

Gluten Free

Menu



APPETISERS

King Prawn Cocktail

\$17.50

Succulent, freshly peeled king prawns with salad balsamic vinegar and olive oil.

King Prawn Avocado

\$17.50

Succulent, freshly peeled king prawns served with fresh avocado and topped with a salad dressing. No cocktail sauce

Oysters

All our oysters are specially chosen and opened daily.

Natural

No cocktail sauce

1/2 doz \$14.00

doz \$25.00

The Russian Devil

Fresh oysters served with caviar.

1/2 doz \$16.00

doz \$30.00

Steamed Oysters

With ginger, shallots and tamari soya sauce.

1/2 doz \$16.00

doz \$30.00

ENTRÉE

Sang Choy Bow (minimum two people)

Per serve \$22.00

A mixture of pure pork mince, onions, celery, water chestnuts and bamboo shoots cooked in tamari soya sauce and wrapped in crisp, fresh lettuce leaves with gluten free hoi sin sauce.

Also available in Chicken or Vegetable

Salt and Pepper Blue swimmer Crab

Each \$15.00

Blue Swimmer Crab, chopped, lightly coated in potato flour, tossed in garlic, spring onions, fresh chilli and spicy salt.

SOUP

Chicken & Sweet Corn Soup	\$7.50
Diced fillet of chicken cooked in chicken stock, creamed corn and egg. A thick and tasty soup.	
CrabMeat & Sweet Corn Soup	\$9.50
Crab meat, creamed corn and egg white, cooked in chicken stock.	
Chicken with Mushroom Soup	\$9.50
Sliced fillet of chicken cooked with vegetables and mushrooms in a clear chicken stock.	
Chicken with Abalone Soup	\$15.50
Sliced fillet of chicken with abalone and cooked in a light, tasty, clear chicken stock.	
Seafood Bean Curd Soup	\$12.50
A mixture of Seafood with diced bean curd, cooked in chicken stock and thickened with egg white.	
Thai Style Chicken Soup	\$9.50
Pieces of chicken breast fillet, cooked in a light curry, lemon, a touch of chilli and lemon grass and coriander.	
Hot and Sour Soup	\$9.50
This is a speciality from the Szechuen Province. Comprises of vinegar and pepper, a dash of chilli, vegetables and bean curd. A warming experience.	
Chicken with Shark Fin Soup	\$17.50
Rich Man's Delight! Because sharks only have two fins, shark's fins are a delicacy. Sliced fillets of chicken cooked in chicken stock and shark's fin.	
CrabMeat with Shark Fin Soup	\$19.50
Shark's fin with crab meat in chicken stock. Old Chinese proverb "Good for your body: Excellent for your health!!"	

CHICKEN

Crisp Skin Baby Chicken	\$22.50
This favourite chicken dish has a crisp, golden skin; tender, tasty, juicy meat inside and served with spicy salt.	
Sambal Chilli Chicken	\$22.50
Sliced chicken breast, cooked with chilli, shallots, onions and capsicum. Hot and spicy.	
Braised Chicken Fillets with Fresh Mushroom	\$22.50
Marinated chicken fillets, cooked with vegetables and fresh mushrooms.	
Chicken with Cashew Nuts	\$22.50
Braised chicken fillets with diced vegetables and cashew nuts. Aussie's Delight!	
Black Pepper Chicken	\$23.50
Boneless chicken fillets cooked in potato flour, pan fried, cooked in a black pepper cream sauce and served in a hot pot.	
Honey Chicken	\$23.50
Sliced boneless chicken fillets pieces with potato flour, deep fried, served with honey dipping sauce <u>Also available with lemon sauce or sweet and sour sauce</u>	
Thai Curry Chicken Hot Pot	\$25.00
Chicken breast fillets, tomatoes, beans, eggplant and onions cooked in a thai curry and served in a hot pot	

BEEF

Shanghai Shredded Beef	\$24.50
Shredded fillets of beef and bamboo shoots, carrots and celery. Braised in tasty, mild gravy with tamari soya sauce. Very pleasant without being too spicy	
Beef with Vegetables	\$24.50
Slices of beef, cooked in tamari soya sauce with vegetables	
Beef with Long beans	\$24.50
Sliced beef, cooked with fresh beans, chilli, garlic and tamari soya sauce.	
Beef with Leeks	\$26.50
Sliced beef, cooked with leeks, chilli, onions and gluten free hoi sin sauce.	

DUCK

- Barbecue Roasted Duck** \$29.50
Succulent duck roasted till golden brown served hot with gluten free Hoi Sin sauce.
- Curried Duck** \$28.50
With curry paste, lemon grass and spices, served in a clay pot.

SEAFOOD

- Sizzling Garlic Prawns** \$29.00
Braised King Prawns, cooked in garlic and onion and served on a hot sizzling platter to really bring out the garlic flavour.
- Braised King Prawns with Vegetables** \$29.00
King Prawns marinated and cooked with vegetables.
- Salt & Pepper Prawns** \$31.00
Prawns lightly floured in potato flour, quick fried and tossed in a spicy fresh chilli and garlic mixture.
- Braised Scallops with Snow Peas** \$29.00
Scallops, freshly braised with snow peas and ginger.
- Sambal Chili Bugtails** \$45.00
Bugtails, lightly coated with potato flour and cooked with sambal chilli, straw mushrooms and spring onions
- Thai Prawn Hot Pot** \$31.00
Green peppercorn, lime leaves and kacha blended together with prawns, egg plant, beans and onions then cooked in a clay pot
- Freshwater Fish Fillets with Snow Peas** \$27.00
Lightly coated with potato flour cooked with ginger and snow peas OR Sambal chilli sauce
- Steamed Whole Fish with Shallots, Ginger and Tamari Soya Sauce** Market Price
Depending on market freshness -
this Cantonese style fish brings out the true flavour for fish lovers.
- Salt and Pepper Robarra Barramundi** Market Price
Butterfly cut barramundi, lightly floured in potato flour, fried with fresh chilli in a spicy mixture and garlic.

WEIGHT WATCHERS & VEGETARIAN DELIGHTS

Although most Chinese dishes are very low in calories, we did not want to omit those who do not eat meat, nor those who do not want anything too heavy.

Salt & Pepper Fried Beancurd	\$17.50
Squares of beancurd quickly fried and tossed with a salt and pepper mixture and fresh chilli.	
Salt & Pepper Eggplant, Beans and Mushrooms	\$18.50
Quickly fried and tossed with a salt and pepper mixture and fresh chilli.	
Canton Braised Beancurd	\$17.50
Lightly fried beancurd, quickly cooked with mixed vegetables and a dash of tamari soya sauce.	
Chilli Beancurd Peking Style	\$17.50
Lightly cooked diced beancurd combined with chilli, shallots, sesame oil and chilli bean sauce.	
Combination Stir Fried Vegetables	\$13.50
A mixture of fresh vegetables, quickly stir fried in a light stock.	
Braised Long Beans	\$13.50
Long Beans with chilli, garlic and tamari soya sauce	
Chinese Green Vegetables with Garlic	\$13.50
Vermicelli with Vegetables & Mushrooms	\$17.50
Vermicelli is also known as bean threads. Combined with sliced vegetables and fresh mushrooms, it is tasty and light.	
Braised Bean Sprouts	\$11.50
Crisp & Tasty - Definitely no calories added. Cooked with slivers of ginger.	

NOODLES

Singapore Rice Noodles	\$16.50
Pork, prawns, egg, capsicum & bean sprouts combined with thin noodles and a touch of curry.	

RICE

	Small	Large
Fried Rice	\$6.50	\$8.50
Special Fried Rice	\$7.50	\$9.50
Vegetarian Fried Rice	\$6.50	\$8.50
Steamed Rice	\$2.50 (per person)	