

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

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>	Lady in Pink Roll 19.95 <i>Shrimp tempura with spicy crab inside roll in soy paper top with assorted fish & avocado</i>
Adrian Roll 17.95 <i>California roll topped with salmon skin, crab salad, eel sauce and wasabi mayo</i>	Mama Mia Roll 17.95 <i>Shrimp tempura, spicy tuna inside and spicy kani on top with special sauce</i>
Alligator Roll 17.95 <i>Shrimp tempura roll topped with eel and avocado</i>	Rainbow Roll 16.95 <i>Assorted fish on top of California roll</i>
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>	Ryan Roll 18.95 <i>Spicy tuna and shrimp tempura, avocado inside with 3 pieces of tuna with avocado on top</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>	Red Dragon Roll 17.95 <i>2 pcs of shrimp tempura with cucumber rolled and cut into 8 pcs topped with spicy tuna</i>
Green Leaves Roll 17.95 <i>Eel and cucumber rolled with avocado on top</i>	Salmon Lover Roll 17.95 <i>Spicy salmon & avocado inside topped w. 3 pcs salmon & avocado cut into 8 pcs</i>
Hawaian Roll 17.95 <i>Shrimp tempura and pineapple inside topped with spicy kani, eel sauce & spicy mayo</i>	San Francisco Roll 16.95 <i>California roll with ebi on top</i>
	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 6pcs sushi & tekka maki	23.95
Sushi Deluxe 8pcs sushi & tekka maki	26.95
Sashimi Regular 12pcs sashimi	26.95
Sashimi Deluxe 18pcs sashimi	33.95
Sushi & Sashimi for Two 8pcs sushi, 10 sashimi & 2 chef's special rolls	83.95

GLUTEN FREE LUNCH

From the Sushi Bar

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

S1. Mini Combo 3pcs of sushi with one spicy tuna roll	13.95
S2. Maki Special One each of California roll and spicy tuna roll	13.95
S4. Sushi Regular 5pcs of sushi and tuna roll	16.95
S5. Sushi & Sashimi Special 3pcs of sushi and 3pcs sashimi with California roll	17.95

GLUTEN FREE LUNCH

from the kitchen \$11.95

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

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

HOURS

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



ORDER ONLINE

www.GreenLeavesRestaurant.com

MasterCard VISA Credit Card Minimum \$25

Local Postal Customer

*****ECRWSS*****

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ECRWSS
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APPETIZERS

Edamame <i>Lightly salted steamed soy beans</i>	6.95
Summer Roll <i>Fresh spring roll</i>	7.95
Pork Strips (8)	12.95
Spareribs (6)	17.95
Boneless Spareribs	12.95
Beef Teriyaki (6)	13.95
Chicken Teriyaki (6)	11.95
Chicken Wings	11.95
➤ Chicken Lettuce Wrap	12.95
➤ Salt & Pepper Squid	17.95
➤ Fried Tofu <i>In sweet chili & cashew nuts</i>	14.95
➤ Salt & Pepper Tofu	14.95
Green Leaves Platter <i>Beef Teriyaki, Chicken Teriyaki & Chicken Wings</i>	19.95



SUSHI BAR APPETIZERS

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

SOUP

Chicken Soup with Rice	5.95
Chicken Soup with Rice Noodle	5.95
Egg Drop Soup	5.95
Vegetable Soup	5.95
Roast Pork Rice Noodle Soup	5.95
➤ Hot & Sour Soup	5.95
Chicken Vegetable Soup	5.95
Vegetable & Tofu Soup	5.95
Miso Soup	5.95
Oriental Rice Noodle Soup <i>Choice of vegetables, chicken, pork or beef</i>	11.95
Shrimp Oriental Rice Noodle Soup	16.95
Seafood Oriental Rice Noodle Soup	23.95



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

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 <i>(Dry Fried)</i>	11.95
➤ Bean Curd with Curry Sauce	13.95
➤ Mixed Veggies with Curry Sauce	12.95
Classic Tofu with Vegetables	13.95
Classic Tofu with Broccoli	13.95
Classic Tofu with String Bean	13.95
Moo Goo Gai Pan	14.95
Classic Chicken with Broccoli	14.95
Classic Chicken with Pea Pods	15.95
Classic Chicken with Green Bean	14.95
Classic Chicken with Asparagus	15.95
Classic Chicken with Shanghai Bokchoy	15.95
Classic Beef with Green Bean	16.95
Classic Beef with Asparagus	17.95
Classic Beef with Shanghai Bokchoy	17.95
Classic Shrimp with Broccoli	18.95
Classic Shrimp with Vegetables	18.95
Classic Shrimp with Pea Pods	18.95
Classic Shrimp with Green Bean	18.95
Classic Shrimp with Asparagus	18.95
Classic Scallops with Vegetables	26.95



CHOP SUEY

Chop Suey <i>Choice of pork, chicken or vegetables</i>	11.95
Shrimp or Beef Chop Suey	13.95
House Special Chop Suey <i>Chicken, shrimp & beef</i>	13.95

CLASSIC FRIED RICE

Classic Fried Rice <i>Choice of vegetables, chicken, roast pork, shrimp or beef</i>	12.95
House Special Fried Rice	13.95
➤ Curry Fried Rice <i>with chicken</i>	13.95
Pineapple Fried Rice <i>with pork and chicken</i>	13.95



NOODLES

<i>(Thin Rice Noodle) (Flat Rice Noodle)</i>	
Chow Mai Foon <i>Choice of chicken, pork, beef or vegetables</i>	13.95
Shrimp Chow Mai Foon	14.95
Seafood Chow Mai Foon	23.95
➤ Chow Mai Foon, Singapore Style <i>The curry makes it slightly spicy</i>	15.95
Classic Chow Foon <i>Choice of chicken, pork, beef or vegetables</i>	13.95
Classic Shrimp Chow Foon	15.95
Classic Seafood Chow Foon	23.95
Pad Thai <i>Choice of chicken, shrimp, tofu or vegetable</i>	16.95

CHEF'S SPECIALS

House Special Chicken <i>Crispy white meat chicken stir-fry with mixed vegetables with special sauce</i>	17.95
Orange Chicken or Beef <i>Your choice of chicken or beef crispy fried and enhanced with orange flavored sauce.</i>	17.95
Sesame Chicken or Beef <i>Tender shredded white chicken or beef combined with sesame in brown sauce</i>	17.95
Coconut Chicken <i>Tender shredded crispy chicken with sweet coconut sauce.</i>	17.95
Coconut Shrimp <i>Shrimp with sweet coconut sauce.</i>	18.95
Classic Lemon Chicken <i>Crispy chicken topped with special lemon sauce.</i>	17.95
➤ General Tso's Tofu	14.95
➤ General Tso's Chicken <i>Chicken coated with water chestnut flour and stir fried with chef's special sauce.</i>	17.95
➤ General Tso's Shrimp <i>Shrimp coated with water chestnut flour and stir fried with chef's special sauce.</i>	18.95
➤ Crispy Beef <i>Sliced tender beef with water chestnut flour stir fried with chef's special sauce.</i>	17.95
Shrimp with Walnut <i>Tender jumbo shrimp with fresh roasted walnut in chef's special sauce.</i>	18.95
Bo Lo Gai Pan <i>Tender white meat of chicken expertly sauteed with pineapple and vegetables.</i>	15.95
Shrimp with Peach <i>Crispy jumbo shrimp with peach in chef special sauce and broccoli.</i>	18.95
Rainbow Shrimp <i>Tender jumbo shrimp with mushrooms, baby corn, & vegetables.</i>	18.95
➤ Salt & Pepper Chicken	16.95
➤ Salt & Pepper Shrimp	18.95
➤ Salt Pepper Soft Shell Crab	25.95
Classic Sweet & Sour Chicken	16.95
Classic Sweet & Sour Shrimp	18.95

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