

Appetisers

Seafood Hors d'oeuvres (For 2 Persons or More)	£22.80
Mixed Hors D'oeuvres (For 2 Persons or More)	£20.80
Chips	£4.00
Chips Salt and Peppers	£5.50
Crispy Seaweed	£6.20
Mini Spring Rolls (Vegetarian Available)	£6.20
Sesame Prawn on Toast	£7.20
"Wor Tip" Pan Fried Pork Dumplings (4 Pieces)	£7.20
Dry Shredded Smoked Chicken (in Salted Chilli & Garlic)	£10.80
Lettuce Wrap Chopped Chicken	£8.80
Crispy Sweet & Sour Fried Won Tun with Prawn Filling	£8.80
Satay Lamb with Peanut Sauce on Skewers (4 Pieces)	£8.80
Satay Chicken with Peanut Sauce on Skewers (4 Pieces)	£7.80
Satay Prawn with Peanut Sauce on Skewers (6 Prawns)	£10.30
BBQ Capital Ribs in Tangy Sauce	£7.80
Peppercorn Salted Chilli & Garlic Spare Ribs (Dry)	£7.80
Dry Roasted Spare Ribs	£7.80
Peppercorn Salted King Prawns in Chilli & Garlic (Dry)	£11.00
Spicy Capital King Prawns (Lightly battered in tangy capital sauce with Chillies)	£11.00
King Prawns in Batter with Sweet & Sour Sauce	£11.00
Butterfly King Prawns in Bread Crumbs (4 Pieces)	£7.80
Crab Claws (2 Pieces)	£12.90
Whole Soft Shell Crab Salted Chilli & Garlic (Dry)	£12.30
Scallops Fried in Batter with Sweet & Sour Sauce	£11.80
Steamed Scallops in Shells (3 Pieces)	£12.30

Mussels in Black Bean Sauce	£9.00
Mussels in Green Thai Curry Sauce	£9.00
Aromatic Mongolian Lamb Lettuce Wrap (with Plum Sauce)	£13.50
Szechuan Style Spicy Aromatic Lamb Lettuce Wrap	£11.50

Crispy Aromatic Duck

Quarter Duck	£13.50
Half Duck	£23.30
Whole Duck	£42.00

Fresh Whole Lobster

Traditionally prepared in the shell, with a choice tasty sauce in a bed of noodles

Deep Fried in Peppercorn salted with Chilli and Garlic (No Sauce)	Seasonal Price
Black Bean Sauce	Seasonal Price
Ginger & Spring Onions Sauce	Seasonal Price
Spicy Chilli & Garlic Sauce	Seasonal Price

Fresh Whole Crab

Traditionally prepared in the shell, with a choice tasty sauce in a bed of noodles

In Hot Thai Green Curry	Seasonal Price
Ginger & Spring Onions	Seasonal Price
Chilli & Black Bean Sauce	Seasonal Price

Soups

Heen's Seafood Soup	£6.50
Hot & Sour Soup	£4.80
Vegetarian Hot & Sour Soup	£4.80
Sweet Corn with Chicken Soup	£4.80
Sweet Corn with Crab Meat Soup	£5.50
Won Tun Prawns Dumpling Soup	£5.50
Straw Mushrooms & Chicken Soup	£4.80
Vegetarian Sweet Corn Soup	£4.80

Seafood Dishes

We can pre-order other fresh fish and special dishes for advance bookings

Steamed Whole Sea Bass (In Seafood Soya Sauce with Spring Onion)	Seasonal Price
Fillet of Fresh Sea Bass in Seafood Soya Sauce	£14.80
Special Capital Fish Fillet Lightly Battered in Spicy Capital Sauce	£13.00
Peking Style Fish (Pan Fried Lightly with Egg in Light Garlic Sauce)	£13.00
Kung Po Fish Fillets (Lighty battered with Sweet and Spicy)	£13.00
Peppercorn Salted Fried Squid in Chilli and Garlic (Dry)	£13.00
Spicy Capital Squid, Lightly Battered in Spicy Capital Sauce	£13.00
Sweet & Sour King Prawns	£13.00
King Prawns in Ginger & Spring Onions	£13.00
King Prawns with Chilli & Basil (with Green Peppers & Chillies)	£13.00
King Prawns with Cashew Nuts in Ho Sin Sauce	£14.50
Szechuan Style King Prawns (with Onions & Green Pepper & Chillies)	£13.00
King Prawns with Scallop & Asparagus	£13.00
Scallops Stir Fried with Fresh Broccoli (in Light Garlic Sauce)	£13.00

Sizzling Dishes

Sizzling Steak Fillet Cantonese style (with Onions in Capital Fruity Sauce)	£17.50
---	--------

Sizzling Steak Fillet in Black Pepper Sauce	£17.50
Sizzling Sauteed Beef & Chicken in Black Bean Sauce	£14.50
Sizzling Satay Chicken in Spicy Peanut Sauce	£13.50
Sizzling Pork Fillet Cantonese Style (with Onions in Capital Fruity Sauce)	£13.50
Sizzling Lamb in Honey & Black Pepper Sauce	£13.50
Sizzling Lamb in Ginger & Spring Onions	£13.50
Sizzling King Prawns in Satay Peanut Sauce	£14.20
Sizzling King Prawns in Chilli & Black Bean Sauce	£14.20
Sizzling King Prawns Cantonese style (in Capital Fruity Sauce)	£14.20
Sizzling Mixed Seafood in Seaspice Chilli Sauce	£14.20
Sizzling Scallops in Chilli & Garlic Sauce	£14.20

Poultry Dishes

Our Chicken is exclusively breast and duck is served with skin of the bone

Classic Cantonese Roasted Duck	£12.50
Duck in Sweet Chilli Sauce & Basil	£12.50
Duck with Fresh Orange in Mandarin Sauce	£12.50
Dry Shredded Smoked Chicken in Garlic & Chilli	10.80
Chicken with Cashew Nuts in Hoi Sin Sauce	£11.80
Lemon Chicken (Fried in Light Batter with Lemon Sauce)	£10.30
Sweet & Sour Chicken (Hong Kong Style, in Sauce)	£10.30
Sweet & Sour Chicken Balls	£8.80
Fried Chicken with Crispy Onions (With Capital BBQ Sauce)	£10.30
Kung Po chicken (In Spicy Sweet & Sour Sauce with Water Chestnuts)	£10.30
Chicken with Ginger & spring Onions	£10.30
Chicken in Black Bean Sauce (with Green Peppers and Onions)	£10.30
Szechuan Chicken (Spicy Szechuan Sauce, Onions & Green Peppers)	£10.30

Meat Dishes

Sweet & Sour Pork (Hong Kong Style)	£10.30
"Char-Sui" Chinese BBQ Roasted Pork	£10.30
Pork Fillets with Honey & Black Pepper Sauce	£10.30
Peppercorn Salted Pork Fillets with Chilli and Garlic (Dry)	£10.30
Crispy Shredded Chilli Beef	£11.30
Beef in Ginger & Spring Onions	£10.30
Beef in Black Bean Sauce	£10.30
Szechuan Style Beef (Spicy with Onions & Green Peppers)	£10.30
Ma Po Tofu (Soft Tofu cubes & Minced Beef with strong preserved vegetables in Chilli Sauce)	£10.30
Lamb Slices in Sweet Chilli & Basil	£12.50
Szechuan Style Lamb Slices (Spicy with Onions & Green Peppers)	£12.50

Thai Hot Curry & Chinese Curries

Chinese Style Beef Curry	£12.30
Chinese Style Chicken Curry	£12.30
Chinese Style Lamb Curry	£12.30
Chinese King Prawn Curry	£13.00
Thai Style Hot Green Curry with Beef (Aromatic Herbs & Creamy Coconut Milk)	£12.50
Thai Style Hot Green Curry with Chicken (Aromatic Herbs & Creamy Coconut Milk)	£12.50
Thai Style Hot Green Curry with Lamb (Aromatic Herbs & Creamy Coconut Milk)	£12.50
Thai Style Hot Green Curry with King Prawns (Aromatic Herbs & Creamy Coconut Milk)	£13.00
Vegetarian Thai Style Hot Green Curry with Aubergine (Aromatic Herbs & Creamy Coconut Milk)	£11.50

Stir Fried "Chow Mein" Noodles & Vermicelli

Stir Fried Noodles with Beansprouts	£5.90
Special Chow Mein	£8.80
Chow Mein with Chicken	£8.00
Chow Mein with Beef	£8.00
Vegetarian Chow Mein	£7.80
Special Mixed Fried Udon (Thick Japanese style Noodle)	£11.50
King Prawns Chow Mein	£12.00
Singapore Style Spicy Vermicelli (Rice Noodles, Vegetarian Available)	£8.80
Beef Ho Fun	£12.80
Beef Ho Fun With Black Bean sauce	£12.80

Crispy Noodles

Seafood Crispy Noodle (King Prawns, Squid & Scallops)	£13.30
Heen's Crispy House Fried Noodle (Mixed topping of Prawns and Meat)	£12.80
Vegetarian Crispy Noodle with Tofu and Vegetables	£11.50

Rice Dishes

Special Fried Rice	£5.70
Singapore Spicy Fried Rice (Vegetarian Available)	£5.70
Shredded Chicken & Spring Onions Fried Rice	£5.70
Vegetarian Fried Rice (with chopped Vegetables, no egg)	£5.50
Egg Fried Rice with Spring Onions	£4.80
Plain Steamed Rice	£3.90

Vegetarian Appetisers

Vegetarian Crispy Aromatic Duck with Pancakes (Served with Plum Sauce, Spring Onions & Cucumber)	£13.30
--	--------

Mixed Vegetarian Hor' s d'oeuvres for Two (For two persons or more)	£18.80
Vegetarian Style Sesame Toast	£6.30
Crispy Seaweed	£6.20
Vegetarian Mini Spring Rolls (4 Pieces)	£6.20
Vegetarian Crispy Won Tun (Pastry Filled with Vegetables with Sweet & Sour Sauce)	£7.80
Satay Tofu on Skewers in Satay Peanut Sauce	£7.80
Peppercorn Salted Fried Tofu with Salted Chilli & Garlic (Dry)	£7.80
Vegetarian Lettuce Wrap	£7.80

Vegetarian & Vegetables

Kung Po Tofu Vegetarian Style (Spicy Sweet & Sour with Water Chestnuts)	£8.80
New Style Vegetarian Crispy Shredded Chilli 'Beef'	£9.00
Sweet & Sour Fried Tofu (with Pineapple, green Peppers and Onions)	£8.80
Monks Vegetable (with Chinese Vegetable and Tofu in Oyster Sauce)	£8.80
Mixed Chinese Vegetable Curry	£8.80
Stir Fried Bean Sprouts	£6.50
Stir Fried Asparagus with Straw Mushroom & Baby Corn	£8.80
Peppercorn Salted Vegetables in Chilli & Garlic (Dry in light Batter)	£8.80
Mixed Chinese Vegetables (Baby Corn, Chinese Leaf, Straw Mushrooms..)	£8.80
Chinese "Pak Choi" in Oyster Sauce	£8.30
Chinese "Pak Choi" Stir Fried in Garlic Sauce	£8.30
Stir Fried "Pak Choi" with Broccoli in Garlic Sauce	£8.30
Peppercorn Salted French Beans with Chilli & Garlic (Dry in light Batter)	£8.30
Stir Fried French Beans in Garlic Sauce	£8.30
Spicy French Beans in Chilli Sauce	£8.30
Thai Green Vegetarian Curry with Aubergine	£11.80

Vegetarian Sizzling Dishes

Sizzling Vegetarian Tofu in Sweet Chilli Sauce	£11.20
Sizzling Fried Tofu in Black Bean Sauce with Peppers & Onions	£11.20
Sizzling Fried Tofu in Peanut Satay Sauce	£11.20
Sizzling Seaspice Fried Tofu (Spicy, with Black Seaweed & Water Chestnuts)	£11.20
Sizzling Seaspice Spicy Aubergine (Spicy, with Black Seaweed & Water Chestnuts)	£11.20
Sizzling Aubergine in Chilli & Black Bean Sauce	£11.20
