

## Hello Hong Kong Food Tours - Dietary Restrictions

If you have dietary restrictions it is unlikely that our Hong Kong Island Food Tour will be suitable for you. We strongly suggest that those with dietary restrictions do not join the food tour and instead opt for a private customised tour

If you are taking the tour with a group of friends or family and want to come along anyway then you will still enjoy the city tour aspect. Please do be aware that whilst we will always try our best to work with dietary restrictions and find you something to eat we do emphasize that the tour is not suitable and that we can not be held responsible if you accidentally eat something which you are allergic to.

### **Vegetarians - If you do NOT eat meat or fish / seafood**

Restaurant 1) Yum cha / dim sum - There are very few dishes that contain neither meat or seafood. There are only a few dessert options that will be okay. You will have very little to eat.

Restaurant 2) Wonton noodle soup -the two options at this restaurant are beef brisket noodle soup or shrimp wonton noodle soup. Unfortunately you will not be able to eat either of these options. We can get you some steamed vegetables.

Restaurant 3) Milk tea - All okay.

Restaurant 4) Roast meat restaurant - This one is an issue; we can get you rice and vegetables through so that you have something to eat.

Restaurant 5) Egg tart - All okay.

### **If you do NOT eat meat but DO eat seafood**

Restaurant 1) Yum cha / dim sum - there certainly are dishes that do not contain meat but a lot of them do (mostly pork). If you are okay with the fact that you will probably not have as much to eat as everyone else it will be okay. It is a trolley restaurant and not one with a menu so we would not know in advance what is coming out of the kitchen. We can guarantee that there will be some dishes that you can eat. There are several seafood dishes and dessert dishes that will be okay.

Restaurant 2) Wonton noodle soup - the soup base has no meat in but there will have been a chicken bone and pork bone cooked in the broth at some point for flavour. Would you be able to eat this knowing that it will have been in contact with animal bones? If they are okay with the broth you can have shrimp wonton noodle soup.

Restaurant 3) Milk tea - All okay.





## If you are gluten (or soy) intolerant

Regarding the gluten sensitivity, it would depend on how severe the allergy is. If for example you would not be able to eat anything that has soy sauce on or had soy sauce used whilst cooking it would be very risky. We don't know enough about each individual ingredient used by the chefs in every single dish as we don't know exactly what we will eat until the day. If the intolerance is less severe and a little bit of soy sauce would not cause any major problem then we would find it easier to accommodate you.

Restaurant 1) Yum cha / dim sum - A lot of dumplings are made with rice flour so these would be fine. All of the buns would be a no go. You would not be able to eat the dipping sauce which is soy based.

Restaurant 2) Wonton noodle soup - we can switch out the egg noodles with rice noodles so this one would be okay. The second option is Beef Brisket noodle soup but the brisket has a soy base so it would not be suitable.

Restaurant 3) Milk tea - All okay.

Restaurant 4) Roast meat restaurant - The BBQ pork does have soy sauce in the marinade. We could however order duck which doesn't.

Restaurant 5) Egg tart - not okay as it has flour in.

If you are gluten sensitive please put a note on your booking the guide know to order rice noodles not egg noodles at the noodle restaurant and that they will not be able to eat the BBQ pork. Because food allergies are so difficult to explain in Hong Kong you would also have to take responsibility for what you eat. If they did accidentally eat something with a bit of gluten (we are most worried about soy sauce) in we would not be able to be held accountable or liable. So you would be joining at your own risk.

## If you are allergic to peanut and peanut oil

Restaurant 1) Yum cha / dim sum - uses vegetable oil not peanut oil so okay.

Restaurant 2) Wonton noodle soup - We have a choice of two restaurants for this food stop. One of them uses peanut butter in the shrimp wontons. We can use the other restaurant on your tour which does not use any peanut.

Restaurant 3) Milk tea - All okay.

Restaurant 4) Roast meat restaurant - This restaurant uses peanut oil in the green onion sauce and BBQ sauce on the table. The steamed vegetables also have oil on but we can ask for them without the oil. All of the meat itself is okay.

Restaurant 5) Egg tart - Okay.



### **For severe nut allergies**

Whilst there are no nuts in the tour (apart from some peanut oil in one of the dipping sauces that you would need to avoid) we wouldn't be able to guarantee that none of the ingredients had come into contact with nuts in the kitchens and for that reason, if you have very severe allergies, we would rather err on the side of caution and say that because we couldn't guarantee what was happening inside the kitchens we couldn't guarantee that the tour would be safe for you.

### **If you are allergic to MSG**

Restaurant 1) Yum cha / dim sum - MSG is used in this restaurant.

Restaurant 2) Wonton noodle soup - A very small amount is used.

Restaurant 3) Milk tea - No MSG.

Restaurant 4) Roast meat restaurant - No MSG.

Restaurant 5) Egg tart - No MSG.

### **If you only eat Halal food**

There are only two places in Hong Kong that do HALAL Chinese food. One is the Islamic Centre Canteen in Wan Chai. They serve dim sum which is a traditional Cantonese Chinese food. The other is Islamic Food in Kowloon City. This is not typically HK style Chinese (Cantonese) food but a mix of Chinese including curries.

Unfortunately we would not be able to do a food tour of HALAL chinese food. Also most local Cantonese restaurants in HK use huge amounts of pork and pork products so we would not be able to adapt our food tour to non pork non lard restaurants. Our food tour is focused on small local restaurants and unfortunately they do not cater to specialist needs. For example even though our wonton noodle soup restaurant does not have pork in the wontons they do use pork bones for flavor in the soup.

We would therefore suggest that you opted for a private customised tour and we would take you to the Islamic Centre Canteen for some HALAL dim sum. If you do decide to book this please do be sure to write this lunch request on the form so that your guide receives the request. We could also include the Milk Tea and Egg Tarts on the private



customised tour. So essentially we could give you some foodie highlights and sightseeing highlights like the peak but we would not be able to do a dedicated HALAL food tour.

