

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 3:00 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
Gluten Free.....	
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)

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, and house 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

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

Stir-fried Handmade Noodles with your Choice of Meat or Veggie

正宗西北炒手工拉面（炒拉条） Low sodium available upon request

(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
Chicken Breast (Marinated,sliced).....	\$11.95
Beef.....	\$12.95
Shrimp.....	\$13.95
 Squid.....	\$14.95

Chicken or Veggie Broth Soup Noodles 汤面

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

(You have a choice of hand pulled wheat flour noodles or gluten free rice noodles)



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

Low sodium available upon request

Handmade Noodles with Black Bean Sauce

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

炸酱面

.....\$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

Cashew 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

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

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

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

 Stir-Fried Squid..... \$14.95


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

幹烹鱿鱼

 Stir-Fried Octopus..... \$14.95


Sliced humboldt squid 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

Breaded calamari squid deep fried and then stir fried with

green/white onions and bell peppers with salt & pepper seasonings

 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 \$0.50 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)

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



(You can choose spicy levels for your food from level 0-4)
(Additional meat or add extra veggie will cost additional charge)

Drinks

Beverages

Soda coke, diet coke, sprite.....\$1.50 per can

Hot Tea Jasmine Green tea.....\$1.50 per pot



Beer

Tsing Tao (Chinese beer)..Sapporo (Japanese beer)....Hite (Korean beer)....12oz \$4.50
.....20 oz \$7.50



House Premium Sake

.....\$7.00 / bottle



House Wine



Cabernet Sauvignon, Merlot, Chardonnay.....\$7.00 Per glass
Corkage fee.....\$10.00 per 750 ml bottle (wine only)

For bottle Pricing, please ask server for selection list

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 an absolute absence of trace amounts of those ingredients.

Limit 3 credit cards per table, there is an ATM across the street if needed, and we charge 0.25 for credit card transactions under \$10, thank you for your understanding.

Gratuuity will be added to party of 6+



(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