

Serving (g)	Calories	Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Sugar (g)	Fibers (g)	Protein (g)
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1 SAUCES & VEGETABLES

To obtain the total count of your meal: COMBINE 1+3+4 Example: Pad Thai + Chicken + Egg + Noodles

RED CURRY	Ⓢ	230	340	25	10	0	0	0.9	21	14	2	5
GREEN CURRY	Ⓢ	245	340	25	14	0	0	0.9	22	16	2	4
YELLOW CURRY	Ⓢ	262	360	25	14	0	0	1	27	14	2	4
GENERAL THAI FOR CHICKEN		258	290	14	1	0	0	1.2	40	28	3	2
GENERAL THAI FOR BEEF		261	370	14	1	0.3	0	1.14	67	55	2	2
FRIED RICE THAI		228	370	28	2	0	0	2	27	18	2	2
FRIED RICE THAI	Ⓢ	150	210	14	1	0	0	1.3	22	12	2	1
FRIED RICE BASIL		173	350	27	2	0	0	2	22	15	1	2
FRIED RICE BASIL	Ⓢ	225	240	14	1	0	0	1.3	27	12	3	3
STIR-FRY BASIL		168	230	14	1	0	0	1.4	25	17	2	2
STIR-FRY BASIL	Ⓢ	168	230	14	1	0	0	1.3	24	13	2	1
STIR-FRY CASHEW		200	330	23	3	0	0	1.37	29	11	2	4
STIR-FRY CASHEW	Ⓢ	200	330	23	3	0	0	1.31	28	11	2	4
STIR-FRY EGGPLANT		193	220	14	1	0	0	1.4	23	12	2	1
STIR-FRY EGGPLANT	Ⓢ	193	220	14	1	0	0	1.3	24	12	2	1
STIR-FRY GINGER		175	230	14	1	0	0	1.7	25	12	2	2
STIR-FRY GINGER	Ⓢ	175	230	14	1	0	0	1.3	26	12	2	1
STIR-FRY SOYA GARLIC		195	230	14	1	0	0	1.7	25	12	2	2
STIR-FRY SOYA GARLIC	Ⓢ	195	220	14	1	0.3	0	1.5	22	17	3	6
STIR-FRY SWEET & SOUR		258	290	14	1	0	0	1.2	40	28	3	2
STIR-FRY SWEET & SOUR	Ⓢ	258	290	14	1	0	0	1.15	41	28	3	2
STIR- FRY PEANUT		242	460	35	10	0	0	1.2	32	16	4	8
STIR- FRY PEANUT	Ⓢ	270	480	35	10	0.3	0	2	38	30	4	9
STIR-FRY LEMONGRASS		253	340	21	2	0	0	1.4	32	11	2	14
STIR-FRY LEMONGRASS	Ⓢ	253	340	21	2	0	0	1.3	31	11	2	14
STIR-FRY CHILLI PASTE		184	230	15	1	0	0.03	1.5	23	13	2	1
STIR-FRY CHILLI PASTE	Ⓢ	154	220	15	1	0.3	0	1.6	21	18	2	1
PAD THAI		281	420	29	2	0	0	1.26	37	25	2	5
PAD THAI	Ⓢ	281	420	29	2	0	0	1.21	38	25	2	5
PAD SEE EW		155	340	28	2	0	0	2.2	22	18	1	1
PAD SEE EW	Ⓢ	155	340	28	2	0	0	2	21	18	1	1

2 BROTHS & VEGETABLES

To obtain the total count of your meal: COMBINE 2+3+4 Example: Tom yum soup + Shrimps + Noodles for soup

MINI TOM YUM SOUP		413	160	1	1	0	40	1.6	23	16	1	6
MINI REGULAR SOUP		413	80	3	0	0	0	1	9	4	1	6
TOM YUM SOUP (MEAL)		795	330	12	1.5	0	75	2.9	46	29	2	15
REGULAR SOUP (MEAL)		795	180	5	1	0	0	1.8	20	8	2	15

Ⓢ = Vegan Option

For more details see document: <https://www.thaiexpress.ca/wp-content/uploads/2018/01/20180125-Vegan.pdf>

Ⓢ = Gluten-Free Option

For more details see document <https://www.thaiexpress.ca/wp-content/uploads/2017/10/20171006-Gluten-MSG-Free.pdf>

* Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings, unless indicated otherwise. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Information may be subject to change at any time.



Thai
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3 PROTEINS

A) SHRIMPS (6)	Ⓢ	36	40	0.5	0.1	0	0.06	0.6	0	0	0	7
B) BEEF	Ⓢ	70	110	5	2	0	0.03	0.1	0	0	0	15
C) CHICKEN	Ⓢ	70	80	1	0.3	0	0.04	0	0	0	0	16
D)VEGETABLES & V)VEGETARIAN:	Ⓢ											
GREEN PEPPER		30	10	0.1	0	0	0	0	2	0.8	0	0.3
ONION		25	10	0	0	0	0	0	2	1.6	0	0.3
CARROT		25	10	0	0	0	0	0.1	3	1.7	1	0.3
BROCCOLI		30	10	0.1	0	0	0	0	2	0.6	1	1
BABY CORN		15	15	0.2	0	0	0	0.1	3	0.5	0	1
CHINESE LETTUCE		30	5	0	0	0	0	0	1	0.3	0	0.4
E) TOFU		90	130	8	0	0	0	0.1	1	0	1	14
F) BASA FILET		70	120	3	0	0	0.03	0	0	0	0	12
G) GENERAL CHICKEN		130	180	4	0	0	0.07	0.1	10	0	0	23
H) GENERAL BEEF		130	180	4	0	0	0.07	0.1	10	0	0	23
EGG (Fried Rice, Pad Thai, Pad See Ew)	Ⓢ	57	83	5.4	0	0	0.2	0.1	1.1	0.2	0	6.8

4 RICE AND NOODLES

RICE		200	205	0	0	0	0	0	45	0	0.6	4
RICE FOR FRIED RICE		350	358	0	0	0	0	0	78	0	1	7
NOODLE FOR PAD THAI		200	270	0	0	0	0	0	63	0	4	5
NOODLE FOR PAD SEE EW		200	270	0	0	0	0	0	63	0	4	5
NOODLE FOR SOUP		175	240	0	0	0	0	0.01	56	0	4	5
NOODLE FOR MINI SOUP		60	80	0	0	0	0	0.04	18	0	1	2

5 EXTRAS

EXTRA COCONUT MILK FOR MEAL SOUPS		125	240	26	0	0	0	0	3	0	0	2
EXTRA COCONUT MILK FOR MINI SOUPS		20	40	4.5	0	0	0	0	0	0	0	2
CASHEW		200	270	0	1.2	0	0	0	63	0	4	5

6 APPETIZERS

To obtain the total count of your appetizers: COMBINE 6+7 Example: Imperial + Plum sauce

IMPERIAL ROLL (1)		50	100	4	1	0	0	0.2	13	4	0	3
SHRIMP SPRING ROLL (1)		122	190	1.5	0.2	0	0.02	0.1	38	1	3	8
VEGETABLE SPRING ROLL (1)		111	180	1.5	0.2	0	0	0.1	38	1	3	6
FRIED DUMPLINGS (4)		130	150	2.5	1	0	0.03	1.1	19	3	1	13
STEAMED DUMPLINGS (4)		130	150	2.5	0.5	0	0.03	1.1	19	3	1	13
THAI CHICKEN WINGS (3)		111	190	11	3.5	0	110	0.69	3	0	0	18
THAI THAI CHICKEN WINGS (6)		222	380	22	7	0	220	2.06	7	0	0	36
CHICKEN WINGS (9)		333	570	33	10	0	335	10	10	0	0	53
MANGO SALAD		217	130	21	0.2	0	0	0.1	17	0	4	22
FRIED BANANA (1)		56	160	6	3	0	0	0.1	0	1	2	0
SORBET/GELATO 1 cup		100	130	4	3	0	17	0.07	32	22	2	2

7 APPETIZER SAUCES

PLUM SAUCE (FOR IMPERIAL ROLL)		1 oz	50	0.3	0	0	0	0	12	9.5	0	0.3
FS SAUCE (FOR IMPERIAL ROLL)		1 oz	45	0.1	0	0	0	0.6	13	12	0	0.1
PEANUT SAUCE (FOR SPRING ROLL)		2 oz	200	17	7	0	0	1.3	11	5	2	5
PEANUT SAUCE (FOR STEAMED DUMPLINGS)		2 oz	200	17	7	0	0	1.3	11	5	2	5
SWEET CHILI SAUCE (FOR FRIED DUMPLINGS)		2 oz	90	0	0	0	0	0.056	26	22	0	0.4
SWEET CHILI SAUCE (FOR 3 CHICKEN WINGS)		2 oz	90	0	0	0	0	0.056	26	22	0	0.4
SWEET CHILI SAUCE (FOR 6 CHICKEN WINGS)		4 oz	180	0	0	0	0	0.1	52	44	0	0.8
SWEET CHILI SAUCE (FOR 9 CHICKEN WINGS)		6 oz	270	0	0	0	0	0.16	78	66	0	1.2
THAI DRESSING (FOR MANGO SALAD)		1.75 oz	80	0.1	0	0	0	1	22	22	0	0.1
CHOCOLATE SYRUP (FOR FRIED BANANA)		60	130	0.4	0.3	0	0	0.056	33	25	2	2
ROASTED CRUSHED PEANUTS (AS CONDIMENT)		1 oz	160	14	2	0	0	0	5	0	2	7

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