

# Mandarin's GLUTEN Free and WHEAT Free Menu

## Wok tossed in our Gluten and Wheat Free sauce

Chicken Soong Lettuce Wrap (hoisin sauce is not gluten/wheat free)

Cashew Chicken or Cashew Vegetable

Nanking Pork, Chicken or Vegetarian

Curry Chicken or Beef

Ginger Beef or Chicken

Mongolian Beef

Mongolian Pork, Chicken or Vegetarian

Pepper Beef, Chicken or Halibut

Beef with Beans or Asparagus in a Black Bean Sauce

Fried Rice: Ham, Chicken, Vegetarian, Shrimp or Malaysian

## Regular menu items already Gluten and Wheat Free

Coconut Thai Chicken or Halibut (comes HOT only)

Honey Walnut Shrimp or Chicken

Mango Chicken or Halibut (when available)

Tropical Thai Chicken, Halibut or Tofu (this comes HOT only)

## +Items that can be prepared with egg & cornstarch batter.

+These items are fried in a wheat/gluten free fryer

Fried Shrimp (8 pieces)

Lemon Chicken or Lemon Shrimp

Peking Barbecue Red Shrimp or Chicken

++Almond Chicken (sweet and sour)

++Sweet and Sour Shrimp

++ The plum sauce used in our sweet and sour may contain traces of gluten.

## Gluten Free Desserts (availability varies nightly)

Ginger Ice Cream (ginger crisp has wheat....substitute with +oat cookie)

Raspberry Vanilla Bean Crème Bruleé

+Homemade Ice Cream Flight with Oat Cookie Crisp (all flavors are gluten free except oreo mint, heathbar crunch, butterfinger, whopper & anything else with candy/cookie in it)

+The oats in the cookie may be manufactured in a factory that processes wheat products.