

SELF CHOICE SET LUNCH

Served from 12 noon till 3pm

2 Courses: £10.95

3 Courses: £13.95

SET LUNCH

STARTERS

Soup of the Day

Please Ask

Satay Chicken Skewers (N) (S)

served with Spicy Peanut Sauce

Spring Rolls (V)

served with Sweet Chilli Sauce

BBQ Ribs (B)

marinated with Ale and Five Spices and Capital Sauce

Chicken Wings (S) (B)

with Garlic, Chilli and Spices

Tofu and Aubergine (V) (S)

with Garlic, Chilli and Spices

Crispy Won Ton

served with Sweet & Sour Sauce

Rocket Parmesan Salad (V)

with Balsamic Vinegar and Extra Virgin Olive Oil

MAIN COURSES

Sweet & Sour Pork

served with Jasmine Rice

Thai Green Curry Chicken (S)

served with Thai Herbs, Coconut Milk, Assorted Vegetables and Jasmine Rice

Chicken Katsu Curry

Japanese Style Fried Chicken Fillet,

served with Jasmine Rice

Shredded Beef Chilli (S)

served with Jasmine Rice

Tofu and Aubergine in Black Bean Sauce (V) (S)

served with Jasmine Rice

Wild Mushroom in

Black Pepper Sauce (V) (S)

served with Jasmine Rice

Singapore Noodles (S)

(optional Vegetarian)

with Shredded Roast Pork and Prawns

DESSERTS

Ice Cream

2 scoop of Mövenpick

Vanilla, Strawberry or Chocolate

Lychees

sweet flavoured with a floral aroma

Crème Brûlée

the classic, served flaming!

Apple/Banana Fritter

served with Mövenpick Vanilla

Ice Cream

Chocolate Brownie

served with Mövenpick Vanilla

Ice Cream

Grilled Caramel Pineapple

served with Mövenpick Mango

and Passion Fruit Sorbet

Special for 2

£14.50 per head

Crispy Aromatic Duck (B)

Sizzling Beef in Black Pepper Sauce

Minced Pork and Fine Beans

Mango Chicken

Egg Fried Rice

Apple / Banana Fritters

served with Ice Cream

Special for 4

£16.50 per head

Crispy Aromatic Duck (B)

Sizzling Lamb with Ginger and Spring Onion

Pak Choi with Chicken

Braised Beef Flank

Sze Chuan King Prawns (S)

Egg Fried Rice

Apple / Banana Fritters

served with Ice Cream

CHEF'S REQUEST

At The One, we believe every guest deserves to enjoy freshly made food served in abundance. If you or any of your guests have an allergy or dietary restriction, please inform your server and our chefs will do their utmost to accommodate your requirements.

N:-Dish containing Nuts

V:-Vegetarian

S:-Spicy Hot Dish

B:-Meat on Bones

NO MSG and Food Colouring added. Please notify us of any allergies, full allergy menu is available. A discretionary 10% service charge will be added to parties of 5 or more, which goes to the team who serve you. All prices inclusive of VAT

THE ONE

RESTAURANT & BAR

Rice Meals 一精彩飯局

Rice Meals below served with Boiled Rice (白飯)
or Egg Fried Rice (炒飯) (+50p)

海鮮 SEAFOOD

豉椒魚片飯	Fish in Black Bean Sauce	£ 9.80
薑蔥魚片飯	Fish with Ginger & Spring Onion	£ 9.80
公保大蝦飯	Kung Po King Prawns (S)	£11.80
椒鹽大蝦飯	King Prawns in Garlic Salt Dressing (S)	£11.80
露筍大蝦飯	King Prawns with Asparagus	£11.80
辣子大蝦飯	Szechuan King Prawns (S)	£11.80

牛 BEEF

牛腩飯	Braised Beef Flank	£ 9.50
咖喱牛腩飯	Malay Curry Beef Flank (S)	£ 9.80
麻婆豆腐飯	Minced Beef and Bean Curd (S)	£ 8.80
黑椒牛肉飯	Beef in Black Pepper Sauce (S)	£ 8.80
蠔油牛飯	Fried Sliced Beef in Oyster Sauce	£ 8.80
干牛絲飯	Shredded Beef in Chilli (S)	£ 8.80

雞 CHICKEN

日式咖喱炸雞扒飯	Chicken Katsu Curry	£12.95
辣子雞飯	Szechuan Spicy Chicken (S)	£ 8.80
豉椒雞肉飯	Chicken in Black Bean Sauce	£ 8.80
黑椒雞肉飯	Chicken in Black Pepper Sauce (S)	£ 8.80
咕嚕雞肉飯	Sweet & Sour Chicken	£ 8.80
香芒雞片飯	Fresh Mango and Chicken	£ 8.80
沙爹雞飯	Chicken in Satay Sauce (N) (S)	£ 8.80

羊 LAMB

孜然羊肉飯	Lamb with Fennel Seed (S)	£ 9.50
羌蔥羊肉飯	Lamb with Ginger and Spring Onion	£ 9.50
炸羊腩飯	Crispy Mongolian Aromatic Lamb	£ 9.50

豬 PORK

蜜汁豬扒飯	Honey Pork Loin	£ 8.80
咕嚕肉飯	Sweet and Sour Pork	£ 8.80
蜜汁豬扒飯	Grilled Pork Loin in Honey Sauce	£ 8.80
黑椒豬扒飯	Pork Loin in Black Pepper Sauce (S)	£ 8.80
中汁豬扒飯	Pork Loin in Cantonese Sauce	£ 8.80
椒鹽豬扒飯	Pork Loin in Garlic Salt Dressing (S)	£ 8.80
魚香肉絲飯	Sea Spicy Shredded Pork Rice (S)	£ 8.80
叉燒飯	Traditional Style Roasted Pork	£ 8.80

鴨 DUCK

露筍鴨飯	Sliced Duck with Asparagus	£ 9.00
明爐燒鴨飯	Roasted Duck Cantonese Style	£ 9.00
辣子鴨飯	Szechuan Hot and Spicy Duck (S)	£ 9.00

齋 VEGETARIAN & VEGAN

滑蛋豆腐飯	Bean Curd with Egg Sauce (V)	£ 8.00
羅漢齋飯	Monks Delight (V) (Vg)	£ 8.00
豉椒豆腐茄子飯	Tofu & Aubergine in Black Bean Sauce (V) (Vg)	£ 8.00
椒鹽豆腐茄子飯	Tofu & Aubergine in Garlic Dressing (V) (Vg) (S)	£ 8.00
咕嚕豆腐飯	Sweet & Sour Tofu (V) (Vg)	£ 8.00
齋星豆腐飯	Vegan Singapore Rice (V) (Vg) (S)	£ 8.00

炒飯 RICE

星洲炒飯	Singapore Fried Rice (S)	£ 8.50
招牌炒飯	The One Special Fried Rice (dry)	£ 9.50
福建炒飯	Fu Jian Fried Rice	£10.50

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Noodle Meals 一菜館麵

Noodle Meals below have a choice of:

Egg Noodle (麵)

Vermicelli (米粉) (+50p)

Ho Fun (河粉) (+£1.00)

or Udon (烏冬) (+£1.00)

湯麵

雲吞湯麵	Won Ton Noodle Soup	£ 9.00
燒鴨湯麵	Roast Duck Noodle Soup	£ 9.50
叉燒湯麵	Roast Pork Noodle Soup	£ 9.50
牛腩湯麵	Beef Flank Noodle Soup	£ 9.50
鴨絲湯米粉	Shredded Duck Vermicelli Soup	£ 9.50

炒麵

星洲炒麵	Singapore Fried Noodles (S)	£ 8.50
大蝦炒麵	King Prawn Fried Noodles	£ 9.00
鴨絲炒麵	Shredded Duck Noodles	£ 9.50
招牌炒麵	Special Fried Noodles	£ 9.50
什會炒麵	Chefs Special Noodles (sauce)	£10.50
肉絲炒麵	Shredded Pork Noodles	£ 8.50
雞球炒麵	Chicken Noodles	£ 8.50
牛肉炒麵	Beef Noodles	£ 8.50
干炒牛河	Fried Beef Ho Fun	£ 9.50
三菇炒烏冬	Mushroom Fried Udon (V)	£ 8.95
黑椒雞烏冬	Black Pepper Chicken Udon (S)	£ 9.95
三鮮炒烏冬	Assorted Seafood Fried Udon	£12.95

齋炒米粉 VEGAN NOODLE

豆腐炒米粉	Tofu Fried Vermicelli (V) (Vg)	£ 5.00
齋星洲米粉	Tofu Singapore Vermicelli (v) (Vg) (S)	£ 7.50
雜菜湯米粉	Mixed Vegetable Vermicelli Soup	£ 8.50