

**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.*