

Franchia's Gluten Free Menu

Our gluten free menu features dishes that are prepared with organic gluten free and wheat free tamari sauce. Noodle dishes feature organic gluten free noodles made of sweet potato and buckwheat.

PLEASE NOTE:

All the ingredients used in the dishes below are gluten free. However, due to the presence of gluten in many of the items in our restaurant, we cannot guarantee the absence of gluten cross contact. We do not recommend these dishes for guests with celiac disease. Guests with gluten sensitivities should exercise judgment in consuming these dishes.

Appetizers

- Porridge of The Week 5
pumpkin, sweet corn spinach & black sesame
- Wheat Free Leek Pancakes 12
made with sweet rice flour

Salads

- Mixed Greens with Avocado 12
with gluten free soy sesame dressing
- Sweet Potato & Gluten Free Buckwheat Noodle Salad 12
with mixed greens in gluten free soy sesame dressing

Rice Dishes

- Avocado Bibimbap or Stone Bowl Rice 20
- Vegetarian Bibimbap or Stone Bowl Rice 20

Noodles

- Bodhi Noodles 18
sweet potato & gluten free buckwheat noodles topped with mountain greens and vegetables
- Spicy Franchia Noodles 18
stir fried noodles with peanuts, dried chili, vegetables & mushrooms
- Chef Noodle Soup 18
sweet potato & gluten free buckwheat noodles with vegetables, tofu, bean sprout & baby bok choy

Main Dishes

- Grilled Tofu 21
grilled tofu with scallions & seaweed
- Mushroom Sizzler 21
on a hot stone plate in gluten free brown sauce
- Soy Chicken Sizzler On A Hot Stone Plate 21
gluten free soy 'chicken' with vegetables sautéed with gluten free brown sauce served in a sizzling hot plate
- Vegetarian Curry Hot Pot 20
curry hot pot with vegetables and gluten free soy 'chicken'