

Chung Ying Cantonese Gluten Free Menu

Starters:

Salt and Chilli Chicken Wings	Chicken and Sweetcorn Soup
Peking Style Chicken Wings	Crabmeat and Sweetcorn Soup
Peking Style Spare Ribs	Egg Drop Soup (v)
Salt and Chilli Spare Ribs	Salt and Chilli Tofu (v)
Yuk Shung (Lettuce Wrap) - Pork/Chicken/Lamb/King Prawn/Vegetarian	

Mains:

Sweet and Sour Chicken	Lamb in Ginger and Spring Onion
Sweet and Sour Pork	Chicken in Ginger and Spring Onion
Sweet and Sour Monkfish	Beef in Ginger and Spring Onion
King Prawns with Cashew	Salt and Chilli Chicken
Chicken with Cashew	Salt and Chilli King Prawns
King Prawns in Garlic and Chilli	Salt and Chilli Monkfish
Stir Fried Mixed Vegetables (v)	Stir Fried Monks Vegetables (v)
Mixed Vegetables in Garlic and Chilli (v)	Salt and Chilli Aubergine (v)
Salt and Chilli Tofu (v)	

Sides:

- Boiled Rice
- Egg Fried Rice
- Chips
- Salt & Chilli Chips