



## W E L C O M E T O F R A N K F A T ' S

Frank Fat always had a genuine interest in people and their well-being which transcended racial, age, and language barriers. Above all, his cheerful persona transcended partisan politics.

Back in 1939, when Frank opened his namesake restaurant, who would ever guess that a once penniless immigrant and dishwasher from Canton, China would soon pack his 806 L Street location with governors, U. S. senators and representatives along with lobbyists, state stakeholders and legislators from both sides of the aisle. The rich and powerful came, and so did all of Sacramento and beyond. Fat's became legendary as California's "Third House" where landmark bills were drafted in back booths, and tort reform arose out of a famous "napkin deal".

*Frank Fat's* takes pride in serving award winning Chinese cuisine and providing the same warm, friendly and cheerful service that made Frank, Wing, and Weyland so popular with customers. The father-son-grandson team made sure that each patron was greeted with a warm handshake and friendly smile at every table. Our staff continues this tradition of excellent and personalized service.

Fine Chinese cuisine is our specialty. Our classic menu includes authentic dishes from China's four main provinces: Canton, Szechuan, Peking, and Shanghai. We also specialize in satisfying the steak lover with juicy, choice aged cuts that are grilled and sizzled to perfection. *Frank Fat's* aims to please customers who come in, want a break from cooking, or want take-out. With two days notice, our chefs will prepare and dress fresh game brought in by customers and have them served for up to 40 of your friends and family in a party setting.

*Frank Fat's* holds the distinction of being the Capital City's oldest eating establishment, but it isn't the only restaurant in town that bears the family name. Frank cared deeply about preserving the history and contribution of Chinese immigrants during the historic Gold Rush. He helped to renovate Old Sacramento by opening a restaurant along the riverfront. Serving Sacramento since 1976, *Fat City Bar & Cafe* features a large and varied menu specializing in contemporary American cuisine.

In Roseville and Folsom, we invite you to try *Fat's Asia Bistro and Dim Sum Bar*, known for its eclectic blend of contemporary Asian food and award winning decor. And if you feel lucky, venture out to our fabulous Asian eateries in Indian gaming casinos spanning the state: *Viejās* near San Diego, and Cache Creek north of Sacramento. For the hungry college student, we offer *Kung Fu Fat's Express and Fat's Marketplace* located on the California State University Sacramento campus. For the best steak value in San Diego, visit our *Fat City Steakhouse*.

There's a Fat's for everyone, but only one *Frank Fat's*. We welcome you to eat to your heart's delight as you watch the people go by and hop from table to table to make new friends. It's the people who make Fat's, and we're here to serve you as we have each and every valued customer since 1939.

AS A COURTESY TO ALL OF OUR GUESTS,  
PLEASE SET YOUR CELL PHONE TO SILENT MODE.



## A P P E T I Z E R S

Pot Stickers 8.95

*House favorite with pork and vegetables*

Yu Kwok 8.95

*Frank's special fried dumpling*

Salt & Pepper Crispy Chicken 8.95

*Wok-fried and sprinkled with seasoned salt and fresh jalapeño peppers*

Mongolian Baby Back Ribs 10.95

*Wok-seared with a spicy plum sauce*

Vegetable Spring Rolls 8.75

*Traditional spring rolls filled with shredded seasonal vegetables*

Chinese Chicken Salad (entrée size) 11.75

*Shredded chicken breast with pickled cucumber, almonds, and a sweet and sour vinaigrette*

Shu Mei 8.95

*Steamed pork-filled dumpling*

Salt and Pepper Calamari 9.95

*With seasoned salt and fresh jalapeño peppers*

Canton Prawns 11.95

*Steamed and served in a light soy and ginger sauce*

Mandarin Duck 9.95

*Crispy pressed duck with a plum sauce*

Fat's Special Wok-Fried Spareribs 9.95

*Bite-size pork ribs are wok-fried with seasoned salt*

Minced Chicken in Lettuce Cup 10.95

*Served with Hoisin sauce*

Combination Platter 13.95

*A platter of everyone's favorites, Yu Kwok, Salt and Pepper Calamari, Spring Rolls, and Pot Stickers*

## S O U P S

Soup of the Day, cup 4.25

\*Hot and Sour Soup 8.95

*With shrimp, shredded pork, bean curd, and bamboo shoots*

Frank's Wor Won Ton Soup 11.95

*Pork and shrimp dumplings with shrimp, barbecued pork, shiitake mushrooms, and bok choy*



## HOUSE SPECIALTIES

ALL STEAKS ARE STERLING SILVER® CERTIFIED PREMIUM BEEF

Fat's Brandy Fried Chicken 14.50

*Frank's recipe marinated with brandy, fresh  
ginger, garlic, and soy*

Frank's Style New York Steak 25.95

*16-ounce NY steak smothered in sautéed  
onions and oyster sauce*

Black Pepper Ribeye Steak 25.50

*12-ounce ribeye served with a black  
pepper honey sauce*

\*Szechuan Fried Chicken 14.95

*Chunks of chicken wok-fried with diced peppers, onions and  
jalapeño peppers in black bean sauce*

Fat's Lamb Rib Chops 25.95

*Tender Domestic Lamb marinated in our  
special blend of herbs and grilled*

Fillet of Salmon 18.95

*Steamed with black bean sauce*

\*Kung Pao Triple Crown 16.95

*A trio of shrimp, chicken and beef stir-fried with red and green  
peppers and onion, garnished with roasted peanuts*

\*Sampan Clams 16.95

*Whole clams with jalapeño peppers, garlic,  
cloves, ginger, and onions*

Special Fried Rice in Lotus Leaves 13.95

*With shrimp, chicken, Chinese sausage, roast duck, shiitake  
mushrooms, lotus seeds and green onions*

## SPECIAL PRE-ORDER

(Two-day Advanced Notice Required)

Wild Duck Dinner AQ

*Bring your own dressed wild duck, goose,  
pheasant, or other wild game  
at least 48 hours in advance.*

*We will marinate them in our own  
special sauce and suggest  
the appropriate accompaniment.*

\*Hot & Spicy



## CHICKEN & DUCK

Mango Ginger Chicken 14.50  
*With fresh mango and pickled ginger*

\*Hunan Chicken 13.95  
*With red and green bell peppers, and  
onions in a spicy black bean sauce*

Chicken in a Hot Pot 14.50  
*Chicken breast, Chinese chicken sausage, black  
mushrooms, celery, baby corn, and baby carrots*

General Tsao's Chicken 14.50  
*In a special brown sauce*

Orange Chicken 14.25  
*With chili and zesty orange sauce*

Shredded Drunken Chicken Breast 13.95  
*Marinated in Chinese wine and herbs,  
with garlic mustard greens*

\*Kung Pao Chicken 14.50  
*With chili peppers, peanuts, and bell peppers*

Chicken Wingo 13.95  
*Frank's No. 1 Son's favorite, grilled medallions of  
chicken with zucchini in black bean sauce*

\*Singapore Curry Chicken 13.95  
*Stir-fried chicken breast in a spicy curry sauce*

\*Ma Po Chicken and Tofu in Hot Pot 11.95  
*With silken tofu in a spicy Szechuan sauce*

Cashew and Macadamia Chicken 14.50  
*Stir-fried chicken breast with glazed cashews  
and macadamia nuts*

Phoenix & Dragon 17.95  
*Chicken & shrimp with straw mushrooms,  
basil, baby corn, and red and green bell peppers*

Peking Duck (half) 17.95 (whole) 29.95  
*Served with steamed buns and plum sauce*

## P O R K

\*Shredded Pork with Black Bean Sauce 13.50  
*With chili peppers and bell peppers*

Pineapple Sweet and Sour Pork 13.50  
*With bell peppers in a sweet and sour sauce*

Boneless Beijing Pork Chop 13.50  
*Tossed in a tangy sauce*



## B E E F

### Mongolian Beef 15.25

*Sliced beef, green onions, and mushrooms*

### \*Szechuan Beef 15.25

*With broccoli, wood ear mushroom, green and red bell peppers, and bamboo shoots in a spicy Szechuan sauce*

### Orange Beef 15.25

*Crisp wok-fried beef tossed with chili and zesty orange sauce*

### Korean Beef Short Ribs 14.25

*Marinated in garlic and traditional spices*

### Steak Kew and Shrimp 20.95

*Stir-fried with pepper black bean sauce*

## S E A F O O D

### Fish of the Day Market Price

*Seasonal fish of the day, please ask your server*

### Honey Walnut Prawns 17.50

*Deep-fried shrimp in chef's special sauce with glazed walnuts. Our award winning recipe.*

### \*Kung Pao Shrimp 16.95

*With chili peppers, peanuts, and bell peppers*

### Salt and Pepper Shrimp and Asparagus 16.95

*Seasoned with shallots and chili peppers*

### Stuffed Tofu with Shrimp 16.95

*Silken tofu stuffed with shrimp, steamed in a soy and ginger sauce*

### Shrimp and Sea Scallops in Garlic Sauce 16.95

*Succulent shrimp and scallops with scallions*

### Wok-fried Scallops 16.95

*With ginger and scallions*

### Whole Clams in Black Bean Sauce 16.95

*Fresh clams stir-fried with onion, green and red bell peppers, in black bean sauce*

### Stir-Fried Petrale Sole 18.95

*With snow peas, carrots, straw mushrooms, and basil*

### Steamed Fillet of Sea Bass 18.95

*With light soy, scallions, and ginger*

*\*Hot & Spicy*



## N O O D L E S

Sang Gai Shee Chow Mein 13.95  
*Egg noodles with chicken, black mushrooms, and snow peas*

Hong Kong Style Chicken Chow Mein 12.95  
*Over crispy pan-fried noodles*

Roma Tomato Beef Chow Mein 12.95  
*With chili peppers, fresh garlic, and onions*

\*Singapore Noodles 14.95  
*Rice noodles tossed with barbecued pork, shrimp, onions,  
and bell peppers in a spicy curry sauce*

\*Chili Beef Chow Fun 13.25  
*With chili peppers, onions, and bean sprouts*

Hong Kong Style Seafood Chow Mein 15.25  
*Shrimp, scallops, calamari, and vegetables  
over pan-fried noodles*

Malaysian Seafood Chow Fun 15.25  
*Shrimp, scallops, calamari, and vegetables in a curry sauce*

Roast Duck Tossed Noodles 13.95  
*Thin rice noodles with mushrooms, celery, carrots,  
and bean sprouts*

Vegetable Chow Fun 11.95  
*With green beans, mushrooms, and onions*

Imperial Chow Mein 14.95  
*With barbecued pork, beef, chicken, shrimp and scallops,  
served over thin pan-fried noodles*

\*Hunan Chicken Chow Mein 13.95  
*In a spicy black bean sauce, served over pan-fried noodles*

Hong Kong Sum-See Chow Mein 14.50  
*Pork, chicken, shrimp, bean sprouts, snow peas, and mushrooms,  
served over pan-fried noodles*

## R I C E

Vegetable Fried Rice 9.25  
*With seasonal vegetables*

House Fried Rice 9.25  
*Choice of chicken or pork*

Young Shew Fried Rice 11.95  
*With barbecued pork, Chinese sausage, lettuce, and shrimp*

Steamed Rice (per person) 1.95



## FRESH VEGETABLES

Buddah's Delight 9.95

*Mixture of fresh vegetables, wok-tossed with tofu*

Three Mushrooms and Vegetables 10.95

*Shiitake, button and straw mushrooms stir-fried with tofu, celery, bamboo shoots, snow peas, and carrots*

Szechuan Eggplant 10.95

*Eggplant and shredded pork in Szechuan sauce*

Water Chestnuts and Snow Peas 8.95

Garlic Green Beans 10.50

Baby Bok Choy with Black Mushrooms 10.50

Gai Lan (Chinese Broccoli) ~ Seasonal

*with oyster sauce*

Chinese Mustard Greens ~ Seasonal

Chinese Long Beans ~ Seasonal

*with black bean sauce*

Asparagus ~ Seasonal

*with black bean sauce*

## BANQUET MENUS

*Whether you are planning a business luncheon, wedding rehearsal dinner or any other special occasion, Frank Fat's offers a variety of pre-set or custom banquet menus to suit your needs. Please inquire with our Banquet Coordinator.*

*\*Hot & Spicy*

*Sales tax will be added to all food and beverages served.*

*We reserve the right to refuse service. Minimum service \$12.00 per person.*

*No personal checks accepted.*

*D-3-09-150*



*Visit our other Fat family restaurants*

FAT CITY BAR & CAFE  
*Old Sacramento*

FAT'S CATERING  
& BANQUET FACILITY  
*Old Sacramento*

FAT'S ASIA BISTRO  
& DIM SUM BAR  
*Roseville and Folsom*

KUNG FU FAT'S  
*Cache Creek Casino, Brooks*

KUNG FU FAT'S EXPRESS  
*California State University, Sacramento*

FAT'S MARKETPLACE  
*California State University, Sacramento*

FAT CITY STEAKHOUSE  
*San Diego*

CHINA CAMP EXPRESS  
*Viejas Casino, Alpine*