

Allergens



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



Allergy Advice

In compliance with food labelling

regulation - EC1169/2011. Customers

are advised to let our staff know if any

food may cause allergic reaction

prior to order.

If you would like to know the list of ingredients used in a particular

dish from our menu, our manager

will be happy to assist you.

Food Standards

Agency

For more information,

visit: food.gov.uk/allergy or

nhs.uk/conditions/allergies

This includes celery stalks, leaves, seeds and the root called celeriac. You ca find celery in celery salt, salads, some meat products, soups and stock cubes

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 powde batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, par sauces, soups and fried foods which are dusted with t



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





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

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in past





Milk is a common ingredient in butter, cheese, cream, milk powders and voghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and s

Molluscs These include mussels, land snails, squid and whelks, but can also commonly found in oyster sauce or as an ingredient in fish stew





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

Not to be mistaken with peanuts (which are actually a legume and grow underground) ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnut You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asi





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, deserts, sauces (such as satay sauce), as well a groundnut oil and peanut flour.

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahin They are sometimes toasted and used in salad





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.

Sulphur dioxide (sometimes known as sulphites)

Sulphru dioXinet (Sofficialities Anown as suprintes)
This is an ingredient often used in dried fruit such as raisins, 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.









Black Sesame Glutinous Rice Balls £6.50





枝 甘

Fresh Mango and Grapefruit Tapioca £6.50

Flowing Custard with Salted Egg Yolk Buns £6.50







Fried, Grilled, Baked Dim Sum



Fried Glutinous Rice Dumplings £6.40



Fried Yam Paste Meat Dumplings £6.50



Grilled Handmade Gyozas £6.40



Crispy Beancurd Skin Prawn Rolls £6.50



Grilled Turnip Cakes £5.80



Pan-fried Pork & Vegetables Buns £6.40



Honey Roasted Pork Puffs £5.80



Fried, Grilled, Baked Dim Sum



香茜墨魚餅 Fried Squid Cake £6.50



沙律明蝦角 Deep Fried Prawn Dumplings with Salad Dressing £6.50



五香春卷 Deep Fried Prawn & Pork Spring Rolls £6.50



威化紙包<mark>蝦</mark> Deep Fried Sesame Prawn Rolls £6.50

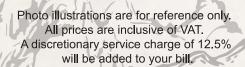




酥炸鮮魷 Crispy Fried Shredded Squid £7.50



越式炸春卷 Vietnamese Spring Roll £6.40









Steamed Dim Sum

干蒸燒賣 Pork and Prawns Siu Mai £6.40



八珍糯米雞 Glutinous Chicken Rice in Lotus Leaves £6.50

豉汁蒸排骨 Steamed Pork Spare Ribs in Black Bean Sauce ≠ £5.80

豉汁蒸鳳爪 Steamed Chicken Feet in Black Bean Sauce £6.40



山竹牛肉球 Beef Meat Balls with Beancurd Skin £6.50





Congee with Shredded Pork and Century Egg £9.30



生滾魚片粥 Congee with Sliced Fish Fillet £10.20



Cold Dishes

麻辣鴨舌 Marinated Spicy Duck Tongue 🌽 £9.00





女兒紅鳳爪 Chicken Feet Marinated with Rice Wine £6.50





Steamed Dim Sum

鮮蝦韭菜餃 Prawn and Chives Dumplings £6.50



鮮蝦帶子燒賣 Scallop and Prawn Siu Mai £6.50



上海小籠包

Steamed Pork Dumplings
Shanghai Style
£6.40

蠔皇叉燒包 Steamed BBQ Roast Pork Buns £5.80



潮州粉果 Steamed Pork & Radish Dumplings £6.50

Photo illustrations are for reference only. All prices are inclusive of VAT. A discretionary service charge of 12.5% will be added to your bill.

