












EAST

ASIAN FUSION
RESTAURANT

STARTERS

- Crispy Vegetable Spring Roll**    **8.75**
Cabbage, carrot & Thai herbs wrapped in crispy pastry served with sweet chilli sauce
- Asian Duck Spring Roll**    **9.85**
Roast duck, cabbage, carrot & leek wrapped in crispy pastry served with plum sauce
- Grilled Chicken Skewer**   **9.85**
Skewered chicken marinated in Thai red chilli paste & turmeric served with Peanut sauce
- Thai Chilli Calamari**   **9.50**
Baby calamari wok fried with Asian vegetables in a spicy chilli sauce
- Barbeque Chicken**     **9.50**
Chicken breast marinated in a bean curd paste served in lettuce cups and a hoi sin dipping sauce.
- Panko Prawn**   **9.95**
Tiger prawns in panko breadcrumbs and on a bed of lettuce served with a sweet chilli sauce.
- Braised Pork Belly** **9.50**
Served in a five spice honey glaze with mixed soy vinaigrette.
- Boon Young Wings**     **9.50**
Asian style chicken wings flavoured with hoi sin sauce, bean curd paste and sweet chilli sauce.




SOUPS

- Chicken Wonton Soup**    **7.65**
Chicken dumplings, ginger, onions and garlic in a Thai chicken broth.
- Irish Seafood Chowder**      **8.50**
Fresh cod, coley, Irish mussels w, seasonal vegetables in a creamy sauce served with soda bread.
- Hot and Sour Soup**  **5.75**
Traditional Thai light and spicy soup with fresh herbs, galangal, chillies and lime juice
- With Chicken**  **6.50**
- With Prawns**   **6.95**

E A S T

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SHARING PLATES

Sharing Platter for 2    **18.95**

*Barbeque ribs, chicken satay in **peanut** sauce, vegetable spring rolls, crispy calamari with sweet chilli sauce and garlic aioli*



Traditional Duck Pancakes



Roasted shredded duck with julienne carrot spring onion and cucumber served with hoisin sauce.



Half shredded duck (perfect for 2) **17.95**

Whole shredded duck (perfect for 4) **34.95**

TASTE OF ASIA

Thai Green Curry   **16.25**





Chicken   **17.25**

Beef   **18.25**






Green chillies & peppers mixed with coconut milk, bamboo shoots, aubergine & onions

Stir Fried Beef with Basil and Soya   **17.25**





Shredded beef stir fried with garlic, soy sauce & fresh basil leaves

Pad Thai     **16.25**

*Stir fried prawns & sliced chicken fillet with **peanuts**, aubergine, spring onion & bean sprouts tossed with flat rice noodles*





Nasi Goreng      **16.95**

Egg fried rice with stir fried prawns & sliced chicken fillet served with a chicken satay skewer and topped with a fried egg




Vegetarian Option     **13.50**

Honey Roasted Breast of Duck    **21.50**



Crispy roasted duck breast served with Asian spiced honey, plum, & lemon chilli sauce on a bed of stir fried bean sprouts & rice

Chicken Chow Mein     **15.95**

Crispy turmeric chicken breast on a bed of egg noodles with Asian vegetables, red chilli, soya and oyster sauce

Wok Fried Prawns    **18.95**

Stir fried prawns with mixed peppers, carrot, onions, bamboo shoots, chilli & black bean pepper sauce

East Lamb Curry   **17.95**

Tender Lamb marinated in Onion, Tomato, Ginger, Coriander and Coconut Milk



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HEALTHY EATING

Stir Fried Ginger Chicken **17.50**

Fresh ginger and chicken wok fried with carrots, spring onion, mushroom and peppers lightly mixed with house seasoning sauce and xio sing wine.

Kcal – 492 Fat – 14g Carb – 24g Protein – 64g

Claims: Low in fat, low in saturated fat, low sugar, source of fibre, high in protein, high in vitamin A

Stir Fried Chilli Beef **17.50**

A classic with a kick is with stir fried strips of beef, peppers, mushroom, onion, chilli, garlic and holy basil.

Kcal - 421 Fat - 15g Carb - 19g Protein - 52g

Claims: Low in sugar, high in protein, high in vitamin C, high in vitamin B12

Spencer Super Salad **17.50**

*Apples, cranberries, orange segments, rocket, spinach, **almonds** with Lemon and Thyme dressing topped with a grilled chicken breast.*

Kcal - 299 Fat – 3.6g Carb - 20g Protein - 42g

Claims: Low in fat, low saturated fat, low sugar, very low salt, high protein, high vitamin k and a great source of fibre

Atlantic Swordfish **22.50**

Chargrilled swordfish steak cooked medium with fennel ceviche, grapefruit segments, watercress pesto and potato puree.

Kcal - 499 Fat – 9.7g Carb - 49g Protein - 46g

Claims: Low fat, low saturated fat, low sugar, high in protein, high vitamin B12 and a great source of fibre.

Excise Salad **17.95**

Barbeque pulled pork with avocado, tomato, cucumber, red onion, mixed beans and corn topped with crumbled feta.

Kcal - 735 Fat - 29g Carb - 47g Protein - 64g

Claims: Low sugar and high in protein.

Cashew Chicken **17.25**

Stir fried chicken with peppers, onion, cashew nuts, carrots, mushroom, garlic and chilli.



Kcal -516 Fat - 15g Carb - 23g Protein - 68g

Claims: Low fat, low saturated fat, low sugar, high in protein, high Vitamin A, high in vitamin C and a great source of fibre.



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HEALTHY EATING


Vegetarian Stir-Fry   **12.95**

Add Tofu **14.95**

Stir fried Asian style vegetables in a soy oyster sauce with tofu

Kcal - 182 Fat – 7.4g Carb - 13g Protein - 13g





Claims: Low in fat, low in carbs and low in calories.

Warm Crispy Chicken Salad  **14.95**

Chopped crispy chicken with honey mustard dressing on a bed of mixed leaves, cherry tomato, cucumber and red onion.

Kcal - 424 Fat - 14g Carb - 30g Protein - 39g



Claims: Low fat, low in saturated fat, low sugar, very low salt, high in protein, rich in vitamin K and a great source of fibre

Teriyaki Salmon Salad     **17.95**

Baked Salmon Fillet & Mixed Salad, drizzled with Teriyaki Sauce, topped with Pine Nuts.

Kcal - 665 Fat - 43g Carb - 11g Protein - 55g



Claims: Low in saturated fat, low in sugar, high in protein, rich in Vitamin D, K and B12

Thai Beef Salad   **17.95**

Warm stir fried beef with peppers and red onion on a bed of rocket salad.

Kcal - 515 Fat - 19g Carb - 16g Protein - 65g

Claims: Low fat, low sugar, low salt, high in protein and high in vitamin K

Tandoori Salmon   **20.50**

A tandoori flavoured darn of salmon with roasted sweet potato, asparagus and low fat riata yogurt.

Kcal - 836 Fat - 35g Carb - 56g Protein - 69g









Claims: Low saturated fat, low sugar, very low salt, high in protein, high in vitamin D and B12

*All our healthy menu items have been
verified with our nutritional specialist*

E A S T

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FUSION DISHES

East Sambal Prawn 	21.50
<i>King prawns slow cooked, dry spiced onion, Chinese leaf, chilli sambal, coriander and fresh tomato served with steamed rice.</i>	
Surf and Turf   	27.50
<i>10oz prime Angus steak, marinated chilli and lime prawns with teriyaki sauce with Asian salad and sesame seeds and fondant potato.</i>	
Ray Wings    	21.50
<i>Traditional Malaysian grilled fish marinated in a chilli sambal sauce served with steamed rice.</i>	
Chicken Supreme	19.50
<i>Lime and Coriander chicken supreme with wilted Bok Choi, asparagus, pineapple chutney, sticky rice and Asian jus.</i>	

SIDE DISHES

Steamed Rice	2.50
Fried Rice	2.50
Noodles	2.50
Side Salad	3.50
String Fries	4.00
Sweet Potato Fries	4.50
Garlic Bread 	4.00
Mini Caesar Salad   	4.50



Sulphites



Wheat



Soya



Peanuts



Molluscs



Sesame



Mustard



Dairy



Fish



Egg



Crustaceans



Celery

MOST MAINS AND CURRY DISHES ARE SERVED WITH YOUR CHOICE OF STEAMED RICE, FRIED RICE, NOODLES OR STIR FRIED VEGETABLES.

PLEASE ADVISE OUR TEAM IF YOU HAVE INTOLERANCE OR ARE ALLERGIC TO A PARTICULAR TYPE OF FOOD.

AS WE OPERATE AN OPEN KITCHEN TRACE ALLERGENS MAY BE CONTAINED IN FOODS.

ALL BEEF IS 100% IRISH



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Early Bird Sundown

Monday to Saturday 5pm to 7pm and Sundays 5pm to 9pm

2 course €25 / 3 course €29

Starters

Crispy Vegetable Spring Roll



Cabbage, Carrot & Thai Herbs wrapped in Crispy Pastry served with sweet Chilli Sauce

Grilled Chicken Skewer



Skewered Chicken marinated in Thai Red Chilli Paste & Turmeric served with Peanut Sauce

Asian Duck Spring Roll



Roast Duck, Cabbage, Carrot & Leek wrapped in Crispy Pastry served with Plum Sauce

Hot & Sour Soup



Traditional Thai Light & Spicy Soup with Fresh Herbs, Galangal, Chillies and Lime Juice with Chicken or

Prawns



Mains

Thai Green Curry with Chicken or Beef



Green chillies & peppers mixed with coconut milk, bamboo shoots, aubergine & Onions

Chicken Chow Mein



Crispy Turmeric Chicken Breast on a bed of Egg Noodles with Asian vegetables, Red Chilli, Soya and Oyster Sauce

Nasi Goreng



Egg Fried Rice with Stir Fried Prawns & Sliced Chicken Fillet served with Chicken Satay Skewer and topped with a Fried Egg

Vegetarian Stir-Fry



Stir-Fried Asian style vegetables in a Soy oyster sauce with Tofu.

Desserts



Mixed Berry and Apple Crumble

Served warm with vanilla ice cream

Chocolate Brownie

With Chocolate Ganache served with vanilla ice cream & whipped cream

White Chocolate & Raspberry Crème Brulee

Served with fresh berries

Sticky Toffee Cheesecake

Served with raspberry coulis