



THE MAYFLOWER RESTAURANT

Gluten Free Menu

Starters

Prawn Crackers	£3.95
Crispy Seaweed	£6.95
Garlic and Chilli Spare Ribs	£9.25
Mandarin Spare Ribs	£9.25
King Prawn Lettuce Wrap	£12.50
Chicken Lettuce Wrap	£9.75
Vegetable Lettuce Wrap	£8.95

Soups

Shredded Duck & Chinese Mushroom Soup	£6.50
Chicken & Chinese Mushroom Soup	£6.50
Crab Meat & Sweet Corn Soup	£6.50
Chicken & Sweet Corn Soup	£6.50
Beancurd and Vegetable Soup	£6.50

Chicken Dishes

Chicken Bamboo Shoots & Chinese Mushrooms	£11.25
Chicken with Stir-Fried Vegetables	£11.25
Chicken with Black Beans and Chilli	£11.25
Chicken with Pickled Ginger and Pineapple	£11.25
Chicken with Pak Choi	£11.25

King Prawns / Squid Dishes

King Prawns with Garlic and Chilli	£13.50
King Prawns with Ginger and Onions	£13.50
King Prawns Egg Foo Yung	£13.50
Sweet and Sour King Prawns	£13.50
Squid with Garlic and Chilli	£13.50
Squid with Black Bean and Chilli	£13.50

Beef Dishes

Beef with Black Beans and Chilli	£11.50
Beef with Ginger and Onions	£11.50
Sliced Fillet Cantonese	£13.30
Beef with Pak Choi	£11.50

Duck Dishes

Duck with Black Bean and Chilli	£13.50
Mandarin Duck with Orange Sauce	£13.50
Mandarin Duck and Plum Sauce	£13.50

Vegetarian Dishes

Beancurd Hot Pot with Vegetables	£9.50
Beancurd with Ginger and Onions	£9.50
Beancurd with Garlic and Chilli	£9.50
Broccoli with Garlic and Chilli	£9.50
Chinese Leaves with Garlic	£9.50
Chinese Leaves with Black Beans and Chilli	£9.50
Broccoli with Cashew Nuts	£9.50
Mushroom Egg Foo Yung	£9.50
Stir-Fried Mixed Vegetables	£9.50
Pak Choi with Garlic	£9.50

Rice

Chicken Egg Fried Rice	£7.50
Yung Chow Fried Rice	£7.50
Mushroom Egg Fried Rice	£7.50
Pineapple Egg Fried Rice	£6.75
Egg Fried Rice	£3.95
Boiled Rice	£3.95

Vermicelli (Rice Noodles)

Vegetable Singapore Vermicelli with Chilli	£10.95
Singapore Vermicelli with Chilli	£12.50

Sizzling Dishes

Sizzling Fillet in Black Beans and Chilli	£16.95	Sizzling King Prawns with Black Bean and Chilli	£16.95
Sizzling Fillet in Black Pepper	£16.95	Sizzling King Prawns Tomato & Spicy Red Pepper	£16.95
Sizzling Fillet Mandarin	£16.95	Sizzling Crispy Lamb Belly Ginger and Onions	£14.95