

SWEET MANDARIN

MANCHESTER · NORTHERN QUARTER

GLUTEN FREE DAIRY FREE MENU

Three generations of family recipes.
Every dish, every sauce, naturally gluten free and dairy free.

SWEETMANDARIN.COM



BANQUET

£80

TOTAL FOR
TWO PERSONS

THE PINK DIAMOND

The Pink Diamond £80

- Crispy Aromatic Duck (Se)
- Sesame Prawn Toast (C, Se)
- Prawn Crackers (C)
- Chicken, Green Peppers & Blackbean Sauce (Se)
- Crispy Sichuan Beef
- Salt n Pepper Chicken Balls
- Egg Fried Rice (E)

The Pink Diamond is the celebratory banquet of our signature Chinese dishes. Like the stone itself, it says you are rare, sought after and of intrinsic value, independent of any outside approval. You are a precious and beloved jewel.

THESE DISHES ARE NON CHANGEABLE



BANQUET

£64

TOTAL FOR
TWO PERSONS

THE BLUE BANQUET

The Blue Banquet £64

- Salt n Pepper Squid (C, M, E)
- Salt n Pepper Chicken Balls
- Beef, Green Peppers & Blackbean Sauce (Se)
- Sweet Chilli King Prawns (C, E)
- Egg Fried Rice (E)
- Sichuan Spicy Potatoes (Se)

Every dish in the Blue Banquet is made with our homemade sauces, and our salt n pepper squid won Gordon Ramsay's The F Word 'Best Local Chinese Restaurant', beating 10,000 other restaurants to the accolade.

THESE DISHES ARE NON CHANGEABLE

SET MENU

£50

TOTAL FOR
TWO PERSONS



SET DINNER FOR TWO

Set Dinner for Two £50

- Prawn Crackers (C)
- Vegetable Spring Rolls (Se)
- Sweet & Sour Chicken
- Crispy Sichuan Beef
- Egg Fried Rice (E)
- Salt & Pepper Chips

Our classic sharing feast for two, with a little of everything our regulars love.

THESE DISHES ARE NON CHANGEABLE



SIGNATURE

Aromatic Crispy Duck

Quarter £17.99 Se

Served with gluten free pancakes, our gluten free homemade hoisin sauce, cucumber and leeks.



Soups

EACH **£5.95**

GF1	**Hot & Sour Soup** C, E, Se *with prawns and chicken*
GF3	**Chicken & Sweetcorn Soup** E, Se *with egg*
GF1V	**Vegan Hot & Sour Soup** S, Se, Su *with tofu*
GF3V	**Vegan Sweetcorn Soup** Se

Dim Sum & Starters

GF6	Prawn Crackers C	£4.50
GF7	Crispy Seaweed	£8.00
GF8	Sesame Prawn Toast C, Se *4 pieces*	£8.00
GF12	Vegetable Spring Rolls Se *3 pieces*	£8.00
	Barbecue Chicken Wings *4 pieces*	£8.00
	Sriracha Hot Chicken Wings Su, Mu *4 pieces*	£8.00
	Edamame Beans S	£6.00
	Wakame Salad Se, S	£8.00
GF18	Salt & Pepper Chicken Wings *4 pieces*	£8.00
GF18SQ	Salt & Pepper Squid C, M, E *6 pieces*	£8.00
GF18M	Salt & Pepper Mushrooms	£8.00
GF18T	Salt & Pepper Chilli Tofu S, Su	£8.00
GF18KP	Salt & Pepper King Prawns C, E *4 pieces*	£10.00

C crustaceans · E eggs · Se sesame · M molluscs · Su sulphites — full allergen key on the back page





FEATURING

Gluten Free Sesame Prawn Toast

£8.00 C, Se

Having tested over 15 types of bread for this prawn toast, we have found the best gluten free bread for this dish. It does not have massive holes in it, it does not absorb oil, and it creates the most wonderful crunch. Thank you Warburtons! Try this dish, you will love it.



GLUTEN FREE

Chicken

EACH £14.99

GF37	Lily Kwok's Chicken Curry Mu	
GF18C	Salt & Pepper Chicken Balls	
GF37T	Jungle Green Curry Su	
GF30	Lemon Chicken	
GF35	Sweet & Sour Chicken	
GF32	Chicken, Green Peppers & Blackbean Se	
GF71	Chicken Fried Rice E	
GF.CFY	Chicken Foo Young E	
GF47C	Sweet Chilli Chicken	
GF31	Mabel's Chicken Casserole Se	*tender chicken with Chinese leaves in a savoury sauce*
GF29	Firecracker Chicken	*chicken pieces, not in batter, in a sweet chilli sauce with chilli oil*
GFC2C	Volcano Chicken Mu	*chicken slices in a spicy sauce with green peppers*





HOUSE FAVOURITE

Lemon Chicken

£14.99

Crisp, golden chicken in our own gluten free lemon sauce, sharp and sweet, finished with fresh lemon. Perfectly accompanied by the Rabbit cocktail.

GF30 · ALSO IN THE TROY HAWKE MUNCHIE BOX



MAINS

Fried Rice

GF61SFR	**Special Fried Rice** E, S, Se *chicken, king prawn and beef*	£16.99
GF71	**Chicken Fried Rice** E *chicken, egg and peas*	£14.99
GFBFR	**Beef Fried Rice** E *beef, egg and peas*	£15.99
	King Prawn Fried Rice C, E	£18.99



Beef

EACH £15.99

GF38	Crispy Sichuan Beef	
GF39	Beef, Green Peppers & Blackbean Se	
GF37B	Lily Kwok's Beef Curry Mu	
GF43	Beef & Mushrooms in Oyster Sauce M, Se, Su	
GFC2B	Volcano Beef Mu *beef in a spicy sauce*	



GLUTEN FREE NOODLES

Beef Ho Fun

GF68 **Beef Ho Fun** Se £15.99
wide rice noodles, tender beef, beansprouts and spring onion

GLUTEN FREE NOODLES

Pad Thai

GF6K

King Prawn Pad Thai C, Se

£18.99

GF66

Pad Thai with Prawns & Chicken C, Se

£16.99

GF66C

Chicken Pad Thai Se

£14.99

GF66TOFU

Tofu Pad Thai S, Se, Su

£13.99



GLUTEN FREE NOODLES

Singapore Vermicelli

GF65

Singapore Vermicelli S, Se

spicy, with slivers of chicken and baby prawns

£14.99



GLUTEN FREE NOODLES

Special Ramen Noodles

GF61S

Special Ramen Noodles S, Se

chicken, king prawn and beef

£16.99





GLUTEN FREE RAMEN NOODLES

Ramen Noodles

These are our chow mein noodles at Sweet Mandarin.

GF63

Chicken Ramen Noodles

£14.99

Beef Ramen Noodles

£15.99

Tofu Ramen Noodles S, Su

£15.99



King Prawn EACH £18.99

GF47	Sweet Chilli King Prawn C, E	GF72	Peking King Prawns C, E
GF50	Sweet & Sour King Prawns C, E	GF18KPL	Main Course Salt n Pepper King Prawn E, C



GLUTEN FREE

Vegetarian

EACH **£13.99**

GF57	Mabel's Vegetarian Tofu Casserole	S, Su
GF58	Sweet & Sour Tofu	S, Su
GF39TVEG	Blackbean Vegetables	S, Se
GF61	Vegetable Ramen Noodles	S, Se
GF65V	Spicy Vermicelli with Vegetables	Se, S
GF37TV	Jungle Green Vegetable Curry	
GF37TVTOFU	Jungle Green Tofu Curry	S, Su



GLUTEN FREE

Side Dishes

GFFR	Fragrant Egg Fried Rice E	£3.95
GFBR	Boiled Rice	£3.95
GF83	Ramen Noodles, Beansprouts & Onions Se	£5.95
GF84	Rice Vermicelli Noodles, Beansprouts & Onions Se	£5.95
GF85	Chips	£3.95
GF96	Salt & Pepper Chips	£4.95
GF112	Sichuan Spicy Potatoes Se *these are the best potatoes ever!*	£7.95
	Broccoli	£6.95
	Mixed Vegetables	£6.95

HOMEMADE

Sauces & Dips

GF92	Lily Kwok's GF Curry Sauce Mu	£3.99
	Tiny Tub of GF Dip *OK sauce, Sweet & Sour or Sweet Chilli*	£2 each

FOR SALT N PEPPER LOVERS

Salt n Pepper Munchie Box

£16 FOR ONE PERSON

Salt n Pepper Chips
Salt n Pepper Chicken Balls
Salt n Pepper Chicken Wings

Wok tossed together in one big box.



BIG APPETITES

Mega Munchie Box

£36 FOR ONE PERSON

Salt n Pepper Chips
Salt n Pepper Chicken Balls
Crispy Beef
Vegetable Spring Rolls (Se)
Egg Fried Rice (E)

These items are all gluten free.



SUITABLE FOR 1 TO 2 PERSONS

The Troy Hawke Munchie Box

£67

A food dedication to the most amazing human. Never stop, never change.

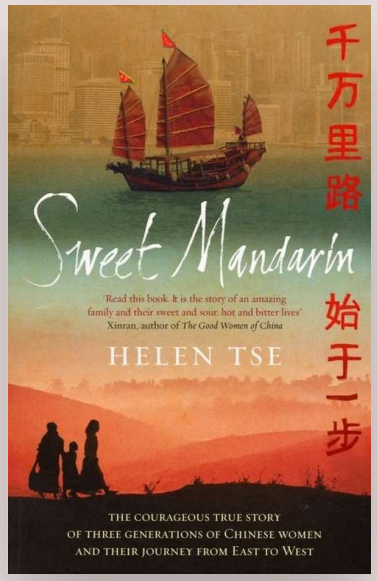
IN THE BOX

- Salt n Pepper Chips
- Salt n Pepper Chicken Balls
- Vegetable Spring Rolls (Se)
- Lemon Chicken
- Crispy Sichuan Beef
- Beef, Green Peppers & Blackbean (Se)
- Egg Fried Rice (E)
- Sichuan Potatoes (Se)
- Ramen Noodles

These items are all gluten free.







OUR FAMILY · OUR STORY

Recipes handed down through our family and cooked the same way today. Our story is told in the book Sweet Mandarin by Helen Tse, published by Ebury Press, an imprint of Random House, distributed to 33 countries, and adapted into a theatre show that toured the whole of the UK, Hong Kong, China and Canada.

FIND US

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ABOUT SWEET MANDARIN 甜甜

Three generations, *one kitchen*

Sweet Mandarin's recipes are passed down from generation to generation. We offer a banquet of family stories that take us from a small Chinese village to cosmopolitan Hong Kong and urban Manchester.

Along the way, the ingredients of special dishes and a rich life are added: a homemade stock of hard life, a pound of tragedy, a spoonful of daring, a dash of curses, and dollop after dollop of sheer will.

Behind this restaurant is a family memoir of survival and victories, luck and determination, and perpetual mounds of dirty dishes waiting to be washed.

From our family to yours, with love. Grandma Lily Kwok, Mum Mabel, and sisters Lisa, Helen & Janet.

GLUTEN FREE, ZERO CROSS CONTAMINATION

Every ingredient used at Sweet Mandarin is naturally gluten free. We make our own sauces in house to ensure the base ingredients remain gluten free and without any trace of gluten. There is no loose flour on site to avoid airborne cross contamination. Our gluten free woks, fryers, chopping boards, utensils and crockery are strictly used for gluten free dishes only. We take your dietary requirements extremely seriously to ensure you can enjoy your dinner without any worry of cross contamination. You are safe with Sweet Mandarin. Our kitchen is entirely dairy free too.

ALLERGENS GUIDE

G gluten	S soya	Se sesame oil	C crustaceans
Su sulphites	P peanut	N nuts	E eggs
M molluscs	Ce celery	Mu mustard	F fish
L lupin	Mi milk		

Please tell us about any allergy or intolerance when you order.