

San Francisco's Chinatown Food Tour Dietary Restrictions

(vegan, gluten-free)

****Note** there are not vegan food substitutions on The Chinatown Food Tour**

(We go to 5 of the following places, we choose the places, subject to change)

New Hollywood Bakery

Regular Tasting: Cantonese bake BBQ pork bun & Scallion oil bun

Vegetarian: Scallion oil bun & Pineapple bun

Vegan:None

Gluten Free: None

Diary Free: All items listed should be OK for anyone with lactose intolerance issue

No Peanuts/Nuts: All items listed did not contain Peanuts/Nuts

Grant Place Restaurant

Regular Tasting:Cantonese Roast Crispy Duck, Rice Noodle with Cantonese BBQ pork, stir fry vegetable (Chinese water spinach)

Vegetarian: Veggie Egg roll, Rice Noodle with parsley, mixed vegetables with vermicelli

Vegan:None

Gluten Free:Fried Rice, Cantonese Roast Crispy Duck (Duck meat only), stir fry vegetable

Diary Free: All items listed should be OK for anyone with lactose intolerance issue

No Peanuts/Nuts: All items listed did not contain Peanuts/Nuts

Chinatown Restaurant (Now back up option)

Regular Tasting: Zajiang Noodle, stir fry string beans, complementary Chicken Potstickers and Green Tea Ice Cream

Vegetarian: Veggie Zajiang Noodle (no meat), stir fry string beans, complementary Green Tea Ice Cream

Vegan:None

Gluten Free:None or Fried Rice

Diary Free: All items except complementary Japanese Green Tea Ice Cream should be OK for anyone with lactose intolerance issue

No Peanuts/Nuts All items listed did not contain Peanuts/Nut, but Peanuts usually will be served as a side dish along with the potstickers at Chinatown Restaurant

House of Dim Sum

Regular Tasting: Shu Mai (Cantonese Steamed Pork Dumpling), Har Gow (Cantonese Steamed Shrimp Dumpling)

Vegetarian:Spinach dumpling, Sesame Ball

Vegan:None

Gluten Free: Sesame Ball

Diary Free: All items listed should be OK for anyone with lactose intolerance issue

No Peanuts/Nuts All items listed did not contain Peanuts/Nuts

House of Xian Dumpling

Regular Tasting: Yo Po Mian (poured grease noodles) and steamed pork and chive dumplings

Vegetarian: vegetarian dumplings

Vegan:None

Gluten Free: Dry Fried Chicken Wings

Diary Free: All items listed should be OK for anyone with lactose intolerance issue

No Peanuts/Nuts All items listed did not contain Peanuts/Nut

AA Bakery

Regular Tasting: Hong Kong Egg Tart

Vegetarian: Hong Kong Egg Tart

Vegan:None

Gluten Free: None

Diary Free: Hong Kong Egg Tart is OK for anyone with lactose intolerance issue

No Peanuts/Nuts Hong Kong Egg Tart did not contain No Peanuts/Nuts