



Thai
express

ALLERGEN NOTICE

Thai Express offers products containing fish, shellfish, crustaceans, mollusc, sesame, soy, modified milk product, egg, wheat, peanuts, cashew, and other allergens. While we take steps to minimize the risk of cross contamination, we cannot guarantee the total absence of any allergen or that any of your products are safe to consume for people with allergies to such. If you think you may be allergic to any ingredient contained in any of our products, please consult your physician prior to consuming. Our employees are not experts on allergens and cannot be relied on to inform you about the presence of allergens in our food products.

Gluten-Friendly Option: THE THAI EXPRESS VEGETARIAN SAUCE DOES NOT CONTAIN GLUTEN AND MSG. Our Gluten-Friendly menu items are created using ingredients that do not contain gluten. However, other menu items and ingredients in our restaurant contain gluten and are prepared on shared equipment, so we cannot guarantee that our menu items are 100% gluten free.

THE GLUTEN-FRIENDLY OPTION IS NOT AN ALTERNATE FOR PEOPLE WHO SUFFER FROM CELIAC DISEASE

GF Gluten-Friendly
Does not contain gluten

V Vegan Option
Does not contain animal products

Choose from the following dishes:

GLUTEN-FRIENDLY

- A** SHRIMP **C** CHICKEN
- B** BEEF **D** VEGETABLES

MSG-FREE

- A** SHRIMP **E** TOFU
- B** BEEF **F** BATTERED FISH
- C** CHICKEN **G** BATTERED CHICKEN
- D** VEGETABLES **H** BATTERED BEEF

3 CURRY



Must mention "Gluten-Friendly" when ordering

- Red Curry
- Yellow Curry
- Green Curry*

*Specify without eggplant

- Red Curry
- Yellow Curry
- Green Curry
- Peanut Coco Bowl (Panaeng)

5 FRIED RICE



Must mention "Gluten-Friendly" when ordering

- Thai Fried Rice*
- Basil Fried Rice*

*Made with vegetarian sauce

Must mention "MSG-Free" when ordering

- Thai Fried Rice
- Basil Fried Rice

Made with vegetarian sauce, dark soya sauce and sweet soya sauce

6 STIR FRY



FLAVOURS
Must mention "Gluten-Friendly" when ordering

- Ginger
 - Cashew
 - Basil Eggplant*
- *Specify without eggplant
- Lemongrass
 - Broccoli Soya Garlic
 - Sweet and Sour

Made with vegetarian sauce

FLAVOURS
Must mention "MSG-Free" when ordering

- Ginger
- Cashew
- Basil Eggplant
- Lemongrass
- Broccoli Soya Garlic
- Peanut
- Sweet and Sour

Made with vegetarian sauce



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GF Gluten-friendly

Does not contain gluten

V Vegan option

Does not contain animal products

Choose from the following dishes:

6 SHAK-A-BOWL **GF** **V**



GLUTEN-FRIENDLY

A SHRIMP

C CHICKEN

B BEEF

D VEGETABLES

MSG-FREE

A SHRIMP

E TOFU

B BEEF

F BATTERED FISH

C CHICKEN

G BATTERED CHICKEN

D VEGETABLES **H** BATTERED BEEF

FLAVOURS

Must mention "Gluten-Friendly" when ordering

- Ginger
 - Cashew
 - Basil Eggplant*
- *Specify without eggplant
- Lemongrass
 - Broccoli Soya Garlic
 - Sweet and Sour

Made with vegetarian sauce

FLAVOURS

Must mention "MSG-Free" when ordering

- Ginger
- Cashew
- Basil Eggplant
- Lemongrass
- Broccoli Soya Garlic
- Peanut
- Sweet and Sour

Made with vegetarian sauce

7 PAD THAI **GF** **V**



Must mention "Gluten-Friendly" and "No Tofu" when ordering

(Tofu has been in contact with gluten in the fryer)

Made with vegetarian sauce

Must mention "MSG-Free" when ordering

Made with vegetarian sauce

8 PAD SEE EW **GF** **V**



Must mention "Gluten-Friendly" when ordering

Made with vegetarian sauce

Must mention "MSG-Free" when ordering

Made with vegetarian sauce, dark soya sauce and sweet soya sauce

There are NO GLUTEN-FRIENDLY options and NO MSG-FREE options for the following dishes:

1 TOM YUM SOUP

2 THAI SOUP

3 **G H** GENERAL CURRY™

4 **G H** GENERAL THAI™ PINEAPPLE

4 **G H** GENERAL THAI™ MANGO

4 **G H** GENERAL THAI RACHA™

5 TOM YUM FRIED RICE

6 MANGO STIR FRY

6 THAI RACHA STIR FRY

6 TAMARIND CHILI STIR FRY (PAD PRIK PAO)