

Pork / Beef

- Mandarin Pork** 京醬肉絲
Tender strips of pork in a delicious hoisin sauce, served on a bed of stir-fried bean sprouts. **Regular 9.95 Large 15.95**
- Moo Shu Pork** 木須肉
Strips of pork, cabbage, mushrooms, eggs, scallions and noodles in soft hand rolled pancakes. Served with hoisin sauce. **9.95 15.95**
- Spicy Mongolian Beef** 蒙古牛肉
Tender sliced beef and fresh green onions in a spicy garlic-hoisin sauce served over crispy rice noodles. **10.95 16.95**
- Beef with Broccoli** 芥蘭牛肉
Tender sliced beef and fresh broccoli in our delicious brown sauce. **10.95 16.95**
- Sichuan Peppercorn Beef** 川椒牛肉
Tender sliced beef in a spicy peppercorn and chili sauce, served with stir-fried vegetables. **10.95 16.95**

Vegetables and Tofu

- Green Beans Sichuan Style** 干扁四季豆
Tender fresh green beans with garlic, ginger and chili in a light soy sauce - simple ingredients, complex flavors. Our best-selling vegetable dish. **Regular 8.75 Large 14.95**
- Spinach with Garlic** 蒜蓉菠菜
Fresh spinach sauteed with garlic. **8.75 14.95**
- Sauteed Mixed Vegetables** 焗什蔬
Fresh seasonal vegetables in a light ginger and scallion sauce. **8.75 14.95**
- Sichuan Eggplant & Tomato** 魚香雙茄
Tender Chinese purple eggplant and fresh tomato with garlic and ginger in our special slightly sweet chili sauce. **8.95 14.95**
- Sichuan Ma Po Tofu with Pork** 麻婆豆腐
A classic dish from China's Sichuan province, this dish has soft tofu and lean pork in a spicy garlic, ginger and peppercorn chili sauce. **8.75 14.95**
- Tofu with Black Beans & Garlic Sauce** 豉汁豆腐
Lightly fried tofu with bell peppers, mushrooms and broccoli in a savory black bean and garlic sauce. **8.95 14.95**
- Tofu Family Style** 家常豆腐
Lightly fried tofu with bell peppers, mushrooms, broccoli and bamboo shoots in a spicy brown sauce. **8.75 14.95**
- Spicy Curry Vegetables** 咖喱蔬菜
Fresh mixed vegetables in our special blend of curry, herbs, and coconut milk. **8.95 14.95**

Light Dishes

- Steamed vegetables and meat with no oil or seasonings.
- Steamed Chicken & Vegetables** 時菜蒸雞
Regular 9.75 Large 14.95
 - Steamed Mixed Vegetables** 水焗素菜
8.75 14.95

Noodles

We offer many delicious noodle dishes including thin Cantonese noodles, soft lo mein noodles and three different kinds of rice noodles. Each dish is different and is large enough to be a meal in itself.

- Sichuan Dan Dan Noodles** 四川担担麵
Soft noodles in a special sesame-chili-soy-garlic sauce with a touch of Chinese black vinegar. **With Pork or Tofu 豆腐或雞肉 8.35 13.95 With Shrimp 蝦 8.95 15.95**
- Long Life Noodle Soup** 長壽雞擔擔麵
Shrimp, chicken and egg with fresh spinach and thin rice noodles in a delicious chicken broth. **8.95 14.95**
- Bo Lings Fried Noodles** 兩麵卷
Pan-fried egg noodles smothered with our House Special Triple Delight - jumbo shrimp, sliced chicken and beef stir-fried with fresh vegetables in our delicious brown sauce. **10.95 16.95**
- Pad Thai Noodles** 泰式炒米粉
Famous Thai noodle dish served with fresh bean sprouts, peanuts and a lemon wedge. **With Jumbo Shrimp 大蝦 11.95 17.95 With Chicken 雞 10.95 16.95**
- Beef or Chicken Chow Funn** 干炒牛河
A classic Cantonese dish of soft flat rice noodles and tender beef or chicken with bean sprouts and onions. **9.75 15.95**
- Cantonese Noodles with Chicken** 廣式雞炒麵
Pan-fried thin egg noodles under a light stir-fry of fresh vegetables with your choice of meat. **With Chicken 雞 9.75 15.95 With Seafood 蝦 12.95 18.95**
- Singapore Style Noodles with Curry** 星洲炒米粉
Onions, egg and bean sprouts sauteed with thin rice noodles and mild curry. **With Shrimp 蝦 11.95 17.95 With Vegetables 蔬菜 9.75 15.95**
- Chicken or Vegetable Lo Mein** 雞或蔬菜撈麵
8.95 14.95

Rice

- We serve a blend of aromatic jasmine rice from Thailand and extra long grain domestic rice for the best taste and texture.
- House Special Rice Plate** 本樓炒飯
White fried rice served aside shrimp, scallops, chicken and vegetables in our delicious brown sauce. **Regular 9.95 Large 15.95**
 - Fresh Vegetable Fried Rice** 蔬菜炒飯
Thinly sliced zucchini, mushrooms, snow peas, carrots, bean sprouts and egg in a mixture of white and brown rice. **8.25 14.95**
 - Young Chow Fried Rice** 揚州炒飯
White rice cooked with shrimp, chicken, roast pork, egg and peas. **8.95 14.95**
 - Shrimp Fried Rice** 蝦炒飯
8.95 14.95
 - Chicken or Pork Fried Rice** 雞或叉燒炒飯
8.75 14.95

Indicates spicy dish

Lunch Menu

Monday ~ Saturday: 11am ~ 3pm

Combination Plates

Our special lunch plates are served with egg drop soup, crab rangoon, and your choice of vegetable fried rice, steamed white, or brown rice. (Rice is not served with noodle dishes.)

- Grilled Salmon Teriyaki Style** 7.05
Fresh salmon fillet grilled to perfection in a Japanese style sauce with steamed vegetables.
- General Tso's Chicken** 8.95
Our most popular dish! Crispy chicken in a sweet and spicy sauce.
- Sichuan Peppercorn Chicken** 7.95
Sliced chicken in a spicy peppercorn and chili sauce, served with stir-fried vegetables.
- Gong Bao Chicken** 7.95
A hot and spicy dish with diced chicken stir-fried with dried red peppers and crunchy peanuts, served with fresh green beans.
- Spicy Curry Chicken** 7.95
Our special blend of curry and herbs, tender chicken, fresh vegetables and coconut milk.
- Cashew Chicken** 7.95
A house favorite, with tender diced chicken and fresh vegetables in our delicious brown sauce.
- Chicken with Vegetables** 7.95
Sliced chicken and fresh vegetables in a light ginger and scallion sauce.
- Sweet and Sour Chicken** 7.95
- Chicken and Shrimp Hunan Style** 8.95
Tender shrimp, diced chicken, mushrooms, snow peas and red bell peppers in a spicy chili sauce with garlic and onions.
- Sichuan Peppercorn Beef** 8.25
Tender beef in a spicy peppercorn and chili sauce, served with stir-fried vegetables.
- Spicy Mongolian Beef** 8.25
Tender sliced beef and fresh green onions in a spicy garlic hoisin sauce served over crispy rice noodles.
- Beef with Broccoli** 8.25
- Spicy Curry Vegetables** 7.95
Fresh mixed vegetables in our special blend of curry, herbs, and coconut milk.
- Sauteed Mixed Vegetables** 7.95
Fresh seasonal vegetables in a light ginger and scallion sauce.

Children's Menu

Served with steamed rice. For children 12 and under

- Crispy Chicken** 脆皮雞 6.00
- Chicken and Broccoli** 6.00
- 芥蘭雞** 6.00
- Lo Mein Noodles** 撈麵 6.00



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9055 Metcalf Ave.
Overland Park, KS 66212

N. E. corner of
91st & Metcalf Ave.



BO LINGS
chinese please!

Dim Sum
Saturday & Sunday (11:00am - 3:00pm)

www.bolings.com

History of Bo Lings

Bo Lings, named after its creators Richard "Bo" and Theresa "Far Ling" Ng, opened in 1981 looking to introduce a higher standard of quality Chinese dining to Kansas City. Twenty-six years later, they have expanded to six locations throughout both Greater Kansas City areas, where Bo Lings has been acknowledged repeatedly as the **Best Chinese Restaurant** in town.

Bo Lings strives to provide you with the dishes you know and love, while at the same time adding new and exciting dishes you are sure to enjoy. Our menu offers dishes that reflect the local flavors of various regions all over China and Asia, where Richard and Theresa often travel to pick up new ideas and recipes to incorporate into our menus.

Today, Bo Lings is known for its high quality cuisine and its dedication to using only the freshest, highest-quality ingredients. We take pride in serving you food that has been freshly prepared in our own kitchens - from hand-wrapped dumplings to homemade sauces, Bo Lings adds a personal touch to every dish we serve.

Thank you for choosing Bo Lings! We will provide you with the best service possible, and would like you to know that we prepare and cook with only the best quality ingredients, cook every meal to order, and use no M.S.G. in most of our sauces or entrees. If your favorite dish is not on this menu, please ask your server and we will do our best to serve you.



Appetizers

- Grilled Chicken Satay** 沙爹雞串
Grilled Thai style chicken on skewers, served with a spicy peanut-coconut dipping sauce. **Regular (4) 6.95 Large (12) 17.95**
- Crispy Eggplant** 炸茄子
Fresh Chinese eggplant in a light batter, served with a soy-vinegar dipping sauce. **6.25 11.75**
- Crispy Calamari** 椒鹽魷魚
Lightly battered calamari rings seasoned with chili and Asian spices. **7.95 13.95**
- Crispy Shrimp Rolls** 炸蝦卷
Light delicate spring rolls filled with a delicious shrimp mixture. **(3) 4.75 (9) 12.95**
- Vietnamese Style Spring Rolls** 越南春卷
Fresh shrimp, roasted pork, crispy cucumber, and rice noodles rolled up with fresh lettuce and cilantro in steamed rice wrappers. Served with a peanut dipping sauce. **(2) 4.75 (6) 13.95**
- Vegetable Spring Rolls** 素菜春卷
Mushrooms, cabbage, celery and bamboo shoots in light crispy wrappers. **(2) 3.95 (8) 12.95**
- Barbecued Baby Back Ribs** 豉汁排骨
Tender and delicious baby back ribs slow-roasted in our special hanging oven. **8.95 17.95 (1/2 slab whole slab)**
- Crab Rangoon** 蟹肉雲吞
A Bo Ling's favorite! Crab meat, cream cheese, garlic and scallions in crispy wrappers. **(6) 6.25 (18) 16.95**
- Cantonese Lettuce Wraps** 雞絲生菜包
Choose chicken or vegetable. Shitake mushrooms and water chestnuts served over crispy rice noodles in fresh lettuce cups. Served with our homemade plum sauce. **(3) 6.75 extra wrap 2.25 each**
- Edamame** 青毛豆
Lightly salted soybeans in the pod, served warm. **4.75 9.75**

Dumplings

- Sichuan Pork Dumplings** 紅油抄手
Steamed pork dumplings in a delicious garlic soy sauce with chili oil. **Regular (8) 6.25 Large (24) 16.25**
- Meat Dumplings** 蒸餃或鍋貼
Tender pork and fresh vegetables in handmade dumpling wrappers, served with a soy-vinegar dipping sauce. **Choose steamed or pan-fried. (8) 6.55 (24) 16.95**
- Steamed Vegetable Dumplings** 素菜蒸餃
Spinach, nappa cabbage, mushrooms and ginger wrapped in handmade dumpling wrappers and served with a soy-vinegar dipping sauce. **(8) 6.55 (24) 16.95**

Soup

- Hot and Sour Soup** 酸辣湯
Lean pork, mushrooms, tofu, egg and bamboo shoots in a rich soup. Very popular. **Cup 2.95 Bowl 3.95 Qt. 7.95**
- Chicken Wonton Soup** 雲吞湯
Handmade chicken-filled wontons in a light broth served with chicken and nappa cabbage. **2.75 3.75 7.75**
- Egg Drop Soup** 蛋花湯
Classic chicken broth-based soup with ribbons of fresh eggs. **2.55 3.55 7.55**
- Sizzling Rice Soup with Chicken** 雞片鍋巴湯
Sliced chicken, mushrooms, snow peas and crispy rice in broth. **(for 2) 7.55**
- Vegetable Soup with Seaweed** 素菜湯
Fresh spinach, tomato, snow peas, tofu, nappa cabbage and Japanese seaweed in a clear vegetable broth. **(for 2) 7.55**
- Assorted Seafood Soup** 海鮮湯
A delicate soup with shrimp, scallops, crab and fresh vegetables. **(for 2) 8.55**

House Specialties

- Cantonese Style Whole Flounder** 鮮汁核桃雞
Tender boneless flounder served one of two ways: **In Ginger-Scallion Sauce 碧香龍利球 With Special Salt and Chili Pepper Seasoning 椒鹽龍利球** **Regular 18.95 Large**
- Grilled Salmon Teriyaki** 煎三文魚
Salmon fillet with fresh vegetables. **14.95**
- With Shrimp 加蝦 18.95**
- Cantonese Steamed Salmon Fillet** 蒸三文魚
Our number one specialty! Steamed salmon in a special soy sauce with fresh ginger and scallions. Served with steamed vegetables. **14.95**
- Gong Bao Shrimp and Scallops** 公保帶子蝦球
A hot and spicy dish with tender shrimp and scallops, dried red peppers and crunchy peanuts. Served with fresh green beans. **14.95 21.95**
- Orange Peel Shrimp** 辣皮蝦
Jumbo shrimp lightly fried and tossed with hot peppers, garlic, ginger and orange peels in a delicious sauce. **13.95 16.95**
- General Tso's Chicken** 左宗雞
Our most popular dish! Crispy chicken in a sweet and spicy garlic sauce. Tso Tsung-Tang was a great military commander of China's Hunan Province during the Qing Dynasty. **10.95 18.95**
- Sichuan Hot Chili Beef** 水煮牛肉
Tender beef in a garlic, chili and peppercorn sauce served with spinach, celery and scallions. HOT! **11.95 17.95**
- Lamb with Scallions** 蔥爆羊肉
Tender lamb, fresh scallions, celery and red bell peppers stir-fried in a delicious ginger and garlic sauce. **13.95 21.95**
- Pork Chop Cantonese-Style** 豉汁肉排
Pork tenderloin in a light, sweet ginger sauce. A must-try if you like sweet and sour pork! **11.95 17.95**
- Beijing Roasted Duck** 北京烤鴨
Honey glazed young ducklings roasted in a special hanging oven. Served with fresh scallions, cucumber and hoisin sauce, in hand-rolled pancakes. **16.95 29.95**
- Salt and Pepper Pork Chop** 椒鹽肉排
Pork tenderloin stir-fried with special salt and Asian spices. **11.95 17.95**
- Triple Delight** 錦三鮮
Jumbo shrimp, sliced chicken, and tender beef stir-fried with fresh vegetables in our delicious brown sauce. **11.95 17.95**

Sizzling Dishes

- Sizzling Black Pepper Beef** 鐵板黑椒牛肉
Tender sliced beef with bell peppers and onions in a delicious black pepper sauce. **Regular 13.95 Large 19.95**
- House Special Sizzling Rice** 三鮮鍋巴
Shrimp, scallops, sliced chicken and fresh vegetables in a light ginger sauce. Served on crispy rice. **13.95 19.95**
- Sizzling Shrimp & Scallops** 鐵板帶子蝦球
Tender shrimp, scallops, mushrooms, onions and snow peas in a ginger and garlic sauce **14.95 20.95**

Poultry

All of our chicken dishes are prepared with breast (white) meat only.

- Honey Walnut Chicken** 鮮汁核桃雞
Crispy fried chicken in a special honey-mayonnaise sauce with glazed walnuts. **Regular 10.95 Large 17.95**
- Mandarin Chicken** 鹽焗雞丁
Tender sliced chicken in a delicious hoisin sauce, served on a bed of stir-fried bean sprouts. **9.75 15.95**
- Gong Bao Chicken** 公保雞丁
A hot and spicy dish with diced chicken stir-fried with dried red peppers and crunchy peanuts, served with fresh green beans. Ding Bao-zhen was governor of China's Sichuan Province in the late Qing Dynasty - the name of this classic Sichuan dish is derived from his title "Gong Bao." **9.75 15.95**
- Sichuan Peppercorn Chicken** 川椒雞
Sliced chicken in a spicy peppercorn and chili sauce. Served with stir-fried vegetables. **9.75 15.95**
- Empress Chicken** 溜子雞
Lightly fried chicken, broccoli and water chestnuts in a light and sweet chili sauce. **9.75 15.95**
- Cashew Chicken** 腰果雞丁
A house favorite, with tender diced chicken and fresh vegetables in our delicious brown sauce. **9.75 16.95**
- Chicken and Vegetables** 素菜雞
Sliced chicken and fresh vegetables in a light ginger and scallion sauce. **9.75 15.95**
- Sweet and Sour Chicken** 甜酸雞
9.75 15.75
- Moo Shu Chicken** 木須雞
Sliced chicken, cabbage, mushrooms, eggs, scallions and noodles in soft hand rolled pancakes. Served with hoisin sauce. **9.75 15.75**

Seafood

- Honey Walnut Shrimp** 鮮汁核桃脆皮蝦
Crispy fried shrimp in a special honey and mayonnaise sauce. **Regular 12.95 Large 18.95**
- Chicken & Shrimp Hunan Style** 湖南雙丁
Tender shrimp, diced chicken, mushrooms, snow peas and red bell peppers in a spicy chili sauce with garlic and onions. **11.95 17.95**
- Shrimp with Cashews** 腰果蝦
Tender shrimp sauteed with mushrooms, red bell peppers and snow peas in a light ginger and scallion sauce. **11.95 17.95**
- Beijing Shrimp** 北京蝦
Lightly fried shrimp in a delicious wine sauce made of ginger, garlic, chili and a touch of sugar and vinegar. **12.95 18.95**
- Shrimp with Vegetables** 素菜蝦
Tender shrimp and fresh vegetables in our delicious brown sauce. **11.95 17.95**
- Sweet and Sour Shrimp** 甜酸蝦
Crispy fried shrimp with onions, bell peppers and pineapples in our homemade sweet and sour sauce. **11.95 17.95**

Indicates spicy dish

Parties of 6 or more will be charged an 18% gratuity.