



Nutritional Statement

	Weight (g)	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1 Sauces & Vegetables												
To obtain the total calorie count of your meal: Combine 1+3+4												
Red Curry	246	330	260	29	21	0	0	820	19	4	11	5
Green Curry	260	340	260	29	21	0	0	830	19	4	11	5
Yellow Curry	298	380	260	29	21	0	0	900	30	5	16	5
General Thai®	301	350	130	15	1	0	0	2160	55	3	46	3
Orange Chicken	205	280	130	15	1	0	0	580	36	2	30	2
Drunken Noodles	374	520	260	29	2	0	0	3140	65	5	41	4
Fried Rice Thai	231	390	260	29	2	0	0	4080	33	3	26	3
Fried Rice Thai - (V)	230	380	250	28	2	0	0	3730	38	3	26	2
Fried Rice Thai - (GF)	222	360	250	28	2	0	0	3330	33	3	23	2
Fried Rice Basil	156	360	250	28	2	0	0	4070	26	2	21	3
Fried Rice Basil - (V)	156	350	250	28	2	0	0	3730	31	2	21	2
Fried Rice Basil - (GF)	148	330	250	28	2	0	0	3320	26	2	18	1
Stir-Fry Basil	198	240	130	15	1	0	0	1980	29	2	21	3
Stir-Fry Basil - (V)	215	250	130	15	1	0	0	1580	34	3	21	3
Stir-Fry Basil - (GF)	215	250	130	15	1	0	0	1580	34	3	21	3
Stir-Fry Cashew	227	320	200	22	2.5	0	0	2100	30	3	21	5
Stir-Fry Cashew - (V)	227	320	200	22	2.5	0	0	1700	34	3	21	4
Stir-Fry Cashew - (GF)	215	310	200	22	2.5	0	0	1440	31	3	19	4
Stir-Fry Soy Garlic	238	250	130	15	1	0	0	1990	31	3	22	4
Stir-Fry Soy Garlic - (V)	204	240	130	15	1	0	0	1590	32	3	20	3
Stir-Fry Soy Garlic - (GF)	238	250	130	15	1	0	0	1590	35	3	22	3
Stir-Fry Sweet & Sour	301	350	130	15	1	0	0	2160	55	3	46	3
Stir-Fry Sweet & Sour - (V)	276	300	130	14	1	0	0	1300	44	3	36	2
Stir-Fry Sweet & Sour - (GF)	306	310	130	14	1	0	0	1310	45	3	37	3
Stir-Fry Peanut	263	380	260	30	11	0	0	1580	27	3	21	6
Stir-Fry Peanut - (V)	263	380	260	30	11	0	0	1280	30	3	21	6
Stir-Fry Peanut - (GF)	263	380	260	30	11	0	0	1280	30	3	21	6
Stir-Fry Chili Paste	228	290	160	18	1.5	0	115	2370	33	2	27	2
Stir-Fry Chili Paste - (V)	210	220	130	14	1	0	0	1590	29	2	20	2

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1 Sauces & Vegetables		To obtain the total calorie count of your meal: Combine 1+3+4										
Stir-Fry Chilli Paste - (GF)	228	290	160	18	1.5	0	115	1970	37	2	27	2
Pad Thai	354	680	370	42	4	0	0	2590	66	4	42	23
Pad Thai - (V)	354	660	370	41	4	0	0	2030	62	4	38	23
Pad Thai - (GF)	354	660	370	41	4	0	0	2030	62	4	38	23
Pad See Ew	192	270	130	15	1	0	0	2780	35	2	23	2
Pad See Ew - (V)	192	270	130	15	1	0	0	2380	39	2	23	2
Pad See Ew - (GF)	189	360	250	29	2	0	0	1570	30	2	17	1
2 Broth & Vegetables		To obtain the total calorie count of your meal: Combine 2+3+4										
Mini Tom Yum Soup	398	140	35	4	0.5	0	40	600	22	1	17	4
Mini Thai Soup	394	70	30	3	1	0	0	1040	8	1	3	5
Tom Yum Soup (Meal)	798	320	90	11	1.5	0	70	1110	47	3	33	14
Thai Soup (Meal)	770	170	70	8	2	0	0	1920	19	2	6	14
3 Protein												
Shrimp (6)	79	70	10	1	0	0	155	180	0	0	0	17
Beef	79	110	45	5	2	0	45	50	0	0	0	16
Chicken	113	150	50	6	2	0	70	75	0	0	0	23
Vegetable:												
Green Pepper	35	5	0	0	0	0	0	0	2	1	1	0
Red Pepper	35	10	0	0	0	0	0	0	2	1	1	0
Onion	35	15	0	0	0	0	0	0	3	1	1	0
Carrot	25	10	0	0	0	0	0	15	2	1	1	0
Broccoli	30	10	0	0	0	0	0	10	2	1	0	1
Baby Corn	15	15	0	0	0	0	0	0	3	0	1	1
Napa Cabbage	30	5	0	0	0	0	0	0	1	0	0	0
Lettuce	30	5	0	0	0	0	0	0	1	0	1	0
Chinese Broccoli	80	25	5	0.5	0	0	0	5	4	2	1	1
Tofu	132	280	200	22	2.5	0	0	15	3	3	0	21
Fish Filet	80	60	10	1	0.5	0	20	170	0	0	0	11
Orange Chicken	128	170	60	7	2.5	0	80	85	0	0	0	26
General Thai® Chicken	130	290	120	13	2.5	0	60	650	16	0	0	23
Egg (Fried Rice, Pad Thai, Pad See Ew)	57	60	35	4	1	0	145	140	0	0	0	6
4 Rice and Noodles												
Rice	200	260	5	0	0	0	0	0	57	1	1	5
Rice for Fried Rice	350	460	5	0.5	0	0	0	0	100	1	2	8
Lettuce Mix (Substitute for Rice) 10oz	286	40	5	0	0	0	0	30	9	3	5	3

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Noodle for Pad Thai	198	210	5	0	0	0	0	40	48	2	0	4
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4 Rice and Noodles												
Noodle for Pad See Ew	255	280	5	0.5	0	0	0	50	61	3	0	5
Noodle for Regular Soup	198	210	0	0	0	0	0	40	48	2	0	4
Noodle for Mini Soup	57	60	0	0	0	0	0	10	14	1	0	0
5 Extras												
Extra Coconut Milk (Regular Soup)	121	230	200	23	20	0	0	40	3	0	3	3
Extra Coconut Milk (Mini Soup)	61	110	100	11	10	0	0	20	2	0	2	2
Cashew	38	220	160	17	3.5	0	0	240	12	1	2	6
Roasted Crushed Peanuts	57	320	250	28	3.5	0	0	5	9	5	2	14
6 Appetizers												
To obtain the total calorie count of your meal: Combine 6+7												
Imperial Roll	50	60	10	1	0	0	0	220	10	1	3	2
Spring Roll Shrimp (1)	159	220	20	2	0	0	90	180	37	3	1	15
Spring Roll Vegetable (1)	111	170	10	1.5	0	0	0	75	37	3	1	5
Fried Dumplings (4)	82	170	80	10	1	0	15	200	17	1	2	5
Steamed Dumplings (4)	75	110	25	2.5	0.5	0	15	200	17	1	2	5
7 Appetizer Sauce												
Plum Sauce	75	100	0	0	0	0	0	0	24	0	20	0
Peanut Sauce (Spring Roll)	57	100	60	6	4	0	0	280	9	1	6	2
Peanut Sauce (Steamed Dumplings)	57	100	80	9	6	0	0	190	4	0	4	2
Peanut Sauce (Stir-Fry)	57	140	110	12	8	0	0	65	4	1	3	3
Sweet Chili Sauce (Imperial Roll)	60	160	0	0	0	0	0	1060	40	0	38	0
Kids Menu												
General Thai-Ger	283	410	120	14	2	0	30	320	54	2	5	15
King Kong Chicken	262	330	90	10	1.5	0	25	35	47	2	3	13
Elephant Noodles	312	480	170	19	2.5	0	100	135	61	5	1	15

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Nutritional Statement

The nutritional information Thai Express® has provided is based on standard product formulations.

Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, and regional menu variations.

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