



## DAIRY-FREE

- Chill & Lemongrass Spiced Cashews
- Peppered Squid
- Vietnamese Summer Rolls
- Thai Gulf Jumbo Prawns
- Spice Grill Chicken Satay
- Krishna Pakhora
- SFC
- Pho Bo
- Wok Lobster
- Shaking Beef
- Bali Prawns
- Firecracker Chicken
- Beef Rendang
- Malay Hawker Style Fried Fish & Prawns
- Malabar Fish Curry
- Nasi Goreng
- Thai Yellow Chicken Curry
- 25 Herb & Spice Lamb Curry
- Sticky Pork Belly
- South Indian Spice Scented Lentil Curry
- Sichuan Style Vegetables
- Thai Beef Salad
- Peking Duck Salad
- Indian Empire Spiced Chickpea Salad \*\*\*
- Singapore Fried Noodles
- Bangkok Street Noodles
- Roast Duck Mee Goreng
- Poppadoms
- Bok Choy
- Kachumber Salad
- Sweet Chilli Eggplant
- Steamed Green Beans \*\*\*



## FISH, SHELLFISH & SEAFOOD FREE

- Chilli & Lemongrass Spiced Cashews
- Curried White Bean Dip with Roti Chips
- Malai Chicken
- Krishna Pakhora
- Vietnamese Summer Rolls \*\*\*
- Stuffed Naan
- Roast Pork Belly Bao \*\*\*
- Beef Rendang
- Butter Chicken
- Thai Yellow Chicken Curry
- 25 Herb & Spice Lamb Curry
- Kashmir Potato, Pea & Cauliflower Curry
- Sichuan Style Vegetables \*\*\*
- South Indian Spice Scented Lentil Curry
- Thai Beef Salad \*\*\*
- Peking Duck Salad
- Indian Empire Spiced Chickpea Salad
- Black Pepper & Chilli Tofu
- Singapore Fried Noodles \*\*\*
- Bangkok Street Noodles \*\*\*
- Roast Duck Mee Goreng \*\*\*
- All Breads
- Steamed Green Beans
- Kachumber Salad
- Bok Choy \*\*\*



## CHILLI-FREE

- Thai Gulf Jumbo Prawns
- Roast Pork Belly Bao \*\*\*
- Vietnamese Summer Rolls \*\*\*
- Spice Grill Chicken Satay \*\*\*
- Peking Duck Salad
- Thai Beef Salad \*\*\*
- Shaking Beef
- Bangkok Street Noodles \*\*\*
- Roast Duck Mee Goreng
- All Breads
- Bok Choy
- Steamed Green Beans \*\*\*



## GLUTEN-FREE

- Curried White Bean Dip w Roti Chips \*\*\*
- Malai Chicken
- Thai Gulf Jumbo Prawns
- Vietnamese Summer Rolls
- Pho Bo
- Butter Chicken
- Thai Yellow Chicken Curry
- 25 Herb & Spice Lamb Curry
- Thai Beef Salad \*\*\*
- South Indian Spice Scented Lentil Curry
- Poppadoms
- Steamed Green Beans
- Kachumber Salad



## ONION & GARLIC-FREE

- Chilli & Lemongrass Spiced Cashews
- Vietnamese Summer Rolls \*\*\*
- Roast Pork Belly Bao \*\*\*
- Krishna Pakhora
- Singapore Fried Noodles \*\*\*
- Roast Duck Mee Goreng \*\*\*
- Bangkok Street Noodles \*\*\*
- Thai Beef Salad \*\*\*
- Indian Empire Spiced Chickpea Salad
- Roti
- Classic Naan
- Poppadoms
- Steamed Green Beans \*\*\*
- Bok Choy \*\*\*



## VEGETARIAN

- Chilli & Lemongrass Spiced Cashews
- Curried White Bean Dip w Roti Chips
- Krishna Pakhora
- Vietnamese Summer Rolls \*\*\*
- Kashmir Potato, Pea & Cauliflower Curry
- South Indian Spice Scented Lentil Curry
- Sichuan Style Vegetables \*\*\*
- Singapore Fried Noodles \*\*\*
- Bangkok Street Noodles \*\*\*
- Roast Duck Mee Goreng \*\*\*
- Black Pepper & Chilli Tofu
- Indian Empire Spiced Chickpea Salad
- All Breads
- Steamed Green Beans
- Kachumber Salad
- Bok Choy \*\*\*



## VEGAN

- Chilli & Lemongrass Spiced Cashews
- Krishna Pakhora
- Vietnamese Summer Rolls \*\*\*
- Sichuan Style Vegetables \*\*\*
- Singapore Fried Noodles \*\*\*
- Bangkok Street Noodles \*\*\*
- Indian Empire Spiced Chickpea Salad \*\*\*
- South Indian Spice Scented Lentil Curry
- Poppadoms
- Steamed Green Beans \*\*\*
- Kachumber Salad
- Bok Choy \*\*\*

## CONTAINS CORIANDER

- Firecracker Sliders
- Little Dragon Tacos \*\*\*
- Malai Chicken
- Peppered Squid
- Thai Gulf Jumbo Prawns
- Vietnamese Summer Rolls
- Krishna Pakhora \*\*\*
- Stuffed Naan
- Pho Bo
- Wok Lobster
- Bali Prawns
- Firecracker Chicken
- Butter Chicken
- Malabar Fish Curry
- Thai Yellow Chicken Curry
- Kashmir Potato, Pea & Cauliflower Curry
- 25 Herb & Spice Lamb Curry
- Sticky Pork Belly
- South Indian Spice Scented Lentil Curry
- Thai Beef Salad \*\*\*
- Kachumber Salad
- Sweet Chilli Eggplant \*\*\*

## CONTAINS EGG

- Peppered Squid
- Roast Pork Belly Bao \*\*\*
- SFC
- Firecracker Sliders
- Nasi Goreng \*\*\*
- Singapore Fried Noodles \*\*\*
- Bangkok Street Noodles \*\*\*
- Roast Duck Mee Goreng
- Roti

## CONTAINS NUTS

- Chilli & Lemongrass Spiced Cashews
- Spice Grill Chicken Satay \*\*\*
- Pho Bo \*\*\*
- Malay Hawker Style Fried Fish & Prawns
- Bangkok Street Noodles \*\*\*
- Thai Beef Salad \*\*\*
- Peking Duck Salad \*\*\*
- Indian Empire Spiced Chickpea Salad \*\*\*

\*\*\* = ON REQUEST ONLY  
RICE IS SUITABLE FOR ALL ALLERGIES

PLEASE BE ADVISED THAT OUR MENU ITEMS ARE ALL PREPARED IN A KITCHEN WHICH STOCKS EGGS, NUTS,  
DAIRY, WHEAT/GLUTEN & SHELLFISH PRODUCTS.

EVERY EFFORT IS MADE TO INSTRUCT OUR STAFF ON THE SEVERITY OF FOOD ALLERGIES,

HOWEVER WE CANNOT 100% GUARANTEE THAT CROSS CONTAMINATION

OF INGREDIENTS DOES NOT OCCUR IN OUR KITCHEN.



# MONSOON POON

TRADING HOUSE RESTAURANT

## ALLERGY MENU