

## Gluten-free Menu

Snappy Dragon is not a completely gluten-free restaurant. We cannot guarantee that there will not be gluten contamination of food prepared in our kitchen. We do take your dietary needs seriously and will strive to prepare and serve all food as you request.

We can use gluten-free soy sauce to prepare any item on our regular menu. (As you wish!) But only the items listed on this gluten-free menu can be nearly guaranteed to be gluten-free.

Please give us your feedback about our gluten-free menu items, and how they have met your dietary needs. Thanks!

If you are on a gluten-free diet, please specify "Gluten Free" for each item you would like to have prepared gluten free. If the item normally contains soy sauce, gluten-free soy sauce will be substituted in its preparation.

*We have highlighted any additional details that need to be specified by you when ordering.*

### **APPETIZERS**

Crystal Prawns with Mushrooms..... 8.75  
 Available entrée size: see "Seafood"

### **SOUPS**

Sizzling Rice Soup (Quart) ..... 9.95  
 Delicate broth with white chicken, shrimp, and colorful vegetables

### **NOODLE SOUPS**

*Choose either rice noodles or bean starch noodles*

White Chicken with Spinach Noodle Soup ..... 10.50

Vegetable Noodle Soup ..... 10.50  
 A wide assortment of fresh vegetables in a clear vegetable broth

Seafood Noodle Soup ..... 12.95  
 Shrimp, scallops, squid and fresh vegetables

### **SNAPPY DRAGON SPECIALTIES**

Chicken Noodle Salad ..... 10.95  
 Slippery sheets of bean starch noodles, topped with white chicken and cucumbers, in a refreshing raw garlic vinaigrette

Asparagus in Black Bean Sauce ..... 10.95  
 ...with chicken or beef added ..... 12.95  
 ...with prawns added ..... 13.95

★ "Ants Climb a Tree" ..... 10.50  
 Fine bean starch noodles, minced pork and green onions tossed with a spicy szechuan sauce

**CLAY POT STEW**

- Seafood Stew ..... 13.95  
Prawns, scallops, baby corn, mushrooms and water chestnuts  
*(This item must be ordered "without meatballs" to be gluten free.)*
- Clay Pot Tofu Stew ..... 10.50  
Steamed tofu with Fen-si (thin bean starch noodles) and three kinds of mushrooms
- Land and Sea Stew (two quarts) ..... 14.95  
This homestyle broth overflows with delicious meats, vegetables, steamed tofu, fen-si noodles and seafood *(This item must be ordered "without meatballs" to be gluten free.)*

**MU SHU**

- (Gluten Free Mu Shu comes with three servings of white or brown rice, instead of pancakes)*
- Mu Shu is a recipe of cabbage, scallions, mushrooms, bamboo shoots and eggs sautéed together
- Mu Shu Vegetable and egg (as described above) ..... 10.95
- As above, plus add chicken ..... 10.95
- As above, plus add pork ..... 10.95
- As above, plus add shrimp ..... 11.50
- (Note: Pressed tofu cannot be guaranteed gluten free, so it is not listed here.  
Hoisen sauce is NOT gluten free.)*

**RICE**

- Fried Rice: ..... 9.25  
With choice of beef, chicken, vegetables, OR (regular) pork,  
(BBQ pork is **NOT** available gluten-free)
- Shrimp Fried Rice ..... 9.95
- Snappy Dragon Fried Rice ..... 9.95  
Contains an assortment of shrimp, beef, chicken and vegetables
- Mandarin Fried Rice ..... 9.95  
Shrimp, eggs and scallions in a lightly-fried white rice  
*(Order "without pickled vegetables" for it to be gluten-free.)*
- Steamed White Rice: ..... 1.00 per cup serving
- Steamed Brown Rice: ..... 1.25 per cup serving

**STIR-FRIED NOODLES**

- Chow Mi-Fun ..... 9.25  
Stir-fried fine rice noodles with choice of port, beef, chicken OR vegetables
- Shrimp Chow Mi-Fun ..... 9.75
- Snappy Dragon Chow MiFun ..... 9.75  
Stir-fried fine rice noodles with shrimp, scallops chicken, beef AND vegetables
- Seafood Chow Mi-Fun ..... 10.50  
Stir-fried fine rice noodles with shrimp, scallops and squid

**PORK**

- ★Hunan Pork..... 10.25  
 Shredded pork and bamboo shoots in black bean sauce

**BEEF**

- ★Mongolian Beef..... 10.95  
 Spicy beef with green onions, on crispy rice noodles  
*Order "without rice noodles" to avoid risk of gluten contamination.*
- ★Szechuan Garlic Beef..... 10.95  
 Beef with sweet bell peppers, onions and garlic
- ★Ginger Beef..... 10.95  
 Fresh ginger sautéed with bamboo shoots and beef
- ★Hunan Beef..... 10.95  
 Sliced beef in spicy black bean sauce, with a variety of vegetables
- Beef with Broccoli OR Snow Peas and Water Chestnuts ..... 10.95

**VEGETABLES AND TOFU**

*Note: Fried tofu may have contacted oil that has contacted wheat.  
 Please specify "steamed tofu," if you wish to avoid this risk.*

- Assorted vegetables ..... 9.50  
 Broccoli, snow peas, mushrooms, baby corn, carrots, and more, stir-fried in  
 YOUR CHOICE of sauce:  
     ★Szechuan Sauce  
     Garlic Sauce  
     Black Bean Sauce  
 OR steamed and served with your choice of sauce on the side  
 ADD Fried or Steamed Tofu to this or any other dish *(see Fried tofu note above)* .. +2.50
- ★Mongolian Tofu ..... 10.25  
 Spicy fried tofu with green onions, on crispy rice noodles *(see Fried tofu note above)*  
*Order "without rice noodles" to avoid risk of gluten contamination.*
- Dry Sauteed String Beans with Almonds..... 10.50  
 Original sauce not guaranteed gluten free, due to pickled vegetables and almonds.  
*Garlic Sauce OR Black Bean Sauce available gluten free, but please  
 order "without almonds" to avoid risk of gluten contamination.*
- ★Ma Po Tofu (Szechuan Steamed Bean Curd) Rich and Spicy..... 8.95  
 ...with beef or pork added to the tofu..... 9.95
- Spinach OR Bok Choi with fresh garlic ..... 10.25
- ★Ginger Tofu ..... 10.25  
 Fresh ginger sautéed with bamboo shoots and fried tofu *(see Fried tofu note above)*
- ★Kung Pao Tofu ..... 10.25  
 Fried tofu tossed with chili peppers, green onions and peanuts *(see Fried tofu note above)*  
*Order "without peanuts" to avoid risk of gluten contamination.*
- ★Rainbow Tofu ..... 10.25  
 Tender cubes of steamed tofu, gently stir-fried with a variety of vegetables  
 and spicy Szechuan sauce

**CHICKEN**

- ★Kung Pao Chicken..... 10.95  
Sliced chicken breast with chili peppers and peanuts  
*Order "without peanuts" to avoid risk of gluten contamination.*
- ★Szechuan Garlic Chicken ..... 10.95  
Loaded with sweet bell peppers, onions and garlic
- ★Chicken in Black Bean Sauce with onions ..... 10.95
- ★Mongolian Chicken ..... 10.95  
Spicy white chicken with green onions, on crispy rice noodles  
*Order "without rice noodles" to avoid risk of gluten contamination.*
- White Chicken and Vegetables in YOUR CHOICE of sauce ..... 10.95  
Choose from: ★Szechuan sauce  
Garlic sauce  
Black bean sauce
- Stir-fried Almond Chicken with bamboo shoots and green peppers ..... 10.95  
*Order "without almonds" to avoid risk of gluten contamination.*
- Moo Goo Gai Pan ..... 10.95  
Sliced chicken breast with mushrooms and snow peas
- White Chicken with Broccoli..... 10.95
- Pineapple Chicken with Cashews and Snow Peas..... 10.95  
*Order "without cashews" to avoid risk of gluten contamination.*

**SEAFOOD**

- ★Kung Pao Shrimp OR Scallops ..... 12.95  
With chili peppers and peanuts  
*Order "without peanuts" to avoid risk of gluten contamination.*
- Snappy Vegetables with Prawns or Scallops..... 12.95  
In a gently flavored garlic sauce
- Crystal Prawns with Mushrooms..... 11.95  
Prawns in a delicate, crystal clear sauce
- Prawns in "Lobster" Sauce ..... 11.95
- Cashew Shrimp with Water Chestnuts ..... 11.95  
*Order "without cashews" to avoid risk of gluten contamination.*
- Happy Family ..... 13.95  
Prawns, scallops, and white chicken, stir-fried with fresh vegetables  
*(This item must be ordered "without meatballs" to be gluten free.)*
- ★Kung Pao Squid..... 12.95  
Tender chunks of squid steak curled up together with green onions,  
chili peppers and peanuts  
*Order "without peanuts" to avoid risk of gluten contamination.*