

# 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:

- **1 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.
- **2 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.
- **3 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.
- **4 Eggs**

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

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- **6 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.
- **7 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.
- **8 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.
- **9 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.
- **10 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.
- **11 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.
- **12 Sesame seeds**

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- **13 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.
- **14 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](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)

Sign up to our allergy alerts on [food.gov.uk/email](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook.

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

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

Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

# 厨心

经典传承

主理的厨师性格内敛，但非常有力量，所出的菜品时髦而有张力，至于该替食客考虑的味觉和视觉享受，他更是用了很多的心思。师：在字典里包含以下意思。一、传授知识和技能的人，二、掌握专门技术的人。三、学习的榜样。所有好的厨师不会只是匠人，他必定是许多人应当倾心爱戴和模仿的榜样，如果有一天大家对某家餐厅这件平凡的事情很向往去，之前有很多的钱和心情储备，早早定好了位置，那天到来的时候好像过节一样的快乐，享用的过程充满期待和愉悦，酒足饭饱，之后再请出厨师来告诉我们感谢你技艺和用心，我想每个做餐饮的人都会因这样的互动而感动，进而把餐厅做到更好。



## 锅包肉 15.8

Double Cooked Pork in Sweet and Sour Sauce

温馨提示：菜品图片仅供参考，请以实物出品为准

All pictures shown are for illustration purpose only. Actual dish may vary due to product enhancement.

美食

【用心制作】

特色菜

Chef's Special

只为款待  
您心中最重要的人

最有名的  
特色菜

鑫锴水煮鱼 (新鲜鲈鱼) 32.8

Poached Sea Bass Fillet Slices in Hot Chilli Oil



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特色  
菜

Chef's Special

美食

【用心制作】

美味又滋补  
桌桌必点特色菜！

就是味鲜，肉嫩



强力  
推荐

松鼠鱼

32.8

Squirrel Fish (Deep fried Whole Sea Bass in Sweet and Sour Sauce)

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我们以不  
迎合，  
我们只做  
正宗的。

特色菜

Chef's Special

美食

【用心制作】

东北杀猪菜 19.8

Pork Belly, Rice Noodles, Pork Blood Tofu and Sour Cabbage Stew



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## 清蒸鲈鱼

29.8

Steamed Seam Bass with Seasoned Soy Sauce

人更厚道  
选料地道



特色推荐

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# 好手艺 自然好味道

有些味道说不出有什么特别  
但无论走到哪里都忘不掉

特色  
菜

Chef's Special

美食

【用心制作】



飘香茄盒

16.8

Fried Aubergine with Pork Filling



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雷击黄瓜

7.8

Smashed Cucumbers in Garlic Sauce (V)



爽口木耳

7.8

Black Fungus Salad(V)



黄瓜金针菇

10.8

Cucumber and Enoki Mushroom Salad(V)

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好  
手  
艺  
好  
味  
道



口水鸡



12.8

Steamed Chicken in Chilli Sauce



柠檬酸辣鸡爪



13.8

Chicken feet with Spicy Sour Lemon



酱牛肉

13.8

Braised Beef Shank Slices



夫妻肺片



13.8

Beef and Tripe in Chilli Sauce

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**斋春卷 (5个) 5.8**  
 Vegetable Spring Rolls (5pcs) (V)



Edamame (V)

毛豆

5.8



**传承本味 本色本香**

Vegetable Grilled Dumplings (4pcs) (V)

素馅锅贴(4个)

5.8



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鸡肉锅贴(4个) **6.8**  
Chicken and Mushroom Grilled Dumplings (4pcs)



芥末虾 (6粒) **12.8**  
Wasabi Prawn Balls (6 pcs)



秘制排骨  
Pork Ribs in Special Sauce

**12.8**

尝一次，刻骨铭心  
来两回，终身难忘

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虾巧手 (4个)



Prawn Dumplings in Chilli Sauce (4pcs)

6.8

品韵传统本味  
彰显百年经典  
人气爆棚首选

香酥鸭 (1/2) / (Half)

Crispy Duck (1/4) / (Qtr)

13.8/25.8



椒盐鲜鱿



Salt and Pepper Squid

12.8



有一种味道  
属于尊贵的您

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鸡肉玉米汤  
Chicken and Sweetcorn Soup

6.8



汤  
Soup

美食

【用心制作】



西红柿鸡蛋汤 5.8

Egg and Tomato Soup (V)



紫菜蛋花汤 5.8

Egg and Seaweed Soup (V)



酸辣汤



6.8

Hot and Sour Soup



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肉类

Meat Dishes

美食

【用心制作】

肉丝酸菜炒粉

Stir Fried Sour Cabbage with Pork and Glass Noodles

13.8



麻婆豆腐

12.8

MaPo Tofu (with Pork Mince)



蚂蚁上树

12.8

Stir Fried Vermicelli with Pork Mince



干煸四季豆


13.8

Dry Fried French Beans with Pork Mince

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宫保鸡丁 

Kung Pao Chicken

13.8




辣子鸡 

Sautéed Diced Chicken with Chilli and Peppercorn

14.8



回锅肉 

Double Cooked Pork Belly Slices

14.8



匠心制作  
岁月不语

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## 咕咾鸡

Sweet and Sour Chicken

**13.8**



## 豉椒鸡

Chicken in Black Bean Sauce

**13.8**



## 椒盐鸡

**13.8**

Salt and Pepper Chicken

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新鲜，食材  
良心，品质



豉椒牛肉 16.8

Beef in Black Bean Sauce



酸甜牛丝 16.8

Crispy Shredded Beef with Chilli



水煮猪肉片 16.8

Poached Pork Slices in Hot Chilli Oil



孜然羊肉 17.8

Stir fried lamb with cumin

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鱼香肉丝  14.8

Shredded Pork with Garlic Sauce



京酱肉丝 14.8

Shredded Pork with Sweet Soy Bean Sauce

干煸肥肠 

Dry-fried Pork Intestine

15.8



东北溜肉段

Crisp Fried Pork

15.8



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溜肥肠

Stir Fried Pork Intestine

15.8



木须牛肉

Mushu Beef

16.8

洋葱爆羊肉

Stir fried lamb with Onions

17.8



鸡肉炖蘑菇土豆粉条

Chicken Stew with Mushrooms, Potato and Rice Noodles

18.8

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我们努力做到最好

希望得到您的认可



东北乱炖 17.8

Braised Pork with Mixed Vegetables



水煮牛肉片 18.8

Poached Beef Slices in Hot Chilli Oil



毛血旺 19.8

Pork Blood Tofu, Pork Intestines and Pork Belly Slice with Mixed Vegetables in Chilli Oil

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香辣开边虾猪肝 17.8

King Prawn with Spicy Pork Liver



豆鼓一品海鲜 19.8

Mixed Seafood in Black Bean Sauce

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椒盐虾 (8粒)

Salt and Pepper King Prawn (8pcs)

**17.8**



宫保虾球 (8粒)

Kung Pao King Prawn (8pcs)

**17.8**



糖醋虾球 (8粒)

**17.8**

Sweet and Sour Prawn Balls (8pcs)

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醋溜土豆丝 **10.8**

Stir Fried Sour Shredded Potato



木耳白菜 **10.8**

Stir Fried Black Fungus and Chinese Cabbage



手撕包菜  **10.8**

Stir Fried Cabbage with Red Chilli



番茄炒蛋 **11.8**

Stir Fried Tomato with Egg



茄子豆腐 **12.8**

Aubergine with Tofu



素酸菜炒粉

13.8

Stir Fried Sour Cabbage and Glass Noodles



干煸四季豆

13.8

Dry Fried French Beans

Mapo Tofu  
麻婆豆腐



素

12.8



地三鲜

12.8

Stir Fried Aubergine, Potato and Pepper



尖椒干豆腐

12.8

Stir Fried Green Pepper with Dried Tofu

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美食  
Rice, Noodles and Dumplings  
【用心制作】  
饭、面、饺子



蛋炒饭

4.8

Egg Fried Rice



扬州炒饭

11.8

Special Fried Rice



白饭 3

Steamed Rice

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鸡丝炒面  
Shredded Chicken Fried Noodles

**11.8**



爆炒牛肉面 **11.8**

Beef Fried Noodles



牛肉汤面 **12.8**

Beef Soup Noodles

**飘香全店 有滋有味**

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老北京炸酱面  
The old Beijing Noodles with Soy Bean Paste

12.8



手工虾仁韭菜水饺 (10个) 12.8  
Prawn and Chinese Chives Dumplings (10 pcs)



手工猪肉白菜水饺 (10个) 12.8  
Pork and Chinese Cabbage Dumplings (10 pcs)

色香味美 白吃不厌

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# Drinks Menu

## Soft Drink 汽水

Coke Cola 可乐 3.00

Diet Coke 健怡可乐 3.00

Sprite 雪碧 3.00

Fanta 芬达 3.00

Aloe Vera 500ml 芦荟汁 4.50

Aloe Vera 1.5L 芦荟汁 9.80

Soy Milk 豆奶 4.50

Sour Plum 酸梅汤 4.50

Herbal Tea 凉茶 4.50

Ice Lemon Tea 冰红茶 4.50

Ice Green Tea 冰绿茶 4.50

## Juice 果汁

Orange Juice 橙汁 2.50

Apple Juice 苹果汁 2.50

Cranberry Juice 蔓越梅汁 2.50

## Tea

Jasmine Tea 花茶 2.50 / 位

Puer 普洱 2.50 / 位

Green Tea 绿茶 2.50 / 位

# Drinks Menu

## Sparkling Wine 气泡酒

Freixenent Prosecco 20cl

Glass / Bottle

6.60

## White Wines 白葡萄酒

125ml/175ml/Bottle

Hommage a Colette Grenache Blanc, Celliers Jean d'Allibert  
Pays d'Oc, France

4.80 / 6.80 / 26.00

Pinot Grigio Montevento, Veneto, Italy DOC

5.00 / 7.50 / 29.00

Sauvignon Blanc, Arboleda, Aconcagua Costa, Chile

6.80 / 9.80 / 39.00

## Rose Wine 桃红葡萄酒

125ml/175ml/Bottle

Pinot Grigio Rose, Montevento, Veneto, Italy

5.00 / 7.50 / 29.00

## Red Wines 红葡萄酒

125ml/175ml/Bottle

Nero d'Avola, Cipollina, Sicily, Italy

4.80 / 6.50 / 26.00

Sanziana Pinot Noir Recas Cramele, Banat, Romania

5.00 / 7.30 / 29.00

Flor de Cardon Malbec Estancia Los Cardones, Argentina

6.80 / 9.30 / 38.00

## Chinese Spirits 中国白酒

Maotai 茅台 200ml

288.00

Jiangxiaobai 江小白

18.80

## Water 水

Still Water 纯净水 (330ml/750ml)

2.00/4.00

Sparkling Water 气泡水 (330ml/750ml)

2.00/4.00

## Beers

Tsingtao 青岛

4.50

Tiger 虎牌

4.50



用心烹饪 美味佳肴

