

Going Gluten Free

Gluten is the protein in wheat, rye, oat and barley that cannot be digested when consumed. Gluten sensitivity can affect not only the digestive tract but also any organ or system in the body.

If you are gluten sensitive, eliminating gluten from your diet is the only solution, and it is both effective and essential for addressing symptoms and maintaining health. It is not a diet fad and it can cause a variety of human issues.

At Green Leaves restaurant, we strive to educate our staff on gluten allergies and understand why some of our customers needed to be gluten free. Special color labeling and plates are utilized at our establishment.

To eliminate almost all gluten products from other ingredients, separate utensils, cutting boards, pots, pan and areas for (GF) production are implemented. Hidden contamination areas are identified such as door handles, contaminated aprons, hand sinks, and pot holders.

In providing (GF) food on the menu, we do not compromise taste and quality.

Disclaimer:

This menu and the information on it is provided by Green Leaves restaurant in cooperation with the Gluten Intolerance Group (GIG), as a service to our customers. Green Leaves restaurant and GIG assume no responsibility for its use and information which has not been verified by Green Leaves restaurant. Patrons are encouraged to consider this information in light of their individual requirements and needs to their own satisfaction.

Reminder: Some items are cooked to order and may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of foodborne illness.

Sushi Bar

Appetizers

Edamame Green Soybean	5.25	Sushi Appetizer	4 PCS	8.95
Seaweed Salad	4.95	Sashimi Appetizer	6 PCS	10.95
Kani Salad	5.95	Vegetable Tempura		8.95
Avocado Salad	5.95	Shrimp Tempura		8.95
		Green Bean Tempura		8.95

Chef's Special Roll

Alligator Roll	13.95
Shrimp tempura roll, topped with eel and avocado	
Volcano Roll	13.95
Cream cheese, avocado and kani, topped with seafood salad, baked in 8-10 minutes and cut into 8 pieces	
Red Dragon Roll	13.95
2 pieces of shrimp tempura with cucumber, rolled and cut into 8 pieces, topped with spicy tuna	
Adrian Roll	13.95
California roll topped with salmon skin, crab salad, eel sauce and wasabi mayo	
Crazy Tuna Roll	13.95
Spicy tuna and avocado inside, topped with 3 pieces of tuna with avocado and cut into 8 pieces	
Fuji Mountain Roll	15.95
Kani, cream cheese and avocado inside topped with cucumber, kani crunchy eel sauce, spicy mayo and wasabi mayo	
San Francisco Roll	11.95
California roll with ebi on top	
Dragon Roll	13.95
California roll and whole eel on top	
Rainbow Roll	13.95
Assorted fish on top of California roll	
Green Leaves Roll	13.95
Eel and cucumber rolled with avocado on top	
Salmon Lover Roll	13.95
Spicy salmon & avocado inside, topped w. 3 pieces salmon & avocado, cut into 8 pieces	
Anson Roll	14.95
2 pieces of shrimp tempura with asparagus rolled. Topped with assorted fish on top and special sauce	

Sushi Entrees

Sushi Regular	6 PCS sushi & tekka maki	16.95
Sushi Deluxe	8 PCS sushi & tekka maki	18.95
Spicy Maki Combo	Spicy tuna, spicy salmon & spicy yellowtail	17.95
Sashimi Regular	12 PCS sashimi	17.95
Sashimi Deluxe	18 PCS sashimi	22.95
Tuan Tataki		21.95
Green Leaves Deluxe	5 PCS sushi & 13 PCS sashimi	29.95
Sushi & Sashimi for Two		59.95
8 PCS sushi, 8 sashimi & 2 chef's special rolls		

Gluten Free Lunch from the Sushi Bar

Served daily from 11:00 am to 3:30 pm

1. Mini Combo	3 pieces of sushi with one spicy tuna roll	9.95
2. Maki Special	One each of California roll and spicy tuna roll	9.95
3. Sushi Combo	6 pieces of sushi and one California roll	10.95
4. Sushi Regular	5 pieces of sushi and tuna roll	10.95
5. Sushi & Sashimi Special	3 pieces of sushi and 3 pieces sashimi with California roll	11.95

青葉 Green Leaves

CHINESE • JAPANESE RESTAURANT & LOUNGE

Dine In • Take Out

Best Chinese Japanese Restaurant 22 Years in a Row in York County

GLUTEN FREE MENU

Meadowbrook Village Plaza
647 US Route 1, Unit 3
York Maine 03909

TEL: (207) 363-2025

Regular Hours

Sun. - Thu. 11 am - 9 pm
Fri. & Sat. 11 am - 10 pm

Summer Hours

May 1 - Sept 30
Sun. - Thu. 11 am - 10 pm
Fri. & Sat. 11 am - 11 pm

www.GreenLeavesRestaurant.com

Local
Postal Customer



Credit Card Minimum \$20

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Appetizers

Edamame Lightly salted steamed soy beans	5.25
Summer Roll	6.95
Pork Strips (8)	8.95
Spareribs (6)	9.95
Boneless Spareribs	7.95
Beef Teriyaki (6)	8.95
Chicken Teriyaki (6)	7.95
Chicken Wings	7.95
Chicken Lettuce Wrap	8.95
Salt & Pepper Squid	13.95
Fried Tofu in sweet chili & cashew nuts	9.95

Soup

Spinach & Tofu Soup	3.25
Chicken Soup with Rice	3.25
Chicken Soup with Rice Noodle	3.25
Egg Drop Soup	3.25
Vegetable Soup	3.25
Roast Pork Rice Noodle Soup	3.25
Hot & Sour Soup	3.25
Chicken Vegetable Soup	3.25
Vegetable & Tofu Soup	3.25
Miso Soup	3.25
Oriental Rice Noodle Soup	8.95
Choice of Vegetables, Chicken, Pork or Beef	
Shrimp Oriental Rice Noodle Soup	12.95
Seafood Oriental Rice Noodle Soup	16.95

Classic Fried Rice

Classic Fried Rice	7.95
Choice of Vegetables, Chicken, Roast Pork, Shrimp or Beef	
House Special Fried Rice	8.95
Curry Fried Rice	8.95
Salt Fish & Chicken Fried Rice	8.95
Pineapple Fried Rice	9.95

Noodles

(Thin Rice Noodle) (Flat Rice Noodle)

Chow Mai Foon Choice of chicken, beef or vegetables	9.95
Chow Foon Choice of chicken, beef or vegetables	9.95
Shrimp Chow Mai Foon	10.95
Shrimp Chow Foon	10.95
Seafood Chow Mai Foon	16.95
Seafood Chow Foon	16.95
Chow Mai Foon, Singapore Style	11.95
The curry makes it slightly spicy	
Pad Thai Choice of Chicken, Shrimp, Tofu, Vegetable	12.95

Stir-Fry

Stir Fry Mixed Vegetables	8.95
Stir Fry Broccoli	8.95
Stir Fry Spinach	9.95
Stir Fry Shanghai Bokchoy	9.95
Szechuan Style Green Bean (Dry Fried)	8.95
Bean Curd with Curry Sauce	9.95
Mixed Veggies with Curry Sauce	9.95
Moo Goo Gai Pan	9.95
Chicken with Asparagus	10.95
Chicken with Shanghai Bokchoy	10.95
Beef with Mixed Vegetables	11.95
Beef with Broccoli	11.95
Beef with Green Bean	11.95
Beef with Asparagus	12.95
Beef with Shanghai Bokchoy	12.95
Shrimp with Broccoli	12.95
Shrimp with Vegetables	12.95
Shrimp with Pea Pods	13.95
Shrimp with Hot Sesame Sauce	13.95
Shrimp with Green Bean	13.95
Shrimp with Asparagus	13.95
Squid with Vegetables	12.95
Squid with Hot Sesame Sauce	12.95
Scallops with Vegetables	14.95
Scallops with Hot Sesame Sauce	14.95
Scallop with Pea Pods	14.95
Scallop with Green Bean	14.95
Scallop with Asparagus	14.95

Chop Suey

Chop Suey Choice of pork, chicken or vegetables	7.95
Shrimp or Beef Chop Suey	8.95
House Special Chop Suey chicken, shrimp, beef	9.95

Gluten Free Lunch from the kitchen \$8.25

Served daily from 11:00 am to 3:30 pm, served with rice

General Tso's Chicken	Shrimp & Vegetables
Sesame Chicken	Tofu & Vegetables
Kung Pao Chicken	Crispy Beef
Chicken & Broccoli	Thai Basil Chicken

Chef's Specials

Orange Chicken or Beef	12.95
Your choice of meat crispy fried and enhanced with orange flavored sauce.	
Sesame Chicken or Beef	12.95
Tender shredded white chicken or beef combined with sesame in brown sauce.	
Coconut Chicken	12.95
Coconut Shrimp	14.95
Tender shredded crispy chicken or shrimp with sweet coconut sauce.	
Lemon Chicken	12.95
Lemon Shrimp	14.95
Crispy chicken or shrimp topped with special lemon sauce.	
General Tso's Tofu	10.95
General Tso's Chicken	12.95
General Tso's Shrimp	14.95
Chicken or shrimp coated with water chestnut flour and stir fried with chef's special sauce.	
Ta Chien Chicken	12.95
Boneless chicken fried crispy with mixed vegetables in hot brown sauce.	
Crispy Beef	12.95
Sliced tender beef with water chestnut flour stir fried with chef's special sauce.	
Shrimp with Walnut	13.95
Tender jumbo shrimp with fresh roasted walnut in chef's special sauce.	
Crispy Shrimp	13.95
Jumbo shrimp with water chestnut flour stir-fried with chef's special sauce.	
Dragon & Phoenix	18.95
Two different dishes together, shrimp with hot sesame sauce and General Tso's chicken.	
Bo Lo Gai Pan	10.95
Tender white meat of chicken expertly sautéed with pineapple and vegetables.	
Shrimp with Peach	13.95
Crispy jumbo shrimp with peach in chef special sauce and broccoli.	
Almond Shrimp	14.95
Jumbo shrimp with egg white and coated with water chestnut flour in chef's special and fresh almond.	
House Special Fish	13.95
Crispy fish with pineapple chunks, green & red peppers and onions with chef's special sauce.	
Rainbow Shrimp	13.95
Tender jumbo shrimp with mushrooms, baby corn, water chestnuts & vegetables.	
Salt & Pepper Chicken	13.95
Salt & Pepper Shrimp	14.95
Salt & Pepper Soft Shell Crab	19.95
Sweet & Sour Chicken	10.95
Sweet & Sour Shrimp	13.95

Certified

Our dinners are not served with rice, please order your side on the side.



Before placing your order, please inform your server if a person in your party has a food allergy