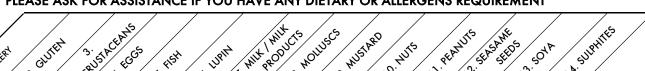
## THAI EXPRESS - ALLERGEN GUIDE

## PLEASE ASK FOR ASSISTANCE IF YOU HAVE ANY DIETARY OR ALLERGENS REQUIREMENT

- ☑ Has the Allergen R Allergen can be remove
- T Trace of the Allergen





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CORE MENU	<u> </u>			<u> </u>								<u>/ · .</u>		
1. TOM TUM SOUP			$\overline{\square}$	Ø	$\square$								V	
2. REGULAR SOUP	V	Ø												
3. RED CURRY			Ø		Ø									
3. GREEN CURRY			$\square$											
3. YELLOW CURRY					<u> </u>									
4. GENERAL THAI		$\square$			$\overline{\square}$			R					R	R
5. FRIED RICE BASIL		R		R	R			R					Ø	$\square$
5. FRIED RICE THAI		R (		R	R			R					$\overline{\mathbf{V}}$	
5. FRIED RICE - VEG/GLUTEN FREE				R									<u> </u>	<u> </u>
6. STIR FRY - SWEET & SOUR		R			R			R					<u> </u>	<u> </u>
6. STIR FRY - OSYTER		R			R			R						☑
6. STIR FRY - AUBERGINE		R			R			R					V	<u> </u>
6. STIR FRY - GINGER	R	R			R			R						<u> </u>
6. STIR FRY - PEANUT	- N	R	V		R			R			Ø		V	<u> </u>
			V							[7]	V		<u> </u>	<u> </u>
6. STIR FRY - CASHEW		T			R			R		☑				
6. STIR FRY - BASIL		R			R			R					<u> </u>	☑
6. STIR FRY - VEGE/GLUTEN FREE													☑	✓
7. PAD THAI		R	R	R	R			R					<u> </u>	<u> </u>
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8. PAD SEW		R		R	R			R					V	Ø
8. PAD SEW VEG/GLUTEN FREE				R									V	$\square$
PROTEINS														
A. PRAWNS			☑			R								
B. BEEF						IX						$\overline{\mathbf{V}}$	V	$\square$
C. CHICKEN	☑					R	☑						A	
D. VEGETABLES														
E. TOFU													V	
F. FISH		Т												
G. BATTERED CHICKEN		☑		$\square$								V	V	
SIDES														
SPRING ROLLS (VEG)													V	
PRAWN CRACKERS		Т												
SUMMER ROLL - PRAWN		-	<u> </u>											
SUMMER ROLL - VEGE	/III													
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It is the customers responsibility to ensure they inform the cashier of any food allergens, food intolerances or dietary requirements prior to ordering your food



Wheat (such as spelt and khorasan wheat/Kamut), npe, barley and oats to often found in foods containing flour, such as some types of baking power, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastny, sauces, sousa and fried floods which are dusted with fine.



Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.





Yes, Jupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces

Mollus cs
These include mussels, land snalls, squid and whelks, but can also be
commonly found in syster sauce or as an ingredient in fish stews





Not to be mistaken with peanuts (which are actually a legume and grow underground), is ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, blosticit, crackers, deserveds, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



Peanuts
Peanuts are actually a legume and grow underground, which is why it's
sometimes called a groundnut. Peanuts are often used as an ingredient in
biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in
groundnut oil and peanut flour.

Sesame seeds
These seeds can often be found in bread sprinkled on hamburger
buns for example), breadsticks, houmous, sesame oil and tahini.
They are sometimes toasted and used in salads.





Soya
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide (sometimes known as sulphites)
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer, if you have asthma, you have a hipher risk of developing a reaction to sulphur dioxide.





**ALL MEATS ARE HALAL** 



**OPTIONS** 

