

# 高僧



CHINESE IMPERIAL FOOD ORIGINATED AROUND THE ZHOU DYNASTY (11TH CENTURY B.C. - 476 B.C.) WHICH WAS THE BEGINNING OF THE FLORISHMENT OF CHINESE CUISINE AND DIVIDED INTO FOURTEEN DIFFERENT REGIONAL CUISINES OUT OF WHICH THERE WERE EIGHT DISTINGUISHED CUISINES THAT IS SERVED TO THIS DAY.

**"CHUAN STYLE"** - COMMONLY KNOWN AS SICHUAN OR SZECHWAN - THE MOST WIDELY SERVED CUISINE IN CHINA. SICHUAN CUISINE WINS UNIVERSAL PRAISE FOR ITS HOTNESS, SOURNESS AND NUMBNESS IT PRODUCES, WHICH ARE RARE IN OTHER REGIONAL CUISINES.

**"YUE STYLE"** - ALSO CALLED CANTONESE, IS THE CULINARY STYLE OF GUANGDONG PROVINCE CHARACTERIZED BY THEIR TENDER AND SLIGHTLY SWEET TASTE. CLASSIC CANTONESE SAUCES ARE LIGHT AND MELLOW. GARLIC IS USED HEAVILY IN SOME DISHES. THIS COOKING METHOD AIMS TO PRESERVE THE FLAVOR OF THE DISHES.

**"LU STYLE"** - COMMON NAME -SHANDONG COOKING STYLE, IS ORIGINATED FROM THE NATIVE COOKING STYLES OF EAST CHINA. ITS HISTORY CAN BE DATED BACK TO QIN DYNASTY (221 BC TO 207 BC). IT HAS BECOME ONE OF CHINA'S EIGHT CUISINES SINCE SONG DYNASTY (960 AD TO 1234 AD). IT IS THE MOST PREVALENT DISTINCT REGIONAL CUISINE IN CHINA.

**"MIN STYLE"**, - FUJIAN CUISINE, THE HISTORY OF MIN CUISINE DATES BACK TO 5000 YEARS AGO. IT CONSISTS OF THREE STYLES, FUZHOU STYLE, WHICH IS USUALLY TASTES LIGHT, WESTERN FUJIAN STYLE FEATURING SLIGHTLY SPICY FLAVORING, AND SOUTHERN FUJIAN STYLE, WHICH USUALLY TASTES SPICY AND SWEET.

**"JIANSU STYLE"**, - SU CUISINE FOR SHORT, ORIGINATES FROM THE NATIVE COOKING STYLES OF SOUTH CHINA. IT HAS A FRESH TASTE, WITH MODERATE SALTINESS AND SWEETNESS. ONCE IT WAS THE SECOND LARGEST CUISINE AMONG ANCIENT CHINA'S ROYAL CUISINES.


**"XIANG STYLE"** - ALSO CALLED HUNAN CUISINE, STEMS FROM A PROVINCE THAT HAS AN AGE-OLD REPUTATION AS A "LAND OF FISH AND RICE". IT IS SAID THAT IT NOT ONLY HAS THE SALTINESS OF THE CUISINES OF NORTH CHINA AND THE SWEETNESS OF THE CUISINES OF SOUTH CHINA.

**"HUI STYLE"** - ANHUI CUISINE OR WAN CUISINE. IT IS ONE OF THE EIGHT FAMOUS CUISINES OF CHINA, DERIVED FROM NORTH CHINA. ANHUI CUISINE MAINLY CONSISTS OF THREE STYLES REPRESENTING THREE REGIONS: YANGTZE RIVER REGION, HUAI RIVER REGION, AND SOUTHERN ANHUI REGION.

**"ZHEJIANG STYLE"**, KNOWN AS ZHE CUISINE, IS ORIGINATED FROM SOUTH CHINA. IT CONSISTS OF THREE MAJOR STYLES, HANGZHOU, NINGBO AND SHAOXING STYLE. AMONG THEM, HANGZHOU STYLE IS THE MOST NOTABLE.

OUR CHEFS WITH THEIR CULINARY EXPERTISE HAVE COMBINED ALL THESE STYLES TO GIVE YOU THE BEST OF ALL AT **"THE MONK" .... CHI HAO HAE HAO... BON APPETIT!!!**

THEMONK.AE

 facebook.com/THEMONKUAE



## SOUPS

## شوربة

VEG  
18 DHS  
خضار

CHK  
20 DHS  
دجاج

SEA  
25 DHS  
ماكولات بحرية

### SPICY CRAB MEAT SOUP

As the name itself suggests

شوربة كاجوريا حارة

### MONK SPECIAL SOUP

Thick soup with vegetables, chicken or mixed seafood

شوربة مونك خاصة

### TOM YUM SOUP

Spicy Thai specialty soup with lemon grass & galangal

شوربة توم يوم

### MANCHOW

An all time favorite soup with your choice of Chicken / Sea food / Veg

شوربة مانشو

### HOT 'N' SOUR, SWEETCORN

An all time favorite soup with your choice of Chicken / Sea food / Veg

شوربة هوت أند سور . ذرة حلوة

### NOODLE CLEAR SOUP

Clear soup with steamed noodles, julienne vegetables and meat of your choice

شوربة نودلز

## DIMSUMS

## مخبوزات

VEG  
20 DHS  
خضار

CHK  
26 DHS  
دجاج

SEA  
32 DHS  
ماكولات بحرية

### SPRING ROLLS

The most popular starter in the Chinese menu with filling of your choice

سبرينج رول

### DUMPLINGS-STEAMED/FRIED

Crescent shaped dim sum filled with vegetable or meats mixed with Chinese herbs.

زلابية مقلية/بالبخار

سلطة مأكولات مشكلة مطهيه بالبخار 12 قطعة

### MIXED STEAMED BASKET (12PCS)

Mixed platter with a combination of steamed dimsum

MIX  
55 DHS

### MAAN THAO (3 PCS)

Soft handmade Chinese bread served steamed or fried

15 DHS

## SALADS

## سلطة

VEG  
25 DHS  
خضار

DUCK  
35 DHS  
بط

SEA  
35 DHS  
ماكولات بحرية

### SOM TAM

A traditional Thai raw papaya salad with bird's eye chilly, peanut and palm sugar

سوم تام

### CHINESE COLD SALAD

Non spicy salad comprising of cucumber, spring onion and silky noodles

سلطة صينية باردة

### CRISPY DUCK SALAD

Crispy roasted duck with green vegetables with a sweet and sour dressing

سلطة بط كريسبي

### MIXED SEAFOOD SALAD

Seafood mixture in a hot and sweet dressing with Thai coriander

سلطة مأكولات بحرية مشكلة

## THAI SATAY ساتيه تايلاندي

CHK  
32 DHS  
دجاج

MEAT  
42 DHS  
لحوم

PRAWN  
44 DHS  
روبيان

### CHICKEN SATAY

Soft slices of chicken marinated in Thai spices and cooked

ساتيه الدجاج

### BEEF SATAY

Thai spices mixed with beef tenderloin, served with peanut butter sauce

ساتيه اللحم البقري

### PRAWN SATAY (6 PCS.)

Medium prawn marinated in tongue tickling Thai spices, served with peanut butter sauce

ساتيه الروبيان (6 قطع)



شورية هوت أند سور، ذرة حلوة  
**HOT 'N' SOUR, SWEETCORN**  
An all time favorite soup with your choice  
of Chicken /Sea food / Veg

VEG  
18  
DHS  
خضار

CHK  
20  
DHS  
دجاج

SEA  
25  
DHS  
ماكولات بحرية



سلة مأكولات مشكلة مطهيه بالبخار 12 قطع  
**MIXED STEAMED BASKET (12PCS)**  
Mixed platter with a combination of steamed dimsum

MIX  
55  
DHS



سلطة مأكولات بحرية مشكلة  
**MIXED SEAFOOD SALAD**  
Seafood mixture in a hot and sweet dressing  
with Thai coriander

SEA  
35  
DHS  
ماكولات بحرية



# APPETIZERS

# مقبلات

## VEGETARIAN

## نباتي

VEG  
28  
DHS  
خضار

### MIXED VEG TEMPURA

Combination of vegetables crispy fried Japanese style

تمبورا بالخضار المشكل

### CRISPY VEG SALT 'N' PEPPER

Assorted vegetables batter fried and tossed with herbs and spices

كرسبي خضار بالملح والفلفل

ذرة كرسبي وكستناء

### CRISPY CORN WITH WATERCHESTNUT

Tongue tickling house specialty of whole corn and crunchy water chestnut

### CORN FLITTERS

Batter fried corn cakes served in our chefs special preparation

كعك ذرة

### CRISPY SPINACH VEGETABLE

Crispy fried vegetables tossed in a tangy sauce with crispy fried spinach

خضار وسبانخ كرسبي

### CRISPY POTATO SZECHWAN

Special preparation of julienne potato, crispy fried and tossed in Szechwan sauce

بطاطس شيزوان كرسبي

### PANEER CHILLY DRY

Fresh cottage cheese sautéed with fresh green chillies and soya

بانير بالفلفل الحار



## POULTRY

## دواجن

CHK  
30  
DHS  
دجاج

DUCK  
50  
DHS  
بط

### CRISPY PEKING DUCK

Crispy roasted duck served with pancakes, Hoi sin and Plum sauce

بط كرسبي

### CHICKEN BLACK PEPPER

Stir fried chicken with rich black pepper sauce and soya

دجاج بالفلفل الأسود

### CHICKEN LOLLYPOP

An all time favorite

لولي بوب دجاج

### MONGOLIAN CHICKEN

Tender cubes of chicken deep fried with garlic and chillies

دجاج منغولي

### PATAYA CHICKEN

Diced chicken pieces tossed in Thai spice combination

دجاج باتايا

### CHICKEN CRISPY SPINACH

Slices of chicken stir fried in a chilly garlic combination, served with crunchy spinach

دجاج كرسبي بالسبانخ

### TENGDA CHICKEN

A rare delicacy of Kolkata Chinese cooked to perfection

دجاج تنجدا

### SAI BOO CHICKEN

Crispy chicken tossed in a tangy sauce

دجاج ساي بو





بط كرسبي

## CRISPY PEKING DUCK

Crispy roasted duck served with pancakes, Hoi sin and Plum sauce

DUCK  
50  
بط



دجاج كرسبي بالسبانخ

## CHICKEN CRISPY SPINACH

Slices of chicken stir fried in a chilly garlic combination, served with crunchy spinach

CHK  
30  
دجاج



# APPETIZERS

# مقبلات

## MEAT

## لحوم

MEAT  
40  
لحوم

### CRISPY SHREDDED LAMB 🍴

لحم غنم مبشور كرسبي

Shredded lamb tossed with freshly sliced chilly and garlic in a mild sauce

### LAMB OYSTER CHILLY

لحم غنم في صلصة محار

Slices of roasted lamb tossed with fresh red and green chilly in oyster sauce

### TENDERLOIN HERBAL PEPPER

فيليه بقر بالفلفل والأعشاب

Slices of beef tossed with finely chopped bell peppers and herbs

فيليه بقر مقلي بالريحان

### STIR FRIED TENDERLOIN WITH BASIL 🍴

Slices of beef cooked with basil leaves and mashed garlic

### TENDERLION CHILLY DRY

فيليه بقر حار

Tender slices of beef cooked with rich soya, fresh green chilly and spring onion



## SEAFOOD مأكولات بحرية

SQUID  
32  
حبار

FISH  
38  
سمك

PRAWN  
44  
روبيان

### TEMPURA PRAWN OR FISH 🍴

تمبورا روبيان أو سمك

Selected prawn or fish dipped in a crispy batter and fried

### WASABI PRAWN

روبيان واسابي

Medium prawn tossed with wasabi, chilly and garlic

### PRAWN CRISPY SPINACH 🍴

روبيان كرسبي بالسبانخ

Medium prawn tossed in a chilly garlic combination, served with crunchy spinach

### FISH TSHING-HAI 🍴

سمك تشينج هاي

Slices of fish stir-fried in chilly, ginger, garlic and celery

### FISH HAKKA

سمك هاكا

Fish slices tossed with chopped chilly spring onion and ginger

### SQUID RINGS

حلقات حبار

Fresh squid crispy fried and served with sweet chilly sauce

### MIXED SEA FOOD TEMPURA 60

تمبورا مأكولات بحرية مشكلة

Selected seasoned sea foods dipped in batter and crispy fried



فيليه بقر مقلي بالريحان

## STIR FRIED TENDERLOIN WITH BASIL

Slices of beef cooked with basil leaves and mashed garlic

MEAT  
40g  
لحوم



تمبورا روبيان أو سمك

## MIXED SEA FOOD TEMPURA

Selected seasoned sea foods dipped in batter and crispy fried

60g  
لحوم



# MAINCOURSE الطبق الرئيسي

## VEGETARIAN

## نباتي

VEG  
30  
م  
خضار

- VEGETABLE THAI CURRY** 🍲 🌶️ كاري خضار تايلاندي أحمر/أخضر  
Assorted vegetables cooked in a rich Thai spices with coconut milk
- PANEER - CHOICE OF SAUCE** بانير - اختيار من صلصات  
Cottage cheese cooked to your choice to suite your appetite
- PAN-CHOY VEGETABLE** 🍲 خضار بان نشوي  
Assorted exotic vegetables cooked in a special sauce prepared by our head chef
- VEGETABLE MANCHURIAN** خضار ماننشوريان  
Assorted vegetable balls cooked with chilly and ginger in rich soya sauce
- STIR FRIED CHINESE GREENS** خضار صيني مقلي  
Fresh green vegetables, tossed lightly with smashed garlic
- BUDDHA'S DELIGHT HUNAN SAUCE** خضار بودا ديلايت  
Mixed vegetables and greens cooked with garlic in rich soya sauce

## POULTRY

## دواجن

CHK  
32  
م  
دجاج

DUCK  
50  
م  
بط

- NALANGI CHICKEN** دجاج نالانجي  
Chef's special recipe of chicken cooked in a mild spiced gravy
- DAE YIL'S CHICKEN** دجاج داي فيلس  
Medium spicy finger chicken tossed with peppers and fresh green chilly
- KUNG PAO CHICKEN** 🍲 🌶️ دجاج كوچ باو  
Our House special preparation of diced chicken tempered with burnt red chillies, capsicum and cashewnut in rich soya
- CHICKEN SOHO** دجاج سوهو  
Finely sliced chicken cooked in medium spicy red chilly sauce flavored with celery leaves
- CHICKEN WOOLY** 🍲 دجاج وولي  
Finger sized chicken cooked in a rich sauce with green chillies, flavored with soy sauce
- CHICKEN THAI CURRY** 🍲 🌶️ كاري دجاج تايلاندي أحمر/أخضر  
Tender chicken pieces cooked in rich coconut gravy with Thai spices, lemon grass and basil leaves
- CHICKEN SESAME SAUCE** دجاج بالسسمسم  
Diced chicken cooked in a chilly and ginger combination with freshly grounded sesame seeds
- JADE CHICKEN** دجاج جيد  
Szechwan specialty- cooked with ginger, garlic, peppers and minced spinach
- DUCK WITH VEGETABLES** بط بالخضار  
Roasted duck with exotic vegetables in cantonese or sweet and sour sauce
- DUCK WITH CHOICE OF SAUCE** بط بالصلصة حسب اختيارك  
Diced roasted duck in your choice of sauce





خضار صيني مقلي

## PAN-CHOY VEGETABLE

Assorted exotic vegetables cooked in a special sauce prepared by our head chef

VEG  
30  
دقائق  
خضار



دجاج وولي

## CHICKEN WOOLY 🍗

Finger sized chicken cooked in a rich sauce with green chilies, flavored with soy sauce

CHK  
32  
دقائق  
دجاج



# MAINCOURSE الطبق الرئيسي

## MEAT

لحوم

MEAT  
42 \$  
لحوم

**ROAST LAMB BLACK PEPPER** لحم غنم مشوي بالفلفل الأسود  
Slices of lamb cooked with grounded pepper and spring onions

**ROAST LAMB GINGER GARLIC** لحم غنم مشوي بالزنجبيل والثوم  
Tender baby lamb cooked in a combination of ginger and soy sauce

**ROAST LAMB WITH BABY PAKCHOI** لحم غنم بالباكشوي  
Roasted tender lamb slices cooked with fresh baby pakchoi with a touch of soya

**TENDERLOIN WITH BROCOLI** فيليه بقر بالبروكولي  
Beef cooked in a Cantonese style in white garlic sauce and garden fresh broccoli

**TENDERLOIN BLACK BEAN** فيليه بقر بالفاصوليا  
Pan fried slices of beef cooked with freshly grounded fermented beans and fresh red chilly

**TENDERLOIN WITH BELL PEPPER** فيليه بقر بالفلفل  
Slices of beef stir fried in a rich oyster sauce with bell peppers

كاري فيليه بقر تايلاندي أحمر/أخضر

**TENDERLOIN THAI CURRY**

Tender beef slices cooked in rich coconut gravy with Thai spices and basil leaves

## SEAFOOD مأكولات بحرية

SQUID  
34 \$  
حبار

FISH  
40 \$  
سمك

PRAWN  
46 \$  
روبيان

**CELERY CHILLY PRAWN** روبيان حار بالكرفس  
Medium prawn cooked with celery stalks and chillies

**KUNG PAO PRAWN** روبيان كوچ باو  
Prawns tempered in burnt red chillies, capsicum, cashew nut and rich soya

**PRAWN MUSHROOM BAMBOO SHOOT** روبيان مع فطر  
Prawn cooked in Cantonese style

**PRAWN THAI CURRY** كاري روبيان تايلاندي أحمر/أخضر  
Medium prawn cooked in rich coconut gravy & Thai spices, lemon grass & basil leaves

**STEAMED FISH** سمك بالبخار  
Fish steamed with black mushroom and bamboo shoot in traditional method

**MANDARIN FISH** سمك مندرين  
Sliced fried fish cooked in a rich soya sauce with vegetables

**SQUID WITH CHINESE CABBAGE** حبار مع ملفوف صيني  
Slices of squid cooked in a mild sauce with mashed garlic and Chinese cabbage

**CRAB MEAT** 60 \$ كابوريا (صلصة من اختيارك)  
Fresh sea crabs de shelled and pan fried in any sauce of your choice

**JUMBO PRAWN** 95 \$ روبيان جمبو (صلصة من اختيارك)  
Jumbo sized prawn cooked in any sauce of your choice

لوبستر (صلصة من اختيارك)

**LOBSTER (CHOICE OF SAUCE)**

Rock Lobster cooked in any sauce of your choice

135 \$





سمك تشينج هاي  
**FISH TSHING-HAI** 🍴

Slices of fish stir-fried in chilly, ginger, garlic and celery

FISH  
**38** DHS  
سمك



روبيان حار بالكرفس  
**CELERY CHILLY PRAWN** 🍴

Medium prawn cooked with celery stalks and chillies

PRAWN  
**46** DHS  
روبيان

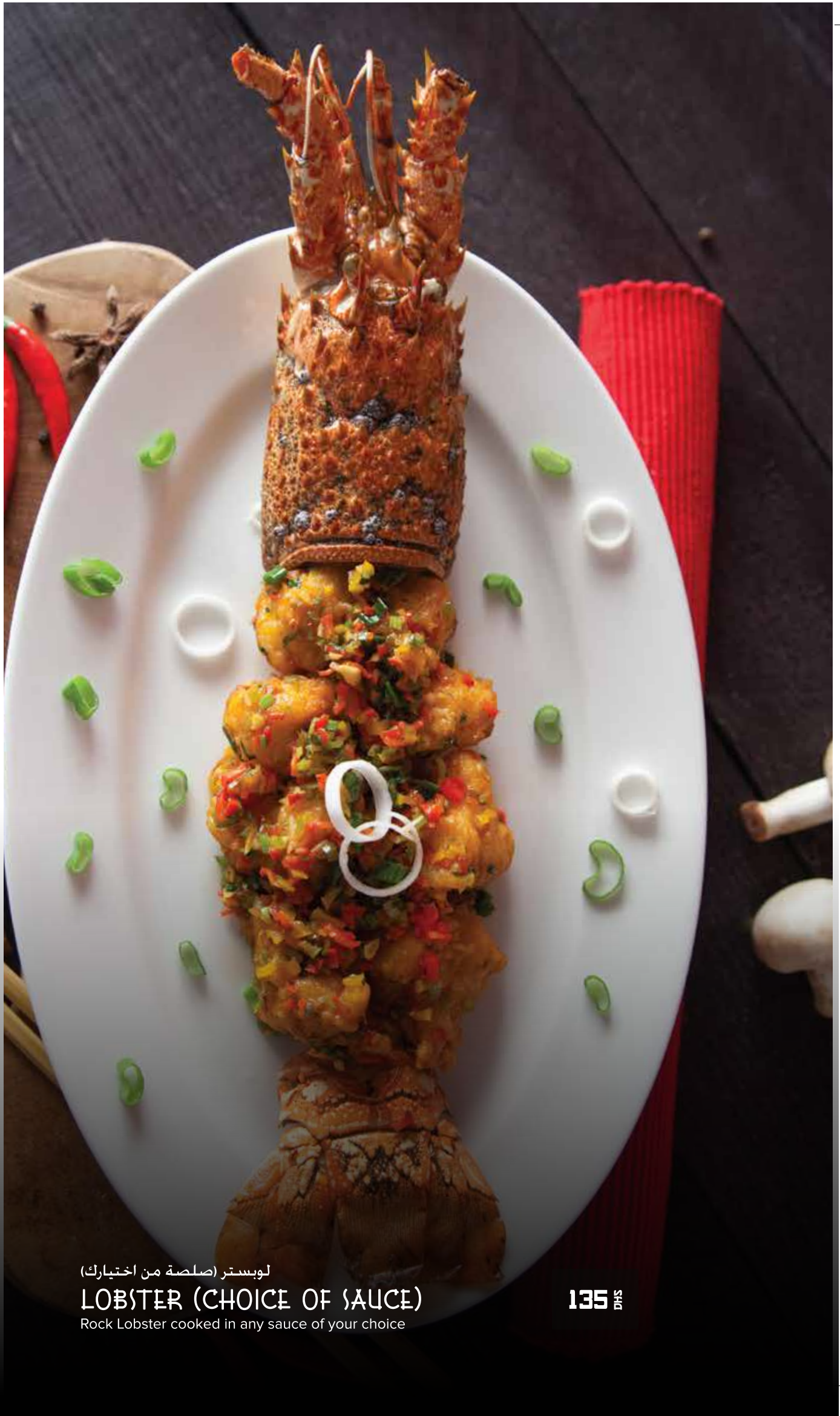


روبيان مع فطر  
**PRAWN MUSHROOM BAMBOO SHOOT**

Prawn cooked in Cantonese style

PRAWN  
**46** DHS  
روبيان





لوبستر (صلصة من اختيارك)

## LOBSTER (CHOICE OF SAUCE)

Rock Lobster cooked in any sauce of your choice

135 DHS



## أرز ونودلز محضران في قدر

### POT RICE & NOODLES

VEG 26 DHS خضار	CHK 32 DHS دجاج	SEA 36 DHS مأكولات بحرية
-----------------------	-----------------------	--------------------------------

#### LEMON POT RICE

Rice cooked with utmost care with Kaffir lime leaves and galangal

أرز بالليمون في قدر

#### BABY POT RICE

Rice cooked in earthen pot with seven spices and star aniseeds

أرز في قدر للصغار

#### SHANTUNG RICE

Soft rice cooked in a clay pot and served with a topping of your choice, sautéed with mushroom in a mild sauce

أرز شانغونغ

#### MONGOLIAN POT NOODLE

Stir fried tangy noodle served with mild sauce on top with choice of meat

نودلز منغولية

#### CLAY POT NOODLE

Soft noodle tossed with baby bok choy, shiitake mushroom, leek and coriander with meat of your choice

نودلز محضرة في قدر من الخزف

## أرز ونودلز

### RICE & NOODLES

VEG 24 DHS خضار	NON VEG 28 DHS غير نباتي	SEA 32 DHS مأكولات بحرية
-----------------------	-----------------------------------	--------------------------------

#### FRIED / SZECHWAN RICE

Contemporary rice of Chinese cuisine

أرز مقلي/أرز شيزوان مقلي

#### THAI FRIED RICE

Rice fried with meat of your choice, exotic vegetables and Thai herbs and spices

أرز تايلاندي مقلي

#### SHANG-HAI FRIED RICE

A combination of rice and noodle tossed to perfection with any meat or vegetable

أرز شانغ هاي مقلي

#### MEI FUN

Very thin rice noodle tossed with mixed vegetables and meat of your choice

نودلز مي فن

#### DAN MEIN NOODLE

Spicy noodles tossed with garlic and chilly

نودلز دان مين

#### HAKKA / SZECHWAN NOODLE

Wok tossed noodle with vegetables and meat of your choice

نودلز هاكا/نودلز شيزوان

#### PATAYA NOODLE

Soft noodle dish with lots of spice and herbs

نودلز باتايا

#### KOI THEAO

Flat Malaysian noodles tossed with soya spinach and sprouts

نودلز كوي ثياو

#### PAD THAI

Thai Specialty Rice noodles a specialty noodle dish of Thai cuisine

نودلز باد تايلاندية

#### STEAMED RICE

12 DHS

أرز مطهي بالبخار





## DESERT

حلويات

15 DHS

DATE PAN CAKE WITH ICE CREAM نودلز بالعسل والآيس كريم

Delicacy of the middle east prepared in eastern style

CHOICE OF ICE CREAM



## QUICKIES

مشروبات باردة

6 DHS

PREPARED WATER

(Coke / Sprite / Fanta / Diets)

مشروبات غازية

MINERAL WATER

Large / Small (3 DHS)

مياه معدنية

SPARKLING WATER

Perrier

مياه فوارة - بيريه

## CHINESE TEA

20 DHS

قدر شاي صيني

CHINESE TEA POT - JASMINE/GREEN