

GLUTEN FREE MENU OPTIONS

At Mama Fu's, we make each dish to order, so it's easy to create a dish that meets your dietary needs. Since 2010, we have offered gluten free versions of most of our menu items. Our gluten free sauces are made in-house using wheat-free tamari and other carefully selected ingredients. Just inform our staff of your needs and we'll take care of the rest. You don't have to give up flavor when you give up gluten!

appetizers

Simply request the gluten free version of the following appetizers, large or small:

Edamame
Chicken Lettuce Wraps
Calamari

salads and soups

All of our salads can be made gluten free when wonton chips are omitted.

Garden Side Salad
Ginger Sesame Salad with Chicken
Peanut Soy Salad with Chicken
Seared Ahi Tuna Salad
Thai Dynamite Shrimp Salad
Egg Drop Soup

Choose from the following dressings:
Dynamite Ranch, Pomegranate Cranberry

sides

We offer gluten free versions of the following sides:

Fried Rice
Thai Green Beans

seared entrées

We offer gluten free versions of the following seared entrées:

Seared Ahi Tuna Steak

entrées

Your choice of:

pork **chicken** **beef** **shrimp** **veggies**

Our toFu cannot be prepared gluten free.

rice dishes

Request the gluten free version of any of the following dishes with your choice of white, brown, or gluten free fried rice.

Spicy General Fu	Teriyaki
Honey Glazed	Thai Cashew Stir Fry
Fried Rice	Mongolian
Sweet-n-Sour	Sesame
Ginger Broccoli	Steam Bowl
Orange Peel	

noodle entrées

Request the gluten free version of the following noodle bowls. All gluten free noodle dishes will be prepared with rice noodles.

Lo Mein	Pad Thai
Thai Basil	

kids selections

We offer gluten free versions of the following kids items:

Ninja Noodles	Scooby "Fu"
Mei Mei's	

Choose from the following sides:
white or brown rice, edamame, or carrots and oranges

Notice: Individuals with severe gluten intolerance are encouraged to verify that the special instructions were followed prior to eating. While our standard preparation procedures are expected to prevent cross-contamination, products containing gluten are handled in our kitchen at all times.