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All prices are inclusive of VAT.

Stainburn Parade
300 Harrogate Road
Moortown
Leeds, LS17 6LY

(0113) 237 0034

contact@g-wu.co.uk

www.g-wu.co.uk

VEGETARIAN COELIAC MENU

Soups

Sweetcorn	£3.80
Chilli Hot and Sour	£4.00
Mixed Vegetables	£4.00

Appetisers

Seaweed	£4.20
Vegetarian Toasts	£4.80
Beancurd with Vegetarian Stuffing	£7.50
Salt & Pepper Aubergine, Beancurd or Mushrooms	£6.00
Diced Vegetables Lettuce Wrap (N) (without hoi sin sauce)	£7.50

Main Courses

Beancurd, Mixed Vegetables or Aubergine	£8.50
Choose one of the above stir-fried with:	
Chinese Vegetables	
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Mixed Mushrooms	
Pineapple with or without Preserved Ginger	
Satay Sauce (N)	
Szechuan Sauce	
OK Sauce	
Sweet and Sour Sauce	
Cashew Nuts in a Bird's Nest (additional £1.50)(N)	

Curry (Green or Red)

Mixed Vegetables, Mushrooms or Beancurd	£8.50
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Noodles

Vermicelli Thin, Rice Noodles with:	
Mixed Vegetables, Mushrooms or Beancurd	£9.50
Vegetarian Singapore or Ha Moon	£8.50
Ho Fun Flat, Rice Noodles with:	
Mixed Vegetables, Mushrooms or Beancurd	£10.50

Fried Rice

G-Wu Special Vegetarian Fried Rice <i>Diced medley of vegetables cooked in a sauce served on a bed of fried rice</i>	£7.50
Mixed Vegetables or Mushroom Fried Rice	£7.00

COELIAC SOUPS & STARTERS

Soups

Chicken and Sweetcorn	£4.50
Chicken with Shiitake Mushrooms	£4.50
Chilli Hot and Sour	£4.50
Shredded Duck with Vegetables	£4.50
Westlake Beef Soup with Fresh Coriander	£4.50
Chicken and Glass Noodles	£4.50
Crab Meat and Sweetcorn	£4.80
Seafood with Beancurd and Vegetables	£5.50

Starters

G-Wu Mixed Platter (minimum for two)(N) Prawn Toasts, Seaweed, BBQ Ribs, Salt & Pepper Squid and Chicken Skewers	£7.60pp
Prawn Toasts	£6.50
Salmon Fishcakes	£6.50
Ribs in OK Sauce	£7.50
Ribs in Sweet and Sour Sauce	£7.50
BBQ Ribs Brushed with Honey	£7.50
Salt and Pepper Ribs	£7.50
Chicken Skewers with Satay Sauce (N)	£7.50
King Prawn Skewers with Satay Sauce	£9.00
Salt and Pepper Chicken Wings	£6.00
Salt and Pepper Shredded Chicken	£7.50
Salt and Pepper Chicken Nuggets	£9.85
Salt and Pepper Squid	£7.50
Salt and Pepper King Prawns	£8.00
Salt and Pepper Soft Shell Crab	£7.50
Stir-fried Mussels in Black Bean Sauce	£8.00
Steamed King Prawns in Shell and Black Bean Sauce	£8.00
Crispy Seaweed	£4.50
Prawn Crackers	£2.20

Salad

Fresh Mango Salad (Subject to availability)	£7.50
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Lettuce Wraps (without hoi sin sauce)

Duck and Vegetables (N)	£9.00
Mixed Seafood and Vegetables (N)	£9.00
Chicken and Vegetables (N)	£8.50

COELIAC MAIN DISHES

Seafood

Squid	£11.00
King Prawns	£11.50
Scallops	£13.00
Seafood Trio (Squid, King Prawns, Scallops)	£13.00
Lightly Battered Cod or Salmon	£13.50
Stir fried with:	
Golden Garlic and Celery	
Mixed Vegetables	
Chinese Vegetables	
Mushrooms	
Mixed Mushrooms	
Cashew Nuts in Bird's Nest (additional £1.50)(N)	
Gingers and Spring Onions	
Green Peppers and Black Bean Sauce	
Pineapple with or without Preserved Ginger	
Satay Sauce (N)	
Szechuan Sauce	
Lightly Battered Cod or Salmon in OK Sauce	£13.50
in Sweet & Sour Sauce	
Lightly Battered King Prawns	£11.50
in Lemon Sauce with Sesame Seeds	
in Mayonnaise Dressing (N)	
in Sweet & Sour Sauce	
in OK Sauce	

Prawn Meat Stuffing

Prawn Meat Stuffing with:	
Roast Duck in Chinese Mushroom Sauce	£13.00
Chicken in Chinese Mushroom Sauce	£12.50
Green Peppers in Black Bean Sauce	£12.00
Beancurd and Aubergine in Black Bean Sauce	£12.00

Roast Duck

Roast Duck in:	£13.50
A choice of Plum, Lemon or Orange Sauce	
Roast Duck Stir-fried with:	£11.00
Chinese Vegetables	
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Mixed Mushrooms	
Pineapple with or without Preserved Ginger	
Satay Sauce (N)	
Szechuan Sauce	
Cashew Nuts in a Bird's Nest (additional £1.50)(N)	
Coriander and Cumin	

Chicken, Beef, Pork or Char Sui

Stir-fried with:	£9.85
Chinese Vegetables	
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Mixed Vegetables	
Mushrooms	
Mixed Mushrooms	
Pineapple with or without Preserved Ginger	
Satay Sauce (N)	
Szechuan Sauce	
Cashew Nuts in a Bird's Nest (additional £1.50)(N)	
Chicken with Fresh Coriander, Chilli & Cumin	£10.50
Chicken in Sweet and Sour Sauce	£9.85
Chicken in OK Sauce	£9.85
Crispy Shredded Chicken in Garlic & Chilli Sauce	£10.50
Lightly Battered Chicken in:	£10.50
A choice of Plum, Lemon or Orange Sauce	
Beef with Fresh Coriander, Chilli & Cumin	£10.50
Crispy Beef in OK Sauce	£10.50
Crispy Shredded Beef in Garlic & Chilli Sauce	£10.50
Pork in Sweet and Sour Sauce	£10.00
Pork in OK Sauce	£10.00

Lamb

Lamb Stir-fried with:	£11.00
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Fresh Coriander, Chilli and Cumin	
Szechuan Sauce	
Satay Sauce (N)	

Mixed Meats

Combination of King Prawns, Duck, Squid, Chicken and Char Sui with:	£11.50
Mixed Vegetables	
Chinese Vegetables	
Mushrooms	
Mixed Mushrooms	
Cashew Nuts in a Bird's Nest (additional £1.50)(N)	
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Satay Sauce (N)	
Szechuan Sauce	
Pineapple with or without Preserved Ginger	

Please make sure you let your server know you are ordering from the Coeliac or Vegan menu.

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COELIAC MAIN DISHES

Fillet Steak

Fillet Steak with:	£14.50
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
OK Sauce	
Szechuan Sauce	
Satay Sauce (N)	

Curry (Green or Red)

Mixed Meat	£10.50
Seafood Trio	£13.00
King Prawns	£11.50
Lamb	£11.00
Chicken	£9.85
Pork	£9.85
Beef	£9.85
Char Sui	£9.85

Alternative Dishes

Half a Roast Chicken	£9.00
Chicken Omelette	£9.85
Spanish Omelette	£9.85
Mushroom Omelette	£8.50

All alternative dishes served with chips and peas

COELIAC NOODLES, RICE & SIDES

Ho Fun

Flat rice noodles with:	
G-Wu Mix	£13.50
Seafood Trio	£14.00
King Prawns	£13.50
Duck	£13.00
Chicken, Beef, Pork or Char Sui	£12.00

Vermicelli

Thin rice noodles:	
G-Wu Mix	£12.50
Seafood Trio	£13.00
King Prawns	£12.50
Duck	£12.00
Chicken, Beef, Pork or Char Sui	£11.00
Spicy Singapore Style	£10.50
Ha Moon Style	£10.50

Fried Rice

G-Wu Special	£10.50
<i>Diced medley of seafood, meat and vegetables cooked in a sauce served on a bed of fried rice</i>	
King Prawns or Duck	£10.50
Yeung Chow, Chicken, Beef, Pork or Char Sui	£9.50

Sides

Boiled Rice	£2.50
Fried Rice	£3.00
Chips	£3.00
Salt & Pepper Chips	£3.50
Ho Fun with Onions and Beansprouts	£5.50
Vermicelli with Onions and Beansprouts	£4.80
Chinese Vegetables	£5.50
Mixed Vegetables	£5.50
Pak Choi	£6.50
Mixed Mushrooms	£5.50
Beansprouts	£5.00
Green or Red Curry Sauce	£3.00
Satay Sauce (N)	£3.00
Sweet and Sour Sauce	£3.00
OK Sauce	£3.00
Gravy	£2.50

VEGAN MENU

Soups

Sweetcorn	£3.80
Chilli Hot and Sour	£4.00
Mixed Vegetables	£4.00
Shiitake Mushrooms and Noodles	£4.00

Appetisers

Vegan Seaweed	£4.20
Vegan Spring Rolls	£4.80
Vegan Won Tons	£4.80
Vegan Toasts	£4.80
Vegan Chicken Skewers with Satay Sauce (N)	£7.00
Beancurd with Vegetarian Stuffing	£7.50
Salt and Pepper Aubergine	£6.00
Salt and Pepper Beancurd	£6.00
Salt and Pepper Mushrooms	£6.00
Diced Vegetables Lettuce Wrap	£7.50
Vegetarian Crispy Aromatic Duck	£9.50

Served with pancakes, hoi sin sauce and salad

Main Courses

Vegan Fish	£11.00
Vegan Prawns	£11.00
Vegan Chicken	£10.50
Beancurd, Aubergines, Mixed Vegetables	£8.50

Choose one of the above stir-fried with:

Chinese Vegetables	
Mixed Mushrooms	
Cashew Nuts in Bird's Nest (additional £1.50)(N)	
Ginger and Spring Onions	
Green Peppers and Black Bean Sauce	
Pineapple with or without Preserved Ginger	
Sweet and Sour Sauce	
OK Sauce	
Satay Sauce (N)	
Szechuan Sauce	
Kung Po Sauce (additional £1)(N)	
Hot & Spicy Sauce	
Onions and Black Pepper	

Curry (Green, Red or Traditional)

Vegan Fish	£11.00
Vegan Prawns	£11.00
Vegan Chicken	£10.50
Beancurd, Aubergine, Mixed Vegetables or Mushrooms	£8.50

Noodles

Chow Mein <i>Crispy or Soft Noodles</i>	
Udon <i>Thick, White Noodles</i> (additional 50p)	
Ho Fun <i>Flat, Rice Noodles</i> (additional £1.00)	
Vegan Prawns	£12.00
Vegan Fish	£12.00
Vegan Chicken	£11.50
Beancurd	£9.50
Mixed Vegetables	£9.50
Mushrooms	£9.50
Vermicelli <i>Thin, Rice Noodles</i>	
Ha Moon style	£8.50
Spicy Singapore style	£8.50

Fried Rice

G-Wu Special Vegan Fried Rice	£7.50
<i>Diced medley of vegetables cooked in a sauce, served on a bed of fried rice</i>	
Vegan Prawns Fried Rice	£10.00
Vegan Fish Fried Rice	£10.00
Vegan Chicken Fried Rice	£9.50
Mixed Vegetables Fried Rice	£7.00
Mushroom Fried Rice	£7.00

Sides

Chips	£3.00
Salt & Pepper Chips	£3.50
Boiled Rice	£2.50
Fried Rice	£3.00
Crispy Noodles	£4.00
Soft Noodles with Onions and Beansprouts	£4.80
Vermicelli with Onions and Beansprouts	£4.80
Udon with Onions and Beansprouts	£5.30
Ho Fun with Onions and Beansprouts	£5.50
Beansprouts	£5.00
Mixed Mushrooms	£5.50
Chinese Vegetables	£5.50
Mixed Vegetables	£5.50
Pak Choi	£6.50
Red Curry Sauce	£3.00
Green Curry Sauce	£3.00
Traditional Curry Sauce	£3.00
Satay Sauce (N)	£3.00
Sweet and Sour Sauce	£3.00
Peking Sauce	£3.00
OK Sauce	£3.00

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