

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, eggs or MSG may increase risk of foodborne illness.

SUSHI BAR

APPETIZERS

Edamame <i>green soybean</i>	6.25	Vegetable Tempura	10.95
Seaweed Salad	6.95	Shrimp Tempura <i>6pcs</i>	13.95
Kani Salad	9.95	Shrimp & Veggies Tempura	13.95
Avocado Salad	8.95	Green Bean Tempura	10.95
Sushi Appetizer <i>4pcs</i>	12.95	Naruto Roll	15.95
Sashimi Appetizer <i>6pcs</i>	14.95	Yellowtail Jalapeno	13.95

CHEF'S SPECIAL ROLL

Anson Roll	17.95
<i>2 pcs of shrimp tempura with asparagus rolled. Topped with assorted fish on top and special sauce</i>	
Adrian Roll	17.95
<i>California roll topped with salmon skin, crab salad, eel sauce and wasabi mayo</i>	
Alligator Roll <i>Shrimp tempura roll topped with eel and avocado</i>	17.95
Crazy Tuna Roll	17.95
<i>Spicy tuna and avocado inside topped with 3 pcs of tuna with avocado and cut into 8 pcs</i>	
Fuji Mountain Roll	17.95
<i>Kani, cream cheese and avocado inside topped with cucumber, kani, crunchy, eel sauce, spicy mayo and wasabi mayo</i>	
Green Leaves Roll <i>Eel and cucumber rolled with avocado on top</i>	17.95
Hawaian Roll	17.95
<i>Shrimp tempura and pineapple inside topped with spicy kani, eel sauce & spicy mayo</i>	
Mama Mia Roll	17.95
<i>Shrimp tempura, spicy tuna inside and spicy kani on top with special sauce</i>	
Rainbow Roll <i>Assorted fish on top of California roll</i>	16.95
Ryan Roll	18.95
<i>Spicy tuna and shrimp tempura, avocado inside with 3 pieces of tuna with avocado on top</i>	
Red Dragon Roll	17.95
<i>2 pcs of shrimp tempura with cucumber rolled and cut into 8 pcs topped with spicy tuna</i>	
Salmon Lover Roll	17.95
<i>Spicy salmon & avocado inside topped w. 3 pcs salmon & avocado cut into 8 pcs</i>	
San Francisco Roll <i>California roll with ebi on top</i>	16.95
Volcano Roll	18.95
<i>Cream cheese, avocado and kani topped with seafood salad baked in 8-10 minutes and cut into 8 pcs</i>	

SUSHI ENTREES

Sushi Regular <i>6pcs sushi & tekka maki</i>	21.95
Sushi Deluxe <i>8pcs sushi & tekka maki</i>	24.95
Sashimi Regular <i>12pcs sashimi</i>	25.95
Sashimi Deluxe <i>18pcs sashimi</i>	32.95
Sushi & Sashimi for Two	83.95
<i>8pcs sushi, 10 sashimi & 2 chef's special rolls</i>	

GLUTEN FREE LUNCH

From the Sushi Bar

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

S1. Mini Combo <i>3pcs of sushi with one spicy tuna roll</i>	12.95
S2. Maki Special <i>One each of California roll and spicy tuna roll</i>	12.95
S4. Sushi Regular <i>5pcs of sushi and tuna roll</i>	15.95
S5. Sushi & Sashimi Special	16.95
<i>3pcs of sushi and 3pcs sashimi with California roll</i>	

青葉

Gluten Free Menu

GREEN LEAVES

CHINESE, JAPANESE RESTAURANT & LOUNGE

DINE IN • TAKE OUT

Best Chinese Japanese Restaurant in York County

Meadowbrook Village Plaza
647 US Route 1, Unit 3
York, ME 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

  Credit Card Minimum \$25



Local
Postal Customer

*****ECRWSS*****

PRSR STD.
ECRWSS
US POSTAGE
PAID
EDDM RETAIL

APPETIZERS

Edamame <i>Lightly salted steamed soy beans</i>	6.25
Summer Roll	7.95
Pork Strips (8)	11.95
Spareribs (6)	14.95
Boneless Spareribs	10.95
Beef Teriyaki (6)	12.95
Chicken Teriyaki (6)	11.95
Chicken Wings	10.95
➤ Chicken Lettuce Wrap	11.95
➤ Salt & Pepper Squid	16.95
Fried Tofu <i>In sweet chili & cashew nuts</i>	11.95
Salt & Pepper Tofu	11.95
Green Leaves Platter	18.95
<i>Beef Teriyaki, Chicken Teriyaki & Chicken Wings</i>	



SOUP

Spinach & Tofu Soup	4.95
Chicken Soup with Rice	4.95
Chicken Soup with Rice Noodle	4.95
Egg Drop Soup	4.95
Vegetable Soup	4.95
Roast Pork Rice Noodle Soup	4.95
➤ Hot & Sour Soup	4.95
Chicken Vegetable Soup	4.95
Vegetable & Tofu Soup	4.95
Miso Soup	4.95
Oriental Rice Noodle Soup	10.95
<i>Choice of vegetables, chicken, pork or beef</i>	
Shrimp Oriental Rice Noodle Soup	14.95
Seafood Oriental Rice Noodle Soup	22.95



CLASSIC FRIED RICE

Classic Fried Rice	11.95
<i>Choice of vegetables, chicken, roast pork, shrimp or beef</i>	
House Special Fried Rice	12.95
Curry Fried Rice	12.95
Salt Fish & Chicken Fried Rice	12.95
Pineapple Fried Rice	12.95



NOODLES

(Thin Rice Noodle) (Flat Rice Noodle)

Chow Mai Foon <i>Choice of chicken, pork, beef or vegetables</i>	12.95
Chow Foon <i>Choice of chicken, pork, beef or vegetables</i>	12.95
Shrimp Chow Mai Foon	13.95
Shrimp Chow Foon	14.95
Seafood Chow Mai Foon	22.95
Seafood Chow Foon	22.95
➤ Chow Mai Foon, Singapore Style	14.95
<i>The curry makes it slightly spicy</i>	
Pad Thai <i>Choice of chicken, shrimp, tofu or vegetable</i>	15.95

STIR-FRY

Stir Fry Mixed Vegetables	11.95
Stir Fry Broccoli	10.95
Stir Fry Spinach	12.95
Stir Fry Shanghai Bokchoy	12.95
➤ Szechuan Style Green Bean (Dry Fried)	11.95
➤ Bean Curd with Curry Sauce	12.95
➤ Mixed Veggies with Curry Sauce	12.95
Moo Goo Gai Pan	12.95
Chicken with Asparagus	14.95
Chicken with Shanghai Bokchoy	13.95
Beef with Mixed Vegetables	15.95
Beef with Broccoli	15.95
Beef with Green Bean	15.95
Beef with Asparagus	16.95
Beef with Shanghai Bokchoy	16.95
Shrimp with Broccoli	16.95
Shrimp with Vegetables	16.95
Shrimp with Pea Pods	17.95
➤ Shrimp with Hot Sesame Sauce	17.95
Shrimp with Green Bean	17.95
Shrimp with Asparagus	17.95
Scallops with Vegetables	25.95
➤ Scallops with Hot Sesame Sauce	25.95
Scallops with Pea Pods	25.95
Scallops with Green Bean	25.95
Scallops with Asparagus	25.95



CHOP SUEY

Chop Suey <i>Choice of pork, chicken or vegetables</i>	10.95
Shrimp or Beef Chop Suey	12.95
House Special Chop Suey <i>Chicken, shrimp & beef</i>	12.95

GLUTEN FREE LUNCH

from the kitchen \$10.95

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

G1 ➤ General Tso's Chicken	G5 Shrimp with Vegetables
G2 Sesame Chicken	G6 Tofu with Vegetables
G3 ➤ Kung Pao Chicken	G7 ➤ Crispy Beef
G4 Chicken with Broccoli	G8 ➤ Thai Basil Chicken

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

*Reminder: Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or MSG may increase risk of foodborne illness
Subject to Maine & Local meal tax. Not Responsible for lost article

CHEF'S SPECIALS

House Special Chicken	16.95
<i>Crispy white meat chicken stir-fry with mixed vegetables with special sauce</i>	
➤ Mandarin Triple Delight	17.95
<i>A delicious combination of jumbo shrimp, sliced white meat chicken and tender beef with mixed vegetables in spicy brown sauce</i>	
Orange Chicken or Beef	16.95
<i>Your choice of chicken or beef crispy fried and enhanced with orange flavored sauce.</i>	
Sesame Chicken or Beef	16.95
<i>Tender shredded white chicken or beef combined with sesame in brown sauce</i>	
Coconut Chicken	16.95
<i>Tender shredded crispy chicken with sweet coconut sauce.</i>	
Coconut Shrimp	18.95
<i>Shrimp with sweet coconut sauce.</i>	
Lemon Chicken	16.95
<i>Crispy chicken topped with special lemon sauce.</i>	
Lemon Shrimp	18.95
<i>Crispy shrimp topped with special lemon sauce.</i>	
➤ General Tso's Tofu	13.95
➤ General Tso's Chicken	16.95
<i>Chicken coated with water chestnut flour and stir fried with chef's special sauce.</i>	
➤ General Tso's Shrimp	18.95
<i>Shrimp coated with water chestnut flour and stir fried with chef's special sauce.</i>	
➤ Ta Chien Chicken	16.95
<i>Boneless chicken fried crispy with mixed vegetables in hot brown sauce.</i>	
➤ Crispy Beef	17.95
<i>Sliced tender beef with water chestnut flour stir fried with chef's special sauce.</i>	
Shrimp with Walnut	18.95
<i>Tender jumbo shrimp with fresh roasted walnut in chef's special sauce.</i>	
➤ Dragon & Phoenix	22.95
<i>Two different dishes together, shrimp with hot sesame sauce and General Tso's chicken.</i>	
Bo Lo Gai Pan	13.95
<i>Tender white meat of chicken expertly sauteed with pineapple and vegetables.</i>	
Shrimp with Peach	18.95
<i>Crispy jumbo shrimp with peach in chef special sauce and broccoli.</i>	
Rainbow Shrimp	18.95
<i>Tender jumbo shrimp with mushrooms, baby corn, & vegetables.</i>	
➤ Salt & Pepper Chicken	15.95
➤ Salt & Pepper Shrimp	17.95
➤ Salt Pepper Soft Shell Crab	23.95
Sweet & Sour Chicken	15.95
Sweet & Sour Shrimp	17.95

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

