

# ALLERGY ADVICE

## Please tell us if you suffer from a food allergy or intolerance.

The Food Information Regulations require that we state if our dishes contain ingredients considered to be allergenic. We have put this information here, the allergens listed by the Food Standards Agency are shown with the menu number of any dishes that may contain them.

Many dishes listed below contain the specified allergens from prepared sauces that sometimes can be substituted or simply omitted. **The number is shown in red if the dish cannot be prepared without the allergen being present.** Please note that every care is taken to avoid cross contamination but we cannot guarantee a dish to be completely free of a particular allergen.

- **Gluten, in wheat-based pastry wrappers, batter or as a constituent of oyster and soya sauces.**

1, 4, 5, 6, 7, 9, 11, 12, 13, 20, 33, 34, 35, 36, 37, 39, 40, 41, 42, 43, 44, 45, 51, 52, 53, 54, 57, 58, 60, 61, 63, 65, 67, 68, 70, 71, 74, 77, 78, 79, 80, 81, 82, 90, 100, 107, SH1, SH2, SH3, S2, S3.

Most of these dishes contain gluten from oyster and soya sauces, where fermented wheat is a desirable and authentic constituent. We can prepare all soups, salads, stir-fries, curries, noodles and rice dishes with no gluten-containing ingredients if requested but those **dishes shown in red should be avoided.**

- **Crustaceans, as prawns or crabs in a dish or as a constituent of shrimp paste.**

3, 7, 9, 10, 11, 12, 13, 15, 16, 17, 25, 28, 29, 30, 31, 32, 39, 40, 41, 42, 43, 47, 50, 53, 58, 62, 69, SH1, SH3, SH4, S2, S3, S4, dipping sauce for 2

- **Molluscs, as mussels and squid in seafood dishes but also as a constituent of oyster sauce.**

5, 9, 16, 17, 20, 33, 34, 35, 36, 37, 42, 43, 44, 45, 63, 65, 67, 68, SH3, S7.

- **Fish, either seafood dishes or in fish sauce where anchovies are used**

3, 11, 12, 13, 16, 17, 28, 29, 30, 31, 32, 39, 40, 41, 45, 47, 48, 49, 50, 51, 53, 58, 62, 69, SH1, SH3, S2, S3, S6, S7, S8, dipping sauce for 2

- **Soya beans, as tofu or in soy sauce.**

1, 4, 10, 11, 20, 23, 24, 25, 26, 33, 34, 35, 36, 37, 42, 43, 44, 45, 51, 52, 53, 54, 57, 58, 60, 61, 63, 64, 67, 68, 70, 74, 77, 78, 79, 80, 81, 84, 88, 90, SH1, SH2, SH3, S2, S3.

- **Sesame seeds and oil**

1, 4, 12, 11, 67, 68, 70, 80, 81, 83, 100, 101, 102, 107, SH2, SH3.

- **Peanuts, either whole roasted or ground.**

26, 31, 52, 53, 90, 107 plus dipping sauces for 2 and 3

All of these dishes can be prepared without peanuts (except items in red) but those with a serious allergy should be aware that we cannot guarantee their total absence.

- **Nuts, only cashews used.**

33, 42.

- **Celery, used as a vegetable or Thai celery in salads.**

10, 23, 60, 73, 80,

- **Eggs**

3, 4, 7, 11, 52, 53, 54, 56, 57, 58, 77, 90, 102, 107.

- **Milk**

105