



GLUTEN-FREE MENU

Items on this menu are prepared
Gluten-free

Some important notes:

1. When ordering please inform your server that you are ordering from the Gluten-Free Menu, as all the items are on our regular menus.
2. We use corn starch to thicken our sauces
3. On dishes that call for soy sauce, we use a wheat-free Soy sauce. It is a little lighter in color but offers the same great taste
4. We use fresh 0g trans fat vegetable oils to prevent any cross contamination with any wheat flour batters.
5. If you have a favorite dish not listed please ask. For example Sweet and Sour Chicken is not listed but can be made with out the flour breading but with a corn starch crispy coating.
6. If you have any other ingredient sensitivities (like msg) or concerns please ask for

Tony or Diane

and we will be more than happy to help in making sure your dish is prepared properly.

“2013 BEST CHINESE”

Ranked in the top 3
for 9 Years in a Row

1st Place 2010,2009,2008
And 2007

-The Oakland Press



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WING LAUK

Chinese and American Foods

At the Waterfall Plaza
5665 Dixie Highway
Waterford, Michigan 48329

248.623.6337

For More information and
menus. Go to

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WING LAUK

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GLUTEN-FREE MENU

This Menu is a representation of the
many items that can be prepared
Gluten-Free and are available in the
Dining Room for Lunch and Dinner as
well as for Carry-out

(Pricing is based on the appropriate
menus; Dining Room-Lunch or Dinner
and Carry-Out)

GLUTEN-FREE SELECTIONS

GAI KOW

White meat chicken with Bok Choy, peapods, mushroom, water chestnuts, bamboo shoots in a light sauce
(Also available with Beef, Shrimp, Scallop, Lobster OR Lobster & Chicken)

BO LO GAI KOW

Chicken with Pineapples and Chinese Vegetables

CASHEW NUT GAI DING

Chicken, Cashew nuts, Diced celery, peapods, water chestnuts, bamboo shoots and mushrooms
(Also available with Beef, Shrimp OR Roast Pork)

CHICKEN WITH PEAPODS

Water chestnuts, bamboo shoots and mushrooms
(Also available with Beef or Shrimp)

CURRY CHICKEN

With Spanish Onions and a sweet yellow curry sauce
(Also available with Beef or Shrimp)

CHICKEN WITH BROCCOLI

With Spanish Onions
(Also available with Beef or Shrimp)

TRIPLE DELIGHT

Chicken, roast pork and shrimp with Bok choy, Peapods, water chestnuts, bamboo shoots and Mushrooms

MOO GOO GAI PEN

Fresh white meat chicken, with julienned celery, Peapods, mushroom, water chestnuts and bamboo shoots
Topped with crispy rice noodles

SZECHUAN BEEF

Sliced tender beef sautéed with Chinese vegetables in a **Hot and Spicy** sauce

SIZZLING WOR BAR

Lobster meat, roast pork, chicken, mushrooms and Chinese Vegetables. Served on a sizzling platter with crispy rice patties

MANDARIN CHICKEN

Tender chicken stir-fry with bok choy, mushrooms, peapods, bamboo Shoots, water chestnuts, carrots in a **Hot & Spicy** Sauce

PEPPER STEAK

Sliced Beef, Green Peppers, white onion in a tasty black bean garlic sauce

GKUN BO GAI DING

White meat chicken stir fry with diced celery, bamboo shoots, peapods, mushrooms and water chestnuts in a **Hot and spicy** sauce

(Also available with Shrimp)

HONG SHUI DOW FOO

Fried Tofu with shrimp, roast pork, peapods, water Chestnuts, mushrooms, Bok choy, bamboo shoots in a special **Hot and spicy** sauce

GLUTEN-FREE SELECTIONS

SOUPS

EGG DROP SOUP

CHINESE VEGETABLE SOUP

FOUR SEASONS

A distinctive blend of shrimp, scallops, chicken and roast pork, seasoned and stir fry with assorted Chinese vegetables

ORANGE CHICKEN

White meat chicken dredged with egg and corn starch and Lightly deep fried for a crispy coating tossed with our orange sauce

GENERAL TSAO'S CHICKEN

White meat chicken dredged with egg and corn starch and lightly deep fried For a crispy coating and stir fried with baby corn, peapods and white onion in out tangy zesty **spicy** General's sauce

SEAFOOD WOR BAR SIZZLING

Lobster meat, shrimp, crabmeat, scallops and mixed Chinese Vegetables.Served on a sizzling platter with crispy rice patties

CHOP SUEY

Traditional Chop Suey with Fresh Bean Sprouts, hint of celery, Served with White Rice

House Special

(With Shrimp, Pork, Chicken)

Extra Fine Pork

Mushroom Pork

Chicken

Chicken Mushroom

Vegetable

Shrimp

Shrimp Mushroom

Beef

Beef Mushroom

Lobster

SUBGUM CHOP SUEY

Traditional SUBGUM Chop Suey, with diced cut celery, Peapods, mushrooms, bamboo shoots and water chestnuts, served with White Rice

Chicken Subgum

Pork Subgum

Vegetable Subgum

Beef Subgum

Shrimp Subgum

FRIED RICE

Made with egg, bean sprouts, and our gluten-free soy sauce
Lighter in color but same great taste.

Roast Pork

Vegetable

Chicken

Shrimp

Pork Subgum

Beef

Ham

Crab Meat

Young Chow

(Ham, Shrimp, Pork)

GLUTEN-FREE SELECTIONS



Many of our Individual
Combination Plates are
available Gluten-Free

Available for Carry-Out All Day
and in the Dining Room Daily until 4pm

Each meal includes Fried Rice made with
Gluten-Free Soy Sauce or you can substitute
white rice

If you don't see a personal favorite just ask
and we will let you know if it can be made
Gluten free

- ___ #2 Pork Chop Suey
- ___ #3 Chicken Chow Mein
- ___ #4 Beef Chop Suey
- ___ #6 Fried Shrimp
- ___ #8 Gai Kow
- ___ #9 Almond Chicken
- ___ #10 Chicken Subgum
- ___ #11 Sweet and Sour Chicken
- ___ #15 Steak Kow
- ___ #16 Cashew Nut Gai Ding
- ___ #18 **Gkun Bo Har (Shrimp)**
- ___ #19 **Szechuan Beef**
- ___ #20 **Mandarin Chicken**
- ___ #22 **Gkun Bo Gai (Chicken)**
- ___ #23 **Hunan Pork**
- ___ #24 Lemon Chicken
- ___ #25 Chicken and Broccoli
- ___ #26 Chicken Wings
- ___ #27 Beef and Broccoli
- ___ #28 **General Tsao's Chicken**
- ___ #30 Sesame Chicken
- ___ #31 Orange Chicken

Pricing available on current
Carry Out Menu or Lunch Menu