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# 14 Allergens

Coming to a food label near you

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:

<p><b>1</b> <b>Celery</b> 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.</p> 	<p><b>9</b> <b>Mustard</b> 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.</p> 
<p><b>Cereals containing gluten</b> 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.</p> 	<p><b>10</b> <b>Nuts</b> 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.</p> 
<p><b>3</b> <b>Crustaceans</b> 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.</p> 	<p><b>11</b> <b>Peanuts</b> 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.</p> 
<p><b>Eggs</b> Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.</p> 	<p><b>12</b> <b>Sesame seeds</b> 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.</p> 
<p><b>5</b> <b>Fish</b> You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.</p> 	<p><b>13</b> <b>Soya</b> 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.</p> 
<p><b>Lupin</b> 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.</p> 	<p><b>14</b> <b>Sulphur dioxide (sometimes known as sulphites)</b> 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.</p> 
<p><b>7</b> <b>Milk</b> 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.</p> 	
<p><b>Molluscs</b> These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews</p> 	

## Food Allergy or Intolerance?

If you have a food allergy, intolerance, or coeliac disease – please speak to the staff about the ingredients in your food and drink before you order.

Thank you!



1





## APPETIZER 前菜

- 1 VEGAN PEKING DUCK 北京片皮鴨   £14.80
- 2 VEGAN SHRIMP WITH SALT & PEPPER 椒鹽蝦   £8.80
- 3 FRIED SPRING ROLL 香炸春捲  £6.80
- 4 FRIED WONTON 炸雲吞  £7.80
- 5 SESAME PRAWN ON TOAST 芝麻蝦多士   £8.80
- 6 SATAY VEGAN CHICKEN SKEWERS 沙爹雞串    £7.80
- 7 PAN-FRIED VEGAN CHICKEN DUMPLING 香煎鍋貼   £7.80
- 8 PAN-FRIED KING OYSTER MUSHROOM 香煎杏鮑菇  £8.80
- 9 LANGYA FRIED POTATO CHIPS WITH SICHUAN CHILLI OIL 琅琊土豆   £9.80
- 10 FRIED TOFU WITH SALT & PEPPER 椒鹽豆腐   £7.80









## COLD DISHES 凉菜

- 11** MARINATED VEGAN CHICKEN  
 IN SICHUAN CHILLI OIL DRESSING 口水雞      £8.80
- 12** MIXED VEGAN MEAT SLICES IN SPICY SAUCE 夫妻肺片      £8.80
- 13** KING OYSTER MUSHROOMS IN  
 CHEF'S SPECIAL SAUCE 涼拌杏鮑菇  £7.80
- 14** SPINACH WITH SESAME SAUCE 麻醬菠菜 £8.80
- 15** OKRA WITH MINCED GINGER AND SOYA SAUCE 涼拌秋葵 £8.80
- 16** ASPARAGUS AND EDAMAME  
 IN CHEF SPECIAL SAUCE 涼拌筍丁毛豆 £8.80
- 17** CHILLED SPICY BLACK FUNGUS WITH  
 SPRING ONION & CORIANDER 香菜伴木耳  £7.80
- 18** CHILLED SMASHED CUCUMBER WITH  
 SPICY GARLICKY SESAME DRESSING 拍黃瓜  £7.80



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## SOUP 汤类

- 19 WONTON SOUP 雲吞湯  £5.80
- 20 HOT & SOUR SOUP 酸辣湯   £5.80
- 21 MIXED MUSHROOM & TOFU SOUP 香菌豆腐湯  £5.80
- 22 VEGAN CHICKEN SWEET CORN SOUP 粟蓉雞米湯   £5.80





DIM SUM 點心

- 23 WONTON IN SPICY SAUCE 油潑雲吞 🌶️ 🌶️ £7.80
- 24 VEGETABLES DUMPLING IN SPICY SAUCE 紅油水餃 🌶️ 🌶️ £7.80
- 25 SHANGHAI XIAO LONG BAO 上海小籠包 🌶️ £5.80
- 26 SWEET CORN DUMPLING 玉米餃 🌶️ £5.20
- 27 VEGETABLES DIMSUM PLATTER 素點心拼盤 🌶️ £9.80







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## SICHUAN DISHES 主菜

- 28 SAUTEED SPICY VEGAN CHICKEN WITH SICHUAN PEPPERCORNS 辣子雞 £14.80 
- 29 KUNG PAO VEG CHICKEN WITH PEANUTS 宮保雞 £12.80 
- 30 CANTONESE STYLE SWEET & SOUR VEGAN CHICKEN 咕咾雞 £11.80 
- 31 VEGAN BEEF IN BLACK BEAN SAUCE WITH GREEN PEPPERS 豉椒牛 £10.80 
- 32 STIR-FRIED VEGAN LAMB WITH CUMIN & CHILLI 孜然羊肉 £13.80 
- 33 VEGAN BEEF SLICED IN SIZZLING CHILLI OIL 水煮牛 £14.80 
- 34 STIR-FRIED VEGAN LAMB WITH CUMIN & CHILLI 孜然牛肉 £11.80 
- 35 STIR-FRIED ASPARAGUS WITH VEGAN MEAT 脆皮肉炒蘆筍 £13.80 
- 36 VEGAN CHICKEN CURRY 咖哩雞肉 £10.80 
- 37 SILK TOFU CHICKEN SLICES 豆腐花雞片 £12.80 
- 38 CHONG QING ASSORTED VEG & MIXED VEGAN MEATS  
IN FIERY SAUCE 毛血旺 £16.80 



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## SICHUAN DISHES 主菜

- 39 KUNG PAO VEGAN PRAWN WITH PEANUTS 宮保蝦       £11.80
- 40 CANTONESE STYLE SWEET & SOUR VEGAN PRAWN 咕嚕蝦   £10.80
- 41 TWICE COOKED VEGAN FISH 回鍋魚    £13.80
- 42 SLICED VEGAN FISH IN SIZZLING CHILLI OIL 水煮魚    £15.80
- 43 STIR-FRIED MORNING GLORY WITH VEGAN FISH 素魚燒空心菜   £13.80





## VEGETABLES & TOFU DISHES 蔬菜与豆腐类

- 44 CAULIFLOWER IN IRON-WOK 干鍋花菜  £11.80
- 45 KING OYSTER MUSHROOM IN IRON-WOK 干鍋杏鮑菇  £12.80
- 46 STIR FRIED KING OYSTER MUSHROOM  
IN BKACK PEPPER SAUCE 黑椒杏鮑菇  £12.80
- 47 KING OYSTER MUSHROOM WITH CUMIN & CHILLI 孜然杏鮑菇  £12.80
- 48 KING OYSTER MUSHROOM WITH CUMIN & CHILLI 孜然平菇  £10.80
- 49 STIR-FRIED VEGETABLES 炒時蔬 £9.80
- 50 BRAISED POTATOS, PEPPER & AUBERGINE 地三鮮 £9.80
- 51 SEA-SPICY AUBERGINE 魚香茄子  £10.80
- 52 STIR-FRIED MORNING GLORY 炒空心菜 £10.80





## VEGETABLES & TOFU DISHES 蔬菜与豆腐类

- 53 MAPO TOFU 麻婆豆腐 🍲🌶️ £11.80
- 54 SEA-SPICY TOFU 鐵板魚香豆腐 🍲🌶️ £12.80
- 55 TOFU WITH BLACK BEAN SAUCE 鐵板豉椒香豆腐 🍲🌶️ £12.80
- 56 HOME SPICY TOFU 家常豆腐 🍲 £10.80
- 57 MUSHROOM TOFU 雙菇豆腐 £12.80
- 58 HOT & SOUR SHREDDED POTATO 酸辣土豆絲 🌶️ £7.80
- 59 STIR-FRIED FRENCH BEANS 干煸四季豆 £10.80
- 60 BROCCOLI IN GARLIC SAUCE 蒜蓉西蘭花 £8.80
- 61 BROCCOLI IN GARLIC SAUCE 蒜蓉小白菜 £8.80















## RICE & NOODLES 主食類

- |           |  |              |
|-----------|--|--------------|
| <b>62</b> | <b>STIR-FRIED VEGAN BEEF HO FUN 牛肉河粉</b>   | <b>£8.80</b> |
| <b>63</b> | <b>SPECIAL FRIED RICE 特色炒飯</b>             | <b>£7.80</b> |
| <b>64</b> | <b>SPECIAL FRIED RICE 特色炒面</b>             | <b>£8.80</b> |
| <b>65</b> | <b>STEAMED PLAIN RICE 白米飯</b>  | <b>£2.50</b> |
| <b>66</b> | <b>STEAMED BLACK RICE 紫米飯</b>  | <b>£3.60</b> |







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3







# VEGAN PLANER

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