



**Gold Mine**

*Restaurant*

點心

**Dim Sum Menu**



# 14 Allergens

Coming to a food label near you



## 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.



For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

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:

<b>1</b>	 <b>Celery</b> This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
<b>2</b>	 <b>Cereals containing gluten</b> Wheat (such as spelt and Khorsan 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.
<b>3</b>	 <b>Crustaceans</b> 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.
<b>4</b>	 <b>Eggs</b> Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
<b>5</b>	 <b>Fish</b> You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
<b>6</b>	 <b>Lupin</b> 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 pasta.
<b>7</b>	 <b>Milk</b> Milk is a 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.
<b>8</b>	 <b>Molluscs</b> These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
<b>9</b>	 <b>Mustard</b> 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.
<b>10</b>	 <b>Nuts</b> 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.
<b>11</b>	 <b>Peanuts</b> Peanuts are actually a legume and grow underground, which is why its sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as groundnut oil and peanut flour.
<b>12</b>	 <b>Sesame seeds</b> 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.
<b>13</b>	 <b>Soya</b> 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.
<b>14</b>	 <b>Sulphur dioxide (sometimes known as sulphites)</b> 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.



# 蒸點

## Steamed Dim Sum



鮮蝦韭菜餃  
Prawn and Chives Dumplings  
£6.20



上海小籠包  
Steamed Pork Dumplings  
Shanghai Style  
£6.10



鮮蝦帶子燒賣  
Scallop and Prawn  
Siu Mai  
£6.20



晶瑩蝦餃  
Crystal Prawn Dumplings  
£6.20



蠔皇叉燒包  
Steamed BBQ  
Roast Pork Buns  
£5.50



潮州粉果  
Steamed Pork &  
Radish Dumplings  
£6.20

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.



# 蒸點

## Steamed Dim Sum



蠔皇鮮竹卷  
Stuffed Prawn & Pork  
Beancurd Skin Rolls  
£6.20



鮮蝦菠菜餃  
Steamed Spinach  
and Prawn Dumplings  
£6.20



沙爹金錢肚  
Steamed Beef Tripe  
in Satay Sauce  
£6.10



水晶羅漢餃  
Vegetarian Dumplings (V)  
£6.10



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蒸點

Steamed Dim Sum

干蒸燒賣  
Pork and Prawns  
Siu Mai  
£6.10



八珍糯米雞  
Glutinous Chicken Rice  
in Lotus Leaves  
£6.20



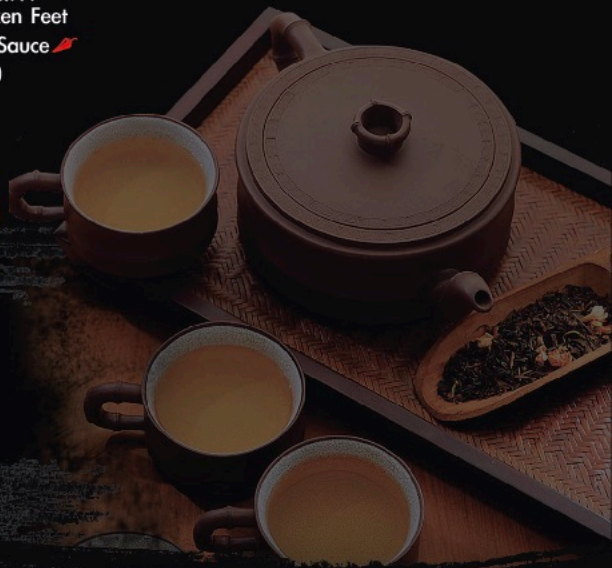
豉汁蒸鳳爪  
Steamed Chicken Feet  
in Black Bean Sauce  
£6.10



豉汁蒸排骨  
Steamed Pork Spare Ribs  
in Black Bean Sauce  
£5.50



山竹牛肉球  
Beef Meat Balls  
with Beancurd Skin  
£6.20





# 煎炸焗點心

*Fried, Grilled, Baked Dim Sum*

百花腐皮卷



Crispy Beancurd Skin Prawn Rolls  
£6.20



家鄉咸水角

Fried Glutinous Rice Dumplings  
£6.10

臘味蘿蔔糕



Grilled Turnip Cakes  
£5.50



荔茸芋角

Fried Yam Paste Meat Dumplings  
£6.20

香煎菜肉包



Pan-fried Pork & Vegetables Buns  
£6.10



香煎鍋貼

Grilled Handmade Gyozas  
£6.10

叉燒酥



Honey Roasted Pork Puffs  
£5.50



煎炸焗點心

*Fried, Grilled, Baked Dim Sum*



香茜墨魚餅  
Fried Squid Cake  
£6.10



沙律明蝦角  
Deep Fried Prawn Dumplings  
with Salad Dressing  
£6.10



五香春卷  
Deep Fried Prawn &  
Pork Spring Rolls  
£6.20



威化紙包蝦  
Deep Fried Sesame Prawn Rolls  
£6.20





# 煎炸焗點心

*Fried, Grilled, Baked Dim Sum*

XO  
醬炒  
蘿蔔  
糕



Stir Fried Turnip Cakes with X.O Sauce 🌶️  
£7.80



酥炸鮮魷  
Crispy Fried Shredded Squid  
£7.10



越式炸春卷  
Vietnamese Spring Roll  
£6.10

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will be added to your bill.







鮮蝦腸粉 Prawn Cheong Fun £7.20



叉燒腸粉 BBQ Pork Cheong Fun £6.30



牛肉腸粉 Beef Cheong Fun £6.30



蔥花炸兩  
Deep Fried Dough  
Cheong Fun (M)  
£6.30

腐皮蝦腸粉  
Crispy Beancurd Skin  
Prawn Cheong Fun  
£7.20



三式腸粉  
Mixed Cheong Fun  
£7.20



港式碎仔腸  
Plain Cheong Fun with Peanut Sauce (M)  
£6.30



腸粉

Cheong Fun





粥



*Congee*



咸蛋鴨絲粥

Congee with Shredded Duck  
& Salted Egg  
£8.60



皮蛋瘦肉粥

Congee with Shredded Pork  
and Century Egg  
£8.60



生滾魚片粥

Congee with Sliced  
Fish Fillet  
£9.50

冷盤

*Cold Dishes*

麻辣鴨舌  
Marinated Spicy  
Duck Tongue   
£8.60



女兒紅鳳爪  
Chicken Feet Marinated  
with Rice Wine  
£6.20



蒸或炸奶黃包



Steamed or Deep Fried  
Cream Custard Buns £5.50

甜品



Dessert

雷沙湯圓



Black Sesame Glutinous  
Rice Balls £6.10

芒果布丁



Mango Pudding  
£6.10

千層馬來糕



Malay Steamed  
Sponge Cake  
£6.50

酥皮蛋撻



Fresh Baked Egg Tarts  
£5.50

楊枝甘露

Fresh Mango and  
Grapefruit Tapioca  
£6.10



流沙包

Flowing Custard  
with Salted  
Egg Yolk Buns  
£6.20





Gold Mine  
Restaurant

優質點心 • 為您預備

