

# THAI EXPRESS - ALLERGEN GUIDE

PLS ASK FOR ASSISTANCE IF YOU HAVE ANY DIETARY OR ALLERGENS REQUIREMENT

- Has the Allergen
- R** Allergen can be removed
- T** Trace of the Allergen

	1. CELERY	2. GLUTEN	3. CRUSTACEANS	4. EGGS	5. FISH	6. LUPIN	7. MILK / MILK PRODUCTS	8. MOLLUSCS	9. MUSTARD	10. NUTS	11. PEANUTS	12. SESAME SEEDS	13. SOYA	14. SULPHITES
<b>CORE MENU</b>														
1. TOM TUM SOUP		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>	
2. REGULAR SOUP	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>										
3. RED CURRY			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>									
3. GREEN CURRY			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>									
3. YELLOW CURRY					<input checked="" type="checkbox"/>									
4. GENERAL THAI		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<b>R</b>					<b>R</b>	<b>R</b>
5. FRIED RICE BASIL		<b>R</b>		<b>R</b>	<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5. FRIED RICE THAI		<b>R</b>		<b>R</b>	<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5. FRIED RICE - VEG/GLUTEN FREE				<b>R</b>									<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - SWEET & SOUR		<b>R</b>			<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - OSYTER		<b>R</b>			<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - AUBERGINE		<b>R</b>			<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - GINGER	<b>R</b>	<b>R</b>			<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - PEANUT		<b>R</b>	<input checked="" type="checkbox"/>		<b>R</b>			<b>R</b>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - CASHEW		<b>T</b>			<b>R</b>			<b>R</b>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - BASIL		<b>R</b>			<b>R</b>			<b>R</b>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. STIR FRY - VEGE/GLUTEN FREE													<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
7. PAD THAI		<b>T</b>	<b>R</b>	<b>R</b>	<b>R</b>								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
7. PAD THAI VEG/ GLUTEN FREE				<b>R</b>	<b>R</b>								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
8. PAD SEW		<b>R</b>		<b>R</b>	<b>R</b>								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
8. PAD SEW VEG/GLUTEN FREE				<b>R</b>									<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>PROTIENS</b>														
A. PRAWNS			<input checked="" type="checkbox"/>											
B. BEEF		<b>T</b>									<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
C. CHICKEN	<input checked="" type="checkbox"/>	<b>T</b>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
D. VEGETABLES														
E. TOFU		<b>T</b>											<input checked="" type="checkbox"/>	
F. FISH		<b>T</b>			<input checked="" type="checkbox"/>									
G. BATTERED CHICKEN		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>									<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>SIDES</b>														
SPRING ROLLS (VEG)		<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CHICKEN WINGS		<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PRAWN CRACKERS		<b>T</b>	<input checked="" type="checkbox"/>											
SUMMER ROLL - PRAWN			<input checked="" type="checkbox"/>											
SUMMER ROLL - VEGE														
MANGO SALAD		<input checked="" type="checkbox"/>	<b>T</b>	<b>T</b>	<input checked="" type="checkbox"/>		<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PAPAYA SALAD		<input checked="" type="checkbox"/>	<b>T</b>	<b>T</b>	<input checked="" type="checkbox"/>		<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<b>T</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
POP CORN		<input checked="" type="checkbox"/>											<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CARROT SALAD					<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>CONDIMENTS</b>														
PEANUTS (ROASTED)									<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
SIRACHA CHILLI SAUCE														
SWEET CHILLI SAUCE														
PEANUT DIPPING SAUCE	<b>T</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<b>T</b>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	
SPICY NUTS		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	
<b>DESERTS</b>														
SERBET PASSION FRUIT														<input checked="" type="checkbox"/>
STEM GINGER ICE CREAM							<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
SALTED CARAMEL							<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
COCONUT RICE PUDDING							<input checked="" type="checkbox"/>							
PINK GUAVA & PASSION FRUIT SORBET														
LYCHEE ICE CREAM							<input checked="" type="checkbox"/>							
TOASTED COCONUT ICE CREAM							<input checked="" type="checkbox"/>							
<b>SPECIALS</b>														
THAIRACHA FISH & CHIPS		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>									<b>T</b>
DRUNKEN NOODLES		<b>R</b>	<b>R</b>	<b>R</b>	<b>R</b>								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

**1 Celery**  
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

**2 Cereals containing gluten**  
Wheat (such as spelt and Khorasan wheat/kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

**3 Crustaceans**  
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.

**4 Eggs**  
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

**5 Fish**  
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

**6 Lupin**  
Yes, lupin 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.

**7 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.

**8 Molluscs**  
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

**9 Mustard**  
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

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

**11 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.

**12 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.

**13 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.

**14 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 higher risk of developing a reaction to sulphur dioxide.



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