



Má Là

TASTE OF SICHUAN

menu

食在中國

China is the place to eat

味在四川

The flavours are in Sichuan

一菜一格

One dish, one style

百菜百味

A hundred dishes, a hundred flavours

Chinese cuisine has a long and rich history, Sichuan 四川 can boast to be one of the 'Four Great Taste of China'. Sichuan is a province in South West China and due to its geographical location, it is also known by the Chinese as the Province of Abundance.

There are over 6,000 Sichuan dishes. The food of Sichuan is diverse as it is popular. In 2011, UNESCO* declared Chengdu, the capital of Sichuan to be The City of Gastronomy, recognising Sichuan cuisine as well as the sophistication and finesse of Sichuan Cooking.

There is a misconception that Sichuan food is simply numbing hot, made famous by the tingling sensation of the Sichuan Pepper 花椒. Sichuan food is not just about the taste of chilli heat, there are complex and contrasting flavours of sweet and sour, spicy and sour, spicy and sweet, fermented sweetness and mellow spiciness.

As you read through our menu, you will come across strangely named flavours such as, 'fish fragrant flavour' 魚香, 'home style flavour' 家常, 'numbing and hot flavour' 麻辣, 'red oil flavour (chilli oil)' 紅油, 'sour and hot' 酸辣, and 'spicy salt and Sichuan pepper' 椒鹽.

Each dish is unique. Let your palate explore

United Nations Educational, Scientific and Cultural Organization

FOOD ALLERGY WARNING

Our foods may contain these 14 allergens



Cereals



Fish



Milk



Crustaceans



Peanuts



Nuts



Eggs



Soybeans



Celery



Mustard



Sulphur Dioxide / Sulphites



Molluscs



Sesame



Lupin

**IF YOU ARE TO ANY OF THESE ALLERGENS,
PLEASE INFORM OUR STAFF IMMEDIATELY.**

Chef Zhang XiaoZhong is an award-winning chef, specialising in Sichuan cuisine.

Born and raised in Chengdu, China, the home of Sichuan cuisine, Chef Zhang is a third-generation chef. He cultivated his passion for the art of Sichuan food as a child, being trained by his uncle and grandfather, the latter of whom was the personal chef for the late Premier of the People's Republic of China, Deng Xiaoping (邓小平). Chef Zhang grew up surrounded by authentic Sichuan food in the tradition carried on by his uncle and his grandfather for over fifty years.



At the age of 16, Chef Zhang completed his formative training at the famous Hibiscus Restaurant in Chengdu and worked as a head chef in various establishments in Beijing and Shanghai before coming to London.

In 2005, he was appointed as the head chef of BarShu Restaurant in London where he found himself challenged to create an exciting and enticing Sichuanese menu. Chef Zhang quickly became popular for his irresistible dishes, characterised by the delicate and indulgent flavours.

In 2008, Chef Zhang participated in the 5th International Competition of Eat East Food in Beijing, where he was awarded the Gold title.



Chef Zhang was acknowledged for his outstanding achievements by being chosen to represent the UK as a guest chef to showcase the gold standard of Sichuan cuisine at the 2011 Worlds of Flavour, organised by the Culinary Institute of America in California, USA. In the same year, he was invited by Fuchsia Dunlop to help prepare her cooking book, 'Every Grain of Rice: Simple Chinese Home Cooking', which was published in 2012. Chef Zhang was later also appointed as the head chef of HuTong in The Shard.

Finally, Chef Zhang has decided to bring his passion and expertise to Ma La Sichuan to begin a new chapter in his illustrious career.

We welcome you to explore and delight in Chef Zhang's authentic menu reminiscent of his grandfather's cooking.



熱葷頭盤

Hot Appetisers

麻辣拼盤	“Ma La” Special Mixed Platter (minimum 2 persons) Crispy Seaweed Three Silken Spring Rolls Sichuan Salt & Pepper Squid Shredded Smoked Chicken Sweet & Sour Ribs	£8.50 per person
點心拼盤	Dim Sum Platter (8 pieces) A selection of delicate steamed homemade dim sums; Crystal Prawn Har Gau Scallop Dumpling Spinach & Prawn Dumpling Babycorn & Prawn Dumpling	£9.50
蝦餃	Har Gau (Crystal Prawn Dumpling)	£3.80
燒賣	Siu Mai (Pork & Prawn Dumpling)	£3.80
帶子餃	Scallop Dumpling	£3.80
蝦肉韭菜餃	Prawn & Chives Dumpling	£3.80
粟米蝦餃	Babycorn & Prawn Dumpling	£3.80
菠菜蝦餃	Spinach & Prawn Dumpling	£3.80
齋餃	Vegetable Dumpling	£3.80
叉燒包	Char Siu Bun	£3.80
傳統香酥鴨	Classic Crispy Aromatic Duck Served with steamed pancakes, shredded cucumber and spring onion with ho sin sauce. ¼ portion ½ portion	£11.50 £19.50
三絲春卷	Three Silken Threads Spring Rolls (v) Crispy spring rolls filled with delicate threads of Chinese asparagus lettuce, flat cabbage and carrots.	£5.50
糖醋排骨	*Sweet and Sour Spare Ribs An incredibly popular Hunan dish, treacly sweet and tangy caramelised ribs.	£7.50
分雞絲	Shredded Smoked Chicken Crispy shredded smoked chicken, lightly wok fried in spicy salt, chilli, garlic.	£7.50
椒鹽鮮魷	Sichuan Pepper and Spicy Salt Squid 🌶️ Deep fried crispy squid, lightly wok fried in spicy salt, chilli, garlic and Sichuan pepper.	£7.50
四川口水雞	*Mouth-watering Sichuan Chicken 🌶️ Tender pieces of sliced cornfed chicken served with shredded bamboo shoots with a tingling spicy sauce.	£11.50
軟殼蟹	Crispy Soft-Shell Crab <i>Deep fried crispy soft shell crabs, prepared to your choice of either:</i>	
椒鹽	Dry Roasted Sichuan Peppers and Spicy Salt 🌶️	(each) £7.50
辣子	*Fragrant Chopped Red Chillies 🌶️🌶️ (2 crabs)	£15.00
潛水帶子	Fresh Diver Scallop Steamed scallops served in their shells Prepared to your choice of:	(each) £6.80
魚香味型	Sichuan ‘Fish Fragrant’ style – An intensely flavoured sauce of pickled red chillies, Sichuan chilli bean sauce, ginger and garlic with sweet sour and salty notes	
蒜蓉粉絲蒸	Garlic and Bean Thread Vermicell - Finely crushed garlic stirred fried with bean thread vermicelli.	
清蒸	Spring Onions and Soya Sauce Classic steamed scallops, served with a light garnish of finely sliced spring onions and soya sauce	

涼菜

Cold Appetisers

葱油腐竹	Yuba and Spring Onions (v) Wafer thin Yuba (beancurd skin) finely sliced and dressed in a light soya dressing with cucumber threads. Served cold.	£5.00
麻醬時菜	Blanched Spinach with Sesame Sauce (v) Roasted sesame seed paste poured over blanched spinach. Served cold.	£5.00
爽口木耳	Black Cloud Ear Fungus (v) Black cloud ear fungus with fresh coriander, garlic, chilli and Sichuan pepper Served cold.	£5.00
烤椒皮蛋	Preserved Egg with Chilli (v) Preserved duck egg with chili and grilled Sichuan pepper. Served cold.	£5.50
紅油耳片	*Spicy Pig's Ear in Sichuan Oil Sliced pig's ears with fresh garlic drizzled with Sichuan chilli oil dressing Served cold.	£7.50
雙椒螺片	*Whelk in Spicy Chilli Sauce Sliced Whelks dressed with fresh Sichuan Pepper, chopped red and green chillies vinaigrette. Served cold.	£8.50
鉢鉢肺片	Bobo Beef A Selection of sliced beef offal dressed in a light spicy peanut sauce and chilli oil. This starter is also known as 'man and wife on Chengdu Street' from whom the dish was made famous. Served cold.	£10.50

湯

Soup

雞肉粟米羹	Chicken and Sweet Corn Soup Vegetarian Option Available	£4.50
酸辣湯	*Sichuanese Sour and Hot Soup A Sichuan classic broth with finely sliced chicken slivers, cloud ears, diced vegetables, shiitake mushrooms and tofu in a warming peppery hot broth with the contrasting taste of sour sweet vinegar. Vegetarian Option Available	£4.50
宋嫂魚羹	Song So's Fish Soup A comforting soup of sliced white fish and king oyster mushrooms. This soup dates back 800 to the Southern Song Dynasty, made famous by the Song Emperor Zhao who came across it during his travels.	£5.00
雲吞湯	Won Ton Soup Homemade won ton chicken dumplings served in a light broth.	£5.50

海鮮 Seafood

新鮮蟹	Fresh Whole Crab*	£22.00
	<i>prepared and served to your choice of:</i>	
姜葱	Classic Style - stir fried with ginger and spring onions.	
烤	*Sichuan Chilli - stir fried in aromatic spices, chillies and garlic 🌶️🌶️	
新鮮龍蝦	Fresh Whole Lobster*	£37.50
	<i>prepared and served to your choice of:</i>	
姜葱 (麵底)	Classic Style - stir fried with ginger and spring onions, on noodle base	
烤	*Sichuan Chilli - stir fried in aromatic spices, chillies and garlic 🌶️🌶️	
	(* Whole /crabs/lobster will be chopped into large chunks and stirred fried.)	
宮保大蝦球	*Imperial 'Gongbao' King Prawns 🌶️	£14.50
	A medley of king prawns, crushed peanuts and red chillies in a tangy sweet sour sauce laced with chilli spice and a touch of Sichuan pepper. The dish is named after the 'Imperial Gongbao' Bureaucrat.	
清炒大蝦球	Stir fried King Prawns with Mixed Vegetable	£14.50
	Asparagus, edamame & sweetcorn	
麻辣大蝦球	*Ma La King Prawns 🌶️🌶️	£14.50
	Stir fried king prawns in Sichuan spices & fresh chilli. This dish is very spicy hot.	
香茅脆鱔	Fresh Eel with Lemongrass & Chilli Oil 🌶️	£18.50
	Quick deep fried crispy Eels which are then wok flavoured with lemongrass and chilli oil. A sweet spicy and fragrant dish with a touch of sourness to balance the chilli heat.	
野生椒鱸魚片	Sliced Sea Bass Fillet with Pickled Wild Chilli 🌶️	£23.50
	Sliced Sea Bass fillets with Kai Lan served over a fresh Sichuan pepper and chilli broth	
酸菜鱸魚	*Sliced Sea Bass Fillet with Pickled Mustards Greens and Chilli 🌶️	£25.00
	Light pieces of white fish served with pickled mustard greens in a refreshing spicy sour broth	
飄香沸騰魚 (水煮魚)	*Drifting Fragrant Sea Bass in Sizzling Chilli Oil 🌶️🌶️	£25.00
	Introducing a modern twist to a Sichuan Classic boiled fish dish. A Ma La hot, spicy salty savoury dish with contrasting sour flavours to balance the heat. Garnished with a sizzling pile of chillies. This dish is very spicy & hot.	
新鮮鱸魚	Fresh Whole Sea Bass	£28.00
	<i>prepared to your choice of:</i>	
清蒸	Steamed with ginger and spring onions	
烤	Sichuan Chilli - stir fried in aromatic spices, chillies and garlic 🌶️	

幹鍋系列

Dry-Wok Style Dishes

Dry Wok is a typical Hunanese way of serving cooked food in a small wok on the dining table.

幹鍋手撕
包菜

***Dry Wok Pork Belly and
Hand Torn Cabbage** 🌶️

£10.80

Thinly sliced pork belly and hand-torn cabbage tossed in spicy dried red chillies with a mellow and refreshing sweet sour taste

干鍋藕片

Dry Wok Sliced Lotus Root 🌶️🌶️

£10.80

Crunchy sliced lotus roots with crunchy mixed peppers, celery and Sichuan pepper. This dish is very spicy & hot.

干鍋仔雞

Dry Wok Chicken 🌶️🌶️

£12.50

Stir fried tender pieces of soft marinated chicken breast with chopped garlic, fresh chilli, ginger, chinese celery & Sichuan peppers. This dish is very spicy & hot.

干鍋大腸

Dry Wok Sliced Pig Intestines 🌶️

£12.50

An offal dish. Stir fried marinated pig intestines with chopped garlic, fresh chilli, ginger, chinese celery & Sichuan peppers.

干鍋鴨舌

Dry Wok Duck Tongue 🌶️

£14.50

Stir fried marinated duck tongue with chopped garlic, fresh chilli, ginger, chinese celery & Sichuan peppers.

牛肉類 Beef Dishes

- 小碗牛腩 **Home Style Beef Flank in Claypot** 🌶️ £9.50
A typical Sichuan style of cooking.
Beef flank slow cooked with beancurd waffle until tender in a sweet, savoury, medium hot chilli bean sauce.
- 幹煸牛肉絲 **'Dry Fried' Beef Slivers** 🌶️ £9.50
A Sichuan Style of cooking, where the ingredients are continuously cooked until they have dried out before spices and flavour. Dry fried beef slivers in a sticky sweet chilli coating
- 黑椒粒粒香 ***Fragrant Black Pepper Rib-eye Beef** 🌶️ £12.50
A warming peppery hot dish of diced Ribeye steak stir fried with mixed peppers, sweetcorn and asparagus.
- 孜然牛肉 ***Aromatic Rib-eye Beef with Cumin** 🌶️ £12.50
Slices of ribeye steak with mixed peppers in a rich, spicy cumin infused sauce with fresh coriander
- 水煮牛肉 ***Classic Sichuan Boiled Rib-eye Beef in Sizzling Chilli Oil** 🌶️🌶️ £13.50
Tender cuts of boiled beef in hot Sichuan chilli bean sauce, and fresh chillies. Garnished with a sizzling pile of chillies. This dish is very spicy & hot.

羊肉類 Lamb Dishes

- 孜然羊肉 ***Aromatic Lamb with Cumin** 🌶️ £12.50
Slices of lamb with peppers in a rich, spicy cumin infused sauce with fresh coriander

豬肉類 Pork Dishes

- 回鍋臘肉 **Double Cooked Pork** 🌶️ £9.50
A Sichuanese favourite. Lean double cooked sliced Pork Belly boiled in Sichuan spices and then stir fried in a sweet rich chilli sauce with mixed peppers, leeks and fresh chilli
- 川式紅燒肉 **Sichuanese Red Braised Pork Belly** £9.50
A dish loved by Chairman Mao. Double cooked pork belly braised in soya, sugar, rich aromatic Sichuan spices and sweet fermented paste. Served in a claypot over a bed of shiitake mushrooms.
- 東坡肘子 ***Dongpo Pork** £12.50
This dish dates back about 900 years to the Song Dynasty. Our variation uses Pork Knuckles which is cooked and braised in Chinese wine, chill bean paste and soya sauce which gives a sweet aromatic sauce.
- 水煮肉片 ***Classic Sichuan Boiled Pork in Sizzling Chilli Oil** 🌶️ £12.50
Tender cuts of boiled pork in hot Sichuan chilli bean sauce and fresh chillies. Garnished with a sizzling pile of chillies. This dish is very spicy & hot.

雞肉類

Chicken Dishes

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|------|---|--------|
| 糖醋雞 | Sweet & Sour Chicken
A variation on a popular Hunan dish.
Chicken chunks coated in a treacly sweet and tangy sauce. | £9.00 |
| 魚香雞絲 | 'Fish Fragrant' Chicken Slivers* 🌶️
This is one of the '23 Flavours of Sichuan'.
The blend of spices used in this type of flavouring is based on the flavours used in fish dishes, giving it the name 'fish fragrant'. A blend of pickled red chillies, garlic, ginger, cloud ears and Sichuan chilli bean paste in a salty, sweet, sour and spicy sauce.
(*There is no fish in this dish) | £9.00 |
| 宮保雞丁 | *Classic 'Imperial Gongbao' Chicken 🌶️
Named after an Imperial Governor of Sichuan.
A medley of chicken cubes, crushed peanuts and red chillies in a tangy sweet sauce laced with chilli spice and a touch of numbing Sichuan pepper | £9.50 |
| 芋兒仔雞 | Chicken with Young Taros 🌶️
Young Taros and chicken in an aromatic chilli bean paste and fresh Sichuan peppercorns. | £9.50 |
| 辣子雞 | *Fragrant Chilli Chicken 🌶️🌶️
Tender diced chicken with dried red chillies, red chilli oil and Sichuan peppercorns, stir fried until spicy and fragrant. Served with fragrant chillies.
This dish is very spicy & hot. | £12.50 |

豆腐

Beancurd 'Tofu' Dishes

- | | | |
|------|---|-------|
| 麻婆豆腐 | *Legendary Ma Po Tofu 🌶️🌶️
A much loved Sichuan dish dating back to the Qing Dynasty, named after the pock marked old Mrs Chen. This is the minced pork variation in a spicy chilli bean paste with ginger, garlic and braised silken tofu.
This dish is very spicy & hot. | £8.50 |
| 麻婆豆腐 | Legendary Ma Po Tofu 🌶️🌶️
(Vegetarian Option)
This dish is very spicy & hot. | £8.50 |
| 家常豆腐 | Home Style Tofu
Another type of Sichuan Flavour inspired by home style cooking. Deep fried thick sliced tofu and pork belly in a salty, savoury, medium hot chilli bean sauce with a touch of sweetness. | £8.50 |

時令蔬菜 Seasonal Vegetables

乾煸四季豆 ***Dry Fried Fine Beans** £8.50
Dry fried beans with finely chopped pork and spices

乾煸蘆筍 **Dry Fried Asparagus** £9.00
Dry Fried Aubergines with a finely chopped pork and spices

Above dishes are dry frying is yet another Sichuan style of cooking where the ingredients are constantly turned in the wok over a moderate heat and as they become drier, flavor and spices are added.

魚香茄子 ***'Fish Fragrant' Aubergines** 🌶️ £8.00
A blend of 'Fish Fragrant' spices and flavours with braised aubergines in a rich, spicy sauce
(*There is no fish in this dish)

紅燒茄子 **Red Braised Aubergine** £8.00
Braised aubergines in sweet fermented paste with mixed peppers and fresh shitake mushrooms.

尖椒土豆絲 **Potato Slivers with Chilli** 🌶️ (v) £7.00
Stir fried potato Slivers with garlic and chopped bullet chilli

蠔油鮮冬菇西蘭花 **Stir Fried Broccoli with Oyster Sauce** £8.00
Stir fried broccoli with fresh shitake mushroom in oyster sauce

蘆筍炒百合, 荷豆, 南瓜 **Stir Fried Asparagus, Lily Bulb, Mangetout and Crown Pumpkin** (v) £8.00

上海白菜 **Shanghai Pak Choi** (v) £8.00
choices of:
蒜蓉 Stir fried with Crushed Garlic
蠔油 Oyster Sauce
上湯 Braised in Broth

炒通菜 **Stir Fried Morning Glory** (v) £8.50
choices of:
椒絲腐乳 Fermented Bean curd and Crushed Chillies
蒜蓉 Crushed Garlic

芥蘭 **Stir Fried Kai Lan (Chinese Broccoli)** (v) £8.50
choices of:
薑汁 Light Ginger
蒜蓉 Crushed Fresh Garlic

小吃系列

Streetfood Snacks

Many famous Chinese dishes may well have started life as a street food, sold in the olden days by street vendors before making their way to restaurants menus. Chinese street food is served in small portions and eaten as snacks on the go. We have listed some popular street food snacks below which you can order and eat as a side accompaniment to your main course or on their own.

红油抄手	Sichuanese 'Chao Shou' Dumplings in Chilli Oil Dressing 🌶️ The shape of these dumplings are known in Sichuan as Chou Shou 'folded arms' are served in a fragrant ruby red chilli oil. In southern China, they are called wontons.	£5.00
北方水餃	Northern Chinese Crescent Shaped Dumplings Choice of filling: Minced Pork and Pak Choi Chicken and Mixed Vegetables	£5.00
猪肉白菜 雞肉什菜		
酸辣粉	*Sour and Hot Sweet Red Potato Noodles 🌶️🌶️ (v) Sweet red potato thread noodles in a very hot and spicy soup, topped with crushed peanut	£7.50
四川擔擔面	*Classic Sichuan Dan Dan Mian 🌶️ A famous Sichuan street snack. Chinese wheat noodles topped with finely chopped pork, a mixture of sweet and sour laced with heat from Sichuan pepper and pickled vegetables.	£7.50
雞絲蕎麥麵	Shredded Chicken with Buckwheat Noodles, Served Cold. Nutritious buckwheat noodles lightly tossed choices of: Sesame Sauce Sour and Hot Chill Sauce	£7.50
麻醬 酸辣		
紅燒牛肉面	Red Braised Beef Noodles in Soup 🌶️ A hearty red braised beef with deep mellow flavours of spicy bean and chilli. Served with shiitake mushrooms and noodles in soup	£7.50
馬蟻上樹	Ants Climbing Up a Tree Bean thread 'glass' vermicelli cooked with finely chopped spicy minced pork and chilli flakes. When the vermicelli is picked up with chopsticks, the minced pork resemble ants climbing up a tree	£7.50
雞絲炒烏冬	Shredded Chicken Stir Fried with Udon Noodles	£9.00
海鮮炒烏冬	Mixed Seafood Stir Fried Udon Noodles	£9.50
什錦炒飯	Diced Mixed Vegetable Egg Fried Rice (v)	£7.00
四川炒飯	Sichuan Special Fried Rice With finely chopped Chinese preserved pork sausage and edamame beans	£8.50
辣大蝦炒飯	Spicy King Prawns Egg Fried Rice 🌶️	£9.50
芽菜炒面	Stir Fried Egg Noodle with Beansprout	£5.50
蛋炒飯	Egg Fried Rice	£3.50
白米飯	Steam Fragrant Rice (v)	£2.50

