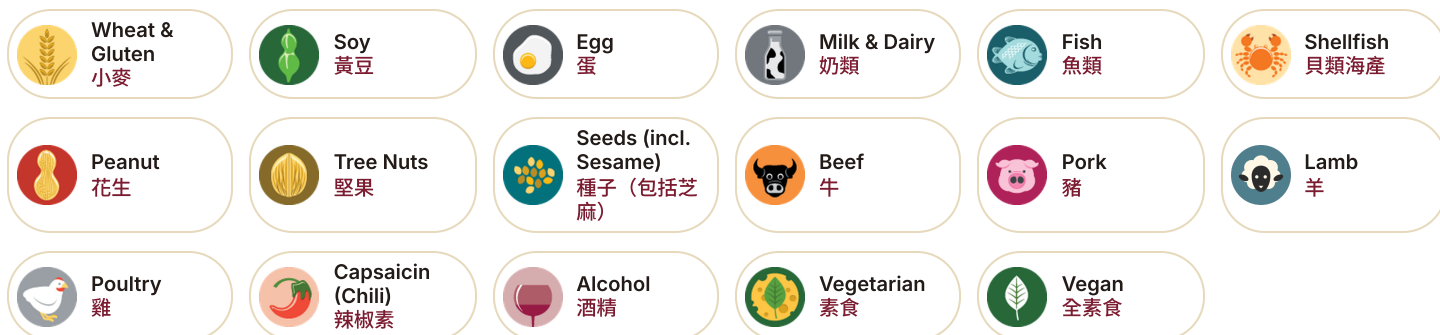


Allergen & Dietary Icon Guide

過敏原及飲食標示指南

These icons appear beside every dish on our menus. Use this guide to see what each icon means, which ingredient names point to it, and where it can hide.

我們的菜單會在每道菜旁邊標示以下圖示。本指南說明每個圖示的意思、相關的食材名稱，以及容易被忽略的來源。



Major allergens 主要過敏原

ALLERGEN OR FOOD RESTRICTION 過敏及食物限制	DEFINITION 定義	WORDS THAT MEAN THIS ALLERGEN / RESTRICTION 相關食材名稱	IMPORTANT INFORMATION & TRICKY FOOD SOURCES 重要資訊及隱藏來源
 Wheat & Gluten 小麥	Includes gluten containing grains: wheat, rye, barley, wheat berries, oats (unless certified gluten-free). Our kitchens are NOT certified gluten free facilities so risk of cross contamination from particles traveling in the air is always present. 包括含有穀物的麵筋:小麥、黑麥、大麥、小麥芽, 燕麥 (證明無麩質除外)。本廚房沒有認證的無麩麵設施, 所以有可能存在經空氣中交叉感染的風險。	Bran, bread crumbs, bulgur, couscous, cracker meal, durum, farina, flour (all-purpose, bread, cake, durum, enriched, graham, High gluten, high protein, instant, pastry, self-rising, soft wheat steel ground, stone ground, whole wheat), gluten, kamut, matzoh, matzohmeal, pasta, seitan, semolina, spelt, farro, vital gluten, wheat (bran, germ, gluten, malt, starch), whole wheat berries 小麥芽。 麩皮, 麵包糠, 小麥, 希臘小米, 餅干粉, 硬粒小麥, 麵粉, 麵粉 (中根粉, 高根粉, 低根粉, 硬質, 強化, 全麥, 高麩質, 高蛋白質, 即溶, 糕點粉, 自發, 軟麥, 鋼磨, 石磨, 全麥), 麵筋, kamut, matzoh, matzoh meal, 義大利麵, 麵筋, 粗麵粉, 小麥麵粉, 小麥, 麵筋粉, 全麥 (麩皮, 胚芽, 麵筋, 麥芽, 澱粉),	Some people are only wheat intolerant and not gluten-free. Flavoring (natural and artificial), hydrolyzed protein, soy sauce, starch (gelatinized starch, modified starch, modified food starch, vegetable starch), surimi, vegetable gum, canned chipotle peppers in adobo (some contain wheat) 有些人不能接受小麥和不含麥類食品的。調味品 (天然和造), 脫水蛋白, 醬油, 澱粉類 (糊化澱粉, 改良澱粉, 改良食物澱粉, 蔬菜澱粉。) 魚糜, 菜類香口膠, 罐頭墨西哥肉卷辣椒 (可能含有小麥)。



Soy 黃豆

Any item containing or derived from the soy plant.

所有包含或由豆類衍生出來的食品

Edamame, hydrolyzed soy protein, miso, natto, shoyu sauce, soy(albumin, fiber, flour grits, milk, nuts, sprouts), soya, soybean, soy protein, soy lecithin, soy sauce, Tamari, Tempeh, texturized vegetable protein, tofu

毛豆, 脫水黃豆蛋白質, 味噌, 日本醬豆, 豉油, 黃豆(白蛋白, 高纖維, 粉, 磨粒, 奶, 果仁, 芽菜), 黃豆, 黃豆蛋白質, 黃豆卵磷脂, 豉油, 有麥粉醬油, 黃豆豉, 植物蛋白質, 豆腐。

Edamame is fresh soy beans. Tamari contains soy but is wheat-free/gluten-free. Soy Sauce contains both soy and gluten. Most vegan/vegetarian meat substitutes contain soy products. Many non-stick sprays contain soy.

毛豆是鮮黃豆。有麥醬油是不含任何麥或麵粉的黃豆制作而成。醬油類含有黃豆及大麥制成。大多數全素或齋肉類替代品都含有豆類食品眾多不粘鍋噴劑都含有黃豆。



Egg 蛋

May contain any form of shell eggs (chicken, duck, quail, etc.)

菜肴可能包含有殼蛋類(雞蛋、鴨蛋、鵝鴨蛋等)食品。

Albumin (albumen), egg(dried, powdered, solids, white, yolk, egg substitutes, eggnog, globulin), lysozyme, ovalbumin, ovomucin, Ovovitellin, mayonnaise, meringue(meringue powder), Simplese[®], surimi.

白蛋白, 蛋(蛋干, 蛋粉狀, 蛋固体, 蛋白, 蛋黃, 蛋代用品, 蛋酒, 球蛋白), 蛋清, 卵清蛋白, 生蛋白, 蛋黃素, 蛋黃醬, 蛋白糖霜(蛋白糖霜), Simplese[®]天然乳品原料, 魚糜。

Mayonnaise (made with egg yolk).Flavoring (natural and artificial), lecithin marscapone, marzipan, marshmallows, nougat, some pastas.

蛋黃沙律醬(用蛋黃製做)調味料(天然和人造), 卵磷脂, 馬斯卡邦尼芝士, 杏仁糖, 棉花糖, 牛軋糖, 及一些義大利麵食。



Milk & Dairy 奶類

Any dairy items which may contain cow & goat milk, yogurt, butter, soft/firm cheese, cottage cheese, hard/aged cheese etc.

菜肴可能包含牛奶、酸奶、牛油、軟/硬芝士、軟芝、硬/陳年芝士等等奶類食品。

Artificial butter flavor, butter, butter fat, butter oil, buttermilk, casein, caseinates, cheese, cream, cottage cheese, curds, custard, Ghee, Half & Half, lactalbumin, lactalbumin phosphate, lactose, milk(all forms), nougat, pudding, rennet casein, sour cream, sour cream solids, whey, yogurt.

人造牛油, 牛油, 牛油脂肪, 牛油油, 牛油奶, 酪蛋白, 酪蛋白酸鹽, 芝士, 奶油, 軟芝士, 凝乳, 蛋黃, 酥油, 混合奶油, 乳清蛋白, 磷酸乳清蛋白, 乳糖, 牛奶(所有成份), 牛軋糖, 布甸, 酶凝酪蛋白, 酸奶油, 凝酸奶油, 乳清, 酸奶。

Aged cheese may be tolerable to some lactose-intolerant people. Most cheese is made with animal rennet (calf's lining of stomach). Check with manufacturer of product to ask if animal or plant based rennet is used. Caramel, chocolate, flavorings (natural and artificial), high protein flour, lactic acid starter culture, lactose, luncheon meat, hot dogs, sausage, margarine, non-dairy products, Simplese[®]

對奶類敏感的人可能可以接受陳年奶酪。大部份芝士都是動物凝乳酶(牛胃壁)做成。向食品製造商查詢凝乳酶是動物還是植物的。焦糖, 巧克力, 調味(天然和人造的), 高蛋白質麵粉, 乳酸發酵培養物, 乳糖, 午餐肉, 熱狗, 香腸, 人造牛油, 非奶類食品, simplese[®]



Fish 魚類

The dish may contain traces of any fish species

菜肴可能含有魚類的食品。

Fish protein, fish extracts, fish sauce, Worcestershire sauce, roe, surimi, steak sauce, Caesar dressing (anchovies)

魚蛋白纖維, 魚香精, 魚露, 噏汁, 魚籽, 魚糜, 牛扒汁, 凱撒沙律醬汁(鹹魚仔)。

A lot of Asian dishes use fish sauce and/or fish flakes as a major component to their sauces, salad dressings, soup bases or marinades. Always check with the cook

大多數亞洲食物都可能選用魚露或一些魚干作為主要調味料, 沙律汁, 魚湯類或醃制食物。請時常向當席廚師資訊。



Shellfish 貝類海產

Crustaceans (lobster, shrimp, crab, crawfish), Cephalopods (squid, octopus, cuttlefish) and bivalves (clams, oysters, mussels, scallops).

甲殼類（龍蝦、蝦、蟹、小龍蝦）。頭足類動物（魷魚，八爪魚，墨魚）。雙殼類（蜆，蠔，淡菜，帶子）。

Bouillabaisse, cuttlefish ink, fish stock, flavoring (natural or artificial), seafood flavoring, surimi, fish sauce

濃味魚湯，墨魚汁，魚湯，調味料（天然或人造），海鮮調味料，魚糜，魚露。



Peanut 花生

The dish may contain traces of peanut or may have been produced in a facility that processes peanuts. *The FDA is advising people who are highly allergic to peanuts to consider avoiding products that contain ground cumin or cumin powder, because some shipments of these products have tested positive for undeclared peanut protein. People who are highly allergic or sensitive to peanuts may be at risk of a serious or life threatening allergic reaction.*

菜肴可能包含有花生類食品，或有些食品是經由花生制作而成。食物及藥物管理局忠告對花生嚴重敏感的人盡量避免含有小茴香的食物，因為測試顯示此等食物可能含有未申報花生蛋白質。此等食物對有嚴重花生敏感的人構成生命威脅。

Artificial nuts, beer nuts, peanut oil (cold pressed, expelled or extruded), peanut oil, ground nuts, mendelonas (peanuts soaked in almond flavoring), mixed nuts, monkey nuts, nutmeat, Nu-Nuts®, nut pieces, peanuts, peanut butter, peanut flour, peanut protein..

人造果仁，啤酒果仁，花生油（冷榨，榨油或擠壓式），花生油，果仁碎，mendelonas（杏仁味花生），什果仁，花生米，堅果肉，Nu-Nuts®果仁肉，果仁碎，花生，花生醬，花生風味，花生蛋白質

Many African, Chinese, Indonesian, Mexican, Thai and Vietnamese dishes, baked good, candy, chili, egg rolls, enchilada sauce, flavorings (natural and artificial), marzipan, nougat, sunflower seeds

很多非洲，中國，印尼，墨西哥，泰國和越南菜色，烘焙食品，糖果，辣椒，春卷，墨西哥醬，調味（天然或人造），杏仁醬，牛軋糖，向日葵種子。



Tree Nuts 堅果

Contains any sort of tree nut, traces of tree nuts, or may have been produced in a facility that processes seeds.

菜肴可能包含有堅果類食品，或有些食品是經由堅果制作而成。

Almonds, artificial nuts Brazil nuts, caponata, cashews, chestnuts, filbert/hazelnuts, gianduja (creamy mix of chocolate and toasted nuts), hickory nuts, macadamia nuts, mandelonas, marzipan/almond paste, nan-gai nuts, nougat, nut butters, natural nut extract, nutmeal, nut oil, nut paste, nut pieces, pecans, pistachios, pralines, walnuts, coconuts (oil, meat, milk, water.)

杏仁，人造果仁，鮑魚果仁，義大利，腰果，栗子，榛子/棒子，酒餡（朱古力奶油混合烤制堅果），山核桃，開心果仁，mandelonas，marzipan杏仁醬，nan-gai nuts，牛軋糖，堅果牛油，天然堅果香油，果仁油，果仁醬，果仁碎，山核桃，開心果，果仁糖，合桃，椰子（椰油，椰肉，椰奶，椰水。）松子是松錐的種子都是種子。但是對種子敏感的人都可能對松子敏感。

Chocolate, candy, many snacks especially granola bars and various energy and diet bars may have traces of tree nuts or may have been processed in a facility that also processes tree nuts. Please check the label or ask questions! Mortadella may contain pistachio nuts and tree nuts may be included in many foods like BBQ sauce, cereals, crackers and ice cream Pine nuts are seeds from the pine cone of a pine tree. They are not tree nuts, but those who are sensitive to tree nuts may have a sensitivity to pine nuts.

朱古力，糖果，眾多小食，尤其是燕麥棒，和不同的能源棒，和節食棒都會包含種子的食品；或在制作過程中有含種子食品，詳細情況，請查閱標籤或提出發問。意式肉腸可能含有開心果仁和堅果，又為或可能很多食品如BBQ醬汁，殼類，餅干和雪糕。



Seeds (incl. Sesame)

種子（包括芝麻）

Contains any sort of seed, traces of seeds, or may have been produced in a facility that processes seeds.

菜肴可能包含有種子類食品，或有些食品是經由種子制作而成。

Pesto, pine nuts (Indian pinon, pinyon, pignoli, pignolia, pignon, chia seed, flax seed, sesame seed/oil, pumpkin seed, sunflower seeds.

甜羅勒醬，松子（印度松，矮，pignoli，松仁，pignon，鼠尾草籽，奇異籽，亞麻籽，芝麻/芝麻油，南瓜籽，向日葵花子。意式肉腸可能含有開心果仁和堅果，又為或可能很多食品如BBQ醬汁，殼類，餅干和雪糕。松子是松錐的種子。雖然不堅果，但是對堅果敏感的人都可能對松子敏感。

Chocolate, candy, many snacks especially granola bars and various energy and diet bars may have traces of seeds or may have been processed in a facility that also processes tree nuts. Please check the label or ask questions! Mortadella may contain pistachio nuts and tree nuts may be included in many foods like BBQ sauce, cereals, crackers and ice cream Pine nuts are seeds from the pine cone of a pine tree. They are not tree nuts, but those who are sensitive to tree nuts may have a sensitivity to pine nuts.

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Meat & poultry 肉類及家禽

ALLERGEN OR
FOOD
RESTRICTION
過敏及食物限制

DEFINITION
定義

WORDS THAT MEAN THIS ALLERGEN /
RESTRICTION
相關食材名稱

IMPORTANT INFORMATION & TRICKY FOOD
SOURCES
重要資訊及隱藏來源



Beef
牛

The dish may contain any traces of beef.
菜肴可含有牛類的食品

Beef, veal.
牛肉，牛仔肉。

Bolognese sauce, hamburgers and French onion soup (unless noted otherwise), ribs, meatballs (may be a blend of different red meats and/or pork).

肉醬汁，漢堡牛肉和法國洋蔥湯（沒有牛肉成份除外），牛肋骨，肉丸（可能選用不同成份牛肉或豬肉）。



Pork
豬

The dish may contain any traces of pork.
菜肴可能包含豬類食品

Pork, bacon (unless otherwise note), lardons, prosciutto, jamo Iberico, hamhock.
豬肉，烟肉（沒有豬肉成份除外），烟腩肉，義大利火腿，西班牙火腿，元蹄。

Ribs, Bolognese, bacon.
排骨，肉醬汁，烟肉。



Lamb
羊

The dish may contain any traces of lamb or mutton.
菜肴可能包含羊肉類食品。

Lamb, mutton.
羊肉、羊仔肉。

—



Poultry
雞

The dish may contain any traces of poultry.
菜肴可能包含家禽類食品

Chicken, turkey, duck, quail, geese, pigeon, squab, stock made from any of the above, poulet, pollo.
雞，火雞，鴨，鵪鶉，鵝，鴿子，乳鴿，以及選用以上材料作湯汁。

—

Other dietary markers 其他飲食標示

ALLERGEN OR
FOOD
RESTRICTION
過敏及食物限制

DEFINITION
定義

WORDS THAT MEAN THIS ALLERGEN /
RESTRICTION
相關食材名稱

IMPORTANT INFORMATION & TRICKY FOOD
SOURCES
重要資訊及隱藏來源



**Capsaicin
(Chili)**
辣椒素

May contain capsaicin or capsaicinoids from chili peppers. Capsaicin is an active component of chili peppers, which are plants belonging to the genus *Capsicum*.

食品含有辣椒素或辣椒辣素都是經由辣椒。辣椒素是由植物辣椒的本身辣椒素元素而來。

Bell pepper, sweet peppers, jalapeno, habanero, Serrano pepper, California pepper, Anaheim pepper, ghost pepper, scotch Bonnett peppers, chili powder, paprika, smoked paprika, chili pepper flakes.

燈籠椒，甜椒，墨西哥青辣椒，哈瓦那辣椒，塞拉諾辣椒，加州辣椒，阿納海姆辣椒，鬼椒，蘇格蘭帽型辣椒，辣椒粉，辣椒粉，烟辣椒粉，辣椒碎。所有品種辣椒，無論有多辣，都含有可影響敏感人士的辣椒素。如果你對辣椒素敏感的，請在試新食物前諮詢你的醫生

Capsaicin is a potent inhibitor of substance P, a neuropeptide associated with inflammatory processes. The hotter the chili pepper, the more capsaicin it contains. The hottest varieties include habanero and Scotch bonnet peppers. Jalapenos are next in their heat and capsaicin content, followed by the milder varieties, including Spanish pimientos, and Anaheim and Hungarian cherry peppers. All varieties of chili peppers, no matter how spicy, may contain capsaicinoids which may affect somebody with sensitivities. Please consult with your doctor before trying new foods if a sensitivity is known to exist..

辣椒素是一種有力抑制的物質，會導致神經發炎的。辣椒越辣，含有的辣椒素就越多。最辣的品種包括哈瓦那和蘇格蘭的帽型辣椒。墨西哥青辣椒是次辣和辣椒素成份。再少辣一點是西班牙青椒，阿納海姆和匈牙利車厘辣椒。



Alcohol
酒精

The dish may contain added alcoholic beverages or extracts made with raw alcohol.

菜肴可能包含有酒精食品，或一些香油是經過酒精制成。

Vanilla, almond and any other flavored extracts, White and red Wine, rum, vodka, gin, whiskey, bourbon (will indicate whether it contains wheat/gluten), beer, hard cider, port, liqueurs from around the world.

云尼那香油，杏仁和其它味道香油，紅或白酒，蘇酒，伏特加，杜松子酒，威士忌酒，波本威士忌酒（據指示此等酒類會含有小麥或根粉類），啤酒，蘋果酒，砵酒，及各國甜酒。我們將會把材料顯示在菜單上，但不會用酒精標誌。這標誌是用來提醒那些對酒精敏感和因宗教信仰而不能接觸酒精的人。

Fermented foods, such as vinegar, sauerkraut, and kombucha for example, may contain traces of ethanol alcohol from their natural fermentation process. Fermentation is the process of sugars/carbohydrates converting into alcohols, a natural process that has been utilized in food production and preservation for thousands of years. Because this is a naturally occurring process and there is no way for our kitchens to measure their level of alcohol, we are not associating these foods with the alcohol icon. Such ingredients will always be listed on the menu card but the alcohol icon will not be utilized. The icon is being utilized for those that have an alcohol allergy or for those that avoid alcohol for religious reason.

發酵食物如醋，酸菜，紅茶菌等都從發酵過程中可能含有乙醇酒精成份。發酵是糖/碳水化合物轉成酒精的過程。此乃一個千年以來食物生產和保存的自然過程。因為這是一個自然過程，本廚房是沒辦法量度酒精的程度，所以我們不會放酒精標誌。



Vegetarian
素食

Contains no meat, shellfish, poultry, fish or products derived from these sources, but may contain dairy and eggs.

菜肴是沒有肉類、貝殼、家禽、魚類，或有些食品是經由奶類或蛋類衍生出來。

beyond chicken/beef (sometimes contain egg/egg whites)

雞／牛除外（有時會含有雞蛋或蛋白）

Cheese made with plant based rennet will be marked as vegetarian rennet.

乳酪或由植物凝乳酶制作而成芝士（乳酪）會定形為「素食凝乳酶」。



Vegan
全素食

Contains absolutely no animal or dairy products.

菜肴絕對沒有動物或奶品類產品。

Please tell us about any food allergy when you order. All dishes are prepared in a shared kitchen; we take care to prevent cross-contact but cannot guarantee that any dish is completely free of any allergen.

如有食物過敏，請於訂餐時告知。所有菜式均於同一廚房製作，我們會盡力避免交叉接觸，但無法保證任何菜式完全不含過敏原。

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