



The Orient

Gluten Free Take Away Menu

When placing you order, please specify if you would like the dish to be gluten free

Starters

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| A2. Vegetarian Hot & Sour Soup | £2.50 |
| A3. Hot & Sour Soup (without pork) | £2.50 |
| A4. Chicken & Mushroom Soup | £2.50 |
| A6. Chicken & Sweetcorn Soup | £2.50 |
| A7. Crabmeat & Sweetcorn Soup | £3.00 |
| A8. Mixed Vegetables Soup | £2.50 |
| A11. Deep Fried Chicken Wings (5) slightly spicy | £3.50 |
| A13. Deep Fried Crispy Seaweed with grounded tuna sprinkle on top | £3.00 |

Chicken Dishes

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| C2. Deep Fried Chicken in Lemon Sauce | £4.80 |
| C3. Deep Fried Chicken in Orange Sauce | £4.80 |
| C4. Chicken with Cashew Nuts | £4.80 |
| C5. Chicken with Mushrooms | £4.80 |
| C6. Chicken with Pineapple | £4.80 |
| C7. Chicken with Bamboo Shoots & Water Chestnuts | £4.80 |
| C9. Chicken Green Pepper in Black Bean Sauce | £4.80 |
| C11. Kung Po Chicken with Cashew Nuts slightly spicy | £4.80 |
| C13. Chicken with Fresh Tomatoes and Garlic | £4.80 |
| C14. Chicken with Mixed Vegetables | £4.80 |
| C15. Chicken with Ginger & Spring Onions | £4.80 |

Beef Dishes

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| B2. Beef with Ginger & Spring Onions | £4.80 |
| B3. Beef with Green Peppers in Black Bean Sauce | £4.80 |
| B4. Beef with Mushrooms | £4.80 |
| B5. Beef with Bamboo Shoots & Water Chestnuts | £4.80 |
| B6. Beef with Fresh Tomatoes & Garlic | £4.80 |
| B7. Beef with Mixed Vegetables | £4.80 |
| B8. Stir Fried Beef with Black Pepper | £4.80 |
| B10. Stir Fried Beef in Cantonese Sauce | £4.80 |
| B12. Stir Fried Beef with Onions | £4.80 |
| B13. Beef with Cashew Nuts | £4.80 |

Chop Suey Dishes

(Meat stir fry with Onions, Water Chestnuts, Bamboo Shoots, Carrots & Beansprouts)

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| CH1. House Special Chop Suey without pork | £5.80 |
| CH2. Chicken Chop Suey | £4.80 |
| CH3. Beef Chop Suey | £4.80 |
| CH5. King Prawns Chop Suey | £5.50 |
| CH6. Prawns Chop Suey | £4.80 |



Seafood Dishes

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| S1. King Prawns with Ginger & Spring Onions | £5.50 |
| S2. King Prawns with Mushroom | £5.50 |
| S3. King Prawns with Green Pepper in Black Bean Sauce | £5.50 |
| S4. King Prawns with Cashew Nuts | £5.50 |
| S5. King Prawns with Bamboo Shoots & Water Chestnuts | £5.50 |
| S6. King Prawns with Fresh Tomatoes & Garlic | £5.50 |
| S8. Kung Po King Prawns with Cashew Nuts slightly spicy | £5.50 |
| S10. King Prawns with Mixed Vegetables | £5.50 |
| S11. Squid with Green Pepper in Black Bean Sauce | £5.50 |
| S13. Mussels with Green Pepper in Black Bean Sauce | £5.50 |
| S14. Mussels with Ginger & Spring Onions | £5.50 |

Sweet & Sour Dishes

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| SS3. Sweet & Sour Chicken Cantonese Style (without batter) | £4.80 |
| SS5. Sweet & Sour King Prawns Cantonese Style | £5.50 |

Foo Young Dishes (Cantonese Style Omelette)

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| FY1. House Special Foo Young <i>without pork</i> | £5.30 |
| FY2. King Prawns Foo Young | £5.30 |
| FY3. Prawns Foo Young | £4.80 |
| FY4. Chicken Foo Young | £4.80 |
| FY6. Mushroom Foo Young | £4.20 |
| FY7. Mixed Vegetables Foo Young | £4.20 |

Thai Dishes

with choice of Boiled Rice or Chips or with Egg Fried Rice 10p extra

Step 1: Choose one of the sauce

Green Curry: cooked with coconut milk, creamy yet with a hint of spiciness

Tom Yum: Sour Chilli Thai Sauce with a very distinctive hot & sour flavour

Pattaya: Sweet Chilli Thai Sauce with a hint of Garlic

Bangkok: Pattaya Sauce mixed with our House Chilli Sauce, probably the hottest sauce we have in house

Step 2: Choose one of the meat

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| House Special <i>without pork</i> | £6.80 |
| King Prawns | £6.30 |
| Chicken | £5.80 |
| Beef | £5.80 |

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Vegetables Dishes

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|---|-------|
| VT1. Stir Fry Mixed Vegetables | £4.20 |
| VT4. Kung Po Mixed Vegetables with Cashew Nuts (slightly spicy) | £4.20 |
| VT5. Stir Fry Mixed Vegetables in Black Bean Sauce | £4.20 |
| VT6. Stir Fry Mixed Vegetables in Sweet & Sour Sauce | £4.20 |
| VT7. Stir Fry Mushroom | £3.30 |
| VT8. Stir Fry Garlic Mushroom | £3.30 |
| VT9. Stir Fry Beansprouts | £3.30 |

Rice Dishes

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| R1. House Special Fried Rice <i>without pork</i> (Mixed Meat & Mixed Vegetables cooked in Soy Sauce with Egg Fried Rice) | £5.50 |
| R4. King Prawns Fried Rice | £5.30 |
| R5. Prawns Fried Rice | £5.30 |
| R6. Chicken Fried Rice | £4.80 |
| R7. Beef Fried Rice | £4.80 |
| R9. Young Chow Fried Rice Dry, Egg Fried Rice with Prawn, Ham & Chicken | £5.00 |
| R10. Singapore Fried Rice Dry Egg Fried rice with Prawn, Ham & Chicken, Hot | £5.00 |
| R12. Hawaiian Fried Rice Dry, Egg Fried Rice with Ham, Pineapple, Onion & Peas | £5.00 |
| R13. Mixed Vegetables Fried Rice | £4.50 |
| R14. Mushroom Fried Rice | £4.20 |
| R15. Egg Fried Rice | £2.20 |
| R16. Boiled Rice | £2.00 |

Extras

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| EX3. Chips | £2.00 |
| EX5. Sweet & Sour Sauce | £1.50 |
| EX8. Sausage & Chips | £3.50 |
| EX9. ¼ Roast Chicken & Chips | £4.50 |

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