

# **GLUTEN FREE MENU**

# CHINESE / ASIAN KITCHEN

Please let your server know you are ordering from the Gluten Free Menu

# LETTUCE WRAPS

Whole-breast diced chicken with green onions, served with chilled rice noodles, fresh Bibb lettuce wrappers, and spicy chile sauce.\$7.45

Substitute Tofu and mushrooms . . . . . \$7.45

# APPETIZERS

# **EDAMAME**

Soybean pods are tossed with Asian spices to enhance their natural sweetness ...\$4.95

# SUMMER ROLLS (ASIAN SALAD WRAP)

Fresh lettuce, chicken, shrimp and herbs, chilled and rolled in a fresh rice paper wrapper. Served with sweet chile

A deep bowl of homemade soup made with a flavorful broth



# HOT AND SOUR

Traditional Chinese favorite with a touch of pepper.

(UP \$2.95 BOWL \$4.95

# TE KEI'S CHICKEN AND RICE SOUP

All-white chicken meat, white rice, fresh lemongrass and ginger, slow-simmered to produce a very special version of this traditional American soup.

CUP \$3.50 BOWL \$5.95

# 📵\* THAI CHICKEN SALAD

Wok chicken with Te Kei's special mixed greens, green onions, sugar snap peas, carrots and Fresno chiles. Served with our fresh homemade 

## SMALL CAESAR SALAD

Crisp Romaine lettuce mixed with our housemade Caesar dressing and parmesan ....\$3.95

#### DRESSING CHOICES:

Mandarin Vinaigrette · Miso Vinaigrette Honey Mustard · Peppercorn Ranch

# GRILLED SALMON SALAD

Grilled honey glazed Salmon filet on a bed of spring mix with radish sprouts, asparagus and grape tomatoes and sprinkled with fried onions. Served with our house-made 

# CHICKEN CHOP SALAD

Chilled chicken breast, shredded lettuce, cucumber, green onions, carrots and cilantro, mixed with our homemade Mandarin vinaigrette.....

## TE KEI'S HOUSE SALAD

Mixed greens, carrots, grape tomatoes, radish sprouts, and your choice of dressing....\$3.95

#### TE KEI'S SPICY CHICKEN

Tender chicken breast, julienned carrots, chiles and mushrooms in a rich garlicky sauce. Lunch \$7.95 Dinner \$10.95



### SWEET AND SOUR

Chicken in traditional citrus sauce tossed with fresh garden vegetables, ginger and a hint of apple cider vinegar. Lunch \$7.95 Dinner \$10.95 Sweet and Sour Shrimp \$12.95

### BLACK PEPPER BEEF

Sirloin strips stir-fried with sliced mushrooms, bok choy, garlic, green onions and ginger, finished in a rich black pepper sauce. Lunch \$7.95 Dinner \$10.95 Substitute shrimp \$12.95

# RICE BOWLS

Every dish served with steamed white rice Substitute fried rice .....95

# MOO GOO GAI PAN

Shrimp and chicken breast with bok choy, mushrooms, onion, ginger and garlic in a flavorful mild sauce. ..........\$10.95

### VEGETARIAN STIR FRY

Tofu stir-fried in a garlic chile miso sauce, with eggplant, mushrooms, broccoli, green beans, bell peppers and black beans. \$8.95



# PEARL'S LEMON CHICKEN

Borrowed from Pearl's in New York City, this dish features chicken breast, carrots, green peppers, onions and pineapple in a tart lemon sauce. Lunch \$7.95 Dinner \$10.95 Substitute Shrimp \$12.95

## GENERAL TSO'S CHICKEN

Tender chicken breast with chiles, green onions, ginger, garlic and peanuts in a spicy, slightly sweet sauce. Lunch \$7.95 Dinner \$10.95

# CRISPY HONEY CHICKEN

Tender chicken tossed with mushrooms, bok choy and carrots in a delectable honey sauce. Lunch \$7.95 Dinner \$10.95

### GINGER BASIL CHICKEN

Tender chicken, broccoli, mushrooms, red bell peppers and green onions in a ginger basil cream sauce. \$12.95

### FRIED RICE

A classic combination of rice stir-fried with mushrooms, carrots, green onion, bean sprouts, garlic and egg. .... \$7.25

With chicken \$9.25 With shrimp \$11.25

## **GLUTEN FREE**

Te Kei's is providing this menu as a service to people with gluten intolerance (also known as Celiac disease). Gluten is a protein found in wheat, barley, rye and oats. We have used none of these grains in the preparation of items on this menu and have also eliminated gluten-containing sauces.

#### **MSG FREE**

Some people have a reaction to Monosodium Glutamate (MSG). Our entire menu is MSG-free with the exception of the following items: Korean BBQ Sauce, Tempura Vegetables, Tempura Shrimp, Ranch Dressing and Eel Sauce.



Te Kei's Chef favorites

Spicy

Extra spicy

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# SPECIALTIES

# **WOK-SEARED SALMON**

An 8 oz. salmon, wok-seared and placed on wasabi potatoes with mushrooms, broccoli, green onions and green peppers in a ginger-basil 

### HONEY GLAZED SALMON

Fresh salmon brushed with our special honey glaze and grilled. Served with wasabi mashed potatoes and fresh steamed vegetables......\$17.95



#### BEVERLY HILLS ROLL

Crabmeat, avocado, cucumbers, cream cheese and sesame seeds. \$6.95

# BLACKENED CHICKEN ROLL

Cajun blackened chicken, green onions, cream cheese.

# TUNA ROLL

The freshest yellowfin tuna, cucumber and tobikko. \$6.95

#### SWAN LAKE ROLL

Shrimp, avocado, spinach and spicy squce. \$6.45

### CHERRY STREET ROLL

Salmon, crabmeat, cream cheese and pineapple. \$6.95

# SALMON ROLL

Salmon, cream cheese, snap peas and tobikko. \$6.95

# DRAGON ROLL

Tuna, asparagus, cream cheese, chili paste, avocado and green onions (extra spicy). \$9.95

# TOKYO ROLL

Crab, blackened chicken, cream cheese, avocado and spicy sauce. \$7.45

### MOTOWN ROLL

Blackened chicken, cream cheese, avocado, and asparagus. \$6.45

# PHILLY ROLL

Salmon, cream cheese and avocado. \$6.45



### TE KEI ROLL

Shrimp, cream cheese, red chile and spicy sauce. \$6.45

#### MARSHMALLOW ROLL

Avocado, cucumber, spicy sauce, and roasted cream cheese. Garnished with red chiles. \$5.95

### THE ULTIMATE ROLL

Crab meat, shrimp, asparagus and spicy sauce topped avocado, tobikko and fresh yellow fin tuna. \$9.95

## \*STONE ROLL

Blackened Salmon, Crab, Eel, cream cheese

\$9.95

# **314 ROLL**

Blackened Salmon, Eel, grilled jalapeno, asparagus, sesame seeds.

\$9.95

\* Substitute soy wrapper for \$1.00

# SASHIMI & NIGIRI

AHI TUNA NIGIRI (MAGURO)	\$5.95
SALMON NIGIRI (SAKE)	\$4.95
AHI TUNA SASHIMI	
SALMON SASHIMI	\$7.95
EEL NIGIRI (UNAGI)	\$6.50

SASHIMI is fresh, raw, chilled and sliced delicate pieces of fish. Served with soy sauce and wasabi. NIGIRI sushi is a slice of fish, pressed by hand onto a pad of rice. Nigiri sushi contains a hint of horseradish and is meant to be dipped in soy sauce. They are always served in pairs.

\*Consumina raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

# KID'S MENU

SWEET AND SOUR CHICKEN	\$5.25
CHICKEN FRIED RICE	\$5.25
A classic kid's favorite  IFMON (HICKEN	<b>\$</b> 5 <i>2</i> 5

## SIDE DISHES

WASABI MASHED POTATOES	. \$1.95
SZECHUAN GREEN BEANS	.\$1.95
STEAMED VEGGIES	.\$1.95
BLACK BEAN RICE	.\$1.95

	ASIAN TEAS		
	al-scented green tea complements our flavorfu		
00L0NG TEfl \$2.45 A delicate, flowery blend is considered "the champagne of teas."			
	nut flavor. Good throughout the day as a picker		
	ICH TEA	\$2.45	
	ibos, cinnamon, orange, clove and a hint of len		