

**ALLERGEN GUIDE**

PLEASE 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>														
TOM YUM SOUP		✓	✓	✓	✓									✓
THAI CHICKEN SOUP	✓	✓		✓										
GREEN CURRY			✓		✓									
YELLOW CURRY					✓									
RED CURRY			✓		✓									
GENERAL THAI		✓		✓	R			R				✓	✓	✓
GENERAL TOFU		R			R			R				✓	✓	✓
FRIED RICE BASIL		R		R	R			R				✓	✓	✓
FRIED RICE THAI		R		R	R			R				✓	✓	✓
FRIED RICE - VEG/GLUTEN FREE		R		R								✓	✓	✓
STIR FRY - SWEET & SOUR		R			R			R				✓	✓	✓
STIR-FRY - AUBERGINE		R			R			R				✓	✓	✓
STIR-FRY - CASHEW		T			R			R	✓			✓	✓	✓
STIR-FRY - SATAY PEANUT	T	R	✓		R			R	T	✓	✓	✓	✓	✓
STIR-FRY - GINGER	R	R			R			R				✓	✓	✓
STIR-FRY - BASIL		R			R			R				✓	✓	✓
STIR FRY - OYSTER		R			R			R				✓	✓	✓
STIR-FRY - VEG/GLUTEN FREE												✓	✓	✓
PAD THAI		R		R	R			R				✓	✓	✓
PAD THAI VEG/ GLUTEN FREE				R	R							✓	✓	✓
PAD SEE EW		R		R	R			R				✓	✓	✓
PAD SEE EW VEG/GLUTEN FREE		R		R								✓	✓	✓
<b>KIDS MEALS</b>														
JURASSIC PAD THAI		R		R	R			R				✓	✓	✓
GENERAL THAI-GER!		✓			✓			R				✓	✓	✓
HIPPO SOUP	✓	✓		✓										
KID KONG STIR-FRY		R			R			R				✓	✓	✓
ELEPHANT NOODLES		R		R	R			R				✓	✓	✓
<b>PROTEINS</b>														
A. PRAWNS			✓											
B. BEEF		✓										✓	✓	✓
C. CHICKEN	✓			✓			✓	✓				✓	✓	✓
D. VEGETABLES														
E. TOFU													✓	
F. FISH		T			✓									
G. BATTERED CHICKEN		✓		✓								✓	✓	
<b>SIDES</b>														
SPRING ROLLS (VEG)		✓										✓	✓	
THAIRACHA BITES CHICKEN		✓		✓								✓	✓	
THAIRACHA BITES TOFU		T										R		
CHICKEN DUMPLINGS		✓	R	T			T	T	R	R	R	T	✓	
VEG DUMPLINGS		✓		T			T	T				T	✓	
SUMMER ROLL BEEF		✓										✓	✓	✓
SUMMER ROLL VEG														
SUMMER ROLL PRAWN			✓											
SOM TAM CARROT SALAD					✓				✓	✓				
PAPAYA SALAD					✓									
MANGO SALAD					✓									
CHOCOLATE SAUCE							✓		✓					
HONEY LIME SAUCE														
CHICKEN WINGS		✓											✓	✓
PRAWN CRACKERS		T	✓											
<b>CONDIMENTS</b>														
PEANUTS (ROASTED)									✓	✓				
SIRACHA CHILLI SAUCE														
SATAY PEANUT DIPPING SAUCE	T		✓					T	✓	✓				
HOUSE CHILLI OIL														
SWEET CHILLI SAUCE														
WOOLFS KITCHEN CHILLI CRUNCH														
<b>DESSERTS</b>														
COCONUT RICE PUDDING							✓							
MOCHI BALLS							✓		R				✓	
VANILLA ICECREAM							✓							
BANANA FRITTERS		✓					✓					✓		
<b>SPECIALS</b>														
LOADED PAD THAI	✓	R	✓	✓	✓		✓	✓	✓	R	R	✓	✓	✓
PAD THAI SATAY	T	R	✓	R	R			R	T	✓	✓		✓	✓
TOM KHA SOUP		✓	✓	✓	✓								✓	✓
GENERAL THAI		✓		✓	R			R				✓	✓	✓
YELLOW CURRY FISH		T			✓									
CHILLI CHILLI BANGKOK		✓		R	✓			✓					✓	✓
COCKTAIL PAD THAI	✓	R	✓	✓	R		✓	✓	✓	R	R		✓	✓
SURF N TURF PAD THAI		R	✓	R	R			✓		R	R	✓	✓	✓
<b>DRINKS</b>														
ALL DRINKS														

## 14 Allergens

Coming to a food label near you

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 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 Khorsasan wheat/kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, butter, 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.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
 Sign up to our allergy alerts on [food.gov.uk@email](mailto:food.gov.uk@email), or follow #AllergyAlert on Twitter and Facebook  
 Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/food.gov.uk)  
 Join our conversation [@food.gov.uk/twitter](https://twitter.com/food.gov.uk)  
 Watch us on [food.gov.uk/youtube](https://www.youtube.com/foodgovuk)

NOT HALAL

Even with precautions, our dishes may have been in contact with allergenic products such as nuts, seafood, gluten etc.  
Please speak to our staff about the ingredients in your meal when making your order.