



The Orient

Gluten Free Take Away Menu 2022/23

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	£3.30
A3. Hot & Sour Soup <i>without pork</i>	£3.30
A4. Chicken & Mushroom Soup	£3.30
A6. Chicken & Sweetcorn Soup	£3.30
A7. Crabmeat & Sweetcorn Soup	£3.80
A8. Mixed Vegetables Soup	£3.30
A11. Deep Fried Chicken Wings ** (5) Slightly spicy	£4.40
A13. Deep Fried Crispy Seaweed <i>without the grounded tuna</i>	£3.90

Chicken Dishes

C2. Deep Fried Chicken in Lemon Sauce **	£5.80
C3. Deep Fried Chicken in Orange Sauce **	£5.80
C4. Chicken with Cashew Nuts	£5.80
C5. Chicken with Mushrooms	£5.80
C6. Chicken with Pineapple	£5.80
C7. Chicken with Bamboo Shoots & Water Chestnuts	£5.80
C9. Chicken Green Pepper in Black Bean Sauce	£5.80
C11. Kung Po Chicken with Cashew Nuts <i>slightly spicy</i>	£5.80
C13. Chicken with Fresh Tomatoes and Garlic	£5.80
C14. Chicken with Mixed Vegetables	£5.80
C15. Chicken with Ginger & Spring Onions	£5.80

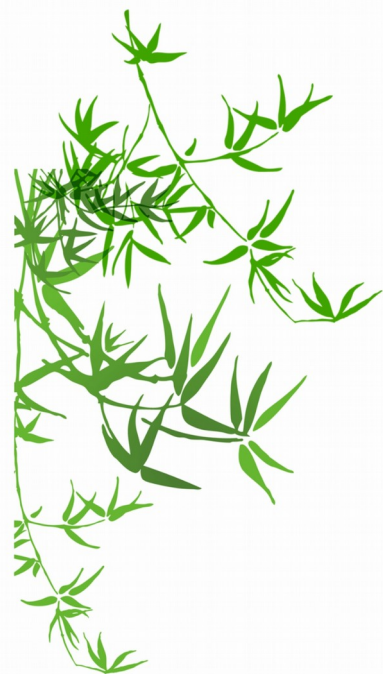
Beef Dishes

B2. Beef with Ginger & Spring Onions	£5.80
B3. Beef with Green Peppers in Black Bean Sauce	£5.80
B4. Beef with Mushrooms	£5.80
B5. Beef with Bamboo Shoots & Water Chestnuts	£5.80
B6. Beef with Fresh Tomatoes & Garlic	£5.80
B7. Beef with Mixed Vegetables	£5.80
B8. Stir Fried Beef with Black Pepper	£5.80
B10. Stir Fried Beef in Cantonese Sauce <i>do not contain wheat, but rye and barley</i>	£5.80
B12. Stir Fried Beef with Onions	£5.80
B13. Beef with Cashew Nuts	£5.80

Chop Suey Dishes

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

CH1. House Special Chop Suey <i>without pork</i>	£6.70
CH2. Chicken Chop Suey	£5.80
CH3. Beef Chop Suey	£5.80
CH5. King Prawns Chop Suey	£6.30
CH6. Prawns Chop Suey	£5.80
CH7. Duck Chop Suey	£6.30



Seafood Dishes

S1. King Prawns with Ginger & Spring Onions	£6.30
S2. King Prawns with Mushroom	£6.30
S3. King Prawns with Green Pepper in Black Bean Sauce	£6.30
S4. King Prawns with Cashew Nuts	£6.30
S5. King Prawns with Bamboo Shoots & Water Chestnuts	£6.30
S6. King Prawns with Fresh Tomatoes & Garlic	£6.30
S8. Kung Po King Prawns with Cashew Nuts <i>slightly spicy</i>	£6.30
S10. King Prawns with Mixed Vegetables	£6.30
S11. Squid with Green Pepper in Black Bean Sauce	£6.30

Sweet & Sour Dishes

SS3. Sweet & Sour Chicken Cantonese Style (without batter)	£5.80
SS5. Sweet & Sour King Prawns Cantonese Style (in egg batter)**	£6.30

Foo Young Dishes (Cantonese Style Omelette)

FY1. House Special Foo Young <i>without pork</i>	£5.90
FY2. King Prawns Foo Young	£6.30
FY3. Prawns Foo Young	£5.80
FY4. Chicken Foo Young	£5.80
FY6. Mushroom Foo Young	£5.10
FY7. Mixed Vegetables Foo Young	£5.10

Thai Dishes

with choice of Boiled Rice or with Egg Fried Rice 20p 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>	£7.70
King Prawns	£7.30
Chicken	£6.80
Beef	£6.80

Duck Dishes

K1. Duck with Pineapple	£6.30
K2. Duck in Orange Sauce on a bed of pineapple chunks **	£6.30
K3. Duck in Plum Sauce on a bed of pineapple chunks **	£6.30
K5. Duck with Bamboo Shoots & Water Chestnuts	£6.30
K6. Duck with Cashew Nuts	£6.30
K7. Duck with Ginger & Spring Onions	£6.30
K8. Duck with Green pepper in Black Bean Sauce	£6.30
K9. Duck with Mixed Vegetables	£6.30
K12. Duck with Mushrooms	£6.30

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Vegetables Dishes

VT1. Stir Fry Mixed Vegetables	£5.10
VT4. Kung Po Mixed Vegetables with Cashew Nuts <i>slightly spicy</i>	£5.10
VT5. Stir Fry Mixed Vegetables in Black Bean Sauce	£5.10
VT6. Stir Fry Mixed Vegetables in Sweet & Sour Sauce	£5.10
VT7. Stir Fry Mushrooms	£4.10
VT8. Stir Fry Garlic Mushrooms	£4.10
VT9. Stir Fry Beansprouts	£4.10
VT10. Stri Fry Bamboo Shoots & Water Chestnuts	£5.10
VT11. Stir Fry Broccoli with Garlic	£5.10

Rice Dishes

R1. House Special Rice <i>without pork</i> (Mixed Meat & Mixed Vegetables cooked in sauce with boiled Rice)	£6.30
R4. King Prawns Fried Rice	£6.30
R5. Prawns Fried Rice	£5.80
R6. Chicken Fried Rice	£5.80
R7. Beef Fried Rice	£5.80
R9. Young Chow Fried Rice Dry, Egg Fried Rice with Prawn, Ham & Chicken	£5.90
R10. Singapore Fried Rice Dry Egg Fried rice with Prawn, Ham & Chicken, Hot	£5.90
R12. Hawaiian Fried Rice Dry, Egg Fried Rice with Ham, Pineapple, Onion & Peas	£5.80
R13. Mixed Vegetables Fried Rice	£5.40
R14. Mushroom Fried Rice	£5.20
R15. Egg Fried Rice	£2.80
R16. Boiled Rice	£2.50

Extras

EX2. Prawn Crackers	£2.50
EX3. Chips **	£2.80
EX5. Sweet & Sour Sauce	£2.20
EX8. Sausages(3) & Chips **	£4.70
EX9. ¼ Roast Chicken & Chips **	£5.50

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