

# 14 Allergens

- 1 Celery**

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**

Wheat (such as spelt and Khorasan wheat / Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 Crustaceans**

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and South-East Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 Fish**

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**

Yes, lupin is flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**

Milk is common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 Molluscs**

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9 Mustard**

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in bread, curries, marinades, meat products, salad dressings, sauces and soups.
- 10 Nuts**

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11 Peanuts**

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 Sesame seeds**

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 Soya**

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14 Sulphur dioxide** (sometimes known as sulphites)

This is an ingredient often used in dried fruits such as raisin, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

**Please advise our staff of any FOOD ALLERGIES or INTOLERANCE upon ordering, so we can modify the dishes. All our dishes are freshly prepared and made in the same area where cross contact may occur, thus may come into contact with traces of food allergens.**

**For more information, please ask our staff.**

### Pad See Ew

Choice of your favourite meat, spiced stir fried with flat rice noodles and oriental vegetables in Thai chilli basil paste.



**Chicken fillet** €19.50

**Contains:** 1, 2, 3, 5, 8, 11, 12, 13, 14 (GFR)

**Rib eye beef** €21.00

**Contains:** 1, 2, 3, 5, 8, 11, 12, 13, 14 (GFR)

### Pad Kee Mao

Choice of your favourite meat, spiced stir fried with wheat noodles and chilli basil paste.



**Chicken fillet** €19.50

**Contains:** 1, 2, 3, 5, 8, 11, 12, 13, 14

**Rib eye beef** €21.00

**Contains:** 1, 2, 3, 5, 8, 11, 12, 13, 14

### Pad - Thai Chicken

€19.50

**Contains:** 1, 2, 4, 5, 8, 12, 13

Thin rice noodles stir fried with fresh chicken and beaten eggs with homemade tamarind & fish sauce paste and fresh herbs.

**Pad - Thai Prawn** €21.50

**Contains:** 1, 2, 3, 4, 5, 8, 12, 13

Thin rice noodles stir fried with fresh prawns and beaten eggs with homemade tamarind & fish sauce paste and fresh herbs.

**Singapore Noodle** €21.50

**Contains:** 1, 2, 3, 4, 8, 12, 13

Mixed seafood wok fried with fine wheat noodles in traditional Singaporean style.

**Mee Goreng** €21.50

**Contains:** 1, 2, 3, 4, 8, 12, 13

Tender rib-eye beef and fresh prawns wok fried with broad wheat noodle in our homemade spicy shrimp paste and eggs, topped with crispy wheat Yu Tiao dough.

**Beef Ho Fan** €21.00

**Contains:** 1, 2, 8, 12, 13, 14

Tender rib-eye beef cooked with Ho Fan thin rice noodles in our traditional Chinese beef thick soup.



**Beef Chilli Noodle** €21.00

**Contains:** 1, 2, 4, 8, 12, 13, 14

Finely sliced tender rib-eye beef cooked with wheat egg noodles in our homemade spicy and rich beef thick soup.



**Japanese Chicken Ramen** €19.50

**Contains:** 2, 5, 12, 13, 14

Grilled Teriyaki chicken fillet served with wheat noodle in a rich charred flavoured Japanese *dashi* and soya thick soup. Topped with shredded *nori* seaweed.



**Japanese Wok Fried Ramen** €19.50

**Contains:** 1, 2, 4, 8, 12, 13 (May contain peanuts)

Wheat noodle wok fried with shredded roasted pork, mixed vegetables and eggs in dark soyabean paste sauce.

**Chicken Soya Ramen** €19.50

**Contains:** 1, 2, 5, 12, 13, 14

Fresh chicken fillet stir fried with wheat noodle in Japanese *dashi* soya sauce. Garnished with *Katsuo-Bushi* fish flakes and shredded *nori* seaweed.



**Tofu Chilli Ramen** €16.50

**Contains:** 2, 4, 5, 12, 13, 14 (VEGANR)

Wheat noodle stir fried in a spicy Japanese *dashi* soya sauce and topped with crispy silken egg tofu. Garnished with *Katsuo-Bushi* fish flakes and shredded *nori* seaweed.



**Japanese Tofu Ramen** €16.50

**Contains:** 2, 4, 12, 13, 14 (VEGANR)

Wheat noodle cooked with Bok Choy, beansprouts in a Japanese miso broth. Topped with crispy silken egg tofu and shredded *nori* seaweed.



**Vegetable Udon** €16.50

**Contains:** 1, 2, 4, 12, 13 (VEGANR)

Fresh mixed vegetables stir fried with Japanese Udon wheat noodles, eggs and soya sauce. Topped with crispy silken egg tofu.

**(VEGANR) Vegan** } Option(s) ONLY available upon request

**(GFR) Gluten Free** }

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