

East

The Taste of the Orient

MENU

Let our chefs and their dishes take your taste buds travelling to the Orient through a tantalizing variety of dishes from the diverse cultures and flavours of Southeast Asia. Come dine with us, and let your palate explore the succulent spices of the Far East.

As is traditional in Asia, our dishes are served independently from rice or noodles which are ordered separately to give variety. Your chosen dishes can be complemented by vegetables or noodles to accompany your meal. Individual dishes can be shared by all in this way to allow everyone to enjoy the different tastes of the Orient.

Things You Should Know

Buffet menus for larger parties will be arranged upon request.

Special buffet served every Sunday from 12pm to 3:30pm

We also have an excellent selection of set menus.

(= Mild spice ((= Medium spice (((= Very spicy

V denotes dishes suitable for vegetarians

N denotes dishes that contain nuts as an ingredient

No meals contain any genetically modified ingredients or monosodium glutamate. For those with any food intolerances please speak to our staff, who will be happy to help.

We accept all major credit cards except Amex and Diners Card.

A discretionary service charge of 10% will be added to your bill and can be deducted should you feel it is not warranted.

All prices are inclusive of VAT

INTRODUCTION

At <East>, we pride ourselves on providing the best dishes from Southeast Asia. We have put together a tasting menu so that you can enjoy a medley of flavours from many different countries. That's the <East> experience.

TASTING MENU – DINNER FOR FOUR

(Minimum 4 people)

£35.95 per person

(Indonesian Chicken Satay
Heavenly Beef
Assorted Tempura
Gyoza
Seven Spiced Squid

(Mieng Kana N
Crispy Aromatic Duck with Pancakes

((Malaysian Lamb Rendang Curry
Japanese Chicken Hot Pot
(((Pad Cha Seafood
((Mu Manao
Sea Bass Nung Buay
(Pad Pak Boong (Morning Glory)
Steamed Jasmine Fragrant Rice V

Assorted Desserts

Coffee or Tea

SET MENU A – DINNER FOR TWO

(Minimum 2 people)

£19.95 per person

Assorted Tempura
(Indonesian Chicken Satay
Spring Rolls V
Crispy Turmeric Chicken Wings
(Singapore Chicken Curry
(Beef Lemongrass
Sweet and Sour Pork
Steamed Jasmine Fragrant Rice V
Dessert of the Day

SET MENU B – DINNER FOR FOUR

(Minimum 4 people)

£19.95 per person

Assorted Tempura
(Indonesian Chicken Satay
Spring Rolls V
Crispy Turmeric Chicken Wings
(Gang Phed Chicken
Teriyaki Salmon
(Pork Bulgogi
(Koong Pad Tua Wan
(Beef Lemongrass
Steamed Jasmine Fragrant Rice V
Dessert of the Day

VEGETARIAN SET MENU – DINNER FOR TWO

(Minimum 2 people)

£18.95 per person

Wasabi Mushrooms V
Spring Rolls V
Grilled Quorn on Skewers V
Tempura Vegetables V
(Singapore Tofu Curry V
Sizzling Vegetables with Tofu V
(Black Pepper Quorn V
Steamed Jasmine Fragrant Rice V
Dessert of the Day V

SET MENU C – DINNER FOR TWO

(Minimum 2 people)

£24.95 per person

Yakitori

Heavenly Beef

Assorted Tempura

Honeyed Spare Ribs

Crispy Aromatic Duck with Pancakes

☺ Thai Green Curry with Chicken

Sizzling Beef

☺ Koong Pad Tua Wan

Steamed Jasmine Fragrant Rice ✓

Dessert of the Day

SET MENU D – DINNER FOR FOUR

(Minimum 4 people)

£24.95 per person

Yakitori

Heavenly Beef

Assorted Tempura

Honeyed Spare Ribs

Crispy Aromatic Duck with Pancakes

Grilled Turmeric Chicken

☺ Massaman Lamb N

☺ Koong Pad Tua Wan

☺ Sun-dried Sea Bass N

☺ Pad Pak Boong (Morning Glory)

Steamed Jasmine Fragrant Rice ✓

Dessert of the Day

STARTERS

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|---|---|----------------|
| 1. Prawn Crackers | Spicy prawn crackers, served with a sweet chilli dip | Thailand 1.95 |
| 2. Heavenly Beef | Succulent slices of beef marinated in palm sugar and coriander seeds, shallow fried, served with a cool cucumber and sharp chilli dip | Thailand 4.95 |
| 3. Assorted Tempura | Prawns, asparagus, sweet potato, carrot and swede, deep-fried in a light tempura batter until crisp, served with a wasabi and soy dip | Japan 4.95 |
| 4. Spring Rolls V | Vermicelli, carrots and cabbage wrapped in paper pastry, deep-fried, served with a sweet chilli dip | Vietnam 4.25 |
| 5. Honeyed Spare Ribs | Ribs, marinated in honey, grilled to perfection | <East> 4.95 |
| 6. Crispy Turmeric Chicken Wings | Chicken wings marinated in spices and turmeric, fried until crisp, served with cucumber, crispy onion and chilli sauce | Thailand 4.95 |
| 7. Grilled Quorn on Skewers | Grilled Quorn smothered in a homemade sauce with peppers and onions | <East> 4.95 |
| 8. Gyoza | Japanese pastry wrapped over chicken, flavoured with chive and ginger, served with a Sake vinegar sauce | Japan 4.95 |
| 9. Indonesian Chicken Satay | Chicken grilled on skewers, basted with warm Indonesian spices | Indonesia 4.95 |
| 10. Wasabi Mushrooms V | Mushrooms in panko flakes, deep-fried, drizzled with wasabi cream | Japan 4.50 |
| 11. Seven Spiced Squid | Fried baby squid with Japanese seven spices and green chilli salt | Japan 4.95 |
| 12. Mu Yang Jim Jeaw | Pork shoulder marinated in Thai spices, grilled, served with cherry tomatoes and a tangy sauce | Thailand 4.95 |
| 13. Tempura Vegetables V | Crispy vegetables deep-fried in a light tempura batter, served with a wasabi and soy dip | Japan 4.25 |
| 14. Yakitori | Japanese-style grilled chicken with spring onions served on skewers | Japan 4.95 |
| 15. Oriental Platter for Two | Heavenly Beef, Indonesian Chicken Satay, Assorted Tempura and Gyoza | <East> 12.95 |
| 16. Oriental Vegetarian Platter for Two V | Grilled Quorn on Skewers, Spring Rolls, Wasabi Mushrooms and Tempura Vegetables | <East> 9.95 |

SECOND COURSE AND SALADS

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| 17. | Crispy Aromatic Duck With Pancakes | Duck served with cucumber, spring onion, steamed pancakes and hoi sin sauce | China
Quarter 8.95
Half 16.95 |
| 18. | Miang Kana N | A platter of fresh ginger, lemongrass, chillies, shallots, shrimp, crispy pork rind and peanuts on a bed of spring greens, served with caramelised palm sugar & roasted coconut sauce | Thailand 5.95 |
| 19. | Chicken Lettuce Wraps | Chicken fried with roasted chillies and water chestnuts on a bed of crispy noodles, served with fresh lettuce wraps | China 6.95 |
| 20. | Larp Beef or Chicken | Finely chopped meat of your choice tossed with lime juice and chilli, flavoured with fresh mint leaves and crushed roasted rice, served warm with lettuce 'scoops' | Laos 6.95 |

SOUPS

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| 21. | Wagame Sesame Chicken Soup | Clear soup with Japanese seaweed and chicken, seasoned with sesame seeds | Japan 4.95 |
| 22. | Tom Yum V | Classic lemongrass and fresh chilli soup with your choice of prawns, chicken or vegetables | Thailand 4.95
Prawns 5.95 |
| 23. | Tom Kha V | Coconut milk-based soup flavoured with galangal, lemon juice, lemongrass, coriander, chillies and kaffir lime leaves, with your choice of prawns, chicken or vegetables | Thailand 4.95
Prawns 5.95 |
| 24. | Fisherman's Soup | King prawns, squid, mussels and red snapper in a hot & spicy soup, flavoured with lemongrass, herbs and fresh chilli | Thailand 5.95 |

MAIN COURSES

CURRIES

25. Malaysian Rendang	A popular Malaysian curry with sun-dried spices giving a rich traditional flavour	Malaysia Chicken 8.50 Lamb 9.95
26. Thai Green Curry	Famous Thai green curry made with coconut milk, green chillies, bamboo shoots, fine beans and fresh Thai herbs with your choice of chicken, beef or prawns	Thailand 7.95 Prawns 9.50
27. Chu Chi Red Snapper	Fried red snapper topped with a spiced red creamy curry and fresh Thai herbs	Thailand 10.95
28. Chicken Debal Curry	Chicken thighs slow cooked in spices and herbs, served with ladies fingers	Malaysia 8.95
29. Singapore Chicken Curry	Rich chicken curry with turmeric spices, the favourite signature dish from Singapore	Singapore 7.95
30. Panaeng	A rich creamy curry, flavoured with Thai spices and kaffir lime leaves with your choice of chicken, beef or prawns	Thailand 8.50 Prawns 9.95
31. Gang Phed V	Thai red curry made with sun-dried red chillies, bamboo shoots, aubergine and fresh Thai herbs in coconut milk with your choice of chicken, beef or vegetables	Thailand 7.95 Vegetarian 6.95
32. Massaman N	Slow-cooked tender lamb or beef with onions, potatoes and roasted peanuts in a rich Thai curry with coconut milk, herbs and spices	Thailand Lamb 9.95 Beef 8.25

CHEF'S SPECIALITIES

33. Black Pepper Roast Duck	Wok-fried duck breast with chilli, onion and pepper in a black pepper sauce	China	9.95
34. Grilled Turmeric Chicken	Corn fed chicken marinated in spices and herbs, then grilled to perfection	Malaysia	9.95
35. Pork Bulgogi	Shallow fried slices of pork in a Bulgogi sauce with onions and leeks	Korea	7.55
36. Sizzling Beef	Flash-fried beef with mushrooms, peppers, oyster sauce and red wine	Korea	8.95
37. Pad Gra Praw	Famous Thai dish made from finely chopped chicken or beef, stir-fried with chillies, garlic and holy basil	Thailand	7.95
38. Beef Lemongrass	Slices of beef stir-fried with lemongrass, garlic and chillies	Vietnam	7.95
39. Tamarind & Cashew Nut Chicken N	Slices of chicken fillet, stir-fried with cashew nuts, onions, spring onions, roasted sun-dried chillies and tamarind sauce	China	7.95
40. Mu Manao	Char-grilled pork neck on a bed of broccoli, topped with chilli, zesty lime juice, garlic and Thai herbs	Thailand	7.95
41. Japanese Chicken Hot Pot	Chicken thighs slow cooked in Shoyu, Sake and Mirin, served with leeks in a hot pot	Japan	9.55
42. Sweet and Sour V	Crispy coated and deep fried with your choice of pork, chicken, prawns or vegetables, served with a tangy, fruity sauce	China Prawns	7.25 8.25
43. Crispy Chilli Beef	Tender shredded beef marinated in Chinese rice wine and herbs, deep-fried until lightly crunchy, tossed in an aromatic sun-dried chilli sauce	China	7.95
44. Three Flavour Crispy Chicken	Crispy chicken topped with homemade spicy tamarind sauce with pineapple, peppers and onions	Vietnam	8.95
45. Tamarind Duck	Fried aromatic duck, served in a caramelised tamarind sauce with crispy shallots and chillies	Thailand	9.95

SEAFOOD

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| 46. Pad Cha Seafood | Red snapper, prawns, squid and mussels with wild ginger in a spicy sauce | Thailand | 12.95 |
| 47. Teriyaki Salmon | Pan-seared salmon in teriyaki sauce, served with a medley of vegetables | Japan | 10.95 |
| 48. Zesty Sea Bass | Traditional Thai sea bass fillet, steamed with chilli, zesty lime juice, garlic and Thai herbs | Thailand | 11.95 |
| 49. Sake Scallops, King Prawns and Triple Mushrooms | Stir-fried scallops and king prawns with a medley of mushrooms in a light sake sauce | Japan | 12.95 |
| 50. Sea Bass Nung Buay | Steamed fillet of sea bass in a preserved plum sauce with ginger, shitake mushrooms and celery | China | 11.95 |
| 51. Pla Salmon | Shallow fried salmon, served with slices of lemongrass, shallots and coriander with a roasted chilli & lime sauce | Thailand | 10.95 |
| 52. Koong Pad Tua Wan | Stir-fried prawns with sugar snap peas in a spicy tangy sauce | Thailand | 8.95 |
| 53. Sun-dried Sea Bass N | Fried sea bass served with crunchy vegetables, cashew nuts and mild spiced sauce | Thailand | 11.95 |
| 54. Sizzling Seafood | A medley of seafood (king prawns, mussels and squid) quick-fried in a flamed wok with spicy sauce, peppers and onions | China | 10.95 |

VEGETABLES

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| 55. Pad Pak Boong V | Stir-fried Morning Glory (Water Spinach) with garlic, soy bean sauce and fresh chillies | Thailand | 5.95 |
| 56. Cabbage Hearts with Sun-dried Pork | Stir-fried cabbage hearts with garlic, a light soy sauce and fresh chillies | Thailand | 6.95 |
| 57. Stir-fried Bean Sprouts V | Stir-fried bean sprouts with garlic, spring onions and a soy sauce | China | 4.95 |
| 58. Mixed Vegetables V | A variety of seasonal vegetables stir-fried with a light soy sauce | China | 5.95 |
| 59. Sizzling Vegetables with Tofu V | Assorted seasonal vegetables stir-fried with tofu and a red wine sauce, served on a sizzling plate | China | 6.95 |
| 60. Tamarind Tofu V | Tofu pan-fried with a homemade tamarind sauce, sprinkled with crispy onions | Thailand | 5.95 |
| 61. Black Pepper Quorn V | Wok-fried Quorn in a black pepper and rice wine sauce | China | 6.95 |

RICE DISHES

62. Kao Pad Prik King	Rice cooked with prawns, spices, chillies, French beans and herbs, served with an egg	Thailand	7.25
63. Kao Pad Gai	Rice fried with chicken, spring onions and egg, served with cool cucumber slices	Thailand	6.95
64. Seafood Fried Rice	Chef's own recipe, flavoured fried rice with prawns and squid	<East>	7.95
65. Coconut Rice V	Thai jasmine fragrant rice flavoured with coconut milk	Thailand	2.95
66. Egg Fried Rice V	Thai jasmine fragrant rice, stir-fried with egg and light soy sauce	Thailand	2.95
67. Steamed Rice V	Thai jasmine fragrant rice	Thailand	2.25

NOODLES

68. Yakisoba	Stir-fried Japanese egg noodles with pork, cabbage and carrots in a Japanese sauce	Japan	6.95
69. Singapore Noodles V	Singapore's world-famous noodles, stir-fried vermicelli noodles with egg, chicken, shrimp, bean sprouts and spices	Singapore	7.65
70. Thai Chicken Noodles	Ribbons of rice noodles stir-fried with chicken, egg, spring onions in a light-flavoured sauce, served on a bed of lettuce	Thailand	7.25
71. Pad Thai Noodles V N	The original Thai noodles, stir-fried with king prawns, sweet radish, tamarind sauce, bean sprouts, spring onions, egg and peanuts	Thailand	7.65
72. Spicy Vermicelli	Stir-fried vermicelli rice noodles in a garlic & chilli sauce with prawns and chicken, served with watercress	China	7.65
73. Pad Mee Noodles V	Chinese noodles fried with bean sprouts, fine carrots and spring onions	China	5.95