



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: Viejas 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.



A P P E T I Z E R S

Pot Stickers 8.50

House favorite with pork and vegetables

Yu Kwok 8.50

Frank's special fried dumpling

Salt & Pepper Crispy Chicken 8.50

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 8.25

Traditional spring rolls filled with shredded seasonal vegetables

Chinese Chicken Salad (entrée size) 10.95

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

Shu Mei 8.50

Steamed pork filled dumpling

Salt and Pepper Calamari 8.95

With seasoned salt and fresh jalapeño peppers

Canton Prawns 10.95

Steamed and served in a light soy and ginger sauce

Mandarin Duck 9.25

Crispy pressed duck with a plum sauce

Fat's Special Wok-Fried Spareribs 9.25

Bite-size pork ribs wok-fried with seasoned salt

Minced Chicken in Lettuce Cup 10.50

Served with Hoisin sauce

Combination Platter 13.50

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 3.95

*Hot and Sour Soup 8.50

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

Frank's Wor Won Ton Soup 11.25

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



C H I C K E N

Mango Ginger Chicken 13.95

With fresh mango and pickled ginger

*Hunan Chicken 13.25

With red and green bell peppers, and onions in a spicy black bean sauce

Chicken in a Hot Pot 13.25

Chicken breast, Chinese chicken sausage, black mushrooms, celery, baby corn, and baby carrots

General Tsao's Chicken 13.25

In a special brown sauce

*Orange Chicken 13.95

With chili and zesty orange sauce

Shredded Drunken Chicken Breast 13.25

Marinated in Chinese wine and herbs, with garlic mustard greens

*Kung Pao Chicken 13.95

With chili peppers, peanuts, and bell peppers

Chicken Wingo 13.25

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

*Singapore Curry Chicken 13.25

Stir-fried chicken breast in a spicy curry sauce

*Ma Po Chicken and Tofu in Hot Pot 10.95

With silken tofu in a spicy Szechuan sauce

Cashew and Macadamia Chicken 13.25

Stir-fried chicken breast with glazed cashews and macadamia nuts

Phoenix & Dragon 14.50

Chicken & shrimp with straw mushrooms, basil, baby corn, and red and green bell peppers

B E E F & P O R K

Mongolian Beef 14.25

Sliced beef, green onions, and mushrooms

Orange Beef 14.25

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

Garlic Korean Beef Short Ribs 13.25

Marinated in garlic and traditional spices

*Shredded Pork with Garlic Sauce 12.50

With chili peppers, onion, bamboo shoots and bell peppers

Pineapple Sweet and Sour Pork 12.50

With bell peppers in a sweet and sour sauce

Boneless Beijing Pork Chop 13.50

Tossed in a tangy sauce

**Hot & Spicy*



S E A F O O D

Honey Walnut Prawns 16.50

In chef's special sauce with glazed walnuts

Shrimp and Sea Scallops in Garlic Sauce 15.95

Succulent shrimp and scallops with scallions

Stuffed Tofu with Shrimp 13.95

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

Wok-fried Scallops 16.95

With ginger and scallions

Steamed Fillet of Sea Bass 16.95

With light soy, scallions, and ginger

Stir-Fried Petrale Sole 16.95

With snow peas, carrots, straw mushrooms, and basil

N O O D L E S

Sang Gai Shee Chow Mein 12.95

Egg noodles with chicken, black mushrooms, and snow peas

Hong Kong Style Chicken Chow Mein 12.50

Over crispy pan-fried noodles

Roma Tomato Beef Chow Mein 12.50

With chili peppers, fresh garlic, and onions

*Singapore Noodles 14.25

Rice noodles tossed with barbecued pork, shrimp, onions, and bell peppers in a spicy curry sauce

*Chili Beef Chow Fun 12.95

With chili peppers, onions, and bean sprouts

Hong Kong Style Seafood Chow Mein 14.25

Shrimp, scallops, calamari, and vegetables over pan-fried noodles

Malaysian Seafood Chow Fun 14.25

Shrimp, scallops, calamari, and vegetables in a curry sauce

Roast Duck Tossed Noodles 12.95

Thin rice noodles with mushrooms, celery, carrots, and bean sprouts

Vegetable Chow Fun 10.95

With green beans, mushrooms, and onions

Imperial Chow Mein 14.25

With BBQ pork, beef, chicken, shrimp and scallop, served over thin pan-fried noodles

*Hunan Chicken Chow Mein 12.50

served over pan-fried noodles

Hong Kong Sum-See Chow Mein 13.95

Pork, chicken, shrimp, bean sprouts, snow peas, and mushrooms, served over pan-fried noodles



HOUSE SPECIALTIES

ALL STEAKS ARE STERLING SILVER® CERTIFIED PREMIUM BEEF

Frank's Style New York Steak 24.95

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

Fat's Brandy Fried Chicken 13.95

*Frank's recipe marinated with brandy, fresh ginger, garlic, and soy
(Please allow 15 minutes)*

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
jalepeño peppers in black bean sauce*

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 16.50

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

Special Fried Rice in Lotus Leaves 12.95

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

RICE & FRESH VEGETABLES

Young Shew Fried Rice 11.95

With barbecued pork, Chinese sausage, lettuce, and shrimp

Vegetable Fried Rice 8.75

With seasonal vegetables

House Fried Rice 8.75

Choice of pork or chicken

Steamed Rice (per person) 1.95

Buddah's Delight 9.95

Mixture of fresh vegetables, wok-tossed with tofu

Three Mushrooms and Vegetables 10.25

Shiitake, button and straw mushrooms

Szechuan Eggplant 9.95

With shredded pork in Szechuan sauce

Garlic Green Beans 9.50

Gai Lan (Chinese Broccoli) ~ Seasonal
in Oyster Sauce

Baby Bok Choy with Black Mushrooms 9.25

**Hot & Spicy*



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