



A GUIDE TO OUR GLUTEN FREE DISHES

Dear Gluten Free Customers,

Thank you so much for choosing Gigi's for your gluten free dining. There are many choices from our menu for you. We do not use wheat starch but we use potato starch as an alternative. We also use many other **gluten free ingredients including soya sauce where appropriate.**

Please be aware, however, that similar to most restaurants in Swansea, we are not able to guarantee cross contamination since we have only one kitchen and use same cooking equipment. **The pans and utensils are all washed after every single meal preparation.**

Some of our dishes are naturally gluten free, some dishes can be adapted to be gluten free, but please make sure let our staff know about your requirements whilst you are ordering. The following dishes are considered safe (*please cross reference to the main and vegan menus*);

GLUTEN FREE SET MENU - £29.88 per person, minimum order 2 persons

sorry no substitutions can be made to the set menu

STARTER

Mixed Salad:

Cucumber/crunchy mushroom/beancurd/carrot

MAIN COURSES

Salt & Pepper Prawns | Gong Bao Chicken | Garlic Broccoli | Rice

MAIN DINING MENU – prices as per main menu

APPETIZERS

Prawn Crackers
Beancurd Salad
Crispy Seaweed
Lazy Cucumber Salad
Crunchy Mushroom Salad

GONG BAO DISHES :

Gong Bao Chicken
Gong Bao King Prawns
Gong Bao DouFu
Gong Bao Beancurd
Gong Bao Potatoes

BLACK BEAN DISHES :

Black Bean Chicken
Black Bean King Prawns
Black Bean DouFu
Black Bean Beancurd
Black Bean Potatoes.

SALT & PEPPER DISHES : *excludes Salt & Pepper Ribs*

S&P Chicken
S&P King Prawn
S&P Dou Fu
S&P Beancurd
S&P Potatoes

RICE & NOODLES

Vermicelli Rice Noodles including plain/egg fried/veg/chicken/seafood/special

RICES: plain/egg fried/seafood/special

*Plain Rice
*Jasmine Rice
*Vegetable Rice

***RICES : Please note:** *Some sufferers are unable to eat Rice due to their high level of sensitivity in respect of their personal allergy, in which case we recommend to avoid it. We do however have many sufferers who happily consume Rice, so the choice is entirely personal*

PLEASE SEE OVERLEAF FOR ALL VEGAN DISHES/VEGETARIAN DISHES

We hope you enjoy your Gluten Free meal at Gigi Gao's Favourite Authentic Chinese!



VEGAN DISHES/VEGETARIAN DISHES – prices as per Vegan/Vegetarian Menu

APPETIZERS AND SOUP DISHES

Crispy Seaweed
 Lazy Cucumber salad
 Crunchy Mushroom Salad

Hot Sour Soup
 DouFu (Tofu) Soup

MAINS DISHES

VEGETABLE DISHES

Stewed Aubergines
 Green Beans
 Pak Choi & Mushrooms
 Sweet Heart Cabbage
 Spinach
 Potato Shreds
 Three Fresh
 Favourite Bean Sprouts
 Chinese Cabbage
 Garlic Broccoli

BEAN CURD DISHES

Bean Curd Salad
 Lazy Bean Curd
 Gong Bao Bean Curd
 Black Bean Bean Curd

DOUFU DISHES

YuXiang DouFu
 MaPo DouFu
 Salt & Pepper DouFu
 Home Style DouFu
 Gong Bao DouFu

POTATO DISHES & MUSHROOM DISHES

Gong Bao Potatoes
 Salt & Pepper Potatoes
 YuXiang Potatoes
 Salt & Pepper Mushrooms
 Mushrooms

Please Note:

Where we have to adapt a dish then you aren't going to sample the 'true authentic Northern Chinese tastes' but we endeavour to get as close of it as possible!

Thank you for choosing Gigi Gao's Favourite Authentic Chinese for your Gluten Free meal.

We hope you enjoy your Gluten Free meal at Gigi Gao's Favourite Authentic Chinese!