

Frank's Noodle House



手工拉面

Handmade Noodles

The Best Hand Pulled Noodles in Town
Family style noodle recipe with no chemical added

www.franksnoodlehousepdx.com

Lunch Special

Monday to Friday 11 a.m. to 2:30 p.m. only,
not available on Saturday & Holidays

Chef's Specials

(Served with one bowl of white rice)

Low sodium available upon request

Cashew Chicken.....	\$8.95
Kung-Pao Chicken.....	\$8.95
Broccoli Chicken.....	\$8.95
Orange Chicken.....	\$9.95
General Tso's Chicken.....	\$9.95
Broccoli Beef.....	\$9.95
🌶️ Stir-fried Squid.....	\$10.95
🌶️ Pork with Napa Cabbage.....	\$9.95

Stir-Fried Handpulled Noodles

Low sodium available upon request

Vegetarian Handpulled Noodles.....	\$7.95
Handpulled Noodles with Tofu.....	\$8.95
Handpulled Noodles with Pork Belly.....	\$8.95
Handpulled Noodles with Chicken.....	\$8.95
Handpulled Noodles with Shrimp.....	\$9.95
Handpulled Noodles with Beef.....	\$9.95
Handpulled Noodles with Squid.....	\$10.95

House Special Fried Rice

Low sodium available upon request

Egg Fried Rice.....	\$7.95
🌶️ Kimchee Fried Rice.....	\$8.95
Chicken Fried Rice.....	\$8.95
Pork Fried Rice.....	\$8.95
Beef Fried Rice.....	\$9.95
Shrimp Fried Rice.....	\$9.95

(We provide one complimentary cup of your choice of egg flower or hot & sour soup during lunch special hour, Dine in Only)

(You can choose spicy levels for your food from level 0-4)

Introduction



Hand pulled noodles (LaMian) - A taste of Northwest China:

According to LaMian history, a Hui Muslim chef from city of Lanzhou first invented LaMian(hand pulled noodles) in the early 1800s, during the Qing Dynasty (1644-1911). His descendants continued in the tradition of making noodles and the fame and popularity of the dish quickly grew among the local population.

LaMian is a type of Chinese noodle made by stretching and folding the dough into strands. The noodles should be made fresh and dropped into boiling water immediately. Often customers can watch the whole process from their table.

Frank's Noodle House:

Frank was born in a traditional Chinese family in the late 1950s. Like most families at that time, his mother was in charge of cooking for the family. Frank loved cooking when he was young; he always helped in the kitchen and learned to cook the family style noodles from his mother.

In August, 2010, Frank's noodle house opened, Frank believes that from all these years of noodle making experience, the key to a good dish of handmade noodles is high quality, fresh, simple ingredients.

The Noodles provide a good choice for a healthy meal of the day. Wheat flour noodles provide carbohydrates, vegetables (cabbage, green/red bell pepper, onion, and celery) fibers, and with the additional meat options provide extra protein you need.

Appetizers



Handmade Dumplings.....\$7.95

水饺 (Fillings made with ground pork & chives, 1 order 10 pieces)

Fried Spring Rolls.....\$4.95

春卷 (Vegetarian fried flour paper roll, 1 order 2 pieces)

Crab Puff.....\$5.95

炸蟹角 (Crab meat & cream cheese ball deep fried in batter, 1 order 4 pieces)

Fresh Salad Rolls.....Gluten Free..... \$4.95

色拉卷 (Vegetarian fresh rice paper roll, 1 order 2 pieces cut into half)

Fried Fish (Mackerel).....Gluten Free... \$9.95

香煎鱼 (Deep fried mackerel fish with a slice lemon on the side)

Chinese Herbal Sliced Beef..... \$13.95

五香牛肉 (Prepared with fresh shredded Cabbage, sliced cucumber, green onions, and house made garlic vinegar sauce)

Chinese Herbal Pork Hock..... \$13.95

五香猪蹄 (Prepared with fresh shredded Cabbage, sliced cucumber, green onions, a se made garlic vinegar sauce)



Soup

Spicy pork bone & potato stew....\$12.95

Gluten Free

辣味猪骨土豆汤 (Pork bone stew with potato, napa cabbage, etc)

WonTon Soup.....\$10.95

馄饨汤 (WonTon with ground pork & green onion filling, with chicken broth soup, baby bok choy, mushroom, carrot)

Dumpling Soup.....\$10.95

水饺汤 (Dumplings with ground pork & chives filling, with chicken broth soup, baby bok choy, mushroom, carrot)

Egg Flower Soup... Gluten Free.. Bowl.. \$6.95

蛋花汤Cup.. \$2.50

Hot & Sour Soup.....Bowl.. \$6.95

酸辣汤Cup.. \$2.50

Seafood Salad

Jelly Fish Salad..... \$15.95

凉拌海蜇 (Prepared with shredded cucumber & green onions, and garlic vinegar sauce)

Squid Salad..... \$15.95

凉拌鱿鱼 (Prepared with shredded cucumber & green onions, and garlic vinegar Korean red paste sauce)

(You can choose spicy levels for your food from level 0-4)

(Additional meat or add extra veggie will cost additional charge)

Noodles

Frank's signature Stir-fried Handmade Noodles with your Choice of Meat or Veggie

正宗西北炒手工拉面
(炒拉条)

(Hand pulled noodles stir-fried with shredded cabbage, red/green bell pepper, sliced onions, chopped celery)



Vegetarian.....	\$9.95	Tofu.....	\$10.95
Pork Belly.....	\$11.95	Squid.....	\$14.95
Beef.....	\$12.95	Shrimp.....	\$13.95
Chicken Breast (Marinated, sliced).....	\$11.95		

Low sodium available upon request

Hot & Spicy Sour Sweet Potato Glass Noodles (Gluten Free & Vegetarian)

重口味特色:酸辣粉.....\$11.95

Thai Style Stir-fried Curry Rice Noodles (Gluten Free)

(Vegetarian, add tofu for \$2, add chicken breast/pork/beef/shrimp/squid for \$3)

泰式咖喱炒米粉.....\$10.95

Traditional Biang Biang Noodles

油泼辣子裤带面 (遛遛面).....\$12.95

Szechuan Style Dan Dan Noodles / Pork

四川担担面.....\$11.95



Chicken or Veggie Broth Soup Noodles 汤面 Low sodium available upon request

(prepared with fresh baby bok choy, mushroom, carrot, includes chicken or veggie broth)

Vegetarian

hand pulled \$9.95 machine cut \$9.95 gluten free rice noodles \$9.95

Tofu

hand pulled \$11.95 machine cut \$10.95 gluten free rice noodles \$10.95

Chicken

(Marinated chicken breast)

hand pulled \$11.95 machine cut \$10.95 gluten free rice noodles \$10.95

Shrimp

hand pulled \$13.95 machine cut \$12.95 gluten free rice noodles \$12.95

Squid

hand pulled \$14.95 machine cut \$13.95 gluten free rice noodles \$13.95



Frank's Family Style Beef Soup Noodles 家庭式兰州牛肉汤面

(prepared with thin sliced beef & daikon radish, chopped coriander and green onion, includes special prepared beef broth)

hand pulled noodles (手工拉面)\$12.95

hand prepared fresh machine cut noodles (机器切面)\$11.95

gluten free rice noodles (米粉面条)\$11.95

Low sodium available upon request

Handmade Noodles with Black Bean Sauce 炸酱面

(Black Bean Sauce Stir-fried with chopped pork and onions, or vegetarian with chopped onions)

.....\$12.95

Low sodium available upon request



Side of plain hand pulled noodles cost \$4.00 per order

(You can choose spicy levels for your food from level 0-4)

(Additional meat or add extra veggie will cost additional charge)

Korean Style BBQ

BBQ Chicken\$11.95

烤鸡排

BBQ Pork.....\$11.95

烤五花肉

BBQ Chicken Gizzard...\$14.95

烤鸡胗

BBQ Quail\$14.95

烤鹌鹑

BBQ Beef Short Ribs\$12.95

烤牛小排

Bulgugi Sliced Beef\$12.95

韩国风味炒牛肉



Chef's Specials

Low sodium available upon request

Chicken 鸡肉类

Cashew Nut Chicken.....\$10.95

Marinated chicken thighs & cashew nuts stir-fried with red sauce

腰果鸡 add hand pulled noodles \$4 to go with this dish, yum

KungPao Chicken.....\$10.95

Marinated chicken thighs & peanuts stir-fried with KungPao sauce

宫保鸡 add hand pulled noodles \$4 to go with this dish, yum

Broccoli Chicken... Gluten Free...\$10.95

Marinated chicken breast stir-fried with white sauce

芥蘭鸡 add hand pulled noodles \$4 to go with this dish, yum

Teriyaki Chicken.....\$13.95

Marinated chicken thighs stir-fried with teriyaki sauce

日式照 add hand pulled noodles \$4 to go with this dish, yum

Orange Flavor Chicken.....\$13.95

Breaded chicken thighs deep fried and then stir-fried with orange flavor sauce

陈皮鸡 broccoli on the side add hand pulled noodles \$4 to go with this dish, yum

Sesame Chicken.....\$13.95

Marinated Chicken breast stir-fried with sesame seeds in a sweet

芝麻鸡 brown sauce with deep-fried rice noodles

🌶️ Mongolian Chicken.....\$13.95

Marinated chicken breast and stir-fried with green onions in a savory

蒙古鸡 brown sauce with deep-fried rice noodles

General Tso's Chicken.....\$12.95

Breaded chicken thighs deep fried and then stir-fried with red sweet sauce

左宗鸡 broccoli on the side add hand pulled noodles \$4 to go with this dish, yum

Honey Glazed Chicken.....\$14.95

Breaded chicken breast deep fried and then stir-fried with sweet honey mixed

蜜汁鸡块 sauce add hand pulled noodles \$4 to go with this dish, yum



(Small bowl of white rice costs \$1.00 per order)

Side of plain noodles cost \$4.00 per order

(You can choose spicy levels for your food from level 0-4)

(Additional meat or add extra veggie will cost additional charge)

Chef's Specials

Low sodium available upon request

Beef

Sesame Beef..... \$14.95

Flank steak, and stir-fried with sesame seeds in a sweet brown sauce
芝麻牛 with deep-fried rice noodles

🌶️ Mongolian Beef..... \$14.95

Flank steak, and stir-fried with green onions in a savory brown sauce
蒙古牛 with deep-fried rice noodles

String Beans /Beef..... \$12.95

Marinated beef steak slice, string beans stir-fried with brown sauce
四季豆牛 add hand pulled noodles \$4 to go with this dish, yum

Broccoli Beef..... \$12.95

Marinated beef steak slice, broccoli, carrots stir-fried with brown sauce
芥蘭牛 add hand pulled noodles \$4 to go with this dish, yum

🌶️🌶️🌶️ Stir-Fried Super Hot&Spicy Beef Tendon\$16.95

爆炒麻辣牛筋



Seafood 海鲜类

🌶️ Stir-Fried Squid..... \$14.95

Sliced humboldt squid stir-fried with cabbage, bell peppers, onion celery with Korean spicy red paste
幹烹鱿鱼

🌶️ Stir-Fried Octopus..... \$14.95

Sliced chewy octopus stir-fried with cabbage, bell peppers, onion celery with Korean spicy red paste
幹烹八爪鱼

🌶️ Salty Pepper Squid.... Gluten free... \$14.95

椒盐鱿鱼 Breaded calamari squid deep fried and then stir fried with green/white onions and bell peppers with salt & pepper seasonings

🌶️ Salty Pepper Shrimp... Gluten free... \$17.95

椒盐虾 Breaded large shrimp deep fried and then stir fried with green/white onions and bell peppers with salt & pepper seasonings

Honey walnut Shrimp..... \$17.95

Large shrimp with sweet white creamy sauce and walnut
蜜汁核桃虾

Sesame Shrimp..... \$15.95

Deveined shrimp stir-fried with sesame seeds in a sweet brown sauce
芝麻虾 with deep-fried rice noodles



Pork Belly 五花肉

🌶️ Stir-Fried Pork & Napa Cabbage

Sliced napa cabbage, pork belly stir-fried with Korean red paste

五花肉炒白菜\$13.95

(Small bowl of white rice costs \$1.00 per order)

Side of plain noodles cost \$4.00 per order

(You can choose spicy levels for your food from level 0-4)

(Additional meat or add extra veggie will cost additional charge)

House Special Fried Rice

Low sodium available upon request



Egg Fried Rice..... \$9.95

蛋炒饭

 Kimchee Fried Rice.....\$10.95

泡菜炒饭

Chicken Fried Rice.....\$10.95

鸡肉炒饭

Pork Fried Rice.....\$10.95

猪肉炒饭

Beef Fried Rice.....\$11.95

牛肉炒饭

Shrimp Fried Rice.....\$11.95

虾炒饭

Vegetarian Specials

Low sodium available upon request

General Tso's Tofu \$12.95

左宗豆腐

KungPao Tofu \$10.95

宫保豆腐

 Mapo Tofu..... \$10.95

麻婆豆腐 (Soft tofu stir-fried with house spicy red sauce)

Shanghai Baby Bok Choy..... \$10.95

清炒上海小白菜 (Fresh chopped Shanghai baby bok choy stir-fried with house special sauce)

Szechuan Style String Beans..... \$10.95

炒四季豆 (String beans mushroom and sliced onions stir-fried with house special brown sauce)

Steamed Chinese Broccoli with Oyster Sauce..... \$10.95

蚝油芥菜

Side of steamed Veggie.....(ask wait-staff for choices)..... \$7.00

水煮青菜



(You can choose spicy levels for your food from level 0-4)

(Additional meat or add extra veggie will cost additional charge)

Gratuuity will be added to party of 6+

For our customers with food sensitivities/allergies: Our kitchen uses MSG, egg, fish, nuts, wheat, etc. We can exclude some ingredients from some dishes, and we always wash our wok between orders. However, we cannot guarantee and absolute absence of trace amounts of those ingredients.

(Small bowl of rice costs \$1.00 per order)

We provide a small free sample sized dish of Kimchee & Radish (Dine in Only)

Additional full size or take-out dish of Kimchee & Radish costs \$1.00 per dish

