

a/e

Free Delivery
(within our zones)

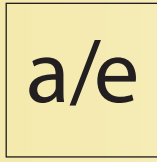
a v e n u e e a s t

16 North Union Avenue
Cranford, NJ 07016

908.272.7258 (phone) 908.272.7236 (fax)

www.ave-east.com

Dine In ■ Food To Go ■ Catering ■ Gluten Free Menu
Open 7 days a week



Welcome to
a v e n u e e a s t

Our goal is to provide our patrons with the finest and healthiest dining experience possible. We understand that people today are more health conscious than they have ever been. We have developed our cuisine with the consultation of a registered dietician to meet those needs. We offer a variety of delicious, low-fat, heart-healthy, portion-controlled entrées. Here are just a few of the steps we have taken to improve the nutrition of our entrées:

- No MSG
- Using 100% cholesterol-free canola oil with **zero** trans fat
- Using lower sodium soy sauce
- Using 100% white meat chicken
- Offering lean cuts of USDA grade flank steak
- We do not use any canned vegetables
- Many entrées can be modified to meet any dietary concerns
- Listing calories, carbohydrate, protein, fat grams and fiber for many entrées

Gluten Free Menu: Check on-line at ave-east.com

Our menu was prepared using many recipes passed down from a generation ago. The original chef was a man who loved to cook and spent most of his life dreaming up new ways to improve Asian cuisine for everyone. In keeping up with that family tradition, we at Avenue East wanted to try and make the food not only great tasting, but also great for your health.

Thank you from all of us at Avenue East.

daily luncheon special

11:30AM ~ 3:30PM (Mon-Fri excluding holidays)

Each dish is served with side salad, spring roll and a choice of rice
(Brown, Steamed, or Vegetable fried rice)
Except noodle items and fried rice

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|---|--------------------------------------|
| Mixed Vegetables with Chicken 6.50 | Sweet & Sour Chicken 6.50 |
| Mixed Vegetables with Beef 6.95 | 🔪 Orange Chicken 7.95 |
| Mixed Vegetables with Shrimp 7.50 | Teriyaki Chicken 7.95 |
| 🔪 Garlic Chicken 6.50 | Sesame Chicken 7.95 |
| 🔪 Garlic Beef 6.95 | Pepper Steak 6.95 |
| 🔪 Garlic Shrimp 7.50 | 🔪 Red Curry Vegetables & Tofu 7.50 |
| Broccoli with Chicken 6.50 | 🔪 Green Curry Vegetables & Tofu 7.50 |
| Broccoli with Beef 6.95 | 🔪 Red Curry Chicken 7.50 |
| Broccoli with Shrimp 7.50 | 🔪 Green Curry Chicken 7.50 |
| Shrimp with Lobster Sauce 7.50 | 🔪 Red Curry Beef 7.95 |
| String Beans with Chicken 6.50 | 🔪 Green Curry Beef 7.95 |
| String Beans with Beef 6.95 | 🔪 Garlic Tofu 5.95 |
| 🔪 Basil Chicken 6.95 | Buddha's Feast 5.95 |
| 🔪 Basil Beef 7.50 | |
| Pineapple Fried Rice with Chicken 7.50 | |
| Pineapple Fried Rice with Beef or Shrimp 8.50 | |
| Lo Mein with Chicken or Vegetables 5.95 | |
| Lo Mein with Beef or Shrimp 6.95 | |
| Pad Thai with Chicken or Tofu 7.50 | |
| Pad Thai with Shrimp 8.50 | |
| Japanese Noodles with Chicken 7.50 | |
| Japanese Noodles with Beef or Shrimp 8.50 | |

sushi bar

Served with miso soup or side salad with ginger dressing

- | | |
|---|----------------------------|
| Sushi Lunch (5 pcs with one california roll) 9.50 | |
| Sashimi Lunch (9 pcs with white or brown rice) 10.95 | |
| Sushi & Sashimi Combo (4 pcs sushi, 6 pcs sashimi with one California Roll) 12.95 | |
| Roll Combo (choice of any two below) 9.50 | |
| Spicy Tuna or Salmon | Boston |
| Tuna Cucumber or Avocado | Shrimp Cucumber or Avocado |
| Alaska | Salmon Skin |
| Eel Cucumber or Avocado | Salmon Cucumber or Avocado |
| California or Spicy California | Mixed Vegetable |
| Cucumber & Avocado | Tuna or Salmon |

appetizers

Edamame 4.25

Steamed Japanese young soy bean, sprinkled with Mediterranean Sea salt

Spring Roll 4.95

Cabbage, carrots, and celery

Summer Roll 4.95

Spring mixed, mango, cucumber, basil, beets and rice vermicelli

Steamed or Pan-Fried Chicken Dumplings 5.95

Ground chicken, cabbage, and scallion

Steamed or Pan-Fried Vegetable Dumplings 5.50

Cabbage, onion, tofu, carrot, potato, vermicelli and shitake mushroom

Satay Chicken or Beef 6.50 / 6.95

Grilled marinated chicken or beef, sweet cucumber and onion served with peanut sauce

Coconut Shrimp 7.50

Breaded shrimp with our special dipping sauce

Crispy Squid 6.95

Salt & pepper squid, bell pepper, jalapeno pepper, scallion and onion

Chicken Lettuce Wrap 8.50

Jicama, scallion, bell pepper, onion, and chicken; served with lettuce and plum sauce

7 Spice Shrimp 7.95

Japanese panko breaded shrimp broiled to a golden brown with butter and seven different Japanese spices

Crispy Soft Shell Crab 9.50

Golden brown shell crab served with two exotic chef special dippings

Shrimp Shumai 5.95

Shrimp, onion, egg white, and Japanese bread crumb




Asian Mussel Bake 7.95

Mussels topped with masago, enoki mushroom, scallion and spicy mayo served with eel sauce.

cold starter / salad

-  **Tuna Dumpling** 9.95
Spicy crunchy shrimp covered with avocado puree wrapped with tuna
-  **Spicy Salmon Skin Salad** 7.25
Crispy salmon skin, spring mix, radish, cucumber, beets, carrot and onion tossed with spicy ponzu sauce and nori flakes
- Asian-Style Chicken Salad** 8.50
Grilled chicken, spring mixed, scallion, carrot, and onions, with chef's homemade sauce
-  **Spicy Trio** 9.95
Spicy salmon, spicy tuna, spicy whitefish and caviar topped with mango salsa and kaiware served on crispy seaweed.
-  **Japanese Seaweed Salad** 5.50
With pickle radish, tomato and spicy sauce
-  **Fusion Mango Kani Salad** 5.95
Crab stick, cucumber, mango, onion, scallion and masago in spicy mayo
- Trinity Delight** 11.95
Tuna, salmon, and yellowtail sashimi served with its own savory sauces

soup

- Wonton Soup** 2.75
Chicken filled wontons with spinach
-  **Hot & Sour Soup** 2.75
Chicken, tofu, mushroom, carrot and egg white
- Miso Soup** 2.75
Seaweed and tofu, sprinkled with scallion
-  **Tom Yum** 4.95
Shrimp, mushroom, tomato, in a spicy lemongrass shrimp broth
-  **Asam Soup** 4.95
Chicken, mushroom, onion, in a sour and creamy coconut broth
- Clear Vegetable Soup** 4.95
Mushroom, spinach, tofu, carrot and tomato in a clear broth

house specialties

-  **Fusion Tso's Chicken 12.95**
Avenue East version of General Tso's white meat chicken, lightly battered served with baby bok choy and bell pepper
-  **Mai Thai Special 14.95**
Chicken, shrimp, broccoli, asparagus, snow peas and string beans. Sautéed with Thai chili and bean curd oil, garnished with tomatoes
-  **Orange Flavor Chicken 12.95**
White meat chicken lightly breaded with orange flavor sauce
305 calories, 59 grams protein, 6 grams total fat
- Honey Glazed Walnut Shrimp 15.95**
Lightly battered shrimp, coated with special creamy citrus sauce, topped with glazed walnuts
351 calories, 5 grams carbohydrate, 34 grams protein, 22 grams total fat, 2 grams fiber
-  **Land & Sea 16.95**
Shrimp, scallop, beef, chicken, peanut and jicama in chili pepper kung pao sauce
- Mango Tango 15.95**
Shrimp & chicken, mango, onion and bell pepper
233 calories, 18 grams carbohydrate, 30 grams protein, 3 grams total fat, 3 grams fiber
-  **Siam's Sea Treasure 17.95**
Shrimp, squid, fish fillet, scallop, mussels and vegetables in special red curry sauce
-  **Spicy Thai Shrimp & Chicken with Cashews 15.95**
Green beans, onion, sprouts, pineapple and carrot
-  **Spicy Bangkok Crispy Fish 15.95**
Crispy flounder fillet with tamarind sauce
- Fusion Style Teriyaki Salmon 16.95**
Salmon fillet, asparagus, onions, and carrot with teriyaki sauce
-  **Lemongrass Chicken 11.95**
White meat chicken, mushroom, zucchini, carrot, onion and broccoli
- Black Pepper Steak Asian Style 15.95**
Broccoli and carrots, in house black pepper sauce, topped with mango salsa
- Malaysian BBQ Beef 15.95**
Lightly battered beef with onion, carrots, lettuce, and tomato in a blackened BBQ
-  **Singapore Sling 14.95**
Shrimp, chicken, broccoli and mango sautéed in a very special sweet and spicy sauce

All entrées are served with your choice of brown or jasmine rice.
We can alter the spiciness to suit your taste.
Most food may be steamed upon request.

chicken

Sha Cha Chicken 10.95

Mushroom and baby spinach sautéed in our oriental satay sauce

Broccoli with Chicken 10.95

Stir-fried in our special brown sauce

192 calories, 10 grams carbohydrate, 30.5 grams protein, 3.5 grams total fat, 3 grams fiber

Sweet & Sour Chicken 10.95

Battered deep fried chicken strips, bell pepper, onion, carrot, and pineapple in our special sweet and sour sauce

395 calories, 15 grams carbohydrate, 32 grams protein, 3 grams total fat, 1.5 grams fiber

Moo Shu Chicken 10.95

Chicken, cabbage, carrot, scallion and egg white

287 calories, 26.5 grams carbohydrate, 35.5 grams protein, 4 grams total fat, 6 grams fiber

Garlic Flavor Chicken 10.95

Mushroom, jicama, carrot and bell pepper in a chili garlic sauce

201 calories, 10 grams carbohydrate, 32 grams protein, 3 grams total fat, 2.5 grams fiber

Asparagus with Chicken 11.95

Stir-fried in our special white sauce

183 calories, 7.5 grams carbohydrate, 31 grams protein, 3.5 grams total fat, 3 grams fiber

Kung Pao Chicken 11.95

Chicken, jicama, peanut and chili pepper sauce

291 calories, 15 grams carbohydrate, 34.5 grams protein, 10.5 grams total fat, 4 grams fiber

Spicy Basil Chicken 10.95

Bell pepper, onion, green beans, Asian basil with garlic and chili paste

Teriyaki Chicken 13.95

Grilled chicken breast, broccoli, zucchini, carrots and asparagus

Chicken with Mixed Vegetables 10.95

White meat chicken, mushroom, zucchini, carrot, onion, snow peas and broccoli with brown sauce

seafood

Garlic Shrimp 13.50

Mushrooms, jicama, carrot and bell pepper in a chili garlic sauce

180 calories, 11 grams carbohydrate, 29 grams protein, 2.25 grams total fat, 2.5 grams fiber

Asparagus Shrimp 14.95

Sautéed in a white sauce

162 calories, 8.5 grams carbohydrate, 27.5 grams protein, 2.5 grams total fat, 3 grams fiber

Shrimp with Lobster Sauce 13.50

Shrimp, peas, carrot served in an egg white gravy

200 calories, 7 grams carbohydrate, 35 grams protein, 2.5 grams total fat, 1.5 grams fiber

Thai Pineapple Shrimp 14.95

Shrimp, green beans, onions, bell peppers, zucchini, and pineapple in a special Thai spicy sweet and sour sauce

Cantonese Style Fish Fillet 14.95

Lightly battered flounder sautéed with asparagus, carrot, mushroom and snow pea in our chef's special sauce

Vietnamese Steamed Fish 14.95

Flounder fillet fish with tomato, tofu, lemon, ginger and scallion in special soy sauce

beef

Malaysian Curry Satay 14.95

Chuck flank beef, bell pepper, onion, and zucchini with peanut curry sauce

Crispy Beef with Tamarind Sauce 14.95

Lightly battered chuck flank beef with onion, carrot and bell pepper

Broccoli with Beef 11.95

Tender sliced beef with broccoli sautéed in a brown sauce

227 calories, 10 grams carbohydrate, 29 grams protein, 15.5 grams total fat, 6.5 grams fiber

Garlic Flavor Beef 11.95

Mushroom, jicama, carrot, and bell pepper in hot garlic sauce

236 calories, 14 grams carbohydrate, 27.5 grams protein, 8 grams total fat, 2.5 grams fiber

Spicy Basil Beef 12.50

Bell pepper, onion, green bean, basil with garlic and chili paste

Mongu Beef 13.95

Sliced flank steak sautéed with scallion and red onion

wild curry special

Green Curry with Vegetable & Tofu 10.95

Basil, tofu, bell pepper, green bean, eggplant, snow peas & onion

Green Curry with Chicken 11.95

Basil, tofu, bell pepper, green bean, eggplant, snow peas & onions

Green Curry with Beef or Shrimp 14.95

Basil, tofu, bell pepper, green bean, eggplant, snow peas & onions

Red Curry with Vegetable & Tofu 10.95

Basil, mushroom, bell pepper, tomato, carrot, red onion & zucchini

Red Curry with Chicken 11.95

Basil, mushroom, bell pepper, tomato, carrot, red onion & zucchini

Red Curry with Beef or Shrimp 14.95

Basil, mushroom, bell pepper, tomato, carrot, red onion & zucchini

All entrées are served with your choice of brown or jasmine rice.

We can alter the spiciness to suit your taste.

Most food may be steamed upon request.

vegetables

Buddha's Feast 9.50

Sautéed broccoli, asparagus, snow peas, mushrooms, and carrots
137 calories, 26 grams carbohydrate, 10 grams protein, 1.5 grams total fat, 10.5 grams fiber

Sautéed Spicy String Beans 9.95

Fresh string beans with garlic in a brown sauce
84 calories, 3 grams carbohydrate, 8 grams protein, 0.5 grams total fat, 2.5 grams fiber

Garlic Spinach Tofu 9.95

Sautéed in our delicious garlic sauce
340 calories, 18 grams carbohydrate, 44.5 grams protein, 15 grams total fat, 9 grams fiber

Bear's Paw 10.95

Fried Japanese tofu, carrots, snowpeas, and scallion, sautéed with spicy garlic bean sauce

Triple Delight 9.95

Broccoli, snow peas and asparagus in brown sauce
87 calories, 12 grams carbohydrate, 11 grams protein, 0.5 grams total fat, 5 grams fiber

Eggplant Basil 9.95

Asian eggplant, bell pepper, onion, and Thai basil stir-fried with garlic and chili sauce

noodles & rice

Malaysian Mee Goreng (Chicken or Shrimp) 10.50

Ho-fun noodles with vegetables, egg, and Japanese tofu in dark spicy sauce

Tikka Masala Curry Udon 11.95

Shrimp, chicken, onions, broccoli, snow peas, and carrots

Pad Thai (Chicken or Shrimp) 10.95

Thai noodle with vegetable and eggs, garnished with bean sprouts, dried tofu, lime and crushed peanuts

Mei-Fun Singapore Noodles 10.95

Mei-fun, sprouts, bell peppers, chicken, shrimp, onions, scallion, and eggs in curry flavor

Japanese Noodles (Chicken or Beef) 10.95

Udon noodles, broccoli, bell peppers, sprouts, and mushrooms, sprinkled with sesame seeds

Seafood Pan-Fried Crispy Noodles 14.95

Shrimp, squid, and scallops mixed with vegetables in a special brown gravy sauce

Lo Mein (Stir-fried soft noodles with cabbage, scallion, and carrots)

Chicken 8.50

463 calories, 67.5 grams carbohydrate, 34.5 grams protein, 5.5 grams total fat, 5.5 grams fiber

Beef 9.50

483 calories, 67.5 grams carbohydrate, 34 grams protein, grams total fat, grams fiber

Shrimp 9.50

449 calories, 68.5 grams carbohydrate, 32.5 grams protein, 5 grams total fat, 5.5 grams fiber

House Special (all above) 9.95

447 calories, 68 grams carbohydrate, 30.5 grams protein, grams 6 total fat, 5.5 grams fiber

Vegetable 8.50

Broccoli, cabbage, scallion, mushrooms, bamboo shoots, carrots, and snow peas
375 calories, 68 grams carbohydrate, 36 grams protein, 4 grams total fat, 5.5 grams fiber

Thai Pineapple Fried Rice (Chicken or Shrimp) 9.95

Cashews, raisins, pineapple, onions, and egg

Traditional Fried Rice (Onions, scallion, eggs, peas and carrots)

Chicken 8.50

Beef 9.50

Shrimp 9.50

House Special (all above) 9.50

Vegetable 8.50



special maki

The Amazing Roll 13.95

Tuna, salmon, yellowtail, avocado & cucumber topped with spicy crab stick and sprinkled with our special flavored parsley crunch

Orange Blossom 12.95

Black pepper tuna, mango, cucumber topped w/ spicy tuna and special flavored crunch. Served with spicy mango sauce

Hurricane Roll 12.95

Sweet potato & cucumber topped half with spicy tuna and half with an avocado guacamole served with Spicy mayo & sweet sauce

Four Season 11.95

Shrimp tempura, mango, cucumber, topped with spicy salmon served with spicy & sweet sauce

Superstars Roll 13.95

Tuna, salmon and yellowtail topped with four different colored tobiko served with spicy yuzu sauce

The New Wave 11.95

Salmon, tuna, white tuna, mango, mixed green and carrot wrap with rice paper topped with mango salsa, kaiware, roasted garlic and onion seasoning sauce

Nirvana Roll 12.95

Black pepper tuna, avocado & cucumber topped with spicy yellowtail & jalapeno served with a citrus miso sauce and flavored sesame

Hot Lava Roll 13.95

Crab stick, avocado, cucumber topped with cooked scallop, shrimp, squid and octopus served with hot spicy mayosauce. Garnish with masago & scallion

Tsunami Roll 12.95

Shrimp tempura, avocado & mango topped with spicy scallop & caviar, served with chef's special spicy sauce

Lobster Salad Roll 12.95

Crab stick, cucumber, avocado, and mango, topped with lobster salad. Served with baby greens and mango puree

Double Delight Roll 12.95

Spicy tuna & spicy salmon with avocado, topped with Japanese special crunch served with a spicy wasabi mayo sauce

Earthquake Roll 12.95

Shrimp tempura, smoked salmon & cucumber, topped with spicy white tuna and flavored tempura flakes, served with spicy & sweet sauce

entrées

Vegetable Maki Combo (Avocado, Cucumber & Asparagus Rolls) 9.95

Maki Combo (Tuna Avocado, Salmon Cucumber & California Rolls) 13.50

Spicy Maki Combo (Spicy Tuna, Spicy Salmon & Spicy California Rolls) 15.50

Sushi Nigiri (7 pcs sushi and 1 California Roll) 15.50

Sashimi Deluxe (15 pcs chef's assortment) 18.50

Sushi Nigiri & Sashimi Combo (5 pcs sushi & 9 pcs sashimi with 1 California Roll) 21.50

Ultimate Love (6pcs sushi & 12pcs sashimi with 1 special roll of chef's choice) 31.50

No substitutions allowed



sushi maki

- California Roll 4.50
- Tuna Cucumber or Avocado Roll 5.50
- Salmon Cucumber or Avocado Roll 5.50
- Spicy Tuna Roll 5.50
- Spicy Salmon Roll 5.50
- Yellowtail Jalapeno Roll 5.50
- Yellowtail Scallion Roll 5.00
- Tuna Scallion Roll 5.00
- Eel Cucumber or Avocado Roll 5.50
- Shrimp Cucumber or Avocado Roll 4.50
- Sweet Potato Roll 5.00
- Vegetable Roll (Choice of asparagus, cucumber, avocado, oshinko or spinach) 4.00
- Mixed Vegetable Roll (Carrot, baby greens, asparagus, cucumber & avocado) 5.50
- Shrimp Tempura Roll 6.00
- Philly Roll (Smoked salmon, cucumber & cream cheese) 6.00
- Alaska Roll (Salmon, baby greens, cucumber & avocado) 5.50
- Boston Roll (Shrimp, crab stick, cucumber, lettuce & Japanese mayo) 5.50
- Spider Roll (Soft shell crab, lettuce, cucumber & avocado) 8.50

sushi nigiri & sashimi

(per piece)

Tuna	2.75	Red Clam	2.25
Yellowtail	2.75	Scallop	2.50
Salmon	2.50	Octopus	2.50
White Tuna	2.50	Squid	2.25
Striped Bass	2.50	Egg Custard	2.00
Fluke	2.50	Crab Stick	2.00
Smoked Salmon	2.50	Capelin Roe (Masago)	2.50
Spanish Mackerel	2.50	Flying Fish Roe (Tobiko)	3.00
Eel	2.50	Shrimp	2.25

a/e

avenue east

M-Th 11:30AM-10:00PM
Fri 11:30AM-10:30PM
Sat 12:00PM-10:30PM
Sun 12:00PM-10:00PM

Minimum Delivery
Lunch 12.00
Dinner 15.00

*****ECRWSS****
Local
Postal Customer

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