

自古之今中国已有五千多年历史，而中国更以农业为主，而且食物与我国之关连那更是重要。古语有云(国以民为重,民以食为先)之说法，而今日我和我的工作伙伴诚意邀请大家到四季酒店内之东方季节厅齐来品尝我们新一代的港式粤菜……
请慢用

For centuries the people of China have known and valued the importance of good food.

This is defined as food made from pure ingredients that maintain their goodness during preparation and presentation.

According to a traditional Chinese saying:

"Before you hear the name of the restaurant, you must hear about the taste of the food it serves."



汤羹 *SOUPS*

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1. 鲜虎虾酸辣汤 16
Hot and Sour Soup *Allergens (2, 7, 8, 11, 13, 14)
With diced Tiger Prawns and Vegetables
2. 西湖蟹肉海皇羹 18
Braised Seafood Broth *Allergens (2, 3, 8, 11, 13)
Served with Shiitake Mushrooms, Bean Noodles, Crab Meat, Coriander and assorted Seafood
3. 鸡茸粟米羹或鲜蟹肉粟米羹
Sweet Corn Soup
 - a. 鸡茸粟米 14
With Chicken *Allergens (8, 13)
 - b. 鲜蟹肉 粟米 16
With Crab Meat *Allergens (2, 8, 11, 13)
4. 港式云吞汤 17
Chicken and Prawn Wonton Soup *Allergens (2, 3, 4, 7, 8, 9, 11, 13)
With dried Shrimp Bouillon, Egg Noodles, Lettuce and dried Seaweed



前菜及点心

APPETIZERS AND DUMPLINGS

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6. 香酥鸭沙拉 29
Crispy Duck Salad *Allergens (1, 2, 6, 7, 8, 12, 13, 14)
With baby Vegetables, Pine Nuts and Perle Di Balsamico with Plum and Hoi Sin Sauce
7. 香脆春卷 14
Crispy Spring Rolls *Allergens (1, 4, 8, 9, 13)
Filled with Bean Noodles, Five Spice Powder and Napa Cabbage (2 Pieces)
8. 香菇松仁爆炒鸡米或虾米
a. **Stir-fried minced Chicken** *Allergens (1, 2, 6, 7, 8, 11, 13) 24
b. **Stir-fried minced Prawns** *Allergens (1, 2, 6, 7, 8, 11, 13) 29
With premium Soya Sauce, assorted Vegetables, Mushrooms and Pine Nuts, served with Iceberg Lettuce and deep-fried Bean Noodles
9. 金丝虎虾 26
Black Tiger Prawn *Allergens (2, 4, 5, 8, 9)
Coated with Oriental Batter, wrapped with diced pickled Vegetables, Mayonnaise and finely shredded Potato (2 Pieces)
10. 剁椒蒸虾丸 24
Steamed Prawn Balls *Allergens (2, 3, 7, 8, 11, 13)
With chopped Chilli and Red Bell Pepper Sauce, Water Chestnut, Coriander, Bean Transparent Noodles
11. 脆皮红米卷 26
Hong Kong style Red Rice Rolls *Allergens (1, 2, 3, 6, 7, 8, 11, 13, 12)
Filled with sautéed diced Prawn and Shiitake Mushrooms, served with Unagi Sauce (2 Pieces)
12. 九层塔椒盐吊片 19
Golden-fried Calamari *Allergens (2, 4, 8, 11, 13, 14)
With Salt and Pepper, Ginger, Onions, Basil, Sesame and Chinese Spices
13. 香脆椒盐虾 29
Crispy Salt & Pepper Prawns *Allergens (2, 4, 7, 8, 9, 11, 12, 13)
Served with Chili and Onions
14. 四季鲜虾饺皇 26
Steamed Prawn Dumplings (Har Kaw) *Allergens (2, 3, 7, 8, 9, 11, 13)
Filled with Bamboo Shoots and wrapped in Wheat Flour Pastry, topped with Orange Caviar (4 Pieces)



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15. 云南野菌鲜虾鸡粒烧卖 24
Siu Mai Dumplings *Allergens (2, 4, 7, 8, 9, 11, 13)
Steamed Chicken and Shrimps Dumplings with Forest Mushrooms (4 Pieces)
16. 香煎半月带子饺 28
Pan-fried Scallop Dumplings *Allergens (1, 2, 3, 7, 8, 9, 11, 13, 14)
Filled with minced Prawn, diced Celery and sweet Peppers (4 Pieces)
17. 翡翠龙虾饺 24
Steamed Spinach Lobster Dumplings *Allergens (2, 3, 4, 6, 7, 8, 9, 11, 13, 14)
Topped with Orange Caviar served with minced Shrimps, Shiitake Mushrooms and Superior Broth, Abalone Sauce wrapped in soft Spinach Pastry
18. 葱油菌香牛肉饺 28
Beef Dumplings *Allergens (1, 2, 3, 4, 7, 8, 9, 11, 13)
With Mushrooms, Ginger, Spring Onions and premium Soya Sauce (6 Pieces)
19. 金粟素饺 21
Steamed Vegetarian Dumplings *Allergens (1, 6, 7, 8, 12, 13)
Filled with Chestnuts, Mushrooms wrapped in Pumpkin Pastry (4 Pieces)
20. 香煎鸡粒饺 23
Pan-fried minced Chicken Dumplings *Allergens (1, 7, 8, 13)
With Cabbage and preserved Vegetables, served with Ginger and Spring Onions (4 Pieces)
21. 港式点心拼盘 36
Traditional Dumplings Combination
*a. Steamed Prawn Dumplings (2 Pieces) *Allergens (2, 3, 7, 8, 9, 11, 13)*
*b. Siu Mai Dumplings (2 Pieces) *Allergens (2, 4, 7, 8, 9, 11, 13)*
*c. Fresh Scallop Dumplings (2 Pieces) *Allergens (1, 2, 3, 7, 8, 9, 11, 13, 14)*
22. 东方季节厅拼盘 62
Seasons Oriental Combination for 2 Persons
*a. Crispy Spring Rolls *Allergens (1, 4, 8, 9, 13)*
*b. Beef Dumplings *Allergens (1, 2, 3, 4, 7, 8, 9, 11, 13)*
*c. Stir-fried minced Chicken *Allergens (1, 2, 6, 7, 8, 11, 13)*
*d. Deep-fried Tiger Prawn coated in Oriental Batter *Allergens (2, 4, 5, 8, 9)*
*e. Dipping Sauces *Allergens (1, 2, 3, 7, 8, 13)*



京式填鸭 *PEKING DUCK*

€

23. 京式填鸭 (半只或全只)

Half 62 / Whole 98

Peking Duck - Traditional *Allergens (2, 7, 8, 11, 13)

Freshly prepared by our Barbeque Chef

Served with Flour Pancakes, Scallions, Cucumber and Hoi Sin Sauce

and sautéed Duck Meat with Vegetables, Romaine Lettuce Leaves for Wraps

海鲜 *SEAFOOD*

€

24. 香脆虎虾

52

Cantonese-style wok-baked Prawns *Allergens (2, 3, 7, 8, 9, 11, 12, 13)

With mild sweet Bean Sauce, Macadamia Nuts and crispy Glutinous Rice

25. 咖喱虾球

52

Curry Tiger Prawns *Allergens (2, 4, 6, 8, 9, 11, 12, 13)

With Coconut milk, Turmeric and Satay Peanuts Sauce, served with Snow Peas

26. XO 酱爆虾球

52

XO Sautéed Prawns *Allergens (2, 3, 6, 7, 8, 9, 11, 13, 14)

With Asparagus, shredded dried Scallops, Chili, black Beans, diced Peppers, served with homemade XO Sauce

27. 新鲜鲈鱼

88

Fresh Sea Bass

a. 剁椒鲈鱼 *Allergens (2, 3, 7, 8, 11, 13)

Steamed Fillet of Sea Bass topped with chopped Chili, red Bell Peppers, Broccoli Florets and Spring Onions served with Soya Sauce

b. 鲜香菇豉汁炒海鲈 *Allergens (2, 3, 7, 8, 9, 11, 13)

Sautéed Fillet in fresh Shiitake Mushrooms, black Beans Sauce and Broccoli Florets

c. 清蒸海上鲜 *Allergens (2, 3, 7, 8, 11, 13)

Steamed Fillet of Sea Bass with Ginger, Broccoli Florets, Spring Onions on a bed of minced Prawn and Fish Soya Sauce

28. 碧绿菌皇炒带子

54

Stir-fried Sea Scallop *Allergens (2, 3, 6, 7, 8, 11, 13)

With green Asparagus, King Oyster Mushrooms and shredded dried Scallop Sauce

29. 黑椒银鳕鱼煲

60

Chilean Sea Bass *Allergens (2, 3, 7, 8, 11, 13)

With Black Pepper Sauce, Shallots and Spring Onions, served in a clay pot

All prices are in Euro and include VAT



新鲜龙虾

FRESH LOBSTER

€

30. 生猛龙虾

18 PER 100 GR

FRESH LOBSTER PREPARED IN FOUR WAYS

a. XO酱炒龙虾 **Allergens (2, 3, 6, 7, 8, 9, 11, 13, 14)*

Wok-baked with spicy XO Sauce, baby Corn

b. 豉椒什菇龙虾 **Allergens (2, 7, 8, 11, 13, 14)*

**Sautéed with Chili black Bean Sauce, assorted Mushrooms
and diced Peppers**

c. 上汤牛油姜葱黑椒焗龙虾 **Allergens (2, 4, 7, 8, 11, 13, 14)*

**Stir-fried in supreme Soup and Butter Sauce served with Ginger,
Spring Onions, black Pepper and seasonal Vegetables**

d. 金银蒜粉丝蒸龙虾 **Allergens (2, 7, 8, 11, 13)*

**Steamed with golden-fried Garlic and fresh chopped Garlic, served
with transparent Bean Noodles and Pak Choi**



主菜 *MAIN COURSES*

€

31. 水煮牛柳 44
Traditional Water cooked Beef *Allergens (2, 7, 8, 11, 13)
Wok-fried sliced Beef Tenderloin with Vegetables and black Fungus, chopped Chili and Hot Chili Oil
32. 牛柳甫拼杏仁饼 44
Beef Tenderloin Cubes *Allergens (2, 7, 8, 9, 12, 13)
With sweet Soya Brown Sauce and Almond Prawn Cake
33. 米网菌香黑安格斯 52
Wok-baked black Onyx Angus Beef *Allergens (1, 2, 7, 8, 11, 13)
With Shallots, Spring Onions, Mushrooms and Cantonese-style Barbeque Beef Sauce
34. 招牌西柠鸡 38
Aromatic Lemon Chicken *Allergens (4, 8, 9, 13)
Deep-fried in Chinese Batter, sweet Lemon Sauce
35. 椰香咕嚕鸡 36
Sweet and Sour Chicken *Allergens (1, 3, 8, 9, 13)
Topped with minced Coconut, Guangdong sweet Lychees, fresh assorted Peppers and Onions
36. 宫保腰果鸡球 36
Sichuan Style sautéed Chicken *Allergens (2, 7, 8, 11, 12, 13, 14)
With fresh Chili, Garlic, Ginger, Cashew Nuts and Rice Vinegar
37. 野菌葱香鸡煲 36
Braised Chicken Fillet *Allergens (1, 2, 7, 8, 11, 13, 14)
With assorted Mushrooms, Shallots and Spring Onions flavoured with Barbeque Sauce, served in a clay pot
38. 薰香蜜黑椒骨 34
Honey Pork Spare Ribs *Allergens (1, 3, 7, 8, 13, 14)
With Chinese Tea, crushed black Pepper, Star Anise and a touch of Garlic
39. 和味酱香猪颈肉 31
Wok-fried Pork Neck *Allergens (1, 2, 3, 6, 7, 8, 9, 11, 13, 14)
With black Vinegar Rock Sugar Sauce and mild yellow Bean Sauce served with sweet Onions
40. 鲜果咕嚕黑豚肉 42
Sweet and Sour Iberico Pork *Allergens (1, 3, 4, 8, 9, 12, 13, 14)
With Strawberry, Pineapple, sweet Peppers and Pine Nuts

All prices are in Euro and include VAT



四季東方招牌菜

SIGNATURE DISHES

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- a) 海鮮汁焗龙虾 **Allergens (2, 3, 4, 7, 8, 9, 11, 13, 14)* 144
Wok-baked Fresh lobster
With our Signature Seafood Sauce and Noodles
- b) 葱香孜然爆炒澳洲WX牛肉 **Allergens (2, 3, 4, 7, 8, 11, 13)* 68
Australian WX5+ Beef
Cantonese style, fried with Cumin, Onions, Green Asparagus
- c) 香脆松子鱼 **Allergens (2, 3, 6, 7, 8, 9, 11, 12, 13)* 56
Fresh Sea Bass
With sweet and mild yellow Bean Sauce, Pine Nuts
- d) 新鲜大虎虾 58
King Prawn Prepared in Two Ways
1. *Wok-baked, Black Pepper, Premium Soya Sauce served with Seasonal Vegetables*
**Allergens (2, 3, 4, 7, 8, 11, 13)*
2. *Sweet Barbeque Strawberry Sauce, Lemon Zest and golden-fried Wheat Pastry*
**Allergens (2, 3, 4, 7, 8, 11, 13, 14)*



素菜或豆腐

VEGETARIAN AND TOFU

€

41. 翠绿西兰花苔

19

Baby Broccoli

*a. Sautéed Mushrooms with Oyster Sauce *Allergens (2, 7, 8, 11, 13)*

*b. Garlic and Premium Soya Sauce *Allergens (7, 8, 13)*

42. 蒜香小棠菜

19

Baby Pak Choi *Allergens (7, 8, 13)

Stir-fried with chopped Garlic and Premium Soya Sauce

43. 香辣红烧茄瓜

19

Braised Eggplant *Allergens (2, 7, 8, 9, 11, 13)

With minced Chicken, Edamame and spicy crushed Bean Sauce

44. 豉汁炒八时蔬

19

Quick-fried crispy seasonal Vegetables *Allergens (2, 6, 7, 8, 11, 13)

With black Bean Sauce

45. 香滑豆腐

a. 四川麻婆豆腐 *Allergens (2, 6, 7, 8, 11, 13, 14)

27

Sichuan Ma Po Tofu

With minced Beef, Garlic and Chili Oil, served with spicy Ma Po Sauce

b. 红烧黑椒海皇豆腐 *Allergens (2, 7, 8, 11, 13)

36

Braised Tofu

With assorted Seafood and black Pepper Sauce



饭、粉、面 *RICE AND NOODLES*

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46. 红烧鸡粒乌冬面 18
Braised Udon Noodles *Allergens (2, 3, 4, 7, 8, 11, 13)
With Mild minced Chicken Sauce
47. 星洲炒米 16
Singapore fried Rice Noodles *Allergens (2, 8, 9, 13)
With River Prawns, Eggs, BBQ Pork Neck, Bell Peppers, Onions, Curry Spices and Chillis
48. 时菜鲜菇炒面 15
Sautéed Egg Noodles *Allergens (7, 8, 9, 13)
With mixed Vegetables, assorted Mushrooms and Spring Onions
Add: a. Chicken *Allergens (7, 8, 9, 13) 17
 b. Prawns *Allergens (2, 7, 8, 9, 13) 19
49. 丝苗白饭 10
Steamed Jasmine Rice
50. 姜茸素菜粒炒饭 15
Vegetable fried Rice *Allergens (1, 7, 8, 9, 13)
With Egg, diced Vegetables, premium Soya, Edamame Beans and Bean Sprouts
51. 大厨特色炒饭 17
Chef Special Rice *Allergens (2, 3, 7, 8, 9, 11, 12, 13)
Fried Rice with Prawns, sliced BBQ Pork, Edamame Beans, Egg, Spring Onions and mild Seafood Sauce
52. 干炒牛河 19
Hong Kong style fried thick Rice Noodles *Allergens (2, 7, 8, 11, 13)
With sliced Beef Tenderloin, sweet Onions, Spring Onions and Bean Sprouts
53. 海皇炒饭 19
Seafood fried Rice *Allergens (2, 3, 6, 7, 8, 9, 11, 12, 13)
Fried with wild Rice and Jasmine Rice, assorted Seafood, diced Courgette, served with Egg and Pine Nuts

All prices are in Euro and include VAT

54. 主厨精选菜单

CHEF'S TASTING MENU

€
190

Menu Price for 2 persons

*Hong Kong style red Rice Rolls *Allergens (1, 2, 3, 6, 7, 8, 11, 12, 13)*
Filled with sautéed diced Prawn and Shiitake Mushrooms, served with Unagi Sauce

*Steamed Spinach Lobster Dumplings *Allergens (2, 3, 4, 6, 7, 8, 9, 11, 13, 14)*
Topped with Orange Caviar served with minced Shrimps, Shiitake Mushrooms and Superior Broth, Abalone Sauce wrapped in soft Spinach Pastry

*Golden-fried Calamari *Allergens (2, 4, 8, 11, 13, 14)*
With Salt and Pepper, Ginger, Onions, Basil, Sesame and Chinese Spices



*Roasted Peking Duck served Condiments and Pancakes *Allergens (2, 7, 8, 11, 13)*



*Curry Tiger Prawns *Allergens (2, 4, 6, 8, 9, 11, 12, 13)*
With Coconut milk, Turmeric and Satay Peanuts Sauce, served with Snow Peas

*Hong Kong style sautéed Beef Tenderloin *Allergens (2, 3, 6, 7, 8, 11, 13)*
With King Oyster Mushrooms, Asparagus and Shallots in Honey black Pepper Sauce

*Sweet and Sour Iberico Pork *Allergens (1, 3, 4, 8, 9, 12, 13, 14)*
With Strawberry, Pineapple, sweet Peppers and Pine Nuts

*Vegetable fried Rice *Allergens (1, 7, 8, 9, 13)*
With Egg, diced Vegetables, Ginger Paste, Edamame and Bean Sprouts



Coconut and Tapioca Panna Cotta
*Fresh Mango, exotic Fruit Sorbet *Allergens (4, 8, 9, 12)*



VEGAN MENU

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55. 黑椒红烧豆腐 24
Sesame Barbeque Tofu *Allergens (8,13)
With crushed black Pepper, Star Anise, and a touch of Garlic
56. 香菌蒸豆腐 29
Steamed Tofu *Allergens (7, 8, 12, 13)
Topped with sautéed Mushrooms, served with black Bean Sauce and Cashew Nuts
57. 豉汁炒芦笋 19
Sautéed Asparagus *Allergens (7, 8, 13)
Served with black Bean Sauce and diced Peppers
58. 香辣什菌 19
Sichuan Water cooked Mushrooms *Allergens (7, 8, 13)
Wok-fried assorted Mushrooms, chopped Chili and Hot Chili Oil
59. 豉油皇小棠菜 19
Baby Pak Choi *Allergens (7, 8, 13)
Stir-fried with Soya Sauce
60. 姜茸素菜粒炒饭 15
Vegetable fried rice *Allergens (1, 7, 8, 12, 13)
With diced Vegetables, premium Soya, Edamame Beans and Bean Sprouts
61. 星洲炒米 15
Sautéed Rice Noodles *Allergens (8, 13)
With Bell Peppers, Onions, Curry Spices and Chilies



DESSERT MENU



SEASONS ORIENTAL DESSERTS

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- | | |
|---|----|
| 1. <i>Tonka crème brûlée, apple confit,
green apple sorbet</i>
<i>*Allergens (4, 8, 9, 12)</i> | 18 |
| 2. <i>100% pure Chocolate</i>
<i>Chocolate Mousse, Gelato Guanaja, Jivara Sauce</i>
<i>*Allergens (4, 8, 9, 12)</i> | 18 |
| 3. <i>Coconut and Tapioca panna cotta,
fresh mango, exotic fruit sorbet</i>
<i>*Allergens (4, 8, 9, 12)</i> | 18 |
| 4. <i>Crispy deep-fried banana and pineapple,
vanilla ice cream, sesame seeds and honey</i>
<i>*Allergens (4, 8, 9, 13)</i> | 15 |
| 5. <i>Fresh fruit platter</i> | 18 |



ICE CREAM SELECTION

€

Per scoop

3.7

minimum order two scoops of your choice per portion

6. ***Strawberry***

7. ***Lemon***

8. ***Chocolate Velvet***

**Allergens (4)*

9. ***Banana***

**Allergens (4, 8, 9, 12)*

10. ***Yoghurt with Forest Fruits***

**Allergens (4, 8, 9)*

11. ***Salted Caramel***

**Allergens (4, 8, 9, 12, 13)*

12. ***Mascarpone Tiramisu***

**Allergens (4, 8, 9, 12)*

13. ***Vanilla Premium***

**Allergens (4, 9)*



COFFEES

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SPECIAL COFFEES

- | | |
|---|----|
| 14. Irish
<i>Jameson's Irish whiskey</i> | 14 |
| 15. Calypso
<i>Tia Maria coffee liqueur</i> | 14 |
| 16. Royal
<i>Martel 3star cognac</i> | 15 |
| 17. Baileys | 14 |

OTHER COFFEES AND HOT BEVERAGES

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|--|-----|
| 18. Cyprus Coffee | 5 |
| 19. Instant Coffee | 6 |
| 20. Filter Coffee
<i>100% dark arabica roasted beans</i> | 7 |
| 21. Hot Chocolate
<i>homemade with 49% cocoa milk from Latin America</i> | 8.5 |
| 22. Chocolate Viennois
<i>hot chocolate topped with whipped cream</i> | 7 |



COFFEES

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ESPRESSO LAND

- | | |
|---|---|
| 23. Espresso Origin India
<i>powerful character and note of spices</i> | 5 |
| 24. Doppio
<i>double espresso</i> | 7 |
| 25. Cappuccino
<i>espresso topped with frothy steamed milk</i> | 7 |
| 26. Macchiato
<i>mini cappuccino strong in aroma</i> | 5 |
| 27. Americano
<i>espresso served with hot water and milk on the side</i> | 7 |
| 28. Café Latte
<i>espresso mixed with hot frothy milk</i> | 7 |
| 29. Café Viennois
<i>espresso mixed with milk and topped with whipped cream</i> | 7 |
| 30. Choco Espresso
<i>a combination of espresso and milky chocolate topped with whipped cream</i> | 8 |



TEA SELECTION

€

BLACK

7

31. **Quatre Fruits Rouge**

strawberry bits, red currants, raspberry and cherry

32. **Earl Grey Yin Zhen**

bergamot essential oil, flower petals

33. **Breakfast**

Ceylon, Darjeeling and Asian teas with a drop of milk

34. **Darjeeling**

a well-balanced blend of almond and ripe peach

GREEN

35. **Mint Tea Touareg**

spearmint leaves, peppermint leaves

36. **Jasmine**

strongly perfumed jasmine enriched with jasmine flowers

37. **L' Oriental**

pineapple bits, passion fruit and peach

HERBAL

38. **Bali**

jasmine green tea, lychee, grapefruit, peach and rose

OO LONG

39. **Caramel au Beurre Salé**

salted butter caramel and flower petals



TEA SELECTION

€

FRESH AND LOOSE TEA

7

40. **Fresh Mint**

41. **Fresh Ginger**

42. **Cyprus Mountain mixed Herbs**

43. **Chamomile Flowers**

44. **Anise**

ALLERGENS INDEX

INDICATING NUMBER	ALLERGEN SYMBOL & NAME	ALLERGEN DESCRIPTION
1	CELERY	This includes celery stalks, leaves, seeds and root called celeries. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
2	CRUSTACEANS	Crab, lobster, prawns and scampi are crustaceans, shrimp paste often used in Thai and south-east Asian curries or salads. Is an ingredient to look out for.
3	FISH	You will find this is in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
4	MILK	Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, in powdered soups and sauces. It's often split into casein in curds and BLG in whey.
5	MUSTARD	Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
6	PEANUTS	Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
7	SOYA	Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice-cream, meat products, sauces and vegetarian products.
8	WHEAT-GLUTEN	Wheat (such as spelt and Khorasen wheat/Kamut), rye barley and oats is often found in foods containing flour such as some types of baking powder, batter, bread crumbs, bread, cakes, pasta, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
9	EGGS	Eggs are often found in cakes, some meat products, mayonnaise, mousse, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
10	LUPIN	Yes, lupin is a flower, but it's also found in flour! Lupin flour seeds can be used in some types of bread, pastries and even pasta.
11	MOLLUSCS	These include mussels, land snails, squid and whelks but can also be commonly found in oyster sauce or as an ingredient in fish stews.
12	TREE NUTS	Not to be mistaken with peanuts (which are actually a legume & grow underground). This ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice-cream, marzipan (almond paste), nut oils and sauces.
13	SESAME	These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
14	SULPHUR DIOXIDE	This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.