

Chung Ying Central Gluten Free Menu

Starters:

Salt and Chilli Chicken Wings

Salt and Chilli Crispy Whitebait

Peking Style Chicken Wings

Chicken and Sweetcorn Soup

Salt and Chilli Spare Ribs

Crabmeat and Sweetcorn Soup

Peking Style Spare Ribs

Egg Drop Soup (v)

Salt and Chilli Tofu with Cashew (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

Lamb in Black Bean

King Prawns in Ginger and Spring Onion

Beef in Black Bean

Veal in Black Pepper

King Prawn in Black Bean

Beef in Black Pepper

King Prawns in Garlic and Chilli

Chicken with Cashew

Scallops in Garlic and Chilli

King Prawns with Cashew

Salt and Chilli Chicken

Salt and Chilli King Prawns

Salt and Chilli Monkfish

Fried Seabass Thai Style

Steamed Seabass in Ginger and Spring Onion

Stir Fried Mixed Vegetables (v)

Stir Fried Monks Vegetables (v)

Mixed Vegetables in Garlic and Chilli (v)

Salt and Chilli Aubergine (v)

Sides

Boiled Rice

Egg Fried Rice

Chips

Salt & Chilli Chips