



Roast Crisp Pork Belly

Braised Tofu with Chinese Mushroom

Signature Dishes 精美小菜

S(1)	燒鴨 Roast Duck Cantonese Style	£11.00
S(2)	脆皮燒肉 Crispy Pork Belly Cantonese BBQ Style	£11.00
S(3)	蜜汁叉燒 Cha Sui Cantonese Roast Pork BBQ Style	£10.50
S(4)	港式咕嚕肉 Sweet & Sour Pork Hong Kong Style	£9.50
S(5)	四川回鍋肉 Spicy Double Cook Pork Belly Szechuan Style	£10.50
S(6)	火腩豆腐煲 Stewed Tofu with Crispy Pork Belly	£11.50
S(7)	麻婆豆腐煲 Ma Po Tofu (Diced Tofu with Minced Meat in Chilli Sauce )	£11.00
S(8)	巴東牛肉 Rendang Beef (Slow Cook Brisket Beef with Indonesia Style Dry Curry)	£11.00
S(9)	五香牛腩 Five Spice Braised Beef Brisket	£11.00
S(10)	辣子雞丁 Stir Fried Spicy Diced Chicken with Chilli and Celery	£10.50
S(11)	日式咖哩雞 Chicken Katsu Curry with Jasmine Rice	£10.90
S(12)	椒鹽軟殼蟹 Salt and Pepper Softshell Crab	£13.00
S(13)	香辣酥脆蒙古羊肉 Crispy Mongolian Lamb in Spicy Sauce	£9.50
S(14)	泰式紅咖喱配烤鴨片 Thai Red Curry with sliced Roast Duck	£9.50
S(15)	炒菜脯四季豆 Stir Fried French Bean with Chopped Radish	£10.50
S(16)	番茄炒蛋 Scrambled Egg with Fresh Tomatoes	£9.80
S(17)	海鮮脆面 Grilled Crispy Noodle with Seafood (King Prawn, Fishcake, Squid)	£13.00
S(18)	乾炒牛河 Beef Ho Fun (Flat Rice Noodle)	£11.00
S(19)	滑蛋蝦河 Wat Tan Har Hor (Ho Fun with Silky Egg Sauce and Prawns)	£13.50
S(20)	泰式大蝦河粉 Pad Thai with King Prawn (Served with Crushed Peanuts)	£13.00
S(21)	泰式滑雞河粉 Pad Thai Ho Fun with Chicken (Served with Crushed Peanuts)	£11.00

Gourmet Oriental  
88 South Street  
Bishops Stortford  
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Tel: 01279 505799

**Important Customer Notice:** our restaurant may contain some or all of the following ingredients: Cereal/Wheat flour (containing gluten), Egg, Fish (fish sauce), Soybeans, Peanut, Milk, Nut (almonds, hazelnuts, walnuts, cashew nuts, seeds), Celery, Mustard, Sesame, Lupin, Sulphur dioxide (preservative vegetable, dried fruit), Crustaceans (prawns, crab, lobster & crayfish), Molluscs (clams, mussels, oyster, squid, octopus), Oil (peanut oil, sunflower oil, sesame oil).

**Allergic to food not on the list**  
We cannot guarantee our foods are free of allergen. Please speak to our staff if you have any allergy to food that is not on the regulatory list. Please kindly inform us of any food allergies prior to ordering your meal.

Gourmet Oriental  
滿庭芳

Authentic chinese cuisine, delicate stir-fries  
港式風味, 精美小炒



Katsu Chicken



Roast Duck Cantonese Style



Beef Rendang



Szechuan Chilli Chicken





Starters			
1	Aromatic Duck	Quarter	£11.00
		Half	£21.00
2	Deep Fried Crispy Seaweed with Grated Scallop		£5.30
3	Sesame Prawn Toast		£5.30
4	Prawn Crackers		£2.50
5	Spring Rolls		£5.50
6	Mini Spring Rolls (v)		£5.00
7	Japanese Spinach Gyoza (v)		£6.00
8	Pan Grilled Meat Dumplings		£7.00
9	Japanese Gyoza Chicken Dumpling with Cabbage		£6.00
10	Barbecue Spare Ribs in Honey		£7.50
11	King Do Spare Ribs		£7.50
12	Spicy Spare Ribs with Fresh Chilli		£7.50
13	Tofu and Cabbage Spring Rolls		£6.50
14	Spicy Calamari with Fresh Chilli		£8.00
15	Spicy King Prawns with Fresh Chilli		£9.80
16	Salt and Pepper Chicken Wings		£6.50
17	Satay Chicken on Skewers		£6.80
18	Deep Fried Chicken Wings (Korean Style)		£6.50
19	Thai Style Prawn Crackers		£2.80
19A	Stuffed Mushroom in Spicy Sauce		£7.00e
20	Mixed Hor D'oeuvres (2 Persons) (Seaweed, Japanese Gyoza, Satay Chicken, Honey Ribs, Sesame Prawn Toast and Crispy Mini Spring Rolls)		£20.00 £22.00
Soups			
21	Hot & Sour Soup		£4.80
22	Chicken and Sweetcorn Soup		£4.80
23	Crabstix and Sweetcorn Soup		£4.80
24	Wonton Soup		£4.80



Chicken Dishes		
25	Thai Green Curry with Chicken	£8.80
26	Thai Red Curry with Chicken	£8.80
27	Malaysia Curry with Chicken	£8.80
28	Szechuan Chilli Chicken	£8.80
29	Chicken with Green Peppers in Black Bean Sauce	£8.80
30	Chicken with Ginger and Spring Onion	£8.80
31	Chicken with Cashew Nuts in Yellow Bean Sauce	£8.80
32	Stir Fried Chicken with Mixed Vegetables	£8.80
33	Sweet and Sour Chicken Hong Kong Style	£8.80
34	Sweet and Sour Chicken Balls	£8.80
35	Kung Po Chicken	£8.80
36	Lemon Chicken	£8.80
37	Chicken with Satay Sauce	£8.80
38	Deep Fried Shredded Crispy Chilli Chicken	£8.80
38A	Salt and Pepper Chicken	£8.80
38B	Chicken Omelette	£8.80
Beef Dishes		
39	Beef Curry	£9.50
40	Crispy Shredded Chilli Beef	£9.50
41	Beef with Green Peppers in Black Bean Sauce	£9.50
42	Beef with Ginger and Spring Onion	£9.50
43	Fried Beef with Broccoli	£9.50
44	Fried Beef with Mixed Vegetable	£9.50
45	Szechuan Sliced Beef with Chilli	£9.50
46	Grilled Beef Sirloin in Oriental Sauce	£11.50
46A	Grilled Beef Sirloin with Green Peppers and Black Peppercorn	£11.50

King Prawn Dishes		
47	Thai Green Curry with King Prawn	£10.50
48	Thai Red Curry with King Prawn	£10.50
49	Malaysia Curry with King Prawn	£10.50
50	King Prawn with Ginger and Spring Onion	£10.50
51	King Prawn with Green Peppers in Black Bean Sauce	£10.50
52	Kung Po King Prawn	£10.50
53	Sweet and Sour King Prawn	£10.50
54	King Prawn Balls in Batter	£10.50
55	Szechuan Stir Fried King Prawn	£10.50

10% service charge will be added to the bill

Vegetable Dishes		
56	Fried Broccoli in Oyster Sauce	£7.80
57	Stir Fried Mixed Vegetables	£7.80
58	Mixed Vegetable Curry	£7.80
59	Stir Fried Bean Sprouts with Garlic and Spring Onion	£7.30
60	Szechuan Tofu	£8.00
61	Tofu with Green Peppers in Black Bean Sauce	£8.50
62	Tofu with Chinese Mushroom and Baby Corn in Oyster /Sauce	£8.50
63	Pak Choi	£8.30
Rice and Noodles		
64	Boiled Rice	£3.50
65	Egg Fried Rice	£4.20
66	Special Fried Rice	£6.80
67	Chicken Fried Rice	£6.30
68	King Prawn Fried Rice	£10.50
69	Mixed Vegetable Fried Rice with Sweetcorn	£6.50
69A	Egg Fried Rice with Mushroom and Sweetcorn	
70	Vegetable Chow Mein	£7.50
71	Plain Chow Mein	£5.50
72	Chicken Chow Mein	£7.80
73	Beef Chow Mein	£8.00
74	Special Chow Mein	£9.00
75	Roast Pork Chow Mein	£7.80
76	King Prawn Chow Mein	£11.00
77	House Special Crispy Noodles (with assorted meats and prawns)	£11.00
77A	House Special Fried Rice (with assorted meats and king prawns)	£11.00
78	Singapore Style Vermicelli (Spicy)	£9.80
79	Vegetable Singapore Style Vermicelli (v)	£9.50
80	Chips	£3.30
81	Spicy Salt and Pepper Chips	£4.30
82	Singapore Fried Rice	£9.50

Desserts		
82	Apple or Banana Fritters in Syrup	£4.00
83	Toffee Apple or Banana	£4.50
84	Apple or Banana Fritters with Ice Cream	£5.00
85	Toffee Apple or Banana with Ice Cream	£5.00
86	Ice Cream	£4.00