



DAIRY-FREE

- 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 Seasonal Greens



FISH, SHELLFISH & SEAFOOD FREE

- Curried White Bean Dip
- Malai Chicken
- Krishna Pakhora
- Vietnamese Summer Rolls ***
- Stuffed Naan
- Beef Rendang
- Butter Chicken
- Thai Yellow Chicken Curry
- 25 Herb & Spice Lamb Curry
- Mowgli Chana Masala
- 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 Seasonal Greens
- Kachumber Salad
- Bok Choy ***



CHILLI-FREE

- Prawn Crackers
- Thai Gulf Jumbo Prawns
- 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 Seasonal Greens



GLUTEN-FREE

- Curried White Bean Dip
- Malai Chicken
- Thai Gulf Jumbo Prawns
- Vietnamese Summer Rolls
- Pho Bo
- Butter Chicken
- Thai Yellow Chicken Curry
- Mowgli Chana Masala
- 25 Herb & Spice Lamb Curry
- Thai Beef Salad
- South Indian Spice Scented Lentil Curry
- Steamed Seasonal Greens
- Kachumber Salad



ONION & GARLIC-FREE

- Prawn Crackers
- Vietnamese Summer Rolls ***
- 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 Seasonal Greens ***
- Bok Choy ***



VEGETARIAN

- Curried White Bean Dip
- Krishna Pakhora
- Vietnamese Summer Rolls ***
- Mowgli Chana Masala
- 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 Seasonal Greens
- Kachumber Salad
- Bok Choy ***
- Sweet Chilli Eggplant



VEGAN

- 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 Seasonal Greens
- Kachumber Salad
- Bok Choy ***
- Sweet Chilli Eggplant

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
- Mowgli Chana Masala
- 25 Herb & Spice Lamb Curry
- Sticky Pork Belly
- South Indian Spice Scented Lentil Curry
- Thai Beef Salad ***
- Kachumber Salad
- Sweet Chilli Eggplant

CONTAINS EGG

- Prawn Crackers
- Peppered Squid
- SFC
- Firecracker Sliders
- Nasi Goreng ***
- Singapore Fried Noodles ***
- Bangkok Street Noodles ***
- Roast Duck Mee Goreng
- Roti

CONTAINS NUTS

- 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



MONSOON POON

TRADING HOUSE RESTAURANT

ALLERGY MENU