



# The Oriental

---

## PAN ASIAN RESTAURANT

FLEMING ROAD,  
CHAFFORD HUNDRED,  
GRAYS, ESSEX, RM16 6HH  
01375 481 268

**Website:** [www.theorientalpanasian.com](http://www.theorientalpanasian.com)

**Email:** [info@theorientalpanasian.com](mailto:info@theorientalpanasian.com)

All prices inclusive of VAT

A Discretionary 10% Service Charge will be added on the bill

Cheques are not accepted but most Debit and Credit Card are welcome for values over £10

Allergy Advice: Please be advised that all our dishes are prepared in a kitchen that handles all 14 declarable allergens and therefore we cannot guarantee no risk of cross contamination

Please ask our staff if you wish to change the choice of meat in our dishes. Please note that this may incur an additional charge

🔥 - Hot or Spicy/Contains Chilli    N- Contains Nuts

## APPETISERS

			£
1.	N	<b>COMBINATION CLASSIC PLATTER</b> (MINIMUM ORDER FOR 2 – PRICE PER PERSON) CRISPY 'SEAWEED', CAPITAL PORK RIBS, SATAY CHICKEN, VEGETABLE SPRING ROLLS & SESAME PRAWN TOAST	8.70 p.p
2.	N	<b>COMBINATION SEAFOOD PLATTER</b> (MINIMUM ORDER FOR 2 – PRICE PER PERSON) CRISPY 'SEAWEED', SATAY PRAWN, SALT & PEPPER SQUID, CRAB CAKES & PANKO MINCED PRAWNS	10.80 p.p
3.		RIBS	7.00
		A. CAPITAL      B. BBQ      C. LEMON      D. DRY	
4.		CRISPY DUCK ROLLS WITH HOI SIN SAUCE	5.90
5.		SESAME PRAWN TOAST	7.50
6.		GRILLED CHICKEN & VEGETABLE DUMPLINGS	5.50
7.		CRISPY 'SEAWEED' WITH A GROUNDED FISH TOPPING	4.20
8.		WOK SEARED GARLIC BUTTER KING PRAWNS	8.50
9.		CRAB CAKES WITH A MANGO SALSA	6.50
10.		SMOKED CRISPY CHICKEN SHREDS	7.50
11.	✎	FRIED CHICKEN WINGS IN SRIRACHA SAUCE	5.90
12.		KATAFI WRAPPED PRAWNS WITH A WASABI DIP	7.50
13.		STEAMED SCALLOPS (IN SHELL) WITH GLASS VERMICELLI WITH GARLIC SPRING ONION & SOYA SAUCE – (2 PIECES) PLEASE ALLOW 10 MINUTES COOKING TIME	7.90
14.	✎	GRILLED WHOLE TIGER PRAWNS WITH CHILLI & LIME	12.50
15.	✎	PANKO MINCE PRAWNS SERVED WITH SRIRACHA MAYO	8.50
16.		JAPANESE ASSORTED TEMPURA VEGETABLES WITH WASABI DIP	5.00
17.		CRISPY MINI VEGETABLE SPRING ROLLS WITH SWEET CHILLI DIP	4.90
18.		VIETNAMESE SPRING ROLLS WITH NUOC CHAM DIP	5.90
19.		SWEETCORN FRITTERS WITH SWEET CHILLI DIP	4.90
20.	N	SATAY SKEWERS WITH NUTTY SAUCE:	
		A] PRAWN	7.90
		B] CHICKEN	6.90
21.	✎	SALT & PEPPER: (CAN ALSO BE SERVED AS A MAIN DISH)	
		A] KING PRAWNS	10.50
		B] SQUID	8.20
		C] SOFT SHELL CRAB	10.50
		D] RIBS	7.00
		E ] CHICKEN WINGS	5.90
22.		MUSSELS IN YOUR CHOICE OF SAUCE:	
		A] XO SAUCE	8.90
	✎	B] BLACK BEAN SAUCE	6.90
	✎	C] THAI CHILLI SAUCE	6.90

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

## SOUP

- |     |    |                            |      |
|-----|----|----------------------------|------|
| 23. | ✦  | TOM YUM (SPICY THAI SOUP)  |      |
|     |    | A] KOONG (PRAWN)           | 5.90 |
|     |    | B] GAI (CHICKEN)           | 5.30 |
|     |    | C] HED (MUSHROOM)          | 4.90 |
| 24. | ✦✦ | SPICY PRAWN DUMPLING SOUP  | 5.90 |
| 25. | ✦  | HOT & SOUR SOUP            | 5.30 |
| 26. |    | CRAB MEAT & SWEETCORN SOUP | 5.50 |
| 27. |    | CHICKEN & SWEETCORN SOUP   | 5.30 |
| 28. |    | WON TON SOUP               | 5.50 |

## LETTUCE WRAP

- |     |  |  |       |
|-----|--|--|-------|
| 29. |  | CHOICE OF FILLING WRAPPED IN LETTUCE WITH<br>SOYA & GARLIC |       |
|     |  | A] SEAFOOD MEDLEY  | 11.90 |
|     |  | B] CHICKEN   | 7.90  |
|     |  | C] VEGETABLE   | 6.90  |

## LAMB

- |     |  |  |       |
|-----|--|--|-------|
| 30. |  | CRISPY AROMATIC MONGOLIAN LAMB WITH CRISP<br>LETTUCE LEAVES & PLUM SAUCE | 13.50 |
|-----|--|--|-------|

## DUCK

- |     |  |   |       |
|-----|--|---|-------|
| 31. |  | CRISPY AROMATIC DUCK WITH SOFT PANCAKES,<br>CUCUMBER, SPRING ONION AND HOISIN SAUCE |       |
|     |  | A] QUARTER  | 9.80  |
|     |  | B] HALF   | 18.50 |
|     |  | C] WHOLE  | 36.00 |
| 32. |  | CRISPY MOCK DUCK WITH SOFT PANCAKES,<br>CUCUMBER & SPRING ONION & HOI SIN SAUCE     | £7.80 |
|     |  | EXTRA PANCAKES  | 1.80  |
|     |  | EXTRA CUCUMBER & SPRING ONION   | 1.80  |

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

## SEAFOOD

- ✦ A] XO SAUCE (ADD £2)
  - ✦ B] BLACK BEAN SAUCE
  - C] GINGER & SPRING ONION
  - D] SEA SPICE
- 
- 33. SIZZLING KING PRAWNS (CHOOSE FROM THE ABOVE CHOICES) 12.50
  - 34. SIZZLING SCALLOPS (CHOOSE FROM THE ABOVE CHOICES) 12.90
  - 35. STIR FRIED SQUID (CHOOSE FROM THE ABOVE CHOICES) 11.50
  - 36. STEAMED KING PRAWN WITH GARLIC 12.50
  - 37. SWEET & SOUR KING PRAWNS HONG KONG STYLE 11.50
  - 38. N ✦ 'KUNG PO' CHILLI KING PRAWNS WITH CASHEW NUTS 12.50
  - 39. ✦ STIR FRY KING PRAWNS SZECHUAN STYLE 11.50
  - 40. ✦ STIR FRY KING PRAWNS WITH THAI SWEET CHILLI SAUCE 11.50
  - 41. ✦ STIR FRY KING PRAWNS WITH KAFFIR LIME LEAVES AND CHILLI 11.50
  - 42. STIR FRY SQUID WITH THAI BASIL & CHILLI 11.50
  - 43. ✦ SIZZLING SCALLOPS & KING PRAWNS IN XO SAUCE, WITH ASPARAGUS 13.50
  - 44. ✦ SALT & PEPPER MIXED SEAFOOD BASKET (KING PRAWNS, SCALLOPS & SQUID) 13.50
  - 45. MIXED SEAFOOD WITH SEASONAL VEGETABLES SERVED IN A 'BIRDS NEST' 13.50

## LOBSTER

\*PLEASE ALLOW 20 MINUTE COOKING TIME

- 46. FRESH WHOLE LOBSTER (IN SHELL)
- ✦ A] XO SAUCE SEASONAL £ + £2
- ✦ B] CHILLI SALT & PEPPER SEASONAL £
- C] GINGER & SPRING ONION SEASONAL £

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

## **FISH**

\*PLEASE ALLOW 20 MINUTE COOKING TIME

49.	PAN FRY RED SNAPPER WITH DRY CHILLI, SOYA AND LIME*	13.80
50A.	STEAMED WHOLE SEA BASS WITH GINGER AND SPRING ONION *	SEASONAL £
50B.	FILLET OF SEA BASS WITH GINGER SOY SAUCE AND LIME*	13.80
51.	TERIYAKI PAN-FRY SALMON FILLET, WITH PAK CHOI AND ORIENTAL MUSHROOMS *	13.80
52.	DEEP FRIED FISH WITH THAI SWEET CHILLI SAUCE AND VEGETABLES	11.50
53.	SWEET & SOUR FISH FILLETS HONG KONG STYLE	10.90

## **POULTRY & DUCK**

54.	SWEET & SOUR CHICKEN HONG KONG STYLE	6.90
55.	FRIED CRISPY CHICKEN IN LEMON SAUCE	6.90
56. N	'KUNG PO' CHILLI CHICKEN WITH CASHEW NUTS	7.90
57. N	STIR FRY CHICKEN WITH CASHEW NUT	7.90
58.	STIR FRY CHICKEN WITH BABY SWEETCORN & CHINESE MUSHROOMS	6.90
59.	SIZZLING CHICKEN WITH PEPPERS IN BLACK BEAN SAUCE	7.90
60.	SIZZLING CHICKEN WITH GINGER AND SPRING ONION	7.90
61.	STIR FRY CHICKEN WITH GARLIC MUSHROOM AND CORIANDER	6.90
62.	PAN FRY CHICKEN BREAST WITH A CORIANDER, GARLIC & CHILLI LIME DIP	7.90
63.	WOK SEARED CHICKEN WITH THAI BASIL AND CHILLI	6.90
64.	WOK SEARED CHICKEN IN SZECHUAN SAUCE	6.90
65.	ROASTED DUCK SAUTÉED WITH SWEET GINGER & PINEAPPLE	9.90
66.	SIZZLING DUCK WITH PEPPERS & BLACKBEAN SAUCE	10.90

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

## **BEEF / LAMB**

67.	✦	SIZZLING BEEF FILLET WITH MERLOT & BLACK PEPPERCORN SAUCE	12.80
68.		SIZZLING BEEF FILLET CANTONESE STYLE	12.80
69.		SIZZLING MARINATED BEEF WITH GINGER & SPRING ONION	8.90
70.		SIZZLING MARINATED BEEF PEPPERS IN BLACK BEAN SAUCE	8.90
71.	✦	CRISPY BEEF SHREDS WITH CHILLI & CARROTS	8.70
72.		STIR FRY BEEF WITH BROCCOLI & OYSTER SAUCE	7.90
73.	✦	STIR FRY BEEF CHILLI AND PEPPERS	7.90
74.	✦	STIR FRY BEEF WITH BASIL AND CHILLI	7.90
75.		SIZZLING BULGOGI BEEF WITH PEPPERS & ONIONS	9.80
76.		SIZZLING MARINATED LAMB WITH GINGER & SPRING ONION	9.80
77.		TENDER LAMB WITH ROOT VEGETABLE IN A CLAY POT	11.80

## **PORK**

78.	✦	SALT & PEPPER PORK CHOPS	8.00
79.		SIZZLING PORK CHOPS CANTONESE STYLE	9.00
80.		SWEET & SOUR PORK HONG KONG STYLE	6.90
81.		ROAST CHAR SUI	7.90

## **CURRY**

CHOICE OF: PRAWN £10.90, SQUID £9.90, FISH £9.90, LAMB £9.50  
BEEF £8.90, CHICKEN £7.90 AND MIXED VEGETABLE £6.90

82.	✦	PENANG CURRY	
83.	N ✦	THE ORIENTAL CURRY	
84.	✦	THAI GREEN CURRY	
85.	✦	THAI RED CURRY	

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

### **TOFU (BEANCURD)**

86.	N	STIR FRIED FRESH TOFU, PAK CHOI AND THREE STYLE MUSHROOMS WITH CASHEW NUTS	7.30
87.	✎	MA-PO BRAISED TOFU IN CLAY POT WITH MINCED BEEF & CHILLI	7.30
88.		BRAISED TOFU WITH FISH FILLET & CHINESE MUSHROOMS, GINGER & SPRING ONION IN OYSTER SAUCE	7.80
89.	✎	BRAISED AUBERGINE & TOFU CLAY POT WITH CHILLI BEAN SAUCE	7.30
90.	✎	SALT & PEPPER TOFU	6.50

### **VEGETABLES**

91.		CHINESE PAK CHOI WITH GARLIC & OYSTER SAUCE	7.50
92.		BRAISED 'BUDDHIST MONKS' VEGETABLES WITH CHINESE MUSHROOMS, BAMBOO SHOOTS, TOFU, BABY SWEET CORN & CLOUD EAR	6.90
93.		SAUTÉED SUGAR SNAP, BABY CORN & OYSTER MUSHROOM IN OYSTER SAUCE	6.90
94.	✎	STIR FRY SEA SPICE BROCCOLI	6.50
95.		STIR FRY BROCCOLI WITH GARLIC	5.90
96.		STIR FRY BROCCOLI AND MUSHROOM MEDLEY	5.90
97.		STIR FRY MIX VEGETABLES	5.90
98.		STIR FRY MUSHROOM WITH GARLIC	4.90

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION

## RICE & NOODLES

99. FRIED RICE (CHOOSE FROM BELOW OPTIONS)
- A] KING PRAWNS 8.50
  - B] BEEF 6.60
  - C] CHICKEN 6.60
  - D] ROAST PORK 6.60
  - E] MIXED VEGETABLE 5.90
- THE ABOVE DISHES AVAILABLE WITH CHILLI, GARLIC & ONION  
(ADDITIONAL CHARGE £1.00)
100. 'YUNG CHOW' FRIED RICE (SPECIAL) 6.90
101. ✎ SINGAPORE FRIED RICE 6.90
102. PINEAPPLE FRIED RICE 5.90
103. THAI COCONUT RICE 4.90
104. FRIED RICE WITH EGG 4.60
105. FRAGRANT STEAMED RICE 3.60
106. NOODLES (CHOOSE FROM BELOW OPTIONS)
- A] KING PRAWNS 8.50
  - B] BEEF 6.60
  - C] CHICKEN 6.60
  - D] ROAST PORK 6.60
  - E] MIXED VEGETABLE 5.90
107. ✎ SINGAPORE VERMICELLI 7.20
108. N✎ PAD THAI NOODLES WITH CHICKEN AND PRAWN 8.20  
(CONTAINS NUTS)
109. 'THE ORIENTAL' SPECIAL NOODLES 12.50  
(MIXED SEAFOOD & MEAT WITH VEGETABLES, COOKED IN A LIGHT SAUCE & PLACED ON A CRISPY NOODLE BASE)
110. NOODLES & BEANSPROUTS 4.90

### EXTRAS

- SAUCES: CURRY / SATAY / SWEET & SOUR / BBQ 2.00
- BLACK BEAN, CAPITAL, KUNG PO 2.50
- CHILLI OIL 1.50
- CHIPS 2.50
- PRAWN CRACKERS 2.00

FIRST SERVING OF PRAWN CRACKERS, CHILLI OIL & THAI SWEET CHILLI SAUCE ARE COMPLIMENTARY BUT ANY ADDITIONAL WILL BE CHARGEABLE

PLEASE CHECK WITH STAFF AT THE TIME OF ORDERING FOR ANY ALLERGIES  
PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED IN A KITCHEN THAT  
HANDLES ALL 14 DECLARABLE ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION



**THE ORIENTAL CLASSIC SET MENU**  
**MINIMUM FOR TWO PERSONS**

£18.00  
PER  
HEAD

CHICKEN & SWEETCORN SOUP

CAPITAL RIBS

CRISPY WON TONS WITH SWEET & SOUR DIP

SWEET & SOUR CHICKEN HONG KONG STYLE

BEEF WITH GREEN PEPPERS & BLACK BEAN SAUCE

STIR FRY MIXED VEGETABLES

EGG FRIED RICE

---

**THE ORIENTAL EASTERN DELIGHT SET MENU**  
**MINIMUM FOR TWO PERSONS**

£25.50  
PER  
HEAD

CRISPY 'SEAWEED', CAPITAL PORK RIBS, SATAY CHICKEN, VEGETABLE SPRING ROLLS  
& SESAME PRAWN TOAST

CRISPY AROMATIC DUCK WITH SOFT PANCAKES, CUCUMBER,  
SPRING ONION & HOI SIN SAUCE

CRISPY BEEF SHREDS WITH CHILLI & CARROTS

SIZZLING CHICKEN WITH PEPPERS IN BLACK BEAN SAUCE

SAUTÉED SUGAR SNAP, BABY CORN & OYSTER MUSHROOM IN OYSTER SAUCE

'YUNG CHOW' FRIED RICE (SPECIAL)

---

**TASTE OF THE ORIENT SET MENU**  
**MINIMUM FOR TWO PERSONS**

£28.50  
PER  
HEAD

CRISPY 'SEAWEED', SALT & PEPPER SQUID, VIETNAMESE SPRING ROLLS,  
SATAY CHICKEN SKEWERS, PANKO PRAWN BALLS

CRISPY AROMATIC DUCK WITH SOFT PANCAKES, CUCUMBER,  
SPRING ONION & HOI SIN SAUCE

OR

MONGOLIAN LAMB LETTUCE WRAP WITH PLUM SAUCE

SIZZLING BULGOGI BEEF WITH PEPPERS & ONIONS

PAN FRY CHICKEN BREAST WITH A CORIANDER, GARLIC & CHILLI LIME DIP

SWEET & SOUR FISH FILLETS HONG KONG STYLE

PAK CHOI WITH GARLIC & OYSTER SAUCE

SINGAPORE RICE OR NOODLES

PLEASE CHECK WITH STAFF AT THE TIME  
OF ORDERING FOR ANY ALLERGIES

PLEASE BE ADVISED THAT ALL OUR DISHES ARE PREPARED  
IN A KITCHEN THAT HANDLES ALL 14 DECLARABLE  
ALLERGENS AND THEREFORE WE CANNOT GUARANTEE  
NO RISK OF CROSS CONTAMINATION