

GLUTEN FRIENDLY MENU

**This menu is a guideline for people who are looking for dishes that do not have any gluten-containing ingredients.*

**Please inform us if you are ordering for someone with Celiac.*



Phone: 204-254-2221

The following dishes listed are, or can be, made **without gluten**. If the customer has Celiac, the customer should be aware of **cross contamination** with other foods when in the fryer or on the grill. Customers who cannot have gluten should also **NOT** use the packaged mustard, Hoi Sin sauce, or plum sauce. **We do however, have gluten free bottled soy sauce we can use instead when preparing certain dishes.**

SOUPS

Consomme Soup (No Fried Noodles, with GF Soy Sauce).....5.25

CHOP SUEY

(Bean sprouts, celery, onions and mushrooms)

Beef Chop Suey.....13.25
Chicken Chop Suey.....12.25
Vegetable Chop Suey.....12.00
Shrimp Chop Suey.....15.25

BEEF

Curry Beef.....15.75
Beef with Snow Peas.....15.75
Beef with Broccoli.....15.75
Beef w/ Green Peppers.....15.75
Beef w/ Mushrooms (with GF Soy Sauce).....15.75

CHICKEN

Curry Chicken.....14.75
Chicken with Snow Peas.....14.75
Chicken with Broccoli.....14.75
Chicken w/ Green Peppers in Black Bean & Garlic Sauce (with GF Soy Sauce).....14.75
Chicken w/ Mushrooms (with GF Soy Sauce).....14.75

PORK & SPARE RIBS

Honey & Garlic Spare Ribs.....14.75
Sweet & Sour Spare Ribs.....14.75
Sweet & Spicy Spare Ribs.....14.75
A zesty rib dish, in our special blend of sweet and spicy chili sauce.

DICED VEGETABLES & ALMONDS

**Almonds are roasted in a shared fryer. Can order these without almonds or put them on the side.*

Chicken Ding.....13.75
Beef Ding.....14.75
Shrimp Ding.....16.25
Vegetable Ding.....13.25

MISCELLANEOUS

Sweet & Sour Sauce.....3.00
Lemon Sauce.....3.00
Honey & Garlic Sauce.....3.00

EGG FOO YONG

Shrimp Egg Foo Yong (No Sauce).....16.25
Mushroom Egg Foo Yong (No Sauce).....13.25

SHRIMP

Curry Shrimp.....16.25
Shrimp with Broccoli.....16.25
Pan Fried Shrimp.....16.25
Pan Fried Spicy Shrimp.....16.25
Pan Fried Shrimp in Tomato Sauce.....16.25
Shrimp w/ Green Peppers (with GF Soy Sauce).....16.25
Pan Fried Black Bean & Garlic Shrimp (with GF Soy Sauce).....16.25
Shrimp with Snow Peas.....16.25

DELUXE MIXED GREENS

San Goo Dop Choy.....13.25

A vegetarian delight of mixed fresh vegetables.

Spicy San Goo Dop Choy.....13.75

San Goo Beef Pan.....15.75

Generous amounts of tender beef, stir fried to a gourmet's delight, it is served with fresh mushrooms, young corn, water chestnuts and fresh garden vegetables.

San Goo Guy Pan.....14.75

Tender slices of chicken breast, stir-fried with fresh mushrooms, young corn, water chestnuts and fresh garden vegetables.

San Goo Fried Shrimp.....16.25

Fresh shrimp, cooked with mushrooms, young corn, water chestnuts and fresh garden vegetables.

Tai Dop Voy (No Pork).....16.25

This famous dish is a combination of tender sliced chicken, fresh shelled shrimp and sliced prime beef, barbequed pork, cooked and served with fresh mushrooms, water chestnuts, young corn and fresh garden vegetables.

NOODLE DISHES

Cantonese Chow Mein (Rice Vermicelli Noodles, No Pork, No Oyster Sauce).....17.75

A classic noodle dish. Noodles stir fried with sauteed vegetables and meat.

Thai Cantonese Chow Mein (Rice Vermicelli Noodles, No Pork, No Oyster Sauce).....17.75

Add Thai style spicy sauce to your Cantonese chow mein for a fusion twist!

Singapore Mai-Fun (No Pork).....14.75

A tasty dish of rice vermicelli, stir-fried with fresh shrimp, shredded vegetables, and curry.

POLYNESIAN FOOD

Hala Kahiki Chicken.....14.75

Ready for some fun in the sun? This delightful fusion of pineapple, chicken, ginger, and green pepper on onions is the closest thing to a tropical vacation in the prairies.

Beef Tomato Samoan.....15.75

Fresh slices of beef, cooked with fresh, sweetened tomatoes and onions.

Polynesian Pepper Pot Steak (with GF Soy Sauce).....15.75

Slices of beef braised in black beans with a touch of garlic, sweet green peppers, onions and soya sauce.