The Orient
Gluten Free Take Away Menu 2025/26
(updated May 2025)

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

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

Starters

A2. Vegetarian Hot & Sour Soup	£4.00
A3. Hot & Sour Soup without pork	£4.00
A4. Chicken & Mushroom Soup	£4.00
A6. Chicken & Sweetcorn Soup	£4.00
A7. Crabmeat & Sweetcorn Soup	£4.60
A8. Mixed Vegetables Soup	£4.00
A11. Deep Fried Chicken Wings ** (5) Slightly spicy	£5.70
A13. Deep Fried Crispy Seaweed *without the grounded tuna*	£4.70

Chicken Dishes

C2. Deep Fried Chicken in Lemon Sauce **	£7.20
C3. Deep Fried Chicken in Orange Sauce **	£7.20
C4. Chicken with Cashew Nuts	£7.20
C5. Chicken with Mushrooms	£7.20
C6. Chicken with Pineapple	£7.20
C7. Chicken with Bamboo Shoots & Water Chestnuts	£7.20
C9. Chicken Green Pepper in Black Bean Sauce	£7.20
C11. Kung Po Chicken with Cashew Nuts slightly spicy	£7.20
C13. Chicken with Fresh Tomatoes and Garlic	£7.20
C14. Chicken with Mixed Vegetables	£7.20
C15. Chicken with Ginger & Spring Onions	£7.20

Beef Dishes

B2. Beef with Ginger & Spring Onions	£7.20
B3. Beef with Green Peppers in Black Bean Sauce	£7.20
B4. Beef with Mushrooms	£7.20
B5. Beef with Bamboo Shoots & Water Chestnuts	£7.20
B6. Beef with Fresh Tomatoes & Garlic	£7.20
B7. Beef with Mixed Vegetables	£7.20
B8. Stir Fried Beef with Black Pepper	£7.20
B10. Stir Fried Beef in Cantonese Sauce do not contain wheat, but rye and barley	£7.20
B12. Stir Fried Beef with Onions	£7.20
B13. Beef with Cashew Nuts	£7.20

Chop Suey Dishes

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

CH1. House Special Chop Suey without pork	£8.00
CH2. Chicken Chop Suey	£7.20
CH3. Beef Chop Suey	£7.20
CH5. King Prawns Chop Suey	£8.00
CH6. Prawns Chop Suey	£7.20
CH7. Duck Chop Suey	£8.00

Seafood Dishes

S1. King Prawns with Ginger & Spring Onions	£8.00
S2. King Prawns with Mushroom	£8.00
S3. King Prawns with Green Pepper in Black Bean Sauce	£8.00
S4. King Prawns with Cashew Nuts	£8.00
S5. King Prawns with Bamboo Shoots & Water Chestnuts	£8.00
S6. King Prawns with Fresh Tomatoes & Garlic	£8.00
S8. Kung Po King Prawns with Cashew Nuts slightly spicy	£8.00
S10. King Prawns with Mixed Vegetables	£8.00
S11. Squid with Green Pepper in Black Bean Sauce	£8.00

Sweet & Sour Dishes

SS3. Sweet & Sour Chicken Cantonese Style (without batter)	£7.20
SS5. Sweet & Sour King Prawns Cantonese Style (in egg batter)**	£8.00

Foo Young Dishes (Cantonese Style Omelette)

FY1. House Special Foo Young without pork	£7.10
FY2. King Prawns Foo Young	£8.00
FY3. Prawns Foo Young	£7.00
FY4. Chicken Foo Young	£7.00
FY6. Mushroom Foo Young	£6.00
FY7. Mixed Vegetables Foo Young	£6.00

Thai Dishes

with choice of Boiled Rice or with Egg Fried Rice 50p 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 without pork	£9.00
King Prawns	£9.00
Chicken	£8.20
Beef	£8.20

Duck Dishes

K1. Duck with Pineapple	£8.00
K2. Duck in Orange Sauce on a bed of pineapple chunks **	£8.00
K3. Duck in Plum Sauce on a bed of pineapple chunks **	£8.00
K5. Duck with Bamboo Shoots & Water Chestnuts	£8.00
K6. Duck with Cashew Nuts	£8.00
K7. Duck with Ginger & Spring Onions	£8.00
K8. Duck with Green pepper in Black Bean Sauce	£8.00
K9. Duck with Mixed Vegtables	£8.00
K12. Duck with Mushrooms	£8.00

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Vegetables Dishes

VT1. Stir Fry Mixed Vegetables	£5.90
VT4. Kung Po Mixed Vegetables with Cashew Nuts slightly spicy	£5.90
VT5. Stir Fry Mixed Vegetables in Black Bean Sauce	£5.90
VT6. Stir Fry Mixed Vegetables in Sweet & Sour Sauce	£5.90
VT7. Stir Fry Mushrooms	£5.90
VT8. Stir Fry Garlic Mushrooms	£4.90
VT9. Stir Fry Beansprouts	£4.90
VT10. Stri Fry Bamboo Shoots & Water Chestnuts	£5.90
VT11. Stir Fry Broccoli with Garlic	£5.90

Rice Dishes

R1. House Special Rice without pork (Mixed Meat & Mixed Vegetables cooked in sauce with boiled Rice)	£7.30
R4. King Prawns Fried Rice	£8.00
R5. Prawns Fried Rice	£7.00
R6. Chicken Fried Rice	£7.00
R7. Beef Fried Rice	£7.00
R9. Young Chow Fried Rice Dry, Egg Fried Rice with Prawn, Ham & Chicken	£7.00
R10. Singapore Fried Rice Dry Egg Fried rice with Prawn, Ham & Chicken, Hot	£7.10
R12. Hawaiian Fried Rice Dry, Egg Fried Rice with Ham, Pineapple, Onion & Peas	£7.10
R13. Mixed Vegetables Fried Rice	£6.50
R14. Mushroom Fried Rice	£6.30
R15. Egg Fried Rice	£3.70
R16. Boiled Rice	£3.20

Extras

EX2. Prawn Crackers	£3.50
EX3. Chips **	£3.70
EX5. Sweet & Sour Sauce	£2.80
EX8. Sausages(3) & Chips **	£6.00
EX9. ¼ Roast Chicken & Chips **	£6.80

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