



The Orient

Gluten Free Take Away Menu 2020/21

When placing your order, please specify that you'd like the **GLUTEN FREE** version of the dish to avoid confusion

Dishes marked with asterisks () include a component which is cooked in a fryer with other gluten containing ingredients**

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) Slightly spicy	£3.80
A13. Deep Fried Crispy Seaweed <i>without the grounded tuna</i>	£3.40

Chicken Dishes

C2. Deep Fried Chicken in Lemon Sauce **	£5.10
C3. Deep Fried Chicken in Orange Sauce **	
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 (<i>without batter</i>)	£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 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

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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> (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

EX2. Prawn Crackers	£2.00
EX3. Chips **	£2.20
EX5. Sweet & Sour Sauce	£1.80
EX8. Sausages & Chips **	£3.80
EX9. ¼ Roast Chicken & Chips **	£4.80

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