

# ALLERGENS OVERLEAF—PLEASE TELL STAFF OF ALLERGIES AND SPECIAL DIETARY NEEDS AT TIME OF ORDER

## CARB BASE

**Egg Noodles** - traditional, hearty and filling egg and wheat noodles

**Rice Noodles** - lighter alternative to egg noodles, gluten free

**Spicy Singapore Rice Noodles** - Spicy rice noodles, with egg, sweet peppers, onion

**White rice** - Traditional, light and fluffy

**Brown Wholegrain Rice** - Wholesome and nutty

**Low Carb** - No rice, no noodles, with egg, and extra veg.

**Gluten Free** - Choose rice noodles or rice, ask for gluten free

## PROTEIN

**Vegetables** - Mixed veg. with or without a large free-range egg

**Oyster Chicken** - Chicken breast marinated in oyster sauce

**Beef Dragon Balls** - Minced beef with onion, sweet pepper & hoi sin sauce

**Slow Cooked Pork** - Pork shoulder slow cooked with onions until tender and succulent

**Panang Chicken** - Chicken breast marinated in a tangy Thai curry

**Red Curry Tofu** - Cubes of bean curd in a Thai red curry sauce

**King Prawns** - juicy peeled king prawns cooked with a light ginger and garlic marinade

**Prime Beef** - topside of beef slow cooked with a hint of ginger and garlic

**Chicken Teriyaki** - succulent chicken in a sweet and savoury, citrus infused Japanese marinade

**King Prawns & Chicken** - a Chinese favourite, chicken breast brings out the flavour of the king prawns, with a hint of ginger

**Rendang** - Beef or Tilapia fillet in a traditional slow cooked Malaysian coconut curry sauce

**Sweet & Sour** - with chicken, prawns or just veg.

**Katsu Curry** - chicken breast fillet or king prawns prepared in breadcrumbs and served on rice with our rich curry sauce

**Honey Crunch Chicken** - soy sweet honey deep fried crunchy chicken

## MENU

		RICE	EGG NOODLES	SINGAPORE NOODLES	LOW CARB
Vegetables (& Free Range Egg)	V	5.50	5.95	6.95	6.95
Vegetable Curry	✓ V	5.95	-	-	-
Oyster Chicken		5.95	6.50	7.50	7.50
Red Curry Tofu	✓	5.95	6.50	7.50	7.50
King Prawns		5.95	6.50	7.50	7.50
Beef Dragon Balls		6.50	6.95	7.95	7.95
Slow Cooked Pork		6.50	6.95	7.95	7.95
Panang Chicken	✓	6.50	6.95	7.95	7.95
Prime Beef		6.50	6.95	7.95	7.95
Sweet & Sour Vegetables	V	6.50	6.95	-	-
Chicken Teriyaki		6.95	7.50	-	-
King Prawns & Chicken		6.95	7.50	8.50	8.50
Beef Rendang	✓	7.60	7.95	8.95	8.95
Fish Rendang	✓	7.60	7.95	8.95	8.95
Sweet & Sour Chicken		7.60	7.95	-	-
Sweet & Sour King Prawn		7.60	7.95	-	-
Chicken Katsu Curry	✓	7.60	7.95	-	-
Prawn Katsu Curry	✓	7.95	8.50	-	-
Honey Crunch Chicken		7.95	-	-	-

EAT IN - TAKE AWAY - CALL AND COLLECT 020 3437 0631

[www.threelordsec3.co.uk](http://www.threelordsec3.co.uk)

**BROWN WHOLEGRAIN RICE or WHITE RICE**

**Gluten-free soy sauce add 30p**

**Extra egg - add 1-00**

**Go large - Extra rice, noodles or veg - add 1-00**

**Soy Shot - 20p Sweet Chilli / Hot Chilli Shot 30p ea.**



**Medium spicy**



**Available on request**

**No**



**Also available**



**Vegetarian**

## SIDES

**Steamed Buns**

**2.80 each**

Light and fluffy hand-made char siu pork buns



**Roti Paratha**

**1.80 each**

Traditional flaky Indian grilled bread



**Golden Prawns**

**4.50 for 5**

Deep fried Japanese style Prawns in breadcrumbs



**Vegetable Spring Roll**

**2.00 each**

Hand-made, packed full of vegetables

