



PING PONG

Ready to Steam

## COELIAC - MADE WITHOUT GLUTEN

Dishes containing less than 20ppm of gluten

ITEM NAME	Price
<b>RICE</b>	
vegetable sticky rice vg, gf	£8.24
<b>CRISPY</b>	
smoked chilli chicken wings gf (H)	£7.80
honey glazed spare ribs gf	£10.65
<b>DUMPLINGS</b>	
har gau gf	£6.35
spicy chicken dumpling gf, al (H)	£8.06
spicy vegetable dumpling vg, gf, al	£8.06
prawn and chive dumpling gf	£8.81
<b>SAUCES</b>	
chilli oil gf - 90g	£3.59
vegan chilli oil vg, gf - 105g	£3.65
chilli sauce vg, gf - 105g	£4.25
hoi sin sauce vg, gf - 120g	£3.47
spicy mango sauce vg, gf - 100g	£3.22

### Allergies & Intolerances

Although we separate ingredients and clean down all work areas and equipment, the presence of allergenic ingredients in our kitchens means that we cannot guarantee any of our dishes are entirely free from those allergens.

IF YOU HAVE A SEVERE ALLERGY, WE ADVISE THAT OUR READY TO STEAM ITEMS MAY NOT BE SUITABLE FOR YOU.

We take allergies very seriously, and we strive to provide a wide range of options to accommodate various dietary needs.

In fact, no establishment can guarantee 100% that their dishes are free from allergens unless they have separate preparation areas for each allergen. Due to space constraints in our kitchens, we are unable to prepare and cook our food separately, suitable for the 14 main food allergens.

vegan\* = denotes products where plant based meat alternatives were used  
(H) = denotes items made with Halal meat and ingredients  
(al) = denotes items which contain alcohol

## IMPORTANT INFORMATION

For customer who suffer from coeliac disease or gluten intolerance

If you have coeliac disease or suffer from gluten intolerance, we urge you to carefully review the following information before placing your order. Your health and safety are of paramount importance to us.

All the products marked as GF on our Ready to Steam online shop, undergo rigorous laboratory tests to guarantee their gluten content.

All the items marked as GF on our Ready to Steam online shop, have satisfactory test results showing that they contain 20ppm (mg/kg) or less of gluten.

Gluten is a protein found in wheat, consisting of fibre, starch, and protein.

Gluten protein can be separated from wheat by using a chemical method to create wheat starch and wheat starch is what we use to make the pastry for some of our dim sum products.

As per current regulations, for food to be classified as gluten-free, it must contain 20ppm (mg/kg) or less of gluten.

For more details, you can refer to the following links from the Food Standards Agency and Coeliac UK:

**Food Standards Agency:**

<https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>

**Coeliac UK:**

<https://www.coeliac.org.uk/information-and-support/living-gluten-free/the-gluten-free-diet/food-shopping/law-on-gluten-free/>