

Mien Tay

Authentic Vietnamese Cuisine

Mr Su Tran and Mrs My Le warmly welcome you to Mien Tay. Mien Tay specialises in home-style cooking from our native South West Vietnam.

We named our restaurant Mien Tay after the area of South Vietnam from which our family originates. The Mekong Delta runs through the region, sustaining an abundance of fish and vegetation and our cooking reflects these fresh and fragrant characteristics of Vietnamese cuisine.

In the kitchen we insist on fresh ingredients for cooked-to-order food and in the dining room we insist on a warm welcome.

OPENING HOURS

Sunday - Thursday : 12.00pm - 10.30pm (last orders)
Friday - Saturday : 12.00pm - 11.00pm (last orders)

106-108 Kingsland Road, E2 8DP
Tel: 0207 739 3841

Website: www.mientay.co.uk



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Mien Tay



Time Out London: “The stunner of our meal was deep-fried sea bass with fish sauce and mango. Presented whole with slivers of the just-ripe fruit, chilli and lashings of fishy nuoc mam, it was a pure harmony of flavours (sweet, salty, sour) and textures (crisp skin, moist fish, slippery mango).”
5/5 Stars



View London: “The staff at Mien Tay are astonishingly friendly – especially for London – and care so much about how you like the food that at the end of the night you’ll feel like you’ve left their home, rather than their restaurant.”
5/5 Stars



The Metro: “If you only eat one restaurant dish this year, make it the starter of grilled quail at Mien Tay”
4/5 Stars



Evening Standard: “Last weekend we tried lunch at Mien Tay and were captivated by the place. Squid with garlic and salt made a delicious starter, as did a quartered quail, spicily marinated and irresistible to pick up and eat with the fingers.”



AA Gill for The Sunday Times: “Mine (Pho) was made with beef and noodles, and it was heaven — worth going to Battersea for all on its own. A big meal bowl for £5.50; the best value for anything cooked in all of Britain. There was also an exceptional dish of goat with galangal. Mien Tay may well be the best Vietnamese restaurant in London.”

Please notify us of any food allergies or dietary requirements as dishes can be adjusted and not all ingredients may be listed.

A discretionary service charge of 10% is added to the bill.

VEGETARIAN (V) • PEANUT (N) • GLUTEN FREE (GF)

Starters

1. Prawn Crackers £2.80
2. Crispy Seaweed (V) £6.00

Summer Rolls (GF)

3. Summer Rolls with Tofu (N) (V) £7.00
4. Summer Rolls with Prawns (N) £7.00
5. Summer Rolls with Grilled Marinated Pork (Not GF) £7.50

Spring Rolls (GF)

6. Vegetarian Spring Rolls (V) £7.00
7. Mien Tay Spring Rolls (Mixed Chicken, Prawn & Squid) £7.00

Fried Tofu (V) (GF) (Contains Eggs)

8. Tofu with Salt, Chilli & Garlic £8.50
9. Tofu with Tamarind Sauce £8.50

Traditional Pancake (GF)

10. Crispy Pancake with Tofu & Vegetables (V) £12.00
11. Crispy Pancake with Prawn, Pork & Vegetables £13.00
12. Crispy Pancake with Chicken & Vegetables £13.00

Seafood (GF)

13. Mussels with Black Bean Sauce £9.50
14. Mussels with Ginger & Spring Onion £9.50
15. Mussels with Tamarind Sauce £9.50
16. Soft Shell Crab with Salt & Chilli £12.00
17. Fried Squid with Salt, Chilli & Garlic £10.50
18. Sesame Prawn on Toast £7.00
19. Prawn with Salt, Chilli & Garlic £10.50

Pork / Beef / Chicken / Frog Legs (GF)

20. Pork Spare Ribs with Salt, Chilli & Garlic £9.00
21. Grilled Pork Patties with Salad (N) £10.50
22. Grilled Pork & Beef wrapped in Betel Leaves (N) £11.00
23. Grilled Chicken Satay Skewers (N) £8.00
24. Chicken Wings with Butter £9.00
25. Chicken Wings with Salt, Chilli & Garlic £9.00
26. Chicken Wings in Caramelised Fish Sauce £9.00
27. Grilled Marinated Quail (Not GF) £8.50
28. Fried Frog Legs with Butter £10.50
29. Fried Frog Legs with Salt, Chilli & Garlic £10.50



Summer Rolls with Prawns



Deep Fried Mien Tay Spring Rolls



Won Ton Soup



Crispy Pancake



Deep Fried Salt & Pepper Squid



Chicken Wings in Caramelised Fish Sauce



Char-grilled Pork Patties with Salad



Mien Tay Soft Shell Crabs



Chargrilled Quail



*Mixed Beef Wrapped
in Betel Leaves*



Prawn Papaya Salad



*Steamed Sea Bass
with Ginger & Spring Onions*



*Sea Bream with Fish Sauce
& Mango*



Stewed Caramelised Catfish

Green Papaya Salad (N) (Peanut Optional)

- | | |
|----------------------------|--------|
| 30. with Tofu | £9.00 |
| 31. with Prawn | £10.50 |
| 32. with Chicken | £10.50 |
| 33. with Dry Shredded Beef | £10.50 |

Soups (GF)

- | | |
|--------------------------------------|-------|
| 34. Won Ton Soup (Not GF) | £7.00 |
| 35. Chicken & Sweetcorn Soup | £5.50 |
| 36. Green Vegetable Soup with Prawns | £7.00 |

Main Courses

Vietnamese Curry (GF)

- | | |
|---|--------|
| 37. Chicken Curry | £10.50 |
| 38. Beef Curry | £10.50 |
| 39. Prawn Curry | £11.50 |
| 40. Mixed Seafood Curry (Squid, Prawn & Mussel) | £11.50 |
| 41. Tofu Curry (V) | £10.00 |

Seafood Dishes (GF)

- | | |
|---|--------|
| 42. Prawn with Lemongrass & Chilli | £10.80 |
| 43. Prawn with Ginger & Spring Onion | £10.80 |
| 44. Prawn with Black Bean Sauce | £10.80 |
| 45. Prawn with Cashew Nuts (N) | £10.80 |
| 46. Prawn with Sweet & Sour Sauce | £10.80 |
| 47. Prawn with Tamarind Sauce | £10.80 |
| 48. Squid with Ginger & Spring Onion | £10.80 |
| 49. Squid with Lemongrass & Chilli | £10.80 |
| 50. Squid with Black Bean Sauce | £10.80 |
| 51. Mixed Seafood with Black Bean Sauce (Prawn, Squid & Mussel) | £11.50 |

Fish Dishes (GF)

- | | |
|---|--------|
| 52. Stewed Caramelised Mekong Catfish | £10.50 |
| 53. Fried Seabream with Black Bean Sauce | £18.00 |
| 54. Fried Seabream with Lemongrass & Chilli | £18.00 |
| 55. Fried Seabream with Fish Sauce & Ginger | £18.00 |
| 56. Fried Seabream with Fish Sauce & Mango | £19.50 |
| 57. Steamed Seabass with Ginger & Spring Onion (Not GF) | £19.50 |
| 58. Fried Seabass with Black Bean Sauce | £18.00 |
| 59. Fried Seabass with Lemongrass & Chilli | £18.00 |
| 60. Fried Seabass with Fish Sauce & Mango | £19.50 |

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VEGETARIAN (V) • PEANUT (N) • GLUTEN FREE (GF)

Chicken & Duck Dishes (GF)

61. Grilled Marinated Chicken (Not GF)	£10.00
62. Chicken with Sweet & Sour Sauce	£10.00
63. Chicken with Ginger & Spring Onion	£10.00
64. Chicken with Mixed Vegetables	£10.00
65. Chicken with Black Bean Sauce	£10.00
66. Chicken with Cashew Nuts (N)	£10.00
67. Chicken with Lemongrass & Chilli	£10.00
68. Crispy Aromatic Duck with Pancake (Not GF) (1/4) £11.00 or (1/2)	£20.00
69. Roast Duck (1/2) (Not GF) (1/2)	£16.00
70. Duck with Black Bean Sauce	£10.50
71. Duck with Ginger & Spring Onion	£10.50
72. Duck with Cashew Nuts (N)	£10.50



Sweet & Sour Spare Ribs



Morning Glory with Garlic

Frog Legs / Goat / Pork / Beef Dishes (GF)

73. Frog Leg with Galangal (N)	£10.50
74. Frog Leg with Lemongrass & Chilli	£10.50
75. Goat with Galangal (Not GF) (N)	£11.00
76. Goat with Lemongrass & Chilli (Not GF)	£11.00
77. Grilled Marinated Goat (Not GF)	£10.00
78. Pork with Sweet & Sour Sauce	£10.00
79. Pork with Black Bean Sauce	£10.00
80. Pork with Ginger & Spring Onion	£10.00
81. Pork with Aubergine	£10.50
82. Grilled Marinated Pork with Lemongrass & Chilli (Not GF)	£10.00
83. Shaking Peppered Diced Beef (Not GF)	£11.50
84. Beef with Ginger & Spring Onion	£10.50
85. Beef with Lemongrass & Chilli	£10.50
86. Beef with Black Bean Sauce	£10.50



Goat Galangal



Shaking Diced Beef

Stir Fried Vegetables (GF) (V)

87. Green Vegetables with Garlic	£8.50
88. Mixed Vegetables with Garlic	£8.50
89. Morning Glory with Garlic	£8.50
90. Aubergine with Tofu & Garlic	£9.00

Fried Rice Dishes (Contains Egg) (GF)

91. Egg Fried Rice (V)	£4.50
92. Mixed Vegetable Fried Rice (V)	£8.00
93. Special Fried Rice (Chicken, Pork, Prawn)	£9.50
94. Chicken Fried Rice	£8.00
95. Shrimp Fried Rice	£9.50



Pork Chop & Egg on Rice

Steamed Rice Meals (GF)

96. Steamed Rice (V)	£3.50
97. Grilled Marinated Pork Chops & Egg on Rice (Not GF)	£14.00
98. Duck with Ginger & Spring Onion on Rice (Not GF)	£13.00
99. Mixed Seafood & Vegetables on Rice	£14.00
100. Beef with Ginger & Spring Onion on Rice	£13.00
101. Roast Duck on Rice (Not GF)	£14.00



Hue Spicy Noodle Soup with Prawns

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Special Pho



Stir Fried Egg Noodles with
Mixed Seafood (Chow Mein)



Singapore Noodles



Flat Rice Noodles with Chicken

Pho Soups (GF)

Please note, our soup stocks are made with beef

102. Rare Sliced Steak & Flank Pho	£13.00
103. Rare Sliced Steak Pho	£13.00
104. Special Pho (Sliced Steak, Flank & Beef Ball) (Not GF)	£14.00
105. Rare Steak & Chicken Pho	£13.00
106. Chicken Pho	£13.00
107. Prawn Pho	£14.00
108. Mixed Seafood Pho (Prawn, Squid & Mussel)	£14.00
109. Tofu Pho	£13.00

Spicy Rice Vermicelli Soups - Bun Hue (GF)

Please note, our soup stocks are made with beef

110. Flank & Pork Bun Hue	£13.00
111. Chicken Bun Hue	£13.00
112. Prawn Bun Hue	£14.00
113. Mixed Seafood Bun Hue (Prawn, Squid & Mussel)	£14.00
114. Tofu Bun Hue	£13.00

Stir Fried Egg Noodles - Chow Mein (Contains Egg) (Crispy or Soft)

115. With Beansprouts & Onion (V) (Soft Only)	£7.00
116. Mixed Vegetables & Tofu (V)	£12.00
117. Chicken	£13.00
118. Beef	£13.00
119. Mixed Seafood (Prawn, Squid & Mussel)	£14.00
120. Prawns	£14.00
121. Mixed Meat & Prawns (Chicken, Pork & Prawn)	£14.00
122. Spicy Singapore Noodles with Tofu (Soft Only) (V) (GF)	£13.00
123. Spicy Singapore Noodles (GF) (Soft Only) (Pork, Chicken & Shrimp)	£14.00

Stir Fried Flat Rice Noodles - Pho Xao (Not GF)

124. Mixed Vegetables & Tofu (V)	£12.00
125. Chicken	£13.00
126. Beef	£13.00
127. Mixed Seafood (Prawn, Squid & Mussel)	£14.00
128. Prawn	£14.00
129. Mixed Meat & Prawns (Chicken, Pork & Prawn)	£14.00

Rice Vermicelli Noodles & Salads - Bun (N) (GF) (Peanut Optional)

Our signature rice vermicelli noodle salads are delicious and healthy all-in-one meals that come garnished with peanuts, fried shallots, herbs and homemade dressings.

130. Plain Steamed Rice Vermicelli (V)	£3.00
131. Bun with Grilled Pork Patties	£13.00
132. Bun with Grilled Pork & Beef Wrapped in Betel Leaves	£14.00
133. Bun with Mien Tay Spring Rolls	£13.00
134. Bun with Grilled Pork & Mien Tay Spring Rolls (Not GF)	£14.00
135. Bun with Grilled Goat (Not GF)	£13.00
136. Bun with Grilled Marinated Chicken (Not GF)	£13.00
137. Bun with Chicken, Lemongrass & Chilli	£13.00
138. Bun with Beef, Lemongrass & Chilli	£13.00
139. Bun with Prawns, Lemongrass & Chilli	£14.00
140. Bun with Mixed Seafood, Lemongrass & Chilli (Prawn, Squid & Mussels)	£14.00

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Rice Vermicelli Curry - Bun Curry (GF)

141. Bun with Chicken Curry	£13.00
142. Bun with Prawn Curry	£14.00
143. Bun with Mixed Seafood Curry (Prawn, Squid & Mussel)	£14.00
144. Bun with Tofu Curry	£13.00

Vermicelli Sweet & Sour Soup - Bun Canh Chua (GF)

145. Bun with Tofu Sweet & Sour Soup (V)	£13.00
146. Bun with Prawns Sweet & Sour Soup	£14.00
147. Bun with Mixed Seafood Sweet & Sour Soup (Prawn, Squid & Mussel)	£14.00

Vegetarian Main Courses (Peanut Optional) (GF)

148. Steamed Rice (V)	£3.50
149. Fried Rice with Mixed Vegetables	£8.00
150. Tofu with Black Bean Sauce	£8.50
151. Tofu with Lemongrass & Chilli	£8.50
152. Tofu with Mixed Vegetables	£8.50
153. Tofu Curry	£10.00
154. Vegetarian Chicken with Black Bean Sauce	£10.00
155. Egg Noodles with Vegetables & Tofu (Not GF)	£12.00
156. Flat Rice Noodles with Vegetables & Tofu (Not GF)	£12.00
157. Vermicelli with Vegetarian Chicken, Lemongrass & Chilli (N)	£13.00
158. Vermicelli with Tofu, Lemongrass & Chilli (N)	£13.00
159. Vermicelli with Vegetarian Spring Rolls (N)	£13.00
160. Vermicelli with Tofu Sweet & Sour Soup	£13.00
161. Vermicelli with Tofu Curry	£13.00

Mixed Seafood Hot Pot - Lẩu

Our Seafood Hot Pot is a sweet & sour tom yum soup, served with mixed vegetables, vermicelli noodles and a fresh selection of seafoods (squid, prawn, mussel & seabass)

Minimum of 2 People

per person £30.00

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VEGETARIAN (V) • PEANUT (N) • GLUTEN FREE (GF)



Vermicelli Noodle
with Sweet & Sour Soup



Vermicelli with Chicken Curry



Vermicelli Noodles with
Char-grilled Pork & Spring Rolls

**Thank you for
dining with us!**



Mien Tay

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