Moo shi is a classic Mandarin dish, these dishes contain meat, mushrooms, cabbage, wood ear, scallion & scrambled eggs, served with 4 pancakes. (Extra pancake 50¢)

Moo Shi	14
	Choice of vegetable, beef, shrimp, pork or chicken.

NEW
THREE EASY STEPS FOR YOUR CATERING:
1. Please call 781.599.1780
2. Simply tell our manager your budget
3. That's it! We will take care of the rest!

We do catering for all occasions, even our sushi chef could prepare sushi in your home. Please inquire within...



Poultry

P1	Sweet & Sour Chicken	15
P2	Chicken with Pine Nuts <i>Must Try!</i>	17
	<i>Chicken wrapped with lettuce. Best recommended for appetizer.</i>	
P3	Chicken with Mixed Vegetables	16
P4	Chicken with Broccoli	16
P5	Paradise Chicken	17
	<i>White meat chicken with pepper, peapods & black mushroom. (spicy Szechuan sauce)</i>	
P6	Ginger Chicken	17
P7	Chicken with Red Ginger <i>Must Try!</i>	
	in Plum Wine Sauce (Malaysia Style)	17
P8	Mango Chicken	17
	<i>White meat chicken stir-fried with fresh mango, pepper. In fresh mango sauce.</i>	
P9	Lemon Chicken	17
P10	General Gao's Chicken	17
P11	Stuffed Eggplant	17
	<i>Oriental eggplant stuffed with white meat chicken. Topped with a zesty brown sauce.</i>	
P12	Shanghai Boneless Duck <i>Must Try!</i>	20
	<i>Roasted duck stir-fried with snow peapods, black mushroom & baby corn in Shanghai spicy sauce.</i>	
P13	Walnut Chicken <i>Must Try!</i>	17
P14	Salt & Pepper Chicken	17
P15	Chicken with Black Bean Sauce	17
P16	Shanghai Chicken	17

Peking Duck

Tender Long Island duck, marinated in a unique sauce & expertly roasted to achieve a moist meat and crispy skin served with scallion wrapped in a pancake.

Peking Duck	Half 39 Whole 76
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Pork

1	Twice Cooked Pork	17
	<i>Sautéed with napa, peppers & black mushrooms.</i>	
2	Pork with Scallion	17
3	Sweet and Sour Pork	17

Beef

B1	Beef with Pepper & Onion	17
B2	Beef with Broccoli	17
B3	Beef Mushroom Chow Yoke	17
B4	Orange Flavored Beef	18
B5	Sesame Beef	17
B6	Yuen-Yang Spicy Beef <i>Must Try!</i>	18
	<i>In a hot pepper sauce, served on a bed of string beans.</i>	
B7	Ginger Beef <i>Must Try!</i>	17
B8	Happy Family	20
	<i>A family of beef, chicken, shrimp, scallops & vegetables blended & stir-fried in a delicate brown sauce.</i>	
B9	Crispy Beef	18
	<i>A crispy dish served with an unusually tasty sauce topped with scallions.</i>	
B10	Mango Fillet Mignon <i>Must Try!</i>	market price
	<i>Fillet mignon stir-fried with fresh mango, pepper in fresh mango sauce.</i>	
B11	Jumper Beef	18

Sizzling Platters

Sp1	Mongolian Beef	18
Sp2	Ginger & Scallion Beef	17
Sp3	Beef & Scallop	18
Sp4	Seafood (Shrimp, scallops, calamari)	20

Seafood

Sf1	Mango Shrimp	19
Sf2	Shrimp with Pine Nuts <i>Must Try!</i>	19
	<i>Shrimp wrapped with lettuce. Best recommend for appetizer.</i>	
Sf3	Shrimp with Mixed Vegetables	19
Sf4	Ginger Shrimp	19
Sf5	Five Stars Shrimp <i>Must Try!</i>	19
	<i>Five-flavored shrimp dish with a hint of sweet & sour.</i>	
Sf6	Shrimp with Ginger & Scallion <i>Must Try!</i>	19
Sf7	Summer Shrimp <i>Must Try!</i>	19
Sf8	Shrimp in Lobster Sauce	19
Sf9	Salt & Pepper Shrimp	19
Sf10	Crispy Aromatic Shrimp	19
Sf11	Seafood Delight	19
	<i>Shrimp, scallops, squid sautéed with white seafood sauce.</i>	
Sf12	Imperial Couple <i>Must Try!</i>	19
	<i>Shrimp and scallops sautéed with ginger & scallion garnished with peapods.</i>	
Sf13	Crystal Scallops	19
	<i>Fresh large scallops, snow peapods, carrots & black mushrooms stir-fried in a light sauce, just a hint of garlic & ginger.</i>	
Sf14	Scallops in Black Peppercorn Sauce	19
Sf15	Salt & Pepper Calamari	16
Sf16	Hunan Spicy Chilean Seabass <i>Must Try!</i>	market price
	<i>Pan-fried to a golden brown, topped with a spicy minced vegetable sauce.</i>	
Sf17	Steamed Chilean Seabass	market price
	<i>with Ginger & Scallion</i>	
Sf18	Shrimp with Black Bean Sauce	19
Sf19	Calamari with Black Bean Sauce	16
Sf20	Salt and Pepper Scallop	19
Sf21	Soft Shell Crab with Ginger & Scallion Seasonal	
Sf22	Lobster Chinese Style Seasonal	

Selection Dishes

Pick one of your favorite sauces to be sautéed with chef selected fresh vegetables.

- A **Gong Bao Sauce** *Must Try!*
- B **Garlic Sauce** (Yu Hsiang)
- C **Hunan Sauce**
- D **Cashew Sauce**
- E **Curry Sauce**



1	Tofu	14
2	Chicken	16
3	Beef	17
4	Shrimp	20
5	House Special Shrimp, Beef & Chicken	20
6	Seafood Shrimp, Scallops & Calamari	20

For Health Conscious People

Sugar Free	<i>Served with sugar free Akai Rice</i>	
Sugar Free Chicken	(Asparagus)	17
Sugar Free Shrimp	(Asparagus)	19

Gluten Free	<i>Served with Brown Rice</i>	
Gluten Free Ginger Scallion Chicken		17
Gluten Free Spicy Chicken	(with peapods)	17

Indicates Spicy

Vegetarian

V1	Vegetable Delight	14
V2	Spicy Green Bean	14
V3	Eggplant in Garlic Sauce	14
V4	Broccoli in Garlic Sauce	14
V5	Family Style Bean Curd	14
V6	Ma Po Tofu	14
V7	Ginger Tofu	14
V8	Gourmet Garden Crispy Tofu	14
V9	Sautéed Chinese Green	market price
	<i>Choice of spinach, baby bok choy, Chinese watercress.</i>	
V10	Pea Pod Stems	market price

Diet Selection

Prepared without oil and sauce.

Ds1	Steamed Vegetables & Tofu	13
Ds2	Steamed Chicken with Mixed Vegetables	15
Ds3	Steamed Shrimp with Mixed Vegetables	19
Ds4	Steamed Seafood with Mixed Vegetables	19
Ds5	Grilled Chicken with Vegetables	16
Ds6	Grilled Shrimp (in shell) with Vegetables	19

Old Time Favorites

Cd1	Chow Mein or Chop Suey	13
	<i>Choice of vegetable, chicken, beef, pork or shrimp.</i>	
Cd2	Egg Foo Yong	13
	<i>Choice of vegetable, chicken, beef, pork or shrimp.</i>	

Fried Rice

R1	Fried Rice	SM 9 REG 13
	<i>Brown fried rice add \$1.25</i>	
	<i>Choice of chicken, beef, pork, shrimp or vegetable.</i>	
R2	House Fried Rice	13
R3	Spinach Fried Rice	12
R4	Steamed Rice	4 6
R5	Brown Rice	5 7
R6	Healthy Akai Rice	8 13
	<i>Sugar free & fiber plus.</i>	

Noodles

N1	Chicken Pad Thai	15
N2	Chicken & Shrimp Pad Thai	15
N3	Lo Mein	9 13
	<i>Choice of vegetable, chicken, beef or shrimp</i>	

For people who cannot eat wheat, any lo mein meal can be made with rice noodle.

N4	Pan-Fried Angel Hair Noodle	13
	<i>Choice of chicken, beef, pork or vegetable.</i>	
N5	Pan-Fried Angel Hair with Shrimp	14
N6	Shanghai Pan-Fried Noodle	14
	<i>Shrimp, beef, chicken & vegetables.</i>	
N7	Rice Noodle Singapore Style	14
N8	Chow Foon	12
	<i>Choice of chicken, beef, pork or vegetable.</i>	
N9	Shrimp Chow Foon	13

Reminder:

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness.

Before placing your order, please inform your server if a person in your party has a food allergy.

Holiday Parties!

FREE \$50.00

GIFT CERTIFICATE

With purchase of \$300 or more.
Please present this coupon in order to get a FREE \$50 GIFT CERTIFICATE for your next time order. Cannot be combined with other offers. EXPIRES 5/31/2024

FREE \$20.00

GIFT CERTIFICATE

With purchase of \$100 or more.
Please present this coupon in order to get a FREE \$20 GIFT CERTIFICATE for your next time order. Cannot be combined with other offers. EXPIRES 5/31/2024

\$15.00 OFF

With purchase of \$100 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Cannot be combined with other offers. EXPIRES 5/31/2024

\$8.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 1/31/2024

\$8.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 1/31/2024

\$7.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 2/29/2024

\$7.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 2/29/2024

\$6.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 3/31/2024

\$6.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 3/31/2024

\$5.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 4/30/2024

\$5.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 5/31/2024

\$4.00 OFF

With purchase of \$30 or more.
CASH ORDER ONLY
Please present coupon when ordering. One coupon per order, per customer. Cannot be combined with other offers. Not valid on Xmas Eve and New Year's Eve. Expires 5/31/2024

Appetizers

- Phil's Amazing Special** 15
Tuna, salmon, white fish, avocado, dipped in tempura batter, fried with amazing chef special sauce.
- Edamame** 9
Boiled & lightly salted green soybeans.
- Vegetable Tempura** (Appetizer) 9
- Shrimp Tempura** (Appetizer) 10
- Satay Chicken Teriyaki** (3) 10
Grilled chicken teriyaki with Japanese satay sauce.
- Diamond Shrimp** (2) 11
Crab stick, octopus, tobiko, mixed with chef special sauce, on the bed of shrimp, grilled to perfection.
- Gyoza** 8
Pan-fried meat and vegetable ravioli.
- Japanese Mini Shumai** 8
Deep-fried shrimp ravioli.
- Soft Shell Crab** (Appetizer) 11
Deep-fried soft shell crab, served with chef's special sauce.
- Hamachi-Kama** 12
Grilled & lightly salted yellowtail collar, served with chef's special sauce.
- Tiger Eyes** 12
Grilled whole squid, stuffed with smoked salmon.
- Agedashi-Tofu** 7
Fried tofu dipped in tasty light fish broth, topped with scallions.
- House Salad** 6
- Seaweed Salad** 9
- Avocado Salad** 11
- Spicy Tuna Tempura** 14

Low Carb

- Naruto** (Low carb) 11
Crab stick, flying fish roe & avocado rolled with thin sliced cucumber.
- Cucumber Naruto Roll** (Low carb) 12
- Eel Avocado
 - Spicy Tuna/Scallop
 - Spicy Salmon
 - Spicy Yellowtail



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Appetizers from Sushi Bar

- Sashimi Appetizers** 13
Assorted filets of raw fish.
- Naruto** 11
Crab stick, flying fish roe & avocado rolled with thin sliced cucumber.
- Spicy Seafood Salad** 12
 Cooked shrimp, octopus and tobiko with chef's spicy sauce.
- Ebi-Su** 10
Cooked shrimp seasoned in vinegar.
- Tako-Su** 10
Cooked octopus seasoned in vinegar.
- Tuna Tataki** 12
Lightly boiled, topped with scallions, served with chef's special sauce.
- Kenny Hand Roll** 12
Spicy tuna rolled with thin sliced cucumber.
- White-Tuna Tataki** 12
- Grilled Salmon with Spicy Miso-Ginger** 12
- Kate's Special** 15
Seaweed, seafood & salmon.
- Esther Special** 13
Tuna, seaweed, avocado with chef's special chili sauce.
- Libby's Baked Salmon Roll** 16

Entrees

All entrees include miso soup, salad and rice.

TEMPURA

Lightly battered & deep-fried seafood & vegetables.

- Vegetables** 20
- Shrimp & Vegetables Combo** 23
- Shrimp** (Only) 24
- Deluxe** (Seafood & vegetables) 26

TERIYAKI

Seafood or tender meat grilled with teriyaki sauce.

- Chicken** 22
- Beef** 24
- Scallops** 25
- Salmon** 25
- Shrimp** 25
- Una-Ju** (Grilled eel) 25

AGEMONO

Seafood or tender meat dipped in a light bread batter & fried to perfection.

- Pork Katsu** 22
- Chicken Katsu** 22
- Scallops** 24
- Salmon** 25
- Shrimp** 25

Sushi Combo

- Sushi Cook Combo** 26
Chef's choice of cooked sushi.
- Sushi Plate** 28
Chef's choice of assorted raw fish filets on seasoned sushi rice.
- Sushi Deluxe** 30
- Makimono Combo** 26
Spicy tuna-maki, California-maki & Futo-maki.
- Sashimi Plate** 29
Chef's choice of assorted raw fish filets.
- Sashimi Deluxe** 31
- Gourmet Sampler** (for 2) 75
Nigiri sushi, assorted makimono & sashimi.
- Party Boat** (for 3-4) 115
Nigiri sushi, assorted makimono & sashimi.

Note: We only use premier grade seafood.

Sushi A La Carte

Sushi order 2 pcs; Sashimi order 3 pcs.
Brown rice \$1.25 extra per order.
Akai rice \$1.50 extra per order.

We only use organic sushi rice.

	sm	reg
1. Ebi (Shrimp)	8	10
2. Tamago (Egg)	7	9
3. Kanikama (Crab stick)	7	9
4. Tako (Octopus)	7	9
5. Unagi (Grilled eel)	9	11
6. Smoked Salmon	9	11
7. Inari (Tofu)	6	9
8. Saba (Mackerel)	7	9
9. Ika (Squid)	7	9
10. Suzuki (Bass)	7	9
11. Sake (Salmon)	9	11
12. Maguro (Tuna)	9	11
13. Hamachi (Yellowtail)	9	11
14. Hokkigai (Surf clam)	8	10
15. Hotategai (Scallop)	8	10
16. Tobiko (Flying fish roe)	8	10
17. Ikura (Salmon roe)	8	10
18. Uni (Sea urchin)	10	12
19. Tobiko w/ Quail Egg	8	10
20. Ikura w/ Quail Egg	9	11
21. Uni w/ Quail Egg	10	12
22. Toro (Fatty tuna)	market price	market price
23. White-Tuna	market price	market price

Indicates Spicy

Makimono

Brown rice \$1.25 extra,
Akai rice \$1.50 extra per order.

~VEGETABLE MAKI~

- Kappa Maki** (Cucumber) 8
- Oshinko Maki** (Pickled radish) 7
- Avocado Maki** 8
- Idaho Maki** (Sweet potato tempura) 8
- Umeshiso Maki** (Plum & cucumber) 6
- Natto Maki** (Fermented soybean) 6

~COOKED MAKI~

- Unakyu Maki** (Grilled eel & cucumber) 10
- Una-Avo** (Grilled eel & avocado) 10
- Futo Maki** (Egg, crab stick & vegetables) 10
- Fashion Maki** (Grilled eel, avocado, cream cheese & flying fish roe) 11
- Scorpion Maki** (Grilled eel, avocado, flying fish roe, covered with shrimp) 14
- Caterpillar Maki** (Grilled eel, avocado, cucumber, flying fish roe, rolled in the shape of a caterpillar) 15
- Salmon Skin Maki** 8
(Salmon skin, scallions & cucumber)
- Fancy Maki** 10
(Salmon skin, avocado, cucumber, salmon roe & scallions with bonito flakes)
- Rising Sun Maki** 12
(Fried salmon, avocado, flying fish roe & scallions)
- California Maki** 10
(Crab stick, cucumber & flying fish roe)
- Crazy Maki** 13
(Shrimp tempura, avocado, cucumber, tobiko & spicy mayo)
- House Dragon Maki** 15
(Shrimp tempura, crab stick, topped with eel, avocado & tobiko)
- Spider Maki** 15
(Deep-fried soft shell crab, avocado, cucumber, tobiko & spicy mayo)
- Snow Mountain Maki** 16
(Shrimp tempura inside top with king crab meat)
- Hawaii Maki** 14
(Shrimp tempura, mango, lettuce, avocado & chef special sauce)
- Lobster Maki** market price

~UNCOOKED MAKI~

- Negihama Maki** (Yellowtail & scallion) 8
- Spicy Yellowtail Maki** 9
- Tekka Maki** (Tuna roll) 9
- Spicy Tuna Maki** 10
- Salmon Maki** 8
- Spicy Salmon Maki** 9
- Alaskan Maki** 10
(Salmon, avocado, cucumber & scallions)
- Philadelphia Maki** 10
(Smoked salmon, cream cheese, cucumber & scallions)
- Lenny Roll** 10
(Salmon, cream cheese, cucumber & scallions.)
- Rainbow Maki** 15
- Christmas Maki** 17
- Negi Toro Maki** 13
- Red Dragon** (Shrimp tempura, spicy tuna) 16
- Pink Lady Maki** 18
(Spicy seafood, asparagus, mango with chef's special sauce)
- New Wave Maki** 18
(Spicy tuna inside, yellowtail, salmon, avocado outside. Tempura crumb with 3 kinds of special sauce on top)
- Rock & Roll** 21
(Spicy scallop inside, lobster salad outside, topped with black tobiko, red tobiko, wasabi tobiko)

= Vegetable Roll = Raw Fish Roll = Cooked Roll

Specials

Served Daily.
Lunch Specials from 11:30 am to 4:00 pm.
Dinner Specials from 4:00 pm until closed.
Served with Pork Fried Rice.

	LUNCH	DINNER
C1 Egg Roll, Boneless Spare Ribs	12	14
C2 Beef Teriyaki, Boneless Spare Ribs	12	14
C3 Beef Teriyaki, Chicken Wings	12	14
C4 Fried Shrimp, Boneless Spare Ribs	12	14
C5 Beef with Vegetables	12	14
C6 Chicken Fingers, Boneless Spare Ribs	12	14
C7 Chicken Fingers, Beef Teriyaki	12	14
C8 Moo Goo Gai Pan, Chicken Fingers	12	14
C9 Chicken Wings, Fried Jumbo Shrimp	12	14
C10 Beef Teriyaki, Fried Jumbo Shrimp	12	14
C11 Chicken Chow Mein, Boneless Ribs	12	14
C12 Pork Egg Foo Young, Chicken Fingers	12	14
C13 Pork Egg Foo Young, Boneless Ribs	12	14
C15 Shrimp with Lobster Sauce	12	14
C16 Beef with Peppers	12	14
C17 Beef with Broccoli	12	14
C18 Hunan Vegetables	12	14
C19 Hunan Beef	12	14
C20 Hunan Chicken	12	14
C21 Yu Hsiang Vegetables	12	14
C22 Yu Hsiang Eggplant	12	14
C23 Yu Hsiang Chicken	12	14
C24 Yu Hsiang Beef	12	14
C25 Gong Bao Chicken	12	14
C26 Three Delights	12	14

Chicken, beef and shrimp stir-fried with assorted vegetables.

Indicates Spicy



Tel. 781.599.1780

We Deliver

\$20 Minimum Order
Delivery Time:
12 noon - 9 pm
\$2 Fuel Charge,
\$3 outside 3 miles radius

Order Online

GourmetGardenRestaurant.com

430 Paradise Road (1A)
Swampscott, MA 01907
(Swampscott Mall)

- #1 NO M.S.G.
- #2 0 TRANS FAT
- #3 HEALTHY AKAI RICE (SUGAR FREE, FIBER PLUS)
- #4 GLUTEN FREE/SUGAR FREE DISHES AVAILABLE



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