DINING IN

henry's oriental
RESTAURANT · TAKEAWAY · DELIVERY

GLUTEN FREE

NGCI
No Gluten Containing Ingredients

SOUPS

Cream of Chicken and Sweetcorn Soup.	£4.50
Szechwan Hot & Sour Soup	£4.50
Chicken & Straw Mushroom Soup	£4.50
Cream of Sweetcorn Soup (v)	£4.00
Vegetarian Szechwan Hot & Sour Soup (v)	£4.50
Seasonal Vegetable Soup (v)	£4.00

STARTERS

Phoenix and Dragon Roll (4 Pieces) £8.50
(King prawn and chicken in a light batter served with a sweet salad cream sauce)

Gluten Free Fried Crispy Seaweed (Spring Greens) (v)	£6.00
Deep Fried Broad Beans in Peppercorn Salt v)	£6.00
Deep Fried Bean Curd in Peppercorn Salt (v)	£6.50
Chicken in Peppercorn Salt	£7.00
Mustard Chicken	£7.00
Spare Ribs of Pork in Sweet and Sour Sauce	£7.00
Spare Ribs of Pork in Peppercorn Salt	£7.50
Satay Beef with Sweet Chilli Sauce 4 Skewers)	£7.00
Satay Chicken with Sweet Chilli Sauce(4 Skewers)	£7.00
Satay King Prawn with Sweet Chilli Sauce(3 Skewers)	£8.50
Minced Lettuce Wrappings	£7.00

(Minced pork, water chestnuts, Chinese pickles & cashew nuts wrapped in lettuce leaves.)

Deep Fried Squid in Peppercorn Salt	£9.00
Deep Fried Squid with Sweet & Sour Sauce	£9.00
Five Spiced Shredded Chicken	£7.00
Special Sea Trio in Peppercorn Salt (Squid, Scallops & Prawns)	£14.50
Soft Shell Crab in Peppercorn Salt.	£15.50
Thai Fish Cakes with Sweet Chilli Sauce	£7.00
Crispy Fragrant Aromatic Duck	Quarter £16.50
(Lettuce Leaves instead of Flour Pancakes	Half £27.00
and sweet chilli dip instead of Plum Sauce)	Whole £50.00
Crispy Fragrant Aromatic Lamb	£20.00

(Lettuce Leaves instead of Flour Pancakes and sweet chilli dip instead of Plum Sauce)

MAIN COURSES

Sweet and Sour Hong Kong Style.
. (Coated in a light potato starch batter with pineapple, bell pepper and onion cooked in a sweet and sour sauce.)
Chicken £12.50 Pork £12.50 King Prawns £16.00

Black Bean and Pepper
(Stir fried with bell peppers and onions in black bean sauce.)
Chicken £12.50 Beef £12.50 King Prawn £16.00 Squid £16.00

Fresh Tomatoes
(Stir fried with fresh tomato, onions and carrot in a light pineapple sauce.)
Chicken £12.50   Beef £12.50 King Prawns £16.00

Pineapples
(Stir fried with pineapple, onions and bell peppers in a light pineapple sauce.)
Chicken £12.50 Beef £12.50 King Prawns £16.00 Duck £16.00

Ginger and Spring Onions
(Stir fried with ginger, onions and spring onions in a light garlic sauce)
Chicken £12.50 Beef £12.50 King Prawns £16.00 Scallops £18.00

Mushrooms (Chinese or English)
(Stir fried with mushrooms, onions in a light garlic sauce.)
Chicken £12.50   Beef £12.50 Pork £12.50 King Prawns £16.00

Spare Ribs of Pork in Peppercorn Salt	£12.50
Crispy Shredded Beef in a spicy & sweet sauce	£13.00
Crispy Shredded Chicken in a spicy & sweet sauce	£13.00
Chicken & Cashew Nuts	£13.00
King Prawn & Cashew Nuts	£17.00
King Prawn with Fresh Asparagus	£17.00
Chicken & Roasted Potatoes	£12.50
Lemon Chicken	£12.50
Orange Chicken	£12.50
Orange Duck	£16.00
Green Thai Chicken Curry	£13.00
Red Thai Beef Curry	£13.00
Kum Po Chicken	£12.50
Kum Po King Prawn	£16.00

VEGETABLES

Pak Choi Stir Fried with Garlic	£10.50
Quick Fried Seasonal Greens with Garlic	£9.00
Quick Fried Asparagus in Garlic	£10.50
Stir Fried Sugar Snap Peas and Baby Sweet Corn	£10.00
Monk's Mixed Vegetable with Bean curd	£12.50
Quick Fried Bean Sprout	£8.50

RICE AND NOODLES

Stir Fried Rice Noodles & Bean Sprouts.	£9.00
Stir Fried Rice Noodles with mixed vegetables	£10.00
Stir Fried Rice Noodles with Chicken	£11.00
Stir Fried Rice Noodles with Beef	£11.00
Stir Fried Rice Noodles with King Prawn	£16.00
Chicken Fried Rice	£9.00
Young Chow Fried Rice (Roast Pork and Strips of Chicken Breast)	£9.00
Egg Fried Rice	£5.50
Plain Boiled Rice	£5.00
Pineapple Fried Rice	£12.00
(Egg,Roast Pork, Strips of Chicken Breast and fresh Pineapple Pieces)	
Chips	£5.50

SIZZLERS

Spicy Beef in sweet Garlic Sauce	£14.00
Beef Steak with Chilli and Black Bean Sauce	£16.00
Beef Steak with Black Pepper Sauce	£16.00
Beef Steak with Spicy Seafood Sauce	£16.00

Please always tell us the dish you choose is the NGCI version when ordering

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