



# THE MENU



# THE EAST

ORIENTAL.RESTAURANT.BAR

## SET MENUS

### Set Menu A £18.00 Per Person (minimum for 2 people or more)

#### Starters

The East Gourmet Mixed Platter

#### Second Course

Crispy Szechuan Aromatic Duck

#### Main Course Choice of one dish per person

- Fillet of Beef in Fruity Sauce
- Thai Green Chicken Curry
- Prawns With Black Bean Sauce
- Sweet and Sour Chicken
- Satay Beef

#### Vegetables

Stir-fried Mixed Vegetables

#### Rice

The East Special Fried Rice

### Set Menu B £28.50 Per Person (minimum for 2 people or more)

#### Soup choice of

- Hot & Sour Soup
- Chicken and Sweet Corn Soup

#### Starters

Steamed Shell on Scallops

#### Second Course

Baked Lobster in Ginger & Spring Onions

#### Main Course Choice of one dish per person

- Sizzling Satay Lamb
- Mixed seafood in Sea Spice Sauce
- Kung Po Chicken
- Crispy Chilli Beef
- Chicken in Black Bean Sauce

#### Vegetables

Monks Delights

#### Rice

The East Special Fried Rice

### Vegetarian Set Menu £16.50 Per Person (minimum for 2 people or more)

#### Starters

The East Vegetarian Mixed Platter

#### Second Course

Mu shu Vegetables with Pancakes

#### Main Course Choice of one dish per person

- Tofu in Black Bean Sauce
- Sweet and Sour Vegetables
- Aubergine in Sea Spiced Sauce
- Vegetable Cubes with Cashew Nuts

#### Vegetables

Monks Delight

#### Rice

Steamed Thai Fragrant Rice

## STARTERS

1. **The East Gourmet Mixed Platter** £5.50 (Per person)  
(Minimum for 2 persons)  
*Five specially chosen delicacies*
2. **The East Vegetarian Mixed Platter** £5.50 (Per person)  
(min for 2 persons) (v)  
*Five specially chosen vegetarian delicacies*
3. **Chicken Teriyaki** £4.90  
*Grilled chicken in a sweet sticky based sauce*
4. **Steamed Scallops** £4.20   
*Two shell on scallops steamed and served with a delicate spring onion soy sauce or with vermicelli xo sauce*
5. **Mussels in Black Bean Sauce** £5.90   
*Jumbo shell-on mussels stir-fried with chilli and black bean*
6. **Dim Sum** £4.80  
*Traditional steamed prawn and meat dumplings with a light garlic soya dip*
7. **Beef or Chicken Satay** £4.90   
*Skewered marinated chicken or beef fillet, grilled and served with a nutty satay sauce*
8. **The East Spare Ribs** £5.20  
*Finger-licking ribs, glazed with our house special sauce*
9. **Sesame Prawn Toast** £4.80  
*Baby toasts topped with a thin layer of prawns and sesame seeds and fried until crisp. Served with sweet chilli dip*
10. **Thai Spicy Fishcake** £5.20  
*Classic Thai fish cake served with a chilli dip.*
11. **Crispy Seaweed (v) optional** £3.90  
*Deep fried until crisp and sprinkle with ground fried fish.*
12. **Crispy Spring Rolls (v) optional** £4.20  
*Carrots, cabbage, chinese mushrooms, roast pork and shrimps wrapped in pastry then deep-fried and served with a sweet chilli dip*
13. **Bang Bang Chicken** £4.90  
*Thinly sliced cold chicken served on a bed of shredded cucumber with a delicate peanut dressing & garnished with crushed peanuts*
14. **Smoked Chicken** £4.90  
*Smoked strips of chicken breast, sauteed in a red-hot wok, flavoured with five spices*
15. **Sal-le Pepper Prawns** £5.20   
*Shell-on king prawns flash-fried and tossed with cracked pepper and crushed salt*
16. **Sal-le Pepper Squid** £5.20   
*Marinated squid rings flash-fried and tossed with cracked pepper and crushed salt*
17. **Grilled Meat Dumplings** £5.20  
*Minced meat wrapped in pastry and grilled to perfection. Served with a delicate ginger and vinegar sauce*
18. **Lemongrass Chicken Wings** £4.90  
*Marinated chicken wings wok fried with lemongrass*



 indicates hotness of the dish

(v) suitable for vegetarians



19. **Crispy Fried Won Ton** £3.90  
Deep-fried Won ton pastry wrapped with minced prawns and served with sweet & sour dip
20. **Tempura Prawns** £5.20  
Prawns, deep-fried in light batter served with a soy dip
21. **Tempura Vegetable (v)** £4.20  
Crispy vegetables deep-fried in light batter served with soy dip

## SOUPS

22. **Tom yum Soup** 🍴🍴🍴  
A revitalising hot and sour soup flavoured with lemon grass, lime leaves, chilli and vegetables and your choice of:  
• King prawns £4.50  
• Chicken £4.00  
• Mushroom £3.80
23. **Won Ton Soup** £4.20  
Traditional Chinese prawn dumpling soup
24. **Hot & Sour Soup (v) optional** £3.80 🍴🍴  
Spicy piquant chowder with shredded bamboo shoots, Chinese mushroom, roast pork and shrimps
25. **Chicken and Sweet corn Soup (v) optional** £3.50  
Creamed sweet corn with finely chopped chicken
26. **Miso Soup** £3.50  
Famous Japanese soup with diced tofu & seaweed

## SECOND COURSE & SALAD

27. **Baked Lobster** Market Price  
Whole fresh lobster baked in ginger and spring onion served with crispy noodle (optional) add £2 per person
28. **Crispy Szechuan Aromatic Duck**  
Served with cucumber, spring onion, steamed pancakes and Hoi-sin sauce  
• Quarter £8.90  
• Half £15.90  
• Whole £29.50
29. **Lettuce Wrap**  
Finely chopped vegetables stir-fried and served with iceberg lettuce and served with your choice of:  
• King Prawns £5.50  
• Chicken £5.00  
• Mushroom £4.50
30. **Japanese Green Leaf Salad** £5.00  
Salad leaves tossed in a Japanese dressing
31. **Spicy & Sour Noodle Salad with Prawns** £7.00 🍴  
A refreshing salad of grilled King prawns with glass noodles, topped with spring onion and peppers, tossed in a spicy tangy dressing
32. **Citrus Duck Salad** £8.00  
Seasonal leaf salad with duck breast, orange segments served in a creamy citrus dressing

## MAIN COURSE

### The East Signature Dishes

33. **Sizzling Fillet of Beef** £11.50  
Tender marinated fillet of beef, flash-fried in our house special fruity sauce brought sizzling to your table
34. **Salmon Teriyaki** £10.90  
Pan grilled in a teriyaki sauce and sake
35. **Gan Shaw Fish** £8.20  
Chunky cod fillet coated with a light coconut flavoured batter served with a sweet onion sauce
36. **Steamed whole sea bass** Market Price  
Steamed and topped with a light jus with ginger and spring onions
37. **Kung Po Dishes** 🍴🍴  
Stir-fried with dried chilli and chef's special sauce and with your choice of:  
• King Prawns £9.80  
• Chicken £8.20
38. **Mixed Seafood in Bird's Nest** £11.50  
Stir-fried medley of seafood served in a crispy potato nest
39. **XO Prawns with Asparagus** £9.80 🍴🍴  
Fresh king prawns stir-fried with asparagus in a special spicy XO sauce
40. **Thai Green Curry** 🍴🍴🍴  
The famous Thai Green Curry made with coconut milk, fresh green chillies, bamboo shoots and aubergines with your choice of:  
• King Prawns £9.80  
• Chicken £8.20  
• Mushroom £7.50
41. **Thai Red Curry** 🍴🍴  
Traditional Thai Red Curry made with spiced coconut milk, coriander, liches & pineapple with your choice of:  
• Chicken £8.20  
• Duck £10.20
42. **Szechuan Style, Hot & Spicy** 🍴🍴  
China's famous provincial recipe with peppers and onion. With your choice of:  
• King Prawns £9.80  
• Chicken £8.20
43. **The East Sizzling Specials** 🍴  
Stir-fried in a mouth watering and tasty satay sauce presented on a sizzling hot plate with your choice of:  
• King Prawns £10.80  
• Chicken £9.20  
• Beef £9.80  
• Lamb £10.50



All prices inclusive of VAT. For your convenience, an optional 10% gratuity will be added to the final bill.

## Classic Dishes

### 44. Cantonese Sweet & Sours

Crisp battered stir-fried and in a sweet & sour sauce  
With your choice of:

- King Prawns £9.80
- Chicken £8.20
- Pork £8.20
- Fish £8.20



### 45. Cantonese Black Bean Dishes

Stir-fried with chilli, onions, peppers and black bean.  
With your choice of:

- King Prawns £9.80
- Chicken £8.20
- Beef £8.80
- Fish £8.20

### 46. Ginger and Spring Onion Dishes

Traditional dish sauteed with ginger and spring onions  
With your choice of:

- King Prawns £9.80
- Scallops £11.00
- Squid £9.80
- Chicken £8.20
- Beef £8.80

### 47. Garlic Prawns £9.80

Marinated and sauteed king prawns flavoured with  
garlic sauce and white wine

### 48. Cashew Nut King Prawns £9.80

Wok fried with cashew nuts, onion and peppers

### 49. Beef with seasonal green

Tender slices of beef stir-fried with seasonal vegetables and  
oyster sauce (can be substituted with chicken or king prawns)

- Beef £8.80
- Prawn £9.80

### 50. Crispy Chilli Beef £8.80

Tender shredded beef marinated in a Chinese rice wine  
and herbs, deep-fried until lightly crunchy then tossed  
in an aromatic sun-dried chilli sauce

### 51. Chicken with yellow bean sauce £8.20

Diced Chicken stir-fried with cashew nuts tossed  
in a sweet tangy sauce

### 52. Lemon chicken £8.20

Lightly battered and in a tangy lemon sauce

### 53. Cantonese Roast Duck £11.00

Tender roasted duck served on a bed of  
steamed vegetables and soy sauce

### 54. Pineapple Duck £11.00

Roast Duck stir-fried with fresh pineapple  
served in a pineapple shell

### 55. Double cooked Pork £8.20

Sliced roast pork wok fried with bamboo shoots and peppers

### 56. Char Sui £8.20

Traditional roast pork glazed with honey  
and served on a bed of vegetables

## Vegetables and Vegetarian dishes

### 57. Seasonal Chinese Vegetable (v) £4.80

Fresh vegetables from the market flash-fried with garlic

### 58. Stir-fried Vegetable Cubes (v) £4.80

Medley of seasonal crunchy vegetables stir-fried  
in oyster or vegetarian sauce with cashew nuts

### 59. Tofu in Black Bean Sauce (v) £6.00

Stir-fried tofu with onions and peppers in a black bean sauce

### 60. Tofu family style £6.00

Braised bean curd stir-fried with mixed vegetables

### 61. Monks Delight (v) £4.20

Flash fried broccoli, spring greens, bamboo shoots,  
mushrooms and chopped garlic

### 62. Aubergine in Sea Spiced Sauce (v) £4.20

Braised aubergines with onions in a special sea spiced sauce

### 63. Wok Fried Beansprout (v) £3.80

### 64. Garlic Spinach (v) £4.20

### 65. French Bean in Yellow Bean Sauce (v) £4.20

## Rice and Noodle dishes

### 66. Pad Thai Noodles

Traditional Thai stir-fried noodles with egg,  
vegetables and bean sprouts, garnished with ground  
peanut and fresh coriander with your choice of

- Chicken £7.00
- King Prawns £7.50

### 67. Singapore Vermicelli (v) optional £4.90

Singapore's world famous noodle dish. Stir-fried  
vermicelli rice noodles with egg, chicken, shrimp,  
bean sprouts and spices

### 68. Plain Stir-Fried Noodles (v) £3.90

Stir-fried egg noodles with spring onion and bean sprouts

### 69. Beef or Chicken Crispy Fried Noodles £6.50

Crispy egg noodles topped with jus. Tender slices of beef or  
chicken cooked in a light soy sauce and green vegetables

### 70. The East Special Fried Rice £4.20

Stir-fried with shrimps, ham and char sui

### 71. Egg Fried Rice (v) £2.80

### 72. Steamed Jasmine Fragrant rice (v) £2.20

