

**Good for the palate and the soul**



**ABOUT WGT |**



**We believe** nature is content with simplicity, and simplicity is the ultimate form of sophistication.

**We insist on** no frying, no MSG, no additives and no genetically modified ingredients in our kitchen.

**We use** handcrafted chopsticks and sustainable napkins to help make a difference and protect our environment.

**We practice** mindfulness and promote ecology as a way of life to support the earth-friendly community.

**We believe** whatever we sow on earth, we will reap in the future.

**Our value - “本味蔬食”** was given by a renowned Chinese Master Ji Qun, it explains the only focus we work for.

*----- to provide you with simply good, clean and delicious natural food.*





## SPECIAL RECOMMENDATION |

At WGT, we believe not only in top quality food and presentation, but also in providing the best atmosphere and service. Enjoyable conversation and a relaxed environment for everyone are paramount in creating a memorable dining experience.

Below are some of our signature dishes we want to highlight and share with you!

**Hot Pot** | £19.99

A combination of spicy and clear soup plus fresh mixed vegetables.

**Additional fresh mixed vegetables platter** | £9.99

Much like the fondue in Western culture, our popular hot pot is designed for sharing.

With a choice of spicy, plain or combo tastes, we prepare a pot of flavourful and nutritious soup served on an electric stove.

You can cook the fresh ingredients to your liking in this communal pot while enjoying each other's company.

**Nine Treasure Set Meal** | £22.99

A perfect set meal to sample our nine distinct dishes at once, including:

Tea eggs

Okra with curry sauce

Assorted mashed vegetables

Homemade pickles radish with broccoli

Lucky roll

Baked potato

Brown and white mushroom

Shredded sweet bean salad

Mix grain rice

This set meal is designed to provide a beautiful balance of dishes and nourishments

## **Premium Set Meal** | £32.99

Indulge yourself in a delicious, rejuvenating banquet. This set meal features a hearty selection of our premium ingredients. We are always evolving to maximize the quality of our vegetarian cuisines.

Please see the insert for details and book one day in advance.

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Some of our dishes may contain nuts or allergens.  
Please inform your servers of your allergies if any.

Some of our dishes can be served without eggs or milk ,  
please ask our staff for special requires







## HEALTHY & HEARTY SOUP

| £4.99

*Eat Clean and Stay Lean!*

Vegetables make up the cornerstone of a healthy diet.

Every morning, our chefs start the day creating a nutritious vegetable stock to make sure that we present you with a balanced tasty meal.

Our slow-cooked stock base is filled with delicious vegetables such as sweet corn, mushrooms, cabbages, carrots, potatoes and more. We use this stock base to replace water, so that all of the natural ingredients add protein, minerals, phytonutrients and flavour to our dishes.

We guarantee 100% that our food has NO artificial preservatives or GMO. This is just what you need for a balanced diet!

## White Radish and Pak Choi soup

Our traditional Chinese soup with white radish and pak choi is excellent for strengthening your immune system; Keep the colds away.

## Spicy and Sour Soup

This Chinese all-time favourite with egg ribbons, silky tofu and shitake mushrooms is perfect for the winter.

## Mushroom and Sweet Corn Soup

Delicious white button mushrooms and sweet corn in a thick stock-base. This soup gives you vitamins D and B, helping you to stay energized throughout the day.

## Creamy Broccoli Soup

Broccoli is rich in dietary fibre, vitamins, minerals and anti-oxidants. With coconut cream, this soup helps to give you younger looking skin.

## Chef's Daily Special

Served with today's featured ingredients - Ask your service staff for more information.



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all other dishes are vegan.*



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【一粒米中藏世界；  
半邊鍋裏煮乾坤。】

清 康熙皇帝

【天廚妙供僧家有；  
禪悅酥醅欲界無。】

近代 佛源法師

“ The  
Gods created  
certain kinds of beings to  
replenish our bodies; they are the  
trees and the plants and the seeds. ”

Plato - Greek philosopher

“ I am in  
favour of animal  
rights as well as human  
rights. That is the way of a  
whole human being. ”

Abraham Lincoln

【門外鳥啼花落；  
庵中飯熟茶香。】

安徽九華山定西茅蓬

“ People  
eat meat and  
think they will become  
strong as an ox, forgetting that the  
ox eats grass. ”

Pino Caruso





## APPETIZERS

| £4.99

At WGT, our chefs have very strict standards with regards to food quality and preparation.

We pride ourselves on serving healthy and delicious meals with no deep fried food.

All food is prepared with great care from the freshest ingredients.

We recommend you start with a few appetizers and take a leisurely pace through your delicious vegetarian meal.

## Roasted peanuts

The layer of thin, pink skin on the peanut is a great source of iron. What could be better than the savoury, salty crunch of a handful of roasted peanuts before your meal?

## Chilled Tofu Salad

Silky tofu glazed with soy sauce and tossed in our home-made spicy black bean sauce. This chilled tofu salad is a delightful start to your meal.

## Green Bean and Cheese Salad

Crunchy green beans and creamy parmesan with the flavour of a vinaigrette dressing. Simple but satisfying.

## Lotus Root Salad

Fresh, crispy, and slightly sweet. Lotus root comes from the stems of lotus flowers and has optimal nutritional value. Mixed with shredded bell pepper and a dash of vegetable sauce, this dish is light yet refreshing.

## Lucky Roll

This rolled omelette, wrapped with cucumber, lettuce, carrots and mayonnaise is a perfect source of protein. Its cheery golden yellow presence will certainly brighten up your feast.

## Sweet and Crispy Pickled Raddish

Home-made Cherry Radish pickled in soy sauce. Crispy and full of flavour.

## Secret Garden

Mangetout, carrots, soy bean cake and needle mushrooms, all shredded and mixed with olive oil.



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## Spicy and Sour Okra

Adding another layer of sweet vinegary taste, this awesome okra dish is the perfect treat, introducing you to the beauty of this supreme vegetable.

## WGT Signature Sushi

A filling of cucumber, eggs or taro, wrapped with sticky rice. WGT Chef's signature sushi boasts a high nutritional value and provides textural variety to tame its sweet-savoury note.

## Vegetarian Steamed Buns

This authentic Chinese steamed bun is also known as 'Baozi'. Its fluffy, savoury dough is stuffed with mushroom & shredded pak choi. Simply heavenly!

## Red Bean Buns

The subtle sweetness of this smooth purée comes from adzuki beans. One of the favourite flavours in China, its hearty and chewy texture makes it a pleasure to eat!

## Dumplings

These mouth-watering dumplings are a marvellous balance between dumpling dough and savoury filling. Choose between mushroom and bamboo shoots, or celery and tofu.

## Hot and Spicy Chuan Chuan (Vegetable Kebabs)

Locally sourced vegetables, dipped into a tongue tingling, spicy Chinese Sichuan sauce - not for the faint hearted. The aromatic spices are guaranteed to bring out a sensation you will not forget.



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## MAIN DISHES | £5.99

*"You are what you eat"*

At WGT, we recognize the profound effects of food.

Our Chefs focus on uncomplicated cooking to avoid the use of highly processed or refined ingredients, creating a menu which provides a wide variety of healthy and tasty food.

We create a unique dining experience in harmony with nature.

Our philosophy is bringing you healthy food, which aims to balance your mind, body and spirit and promote a sense of well-being.

## Baked Potato

Our top signature dish in China for over a decade. With a taste of butter and a sprinkle of vegetarian oyster sauce, these potatoes have an elaborate creamy taste and burst with flavours that everyone will gobble up.

You haven't tasted baked potatoes until you have tasted ours.

## Braised Double Mushrooms

A staple ingredient in Chinese medicine and Asian cuisine, mushrooms are a powerhouse of goodness.

This dish integrates shiitake and white button mushrooms, flavoured with soy sauce, butter and a pinch of sesame seeds.

## Hot and Spicy Tofu

Light on calories and loaded with flavours.

Our tofu is cooked with black bean sauce and tossed in spicy oil. The dressing can be served over steaming rice.

This succulent tofu dish will win over even carnivores at your table.

## Sour and Spicy Mushroom

A range of mushrooms mixed with rice balls, tomatoes and peas brings an exotic quality to this tasty dish. A wonderful blend of authentic Chinese flavours.

## Curry Treasure House

A savoury and hearty curry stew, made with potatoes, carrots and mushrooms and served with rice.

This milder dish is made of thick fragrant curry gravy with a hint of sweetness. The flavour is quite different from Indian or Thai curry - why not try something new?

Try something new!



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## Spicy Cauliflower

Boiled with bell pepper, spicy black bean sauce and chilli oil.  
Cauliflower is a very nutritious vegetable with particular cholesterol-lowering benefits.

## Braised Aubergine & Potato

Braised potatoes and aubergine drenched in soy sauce.  
With bell peppers added to the pot, this dish has an exquisite flavouring with hint of sweetness.

## Sweet & Sour Vegetable Mash

The secret of this potato and carrot mash is to add a dollop of vinegar with spicy-sweet ginger. This gives warmth and richness to this mild and colourful dish.



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## NOODLES/ RICE/ PASTA

£4.99

### Udon Noodles

Chewy and soft, these thick wheat noodles with carrots and green vegetables are cooked with soy sauce and sesame seeds.

### Rice Noodles

These soft and chewy rice noodles are cooked with green vegetables and bell peppers in a minimal stew.

Also known as 'nian gao', implying prosperity year on year.

### Mixed Grain Rice

Mixed wild grain rice blended with potatoes.

### Chinese Pak Choi and Noodle Soup

Pak Choi simmered with noodle flowers in a delicious vegetable stock. This clear noodle soup is a very tasty, healthy choice.

### Broccoli Cream Pasta

Creamy white sauce with broccoli and egg floret.



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## **Basil Pine Nuts Pasta**

WGT homemade basil pesto with roasted pine nuts and parmesan.

## **Courgette Mushroom Pasta**

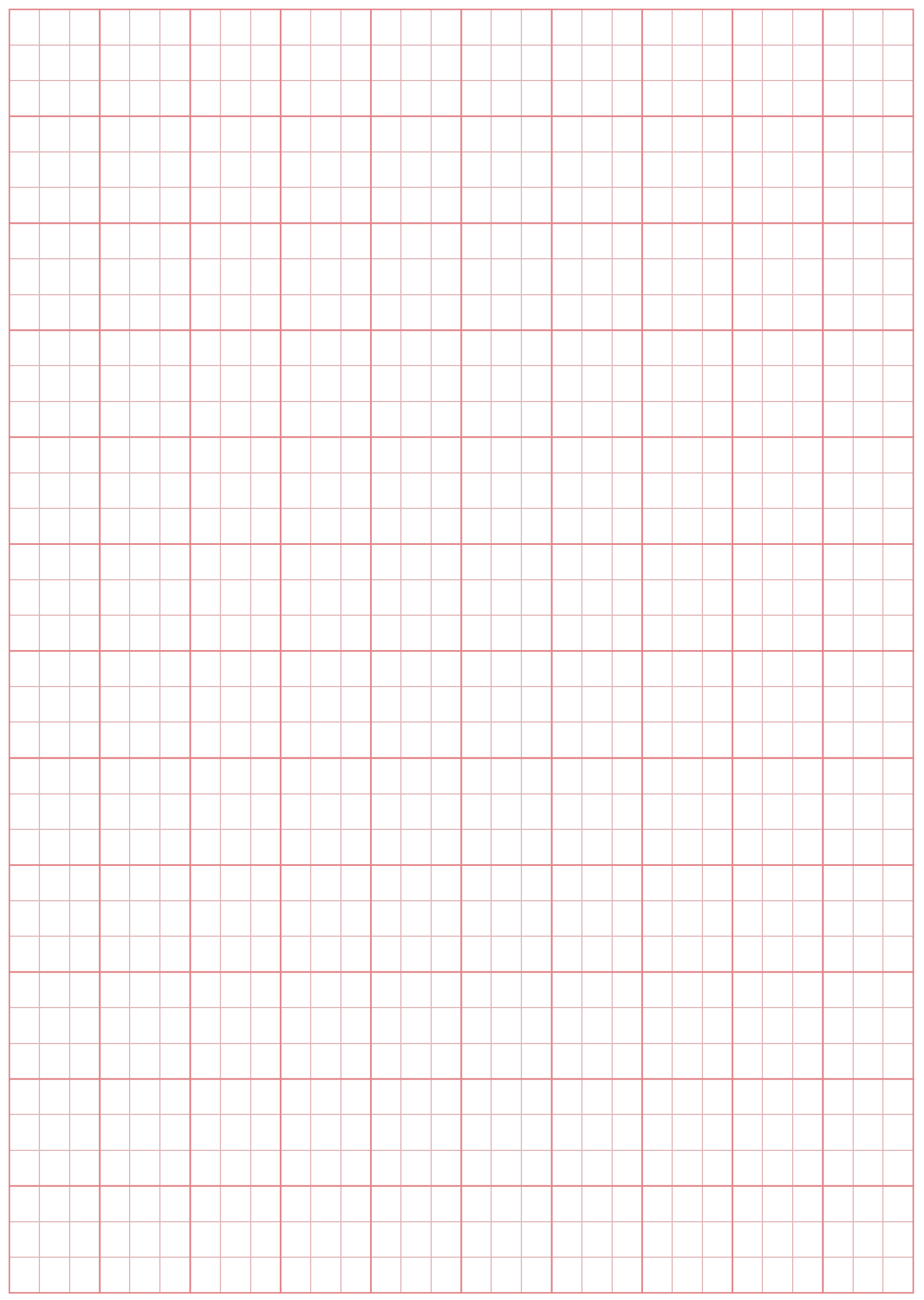
Roasted courgettes, mushrooms and pasta tubes in a creamy mascarpone sauce.



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已餐忍果清涼味

轉覺悲華脫俗香

近代日慧法師  
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WGT

*Vegetarian Fine Dining*

五觀堂素食

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