

South Gosforth

CHINESE TAKEAWAY

GLUTEN FREE & ALLERGEN GUIDE

IF YOU HAVE ANY FOOD ALLERGIES PLEASE CONTACT US ON 0191 285 1312

YOUR HEALTH IS OUR PRIORITY, IF YOU HAVE AN ALLERGY, INTOLERANCE OR SPECIAL REQUIREMENT,

PLEASE INFORM A MEMBER OF STAFF BEFORE YOU ORDER.

EVEN IF YOU CHECKED WITH OUR STAFF ON YOUR LAST VISIT, WE MIGHT OF CHANGE THE INGREDIENTS TO OUR RECIPE DUE TO STOCK AND THIS IS THE ONLY WAY TO MAKE SURE YOU ARE RECEIVING THE MOST-UP-TO-DATE GUIDANCE.

PLEASE BE AWARE ALTHOUGH WE ENDEAVOUR TO PROVIDE THIS SERVICE, WE WORK IN AN ENVIRONMENT WHERE THE RISK OF CROSS CONTAMINATION CANNOT BE COMPLETELY AVOIDED. PLEASE BE AWARE OF THIS PRIOR TO ORDERING.

DISHES/SIDES CONTAINING NO GLUTEN

- Chicken & Sweetcorn Soup
- Crab & Sweetcorn Soup
- Hong Kong Crispy Chicken in Sweet & Sour Sauce
- Crispy Chicken in Garlic Butter
- Egg Foo Yung (Any meats apart from Char Sui)
- Egg Omelette (Any meats apart from Char Sui)
- Spicy Chilli, Ginger & Garlic (Any meats apart from Char Sui)
- Pineapple Dishes
- Tomato Dishes
- Boiled Rice
- Chips (Plain)
- Prawn Crackers

DISHES THAT CAN BE MODIFIED FOR GLUTEN FREE (CHICKEN, KING PRAWN, BEEF, TOFU & MIXED VEGETABLES, NO CHAR SUI AS THIS IS NOT GLUTEN FREE)

DISHES WILL BE MODIFIED WHERE
NO SOY SAUCE, OYSTER SAUCE OR SHAOXING WINE WILL BE USED. CHILLI OIL WILL BE REPLACED WITH CHILLI FLAKES.

- Spicy Chilli & Garlic
- Ku Bo Dishes
- Black Bean Dishes
- Black Pepper Dishes
- Ginger & Spring Onions
- Chinese Mushroom Dishes
- Cashew Dishes
- Chop Suey Dishes
- Mushroom Dishes
- Beansprout Dishes
- Sweetcorn Dishes
- Honey Chilli Sauces Dishes
- Sweet Chilli Sauce Dishes
- Plum Sauce Dishes
- Fried Rice Dishes
- Vermicelli Noodles
- Salt & Chilli Tofu / Salt & Chilli Chicken Wings, Salt & Chilli Chips

CRISPY CHICKEN IS MADE WITH POTATO STARCH (CONTAINS NO WHEAT FLOUR)

Crispy Chicken Salt & Chilli Pepper Dishes


Crispy Chicken in Honey Salt & Chilli Pepper Dishes










Crispy Chicken can be request in the modified gluten free sauces (Ku Bo, Black Bean, Black Pepper, Honey Chilli, Sweet Chilli & Plum)
















DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
APPETISERS																
1. QUARTER AROMATIC DUCK		✓										✓	✓			
2. CRISPY WANTONS		✓		✓												
3. SALT & CHILLI RIBS		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
4. BBQ RIBS		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
5. SWEET & SOUR RIBS		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
6. SPARE RIBS IN HOT WOK SAUCE		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
7. SPARE RIBS IN PLUM SAUCE		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
8. SPARE RIBS IN HONEY SAUCE		✓						✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
9. SPARE RIBS IN PEKING SAUCE		✓			✓			✓					✓			Ribs has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce), Cantonese sauce - trace of ACHOVIES/BARLEY
10. SALT & CHILLI PEPPER WANTONS & ROLLS		✓		✓				✓				✓	✓			Chilli oil has trace of MOLLUSCS & SOYA - Can be replaced with Chilli Flakes
11. SALT & CHILLI PEPPER TOFU		✓						✓					✓		✓	Chilli oil has trace of MOLLUSCS & SOYA - Gluten Free replace with Chilli Flakes
12. SALT & CHILLI PEPPER CHIPS		✓						✓					✓		✓	Chilli oil has trace of MOLLUSCS & SOYA - Gluten Free replace with Chilli Flakes
13. MINI SPRING ROLLS		✓										✓	✓			

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
14. MINI CURRY TRAIANGLES	✓	✓		✓								✓	✓			
15. SESAME PRAWN TOAST	✓	✓	✓	✓								✓				
16. PRAWN CRACKERS	✓		✓											✓	✓	
17. SALT & CHILLI PEPPER CHICKEN WINGS	✓	✓						✓							✓	Chilli oil has trace of MOLLUSCES & SOYA - GLUTEN FREE OPTION replace CHILLI OIL with CHILLI FLAKES
18. HOT WOK CHICKEN WINGS	✓	✓						✓				✓	✓			
19. CANTONESE STYLE CHICKEN WINGS	✓	✓			✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
SOUPS																
20. CHICKEN SWEETCORN SOUP	✓			✓											✓	
21. CHICKEN & MUSHROOM SOUP	✓	✓										✓	✓			
22. CHICKEN & NOODLE SOUP	✓	✓										✓	✓			
23. CRAB & SWEETCORN SOUP	✓		✓	✓	✓										✓	
24. WANTON SOUP	✓	✓		✓								✓	✓			
25. HOT & SOUR SOUP	✓	✓		✓				✓					✓			















DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
SPICY CHILLI GINGER & GARLIC (DRY)															✓	CHILLI, GARLIC, TOMATO PASTE GLUTEN FREE OPTION REQUEST NO SOY/OYSTER
26. HOUSE SPECIAL MIXED MEAT SPICY CHILLI GINGER & GARLIC		✓	✓					✓							✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
28. KING PRAWN IN SPICY CHILLI GINGER & GARLIC			✓												✓	
29. CHICKEN IN SPICY CHILLI GINGER & GARLIC															✓	
30. BEEF IN SPICY CHILLI GINGER & GARLIC															✓	
31. CHAR SIU IN SPICY CHILLI GINGER & GARLIC		✓						✓					✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
31. DUCK IN SPICY CHILLI GINGER & GARLIC															✓	
SPICY CHILLI & GARLIC (DRY)															✓	Request to replace chilli oil to chilli flakes
33. HOUSE SPECIAL MIXED MEAT IN SPICY CHILLI & GARLIC (DRY)		✓	✓					✓					✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
35. KING PRAWN IN SPICY CHILLI & GARLIC (DRY)		✓	✓					✓					✓		✓	
36. CHICKEN IN SPICY CHILLI & GARLIC (DRY)		✓						✓					✓		✓	
37. BEEF IN SPICY CHILLI & GARLIC (DRY)		✓						✓					✓		✓	
38. CHAR SIU		✓						✓					✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
39. DUCK IN SPICY CHILLI & GARLIC (DRY)		✓						✓					✓		✓	

 SOUTH GOSFORTH CHINESE TAKEAWAY	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
HOT WOK SAUCE DISHES															✗	
40. HOUSE SPECIAL MIXED MEAT IN HOT WOK SAUCE		✓	✓					✓				✓	✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
42. KING PRAWN IN HOT WOK SAUCE		✓	✓					✓				✓	✓			
43. CHICKEN IN HOT WOK SAUCE		✓	✓					✓				✓	✓			
44. BEEF IN HOT WOK SAUCE		✓	✓					✓				✓	✓			
45. CHAR SIU IN HOT WOK SAUCE		✓	✓					✓				✓	✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
46. DUCK IN HOT WOK SAUCE		✓	✓					✓				✓	✓			
47. MIXED VEGETABLES IN HOT WOK SAUCE		✓	✓					✓				✓	✓			
SZECHUAN SAUCE DISHES															✗	Soy Bean, Wheat, Black Bean, Sesame Oil, Sulphite
48. HOUSE SPECIAL MIXED MEAT IN SZECHUAN		✓	✓					✓				✓	✓	✓		Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
50. KING PRAWN IN SZECHUAN		✓	✓					✓				✓	✓	✓		
51. CHICKEN IN SZECHUAN		✓	✓					✓				✓	✓	✓		
52. BEEF IN SZECHUAN		✓	✓					✓				✓	✓	✓		
53. CHAR SIU IN SZECHUAN		✓	✓					✓				✓	✓	✓		Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)

















 DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
																
54. DUCK IN SZECHUAN		✓						✓				✓	✓	✓		
55. MIXED VEGETABLES IN SZECHUAN		✓						✓				✓	✓	✓		
KU BO SAUCE DISHES															✓	GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER & CHAR SIU
56. HOUSE SPECIAL MIXED MEAT IN KU BO		✓	✓					✓		✓		✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
58. KING PRAWN IN KU BO		✓	✓					✓		✓		✓	✓		✓	
59. CHICKEN IN KU BO		✓						✓		✓		✓	✓		✓	
60. BEEF IN KU BO		✓						✓		✓		✓	✓		✓	
61. CHAR SIU IN KU BO		✓						✓		✓		✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
62. DUCK IN KU BO		✓						✓		✓		✓	✓		✓	
63. MIXED VEGETABLES IN KU BO		✓						✓		✓		✓	✓		✓	
SATAY SAUCE DISHES															✗	PEANUTS, SOY, WHEAT, CRUSTACEAN (Shrimp)
64. HOUSE SPECIAL MIXED MEAT IN SATAY		✓	✓					✓			✓	✓	✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
66. KING PRAWN IN SATAY		✓	✓					✓			✓	✓	✓			

















 DISHES	 CELERY	 CEREAL/GLUTEN	 CRUSTACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSCES	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
67. CHICKEN IN SATAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
68. BEEF IN SATAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
69. CHAR SIU IN SATAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
70. DUCK IN SATAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
71. MIXED VEGETABLES IN SATAY	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
BLACK BEAN SAUCE DISHES															✓	Black Bean contains SOYA/ For GLUTEN FREE - request no soy sauce & oyster
72. HOUSE SPECIAL MIXED MEAT IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
74. KING PRAWN IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
75. CHICKEN IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
76. BEEF IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
77. CHAR SIU IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
78. DUCK IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
79. MIXED VEGETABLES IN BLACK BEAN	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	

















DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
BLACK PEPPER SAUCE DISHES															✓	GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER
80. HOUSE SPECIAL MIXED MEAT IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
82. KING PRAWN IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	
83. CHICKEN IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	
84. BEEF IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	
85. CHAR SIU IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
86. DUCK IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	
87. MIXED VEGETABLES IN BLACK PEPPER		✓	✓					✓				✓	✓		✓	
OYSTER SAUCE DISHES															✗	OYSTER, WHEAT
88. HOUSE SPECIAL MIXED MEAT IN OYSTER		✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
90. KING PRAWN IN OYSTER		✓	✓					✓				✓	✓		✓	
91. CHICKEN IN OYSTER		✓	✓					✓				✓	✓		✓	
92. BEEF IN OYSTER		✓	✓					✓				✓	✓		✓	

 DISHES	 CELERY	 CEREAL/GLUTEN	 CRUSTACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSCES	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
93. CHAR SIU IN OYSTER		✓						✓				✓	✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
94. DUCK IN OYSTER		✓						✓				✓	✓			
95. MIXED VEGETABLES IN OYSTER		✓						✓				✓	✓			
GINGER & SPRING ONION DISHES															✓	GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER
96. HOUSE SPECIAL MIXED MEAT IN GINGER & SPRING ONIONS		✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
98. KING PRAWN IN GINGER & SPRING ONIONS		✓	✓					✓				✓	✓		✓	
99. CHICKEN IN GINGER & SPRING ONIONS		✓						✓				✓	✓		✓	
100. BEEF IN GINGER & SPRING ONIONS		✓						✓				✓	✓		✓	
101. CHAR SIU IN GINGER & SPRING ONIONS		✓						✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
102. DUCK IN GINGER & SPRING ONIONS		✓						✓				✓	✓		✓	
103. MIXED VEGETABLES IN GINGER & SPRING ONIONS		✓						✓				✓	✓		✓	
CHINESE MUSHROOM DISHES															✓	GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER
104. HOUSE SPECIAL MIXED MEAT WITH CHINESE MUSHROOM		✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)

















DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
106. KING PRAWN WITH CHINESE MUSHROOM	✓	✓	✓					✓				✓	✓		✓	
107. CHICKEN WITH CHINESE MUSHROOM	✓	✓						✓				✓	✓		✓	
108. BEEF WITH CHINESE MUSHROOM	✓	✓						✓				✓	✓		✓	
109. CHAR SIU WITH CHINESE MUSHROOM	✓	✓						✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
110. DUCK WITH CHINESE MUSHROOM	✓	✓						✓				✓	✓		✓	
HONEY & CHILLI SAUCE DISHES															✓	GLUTEN FREE OPTION - Request NO CHILLI OIL, replace with CHILLI FLAKES & No Char Siu meat
111. HOUSE SPECIAL MIXED MEAT IN HONEY & CHILLI	✓	✓	✓					✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
113. KING PRAWN IN HONEY & CHILLI	✓	✓	✓									✓	✓		✓	
114. CHICKEN IN HONEY & CHILLI	✓	✓										✓	✓		✓	
115. BEEF IN HONEY & CHILLI	✓	✓										✓	✓		✓	
116. CHAR SIU IN HONEY & CHILLI	✓	✓						✓				✓	✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
117. DUCK IN HONEY & CHILLI	✓	✓										✓	✓		✓	
SWEET & CHILLI SAUCE DISHES															✓	GLUTEN FREE OPTION, no soy/oyster & char siu meat, no chilli oil - chilli flakes in replacement

















 DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
																
118. HOUSE SPECIAL MIXED MEAT IN SWEET & CHILLI		✓	✓					✓					✓		✓	Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
120. KING PRAWN IN SWEET & CHILLI		✓	✓												✓	
121. CHICKEN IN SWEET & CHILLI		✓	✓												✓	
122. BEEF IN SWEET & CHILLI		✓	✓												✓	
123. CHAR SIU IN SWEET & CHILLI		✓	✓					✓					✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
124. DUCK IN SWEET & CHILLI		✓	✓													
125. MIXED VEGETABLES IN SWEET & CHILLI		✓	✓												✓	
PEKING SAUCE DISHES															✗	BARLEY, ANCHOVIES, MOLLUSCES
126. HOUSE SPECIAL MIXED MEAT IN PEKING		✓	✓		✓			✓					✓			Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
128. KING PRAWN IN PEKING		✓	✓		✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
129. CHICKEN IN PEKING		✓	✓		✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
130. BEEF IN PEKING		✓	✓		✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
131. CHAR SIU IN PEKING		✓	✓		✓			✓					✓			Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
132. DUCK IN PEKING		✓	✓		✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
















 SOUTH GOSFORTH CHINESE TAKEAWAY	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES	
																	
CANTONESE SAUCE DISHES															X	BARLEY, ANCHOVIES	
133. HOUSE SPECIAL MIXED MEAT IN CANTONESE		✓	✓		✓			✓					✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
135. KING PRAWN IN CANTONESE		✓	✓		✓								✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
136. CHICKEN IN CANTONESE		✓			✓								✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
137. BEEF IN CANTONESE		✓			✓								✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
138. CHAR SIU IN CANTONESE		✓			✓			✓					✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
139. DUCK IN CANTONESE		✓			✓								✓				Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
PLUM SAUCE DISHES															✓	Made with Tung Chun Plum Sauce - No allergen known. Gluten Free option, no soy/oyster & char siu meat	
140. HOUSE SPECIAL MIXED MEAT IN PLUM		✓	✓					✓					✓		✓		Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
142. KING PRAWN IN PLUM		✓	✓										✓		✓		
143. CHICKEN IN PLUM		✓											✓		✓		
144. BEEF IN PLUM		✓											✓		✓		
145. CHAR SIU IN PLUM		✓						✓					✓				Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
146. DUCK IN PLUM		✓											✓				
















 SOUTH GOSFORTH CHINESE TAKEAWAY	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
																
147. MIXED VEGETABLES IN PLUM		✓													✓	
DEEP FRIED CRISPY DISHES															✓	GLUTEN FREE OPTION - Request with POTATO STARCH, no WHEAT FLOUR
HOT WOK SAUCE		✓						✓				✓	✓			
HONEY CHILLI SAUCE		✓											✓		✓	GLUTEN FREE OPTION - Request NO CHILLI OIL, replace with CHILLI FLAKES & No Char Siu meat
SATAY SAUCE		✓	✓					✓			✓	✓	✓			
CANTONESE		✓			✓											Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
PLUM															✓	Made with Tung Chun Plum Sauce - No allergen known. Gluten Free option, no soy/oyster
MEATS (CHICKEN, BEEF)		✓													✓	GLUTEN FREE OPTION - Made with POTATO STARCH, no WHEAT FLOUR
KING PRAWN		✓	✓												✓	GLUTEN FREE OPTION - Made with POTATO STARCH, no WHEAT FLOUR
CRISPY SALT & CHILLI PEPPER DISHES															✓	GLUTEN FREE OPTION - Request with POTATO STARCH, no WHEAT FLOUR, Request NO Chilli Oil, replace with Chilli Flakes
153. CRISPY HOUSE SPECIAL MIXED MEAT IN SALT & CHILLI		✓	✓					✓					✓			

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
155. CRISPY KING PRAWN IN SALT & CHILLI	✓	✓	✓					✓					✓		✓	
156. CRISPY CHICKEN IN SALT & CHILLI	✓							✓					✓		✓	
157. CRISPY BEEF IN SALT & CHILLI	✓	✓						✓					✓		✓	
158. CRISPY PORK IN SALT & CHILLI	✓	✓						✓					✓		✓	
CRISPY GARLIC BUTTER DISHES															✓	GLUTEN FREE OPTION - request made with POTATO STARCH, no WHEAT FLOUR
159. HOUSE SPECIAL MIXED MEAT IN GARLIC BUTTER	✓	✓	✓												✓	
161. CRISPY KING PRAWN IN GARLIC BUTTER	✓	✓	✓												✓	
162. CRISPY CHICKEN IN GARLIC BUTTER	✓														✓	
163. CRISPY BEEF IN GARLIC BUTTER	✓	✓													✓	
164. CRISPY PORK IN GARLIC BUTTER	✓	✓													✓	
SWEET & SOUR HONG KONG STYLE DISHES															✓	GLUTEN FREE OPTION - Request made with POTATO STARCH, no WHEAT FLOUR
165. HOUSE SPECIAL MIXED MEAT IN SWEET & SOUR (HK STYLE)	✓	✓	✓												✓	
167. KING PRAWN IN SWEET & SOUR (HK STYLE)	✓	✓	✓												✓	






 DISHES	CELERY 	CEREAL/GLUTEN 	CRUSTACEANS 	EGGS 	FISH 	LUPIN 	MILK 	MOLLUSCES 	MUSTARD 	NUTS 	PEANUTS 	SESAME SEEDS 	SOYA 	SULPHUR DIOXIDE 	GLUTEN FREE OPTION AVAILABLE 	ALLERGEN NOTES	
168. CHICKEN IN SWEET & SOUR (HK STYLE)																	
169. BEEF IN SWEET & SOUR (HK STYLE)		✓															
170. PORK IN SWEET & SOUR (HK STYLE)		✓															
SWEET & SOUR BATTERED BALL DISHES																	<u>WHEAT</u>
171. KING PRAWN & CHICKEN BATTERED BALLS		✓	✓														
172. KING PRAWN BATTERED BALLS		✓	✓														
173. CHICKEN BATTERED BALLS		✓															
DEEP FRIED HONG KONG DISHES																	<u>CONTAINS WHEAT FLOUR, POTATO STARCH</u>
174. LEMON CHICKEN		✓		✓													
175. ORANGE CHICKEN		✓		✓													
CASHEW DISHES																	<u>GLUTEN FREE OPTION, no soy/oyster & char siu meat</u>
176. HOUSE SPECIAL MIXED MEAT WITH CASHEW NUTS		✓	✓					✓		✓		✓	✓		✓	✓	<u>Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)</u>
178. KING PRAWN WITH CASHEW NUTS		✓	✓					✓		✓		✓	✓		✓	✓	












 DISHES	CELERY 	CEREAL/GLUTEN 	CRUSTACEANS 	EGGS 	FISH 	LUPIN 	MILK 	MOLLUSCES 	MUSTARD 	NUTS 	PEANUTS 	SESAME SEEDS 	SOYA 	SULPHUR DIOXIDE 	GLUTEN FREE OPTION AVAILABLE 	ALLERGEN NOTES
179. CHICKEN WITH CASHEW NUTS																
180. BEEF WITH CASHEW NUTS																
181. CHAR SIU WITH CASHEW NUTS																Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
182. SHRIMP WITH CASHEW NUTS																
CHOP SUEY DISHES																GLUTEN FREE OPTION, no soy/oyster & char siu meat
183. HOUSE SPECIAL MIXED MEAT CHOP SUEY																Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
185. KING PRAWN CHOP SUEY																
186. CHICKEN CHOP SUEY																
187. BEEF CHOP SUEY																
188. CHAR SIU CHOP SUEY																Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
189. SHRIMP CHOP SUEY																
CURRY DISHES																CURRY SAUCE: VEGAN

 DISHES	 CELERY	 CEREAL/GLUTEN	 CRUSTACEANS	 EGGS	 FISH	 LUPIN	 MILK	 MOLLUSCES	 MUSTARD	 NUTS	 PEANUTS	 SESAME SEEDS	 SOYA	 SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
190. HOUSE SPECIAL MIXED MEAT CURRY	✓	✓	✓						✓							Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
192. KING PRAWN CURRY	✓	✓	✓						✓							
193. CHICKEN CURRY	✓	✓							✓							
194. BEEF CURRY	✓	✓							✓							
195. CHAR SIU CURRY	✓	✓							✓							Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
196. DUCK CURRY	✓	✓							✓							
197. MUSHROOM CURRY	✓	✓							✓							
198. MIXED VEGETABLES CURRY	✓	✓							✓							
FOO YUNG DISHES															✓	GLUTEN FREE OPTION, Request no soy/oyster & char siu meat
199. HOUSE SPECIAL MIXED MEAT EGG FOO YUNG		✓	✓	✓											✓	Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
201. KING PRAWN EGG FOO YUNG			✓	✓											✓	
202. CHICKEN EGG FOO YUNG				✓											✓	





 SOUTH GOSFORTH CHINESE TAKEAWAY	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
																
203. BEEF EGG FOO YUNG				✓											✓	
204. CHAR SIU EGG FOO YUNG		✓		✓												Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
205. SHRIMP EGG FOO YUNG				✓											✓	
206. MUSHROOM EGG FOO YUNG				✓											✓	
KING PRAWN DISHES															✓	GLUTEN FREE OPTION, Request no soy/oyster
207. KING PRAWN WITH MUSHROOM		✓	✓					✓				✓	✓		✓	
208. KING PRAWN WITH BEANSPROUT		✓	✓					✓				✓	✓		✓	
209. KING PRAWN TOMATOES			✓												✓	
210. KING PRAWN WITH PINEAPPLE			✓												✓	
211. KING PRAWN WITH ONIONS		✓	✓					✓				✓	✓		✓	
212. KING PRAWN WITH SWEETCORN		✓	✓					✓				✓	✓		✓	
CHICKEN DISHES															✓	GLUTEN FREE OPTION, Request no soy/oyster
213. CHICKEN WITH MUSHROOM		✓						✓				✓	✓		✓	

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
214. CHICKEN WITH BEANSPROUT		✓						✓				✓	✓		✓	
215. CHICKEN WITH TOMATOES															✓	
216. CHICKEN WITH PINEAPPLE															✓	
217. CHICKEN WITH ONIONS		✓						✓				✓	✓		✓	
218. CHICKEN WITH SWEETCORN		✓						✓				✓	✓		✓	
BEEF DISHES															✓	GLUTEN FREE OPTION, Request no soy/oyster
219. BEEF WITH MUSHROOM		✓						✓				✓	✓		✓	
220. BEEF WITH BEANSPROUT		✓						✓				✓	✓		✓	
221. BEEF WITH TOMATOES															✓	
222. BEEF WITH PINEAPPLE															✓	
223. BEEF WITH ONIONS		✓						✓				✓	✓		✓	
224. BEEF WITH SWEETCORN		✓						✓				✓	✓		✓	
CHAR SIU DISHES															✓	GLUTEN FREE OPTION, Request no soy/oyster

 DISHES	CELERY 	CEREAL/GLUTEN 	CRUSTACEANS 	EGGS 	FISH 	LUPIN 	MILK 	MOLLUSCES 	MUSTARD 	NUTS 	PEANUTS 	SESAME SEEDS 	SOYA 	SULPHUR DIOXIDE 	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
225. CHAR SIU WITH MUSHROOM		✓						✓				✓	✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
226. CHAR SIU WITH BEANSPROUT		✓						✓				✓	✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
227. CHAR SIU WITH TOMATOES		✓						✓					✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
228. CHAR SIU WITH PINEAPPLE		✓						✓					✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
229. CHAR SIU WITH ONIONS		✓						✓				✓	✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
230. CHAR SIU WITH SWEETCORN		✓						✓				✓	✓			Char Siu has trace if <u>MOLLUSCES & SOYA</u> (Hoi Sin & Ground Bean Sauce)
TOFU DISHES																
231. TOFU IN HOT WOK SAUCE		✓						✓				✓	✓			
232. TOFU IN SZECHUAN		✓						✓				✓	✓	✓		
233. TOFU WITH SATAY		✓	✓					✓			✓	✓	✓			
234. TOFU WITH BLACK BEAN		✓						✓				✓	✓	✓		GLUTEN FREE OPTION. Request no soy/oyster

 DISHES	CELERY 	CEREAL/GLUTEN 	CRUSTACEANS 	EGGS 	FISH 	LUPIN 	MILK 	MOLLUSCES 	MUSTARD 	NUTS 	PEANUTS 	SESAME SEEDS 	SOYA 	SULPHUR DIOXIDE 	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
235. TOFU WITH OYSTER		✓						✓				✓	✓			
236. TOFU WITH SWEET & SOUR SAUCE		✓													✓	
NOODLES WITH SAUCE															✗	
OYSTER SAUCE		✓						✓				✓	✓			
BLACK BEAN		✓						✓				✓	✓		✓	
SATAY		✓	✓					✓			✓	✓	✓			
HOT WOK		✓						✓				✓	✓			
SOFT NOODLES		✓														WHEAT flour, no EGG
CRISPY NOODLES		✓														WHEAT flour, no EGG
MEAT																
CHICKEN & BEEF																
CHAR SIU		✓						✓					✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCES	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
DUCK																
KING PRAWNS			✓													
CHOW MEIN NOODLES															✓	GLUTEN FREE OPTION - Replace noodles to RICE NOODLES and no SOY/OYSTER/char siu meat
249. HOUSE SPECIAL CHOW MEIN		✓	✓					✓					✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
251. KING PRAWN CHOW MEIN		✓	✓					✓					✓			
252. CHICKEN CHOW MEIN		✓	✓					✓					✓			
253. BEEF CHOW MEIN		✓	✓					✓					✓			
254. CHAR SIU CHOW MEIN		✓	✓					✓					✓			Char Siu has trace if MOLLUSCES & SOYA
255. SHRIMP CHOW MEIN		✓	✓					✓					✓			
256. ROAST DUCK CHOW MEIN		✓	✓					✓					✓			
257. SINGAPORE CHOW MEIN		✓	✓					✓					✓			Char Siu has trace if MOLLUSCES & SOYA (Hoi Sin & Ground Bean Sauce)
258. MIXED VEGETABLES CHOW MEIN		✓	✓					✓					✓			
259. SINGAPORE VERMICELLI		✓	✓					✓					✓		✓	GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER & CHAR SIU, REPLACE CHILLI OIL WITH CHILLI FLAKES

 DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
																
VERMICELLI RICE NOODLES															✓	Made of rice & water (contains no allergen)
FRIED RICE DISHES															✓	GLUTEN FREE OPTION, no soy/oyster & char siu meat
260. HOUSE SPECIAL FRIED RICE		✓	✓										✓		✓	
262. KING PRAWN FRIED RICE		✓	✓										✓		✓	
263. CHICKEN FRIED RICE		✓											✓		✓	
264. BEEF FRIED RICE		✓											✓		✓	
265. CHAR SIU FRIED RICE		✓											✓		✓	Char Siu has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
266. SHRIMP FRIED RICE		✓	✓										✓		✓	
267. HAM FRIED RICE		✓											✓		✓	
268. ROAST DUCK FRIED RICE		✓											✓		✓	
269. YUNG CHOW FRIED RICE		✓	✓										✓		✓	Char Siu has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)
270. SINGAPORE FRIED RICE		✓	✓										✓		✓	Char Siu has trace if MOLLUSCS & SOYA (Hoi Sin & Ground Bean Sauce)

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
271. MUSHROOM FRIED RICE	✓	✓											✓		✓	
ENGLISH DISHES																
272. SIRLION STEAK WITH MUSHROOM & ONIONS	✓	✓														
273. MIXED GRILL WITH MUSHROOM & ONIONS	✓	✓														
274. QUARTER ROAST CHICKEN WITH GRAVY SAUCE	✓	✓														
275. KING PRAWN OMLETTE	✓		✓												✓	
276. CHICKEN OMLETTE	✓														✓	
277. SHRIMP OMLETTE	✓	✓	✓												✓	
278. HAM OMLETTE	✓														✓	
279. MUSHROOM OMLETTE	✓														✓	
280. SPANISH OMLETTE	✓	✓	✓												✓	GLUTEN FREE OPTION, no Char siu meat
281. SAUSAGE WITH ONIONS, MUSHROOM & GRAVY	✓	✓														
EXTRA PORTIONS																
282. CHICKEN BATTERED BALLS (5)	✓	✓														

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
283. MIXED VEGETABLES (SMALL)	✓	✓						✓				✓	✓		✓	
284. MUSHROOM WITH GRAVY		✓														
285. GARLIC MUSHROOM		✓										✓	✓			
286. BEANSPROUTS		✓						✓				✓	✓		✓	
287. ONIONS		✓						✓				✓	✓			
288. CHOW MEIN		✓										✓	✓			
289. PLAIN NOODLES		✓										✓	✓			
290. FRIED RICE		✓										✓			✓	
291. BOILED RICE															✓	
292. CHIPS															✓	
293. CASHEW NUTS															✓	
294. SWEET & SOUR SAUCE															✓	
295. CURRY SAUCE		✓							✓							
296. GRAVY SAUCE		✓														

DISHES	CELERY	CEREAL/GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	GLUTEN FREE OPTION AVAILABLE	ALLERGEN NOTES
297. PLUM SAUCE																
298. CANTONESE SAUCE																Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
299. SATAY SAUCE																
300. KUBO SAUCE																GLUTEN FREE OPTION - Request NO SOY SAUCE, OYSTER & CHAR SIU
301. PEKING SAUCE																Contains Worcestershire Sauce (ANCHOVIES/BARLEY from malt vinegar)
302. HOI SIN SAUCE																SOYBEAN, WHEAT, SESAME
303. BLACK BEAN SAUCE																SALTED SOY BEAN, BLACK BEAN, SESAME OIL - GLUTEN FREE OPTION REQUEST NO SOY,OYSTER

CHINESE TAKEAWAY