

Welcome to Heen's

We specialise in Peking and Szechuan cuisine.

Our head chef of over 30 years experience is proud to create our most popular authentic dishes for you in the traditional way. We are confident that you will find these tastful dishes impossible to resist.

Our chefs are very happy to cater for any of your individual tastes which are not on the menu.

We can arrange arrange Special Party menus for all occasions.

A standard 10% optional service charge will be added for parties of 8 or more persons and special events & evenings

We cannot be responsible for any Allergic Reactions due to food allergies, as some dishes may contain traces of Nuts or other ingredients which may cause an allergic reaction, we will however be happy to advise as best we can of the contents.

Take home service available

Heen's Seafood Dinner

Includes a Whole Lobster Course for two or more

35.80 PER PERSON

SEAFOOD MIXED HORS D'OEUVRES

A selection of Chef's seafood starters
Including Peppercorn salted Squid & satay king prawns



WHOLE LOBSTER ON A BED OF NOODLES

Dry, Fried with peppercorn Salted Chilli & Garlic, (easy to handle)
In Black Bean Sauce
Ginger & Spring Onions Sauce
Spicy Chilli & Garlic Sauce



Pan fried Fillet of Sea Bass in our seafood sauce
Sweet & Sour King Prawns
Fresh Scallops with Stir-fried with Pac-Choi
Spring Onion Fried Rice



Jasmine Tea, Filter Coffee or Espresso

Our Suggested Set Dinners

For Two persons or more

Dinner A

£16.80 PER PERSON

Sweet corn & Chicken Soup or Hot & Sour Soup



Beef in Ginger & Spring Onions
Chicken in Chilli & Black Bean Sauce
Sweet & Sour Pork
Stir Fried Bean Sprouts
Egg Fried Rice



Jasmine Tea or Filter Coffee with Cream

Dinner B

£21.80 PER PERSON

Choose from either...

Crispy Aromatic Duck or our Mixed Hors d'oeuvres



Sweet Corn & Chicken Soup



Sizzling Lamb Slices in Honeyed Black Pepper
Szechuan Beef in Chilli Sauce
Sweet & Sour Chicken
Stir-fried Bean sprouts with Mange-tout
Egg Fried Rice



Jasmine Tea or Filter Coffee with Cream

Dinner C

£24.80 PER PERSON

Heen's Mixed Hors d'oeuvres

Spare Ribs, Seaweed, Spring Rolls, Satay Chicken & Sesame Prawns on Toast



Crispy Aromatic Duck

Served with Pancakes, Cucumber & Spring Onions



Sizzling Sauteed Beef & Chicken in Black Bean Sauce
Crispy Shredded Chilli Beef
Sweet & Sour King Prawns
Mixed Chinese Vegetables
Special Fried Rice



Jasmine Tea or Filter Coffee with Cream

Appetizers

Seafood Hors d'oeuvres (for two persons or more)	17.80
Heen's Mixed Hors d'oeuvres (for two persons or more)	14.80
Crispy Seaweed	4.90
Mini Spring Rolls (vegetarian available)	4.90
Sesame Prawn on Toast.....	4.90
'Wor tip" Pan fried Pork Dumplings (4 pieces)	5.00
Dry Shredded Smoked Chicken (in salted Chilli & Garlic)	7.50
Lettuce Wrap Chopped Chicken	5.50
Crispy Sweet & Sour Fried Won-Tun with Prawn Filling.....	5.50
Satay Lamb with Peanut Sauce on Skewers (4 pieces)	5.50
Satay Chicken with Peanut Sauce on Skewers (4 pieces)	5.50
Satay King Prawns with Peanut Sauce (6 prawns)	6.80
BBQ Capital Ribs in Tangy Sauce	5.50
Peppercorn Salted Chilli & Garlic Spare Ribs, dry	5.50
Dry Roasted Spare Ribs.....	5.50
Peppercorn Salted King Prawns in Chilli & Garlic, dry	7.80
Spicy Capital King Prawns (Lightly battered in tangy capital sauce with Chillies).....	7.80
King Prawns in Batter with Sweet & Sour Sauce	7.80
Butterfly King prawns in Bread Crumbs (4 Pieces)	5.00
Crab Claws in Minced Prawns (2 pieces)	5.50
Whole Soft Shell Crab Salted Chilli & Garlic, dry	each 9.80
Scallops Fried in Batter with Sweet and Sour Sauce	7.80
Steamed Scallops in Shells (3 pieces)	9.80
Mussels in Black Bean or (In Green Thai curry sauce)	6.80
Mongolian Aromatic Lamb Lettuce wrap (with plum sauce)	7.80
Szechuan style <i>Spicy</i> Aromatic lamb Lettuce wrap.....	7.80

A feast on its own...

CRISPY AROMATIC DUCK

Served with warm Pancakes with Cucumber, Spring Onions and Homemade Plum Sauce

WHOLE £35.80

HALF £18.80

QUARTER £9.80

FRESH WHOLE LOBSTER

Traditionally Prepared, The Chinese way, in the cracked shells, on a Bed of Noodles, Dry cleaning not included!

* Deep Fried in Peppercorn Salted with chilli and Garlic easy to handle

* Black Bean Sauce

* Ginger & Spring Onion Sauce

* Spicy Chilli & Garlic Sauce

Seasonal Price

FRESH WHOLE CRAB IN CRACKED SHELL

In Hot Thai Green Curry

Ginger & Spring Onion

Chilli & Black Bean Sauce

Seasonal Price

Soups

Heen's Seafood Soup	4.50
Hot & Sour Soup (vegetarian available)	3.50
Sweet Corn with Chicken Soup	3.50
Sweet Corn with Crab meat Soup	3.50
Won-Tun Prawn Dumpling Soup	3.50
Straw mushroom & Chicken Soup	3.50
Vegetarian Sweet Corn Soup	3.50

Seafood

We can pre-order other fresh fish and
Special dishes for advanced bookings

Steamed Whole Sea Bass (in seafood soya sauce with spring onion)	SP
Fillet of Fresh Sea Bass in Seafood soya Sauce	10.80
Spicy Capital Fish Fillets lightly Battered in spicy capital sauce.....	8.80
Peking Style Fish (pan fried lightly coated in egg in light garlic sauce)	8.80
Kung Po Fish Fillets (Lightly battered with sweet and spicy)	8.80
Peppercorn Salted Fried Squid in Chilli and Garlic, dry	9.20
Spicy capital Squid, lightly Battered in spicy capital sauce	9.20
Sweet & Sour King Prawns.....	9.20
King Prawns with Ginger & Spring Onions.....	9.20
King Prawns with Sweet Chilli & Basil (with green peppers & Chillies)	9.20
King Prawns with Cashew Nuts Hoi-sin Sauce	9.20
Szechuan Style King Prawns (with onions & green peppers & Chillies)	9.20
King Prawns with Scallops & Asparagus	9.20
Scallops Stir Fried with Fresh Broccoli (in light garlic Sauce)	9.20

Sizzling Dishes

Sizzling Steak Fillet Cantonese Style (with onions in capital fruity sauce)	13.80
Sizzling Steak Fillet in Black Pepper sauce	13.80
Sizzling Sautéed Beef & Chicken in Black Bean Sauce.....	10.80
Sizzling Satay Chicken in Spicy Peanut Sauce.....	9.80
Sizzling Pork Fillet Cantonese Style (with onions in capital fruity sauce)	9.80
Sizzling Lamb in Honey & Black Pepper Sauce	9.80
Sizzling Lamb in Ginger & Spring Onion	9.80
Sizzling King Prawns in peanut Satay sauce	10.80
Sizzling King Prawns in chilli & Black Bean Sauce	10.80
Sizzling King Prawns Cantonese Style (in capital fruity sauce).....	10.80
Sizzling Mixed Seafood in Seaspace Chilli Sauce	10.80
Sizzling Scallops in Chilli & Garlic Sauce	10.80

Poultry Dishes

OUR CHICKEN IS EXCLUSIVELY BREAST AND OUR DUCK IS SERVED WITH SKIN OFF THE BONE

Classic Cantonese Roasted Duck	8.80
Duck in Sweet Chilli Sauce & Basil	8.80
Duck with Fresh Orange in Mandarin Sauce.....	8.80
Dry Shredded Smoked Chicken in Garlic & Chilli.....	7.50
Chicken with Cashew Nuts in Hoi-Sin Sauce.....	7.50
Lemon Chicken (Fried in light batter with lemon sauce)	7.50
Sweet & Sour Chicken (Hong Kong Style, in sauce)	7.50
Fried Chicken with Crispy Onions (with capital BBQ sauce).....	7.50
Kung Po Chicken (spicy-sweet & sour with water chestnuts)	7.50
Chicken with Ginger & Spring Onions	7.50
Chicken in Black Bean Sauce (with Green Peppers and Onions.....	7.50
Szechuan Chicken (spicy Szechuan sauce, Onions & Green Peppers)	7.50

Meat Dishes

Sweet & Sour Pork (Hong Kong Style)	7.50
'Char-sui' Chinese BBQ Roasted Pork.....	7.50
Pork Fillets with Honeyed Black Pepper Sauce	7.50
Peppercorn salted Pork Fillets with Chilli and Garlic (dry)	7.50
Crispy Shredded Chilly Beef	7.50
Beef in Ginger & Spring Onions	7.50
Beef in Black Bean Sauce	7.50
Szechuan Style Beef (spicy with onions & green peppers)	7.50
Ma Po Tofu (soft tofu cubes & minced beef with strong preserved vegetables in chilli sauce)	7.50
Lamb Slices in Sweet Chilli & Basil.....	8.80
Szechuan Style Lamb Slices (spicy with onions & green peppers)	8.80

Thai Hot Curry @ Chinese Curries

Chinese Style Curry, Beef, Chicken or Lamb	8.80
Chinese King Prawn Curry.....	9.80
Thai Style Hot Green Curry with Chicken or Beef or Lamb	8.80
Thai Style Hot King Prawn Green Curry.....	9.80
Vegetarian Thai Style Hot Green Curry with Aubergine	8.80

Rice and Noodles

Side Order Thin Stir Fried Noodles and Rice Vermicelli

Noodles Stir-fried with Bean Sprouts.....	4.80
Special Chow Mein	6.80
Chow Mein with Chicken or Beef	5.80
Vegetarian Chow Mein	5.80
Special Mixed Stir Fried Udon (thick Japanese style noodle)	8.80
King Prawn Chow Mein	8.80
Singapore Style Spicy Vermicelli (rice noodles, vegetarian available)	6.80

Crispy Noodle Base ,Main Course size Dish with Choice of Topping

Seafood Crispy Noodle (king prawns, squid & scallops)	9.80
Heen's Crispy House Fried Noodle (Mixed topping of prawns and meat)	8.80
Vegetarian Crispy Noodle with Tofu And Vegetables	8.80

RICE DISHES

Special Fried Rice	3.80
Singapore Spicy Fried Rice (vegetarian available)	3.80
Shredded Chicken & Spring Onion Fried Rice.....	3.80
Vegetarian Fried Rice with chopped vegetables, no egg.....	3.50
Egg Fried Rice with spring onion (we don't put Peas now!)	3.00
Plain Steamed Rice	2.80

Vegetarian Appetizers

"VEGETARIAN CRISPY AROMATIC 'DUCK' WITH PANCAKES"

Served with Plum Sauce, Spring Onion & Cucumber.....	8.80
Mixed Vegetarian Hors d'oeuvres for Two (for two persons or more)	13.80
Vegetarian Style Sesame Toast.....	4.90
Crispy Seaweed	4.90
Vegetarian Mini Spring Rolls (4 pieces)	4.90
Vegetarian Crispy Won Tun (pastry filled with vegetables with sweet & sour sauce)	5.50
Satay Tofu on skewers in Satay Peanut Sauce	5.50
Peppercorn Salted Fried Tofu with Chilli & Garlic, dry	5.50
Vegetarian Lettuce Wrap	5.50

Vegetarian @ Vegetables

Our Vegetarian Dishes are

Made from Soya Beans, Flours or fresh Vegetables

Kung Po Tofu Vegetarian Style (Spicy Sweet and sour & water chestnut)	6.50
New Style Vegetarian Crispy Shredded Chilli 'Beef'	6.50
Sweet & Sour Fried Tofu (with Pineapple ,Green peppers and onions)	6.50
Monks Vegetable with Chinese Vegetable and Tofu with oyster sauce.	6.50
Mixed Chinese Vegetable Curry	6.50
Stir Fried Bean Sprouts	4.80
Stir fried Asparagus with Straw Mushroom and Baby corn.....	6.50
Peppercorn Salted Vegetables in Chilli & Garlic (Dry, in light batter)	6.50
Mixed Chinese Vegetables (baby corn, Chinese leaf, straw mushrooms etc)	6.50
Chinese "Pak Choi" in Oyster Sauce	6.50
Chinese "Pak Choi" Stir Fried in Garlic Sauce.....	6.50
stir fried Pak Choi with Broccoli in Garlic Sauce.....	6.50
Peppercorn Salted French Beans with Chilli & Garlic (dry, in light batter)	6.50
Stir fried French Beans in Garlic Sauce.....	6.50
Spicy French Beans in Chilli Sauce.....	6.50
Thai Green Vegetarian Curry with Aubergine	8.80

Vegetarian Sizzling Dishes

Sizzling Vegetarian Hotpot in Sweet Chilli Sauce.....	8.90
Sizzling Fried Tofu in Black Bean Sauce with Green Peppers & Onions	8.90
Sizzling Fried Tofu in Peanut Satay Sauce	8.90
Sizzling Seaspice Fried Tofu (spicy,with Black seaweed & water chestnuts).....	8.90
Sizzling Seaspice Spicy Aubergine (spicy,with Black seaweed & water chestnuts)	9.90
Sizzling Aubergine in Chilli & Black Bean Sauce	9.90