

粉面 Noodles

	Reg	Lg
长寿汤米粉	14	22
广式煎面		
Long Life Noodle Soup (Rice Noodles)		
Cantonese Pan-Fried Noodles		
Chicken or Pork	15	22
Vegetable	13	21
Seafood	18	27
干炒牛/鸡河粉	14	22
泰式炒米粉		
Beef or Chicken Chow Funn		
Pad Thai Noodles		
Chicken	14	22
Vegetable	14	22
Shrimp	16	24
星洲炒米粉		
Singapore Style Rice Noodles		
Shrimp and Pork	15	22
Vegetable	14	22
捞面	14	22
擔擔麵		
Combination Lo Mein		
Sichuan Dan Dan Noodles		
Pork	12	
Marinated Tofu	12	
Shrimp	14	

炒饭 Rice

	Reg	Lg
凤梨炒饭		
Fresh Pineapple Fried Rice with Choice of		
Chicken or BBQ Pork	17	
Seafood (Shrimp and Scallops)	19	
Vegetable	16	
扬州炒饭	14	22
雞或叉燒炒飯	12	19
蔬菜炒饭	11	18
虾炒饭	14	22

🌶️ Spicy ☯️ Gluten Free 🌱 Vegetarian 🥜 Nuts

Extra charge for substitutions

暢銷菜式 Popular

	Reg	Lg
左宗鸡	14	25
宫保鸡丁	13	24
Beef	17	26
Shrimp and Scallops	19	
腰果鸡丁	13	24
木须鸡	13	21
猪肉	13	21
虾	16	25
蔬菜	13	21
咖喱鸡	14	25
Vegetables and Tofu	13	24
甜酸鸡/虾		
Sweet and Sour		
Chicken	13	24
Shrimp	17	26
蒙古牛肉	16	26
湖南双丁	16	26

午餐 Lunch Specials

Monday-Friday 11:00 - 3:00 except holidays
Served with Egg Drop Soup, Crab Rangoon
and choice of steamed white, brown or fried rice

	Reg
煎三文鱼	15
左宗鸡	12
宫保鸡丁	12
腰果鸡丁	12
咖喱鸡	12
咖喱蔬菜	12
甜酸鸡	12
蒙古牛肉	13
湖南双丁	13
家常豆腐	12
芥兰牛	13
素雜錦	12



BO LINGS

Serving fresh, made-to-order Chinese cuisine since 1981

Zona Rosa

8670 N.W. Prairie View Road
Kansas City, MO 64153

Open 7 Days
816-587-7880

Order Online
www.bolings.com



汤 Soup

	Cup	Bowl	Qt
鸡片锅巴汤 ☞ Sizzling Rice Soup with Chicken (serves 2)			11
云吞汤 Chicken Wonton Soup	4.5	6	9
酸辣汤 🌶️ Hot & Sour Soup	4.5	6	9
蛋花汤 ☞ Egg Drop Soup	4	5.5	8.5

餐前小食 Appetizers

	Reg	Lg
生菜包 Chicken Lettuce Wraps	9	
🌿 Vegetable	9	
酥炸鱿鱼 Crispy Calamari	11	16
炸花椰菜 🌿 Ling's Cauliflower or Eggplant	9	14
或茄子 🌿 Combo	12	18
香炸鸡翅 Dragon Wings	8	12
毛豆 🌿 ☞ Edamame	6	11
	6 pcs	18 pcs
蟹角 Crab Rangoon	8	23

卷 Rolls

	2 pcs	6 pcs
越南春卷 Vietnamese Style Spring Rolls		
Ⓝ Shrimp and Pork	8.5	22
🌿 Vegetable	8.5	22
蔬菜春卷 🌿 Vegetable Spring Rolls	5.5	16
春卷 Egg Rolls	5.5	16
	3 pcs	9 pcs
炸虾卷 Crispy Shrimp Rolls	6.5	18

饺子 Dumplings

	8 pcs	24 pcs
蔬菜蒸饺 🌿 Steamed Vegetable Dumplings	9	24
锅贴/蒸饺 Pan-Fried / Steamed Pork Dumplings	9	24
红油抄手 🌶️ Sichuan Dumplings	9	22
鸡肉/猪肉 Choice of Chicken or Pork		

港式点心 Dim Sum

虾吐司 Shrimp Toast	7
烧卖 Siu Mai (4) Shrimp and chicken, thin wrapper	5
蚝油叉烧包 Steamed BBQ Pork Buns (2)	5

自创菜

Build Your Own Stir-Fried Dish

肉	Choice of Meat (choose one):	
	Sliced Chicken Breast	15
	Fried Organic Tofu	14
	Sliced Flank Steak or Jumbo Gulf Shrimp	18
	Any two kinds of meat	18
蔬菜	Choice of Vegetables (choose up to four):	
	Napa Cabbage • Gai Lan • Broccoli	
	White Mushrooms • Shitake Mushrooms	
	Zucchini • Carrots • Baby Bok Choy	
	Snow Peas • Bell Peppers • Jalapeño Peppers	
酱汁	Choice of Sauce (choose one):	
	Soy, Ginger & Garlic • ☞ Light Ginger Sauce	
	🌶️ Yu Xiang • 🌶️ Sha Cha (seafood based sauce)	
	🌶️ Sichuan Peppercorn	
坚果	Choice of Nuts (choose one):	+2
	Peanuts • Cashews • Walnuts	

素菜 Vegetables

	Reg	Lg
干煸四季豆 🌶️ 🌶️ Green Beans Sichuan Style	12	20
加豆腐干 Add Marinated Tofu	+3	+3
鱼香双茄 🌶️ 🌶️ Sichuan Eggplant and Tomatoes	13	21
家常豆腐 🌶️ 🌶️ Tofu Family Style	12	20
麻婆豆腐 🌶️ 🌶️ Ma Po Tofu	12	20
	Add pork	+3 +3
蒜蓉青冈菜 🌿 ☞ Baby Bok Choy with Garlic Sauce	12	19
芥兰 🌿 ☞ Gai Lan with oyster sauce or garlic	13	21
素雜錦 🌿 ☞ Sautéed or Steamed Mixed Vegetables	12	20

厨师推荐 House Specialties

北京烤鸭 Beijing Roasted Duck (Whole)	43
(Half)	26
<i>Our famous dish with crispy skins and tender meat, steamed buns, cucumbers, scallions, hoisin sauce</i>	
煎三文鱼 Salmon Teriyaki	22
<i>Pan-seared salmon, steamed mixed vegetables</i>	
香辣鱼 🌶️ Pong Pong Fish	18
<i>Lightly battered white fish fillets with vegetables, ginger and garlic in a hot Sichuan chili sauce</i>	
水煮鸡/鱼/牛 🌶️ Sichuan Wonder	
<i>Fresh Napa cabbage in a spicy chili-paste broth with Sichuan peppercorn and garlic</i>	
Chicken	15
Fish	18
Beef	18
🌿 Tofu	14
干烧大虾 🌶️ Ginger and Garlic Shrimp	18
<i>Jumbo Gulf shrimp in a sweet & spicy garlic onion sauce</i>	
湘潭二味 🌶️ Shrimp and Pork Delight	18
<i>Jumbo Gulf shrimp in chili sauce and pork in garlic sauce</i>	
陈皮鸡/虾 🌶️ Orange Peel	
<i>Lightly battered and tossed in a spicy garlic sauce with fragrant orange peels</i>	
	Reg Lg
Chicken	14 25
Shrimp	17 26
Combo	16 26
脆皮牛 🌶️ Beijing Crispy Beef	17 26
<i>Crispy beef stir-fried in a spicy sweet & savory garlic sauce</i>	
鲜汁核桃鸡/虾 🌿 ☞ Honey Walnut	
<i>Crispy fried in a honey and mayo sauce topped with glazed walnuts and served with fresh, juicy orange slices</i>	
Chicken	14 25
Shrimp	17 26
Combo	16 26

铁板 Sizzling Plates

	Reg
铁板豉汁鸡 Sizzling Cantonese Chicken	15
铁板带子虾牛 Sizzling Shrimp, Scallops or Beef	
Choose Two	19
Choose Three	23
铁板锅巴菜 ☞ House Special Sizzling Rice	19