

D. Fong's Special Diets Menu: **Gluten Allergies**

Make sure to inform cooks & management of exact allergies before ordering

(Have “Allergic to Gluten” written on ticket)

If **Gluten Allergic**, avoid:

- Lomein & Chow Mein noodles
- Anything Battered and deep fried
- Almonds and Cashews (we roast them in our main deep fryer)
- Regular Soy Sauces (**Gluten Free Soy Sauce available on request**)
- BBQ Pork – marinade contains regular soy sauce
- Fortune Cookie!

You may have: (still specify “Allergic to Gluten”)

- Chicken Vegetable Soup
- Egg Drop Soup
- Shrimp Almond Ding (*specify no nuts*)
- Shrimp Vegetables
- Moo Goo Gai Pan
- Chicken Almond Ding (*specify no nuts*)
- Chicken Vegetables

These can be modified to be Wheat-free using Gluten Free Soy sauce
(Specify “Allergic to Gluten”)

- Any Popular Chow Mein (ask for rice instead of **noodles**)
- Shrimp or Chicken Egg Foo Young ;
- Any Fried Rice (except **no BBQ pork**)
- Cooked to Order : Beef Chow Mein (ask for rice instead of **noodles**)
- Hot Sour Soup (specify **no BBQ pork**)
- Mandarin (Chicken, Beef, or Shrimp)
- Beef with *any* Vegetables

Any item can be spiced to your specific taste.

Our **Gluten free sauce** contains: chicken broth (strictly boiled chicken, nothing else), salt, sugar, garlic, ginger, sesame oil, white pepper, green onion, and a small amount of msg.
(Can be made without msg upon request)

**Please note that products containing Gluten are prepared in our kitchen.

Ask to speak to David Jr. if you have any further questions.

952-894-0800