

CHOW MEIN OR CHOP SUEY

	Qt.	Pl.
HOUSE SPECIAL CHOW MEIN	.6.25	4.75
CHICKEN CHOW MEIN	.5.95	3.95
SHRIMP CHOW MEIN	.6.25	4.00
BEEF CHOW MEIN	.5.95	3.95
CHICKEN SUBGUM CHOW MEIN	.6.00	4.00
VEGETABLE CHOW MEIN	.4.50	3.50

FRIED RICE

	Qt.	Pl.
BARBECUED PORK FRIED RICE	.4.50	3.50
SHRIMP FRIED RICE	.4.95	3.50
HAM FRIED RICE	.4.50	3.50
CHICKEN FRIED RICE	.4.50	3.50
HOUSE SPECIAL FRIED RICE	.5.50	4.50
BEEF FRIED RICE	.4.95	3.50
STEAM RICE	.1.00	0.50

GOLDEN RUN

1317 Westgate Plaza
Elizabethtown, N.C.
(910) 862-6030

GOLDEN RUN

1327 Scotland Crossing
Laurinburg, N.C. 28352
(910) 227-1838

GOLDEN LUNG WAH

3417 Lackey Street
Lunberton, N.C. 28358
(910) 739-8888

GOLDEN CITY

751 Wallace Crossing
Wallace, N.C.
(910) 285-3789

GOLDEN RUN

608 Pearl Street
Darlington, S.C. 29532
(843) 393-3927

GOLDEN DRAGON

316 Columbus Corners Dr.
Whiteville, N.C.
(910) 640-1838

GOLDEN RUN

417 Hwy.38 South
Bennettsville, S.C.
(843) 479-7707 / 1828

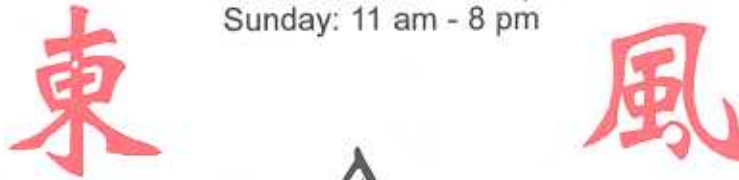
EAST WIND

401 N. Powell Blvd.
Whiteville, NC 28472
(910) 642-3613



FAMILY BUFFET DAILY

Mon.-Thurs.: 11 am - 9 pm
Fri. & Sat.: 11 am - 10 pm
Sunday: 11 am - 8 pm



EAST WIND

RESTAURANT

Cantonese and Szechuan Style Food

Desserts • American Menu • Beverages
406-2 East Third Street
Pembroke N.C. 28372

Phone: (910) 522-1383



DINNER

COMBINATION PLATTERS

(Please Order By Number)

1. CHICKEN CHOW MEIN, EGG ROLL AND HAM FRIED RICE5.95
2. MOO GOO GAI PAN, EGG ROLL AND HAM FRIED RICE5.95
3. CHICKEN WITH BROCCOLI, EGG ROLL AND HAM FRIED RICE5.95
- 4. GREEN PEPPER STEAK, EGG ROLL AND HAM FRIED RICE5.95
5. CHICKEN WINGS, EGG ROLL AND HAM FRIED RICE6.25
6. SWEET AND SOUR PORK, EGG ROLL AND HAM FRIED RICE5.95
7. SWEET AND SOUR CHICKEN, EGG ROLL AND HAM FRIED RICE5.95
8. BONELESS CHICKEN, EGG ROLL AND HAM FRIED RICE5.50
9. BBQ SPARE RIBS, EGG ROLL AND HAM FRIED RICE6.25
- 10. CHICKEN WITH SESAME SEEDS, EGG ROLL AND HAM FRIED RICE5.95
11. SHRIMP CHOW MEIN, EGG ROLL AND HAM FRIED RICE6.25
12. BEEF WITH CHINESE VEGETABLES, EGG ROLL AND HAM FRIED RICE6.25
- 13. GENERAL TSO'S CHICKEN, EGG ROLL AND HAM FRIED RICE5.95
14. FRIED WONTON, EGG ROLL AND HAM FRIED RICE4.95
15. ROAST PORK WITH CHINESE VEGETABLES, EGG ROLL AND HAM FRIED RICE5.95
16. SWEET & SOUR SHRIMP, EGG ROLL AND HAM FRIED RICE6.25
17. CHOW SHAN PAN (SHRIMP & CHICKEN), EGG ROLL AND HAM FRIED RICE6.25
18. HOUSE LO MEIN, EGG ROLL AND HAM FRIED RICE6.50

Rice may be substituted with pork, chicken, beef, shrimp or Lo Mein. But if choice beef, shrimp or Lo Mein without egg rolls.

- Egg Roll (2)2.00
Shrimp & BBQ Pork, shredded vegetables in a crispy rolled noodles.
- B-B-Q Spare Ribs ... Sm (5) 4.15
.....Lg (10) 8.35
Marinated w. Chinese spices & BBQ sauce.
- Fantail Shrimp4.95
Large shrimp, dipped in our special batter & deep fried.
- B-B-Q Roast Pork4.25
- Honey Ribs4.15

SOUP

- House Special Soup3.00
- Hot & Sour Soup3.50
- Wonton Soup(Sm.) 1.25
.....(Lg.) 2.50
- Egg Drop Soup(Sm.) 1.20
.....(Lg.) 2.20
- Wonton & Egg Drop Soup Mixed(Sm.) 1.20
.....(Lg.) 2.50
- Vegetable Soup1.50
- Chicken Rice Soup1.00

SWEET & SOUR

- | | Pl | Qt |
|----------------------|------|------|
| Sweet & Sour Pork | 3.95 | 5.95 |
| Sweet & Sour Chicken | 3.95 | 5.95 |
| Sweet & Sour Shrimp | 4.00 | 6.25 |

- Teriyaki4.95
Beef on Stick (5) Chicken on Stick (10)
- House Tray3.95
Barbecued ribs, egg roll, fantail shrimp, chicken wing, Teriyaki.
- Chicken WingsSm (7) 2.20
.....Lg. (14) 4.25
- Fried Wontons (18)2.50
Chopped meat wrapped in thin dough, then deep fried to golden brown.
- Honey Pork3.50

CURRY

- Curry Beef5.95
- Curry Chicken5.95
- Curry Shrimp6.50

LO MEIN

- | | (w. Soft Noodles) | Pl | Qt |
|-----------------------|-------------------|------|------|
| Roast Pork Lo Mein | | 3.75 | 5.75 |
| Shrimp Lo Mein | | 4.00 | 6.50 |
| Chicken Lo Mein | | 3.50 | 5.75 |
| Beef Lo Mein | | 3.50 | 5.75 |
| House Special Lo Mein | | 4.35 | 6.95 |
| Vegetable Lo Mein | | 3.35 | 5.20 |

EGG FOO YOUNG

- Roast Pork5.00
- Shrimp5.50
- Chicken5.00
- Vegetable5.00

POULTRY

- HO YU GAI POO4.00 5.95
Breast of chicken meat & mixed vegetables.
- BROCCOLI W. CHICKEN3.95 6.25
Sliced white meat chicken sauteed with sliced broccoli and a special gravy in Chinese style.
- CASHEW CHICKEN DING4.25 6.75
Diced cut chicken meat, sauteed with pea pods, straw mushrooms, water chestnuts and bamboo shoots. Prepared in our own way.
- CHICKEN W. SNOW PEA PODS4.00 6.50
Blended with the delicate flavor of pea pods, water chestnuts, mushroom, bamboo shoots, celery & onions.
- MOO GOO GAI PAN3.95 6.25
Sliced white meat of chicken, bamboo shoots, mushrooms, water chestnuts, bok choy, and snow pea pods.
- ALMOND GAI DING3.95 6.50
Diced cut white meat of chicken, bamboo shots, mushrooms, water chestnuts, garnished with almonds.
- CHICKEN W. SESAME SEEDS4.00 5.95
Tender boneless breast of chicken bathed in our special batter, crispy browned & served with a Chinese sesame seed sauce, topped with sesame seeds.
- CANTONESE BONELESS CHICKEN3.50 5.50
Boneless chicken rolled in batter, deep fried, served in the Cantonese manner over choice

SEAFOOD



- IMPERIAL SHRIMP6.95
Tender river shrimps, sauteed with mushrooms, onions, green peas & cashew nuts.
- LOBSTER (CANTONESE STYLE)11.25
The lobster is chopped into small pieces then cooked with Cantonese spices & minced pork tenderloin.
- CHOW HAR KEW (SHRIMP)7.95
Fresh jumbo shrimp, sauteed with water chestnuts, mushrooms, pea pods, and assorted Chinese vegetables.
- SHRIMP W. PEPPERS & TOMATO7.95
- SHRIMP ALMOND DING7.95
- SIZZLING SEA BA (SEAFOOD)10.75
A combination of lobster, crabmeat, shrimp & scallops with Chinese vegetables in a succulent steaming display that will give you a dish that will be sure to please your taste.
- SEAFOOD DELUXE10.75
Fresh lobster meat, jumbo shrimp, crab meat, and scallops with garlic sauce & scallions.
- FRESH SHRIMP W. LOBSTER SAUCE7.95
Fresh jumbo shrimp cooked with Cantonese spices & minced pork tenderloin.
- LOBSTER HONG KONG11.25
Lobster with shell cut to convenient morsels, with minced pork & scallions. This one cooked in a Hong Kong Style.
- BROCCOLI W. SHRIMP7.95
Jumbo shrimp sauteed with sliced broccoli with a special gravy in Chinese style.

PORK



- | | Sm. | Lg. |
|----------------------------|------|------|
| PORK W. SNOW PEAS | 3.95 | 5.95 |
| PORK W. CHINESE VEGETABLES | 3.95 | 5.95 |
| ROAST PORK W. BROCCOLI | 4.00 | 5.95 |
| ROAST PORK W. ALMOND DING | 3.50 | 5.50 |
| HOUSE SPECIAL ROAST PORK | 5.95 | |
- Sliced tenderloin roast pork cooked with our special sauce, and served on a bed of mixed vegetables.*

BEEF



- | | Sm. | Lg. |
|----------------------------|-------|------|
| BEEF W. SNOW PEAS PODS | 6.95 | |
| BEEF W. BROCCOLI | 4.00 | 6.25 |
| BEEF W. SCALLIONS | 4.00 | 6.25 |
| GREEN PEPPER STEAK W. TOM | 4.25 | 6.25 |
| GREEN PEPPER STEAK | 4.00 | 5.95 |
| BEEF W. OYSTER SAUCE | 3.50 | 6.25 |
| HOUSE SPECIAL STEAK | 10.75 | |
| BEEF W. CHINESE VEGETABLES | 3.75 | 5.75 |
- Blended with the delicate flavor of pea pods, water chestnuts, mushroom, bamboo shoots, celery & onions.*
- Slices of tender beef sauteed with broccoli, onions and mushrooms.*
- Tender beef sauteed with scallions with a Chinese barbecue sauce. Northern style.*
- Sliced tip of tender beef combined with fresh tomatoes, green pepper & onions.*
- Pieces of tender beef with green peppers & onions.*
- Slices of tender beef combined with mushrooms, onions & delightfully prepared with a slight hint of garlic & ginger in oyster sauce.*
- (This steak is different.) Choice Chinese vegetables, snow pea pods, bamboo shoots, water chestnuts with special Chinese sauce.*
- (This steak is different.) Choice Chinese vegetables, snow pea pods, bamboo shoots, water chestnuts with special Chinese sauce.*

CHEF'S SPECIALTIES

(W. WHITE RICE)

- S 1. THREE HAPPINESS10.50
This is our best selection from the seas & the lands, fresh lobster, tenderloin beef, and shrimp, served with choice of Chinese greens.
- S 2. CASHEW SOM DING7.50
Diced beef, chicken, roast pork with pea pods, straw mushrooms, water chestnuts, and bamboo shoots. Prepared in our own way.
- S 3. TRIPLE CROWN7.95
Jumbo shrimps, chunks of pork tenderloin & chicken. Sauteed with choice vegetables.
- S 4. HAWAII 4 "O"8.95
Chunks of beef, shrimp, roast pork & chicken meat sauteed with Polynesian vegetables.
- S 5. FOUR SEASONS9.95
Jumbo shrimp, roast pork, chicken and lobster sauteed with straw mushrooms, pea pods, water chestnuts and a most luscious sauce.
- S 6. GENERAL TONG'S CHICKEN5.95
Crispy golden tender chicken morsels served in a mildly seasoned sauce with broccoli.
- S 7. KUNG PO SHRIMP7.45
Shrimp with peanuts, bamboo shoots, pepper, water chestnuts, sauteed with spicy sauce.
- S 8. KUNG PO CHICKEN5.95
Chicken with peanuts, bamboo shoots, pepper, water chestnuts, sauteed with spicy sauce.
- S 9. HOT SPICED SHREDDED BEEF6.25
Shredded beef with celery, carrots, scallions with red hot pepper in brown sauce.
- S 10. TAI CHING CHICKEN6.50
Crispy chicken with celery, green pepper, broccoli, and onion sauteed with red hot pepper & straw mushrooms in brown sauce.
- S 11. CHOW SHAN PAN (SHRIMP & CHICKEN)7.25
Fresh shrimp and sliced chicken sauteed with snow pea pods, water chestnuts, peppers in a spicy brown sauce.
- S 12. SA CHA BEEF6.25
Tender sliced beef with green pepper, onion, sweet red pepper, snow pea pods in a spicy tea sauce.
- S 13. LEMON CHICKEN5.95
Chicken breast lightly breaded deep fried then glazed in Chef's specially prepared fresh lemon sauce.
- S 14. HAPPY FAMILY10.25
Sliced pork, shrimp, beef, chicken, lobster meat & crabmeat sauteed with vegetables is tasty brown sauce.
- S 15. MIXED VEGETABLES WITH SLICED CHICKEN6.25
Sliced chicken with assorted vegetables in brown sauce.
- S 16. BEEF (CHICKEN) & SCALLIONS7.95
Beef & scallops with assorted vegetables in brown sauce.
- S 17. STEAK KEW8.25
Only choice pieces of tenderloin combined with mushrooms, pea pods, heart of bok choy, bamboo shoots, water chestnuts & savory sauce.

♥ HOT & SPICY

