

Jade Garden: 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.jadegardencannock.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	Minced Beef & Tomato Soup	✓			✓	✓					✓	✓				
S4	Chicken & Sweet Corn Soup					✓					✓					Suitable for Coeliacs
S5	Shrimp Meat & Sweet Corn Soup			✓		✓					✓					Suitable for Coeliacs
S6	Chicken & Noodle Soup				✓	✓	✓	✓			✓					
S7	Chicken & White Mushroom Soup				✓	✓	✓	✓			✓					Suitable for Coeliacs if Soy sauce is omitted
S8	Chicken & Chinese Mushroom Soup				✓	✓	✓	✓			✓					Suitable for Coeliacs if Soy sauce is omitted
S9	Mixed Vegetable Soup				✓	✓	✓	✓			✓					Suitable for Coeliacs if Soy sauce is omitted
APPETIZERS																
A1	Barbecued Spare Ribs with Sauce				✓			✓			✓					
A2	Deep Fried Spare Ribs with Syrup				✓			✓			✓					
A3	Salt & Pepper Spare Ribs (Hot & spicy)			✓	✓	✓					✓				✓	
A4	Kin Do Spare Ribs (Sweet & fruity)	✓			✓	✓					✓	✓				
A5	Sweet & Sour Spare Ribs	✓			✓	✓					✓	✓				
A6	Barbecued Spare Ribs with Lemon (Dry)				✓			✓			✓					
A7	Crispy Pork Spring Rolls		✓		✓			✓			✓					
A8	Sesame King Prawn Toast			✓	✓	✓		✓			✓					
A9	Deep Fried King Prawns in Batter with Lemon			✓	✓						✓					
A10	Prawn Cocktail			✓	✓	✓		✓					✓			
A11	Crispy Fragrant Duck (Pancakes, spring onion, cucumber & hoi sin sauce)				✓			✓			✓					
A12	Yuk Sung				✓			✓	✓	✓	✓				✓	Suitable for Coeliacs if Soy sauce is omitted
A13	Veggie Sung				✓			✓	✓	✓	✓				✓	Suitable for Coeliacs if Soy sauce is omitted
A14	Veggie Spring Rolls				✓						✓					
A14S	Salt & Pepper Veggie Spring Rolls			✓	✓						✓				✓	
A15	Chicken Wings in Barbecue Sauce				✓	✓		✓			✓					
A16	Salt & Pepper Chicken Wings			✓	✓	✓					✓				✓	
A17	Chicken Wings in Kin Do Sauce	✓			✓	✓					✓	✓				
A18	Chicken Wings in Chilli Sauce	✓		✓	✓	✓					✓	✓				

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	Jade Garden Special Fried Rice		✓	✓	✓	✓		✓			✓				✓	
2	Jade Garden Special Noodles		✓	✓	✓	✓		✓			✓				✓	
3	Wandering Dragon		✓	✓	✓	✓		✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
4	Merry Paradise		✓	✓	✓	✓		✓			✓				✓	
5	Roast Duck So Chow		✓	✓	✓	✓		✓			✓				✓	
6	Fillet Steak Cantonese Style	✓			✓			✓			✓	✓				
7	Fillet Steak with Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
8	Fillet Steak Satay			✓	✓			✓	✓		✓	✓	✓		✓	
8A	Fillet Steak & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
9	Chicken with Lemon Sauce				✓	✓					✓				✓	
10	Chicken with Orange Sauce				✓	✓					✓				✓	
11	Duck with Lemon Sauce				✓	✓		✓			✓				✓	
12	Duck with Orange Sauce				✓	✓		✓			✓				✓	
13	Vermicelli, Singapore Style (Hot)			✓	✓	✓		✓			✓	✓	✓		✓	
CANTONESE SAUCE DISHES																
(Sweet & tangy, cooked with onion)																
C1	Special Mixed Meat in Cantonese Sauce (Beef, chicken & pork)	✓			✓			✓			✓	✓				
C2	King Prawn in Cantonese Sauce	✓			✓			✓			✓	✓				
C3	Char Siu in Cantonese Sauce	✓			✓			✓			✓	✓				
C4	Beef in Garlic Sauce	✓			✓			✓			✓	✓				
C5	Chicken in Garlic Sauce	✓			✓			✓			✓	✓				
C6	Pork in Garlic Sauce	✓			✓			✓			✓	✓				
GARLIC SAUCE DISHES (Hot Garlic Sauce 20p Extra)																
14	Special Mixed Meat in Garlic Sauce (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
15	King Prawn in Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
16	Beef in Garlic Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
17	Chicken in Garlic Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
18	Pork in Garlic Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
14H	Special Mixed Meat in Hot Garlic Sauce (Beef, chicken & pork)		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
15H	King Prawn in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
16H	Beef in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
17H	Chicken in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
18H	Pork in Hot Garlic Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
SZECHUAN STYLE DISHES																
(Hot bean sauce cooked with spicy Chinese radish & vegetables)																
19	Special Mixed Meat, Szechuan Style (Beef, chicken & pork)	✓			✓			✓			✓	✓				
20	King Prawn Szechuan Style	✓		✓	✓			✓			✓	✓				
21	Beef Szechuan Style	✓			✓			✓			✓	✓				
22	Chicken Szechuan Style	✓			✓			✓			✓	✓				
23	Pork Szechuan Style	✓			✓			✓			✓	✓				

No.	OK SAUCE DISHES (Sweet & fruity sauce, cooked with spring onion & pineapple)	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
24	Special Mixed Meat in OK Sauce (Beef, chicken & pork)	✓			✓	✓					✓	✓				
25	King Prawn in OK Sauce	✓		✓	✓	✓					✓	✓				
26	Beef in OK Sauce	✓			✓	✓					✓	✓				
27	Chicken in OK Sauce	✓			✓	✓					✓	✓				
28	Pork in OK Sauce	✓			✓	✓					✓	✓				
GINGER & SPRING ONION DISHES (In a savoury sauce)																
29	Special Mixed Meat, Ginger & Spring Onion (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
30	King Prawn Ginger & Spring Onion		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
31	Beef Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
32	Chicken Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
33	Pork Ginger & Spring Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
CHINESE MUSHROOM DISHES (Cooked in a savoury gravy)																
34	Special Mixed Meat & Chinese Mushrooms (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
35	Roast Duck & Chinese Mushrooms		✓		✓			✓			✓				✓	
36	King Prawn & Chinese Mushrooms		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
37	Beef & Chinese Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
38	Chicken & Chinese Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
39	Pork & Chinese Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
BLACK PEPPER SAUCE CANTONESE DISHES (Mushrooms, onions & peppers in spicy sauce)																
40	Special Mixed Meat & Black Pepper Sauce (Beef, chicken & pork)				✓			✓		✓	✓	✓			✓	
41	Roast Duck & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
42	King Prawn & Black Pepper Sauce			✓	✓			✓		✓	✓	✓			✓	
43	Beef & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
44	Chicken & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
45	Pork & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
BABY SWEET CORN DISHES (Cooked in a savoury sauce)																
46	Special Mixed Meat & Baby Sweet Corn (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
47	Roast Duck & Baby Sweet Corn		✓		✓			✓			✓				✓	
48	King Prawn & Baby Sweet Corn		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
49	Beef & Baby Sweet Corn		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
50	Chicken & Baby Sweet Corn		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
51	Pork & Baby Sweet Corn		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
BROCCOLI DISHES (Cooked with garlic in a savoury gravy)																
52	Special Mixed Meat & Broccoli (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
53	Roast Duck & Broccoli		✓		✓			✓			✓				✓	
54	King Prawn & Broccoli		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
55	Char Siu & Broccoli		✓		✓			✓			✓				✓	
56	Beef & Broccoli		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
57	Chicken & Broccoli		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
58	Pork & Broccoli		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
CASHEW NUT DISHES (Crunchy vegetables in a savoury sauce)																
59	Special Mixed Meat & Cashew Nuts (Beef, chicken & pork)		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
60	King Prawn & Cashew Nuts		✓	✓	✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
61	Char Siu & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	
62	Beef & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
63	Chicken & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
64	Pork & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
CHILLI DISHES (Crispy, coated in a light batter, tossed with vegetables in a sweet chilli sauce)																
65	Special Mixed Meat in Chilli Sauce (Beef, chicken & pork)	✓		✓	✓	✓					✓	✓				
66	King Prawn in Chilli Sauce	✓		✓	✓	✓					✓	✓				
67	Beef in Chilli Sauce	✓		✓	✓	✓					✓	✓				
68	Chicken in Chilli Sauce	✓		✓	✓	✓					✓	✓				
69	Pork in Chilli Sauce	✓		✓	✓	✓					✓	✓				

No.	DISHES	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
KUNG PO DISHES (Crunchy vegetables with sweet chilli & cashew nuts)																
70	Kung Po Special Mixed Meat (Beef, chicken & pork)	✓		✓	✓					✓	✓	✓			✓	
71	Kung Po King Prawn	✓		✓	✓					✓	✓	✓			✓	
72	Kung Po Char Siu	✓		✓	✓			✓		✓	✓	✓			✓	
73	Kung Po Beef	✓		✓	✓					✓	✓	✓			✓	
74	Kung Po Chicken	✓		✓	✓					✓	✓	✓			✓	
75	Kung Po Pork	✓		✓	✓					✓	✓	✓			✓	
SATAY DISHES (Slightly spicy, cooked with assorted vegetables)																
76	Satay Special Mixed Meat (Beef, chicken & pork)			✓	✓			✓	✓		✓	✓	✓		✓	
77	Satay King Prawn			✓	✓			✓	✓		✓	✓	✓		✓	
78	Satay Char Siu			✓	✓			✓	✓		✓	✓	✓		✓	
79	Satay Beef			✓	✓			✓	✓		✓	✓	✓		✓	
80	Satay Chicken			✓	✓			✓	✓		✓	✓	✓		✓	
81	Satay Pork			✓	✓			✓	✓		✓	✓	✓		✓	
BLACK BEAN SAUCE DISHES (Cooked with Green Peppers or Mushrooms)																
82	Special Mixed Meat & Black Bean Sauce (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
83	Roast Duck & Black Bean Sauce		✓		✓			✓			✓				✓	
84	King Prawn & Black Bean Sauce		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
85	Char Siu & Black Bean Sauce		✓		✓			✓			✓				✓	
86	Beef & Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
87	Chicken & Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
88	Pork & Black Bean Sauce		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
SWEET & SOUR DISHES (Traditional Chinese speciality)																
89	Sweet & Sour King Prawn Balls	✓		✓	✓						✓	✓				
90	Sweet & Sour Chicken Balls	✓			✓						✓	✓				
91	Sweet & Sour Pork Balls	✓			✓						✓	✓				
93M	Sweet & Sour Special Mixed Meat Cantonese Style (Beef, chicken & pork)	✓			✓	✓					✓	✓				
92	Sweet & Sour King Prawn Cantonese Style	✓		✓	✓	✓					✓	✓				
93B	Sweet & Sour Beef Cantonese Style	✓			✓	✓					✓	✓				
93	Sweet & Sour Chicken Cantonese Style	✓			✓	✓					✓	✓				
94	Sweet & Sour Pork Cantonese Style	✓			✓	✓					✓	✓				

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
PINEAPPLE DISHES (With Sweet Ginger 20p Extra)																
95	Roast Duck & Pineapple	✓			✓						✓	✓				
96	King Prawn & Pineapple	✓		✓	✓						✓	✓				
97	Beef & Pineapple	✓			✓						✓	✓				
98	Chicken & Pineapple	✓			✓						✓	✓				
99	Pork & Pineapple	✓			✓						✓	✓				
95G	Roast Duck, Sweet Ginger & Pineapple	✓			✓						✓	✓				
96G	King Prawn & Pineapple, Sweet Ginger & Pineapple	✓		✓	✓						✓	✓				
97G	Beef & Pineapple, Sweet Ginger & Pineapple	✓			✓						✓	✓				
98G	Chicken & Pineapple, Sweet Ginger & Pineapple	✓			✓						✓	✓				
99G	Pork & Pineapple, Sweet Ginger & Pineapple	✓			✓						✓	✓				
FRIED RICE DISHES (Hot Style 10p Extra)																
100	Special Fried Rice			✓	✓	✓		✓			✓					
101	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Char siu & Soy sauce are omitted
102	King Prawn Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
103	Shrimp Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
104	Char Siu Fried Rice				✓	✓		✓			✓					
105	Minced Beef Fried Rice				✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
106	Chicken Fried Rice				✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
107	Vegetable Fried Rice				✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
108	Fried Rice Singapore Style (Hot)			✓	✓	✓		✓			✓	✓	✓		✓	
100H	Special Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
101H	Yung Chow Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
102H	King Prawn Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
103H	Shrimp Fried Rice Hot Style			✓	✓	✓		✓			✓	✓	✓		✓	
104H	Char Siu Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
105H	Minced Beef Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
106H	Chicken Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	
107H	Vegetable Fried Rice Hot Style				✓	✓		✓			✓	✓	✓		✓	

No	CHOW MEIN DISHES (Soft Noodles) (Hot Style 10p Extra)	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
109	Special Chow Mein			✓	✓			✓			✓					
110	Yung Chow Chow Mein			✓	✓			✓			✓					
111	King Prawn Chow Mein			✓	✓			✓			✓					
112	Shrimp Chow Mein			✓	✓			✓			✓					
113	Char Siu Chow Mein				✓			✓			✓					
114	Beef Chow Mein				✓			✓			✓					
115	Chicken Chow Mein				✓			✓			✓					
116	Pork Chow Mein				✓			✓			✓					
117	Mushroom Chow Mein				✓			✓			✓					
118	Chow Mein Singapore Style (Hot)			✓	✓			✓			✓	✓	✓		✓	
109H	Special Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
110H	Yung Chow Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
111H	King Prawn Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
112H	Shrimp Chow Mein Hot Style			✓	✓			✓			✓	✓	✓		✓	
113H	Char Siu Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
114H	Beef Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
115H	Chicken Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
116H	Pork Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
117H	Mushroom Chow Mein Hot Style				✓			✓			✓	✓	✓		✓	
	CURRY DISHES															
	(Includes Boiled Rice or Chips, Fried Rice 10p Extra)															
FR	Chips															
	Boiled Rice															
FR	Fried Rice				✓	✓		✓			✓					
119	Curry Mixed Meat (Beef, chicken & pork)			✓	✓						✓	✓	✓		✓	
120	Curry Special (Char Siu, chicken & shrimps)			✓	✓			✓			✓	✓	✓		✓	
121	Curry Duck			✓	✓			✓			✓	✓	✓		✓	
122	Curry King Prawn			✓	✓						✓	✓	✓		✓	
123	Curry Shrimp			✓	✓						✓	✓	✓		✓	
124	Curry Beef			✓	✓						✓	✓	✓		✓	
125	Curry Chicken			✓	✓						✓	✓	✓		✓	
126	Curry Chicken Fillet Breast			✓	✓						✓	✓	✓		✓	
127A	Curry Char Siu			✓	✓			✓			✓	✓	✓		✓	
127	Curry Pork			✓	✓						✓	✓	✓		✓	
128	Curry Mushroom			✓	✓						✓	✓	✓		✓	
129	Curry Mixed Vegetable			✓	✓						✓	✓	✓		✓	

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
EGG FOO YUNG DISHES (Chinese Omelette cooked with beansprouts, mushrooms, onion & peas)																
130	Special Foo Yung			✓	✓	✓		✓			✓					
131	King Prawn Foo Yung			✓		✓					✓					Suitable for Coeliacs
132	Shrimp Foo Yung			✓		✓					✓					Suitable for Coeliacs
133	Char Siu Foo Yung				✓	✓		✓			✓					
134	Chicken Foo Yung					✓					✓					Suitable for Coeliacs
135	Vegetable Foo Yung					✓					✓					Suitable for Coeliacs
135A	Mushroom Foo Yung					✓					✓					Suitable for Coeliacs
CHOP SUEY DISHES (Cooked with beansprouts & seasonal vegetables)																
136	Special Chop Suey		✓	✓	✓			✓			✓				✓	
137	Roast Duck Chop Suey		✓		✓			✓			✓				✓	
138	King Prawn Chop Suey		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
139	Shrimp Chop Suey		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
140	Char Siu Chop Suey		✓		✓			✓			✓				✓	
141	Beef Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
142	Chicken Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
143	Pork Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
144	Mushroom Chop Suey		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
ENGLISH MUSHROOM DISHES (Cooked in a savoury gravy)																
145	Special Mixed Meat & Mushrooms (Beef, chicken & pork)		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
146	Roast Duck & Mushrooms		✓		✓			✓			✓				✓	
147	King Prawn & Mushrooms		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
148	Shrimp & Mushrooms		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
149	Char Siu & Mushrooms		✓		✓			✓			✓				✓	
150	Beef & Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
151	Chicken & Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
152	Pork & Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
BEANSPROUT DISHES (Meat in a delicious sauce over beansprouts)																
153	Roast Duck & Beansprouts				✓			✓			✓				✓	
154	King Prawn & Beansprouts		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
155	Char Siu & Beansprouts				✓			✓			✓				✓	
156	Beef & Beansprouts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
157	Chicken & Beansprouts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
158	Pork & Beansprouts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
159	Char Siu, Chicken & Beansprouts				✓			✓			✓					

No.		Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
BAMBOO SHOOTS & WATER CHESTNUT DISHES (Crunchy vegetables in a savoury sauce)																
160	Roast Duck, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	
161	King Prawn, Bamboo Shoots & Water Chestnuts		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
162	Char Siu, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	
163	Beef, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
164	Chicken, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
165	Pork, Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
ONION DISHES (Meat cooked in a delicious gravy over fried onions)																
166	King Prawn & Onion		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
167	Beef & Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
168	Chicken & Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
169	Pork & Onion		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
TOMATO DISHES (Savoury & fruity dish)																
170	King Prawn & Tomato	✓		✓	✓						✓	✓				
171	Beef & Tomato	✓			✓						✓	✓				
172	Chicken & Tomato	✓			✓						✓	✓				
173	Pork & Tomato	✓			✓						✓	✓				
OMELETTE DISHES (Include Chips & Peas)																
174	Spanish Omelette			✓	✓	✓		✓			✓					
175	King Prawn Omelette			✓		✓					✓					Suitable for Coeliacs
176	Shrimp Omelette			✓		✓					✓					Suitable for Coeliacs
177	Chicken Omelette					✓					✓					Suitable for Coeliacs
178	Ham Omelette (Shoulder Meat)					✓		✓			✓					Suitable for Coeliacs
179	Mushroom Omelette					✓					✓					Suitable for Coeliacs
179A	Plain Omelette					✓					✓					Suitable for Coeliacs
ENGLISH DISHES (Includes Chips)																
Grills with Black Pepper Sauce instead of Gravy 20p Extra)																
180	Sirloin Steak				✓		✓	✓			✓				✓	
182	Mixed Grill				✓		✓	✓			✓				✓	
184	Chicken Maryland (Fillet breast)				✓	✓		✓								
185	Roast Spring Chicken				✓		✓	✓			✓				✓	
180B	Sirloin Steak with Black Pepper Sauce				✓			✓	✓	✓	✓	✓			✓	
182B	Mixed Grill with Black Pepper Sauce				✓			✓	✓	✓	✓	✓			✓	

No.	SALT & PEPPER DISHES (Spicy dry dish)	Fish	Molluscs	Crustaceans	Cereals containing Gluten	Eggs	Milk	Soybeans	Peanuts	Nuts	Sesame	Celery	Mustard	Lupin	Sulphites inc Wine	Comments
187M	Salt & Pepper Special Mixed Meat (Beef, chicken & pork)			✓	✓	✓					✓				✓	
186	Salt & Pepper King Prawn			✓	✓	✓					✓				✓	
187B	Salt & Pepper Beef			✓	✓	✓					✓				✓	
187	Salt & Pepper Chicken			✓	✓	✓					✓				✓	
187P	Salt & Pepper Pork			✓	✓	✓					✓				✓	
VEGETABLE DISHES (Large container)																
188	Mixed Vegetables Szechuan Style	✓			✓			✓			✓	✓				
189	Mixed Vegetables & Black Pepper Sauce				✓			✓		✓	✓	✓			✓	
190	Mixed Vegetables & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
191	Mixed Vegetables & Chilli	✓		✓	✓						✓	✓				
192	Mixed Vegetables Satay			✓	✓			✓	✓		✓	✓	✓		✓	
193	Mixed Vegetables & Black Bean Sauce		✓		✓			✓			✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
194	Mixed Vegetables & Sweet & Sour Sauce	✓			✓						✓	✓				
DESSERTS																
D1	Banana Fritter with Syrup				✓											
D2	Pineapple Fritter with Syrup				✓											
EXTRA PORTIONS																
P1	Chips															Suitable for Coeliacs
P2	Boiled Rice															Suitable for Coeliacs
P3	Fried Rice				✓	✓		✓			✓					Suitable for Coeliacs if Soy sauce is omitted
P4	Prawn Crackers			✓												Suitable for Coeliacs
P5	Noodles				✓			✓			✓					
P6	Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
P7	Beansprouts				✓						✓				✓	Suitable for Coeliacs
P8	Mixed Vegetables		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
P9	Bamboo Shoots & Water Chestnuts		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
P10	Fried Onions				✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce is omitted
P11	Pancake Roll			✓	✓	✓		✓			✓				✓	
VPR	Veggie Pancake Roll				✓	✓		✓			✓				✓	
P12	Curry Sauce			✓	✓						✓	✓	✓		✓	
P13	Sweet & Sour Sauce	✓			✓						✓	✓				
P14	Barbecue sauce				✓			✓			✓					
P15	Chilli Sauce	✓		✓	✓						✓	✓				
P16	Salt & Pepper Chips			✓							✓				✓	Suitable for Coeliacs
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)				✓	✓		✓			✓					
P19C	3 in 1 with Chicken (Chips & Fried Rice with Curry Sauce)			✓	✓	✓		✓			✓	✓	✓		✓	
P19S	3 in 1 with Chicken (Chips & Fried Rice with Sweet & Sour Sauce)	✓			✓	✓		✓			✓	✓				
P19B	3 in 1 with Chicken (Chips & Fried Rice with BBQ Sauce)				✓	✓		✓			✓					
P20C	3 in 1 with Beef (Chips & Fried Rice with Curry Sauce)			✓	✓	✓		✓			✓	✓	✓		✓	
P20S	3 in 1 with Beef (Chips & Fried Rice with Sweet & Sour Sauce)	✓			✓	✓		✓			✓	✓				
P20B	3 in 1 with Beef (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	(A) FOR 2 PERSONS															
	Chicken & Sweet Corn Soup					✓					✓					Suitable for Coeliacs
	Prawn Crackers			✓												Suitable for Coeliacs
	Barbecued Spare Ribs in Sauce				✓			✓			✓					
	Sweet & Sour Pork Balls	✓			✓						✓	✓				
or	Sweet & Sour Pork Cantonese Style	✓			✓	✓					✓	✓				
	Wandering Dragon		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Char siu & Soy sauce are omitted
DB	(B) FOR 3 PERSONS															
	Hot & Sour Soup	✓		✓	✓	✓		✓			✓	✓	✓			
	Crispy Pork Spring Rolls		✓		✓			✓			✓					
	Salt & Pepper Spare Ribs			✓	✓	✓					✓				✓	
	Sweet & Sour Chicken Balls	✓			✓						✓	✓				
or	Sweet & Sour Chicken Cantonese Style	✓			✓	✓					✓	✓				
	Beef & Baby Sweet Corn		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	King Prawn & Broccoli		✓	✓	✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Char siu & Soy sauce are omitted
DC	(C) FOR 4 PERSONS															
	Shrimp Meat & Sweet Corn Soup			✓		✓					✓					Suitable for Coeliacs
	Sesame King Prawn Toast			✓	✓	✓		✓			✓					
	Kin Do Spare Ribs	✓			✓	✓					✓	✓				
	Sweet & Sour King Prawn Balls	✓		✓	✓						✓	✓				
or	Sweet & Sour King Prawn Cantonese Style	✓		✓	✓	✓					✓	✓				
	Beef & Chinese Mushrooms		✓		✓			✓			✓				✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	Chicken & Cashew Nuts		✓		✓			✓		✓	✓	✓			✓	Suitable for Coeliacs if Soy sauce & Oyster sauce are omitted
	Satay Pork			✓	✓			✓	✓		✓	✓	✓		✓	
	Yung Chow Fried Rice			✓	✓	✓		✓			✓					Suitable for Coeliacs if Char siu & Soy sauce are omitted