

henry's oriental

RESTAURANT - TAKEAWAY - DELIVERY



NGCI Takeaway Menu

Please always tell us the dish you choose is the Non Gluten Containing Ingredient version when ordering

Starters and Soups

Cream of Chicken and Sweetcorn Soup	£4.00
Szechwan Hot & Sour Soup	£4.00
Chicken & Straw Mushroom Soup	£4.00
Cream of Sweetcorn Soup (v)	£3.50
Vegetarian Szechwan Hot & Sour Soup (v)	£4.00
Seasonal Vegetable Soup (v)	£3.50

Phoenix and Dragon Roll (4 Pieces)	£8.00
(King prawn and chicken in a light batter served with a sweet salad cream sauce)	
Gluten Free Fried Crispy Seaweed (Spring Greens) (v)	£5.00
Deep Fried Broad Beans in Peppercorn Salt (v)	£5.50
Deep Fried Bean Curd in Peppercorn Salt (v)	£6.00
Chicken in Peppercorn Salt	£6.50
Mustard Chicken	£7.50
Spare Ribs of Pork in Sweet and Sour Sauce	£6.50
Spare Ribs of Pork in Peppercorn Salt	£7.00
Satay Beef with Sweet Chilli Sauce (4 Skewers)	£6.50
Satay Chicken with Sweet Chilli Sauce (4 Skewers)	£6.50
Satay King Prawn with Sweet Chilli Sauce (3 Skewers)	£8.00
Minced Lettuce Wrappings	£7.00
(Minced pork, water chestnuts, Chinese pickles & cashew nuts wrapped in lettuce leaves.)	
Deep Fried Squid in Peppercorn Salt	£8.50
Deep Fried Squid with Sweet & Sour Sauce	£8.50
Five Spiced Shredded Chicken	£6.50
Special Sea Trio in Peppercorn Salt (Squid, Scallops & Prawns)	£13.50
Soft Shell Crab in Peppercorn Salt.	£15.00
Thai Fish Cakes with Sweet Chilli Sauce	£6.50
Crispy Fragrant Aromatic Duck Quarter	£15.50
(Lettuce Leaves instead of Flour Pancakes Half	£25.00
and sweet chilli dip instead of Plum Sauce) Whole	£48.00
Crispy Fragrant Aromatic Lamb	£19.00

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

We have created this menu in order to make ordering dishes easier for our guests with Coeliac's, Gluten Allergies or Intolerances. We use independent equipment and use stringent measures to reduce the risk of cross contamination however please be aware that we do use ingredients in our kitchen that do contain gluten which is why are not able to say that our products are gluten free.

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 £10.00 Pork £10.00 King Prawns £14.00

Black Bean and Pepper
(Stir fried with bell peppers and onions in black bean sauce.)
Chicken £10.00 Beef £10.00 King Prawn £14.00 Squid £14.50

Fresh Tomatoes
(Stir fried with fresh tomato, onions and carrot in a light pineapple sauce.)
Chicken £10.00 Beef £10.00 King Prawns £14.00

Pineapples
(Stir fried with pineapple, onions and bell peppers in a light pineapple sauce.)
Chicken £10.00 Beef £10.00 King Prawns £10.00 Duck £14.50

Ginger and Spring Onions
(Stir fried with ginger, onions and spring onions in a light garlic sauce)
Chicken £10.00 Beef £10.00 King Prawns £14.00 Scallops £16.00

Mushrooms (Chinese or English)
(Stir fried with mushrooms, onions in a light garlic sauce.)
Chicken £10.00 Beef £10.00 Pork £12.50 King Prawns £14.00

Chef's Specials

Spare Ribs of Pork in Peppercorn Salt	£11.50
Crispy Shredded Beef in a spicy & sweet sauce	£11.00
Crispy Shredded Chicken in a spicy & sweet sauce	£11.00
Chicken & Cashew Nuts	£11.00
King Prawn & Cashew Nuts	£14.50
King Prawn with Fresh Asparagus	£15.50
Chicken & Roasted Potatoes	£10.00
Lemon Chicken	£10.00
Orange Chicken	£10.00
Orange Duck	£14.50
Green Thai Chicken Curry	£11.00
Red Thai Beef Curry	£11.00
Kum Po Chicken	£11.00
Kum Po King Prawn	£14.50

Vegetables

Pak Choi Stir Fried with Garlic	£10.00
Quick Fried Seasonal Greens with Garlic	£8.50
Quick Fried Asparagus in Garlic	£9.50
Stir Fried Sugar Snap Peas and Baby Sweet Corn	£10.00
Monk's Mixed Vegetable with Bean curd	£10.00
Quick Fried Bean Sprout	£7.50

Rice & Noodles

Stir Fried Rice Noodles & Bean Sprouts.	£8.00
Stir Fried Rice Noodles with mixed vegetables	£9.50
Stir Fried Rice Noodles with Chicken	£10.00
Stir Fried Rice Noodles with Beef	£10.00
Stir Fried Rice Noodles with King Prawn	£14.00
Chicken Fried Rice	£8.50
Young Chow Fried Rice	£8.50
Egg Fried Rice	£5.00
Plain Boiled Rice	£4.50
Pineapple Fried Rice	£11.00
(Egg, Roast Pork, Strips of Chicken Breast and fresh Pineapple Pieces)	
Chips	£4.50

Sizzlers

Spicy Beef in sweet Garlic Sauce	£11.00
Beef Steak with Chilli and Black Bean Sauce	£14.00
Beef Steak with Black Pepper Sauce	£14.00
Beef Steak with Spicy Seafood Sauce	£14.00

All Menus Available
www.henrys.me.uk
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