

LIGHTER CHOICES!

Our portions are known to be generous. Here are some options to lighten up your dish!

DELICIOUS PAD SALADS:

Try our hot stir-fry on a refreshing cold salad for a lighter choice filled with flavour.

Choice of 9 flavours : basil, cashew, chilli paste, eggplant, ginger, lemongrass, soya garlic, peanut, sweet and sour

HEARTWARMING SOUPS:

Less broth=less sodium and less calories! : Ask for a little less broth or enjoy a mini soup

Less noodles=less carbs and less calories! : Ask for less noodles or no noodles at all and replace with them with more bean sprouts. You may also request extra vegetables or extra proteins for a small cost.

SCINTILLATING STIR-FRIES:

The vegetarian sauce is a little lighter, so simply ask for your favorite dish protein (with shrimps, beef, chicken, tofu or fish) with the **VEGETARIAN SAUCE**.

Want less carbs? You can replace your rice with bean sprouts.

Want less fat? Ask your stir-fry with less oil.

FRIED RICE DELIGHT!

No cholesterol If you ask your fried rice without eggs: ask for the vegetarian sauce

AWESOME PAD THAI

For a lighter Pad Thai, order :

- with vegetarian sauce
- without eggs
- less noodles, more bean sprouts

GOODY PAD SEW

For a lighter Pad Sew , order:

- with vegetarian sauce
- without eggs
- less oil



Pad salad : Basil flavour

THAI CHILI BENEFITS

- Red chillies contain high amounts of vitamin C and carotene (provitamin A)
- They lower blood sugar levels
- Improves heart, health, by boosting circulation, thinning blood and helping to prevent strokes
- Provides pain relief & reduces inflammation
- They are therapeutic & act as a relaxant
- Helps clear congestion
- Lowers the risk of stomach cancer
- Helps to burn Fat
- Lastly, eating chillies has recently been shown to lower cholesterol, and to reduce the amount of fibrin in the blood, and as a result, lower the blood's tendency to clot.

REFERENCES

<http://www.chilli-willy.com/chilli-health-benefits/>