

## Rice Bowl: Allergen Information

This guide is provided to help our customers to make their own decisions on menu choice.

The information in this allergen guide is based on recipe information and supplier specifications.

**Please note that allergen information is subject to change, therefore it is advised that each time you order, please inform us of any allergy dietary requirements that you may have.**

### Allergies & Food Intolerance

Before you order, please let us know if you have any special dietary requirements.

### Cross-Contamination

We do handle food products containing **Fish, Molluscs, Crustaceans, Cereals containing Gluten, Eggs, Milk, Soybeans, Peanuts, Nuts, Sesame, Celery, Mustard, Lupin** and **Sulphites** in our kitchen.

It is impossible to guarantee full separation of these allergens at all times from other ingredients in storage, preparation or cooking.

There is a risk that ingredients used in your meal may have accidentally- come into contact with an undeclared allergen at any point in time leading to cross-contamination.

Some items which are deep fried will use the same fryers as dishes not containing these ingredients and may be cooked in the same frying oil, which may therefore affect extremely sensitive sufferers.

This Allergen Information Guide is also available on: [www.ricebowlcannock.com](http://www.ricebowlcannock.com)



No.	SOUP	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
S1	Won Ton Soup			✓	✓	✓	✓	✓			✓					
S2	Hot & Sour Soup	✓		✓	✓	✓		✓			✓	✓	✓			
S3	Shrimp Meat & Sweet Corn Soup			✓		✓					✓					Suitable for <b>Coeliacs</b>
S4	Chicken & Sweet Corn Soup					✓					✓					Suitable for <b>Coeliacs</b>
S5	Chicken & Noodle Soup				✓		✓	✓			✓					
S6	Chicken & Mushroom Soup				✓	✓	✓	✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
S7	Minced Beef & Tomato Soup	✓			✓	✓		✓			✓	✓				
S8	Mixed Vegetable Soup				✓	✓	✓	✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
<b>APPETIZERS</b>																
A1	Spare Ribs with Barbecue Sauce				✓			✓			✓					
A2	Deep Fried Spare Ribs with Syrup				✓			✓			✓					
A3	Salt & Pepper Spare Ribs (Hot & spicy)			✓		✓					✓				✓	Suitable for <b>Coeliacs</b>
A4	Kindo Spare Ribs (Sweet & fruity)	✓			✓	✓					✓	✓				
A5	Sweet & Sour Spare Ribs	✓			✓	✓					✓	✓				
A6	Barbecued Spare Ribs with Lemon (Dry)				✓	✓		✓			✓					
A7	Crispy Spring Rolls		✓		✓	✓		✓			✓					
A8	Cheese & Chicken Rolls				✓		✓				✓					
A9	Veggie Spring Rolls				✓						✓					
A10	Salt & Pepper Veggie Rolls			✓	✓						✓				✓	
A11	Sesame King Prawn Toast			✓	✓	✓		✓			✓					
A12	Sesame Chicken Toast				✓	✓		✓			✓					
A13	Crispy Fragrant Duck (Pancakes, spring onion, cucumber & hoi sin sauce)				✓			✓			✓					
A14	Yuk Sung				✓			✓	✓		✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
A15	Chicken Sung				✓			✓	✓		✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
A16	Veggie Sung				✓			✓	✓		✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
A17B	Chicken Wings in Barbecue Sauce				✓	✓		✓			✓					
A17SP	Salt & Pepper Chicken Wings			✓		✓					✓				✓	Suitable for <b>Coeliacs</b>
A17K	Chicken Wings in Kindo Sauce	✓			✓	✓					✓	✓				
A17S	Chicken Wings in Sweet & Sour Sauce	✓			✓	✓					✓	✓				
A18	King Prawn Satay Skewers			✓	✓			✓	✓		✓	✓	✓		✓	
A19	Chicken Satay Skewers			✓	✓			✓	✓		✓	✓	✓		✓	
A20	Prawn Cocktail			✓	✓	✓		✓			✓	✓	✓		✓	
A21	Dim Sum Platter (Spare ribs with barbecue sauce, sesame king prawn toast, kindo chicken wings, chicken satay skewers & crispy spring rolls)	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓		✓	

No.	CHEF'S SPECIALITY DISHES	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
1	Rice Bowl Special Fried Rice		✓	✓	✓	✓		✓			✓				✓	
2	Rice Bowl Special Noodles		✓	✓	✓	✓		✓			✓				✓	
3	Wandering Dragon		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
4	Merry Paradise		✓	✓	✓			✓			✓				✓	
5	Happy Family		✓	✓	✓			✓			✓				✓	
6	Chicken Thai Style				✓	✓					✓				✓	
7	Chicken in Lemon Sauce				✓	✓					✓				✓	
8	Chicken in Orange Sauce				✓	✓					✓				✓	
9	Chicken in Plum Sauce				✓	✓					✓				✓	
10	Duck in Lemon Sauce				✓	✓		✓			✓				✓	
11	Duck in Orange Sauce				✓	✓		✓			✓				✓	
12	Duck in Plum Sauce				✓	✓		✓			✓				✓	
13	Crispy Noodles with King Prawn, Green Peppers & Black Bean Sauce		✓	✓	✓			✓			✓				✓	
14	Crispy Noodles with Beef, Green Peppers & Black Bean Sauce		✓		✓			✓			✓				✓	
15	Crispy Noodles with Chicken, Green Peppers & Black Bean Sauce		✓		✓			✓			✓				✓	
16	Vermicelli, Singapore Style (Hot)			✓	✓	✓		✓			✓	✓	✓		✓	
	<b>CANTONESE SAUCE DISHES (Tangy &amp; fruity)</b>															
17	Special Mixed Meat in Cantonese Sauce (Beef, chicken & roast pork)	✓			✓			✓			✓	✓				
18	King Prawn in Cantonese Sauce	✓		✓	✓			✓			✓	✓				
19	Roast Pork in Cantonese Sauce	✓			✓			✓			✓	✓				
20	Beef in Cantonese Sauce	✓			✓			✓			✓	✓				
21	Chicken in Cantonese Sauce	✓			✓			✓			✓	✓				
22	Crispy Shredded Beef in Cantonese Sauce	✓			✓	✓		✓			✓	✓				
23	Crispy Shredded Chicken in Cantonese Sauce	✓			✓	✓		✓			✓	✓				
	<b>SZECHUAN STYLE DISHES (Hot bean sauce cooked with spicy Chinese radish &amp; vegetables)</b>															
24	Special Mixed Meat Szechuan Style (Beef, chicken & roast pork)	✓			✓			✓			✓	✓				
25	King Prawn Szechuan Style	✓		✓	✓			✓			✓	✓				
26	Roast Pork Szechuan Style	✓			✓			✓			✓	✓				
27	Beef Szechuan Style	✓			✓			✓			✓	✓				
28	Chicken Szechuan Style	✓			✓			✓			✓	✓				
29	Crispy Shredded Beef Szechuan Style	✓			✓	✓		✓			✓	✓				
30	Crispy Shredded Chicken Szechuan Style	✓			✓	✓		✓			✓	✓				

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
<b>CHILLI DISHES</b> (Coated in a light batter, tossed with vegetables in a sweet chilli sauce)																
31	Special Mixed Meat & Sweet Chilli (Beef, chicken & pork)	✓		✓	✓	✓					✓	✓				
32	King Prawn & Sweet Chilli	✓		✓	✓	✓					✓	✓				
33	Beef & Sweet Chilli	✓		✓	✓	✓					✓	✓				
34	Chicken & Sweet Chilli	✓		✓	✓	✓					✓	✓				
35	Pork & Sweet Chilli	✓		✓	✓	✓					✓	✓				
36	Crispy Shredded Beef & Sweet Chilli	✓		✓	✓	✓					✓	✓				
37	Crispy Shredded Chicken & Sweet Chilli	✓		✓	✓	✓					✓	✓				
<b>OK SAUCE DISHES</b> (Sweet & fruity sauce, cooked with spring onion & pineapple)																
38	Special Mixed Meat in OK Sauce (Beef, chicken & pork)	✓			✓	✓					✓	✓				
39	King Prawn in OK Sauce	✓		✓	✓	✓					✓	✓				
40	Beef in OK Sauce	✓			✓	✓					✓	✓				
41	Chicken in OK Sauce	✓			✓	✓					✓	✓				
42	Pork in OK Sauce	✓			✓	✓					✓	✓				
43	Crispy Shredded Beef in OK Sauce	✓			✓	✓					✓	✓				
44	Crispy Shredded Chicken in OK Sauce	✓			✓	✓					✓	✓				
<b>SATAY DISHES</b> (Slightly spicy, cooked with assorted vegetables)																
45	Satay Special Mixed Meat (Beef, chicken & roast pork)			✓	✓			✓	✓		✓	✓	✓		✓	
46	Satay King Prawn			✓	✓			✓	✓		✓	✓	✓		✓	
47	Satay Roast Pork			✓	✓			✓	✓		✓	✓	✓		✓	
48	Satay Beef			✓	✓			✓	✓		✓	✓	✓		✓	
49	Satay Chicken			✓	✓			✓	✓		✓	✓	✓		✓	
<b>SALT &amp; PEPPER DISHES (Spicy dry dish)</b>																
50	Salt & Pepper Special Mixed Meat (Beef, chicken & pork)			✓	✓	✓					✓				✓	
51	Salt & Pepper King Prawn			✓	✓	✓					✓				✓	
52	Salt & Pepper Beef			✓	✓	✓					✓				✓	
53	Salt & Pepper Chicken			✓	✓	✓					✓				✓	
54	Salt & Pepper Pork			✓	✓	✓					✓				✓	

No		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
<b>BLACK PEPPER SAUCE DISHES</b> (Mushrooms, onions & peppers in spicy sauce)																
55	Special Mixed Meat in Black Pepper Sauce (Beef, chicken & roast pork)				✓			✓		✓	✓	✓			✓	
56	King Prawn in Black Pepper Sauce			✓	✓			✓		✓	✓	✓			✓	
57	Roast Duck in Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
58	Roast Pork in Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
59	Beef in Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
60	Chicken in Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
<b>GARLIC SAUCE DISHES (Hot Garlic Sauce 20p Extra)</b>																
61	Special Mixed Meat in Garlic Sauce (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
62	King Prawn in Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
63	Roast Pork in Garlic Sauce		✓		✓			✓			✓				✓	
64	Beef in Garlic Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
65	Chicken in Garlic Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
61H	Special Mixed Meat in Hot Garlic Sauce (Beef, chicken & roast pork)		✓	✓	✓			✓			✓				✓	
62H	King Prawn in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
63H	Roast Pork in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	
64H	Beef in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
65H	Chicken in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
<b>GINGER &amp; SPRING ONION DISHES (In a savoury sauce)</b>																
66	Special Mixed Meat, Ginger & Spring Onion (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
67	King Prawn Ginger & Spring Onion		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
68	Roast Pork Ginger & Spring Onion		✓		✓			✓			✓				✓	
69	Beef Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
70	Chicken Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
<b>CASHEW NUT DISHES (Crunchy vegetables in a savoury sauce)</b>																
71	Special Mixed Meat & Cashew Nuts (Beef, chicken & roast pork)		✓		✓			✓		✓	✓	✓			✓	
72	King Prawn & Cashew Nuts		✓	✓	✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
73	Roast Pork & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	
74	Beef & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
75	Chicken & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
<b>KUNG PO DISHES</b> <b>(Crunchy vegetables with sweet chilli &amp; cashew nuts)</b>																
76	Kung Po Special Mixed Meat (Beef, chicken & roast pork)	✓		✓	✓			✓		✓	✓	✓			✓	
77	Kung Po King Prawn	✓		✓	✓					✓	✓	✓			✓	
78	Kung Po Roast Pork	✓		✓	✓			✓		✓	✓	✓			✓	
79	Kung Po Beef	✓		✓	✓					✓	✓	✓			✓	
80	Kung Po Chicken	✓		✓	✓					✓	✓	✓			✓	
<b>BLACK BEAN SAUCE DISHES</b> <b>(Cooked with Green Peppers or Mushrooms)</b>																
81	Special Mixed Meat & Black Bean Sauce (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
82	King Prawn in Black Bean Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
83	Roast Duck in Black Bean Sauce		✓		✓			✓			✓				✓	
84	Roast Pork in Black Bean Sauce		✓		✓			✓			✓				✓	
85	Beef & Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
86	Chicken & Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
<b>OYSTER SAUCE DISHES</b>																
87	Special Mixed Meat in Oyster Sauce (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
88	King Prawn in Oyster Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
89	Roast Duck in Oyster Sauce		✓		✓			✓			✓				✓	
90	Roast Pork in Oyster Sauce		✓		✓			✓			✓				✓	
91	Beef in Oyster Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
92	Chicken in Oyster Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
<b>BROCCOLI DISHES (Cooked with garlic in a savoury gravy)</b>																
93	Special Mixed Meat & Broccoli (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
94	King Prawn & Broccoli		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
95	Roast Duck & Broccoli		✓		✓			✓			✓				✓	
96	Roast Pork & Broccoli		✓		✓			✓			✓				✓	
97	Beef & Broccoli		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
98	Chicken & Broccoli		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
	<b>SWEET &amp; SOUR DISHES (Traditional Chinese speciality)</b>															
99	Sweet & Sour Special Mixed Meat Cantonese Style (Beef, chicken & pork)	✓			✓	✓					✓	✓				
100	Sweet & Sour King Prawn Cantonese Style	✓		✓	✓	✓					✓	✓				
101	Sweet & Sour Beef Cantonese Style	✓			✓	✓					✓	✓				
102	Sweet & Sour Chicken Cantonese Style	✓			✓	✓					✓	✓				
103	Sweet & Sour Pork Cantonese Style	✓			✓	✓					✓	✓				
104	Sweet & Sour King Prawn Balls	✓		✓	✓	✓					✓	✓				
105	Sweet & Sour Chicken Balls	✓			✓	✓					✓	✓				
106	Sweet & Sour Pork Balls	✓			✓	✓					✓	✓				
	<b>PINEAPPLE DISHES (With Sweet Ginger 20p Extra)</b>															
107	King Prawn & Pineapple	✓		✓	✓	✓					✓	✓				
108	Roast Duck & Pineapple	✓			✓	✓					✓	✓				
109	Roast Pork & Pineapple	✓			✓	✓		✓			✓	✓				
110	Beef & Pineapple	✓			✓	✓					✓	✓				
111	Chicken & Pineapple	✓			✓	✓					✓	✓				
107G	King Prawn Sweet Ginger & Pineapple	✓		✓	✓	✓					✓	✓				
108G	Roast Duck Sweet Ginger & Pineapple	✓			✓	✓					✓	✓				
109G	Roast Pork Sweet Ginger & Pineapple	✓			✓	✓		✓			✓	✓				
110G	Beef Sweet Ginger & Pineapple	✓			✓	✓					✓	✓				
111G	Chicken Sweet Ginger & Pineapple	✓			✓	✓					✓	✓				
	<b>CURRY DISHES</b>															
	<b>(Includes Boiled Rice or Chips, Fried Rice 20p Extra)</b>															
112	Curry Mixed Meat (Beef, chicken & roast pork)				✓	✓		✓			✓	✓	✓		✓	
113	Curry Special (Roast pork, chicken & shrimps)			✓	✓	✓		✓			✓	✓	✓		✓	
114	Curry King Prawn			✓	✓	✓					✓	✓	✓		✓	
115	Curry Roast Duck				✓	✓		✓			✓	✓	✓		✓	
116	Curry Roast Pork				✓	✓		✓			✓	✓	✓		✓	
117	Curry Shrimp			✓	✓	✓					✓	✓	✓		✓	
118	Curry Beef				✓	✓					✓	✓	✓		✓	
119	Curry Chicken				✓	✓					✓	✓	✓		✓	
120	Curry Chicken Fillet Breast				✓	✓					✓	✓	✓		✓	
121	Curry Mixed Vegetables				✓	✓					✓	✓	✓		✓	
122	Curry Mushrooms				✓	✓					✓	✓	✓		✓	
	Chips															
	Boiled															
	Fried Rice				✓	✓		✓			✓					

No.	CHOP SUEY DISHES (Cooked with beansprouts & seasonal vegetables)	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
123	Special Chop Suey		✓	✓	✓			✓			✓				✓	
124	King Prawn Chop Suey		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
125	Roast Duck Chop Suey		✓		✓			✓			✓				✓	
126	Roast Pork Chop Suey		✓		✓			✓			✓				✓	
127	Shrimp Chop Suey		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
128	Beef Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
129	Chicken Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
No.	<b>ENGLISH MUSHROOM DISHES (Cooked in a savoury gravy)</b>															
130	Special Mixed Meat & Mushrooms (Beef, chicken & roast pork)		✓		✓			✓			✓				✓	
131	King Prawn & Mushrooms		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
132	Roast Duck & Mushrooms		✓		✓			✓			✓				✓	
133	Roast Pork & Mushrooms		✓		✓			✓			✓				✓	
134	Shrimp & Mushrooms		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
135	Beef & Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
136	Chicken & Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	<b>BEANSPROUT DISHES (Meat in a delicious sauce over beansprouts)</b>															
137	King Prawn & Beansprouts		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
138	Roast Duck & Beansprouts				✓			✓			✓				✓	
139	Roast Pork & Beansprouts				✓			✓			✓				✓	
140	Beef & Beansprouts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
141	Chicken & Beansprouts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
142	Roast Pork, Chicken & Beansprouts				✓			✓			✓				✓	
	<b>BAMBOO SHOOTS &amp; WATER CHESTNUT DISHES (Crunchy vegetables in a savoury sauce)</b>															
143	King Prawn, Bamboo Shoots & Water Chestnuts		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
144	Roast Duck, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	
145	Roast Pork, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	
146	Beef, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
147	Chicken, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted



No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
	<b>ONION DISHES (Meat cooked in a delicious gravy over fried onions)</b>															
148	King Prawn & Onion		✓	✓	✓			✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
149	Roast Pork & Onion		✓		✓			✓			✓					
150	Beef & Onion		✓		✓			✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
151	Chicken & Onion		✓		✓			✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
	<b>TOMATO DISHES (Savoury &amp; fruity dish)</b>															
152	King Prawn & Tomato	✓		✓	✓						✓	✓				
153	Roast Pork & Tomato	✓			✓						✓	✓				
154	Beef & Tomato	✓			✓						✓	✓				
155	Chicken & Tomato	✓			✓						✓	✓				
	<b>EGG FOO YUNG DISHES (Chinese Omllette cooked with beansprouts, mushrooms, onion &amp; peas)</b>															
156	Special Foo Yung			✓	✓	✓		✓			✓					
157	King Prawn Foo Yung			✓	✓	✓					✓					Suitable for <b>Coeliacs</b>
158	Roast Pork Foo Yung				✓	✓		✓			✓					
159	Shrimp Foo Yung			✓		✓					✓					Suitable for <b>Coeliacs</b>
160	Chicken Foo Yung					✓					✓					Suitable for <b>Coeliacs</b>
161	Vegetable Foo Yung					✓					✓					Suitable for <b>Coeliacs</b>
162	Mushroom Foo Yung					✓					✓					Suitable for <b>Coeliacs</b>
	<b>VEGETABLE DISHES (Large container)</b>															
163	Mixed Vegetables in Cantonese Sauce	✓			✓			✓			✓	✓				
164	Mixed Vegetables Szechuan Style	✓			✓			✓			✓	✓				
165	Mixed Vegetables & Sweet Chilli	✓		✓	✓						✓	✓				
166	Mixed Vegetables in OK Sauce	✓			✓						✓	✓				
167	Mixed Vegetables Satay			✓	✓			✓	✓		✓	✓	✓			
168	Mixed Vegetables in Black Pepper Sauce				✓			✓		✓	✓	✓	✓			
169	Mixed Vegetables & Cashew Nuts		✓		✓			✓		✓	✓	✓				Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
170	Mixed Vegetables Kung Po	✓		✓	✓					✓	✓	✓				
171	Mixed Vegetables in Black Bean Sauce		✓		✓			✓			✓	✓				Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
172	Mixed Vegetables in Sweet & Sour Sauce	✓			✓						✓	✓				

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
	<b>FRIED RICE DISHES (Hot Style 10p Extra)</b>															
173	Special Fried Rice			✓	✓	✓		✓			✓					
174	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Roast pork &amp; Soy sauce</b> are omitted
175	King Prawn Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
176	Roast Duck Fried Rice				✓	✓		✓			✓					
177	Roast Pork Fried Rice				✓	✓		✓			✓					
178	Shrimp Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
179	Minced Beef Fried Rice				✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
180	Chicken Fried Rice				✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
181	Vegetable Fried Rice				✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
182	Fried Rice Singapore Style (Hot)			✓	✓	✓		✓			✓	✓	✓		✓	
173H	Special Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
174H	Yung Chow Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
175H	King Prawn Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
176H	Roast Duck Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
177H	Roast Pork Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
178H	Shrimp Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
179H	Minced Beef Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
180H	Chicken Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
181H	Vegetable Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
	<b>CHOW MEIN DISHES (Soft Noodles) (Hot Style 10p Extra) (Dry Style 10p Extra)</b>															
183	Special Chow Mein			✓	✓			✓			✓					
184	Yung Chow Chow Mein			✓	✓			✓			✓					
185	King Prawn Chow Mein			✓	✓			✓			✓					
186	Roast Duck Chow Mein				✓			✓			✓					
187	Roast Pork Chow Mein				✓			✓			✓					
188	Shrimp Chow Mein			✓	✓			✓			✓					
189	Beef Chow Mein				✓			✓			✓					
190	Chicken Chow Mein				✓			✓			✓					
191	Vegetable Chow Mein				✓			✓			✓					
192	Mushroom Chow Mein				✓			✓			✓					
193	Chow Mein Singapore Style (Hot)			✓	✓			✓			✓	✓	✓		✓	
183H	Special Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
184H	Yung Chow Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
185H	King Prawn Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
186H	Roast Duck Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
187H	Roast Pork Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
188H	Shrimp Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
189H	Beef Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
190H	Chicken Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
191H	Vegetable Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
192H	Mushroom Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	

No.	ENGLISH DISHES (Includes Chips & Peas)	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
194	Roast Spring Chicken				✓		✓	✓			✓				✓	
195	Spanish Omelette			✓	✓	✓		✓			✓					
196	King Prawn Omelette			✓		✓					✓					Suitable for <b>Coeliacs</b>
197	Shrimp Omelette			✓		✓					✓					Suitable for <b>Coeliacs</b>
198	Chicken Omelette					✓					✓					Suitable for <b>Coeliacs</b>
199	Ham Omelette (Shoulder Meat)					✓		✓			✓					Suitable for <b>Coeliacs</b>
200	Mushroom Omelette					✓					✓					Suitable for <b>Coeliacs</b>
201	Plain Omelette					✓					✓					Suitable for <b>Coeliacs</b>
	<b>DESSERTS</b>															
D1	Banana Fritter with Syrup				✓											
D2	Pineapple Fritter with Syrup				✓											
	<b>EXTRA PORTIONS</b>															
P1	Chips															Suitable for <b>Coeliacs</b>
P2	Boiled Rice															Suitable for <b>Coeliacs</b>
P3	Fried Rice				✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
P4	Prawn Crackers			✓												Suitable for <b>Coeliacs</b>
P5	Noodles				✓			✓			✓					
P6	Mushrooms		✓		✓			✓			✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
P7	Beansprouts				✓						✓				✓	Suitable for <b>Coeliacs</b>
P8	Mixed Vegetables		✓		✓			✓			✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
P9	Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
P10	Fried Onions				✓			✓			✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> is omitted
P11	Pancake Roll			✓	✓	✓		✓			✓					
P12	Curry Sauce				✓						✓	✓	✓		✓	
P13	Sweet & Sour Sauce	✓			✓						✓	✓				
P14	Barbecue sauce				✓			✓			✓					
P15	Chilli Sauce	✓		✓	✓						✓	✓				
P16	Salt & Pepper Chips			✓							✓				✓	Suitable for <b>Coeliacs</b>
P17C	Chips with Curry Sauce				✓						✓	✓	✓		✓	
P17S	Chips with Sweet & Sour Sauce	✓			✓						✓	✓				
P17B	Chips with BBQ Sauce				✓			✓			✓					
P18C	3 in 1 (Chips & Fried Rice with Curry Sauce)				✓	✓		✓			✓	✓	✓		✓	
P18S	3 in 1 (Chips & Fried Rice with Sweet & Sour Sauce)	✓			✓	✓		✓			✓	✓				
P18B	3 in 1 (Chips & Fried Rice with BBQ Sauce)				✓	✓		✓			✓					

No.	SPECIAL CANTONESE BANQUETS	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
DA	<b>(A) FOR 2 PERSONS</b>															
	Chicken & Sweet Corn Soup					✓					✓					Suitable for <b>Coeliacs</b>
	Spare Ribs with Barbecue Sauce				✓			✓			✓					
	Sweet & Sour Pork Balls	✓			✓						✓	✓				
or	Sweet & Sour Pork Cantonese Style	✓			✓	✓					✓	✓				
	Beef & Green Peppers in Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Roast pork</b> & <b>Soy sauce</b> are omitted
	Prawn Crackers			✓												Suitable for <b>Coeliacs</b>
DB	<b>(B) FOR 3 PERSONS</b>															
	Hot & Sour Soup	✓		✓	✓	✓		✓			✓	✓	✓			
	Kindo Spare Ribs (Sweet & fruity)	✓			✓	✓					✓	✓				
	Chicken Wings in Barbecue Sauce				✓	✓		✓			✓	✓				
	Sweet & Sour Chicken Balls	✓			✓	✓					✓	✓				
or	Sweet & Sour Chicken Cantonese Style	✓			✓	✓					✓	✓				
	Satay Beef			✓	✓	✓		✓	✓		✓	✓	✓		✓	
	King Prawn & Cashew Nuts		✓	✓	✓			✓		✓	✓	✓			✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Roast pork</b> & <b>Soy sauce</b> are omitted
	Prawn Crackers			✓												Suitable for <b>Coeliacs</b>
DC	<b>(C) FOR 4 PERSONS</b>															
	Shrimp Meat & Sweet Corn Soup			✓		✓					✓					Suitable for <b>Coeliacs</b>
	Salt & Pepper Spare Ribs (Hot & Spicy)			✓		✓					✓				✓	Suitable for <b>Coeliacs</b>
	Sesame King Prawn Toast			✓	✓	✓		✓			✓					
	Chicken Satay Skewers			✓	✓	✓		✓	✓		✓	✓	✓		✓	
	Sweet & Sour King Prawn Balls	✓		✓	✓						✓	✓				
or	Sweet & Sour King Prawn Cantonese Style	✓		✓	✓	✓					✓	✓				
	Crispy Shredded Beef in Cantonese Sauce	✓			✓	✓		✓			✓	✓				
	Chicken & Cashew Nuts		✓		✓	✓		✓		✓	✓	✓			✓	Suitable for <b>Coeliacs</b> if <b>Soy sauce</b> & <b>Oyster sauce</b> are omitted
	Happy Family		✓	✓	✓			✓			✓				✓	
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for <b>Coeliacs</b> if <b>Roast pork</b> & <b>Soy sauce</b> are omitted
	Prawn Crackers			✓												Suitable for <b>Coeliacs</b>