

THEMONK

高僧



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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!!!**

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SOUPS

شوربة

VEG
20 DHS
خضار

CHK
22 DHS
دجاج

SEA
26 DHS
ماكولات بحرية

SPICY CRAB MEAT SOUP

As the name itself suggests

شوربة كالبوريا 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
22 DHS
خضار

CHK
28 DHS
دجاج

SEA
34 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

سلة 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) مان تاو 3 قطع

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
46 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 سوير، ذرة حلوة
HOT 'N' SOUR, SWEETCORN
An all time favorite soup with your choice
of Chicken /Sea food / Veg

VEG
20
DHS
خضار

CHK
22
DHS
دجاج

SEA
26
DHS
ماكولات بحرية



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

MIX
55
DHS



سلطة ماكولات 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
30
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 chilies and soya

بانير بالفلفل الحار



POULTRY

دواجن

CHK
32
DHS
دجاج

DUCK
60
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
60
دقائق



دجاج كرسبي بالسبانخ

CHICKEN CRISPY SPINACH

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

CHK
32
دقائق

APPETIZERS

مقبلات

MEAT

لحوم

MEAT
42 ^{د.إ.}
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 ^{د.إ.}
حبار

FISH
38 ^{د.إ.}
سمك

PRAWN
46 ^{د.إ.}
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 62 ^{د.إ.}

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
42 Dhs
عوم



تمبورا روبيان أو سمك

MIXED SEA FOOD TEMPURA

Selected seasoned sea foods dipped in batter and crispy fried

62 Dhs



DESERT

حلويات

15 DHS

DATE PAN CAKE WITH ICE CREAM نودلز بالعسل والأيس 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

25 DHS

قدر شاي صيني

CHINESE TEA POT - JASMINE/GREEN

أرز ونودلز محضران في قدر

POT RICE & NOODLES

VEG
28 DHS
خضار

CHK
34 DHS
دجاج

SEA
38 DHS
ماكولات 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
26 DHS
خضار

NON
VEG
30 DHS
غير نباتي

SEA
34 DHS
ماكولات 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 شاخ 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 

أرز مطهي بالبخار



لوبستر (صلصة من اختيارك)

LOBSTER (CHOICE OF SAUCE)

Rock Lobster cooked in any sauce of your choice

140 DHS



سمك تشينج هاي

FISH TSHING-HAI

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

FISH
40 DHS
سمك



روبيان حار بالكرفس

CELERY CHILLY PRAWN

Medium prawn cooked with celery stalks and chillies

PRAWN
48 DHS
روبيان



روبيان مع فطر

PRAWN MUSHROOM BAMBOO SHOOT

Prawn cooked in Cantonese style

PRAWN
48 DHS
روبيان

MAINCOURSE الطبق الرئيسي

MEAT

لحوم

MEAT
44 ١/2
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 ١/2
حبار

FISH
40 ١/2
سمك

PRAWN
48 ١/2
روبيان

CELERY CHILLY PRAWN روبيان حار بالكرفس

Medium prawn cooked with celery stalks and chillies

KUNG PAO PRAWN روبيان كوڠ 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 65 ١/2 كابوريا (صلصة من اختيارك)

Fresh sea crabs de shelled and pan fried in any sauce of your choice

JUMBO PRAWN 95 ١/2 روبيان جمبو (صلصة من اختيارك)

Jumbo sized prawn cooked in any sauce of your choice

لوبستر (صلصة من اختيارك)

LOBSTER (CHOICE OF SAUCE) 140 ١/2

Rock Lobster cooked in any sauce of your choice



خضار صيني مقلي

PAN-CHOY VEGETABLE

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

VEG
32
دجاج
خضار



دجاج وولي

CHICKEN WOOLY

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

CHK
34
دجاج

MAINCOURSE الطبق الرئيسي

VEGETARIAN

نباتي

VEG
32g
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 مانشوريان
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
34g
دجاج

DUCK
60g
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
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




高僧

KARAMA
DUBAI SILICON OASIS
MEADOWS

We also have WHATSAPP ordering


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