

CHEF'S RECOMMENDATIONS

(Signature dishes – served as listed, no substitutions)

Whole Barramundi with Green Apple Salad

Crispy whole barramundi with a fresh, tangy salad.

\$35

\$35 Whole Barramundi with Three-Flavoured Sauce

Sweet, sour, and mildly spicy.

Whole Barramundi with Garlic & Pepper

Aromatic, bold flavours.

\$35

\$30 Roasted Duck with Plum Sauce

Half-roasted duck with steamed greens and plum sauce

Cho Chee Salmon

Grilled salmon with vegetables in Thai curry sauce.

\$28

\$22 Pad Krapow Chicken Mince

Minced chicken with chilli, basil, and garlic.

Soft Shell Crab with Yellow Curry

Crispy crab in creamy curry with vegetables.

\$29

\$25 Prik Khing Moo Krob

Crispy pork belly with chilli paste and lime leaves.

Salt & Pepper Silken Tofu

Lightly fried silken tofu with seasoned salt and pepper.

\$21

\$25 Red Duck Curry

Roasted duck in red curry with coconut milk and fruit.

Spaghetti Tom Yum Prawns

Pasta with prawns in zesty tom yum sauce.

\$25

STARTERS

Vegetable Spring Roll (4pc)

Crispy golden rolls filled with fresh seasonal vegetables, served with a sweet chilli dipping sauce.

\$10

Seafood Spring Roll (4pc)

Crispy golden rolls filled with fresh seasonal vegetables, served with a sweet chilli dipping sauce.

\$10

Salmon Sashimi (GF)

Fresh salmon sashimi dressed with lime, chilli, herbs, and creamy mayo, finished with crispy shallots.

\$20

UP2U Chicken Bao (2pc)

Crispy chicken bao with spicy mayo and kimchi.

\$16

Crispy Pork Belly Bao (2pc)

With cucumber, pickled daikon, hoisin, sriracha, and spring onion.

\$16

Tofu Bao (2pc)

Fried tofu with cucumber, sriracha, and vegan mayo.

\$16

Chicken Satay (2pc)

Grilled chicken tenderloin with rich peanut satay sauce.

\$10

Crispy Prawn Dumplings (4pc)

Light, crunchy dumplings drizzled with sweet dressing sauce and fried garlic.

\$14

Tempura Prawns (4pc)

Crispy battered prawns with chilli mayo.

\$14

Roasted Duck Crispy Wontons (2pc)

Golden wontons filled with duck and herbs, topped with shallots and our secret sauce.

\$10

Tom Yum Dumplings (4pc)

Soft dumplings infused with tom yum herbs and spices.

\$16

Curry Puffs (4pc)

Puff pastry with potato and vegetables, served with sweet and sour sauce.

\$12

Fish Cakes (4pc)

Thai-style fish cakes with herbs and spices.

\$12

Salt & Pepper Squid

Crispy squid with salt, pepper, and house seasoning.

\$19

Hot Chips

Golden chips, lightly salted.

\$10



UP2U

ASIAN FUZION

MENU

OPEN DAILY

11:00 AM - 9:00 PM

50 EAST ESPLANADE, MANLY NSW 2095

FOR RESERVATIONS 0430368417

SOUPS

Choice of Protein:

- Vegetables or Tofu \$19
- Mixed Seafood or Prawns \$23
- Chicken or Beef \$19

Tom Yum

Spicy, sour soup with mushrooms, kaffir lime, and lemongrass.

Tom Kha

Coconut soup with mushrooms, kaffir lime, and galangal.

SALADS

Beef Wagyu Salad (150g)

Juicy beef with herbs, greens, and house dressing.

\$23

Duck Salad

Roasted duck with fresh salad and house dressing.

\$23

Spicy Crispy Pork Belly with Green Apple Salad

Pork belly with green apple, herbs, and chilli dressing.

\$25

Larb Gai

Minced chicken with onion, chilli, roasted rice, mint, and lime.

\$20

Seafood or Prawn Salad

Mixed seafood or prawns with lime dressing, chilli jam, tomato, mint, and onion.

\$23

DRINK MENU

Soft drink. \$4

Ginger beer. \$5

Sparkling water. \$5

Coconut juice. \$6

Thai milk tea. \$7

Tea Pot (Early gray, Pure Camomile, English breakfast, peppermint). \$8

DESSERT

Coconut Icecream \$9

This Week's Dessert Check with our staff for today's treat \$13

FRIED RICE

Choice of Protein:

- Vegetables or Tofu \$19
- Duck or Crispy Pork \$21
- Chicken or Beef \$19
- Mixed Seafood or Prawns \$23

Thai Fried Rice

Egg, onion, carrot, and Chinese broccoli.

Basil Fried Rice

Egg, basil, chilli, onion, beans, and carrot.

Tom Yum Fried Rice

Egg, kaffir lime, cherry tomato, shallot, and Chinese broccoli in tom yum sauce.

Pineapple Fried Rice

Egg, pineapple, cashews, and shallots.

\$23

Soft Shell Crab Fried Rice

Crispy crab with fried rice and vegetables

CURRIES

Choice of Protein:

- Vegetables or Tofu \$19
- Duck or Crispy Pork \$21
- Chicken or Beef \$19
- Mixed Seafood or Prawns \$23

Green Curry

Coconut curry with basil, bamboo, beans, capsicum, and mild chilli.

Red Curry

Coconut curry with basil, bamboo, beans, and capsicum.

Southern Curry

Spicy Thai curry with coconut milk and herbs.

Beef Massaman Curry

Braised beef with potato, carrot, cashews, and coconut sauce.

\$25

GRILLED & FRIED

Grilled Chicken with Papaya Salad

Grilled chicken with shredded papaya, cherry tomatoes, and fish sauce.

\$23

BBQ Chicken

Chargrilled thigh fillets with Thai herbs.

\$20

Crying Tiger

Chargrilled Wagyu beef with tamarind sauce.

\$23

Grilled Squid

Chargrilled squid with Thai herbs and seafood sauce.

\$22

BBQ Pork

Smoky, marinated slices of pork.

\$20

UP2U Fried Chicken (8pc)

Crunchy, juicy fried chicken pieces.

\$20

STIR-FRIES & NOODLES

For all dishes in this section, choose your preferred protein:

- Vegetables or Tofu \$19
- Duck or Crispy Pork \$21
- Chicken or Beef \$19
- Mixed Seafood or Prawns \$23

Pad See Ew

Flat rice noodles with egg and Chinese broccoli.

Garlic & Pepper Stir-Fry

Seasonal vegetables in garlic and pepper sauce.

Pad Thai

Rice noodles with egg, bean sprouts, onion, and garlic chives.

Ginger Stir-Fry

Vegetables with ginger, shallots, and mushrooms.

Pad Kee Mao

Flat noodles with egg, chilli, basil, carrot, and Chinese broccoli.

Oyster Sauce Stir-Fry

Seasonal vegetables in oyster sauce.

Hokkien Noodles

Egg noodles with carrots and Chinese broccoli in oyster sauce.

Satay Stir-Fry

Vegetables in a creamy peanut sauce.

Singapore Noodles

Vermicelli with egg, curry, carrots, shallots, and bean sprouts.

Basil Stir-Fry

Vegetables with basil, chilli, onion, and capsicum.

Laksa

Rice vermicelli in creamy laksa with bean sprouts and fried onions.

Cashew Nut Stir-Fry

Wok-tossed vegetables, onion, capsicum, and cashews.

Cashew Nut Noodles

Flat rice noodles stir-fried with chilli jam, crunchy cashew nuts,

Asian Green Stir-Fry

Fresh greens with delicate seasoning

\$21