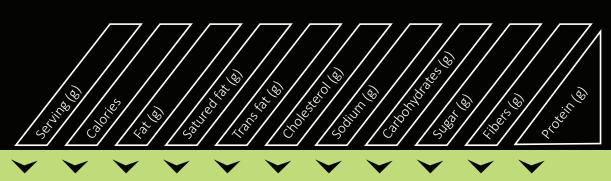


REGULAR SOUP (MEAL)



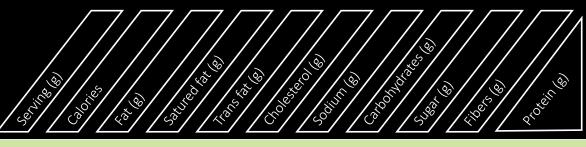
1 SAUCES & VEGETABLES	To obtain	the total	count of y	our meal:	COMBINE	1+3+4 Ex	ample: Pa	d Thai + C	hicken +	Egg + Noc	odles
RED CURRY	230	340	25	10	0	0	0.9	21	14	2	5
GREEN CURRY	245	340	25	14	0	0	0.9	22	16	2	4
YELLOW CURRY	262	360	25	14	0	0	1	27	14	2	4
GENERAL THAI FOR CHICKEN	258	290	14	1	0	0	1.2	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 (V)	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 W	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 (V)	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 (V)	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 (V)	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 W	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 (V)	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 THAÏ	281	420	29	2	0	0	1.26	37	25	2	5
PAD THAÏ (V)	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 obtai	n the total	count of	your meal	: COMBIN	E 2+3+4 E	xample: I	om yum s	oup + Shr	imps + No	odles 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

Vegan Option For more detaisl 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, unlessindicated 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.





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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		110	5	2	0	0.03	0.1	0	0	0	15	
C) CHICKEN		80	1	0.3	0	0.03	0.1	0	0	0	16	
D)VEGETABLES & V)VEGETARIAN:		80	1		0	0.04	0	U	U	U	10	
GREEN PEPPER		10	0.1	0	0	0	0	2	0.0	0	0.3	
	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)	3 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			int of your	appetizers: (COMBINE 6	+7 Example	: Imperial +		9			
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	
	100	130	7	3	0	1/	0.07	32	22	2	2	
	1.07	E0	0.3	0	0	0	0	12	0.5	0	0.3	
PLUM SAUCE (FOR IMPERIAL ROLL) FS SAUCE (FOR IMPERIAL ROLL)	1 oz	50 45	0.3	0	0	0	0.6	12	9.5	0	0.3	
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 CHILL SAUCE (FOR 6 CHICKEN WINGS)	4 oz	180	0	0	0	0	0.1	52	44 66	0	0.8	
SWEET CHILI SAUCE (FOR 9 CHICKEN WINGS) THAI DRESSING (FOR MANGO SALAD)	6 oz 1.75 oz	270 80	0.1	0	0	0	0.16	78 22	22	0	0.1	
CHOCOLATE SYRUP (FOR FRIED BANANA)	60	130	0.1	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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