

THAI EXPRESS - ALLERGEN GUIDE

7/6/2024

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



b 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
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CORE MENU														
1. TOM TUM SOUP		b	b	b	b								b	
2. THAI SOUP	b	b		b										
3. RED CURRY				b	b									
3. GREEN CURRY				b	b									
3. YELLOW/ MASSAMAN CURRY					b									
4. GENERAL THAI		b			b		R						R	R
5. FRIED RICE BASIL		R		R	R		R						b	b
5. FRIED RICE THAI		R		R	R		R						b	b
5. FRIED RICE - VEG/GLUTEN FREE				R									b	b
6. STIR FRY - SWEET & SOUR		R			R		R						b	b
6. STIR FRY - OSYTER		R			R		R						b	b
6. STIR FRY - AUBERGINE		R			R		R						b	b
6. STIR FRY - GINGER	R	R			R		R						b	b
6. STIR FRY - PEANUT		R	b		R		R		b	b			b	b
6. STIR FRY - CASHEW		T			R		R		b				b	b
6. STIR FRY - BASIL		R			R		R						b	b
6. STIR FRY - VEGE/GLUTEN FREE													b	b
7. PAD THAI		R	R	R	R		R						b	b
7. PAD THAI VEG/ GLUTEN FREE				R	R								b	b
8. PAD SEW		R		R	R		R						b	b
8. PAD SEW VEG/GLUTEN FREE				R									b	b
PROTIENS														
A. PRAWNS			b											
B. BEEF		b											b	b
C. CHICKEN	b			b			b		b				b	b
D. VEGETABLES														
E. TOFU													b	
F. FISH		T			b									
G. BATTERED CHICKEN		b		b	b								b	b
SIDES														
SPRING ROLLS (VEG)		b								T			b	b
PRAWN CRACKERS		T	b											
Yum Box (Meat)		b		b			T		T	T			T	b
Yum Box (V)		b							T	T			b	b
SUMMER ROLL - PRAWN				b										
SUMMER ROLL - VEGE														
MANGO SALAD							T	T	T	T	T	T	b	b
PAPAYA SALAD				T	T	b	T	T	T	T	T	T	b	b

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 menu) 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, 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 steaks.

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.

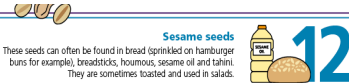
10 Nuts
 Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes,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

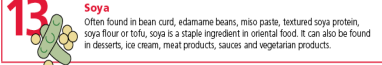
POP CORN		<i>b</i>										<i>b</i>	<i>b</i>
CARROT SALAD					<i>b</i>				<i>b</i>	<i>b</i>			
CHICKEN DUMPLINGS		<i>b</i>	T	T	T			T				<i>b</i>	<i>b</i>
VEG DUMPLINGS		<i>b</i>										<i>b</i>	<i>b</i>
CONDIMENTS													
PEANUTS (ROASTED)									<i>b</i>	<i>b</i>			
SIRACHA CHILLI SAUCE													
SWEET CHILLI SAUCE													
PEANUT DIPPING SAUCE		<i>b</i>	<i>b</i>					T	<i>b</i>	<i>b</i>	<i>b</i>	<i>b</i>	
RICE GARNISH	T	T		T	T			T	T	T	T	T	T
CRISPY CHILLI OIL		T							T	T			T
THAIRACHA													
CHICKEN BURGER		<i>b</i>	<i>b</i>		<i>b</i>			<i>b</i>	<i>b</i>			<i>b</i>	<i>b</i>
FRIES CLASSIC			T										
Thairacha Prawns		<i>b</i>	<i>b</i>		<i>b</i>			<i>b</i>				T	<i>b</i>
THAIRACHA FRIES		<i>b</i>											<i>b</i>
WINGS	T	<i>b</i>		T				T		T		T	
TOFU BITES												<i>b</i>	<i>b</i>
THAIRACHA BITES		<i>b</i>									R	<i>b</i>	
DESSERTS													
COCONUT RICE PUDDING								<i>b</i>					
MANGO RICE PUDDING								<i>b</i>					
MOCHI BALLS									<i>b</i>				<i>b</i>
BANNANA FRITTERS		<i>b</i>							T				
SPECIALS													
THAIRACHA FISH & CHIPS		<i>b</i>	<i>b</i>	<i>b</i>	<i>b</i>							<i>b</i>	<i>b</i>
DRUNKEN NOODLES		R	R	R	R							<i>b</i>	<i>b</i>

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


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.



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 or 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/facebook)
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