Last updated 20/02/26

Allergy List

Tay Do Café & Tay Do Restaurant,
65 and 60- 64 Kingsland road

Starters

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
1. Prawn crackers							✖					✖		
2. Meat platter	✖ ▲									✖			★	
3. Veg platter	✖ ▲		★							✖				
4. Spring rolls	✖ ▲									✖			★	
5. Veg spring rolls	✖ ▲		★							✖				
6. Viet spring rolls										✖			★	
7. Summer rolls														
- Pork - Pork and prawns		★	★		★		●							
- Prawns - Tofu		★	★		★		●							
8. Shredded pork rolls													★	

✖ Allergy in dish ▲ Contains wheat ★ Allergy only within sauce ● Allergy only within seafood option

Starters

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
9. Steamed rolls														
- Pork - Prawns - Tofu			★				●						★	
10. Fried pork cake														
11. Prawn toast	✖ ▲					✖	✖			✖			★	
13. Aubergine			★										★	
- Soya Sauce - Fish sauce			★											
14. Crispy seaweed														
15. Salt and pepper														
- Squid - Prawns - Crab				✖			✖			✖				
- Spare ribs - Frogs legs										✖				
- Tofu - Aubergine			★							✖				

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Starters

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
16. Satay														
- Chicken - Tofu		✖			✖									
- Prawns		✖			✖		✖							
17. Crab Tamarind				✖						✖				
18. Viet shaking beef	✖		✖											
19. Frogs legs butter	✖					✖				✖	✖			
20. Frogs legs betal leaf										✖				
21. Yuk sung														
- Eel - Beef		✖			✖		✖					✖		
22. Yuk sung														
- Chicken - Pork - Vegetarian	✖		✖											
23. Aromatic Duck	✖ ▲		★											

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Starters

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
24. Viet Pancake														
- Chicken - Pork - Tofu			★							✖			★	
- Prawns							✖			✖			★	
25. Grilled Quail	✖		✖											
26. Lamb cutlets	✖		✖											
27. Grilled goat						✖								
28. Beef in betal leaf	✖		✖										★	
29. Prawn paste on sugar cane							✖			✖			★	
30. Pork patties										✖			★	

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Vietnamese Salad

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
31. Rare beef Salad			★			✖								
32. Mixed crunchy salad														
- Chicken - Tofu			★										★	
- Prawns - Squid				✖			✖						★	
33. Green papaya salad														
- Dry beef - Pork - Prawns and pork - Tofu		✖	★		✖								★	
- Prawns - Squid		✖		✖	✖		✖						★	
34. Lotus rootlet salad														
- Pork - Pork and prawns							●						★	
- Prawns - Squid				✖			✖						★	

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Soups

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
35. Won ton soup	✖ ▲					✖	✖			✖				
36. Crab meat asaparagus soup				✖		✖	✖			✖				
37. Sweet corn soup														
- Chicken - Tofu						✖				✖				
- Crab				✖		✖	✖			✖				
38. Viet sour soup														
- Prawns - Seafood				●			✖	✖					✖	
- Catfish - Chicken								✖					✖	
- Tofu								✖						

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Noodle Soups

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
39. Special beef pho														
40. Pho Hanoi														
41. Rare & well done flank pho														
42. Rare steak pho														
43. Pho														
- Chicken - Roast Duck - Tofu	✖ ▲ (Soya sauce added in tofu broth)													
- Prawns - Seafood				●			✖							
44. Egg noodles														
- Wonton	✖ ▲					✖				✖				
- Chicken - Roast Duck - Pork - Tofu	✖ ▲					✖				✖				

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Noodle Soups

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
45. Hot and spicy noodle soup														
- Beef - Chicken - Beef and salami - Tofu														
- Prawns - Seafood				●			✖							
46. Rice noodles w/ bamboo shoots														
- Chicken - Duck														
- Prawns - Seafood				●			✖							
47. Special hot and spicy noodle soup														
- Chicken - Beef							✖			✖				
- Crab				✖			✖			✖				

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Noodle Soups

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
48. Hanoi Combo noodle soup							✖			✖				
49. Rice noodle soup w/ tofu			✖			✖								
50. Southern Viet noodles														
- Pork and seafood				✖			✖							
- Chicken - Pork - Duck														
- Prawns - Seafood				●			✖							

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Noodles

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
51. Tay Do Special Noodles	✖ ▲		✖							✖			★	
52. Rice noodles w/ coconut milk														
- Chicken - Pork - Duck - Lamb														
- Prawns - Squid - Seafood				●			✖							
53. Rice noodles char grilled pork	✖		✖										★	
54. Rice noodles w/ viet spring rolls	✖ ▲									✖			★	
55. Rice noodles w/ pork patties													★	

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Noodles

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
56. Rice noodles w/ chili lemongrass														
- Chicken - Pork - Duck - Lamb - Tofu			★										★	
- Prawns - Squid - Seafood				●			✖						★	
57. Singapore noodles						✖	✖			✖				
58. Viet hu tieu noodles	✖		✖											
- Chicken - Pork														
59. Beef satay Saigon noodles	✖▲	✖	✖		✖									

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Noodles

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
60. Soft noodles (no sauce)														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu	✖		✖											
- Prawns - Squid - Seafood	✖		✖	●			✖							
61. Soft noodles (w/ sauce)														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu						✖								
- Prawns - Squid - Seafood				●		✖	✖							
62. Soft noodles w/ black bean														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu	✖ ▲		✖			✖								
- Prawns - Squid - Seafood	✖ ▲		✖ ▲	●		✖ ★	✖							

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Noodles

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
63. Egg noodles														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu	✖ ▲		✖			✖				✖				
- Prawns - Squid - Seafood	✖ ▲		✖	●		✖	✖			✖				
64. Crispy egg noodles														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu	✖ ▲					✖				✖				
- Prawns - Squid - Seafood	✖ ▲			●		✖	✖			✖				
65. Crispy egg noodles black bean														
- Chicken - Pork - Duck - Lamb - Mixed meat - Tofu	✖ ▲		✖			✖				✖				
- Prawns - Squid - Seafood	✖ ▲		✖	●		✖	✖			✖				

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Noodles

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
66. Chow mein noodles														
- Chicken - Pork - Duck - Mixed meat - Tofu	✖ ▲		✖			✖				✖				
- Prawns - Squid - Seafood	✖ ▲		✖	●		✖	✖			✖				

✖ Allergy in dish ▲ Contains wheat ★ Allergy only within sauce ● Allergy only within seafood option

Fish

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
67. Steamed sea bass														
- Ginger and onion - Black bean and fungus	✖		✖										✖	
68. Steamed sea bream														
- Ginger and onion - Black bean and fungus	✖		✖										✖	
70. Fried sea bass														
- Salt chili lemongrass - Fish sauce and ginger - Fish sauce and mango													✖	
- Tamarind sauce													✖	
71. Fried sea bream														
- Salt chili lemongrass - Fish sauce and ginger - Fish sauce and mango													✖	
- Tamarind sauce													✖	

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Fish

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
72. Fried Tilapia														
- Salt chili lemongrass - Fish sauce and ginger - Fish sauce and mango													✖	
- Tamarind sauce													✖	
73. Braised catfish in caramel	✖		✖										✖	

✖ Allergy in dish

▲ Contains wheat

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Seafood

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
74. King prawns chili lemongrass							✖							
75. Stew king prawns							✖			✖			✖	
76. King prawns in butter	✖						✖				✖			
77. Stir fried aubergine														
- Prawns - Seafood	✖		✖	●		✖	✖							
78. Chili lemongrass														
- Prawns - Squid - Seafood				●			✖							
79. Ginger and onion														
- Prawns - Seafood - Scallops				●		✖	✖							
80. Mange tout														
- Seafood - Scallops				●		✖	✖							

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Seafood

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
81. Mushroom, babycorn & bamboo														
- Prawns - Squid - Seafood - Scallops				●		✖	✖							
82. Pineapple, pickled greens														
- Prawns - Seafood				●		✖	✖	✖						
83. Chili satay sauce														
- Prawns - Squid - Seafood - Scallops		✖		●	✖	✖	✖							
84. Black bean sauce														
- Prawns - Seafood	✖		✖	●		✖	✖							

✖ Allergy in dish ▲ Contains wheat ★ Allergy only within sauce ● Allergy only within seafood option

Seafood

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
85. Prawns green curry							✖							
86. Prawns sweet and sour						✖	✖			✖				
87. Prawns tamarind sauce	✖		✖			✖	✖							

✖ Allergy in dish

▲ Contains wheat

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Mixed Meat

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
88. Chili and lemongrass coconut milk														
89. Char grilled pork	✖		✖											
90. Roast Duck	★		★			★								
91. Stewed														
- Chicken - Pork	✖		✖											
- Chicken and prawns - Pork and prawns	✖		✖				✖							
92. Aubergine														
- Chicken - Pork - Beef - Duck	✖		✖			✖								
93. Chili and lemongrass														
- Chicken - Pork - Beef - Duck - Lamb														

✖ Allergy in dish

▲ Contains wheat

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Mixed Meat

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
94. Ginger and onion														
- Chicken - Pork - Beef - Duck - Lamb						✖								
95. Mushroom, babycorn and bamboo														
- Chicken - Pork - Beef - Duck - Lamb						✖								
96. Black bean sauce														
- Chicken - Pork - Beef - Duck - Lamb	✖		✖			✖								
97. Chili satay sauce														
- Chicken - Pork - Beef - Duck - Lamb		✖			✖	✖								

✖ Allergy in dish

▲ Contains wheat

★ Allergy only within sauce

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Mixed Meat

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
98. Green curry														
- Chicken - Pork - Beef - Duck														
99. Sweet and sour														
- Chicken - Pork - Beef - Duck						✖				✖				
100. Tamarind sauce														
- Beef - Duck	✖		✖			✖								

✖ Allergy in dish

▲ Contains wheat

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Tofu and Vegetables

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
101. Pak choi														
- Garlic sauce						X								
- Oyster sauce	X		X	X		X								
102. Choy sam														
- Garlic sauce						X								
- Oyster sauce	X		X	X		X								
103. Morning glory														
- Garlic sauce						X								
- Bean curd			X			X								
104. Mixed vegetables			X			X								
105. Aubergine w/ tofu	X▲ (Soya sauce added in)		X			X								
106. Chili lemongrass w/ tofu														

X Allergy in dish ▲ Contains wheat ★ Allergy only within sauce ● Allergy only within seafood option

Tofu and Vegetables

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
107. Mushroom, babycorn & bamboo w/ tofu	✖▲ (Soya sauce added in)					✖								
108.Black bean w/ tofu	✖▲		✖			✖								
109. Chili satay sauce														
- Tofu - Vegetables		✖			✖	✖								
110. Green curry tofu														
111. Sweet and sour tofu														
112. Tamarind tofu														
			✖			✖								

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Rice

	Gluten	Peanuts	Soya	Molluscs	Nuts	Sesame	Crustaceans	Celery	Lupin	Eggs	Lactose	Sulphur Dioxide	Fish	Mustard
113. Rice special	✖ ▲		✖							✖			★	
114. Pork chops w/ rice	✖ ▲		✖										★	
115. Roast duck w/ rice	★		★											
116. Seafood pickled green w/ rice				✖		✖	✖	✖						
117. Special fried rice														
118. Fried rice							✖			✖				
- Chicken - Vegetables														
- King prawns - Seafood										✖				
119. Steam rice				●			✖			✖				
120. Egg fried rice														
121. Coconut Rice										✖				

✖ Allergy in dish

▲ Contains wheat

★ Allergy only within sauce

● Allergy only within seafood option