

NEW GLUTEN FREE MENU

Good news for Gluten Free Chinese in Altrincham, For years, if you were Gluten Free and wanted Chinese... you didn't really get the full experience. You'd sit there while everyone else built their baskets.



Not anymore. We've completely stepped this up. For the first time, you can now have the full PhatChows experience — Gluten Free:

- ✓ Your own GFManFu & Phat GF Fu baskets
- ✓ A proper Gluten Free Sweet n Sour sauce
 - ✓ Prawns now available Gluten Free
 - ✓ Gluten Free Sesame Prawn Toast
- ✓ Extra sauces like Sriracha Mayo & Sweet Chilli
- ✓ And even Gluten Free desserts + ice cream

We've been doing Gluten Free for years — properly. We run dedicated Gluten Free fryers and separate cooking processes, so you can order with confidence. Now we've built a menu that actually feels like you're not missing out. This isn't an add-on. It's a full experience. If you're Gluten Free — or know someone who is — this one's for you.

59 Stamford New Road, Altrincham WA14 1DS

www.PhatChows.com



PhatChows: Build Your Own GLUTEN FREE Chinese Food Basket

We've been serving Gluten-Free Chinese for years — safely and properly - so we now introduce our GF Baskets, to go alongside our OG OneManFu & PhatManFu, Created in Altrincham - January 2020.

GF ManFu

from £14.95

Choose: 1 Sauce → 2 Sides
→ 2 Mains

Phat GF Fu

from £17.95

Choose: 2 Tapas → 1 Sauce
→ 2 Sides → 2 Mains

2 Tapas

(Phat GF Fu only)

- SaltnPepper Wings
- Sriracha Mayo Wings
- Prawn Toast **£1**
- Sriracha Mayo Prawns **£1**

1 Sauce

- Sriracha Mayo
- Chilli Oil
- Soya Sauce **+50p**
- Sweet Chilli Sauce
- SweetnSour Sauce **+50p**

2 Sides

- Boiled Rice
- Skin on Fries
- Egg Fried Rice **+50p**
- SaltnPepper Fries **+50p**

2 Mains

- SaltnPepper Chicken
- Chicken Garlic Sauce
- Chicken Blackbean
- SaltnPepper Prawns **+75p**
- SweetnSour Chicken **£1**

Please let us know of any food allergies before ordering.

No Service Charge added.

Eatin. Takeout. Deliveries.
Head to PhatChows.com

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PHATCHOWS

GLUTEN FREE MENU

We've been serving GlutenFree Chinese for years, safely and properly. We take GlutenFree seriously, with dedicated GlutenFree fryers, separate cooking processes and trusted by our regular GlutenFree customers.

Classic Mains

All in One: from £10.95
Choose a Side:

Boiled Rice

Egg Fried Rice +50p

Skin on Fries

SaltnPepper Fries +50p

Choose a Main:

SaltnPepper Chicken

SaltnPepper Prawns +75p

Chicken Blackbean Sauce

Chicken Garlic Sauce

SweetnSour Chicken +£1

GF Extras

Prawn Crackers <small>With SweetnSour Sauce</small>	4.50
SaltnPepper Chicken Bites	5.95
SaltnPepper Chicken Fries	5.95
SaltnPepper Cauli Bites	5.95
SaltnPepper Wings	5.95
Sriracha Mayo Wings	5.95
Sesame Prawn Toast <small>With SweetnSour Sauce</small>	6.95
Sriracha Mayo Prawns	6.95

GF SIDEKICKS

Boiled Rice	3
Egg Fried Rice	3.50
Skin on Fries	3.50
SaltnPepper Fries	4.50

Drizzles & Dunks

SweetnSour Sauce	£1.50
Chilli Oil	75p
Soya Sauce	£1
Sriracha Mayo	£1
Sweet Chilli Sauce	75p

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