

# 100° East

**THAI- MALAYSIAN- CHINESE**



MENU



▶ **EXECUTIVE CHEF LEE  
WELCOMES YOU TO 100° EAST.**

100° East showcases the best of pan asian cuisine, here you will find delicacies from Thailand, Malaysia and China.

We have compiled some of the most well known and best loved dishes to suit every palate.

So lets begin the never ending journey of food which will encourage you to keep coming back, to your very own,

***100° EAST.***

# SHARING PLATTERS

(minimum 2 people, price are per person)

- 1. EASTERN PLATTER (G N)** **£9.35PP**  
spare ribs, vegetable spring rolls, prawn tempura (Japanese style), chicken satay.
- 2. VEGETABLE PLATTER (G)** **£8.20PP**  
spring rolls, vegetable tempura, veg yuk sung, salt and pepper tofu.

## SOUPS

- 3. HOT AND SOUR SOUP (CHINESE)** 🌶️🌶️ **£4.50**  
chicken or mixed vegetables in a sour & spicy soup cooked with a rich szechuan chilli bean.
- 4. WONTON SOUP (CHINESE)** **£5.50**  
Pork stuffed savory dumplings served in a rich broth with chinese leaf and spring onions.
- 5. TOM YUM (THAI)** 🌶️🌶️  
**CHICKEN/PRAWN/SEAFOOD £5.50/£6.00/£6.50**  
spicy thai soup with lemon grass, mushroom, fresh chilli and coriander.
- 6. TOM KHA (THAI)** 🌶️🌶️  
**CHICKEN/PRAWN/SEAFOOD £5.50/£6.00/£6.50**  
chicken or vegetables with galangal, lemon grass, lime leaves in coconut, milk and dried chilli.
- 7. CRAB MEAT SWEET CORN SOUP** **£6.50**  
Creamy sweet corn soup cooked with crab meat, peas and carrot.



## SALADS

- 8. YUK SUNG (CHINESE)** **£6.50**  
choice of minced chicken, pork or vegetable served with crispy iceberg lettuce.
- 9. GADO GADO (MALAYSIAN)** **£5.65**  
salad of bean sprouts, cucumber, carrots, tofu and boiled eggs served with satay sauce.
- 10. SOM TUM** 🌶️🌶️🌶️ **£7.95**  
green papaya and carrot salad with cherry tomato, peanuts, tamarind sauce, fresh chillies, lime juice.
- 11. CHILLI BASIL BEEF (THAI)** 🌶️🌶️ **£7.30**  
Mince Beef with basil, fine beans and chilli served with Iceberg lettuce.
- 12. CHILLI BASIL CHICKEN** **£7.00**  
Mince chicken with basil, fine beans and chilli served with Iceberg lettuce.



D = DAIRY N = NUTS G = GLUTEN V = VEGETARIAN

🌶️🌶️ = Very spicy 🌶️ = Moderately spicy 🌶️ = Mildly spicy

# STARTERS

**Satay** - a traditional malay delicacy comprising of marinated small pieces of meat placed on bamboo skewers and grilled to perfection complemented with satay sauce.

- |                                                                                                                                        |               |                                                                                                           |              |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------|--------------|
| <b>13. CHICKEN SATAY (N)</b>                                                                                                           | <b>£6.50</b>  | <b>20. SPRING ROLLS (THAI) (V) (G)</b>                                                                    | <b>£5.85</b> |
| <b>14. VEGETABLE SATAY (N)</b><br>Mix vegetables like courgettes, broccoli, mushrooms, red peppera and potatoes grilled to perfection. | <b>£5.85</b>  | thai style crispy spring rolls, stuffed with vermicelli and white cabbage served with thai dipping sauce. |              |
| <b>15. BUTTER PRAWNS (MALAYSIAN) (D)</b> 🌶️🌶️                                                                                          | <b>£8.85</b>  | <b>21. MIXED VEGETABLE TEMPURA (JAPANESE) (V) (G)</b>                                                     | <b>£5.85</b> |
| very popular starter fried king prawns with butter paste curry leaf and fresh chilli.                                                  |               | lightly battered crispy broccoli, carrots, potatoes, mushrooms and red pepper with ginger tempura sauce.  |              |
| <b>16. PRAWN TOAST</b>                                                                                                                 | <b>£7.30</b>  | <b>22. PRAWN TEMPURA (JAPANESE) (G)</b>                                                                   | <b>£7.75</b> |
| deep fried bread stuffed with minced prawn, served with sweet chilli sauce.                                                            |               | crispy and lightly battered prawns with ginger tempura sauce.                                             |              |
| <b>17. SOFT SHELL CRAB ON THE ROCK</b> 🌶️                                                                                              | <b>£9.95</b>  | <b>23. SALT &amp; PEPPER SQUID (D)</b> 🌶️🌶️                                                               | <b>£6.85</b> |
| Deep fried whole soft shell crab with potato, five spices salt & pepper, fresh chilli and spring onion..                               |               | five spices powder, onion, green and red pepper salt and chilli.                                          |              |
| <b>18. MAGGIE JUMBO PRAWN (G)</b>                                                                                                      | <b>£11.35</b> | <b>24. SALT AND PEPPER SPICY WINGS</b> 🌶️🌶️                                                               | <b>£6.30</b> |
| fresh chopped ginger, onions, maggie sauce, brown sugar, light soy sauce, celery and coriander.                                        |               | Deep fried chicken wings dry cooked with five spices powder, onion, green and red pepper salt and chilli. |              |
| <b>19. BARBEQUE SPARE RIBS (MALAYSIAN) (G)</b>                                                                                         | <b>£7.45</b>  | <b>25. SALT &amp; PEPPER TOFU (MALAYSIA) (V) (G)</b>                                                      | <b>£5.80</b> |
| Pork spare ribs marinated in malaysian BBQ sauce.                                                                                      |               | deep fried tofu dry cooked with five spices powder, onion, green & red pepper, salt and chilli.           |              |



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## CURRY DISHES

choice of chicken, lamb, beef, pork or vegetable £11.95 prawn or seafood £12.95

26. **GREEN CURRY (THAI) (D)** 🌶️🌶️  
with thai aubergines, red chilli, sweet basil and lime leaves cooked in coconut milk.
27. **MASSAMAN (THAI) (N)**  
massaman curry cooked in coconut milk with potato, onions and peanuts, creating a mild sweet flavour.
28. **PANANG (THAI) (D)**  
cooked relatively in red panang curry paste and coconut cream, garnished with red chilli and basil leaves.
29. **MALAYSIAN KARI (MALAYSIAN) (D)** 🌶️🌶️  
malaysian kari made from the right blend of spices for an authentic taste flavoured with coconut milk, coriander, fresh ginger, garlic, chillies and curry leaves.

## MAINS

### chicken

30. **RENDANG (MALAYSIAN)** 🌶️🌶️ **£8.95**  
this hot dry spiced dish of tenderly simmered meat and coconut milk offers the typical taste of malaysia, balanced with robust tangy spices.
31. **WOK FRIED CHICKEN AND CASHEW NUTS (THAI) (G)** 🌶️🌶️ **£8.95**  
onion with mushrooms, spring onions and red and green peppers topped with cashew nuts.
32. **STIR FRIED CHICKEN IN TERIYAKI SAUCE(JAPANESE) (G)** **£8.95**  
stir fried chicken with black mushroom carrot and asparagus with teriyaki sauce.
33. **STIR FRIED CHICKEN IN GINGER & GARLIC (THAI) (G)** **£8.95**  
sliced chicken breast stir fried with ginger, garlic, white pepper & a hint of oyster sauce, spring onions & carrots.
34. **SWEET AND SOUR CHICKEN (CHINESE)** **£8.95**  
stir fried chicken with fresh red and green peppers and pineapple in a classic sweet and sour sauce.
35. **CHICKEN IN BLACK BEAN SAUCE (CHINESE) (G)** **£8.95**  
stir fried chicken with fresh red & green peppers, ginger and onions in a sauce made with fermented black beans.
36. **KUNG PAO CHICKEN (MALAYSIAN)** 🌶️🌶️🌶️ **£8.95**  
chicken stir fried with broccoli ,bamboo shoot, red and green peppers, onion and peanuts in a spicy hot pepper kung pao sauce.
37. **CHICKEN IN SZECHUAN SAUCE (CHINESE) (G)** 🌶️🌶️ **£8.95**  
stir fried chicken with carrots, onions, bamboo shoot, celery, green & red pepper, ginger in spicy szechuan sauce.
38. **CHICKEN IN BBQ SAUCE (MALAYSIAN) (G)** **£8.95**  
stir fried chicken with fresh red and green peppers, chinese coriander, and onions flavoured with our home made barbeque sauce.
39. **CRISPY SHREDDED CHICKEN (MALAYSIAN)** 🌶️🌶️ **£8.95**  
Strips of Chicken seasoned and fried until crispy serve in chef special hot and garlic chilli sauce.
40. **CHILLI BASIL CHICKEN (THAI)** 🌶️🌶️ **£8.95**  
Mince Chicken with basil and chilli served with iceberg lettuce.



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# MAINS

## lamb

41. **LAMB IN SATAY SAUCE (MALAYSIAN) £11.95**  
stir fried lamb with fresh red & green peppers, pineapple & onions served in a spicy peanut satay sauce.
42. **LAMB IN BLACK BEAN SAUCE (CHINESE) (G) £11.95**  
stir fried lamb with fresh red & green pepper & ginger served in a sauce made with fermented black sauce.
43. **SLICED LAMB IN SCHEZWAN SAUCE (MALAYSIAN) (G) £11.95**  
stir fried sliced lamb with scheszwan peppercorns, spring onions and diced peppers.
44. **SLICED LAMB IN BBQ SAUCE (CHINESE) £11.95**  
stir fried sliced lamb with fresh red & green peppers, chinese coriander, onions & flavoured with homemade bbq sauce.
45. **NYONYA LAMB (MALAYSIAN) 🌶️ £11.95**  
fresh sliced lamb cooked with lemon grass, shallots, chillies, curry leaves, green beans, onions & coconut milk in our chefs special malaysian sauce.

## beef

46. **CRISPY SHREDDED BEEF (MALAYSIAN) 🌶️🌶️ £11.95**  
strips of beef seasoned & fried until crispy & served in our chefs special hot garlic chilli sauce.
47. **FRESH GINGER GARLIC BEEF (THAI) (G) £11.95**  
sautéed sliced beef with ginger, garlic, carrots and spring onions.
48. **SIRLOIN STEAK IN TERIYAKI SAUCE (JAPANESE) (G) £14.95**  
slices of sirloin in a tasty teriyaki sauce with black mushrooms and asparagus.
49. **BEEF IN BLACK PEPPER SAUCE (CHINESE) (D) (G) £11.95**  
sliced beef with crushed black peppercorns, chopped onions, red & green pepper, ginger & spring onions.
50. **BEEF IN BARBEQUE SAUCE (MALAYSIAN) £11.95**  
slice of tender beef served in our home made barbeque sauce.
51. **BEEF IN BASIL £11.95**  
minced beef in basil, chilli and fine beans.

## beef

52. **BEEF IN BLACK BEAN SAUCE (MALAYSIAN) £11.95**  
stir fried beef with fresh red & green pepper, ginger & onions in sauce made with fermented beans.

## pork

53. **SWEET AND SOUR (CHINESE) £7.80**  
deep fried diced pork served with fresh pineapple in a classic sweet and sour sauce.
54. **BLACK BEAN SAUCE (CHINESE) £7.80**  
pork, ginger, onion, red & green pepper, spring onions with fermented black bean.
55. **GINGER AND GARLIC £7.80**  
stir fried pork sautéed with ginger, garlic, white pepper & a hint of oyster sauce.
56. **BBQ SLICED PORK (MALAYSIAN) £7.80**  
stir fried pork with fresh red & green pepper, onions, chinese coriander, garlic & spring onions with homemade bbq sauce.

## fish

57. **SEABASS (THAI) 🌶️🌶️🌶️ £16.85**  
steamed in a spicy, sour sauce made with lime juice, lemon grass & preserved plums, pickled garlic garnished with coriander.
58. **SEABASS IN TERIYAKI SAUCE £16.85**  
pan fried seabass in rich teriyaki sauce with mixed salad and asparagus.
59. **SALMON IN PANANG PASTE (THAI) £16.85**  
salmon cooked in panang curry sauce with coconut milk and garnished with basil leaves.
60. **TERIYAKI SALMON STEAK (JAPANESE) (G) £16.85**  
salmon steak in our homemade teriyaki sauce with mushrooms, carrot, onion and asparagus.
61. **SEABASS (CHINESE) (G) £16.85**  
seabass simply steamed in a marinade of ginger & spring onions & fried shallots, garlic oil & light soy sauce.
62. **PRAWNS WITH ASPARAGUS, GINGER AND SPRING ONIONS (CHINESE) (G) £12.95**  
king prawns stir fried with asparagus, ginger, spring onion, pepper and a hint of oyster sauce.
63. **MIXED SEAFOOD (THAI) 🌶️🌶️ £12.95**  
prawns, squid and scallops sautéed in chilli paste & spring onions, red & green peppers, chilli & sweet basil.

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# MAINS

## fish

64. BIRD'S NEST MIXED SEAFOOD (MALAYSIAN) (G) **£12.95**  
stir fried scallops, squid, and prawns in oyster sauce served in a birds nest shaped bed of noodles.
65. KUNG PAO SQUID (MALAYSIAN) (G)  **£9.95**  
stir fried squid with fresh ginger, green & red pepper, onion, garlic and dried red chilli.
66. TIGER PRAWNS IN CHEF SPECIAL SAUCE (MALAYSIAN) (G) **£12.95**  
Stir fried tiger prawns with curry leaves, dry shrimps, onion, ginger in Chef special sauce.
67. FRESH GARLIC KING PRAWNS (THAI) **£12.95**  
stir fried king prawns with thick oyster sauce, fresh garlic, green & red peppers.

## vegetables

68. SWEET AND SOUR VEGETABLES (MALAYSIAN) **£5.75**  
mix vegetables stir fried in sweet and sour sauce with pineapple, tomatoes, green and red pepper.
69. STIR FRIED MIXED VEGETABLES WITH BASIL CHILLI PASTE (THAI)  **£6.30**  
Wok fried mixed vegetables with basil leaves, chilli paste in oyster sauce.
70. STIR FRIED MIXED VEGETABLES IN SATAY SAUCE (MALAYSIAN) **£6.30**  
Stirred fried assorted fresh vegetables served with special peanut sauce.
71. BEAN CURD WITH BLACK MUSHROOMS (CHINESE) (G) **£6.75**  
stir fried bean curd with black mushrooms, Chinese fungus, bamboo shoot, snow peas and a touch of oyster sauce.
72. KUNG PAO TOFU (CHINESE) (G)  **£6.75**  
Stir fried tofu with hot garlic ginger chilli sauce.

## noodles

73. SINGAPORE CHICKEN **£7.00**  
wok fried vermicelli noodles cooked with chicken strips and vegetables with light curry sensation.
74. PAD THAI PRAWN (THAI) **£8.95**  
thai style rice noodles cooked with tamarind, peanuts, egg, bean sprouts and spring onions in homemade pad thai sauce.
75. STIR FRIED EGG NOODLES WITH CHICKEN (CHINESE) **£6.35**  
egg noodles with bean sprouts, chicken, soy sauce, spring onions onion and red pepper.
76. SPICY CHILLI CHICKEN EGG NOODLES  **£7.00**  
Egg noodles with bean sprouts, onion, pepper, carrot, spring onions in spicy sauce

## rice

77. YEUNG CHOW FRIED RICE (CHINESE) (G) **£6.85**  
probably china's most famous rice dish with roasted pork, shrimps, spring onions, carrot and peas.
78. NASI GORENG (MALAYSIAN)  **£6.95**  
renewed rice dish of shrimps, chicken, fine beans cooked in shrimp paste garnished with spring onions.
79. FRIED RICE (THAI)  **£6.95**  
fried rice with chicken or vegetables, fine beans, sweet basil, garlic and chilli.
80. EGG FRIED RICE **£2.95**  
stir fried rice garnished with spring onions.
81. STEAMED JASMINE RICE (THAI) **£2.95**  
Finest jasmine rice simply steamed.

*Please note that many dishes are prepared with nuts or nut products. If you have a nut allergy we can try our best to keep your food nut free but cannot guarantee.*



100° East Restaurant

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[www.100degreeseast.co.uk](http://www.100degreeseast.co.uk)