



MENU

14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, humous, sesame oil and tahini. They are sometimes toasted and used in salads.



Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

Sign up to our allergy alerts on food.gov.uk@email, or follow #AllergyAlert on Twitter and Facebook

Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)

Join our conversation @[food.gov.uk/twitter](https://twitter.com/food.gov.uk)

Watch us on food.gov.uk/youtube

PEKING GARDEN CHEF'S SPECIAL

Four Course Dinner

FIRST COURSE

ASSORTED HOT APPETISERS

Crispy Seaweed - Sesame Prawns - Spare Ribs - Satay Chicken - Spring Rolls

SECOND COURSE

CRISPY DUCK WITH PANCAKES

THIRD COURSE

LOBSTER WITH CRISPY NOODLES

FOURTH COURSE

SHREDDED CRISPY BEEF (SPICY)

SIZZLING SZECHUAN PRAWNS (SPICY)

CHICKEN WITH CASHEW NUTS IN YELLOW BEAN SAUCE

EGG FRIED RICE

£49.5

Per person
(minimum two persons)

PEKING GARDEN CHEF'S SPECIAL

Three Course Dinner

FIRST COURSE

ASSORTED HOT APPETISERS

Crispy Seaweed - Sesame Prawns - Spare Ribs - Satay Chicken - Spring Rolls



SECOND COURSE

CRISPY DUCK WITH PANCAKES



THIRD COURSE

SIZZLING SZECHUAN PRAWNS

SHREDDED CRISPY BEEF (SPICY)

CHICKEN WITH CASHEW NUTS IN YELLOW BEAN SAUCE

EGG FRIED RICE

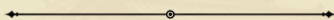
£39.5

Per person
(minimum two persons)

VEGETARIAN SET MENU

FIRST COURSE

ASSORTED HOT APPETISERS



SECOND COURSE

MOUSHOU VEGETABLES WITH PANCAKES OR
HOT & SOUR SOUP



THIRD COURSE

SEA SPICE AUBERGINE
CHILLI GREEN BEANS
CRISPY SHREDDED ASPARAGUS

GINGER FRIED RICE

£29.5

Per person
(minimum two persons)

LEAVE-IT-TO-US-FEAST

If you are planning to dine with a group of friends or with your family, we can prepare a sumptuous feast containing selected dishes from our menu and the Chef's Specials. There are four set prices per head that you can choose from:

Please inform our staff if there is any particular dishes you wish to be included or excluded in the feast

HORS D'OEUVERS

ASSORTED HOT APPETISERS (FOR 2)	£28.0
STEAMED DIMSUM BASKET (4)	£8.0
GRILLED DUMPLINGS (4)	£9.2
CRISPY SEAWEED	£7.5
STEAMED GARLIC PRAWNS (5)	£12.9
PEPPER PRAWNS: SHELLED PRAWNS FRIED ON SALT & CHILLI (5)	£12.9
SEAFOOD TREASURE IN CHILLI, PEPPER & SALT	£15.9
STEAMED SCALLOP: STEAMED IN SHELL (2)	£13.0
BUTTERFLY PRAWN: COATED WITH BREADCRUMBS (5)	£12.9
TOASTED SESAME PRAWNS	£12.9
TOSS FRIED SQUID: LIGHTLY COATED IN FLOUR & COOKED WITH CHILLI	£12.9
BARBECUED PORK SPARE RIBS (5)	£11.9
CHAMPAGNE PORK RIBS: : WITH SALT AND GREEN CHILLI	£11.9
PEKING PORK RIBS: IN PEKING SAUCE	£11.9
SHREDDED SMOKED CHICKEN	£11.9
CHICKEN LETTUCE WRAP	£12.5
SEAFOOD LETTUCE WRAP	£14.9
CRISPY DUCK ROLLS (2)	£8.0
SATAY BEEF OR CHICKEN: ACCOMPANIED WITH A LIGHTLY SPICED PEANUT SAUCE (5)	£11.9
PAPER WRAPPED PRAWNS (5)	£12.9
CRISPY MONGOLIA LAMB: SERVED WITH LETTUCE	£18.9
BANG BANG CHICKEN: COLD CHICKEN & CUCUMBER DRESSED WITH SESAME SAUCE	£11.9
CHICKEN WINGS: IN PEKING SAUCE	£11.9
CHILLI PEPPER CHICKEN WINGS	£11.9
SPRING ROLLS (2)	£6.0

SOUP

FISH PEPPER POT	£6.6
WON TON SOUP: A CLEAR MEAT & PRAWN BALL SOUP	£6.6
HOT & SOUR SOUP: A THICK AND PEPPERY SOUP.	£6.6
SEAFOOD CHOWDER: A THICK BROTH OF MIXED SEAFOOD IN A CLOUD OF EGG WHITE	£6.6
THREE DELICACIES: PRAWN, SCALLOP & FISH SLICES	£6.6
SWEETCORN SOUP: WITH CHICKEN	£6.0
SWEETCORN SOUP: WITH CRABMEAT	£6.6

VEGETARIAN MENU

APPETISERS

VEGETARIAN SPRING ROLLS (2)	£6.0
LETTUCE WRAP	£11.6
SHANTUNG PARCELS: DEEP FRIED POTATOES IN BATTER	£8.5
SEAWEED	£7.5
SWEAT & SOUR WON TON	£8.9
VEGETARIAN CRISPY DUCK WITH PANCAKES	£16.9
STEAMED VEGETARIAN DIMSUM (4)	£8.0

SOUP

BEAN CURD BROTH WITH EGG	£5.5
SWEETCORN & VEGETARIAN CRABMEAT SOUP	£6.0
HOT & SOUR SOUP: WITH OR WITHOUT EGG	£6.0
SWEETCORN SOUP: WITH OR WITHOUT EGG	£5.5

MAIN COURSE

DEEP FRIED CHILLI COURGETTES & BROCCOLI (SALT & PEPPER)	£10.9
COURGETTES: IN GREEN PEPPER & BLACK BEAN SAUCE	£10.9
STIR FRIED MANGE TOUT: IN GARLIC	£10.9
BRAISED CHINESE MUSHROOM & BAMBOO SHOOTS	£11.5
VEGETARIAN PRAWN: MADE FROM SOYA IN CHILLI SAUCE	£12.9
VEGETARIAN PRAWN: MADE FROM SOYA IN BLACK BEAN SAUCE	£12.9
MOCK CHICKEN: WITH GREEN PEPPER IN BLACK BEAN SAUCE	£12.9
MOCK CHICKEN: KUNG PO STYLE	£12.9
STIR FRIED CHILLI GREEN BEANS	£10.9
CASHEW NUT: IN GREEN PEPPER & BLACK BEAN SAUCE	£13.9
SWEET & SOUR VEGETARIAN PRAWN	£12.9
DEEP FRIED ASPARAGUS: SALT & PEPPER	£11.9

RICE, VEGETABLES & NOODLES

GINGER FRIED RICE	£6.0
MIXED VEGETABLES FRIED RICE	£7.2
MIXED VEGETABLE NOODLES (CRISPY)	£12.9
VEGETARIAN HO FUN NOODLES	£12.9

RICE

LOTUS LEAF RICE: EGG FRIED RICE WITH ROAST PORK, ROAST DUCK AND PRAWNS WRAPPED IN LOTUS LEAF	£13.5
PINEAPPLE FRIED RICE: WITH OR WITHOUT EGG	£6.0
PRAWN FRIED RICE	£12.9
CHICKEN FRIED RICE	£7.5
SPECIAL FRIED RICE	£8.0
EGG FRIED RICE	£4.9
STEAMED RICE	£4.0
GINGER FRIED RICE	£6.0

VEGETABLES

CHINESE MUSHROOMS IN OYSTER SAUCE	£11.5
MIXED VEGETABLES	£9.0
FOUR KIND OF VEGETABLES: BRAISED IN CLEAR SANCE	£9.9
SEASONAL CHINESE VEGETABLES: BAI CHOR OR CHOI SUNT WITH OYSTER SAUCE OR GARLIC	£11.9
FOSS FRIED BEANSPROUTS	£7.9
SZECHUAN MIXED VEGETABLES	£11.0
SEA SPICED AUBERGINE	£10.9
CRISPY SHREDDED ASPARAGUS: IN SWEET CHILLI SAUCE	£11.9
STIR FRIED ASPARAGUS: IN SZECHUAN SAUCE	£11.9
STIR FRIED ASPARAGUS: IN GARLIC	£11.9
STIR FRIED GREEN BEANS: IN GARLIC	£10.9

NOODLES

MIXED MEAT NOODLES (CRISPY NOODLES)	£16.9
PRAWN (CHOW MEIN)	£15.5
CHICKEN (CHOW MEIN)	£11.9
BEEF NOODLES	£12.9
SINGAPORE RICE NOODLES (SPICY)	£11.9
SEAFOOD NOODLES: SCALLOPS, PRAWN & SQUID (CRISPY NOODLES)	£16.9
FRIED NOODLES: WITH BEANSPROUTS (CHOW MEIN)	£8.0
HO FUN NOODLES: WITH CHICKEN OR BEEF	£15.5
HO FUN NOODLES: WITH SEAFOODS	£16.9

NON-VEG MENU

SIZZLING DISHES

SIZZLING PRAWNS: SZECHUAN STYLE	£16.9
SIZZLING LAMB: GINGER & SPRING ONION	£15.9
SIZZLING FILLET BEEF: CANTONESE STYLE	£20.9
SIZZLING FILLET BEEF: SZECHUAN STYLE (SPICY)	£20.9
SIZZLING FILLET BEEF: BLACK PEPPER SAUCE (SPICY)	£20.9
SIZZLING THREE-IN-ONE: BEEF, LAMB & PRAWN (IN GINGER & SPRING ONION OR BLACK BEAN SAUCE OR SZECHAUN SAUCE)	£16.9
SIZZLING THREE DELICACIES: PRAWN, SCALLOP & SQUID (IN GINGER & SPRING ONION OR BLACK BEAN SAUCE OR SZECHAUN SAUCE)	£16.9
SIZZLING SCALLOPS: (IN GINGER & SPRING ONION OR BLACK BEAN SAUCE OR SZECHAUN SAUCE)	£16.9
SIZZLING CHICKEN: SZECHUAN SAUCE	£15.9
SIZZLING CHICKEN: GREEN PEPPERS & BLACK BEAN SAUCE	£15.9

BEAN CURD

MA PO BEAN CURD: MINCED PORK WITH DIED BEAN CURD IN A SPICY SAUCE	£10.9
MA PO BEAN CURD: VEGETARIAN	£10.9
FAMILY STYLE BEAN CURD	£10.9
PRAWN STUFFED BEAN CURD	£16.9
BEAN CURD IN GREEN PEPPER & BLACK BEAN SAUCE	£10.9
SWEET & SOUR BEAN CURD: WITH CASHEW NUTS	£13.9
DEEP FRIED CHILLI BEAN CURD	£10.9
RED BRAISED BEAN CURD: (VEGETARIAN)	£10.9
RED BRASIED BEAN CURD: BRASIED BEAN CURD WITH PORK AND VEGETABLES	£10.9

PRAWNS

LEMON PRAWNS: PRAWNS IN LIGHT BATTER & BRAISED IN LEMON SAUCE	£15.5
SWEET & SOUR PRAWNS	£15.5
NINE SEASON PRAWNS: PRAWNS IN FIGHT BATTER COOKED IN SWEET CHILLI SAUCE	£15.5
PRAWNS IN BLACK BEAN SAUCE	£15.5
PRAWNS IN CRYSTAL SAUCE: STIR FRIED PRAWNS WITH VEGETABLES	£15.5
PRAWNS IN GINGER & SPRING ONION	£15.5
PEKING PRAWNS: BRAISED PRAWNS WITH ONIONS	£15.5
GRILLED PRAWNS: PEKING STYLE	£15.5
PRAWN STUFFED AUBERGINE	£16.9
PRAWN STUFFED GREEN PEPPER	£16.9

LOBSTER

LOBSTER: GINGER & SPRING ONION WITH CRISPY NOODLES	£68.0
LOBSTER: BLACK BEAN SAUCE WITH CRISPY NOODLES	£68.0
LOBSTER: SPICY CHILLI SAUCE WITH CRISPY NOODLES	£68.0

SEAFOOD

SOFT SHELL CRAB: DEEP FRIED WITH CHILLI & SPICES	£14.9
DEEP FRIED SCALLOPS: LIGHT BATTER	£14.9

FISH

DRUNKEN FISH	£15.5
DEEP FRIED CHILLI FISH	£15.5
RED BRAISED FISH: BRAISED FISH WITH PORK & VEGETABLES	£15.5
BRAISED FISH: WITH GREEN PEPPER & BLACK BEAN SAUCE	£15.5
SOLE SLICE (OFF BONE): SWEET & SOUR	£15.5
SULE SLICE (OFF BONE): STEAMED WITH GINGER AND SPRING ONION	£15.5
SOLE SLICE (OFF BONE): STEAMED WITH BLACK BEAN SAUCE	£15.5
SIZZLING SOLE SLICE (OFF BONE): SERVED ON A SIZZLING PLATE WITH SPECIAL SAUCE	£16.9
WHOLE SEA BASS: STEAMED WITH GINGER & SPRING ONION	LARGE £3.6 SMALL £3.0
WHOLE SEA BASS: STEAMED WITH BLACK BEAN SAUCE	LARGE £3.6 SMALL £3.0

POULTRY

STIR FRIED CHICKEN WITH CELERY	£14.9
CHICKEN WITH CASHEW NUTS: COOKED IN YELLOW BEAN SAUCE	£15.9
SEA SPICED CHICKEN: COOKED IN SPICY SAUCE	£14.9
CHILLI CHICKEN: COOKED IN CHILLI SAUCE	£14.9
LEMON CHICKEN: CHICKEN BREAST IN LIGHT BATTER & BRAISED WITH LEMON	£14.9
SWEET & SOUR CHICKEN	£14.9
GRILLED CHICKEN: PEKING STYLE	£14.9
CHICKEN WITH PINEAPPLE	£14.9
KUNG PO CHICKEN	£14.9
CHICKEN: WITH GREEN PEPPERS IN BLACK BEAN SAUCE	£14.9
KUNG PO CHICKEN ASIAN STYLE	£15.9

DUCK

WHOLE PEKING DUCK: (ORDER 24 HOURS IN ADVANCE) SERVED WITH PANCAKES, SPRING ONIONS, CUCUMBER & DUCK SAUCE	£85.0
CRISPS DUCK	WHOLE £66.0
SERVED WITH PANCAKES, SPRING ONIONS, CUCUMBER & DUCK SAUCE	HALF QTR. £36.0
ROAST DUCK	£14.9
LEMON DUCK	£14.9
SLICED DUCK: WITH PINEAPPLE	£14.9
SLICED DUCK: WITH GINGER & SPRING ONION	£14.9
SLICED DUCK: WITH GREEN PEPPER & BLACK BEAN SAUCE	£14.9

MUSSELS

MUSSELS: IN BLACK BEAN SAUCE	£13.9
MUSSELS: IN SPICY CHILLI SAUCE	£13.9

SQUID

SQUID WITH GREEN PEPPER: IN SPICY BLACK BEAN SAUCE	£15.5
SQUID IN CRYSTAL SAUCE: STIR FRIED WITH VEGETABLES	£15.5
SQUID IN SZECHUAN SAUCE	£15.5
PRAWN STUFFED SQUID (5)	£16.9

SCALLOPS

SCALLOPS IN SZECHAUN SAUCE	£15.5
STIR FRIED SCALLOPS: WITH GINGER & SPRING ONION	£15.5
STIR FRIED SCALLOPS IN BLACK BEAN SAUCE	£15.5

NON-VEG MENU

BEEF

CRISPY BEEF WITH CARROT: DEEP FRIED SHREDDED BEEF IN LIGHT BATTER WITH CARROT COOKED IN A SPICY SAUCE	£14.9
BEEF WITH GREEN PEPPER: IN BLACK BEAN SAUCE	£14.9
BEEF WITH OYSTER SAUCE: SHEED BEEF AND VEGETABLES COOKED IN OYSTER	£14.9
BEEF WITH GINGER AND SPRING ONION	£14.9
BEEF WITH MANGE TOUT	£14.9
BEEF WITH SEASONAL VEGETABLES	£14.9
STIR FRIED BEEF AND ONION	£14.9

LAMB

LAMB WITH GREEN PEPPER: IN BLACK BEAN SAUCE	£14.9
LAMB WITH SPRING ONION	£14.9
LAMB IN SZECHUAN SAUCE	£14.9

PORK

SWEET & SOUR PORK	£14.9
TWICE COOKED PORK: SLICED PORK COOKED IN A SPICY SAUCE	£14.9
SHREDDED PORK: WITH CHINESE SALTED CABBAGE	£14.9
CHAR SIU PORK: CHINESE ROAST PORK	£14.9
DICED CHAR SIU PORK: WITH CASHEW NUTS	£16.4

OPEN 7 DAYS A WEEK



MONDAY - SATURDAY

LUNCH: 12.00 PM TO 3.00 PM
DINNER: 5.30 PM TO MIDNIGHT

SUNDAY

ALL DAY: 12.00 PM TO 10.30 PM



Tel: 01923-820 951 | Fax: 01923-840 329

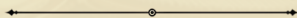
email: info@pekinggarden.org.uk

SURPRISE BIRTHDAY & ANNIVERSARY

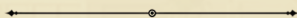


Ideal venue for all occasions
Why not hold your celebration party here

**Healthy Chinese Fondues
with a variety of
seafood meat and vegetables**



24 HOURS NOTICE REQUIRED



**Dinner Gift Vouchers
are available For all occasions**

PLEASE ASK FOR DETAILS