

THAI EXPRESS - ALLERGEN GUIDE



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

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

	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
CORE MENU														
1. TOM TUM SOUP		✓	✓	✓	✓								✓	
2. REGULAR SOUP	✓	✓	✓											
3. RED CURRY			✓	✓										
3. GREEN CURRY			✓	✓										
3. YELLOW CURRY				✓										
4. GENERAL THAI		✓		✓			R						R	R
5. FRIED RICE BASIL		R		R	R		R						✓	✓
5. FRIED RICE THAI		R		R	R		R						✓	✓
5. FRIED RICE - VEG/GLUTEN FREE				R									✓	✓
6. STIR FRY - SWEET & SOUR		R		R	R		R						✓	✓
6. STIR FRY - OSYTER		R			R		R						✓	✓
6. STIR FRY - AUBERGINE		R			R		R						✓	✓
6. STIR FRY - GINGER	R	R			R		R						✓	✓
6. STIR FRY - PEANUT		R	✓		R		R			✓			✓	✓
6. STIR FRY - CASHEW		T			R		R	✓					✓	✓
6. STIR FRY - BASIL		R			R		R						✓	✓
6. STIR FRY - VEGE/GLUTEN FREE													✓	✓
7. PAD THAI		R	R	R	R		R						✓	✓
7. PAD THAI VEG/ GLUTEN FREE				R	R								✓	✓
8. PAD SEW		R		R	R		R						✓	✓
8. PAD SEW VEG/GLUTEN FREE				R									✓	✓
PROTEINS														
A. PRAWNS			✓			R								
B. BEEF						R					✓	✓	✓	
C. CHICKEN	✓			✓		R	✓	✓					✓	
D. VEGETABLES														
E. TOFU													✓	
F. FISH		T		✓										
G. BATTERED CHICKEN		✓		✓							✓	✓		
SIDES														
SPRING ROLLS (VEG)		✓									✓	✓		
PRAWN CRACKERS		T	✓											
SUMMER ROLL - PRAWN			✓											
SUMMER ROLL - VEGE														
MANGO SALAD		✓	T	T	✓		T	T	T	T	T	T	✓	✓
PAPAYA SALAD		✓	T	T	✓		T	T	T	T	T	T	✓	✓
CARROT SALAD				✓					✓	✓				
CONDIMENTS														
PEANUTS (ROASTED)									✓	✓				
SIRACHA CHILLI SAUCE														✓
SWEET CHILLI SAUCE														
PEANUT DIPPING SAUCE	T	✓	✓				T	✓	✓				✓	
HOUSE CHILLI OIL														
SPICY NUTS		✓	✓		✓				✓	✓			✓	
THAIRACHA														
CHICKEN BURGER		✓									✓	✓	✓	
FRIES CLASSIC		T												
THAIRACHA FRIES		✓											✓	✓
WINGS		✓											✓	✓
QUORN BURGER		✓		✓		✓		✓	✓	✓	✓	✓	✓	✓
TOFU THAIRACHA BITES											✓	✓	✓	✓
CHICKEN THAIRACHA BITES		✓									✓	✓	✓	✓
COCONUT RICE PUDDING						✓								
SPECIALS														
THAIRACHA FISH & CHIPS		✓		✓	✓									T
DRUNKEN NOODLES		R	R	R	R								✓	✓

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 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.

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



ALL MEATS ARE HALAL