

GLUTEN FREE LUNCH MENU



Please inform your server
you are ordering gluten-free.

A CAMERON MITCHELL RESTAURANT

STARTERS

前菜

CHICKEN LETTUCE CUPS

spicy minced chicken made with gluten free garlic sauce, served with crisp lettuce cups 8.50

SALT & PEPPER CALAMARI

crispy fried calamari served with sriracha mayo for dipping 9.95

EDAMAME

"Asian peanuts," served with salt 5.95

*POKE

Pacific yellow fin tuna tossed with avocado, sesame oil, gluten free soy and siracha chili sauce 11.95

SUSHI ROLLS

All served with Gluten Free Soy Sauce

CALIFORNIA ROLL crab, avocado, cucumber 8.50

*SPICY TUNA ROLL togarashi, cucumber 8.95

CATERPILLAR ROLL

crispy shrimp and avocado topped with spicy tuna and eel sauce 11.95

SPICY SALMON ROLL cooked salmon, siracha mayonnaise, cucumber 7.95

*SAMURAI ROLL Ahi tuna, cream cheese, scallions & masago 8.50

Rice & Noodles

GLUTEN FREE WOK FRIED RICE

fried rice made with gluten free soy sauce and chicken 7.95
shrimp 8.95

GLUTEN FREE PAD THAI

thin rice noodles, bean sprouts, carrots, red peppers, peanuts, scallions, pad Thai sauce and chicken 10.95
shrimp 12.95

THAI CURRY NOODLES

wok seared shrimp and pork, onions and bell peppers with rice noodles in a yellow curry ... 12.95

ENTREES

CHICKEN

PINEAPPLE CHICKEN

crispy fried chicken, bell peppers, onions in a sweet & sour sauce 8.95

CHICKEN AND BROCCOLI

made with a gluten free garlic and oyster sauce 9.50

HUNAN CHICKEN

broccoli, mushrooms, stir fried in a fiery gluten free garlic sauce 9.50

SESAME CHICKEN

snow peas, scallions, sesame seeds in a gluten free garlic sauce 9.95

FIRECRACKER CHICKEN

crispy fried chicken, carrots in sweet Thai chili sauce 9.95

MANGO CHICKEN

stir fried chicken, mangos, onion, bell pepper, tomatoes in Thai lemongrass sauce 10.50

WOO'S GARLIC CHICKEN

crispy fried chicken, dry chilis, scallions in a spicy gluten free garlic sauce 10.50

MEAT

HUNAN BEEF

broccoli, mushrooms, stir fried in a fiery gluten free garlic sauce 10.50

SESAME BEEF

snow peas, scallions, sesame seeds in a gluten free garlic sauce 10.95

BLACK PEPPER STEAK

stir-fried with onions, bell peppers, mushrooms and green beans 11.50

BEEF AND BROCCOLI

made with a gluten free garlic and oyster sauce 13.95

MONGOLIAN GARLIC STEAK

quick seared beef with scallions and onions in a gluten free garlic sauce 11.95

MANDARIN ORANGE BEEF

stir-fried beef, scallions, onions, dry chilis, orange peel in a gluten free garlic sauce 11.95

SEAFOOD

MOLLY'S HAPPY FAMILY

stir-fried shrimp, chicken and beef, mixed with Chinese veggies in a gluten free garlic sauce 10.95

THAI SEAFOOD MEDLEY

medley of shrimp, scallops and calamari, bell peppers, tomatoes, mushrooms, onions, in a sizzling Thai sauce 11.95

FIRECRACKER SHRIMP

crispy fried chicken, carrots in sweet Thai chili sauce 11.95

SAKE SHRIMP AND VEGETABLES

stir fried shrimp, mixed vegetables in a white sauce 12.50

PINEAPPLE CURRY SHRIMP

pineapple, green peppers, onions, tomatoes in a coconut curry sauce 12.95

THAI BASIL SCALLOPS

Japanese eggplant, tomatoes in gluten free garlic sauce 12.95

KUNG PAO SCALLOPS

dry roasted peanuts, snow peas, scallions and dry chilis in a gluten free garlic sauce 12.95

SIDES

RAINBOW VEGETABLES

served with gluten free garlic sauce 5.95

SZECHWAN GREEN BEANS

served with gluten free garlic sauce 5.95

SWEET GARLIC EGGPLANT

minced garlic, scallions tossed in our gluten free garlic sauce 6.95

DESSERTS

CRÈME BRULÉE

caramelized sugar and Grand Marnier marinated berries 5.95

SEASONAL SORBET

served with seasonal fruit and syrup 4.95

WOO'S TO GO ORDER ONLINE

Visit MollyWoos.com and place your next TO GO order online.

* HOT & SPICY DISHES

No MSG is allowed by our chef in food preparation.

Please let your server know of any food allergy concerns.

*Consuming rare or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. 5.11