

GLUTEN FREE MENU



APPETISERS

- Minced Pork with Lettuce (per person) - £6.00
- Minced Vegetables with Lettuce (per person) - £5.40
- Seaweed - £5.30
- Chicken and Chinese Mushroom Soup - £4.90

MAIN COURSES

These dishes contain salt, MSG, pepper and ginger (no soya sauce)

- Chicken with Spring Onions and Ginger - £11.20
- Monkfish with Spring Onions and Ginger - £13.00
- Tai Chen Chicken (very hot) - £11.20

VEGETABLES

- Green Beans - £7.10
- Broccoli Spears - £6.10
- Mixed Vegetables - £7.10
- Beansprouts - £5.10
- Fried Rice with Egg - £3.50
- Plain Boiled Rice - £3.00
- Sauteed Potatoes - £6.50



We **can not** do **SWEET & SOUR** as the sauce contains a small amount of Gluten

