

# TÎNG

## Lounge

### Small Plates

Heritage Tomato Gazpacho £14

*Goats Curd, Basil, Black Olive and Focaccia*  
(V)(1)(3)(6)(11)(12)(13)

Hot and Sour Soup £12

(3)(6)(9)(10)(11)

Wonton Soup £13

*Pork Dumpling with Clear Chicken Soup*  
(P)(3)(4)(6)(7)

Endive and Mulled Pear Salad £12/£18

*Stilton and Pickled Walnuts*  
(A)(1)(3)(9)(10)(11)

Tofu £14

*Tofu, Bonito and Chinese Chive*  
(3)(7)(8)(10)(12)

Steamed Baby Bok Choi £9

*Oyster, Sesame*  
(3)(7)(8)(10)(12)

Rare Seared Tuna Sandwich £18

*Mayonnaise, Anchovies, Red Radish, Black Olives, Boiled Egg, Sourdough, Avocado*  
(3)(6)(7)

### From the Sea

**Maldon Oysters**

*Served with Ponzu, Cucumber*  
(4)

6 Oysters £17

12 Oysters £29

**Caviar 30g**


Oscietra £94

(7)(3)(6)(9)


### Shangri-La Wellness Menu


#### Our Raw Favorites


 **From Borough Market to Table £14**  
*A selection of Seasonal Vegetables Served with Romesco Dip*  
(V)(1)(3)(6)(11)(12)(13)

 **Salad of Warm Brassicas £14/£21**  
*Chickpeas, Harissa*  
(1)(3)(6)(10)(11)(12)(14)

#### Main Dishes

 **Grilled Organic Chicken Breast £26**  
*Cashew Nut Satay, Buckwheat Noodles, Coconut, Fresh lime, Fermented Radish*  
*A perfectly balanced dish, hearty, healthy and full of protein*  
Energy: 523Kcal, 52g protein, 38.1g carbohydrate, 16.4g fat  
(1)(3)(6)(11)(12)(13)

 **Fragrant Poached Sea Trout £26**  
*Forbidden Rice, Coconut and Lemongrass Broth, Dehydrated Coconut, Foraged Sea Vegetables*  
*Light and fresh with an excellent source of omega 3*  
Energy: 428Kcal, 36.3g protein, 51g carbohydrate, 10.8g fat  
(1)(3)(6)(11)(12)(13)

 **Bergamot and Tamari Broth £18**  
*Kombu, Sweet Potato Soba Noodle, Choi Sum Eringi Mushrooms, Lemon Grass, Hen's Egg*  
*(Vegan option available)*  
Warm and restorative vegetarian dish  
Energy: 468Kcal, 26.6g protein, 61g carbohydrate, 8.6g fat  
(V)(1)(6)(11)(12)(13)

#### Accompanying Sides

All main courses are served with baby cucumber kimchi and seasonal steamed vegetables served alongside a gut-friendly tamari, sesame and mirin dressing.

Cucumber Kimchi: Energy 21.1 Kcal, 07g protein, 1.7g carbohydrate and 1.2g fat  
Steamed green vegetables: Energy 70Kcal, 3.9g protein, 5.1g carbohydrate and 2.6g fat

 **Energy Balls £5**

Hazelnuts, Gluten-free Oats, Dried Fruit, Coconut, Cocoa and Matcha Powder  
100 raw and rich in anti-oxidants, the perfect healthy snack  
Three per serving  
Energy: 92 Kcal, 2g protein, 10.2g carbohydrate and 4.2g fat  
(1)

#### Dairy/Wheat Alternatives

A variety of alternative ingredients to suit your dietary requirements are available.

Gluten-free breads with a choice of; white, wholemeal and granary  
Gluten-free pasta, Rice noodles  
A seasonal selection of dairy and gluten-free cakes and cereal bars, please enquire with our team.



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### Large Plates

#### From the Grill

Whole Grilled Dover Sole £45

*Miso Butter*  
(3)(6)(8)

H.S.D.A Fillet Steak 220gr £50

H.S.D.A Sirloin Steak 300gr £42

*Steaks are accompanied with Roasted Wine Cherry Tomatoes, Watercress and a choice of sauces:  
Béarnaise (6)(9), Madeira (A)(9)(10), Peppercorn (A)(9)(10), House Butter (9)(11)*

#### Sides £6

Steamed Chinese Choi Sum  
Broccoli with Chilli, Soy (3)  
New Potatoes  
Triple Cooked Chips (3)  
French Fries (3)  
Jasmine Rice  
Green Beans

Wok Fried Mixed Vegetables with Jasmine Rice £18

(8)(3)(5)(12)

Pad Thai £28

*Thai Cuisine Wok Fried Rice Noodles with Madagascar Prawns*  
(1)(2)(3)(4)(5)(6)(7)(8)(12)

Hainanese Chicken Rice £22

*Poached Chicken Served with Traditional Condiments and Ginger Flavoured Rice*  
(3)(4)(5)(6)(8)

Malaysian Fried Rice £19

*Spiced Chicken, Anchovies, Sunny Side Up Egg, Prawn Crackers and Pickles*  
(3)(4)(6)(7)(8)

Beef and Black Bean Sauce £32

*Beef Rib, Onions, Green Peppers*  
(1)(3)(8)(12)

Singapore Curry Laksa £22

*Rice Noodles, Prawn, Chicken, Bean Curd Puff, Hardboiled Egg, Vietnamese Mint with Spicy Coconut Gravy*  
(3)(4)(5)(6)(7)(8)(12)

All prices are inclusive of 20% VAT.

A discretionary 12.5% service charge will be added to your bill.

The following dishes are suitable for: (V) Vegetarians. The following dishes contain: (P) Pork, (A) Alcohol,  
(1) Nuts, (2) Peanuts or products, (3) Gluten, (4) Crustaceans, (5) Molluscs, (6) Egg or products, (7) Fish or products,  
(8) Soybeans or products (9) Milk or products, (10) Celery or products, (11) Mustard or products, (12) Sesame seeds or products, (13)  
Sulphur dioxide or products, (14) Lupin.

Please inform a member of staff at your convenience of any allergens or dietary requirements.