



# The Orient

## Gluten Free Take Away Menu 2020

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

### Starters

|   |       |
|---|-------|
| A2. Vegetarian Hot & Sour Soup                                    | £2.80 |
| A3. Hot & Sour Soup <i>without pork</i>                           | £2.80 |
| A4. Chicken & Mushroom Soup                                       | £2.80 |
| A6. Chicken & Sweetcorn Soup                                      | £2.80 |
| A7. Crabmeat & Sweetcorn Soup                                     | £3.30 |
| A8. Mixed Vegetables Soup   | £2.80 |
| A11. Deep Fried Chicken Wings (5) <i>slightly spicy</i>           | £3.80 |
| A13. Deep Fried Crispy Seaweed with grounded tuna sprinkle on top | £3.40 |

### Chicken Dishes

|   |       |
|---|-------|
| C2. Deep Fried Chicken in Lemon Sauce                       | £5.10 |
| C3. Deep Fried Chicken in Orange Sauce                      | £5.10 |
| C4. Chicken with Cashew Nuts                                | £5.10 |
| C5. Chicken with Mushrooms                                  | £5.10 |
| C6. Chicken with Pineapple                                  | £5.10 |
| C7. Chicken with Bamboo Shoots & Water Chestnuts            | £5.10 |
| C9. Chicken Green Pepper in Black Bean Sauce                | £5.10 |
| C11. Kung Po Chicken with Cashew Nuts <i>slightly spicy</i> | £5.10 |
| C13. Chicken with Fresh Tomatoes and Garlic                 | £5.10 |
| C14. Chicken with Mixed Vegetables                          | £5.10 |
| C15. Chicken with Ginger & Spring Onions                    | £5.10 |

### Beef Dishes

|   |       |
|---|-------|
| B2. Beef with Ginger & Spring Onions            | £5.10 |
| B3. Beef with Green Peppers in Black Bean Sauce | £5.10 |
| B4. Beef with Mushrooms                         | £5.10 |
| B5. Beef with Bamboo Shoots & Water Chestnuts   | £5.10 |
| B6. Beef with Fresh Tomatoes & Garlic           | £5.10 |
| B7. Beef with Mixed Vegetables                  | £5.10 |
| B8. Stir Fried Beef with Black Pepper           | £5.10 |
| B10. Stir Fried Beef in Cantonese Sauce         | £5.10 |
| B12. Stir Fried Beef with Onions                | £5.10 |
| B13. Beef with Cashew Nuts                      | £5.10 |

### Chop Suey Dishes

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

|  |       |
|--|-------|
| CH1. House Special Chop Suey <i>without pork</i> | £6.00 |
| CH2. Chicken Chop Suey                           | £5.10 |
| CH3. Beef Chop Suey                              | £5.10 |
| CH5. King Prawns Chop Suey                       | £5.80 |
| CH6. Prawns Chop Suey                            | £5.10 |



### **Seafood Dishes**

|  |       |
|--|-------|
| S1. King Prawns with Ginger & Spring Onions                    | £5.80 |
| S2. King Prawns with Mushroom                                  | £5.80 |
| S3. King Prawns with Green Pepper in Black Bean Sauce          | £5.80 |
| S4. King Prawns with Cashew Nuts                               | £5.80 |
| S5. King Prawns with Bamboo Shoots & Water Chestnuts           | £5.80 |
| S6. King Prawns with Fresh Tomatoes & Garlic                   | £5.80 |
| S8. Kung Po King Prawns with Cashew Nuts <i>slightly spicy</i> | £5.80 |
| S10. King Prawns with Mixed Vegetables                         | £5.80 |
| S11. Squid with Green Pepper in Black Bean Sauce               | £5.80 |
| S13. Mussels with Green Pepper in Black Bean Sauce             | £5.80 |
| S14. Mussels with Ginger & Spring Onions                       | £5.80 |

### **Sweet & Sour Dishes**

|   |       |
|---|-------|
| SS3. Sweet & Sour Chicken Cantonese Style ( <i>without batter</i> ) | £5.10 |
| SS5. Sweet & Sour King Prawns Cantonese Style                       | £5.80 |

### **Foo Young Dishes (Cantonese Style Omelette)**

|  |       |
|--|-------|
| FY1. House Special Foo Young <i>without pork</i> | £5.50 |
| FY2. King Prawns Foo Young                       | £5.80 |
| FY3. Prawns Foo Young                            | £5.10 |
| FY4. Chicken Foo Young                           | £5.10 |
| FY6. Mushroom Foo Young                          | £4.50 |
| FY7. Mixed Vegetables Foo Young                  | £4.50 |

### **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**

|                                   |       |
|-----------------------------------|-------|
| House Special <i>without pork</i> | £7.10 |
| King Prawns                       | £6.60 |
| Chicken                           | £6.10 |
| Beef                              | £6.10 |

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



### **Vegetables Dishes**

|  |       |
|--|-------|
| VT1. Stir Fry Mixed Vegetables                                       | £4.50 |
| VT4. Kung Po Mixed Vegetables with Cashew Nuts <i>slightly spicy</i> | £4.50 |
| VT5. Stir Fry Mixed Vegetables in Black Bean Sauce                   | £4.50 |
| VT6. Stir Fry Mixed Vegetables in Sweet & Sour Sauce                 | £4.50 |
| VT7. Stir Fry Mushroom   | £3.50 |
| VT8. Stir Fry Garlic Mushroom  | £3.50 |
| VT9. Stir Fry Beansprouts  | £3.50 |

### **Rice Dishes**

|  |       |
|--|-------|
| R1. House Special Rice <i>without pork</i><br>(Mixed Meat & Mixed Vegetables cooked in Soy Sauce with boiled Rice) | £5.80 |
| R4. King Prawns Fried Rice   | £5.60 |
| R5. Prawns Fried Rice  | £5.30 |
| R6. Chicken Fried Rice   | £5.10 |
| R7. Beef Fried Rice  | £5.10 |
| R9. Young Chow Fried Rice Dry, Egg Fried Rice with Prawn, Ham & Chicken  | £5.30 |
| R10. Singapore Fried Rice Dry Egg Fried rice with Prawn, Ham & Chicken, Hot  | £5.30 |
| R12. Hawaiian Fried Rice Dry, Egg Fried Rice with Ham, Pineapple, Onion & Peas                                     | £5.10 |
| R13. Mixed Vegetables Fried Rice   | £4.80 |
| R14. Mushroom Fried Rice   | £4.50 |
| R15. Egg Fried Rice  | £2.40 |
| R16. Boiled Rice   | £2.20 |

### **Extras**

|                              |       |
|------------------------------|-------|
| EX3. Chips                   | £2.20 |
| EX5. Sweet & Sour Sauce      | £1.80 |
| EX8. Sausage & Chips         | £3.80 |
| EX9. ¼ Roast Chicken & Chips | £4.80 |

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