



**ZHANG LALA
BEEF NOODLES**

The Story of Lanzhou Beef Noodle Soup

A centuries-old heritage,
a bowl full of craftsmanship.

Lanzhou beef noodle soup originated during the Qing Dynasty and was perfected in 1915 by the famous Hui chef Ma Baozi (热锅子面, Re-Guo-Zi-Mian).



Originally known as 'Hot Pot Noodles', this dish evolved into a regional symbol, defined by its 'Five Treasures': clear broth (一清Yi-Qing), white radish slices (二白, Er-Bai),

red chili oil (三红, San-Hong), green garlic sprouts (四绿, Si-Lü) and golden hand-pulled noodles (五黄, Wu-Huang).



From Street Food to National Cultural Heritage

Following China's economic opening in the late 1970s, Lanzhou beef noodle soup spread far beyond its home in the Northwest, earning its reputation as "China's best noodles." Since the 2000s, local brands have combined time-honored craftsmanship with modern standards to share this global icon of Chinese culinary culture with you.

Drinks

140	Cola	0.33 l	2,90 €
141	Cola Zero	0.33 l	2,90 €
143	Fanta	0.33 l	2,90 €
147	Water Sparkling	0.5 l	2,90 €
148	Water Still	0.5 l	2,90 €

149	Yogo Vera Strawberry	0.5 l	3,90 €
150	Yogo Vera Mango	0.5 l	3,90 €
151	Yogo Vera Melon	0.5 l	3,90 €
152	Aloe Vera	0.5 l	3,90 €
153	Jelly Chew Pineapple	0.5 l	3,90 €
154	Musk Melon	0.5 l	3,90 €
155	Purple Smoothie	0.5 l	3,90 €
156	Wanglaoji Chinese Herbal Tea	0.3 l	3,50 €
157	Sparkling Strawberry Lite	0.35 l	3,50 €
158	Sparkling Grape Lite	0.35 l	3,50 €
159	ICE ADE Green Grape	0.23 l	2,90 €

160	Espresso		1,50 €
161	Caffè Crema		2,00 €
162	Americano		2,00 €
163	Cappuccino		2,50 €
164	Latte Macchiato		2,50 €

101	Jasmine Tea	0.2 l	2,20 €
102	Ginger Tea	0.2 l	2,20 €
103	Genmai Tea Green Tea with Roasted Rice	0.2 l	2,20 €
130	Green Tea	0.2 l	2,20 €
119	Homemade Iced Tea	0.2 l	3,90 €
120	Homemade Lemonade	0.2 l	3,90 €

中国面
会世界友

Authentic Lanzhou Beef Noodles

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www.zhanglala-beefnoodles.de

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Dishes can be made less spicy on request.

For information on allergens and additives, please refer to the posted list.



A1 Traditional Lanzhou Beef Noodle Soup
Hand-pulled noodles in aromatic beef broth with beef, radish, spring onions and coriander. 🌶️ Spicy on request
兰州传统牛肉面 **9,50 €**



A2 Traditional Lanzhou Beef Noodle Soup with Lots of Meat
Hand-pulled noodles in aromatic beef broth with beef, radish, spring onions and coriander. 🌶️ Spicy on request
兰州传统牛肉面 **11,90 €**



A3 Beef Noodle Soup with Sauerkraut
Hand-pulled noodles in aromatic beef broth with beef and sauerkraut.
酸菜牛肉面 **11,90 €**



A4 Braised Beef in Spicy Noodle Soup
Hand-pulled noodles in aromatic beef broth with braised beef.
红烧牛肉面 **12,90 €**



A5 Beef Noodles in Tomato Broth
Hand-pulled noodles in a light tomato and beef broth with beef and vegetables.
番茄牛肉面 **11,90 €**



A6 Lanzhou Noodles with Beef Ragout
Hand-pulled noodles with braised beef ragout, sauce, spring onions and coriander.
牛肉臊子拌面 **11,90 €**



A7 Lanzhou Noodles with Tofu
Hand-pulled noodles with braised tofu, sauce, spring onions and coriander.
豆腐干拌面 **11,90 €**



A8 Biang Biang Noodles with Chili Oil
Hearty beef noodles with home-made chili oil, tender pieces of meat and fresh herbs – aromatic and mildly spicy.
牛肉油泼面 **13,50 €**



A9 Noodles with Large Chunks of Beef
Hearty beef noodles with chili oil, meat and herbs – mildly spicy.
大片牛肉拌面 **12,90 €**



B1 Lanzhou Beef Flatbread
Crispy flatbread with braised beef and spicy sauce.
牛肉夹馍 **6 €**



B2 Grilled Lamb Skewers
Tender lamb skewers, grilled over charcoal and seasoned with north-western spices.
钢纤羊肉串(3串) **6 €**



B3 Beef Skewers from the Grill
Tender beef skewers, grilled over charcoal and seasoned with aromatic spices.
牛肉串(3串) **6 €**



A10 Chili Seitan Biang Biang Noodles
Hand-pulled noodles with seitan, chili sauce and herbs – vegetarian.
烤麸油泼面 **13,50 €**



A11 Seitan Noodles
Hand-pulled noodles with fried seitan in aromatic sauce, vegetables and herbs – vegetarian.
烤麸拌面 **10,90 €**

Extras



C1 Cold-sliced Beef in Northwestern Tradition
西北酱牛肉 **7,90 €**



C2 Beef Salad with Spices
拌牛肉 **9 €**



C3 Cucumber Salad
Crisp cucumbers with garlic, vinegar and sesame oil – fresh, light and aromatic.
黄瓜沙拉 **3,50 €**



C4 Marinated Soy Egg
Halved egg, pickled in soy sauce and spices – aromatic and slightly salty.
卤蛋 **1,50 €**



C5 Savory Tofu Sticks
Fried tofu sticks in a spicy marinade with chili and spices.
香辣腐竹 **3,50 €**



C6 Side Dish Quartet
Four Chinese appetizers: pickled vegetables and spicy side dishes – ideal for sharing.
小菜四拼 **6 €**



C7 Mu-Err (Wood Ear) Mushrooms
Mu-Err mushrooms with garlic, chili and aromatic marinade – slightly spicy.
爽口木耳 **3,50 €**



C8 Pickled Radish, Lanzhou Style
Crisp radish in a sweet and sour marinade – a classic side to noodle soups.
兰州泡萝卜 **3,50 €**

Desserts



D1 Taiyaki
鲷鱼烧 **3 €**



D2 Matcha Ice Cream
抹茶冰淇淋 **2 €**



D3 Mochi
糯米糍 **2 €**