



Thai express

Serving (g)	Calories	Fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Sugar (g)	Fiber (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®	258	290	14	1	0	0	1.2	40	28	3	2
FRIED RICE THAI	228	370	28	2	0	0	2	27	18	2	2
FRIED RICE THAI (P) (G)	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 (P) (G)	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 (P) (G)	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 (P) (G)	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 (P) (G)	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 (P) (G)	175	230	14	1	0	0	1.3	26	12	2	1
STIR-FRY SOY GARLIC	195	230	14	1	0	0	1.7	25	12	2	2
STIR-FRY SOY GARLIC (P) (G)	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 (P) (G)	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 (G)	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 (P) (G)	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 (G)	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 (P) (G)	281	420	29	2	0	0	1.21	38	25	2	5
PAD SEW	155	340	28	2	0	0	2.2	22	18	1	1
PAD SEW (P) (G)	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 + Shrimp + Noodles for soup

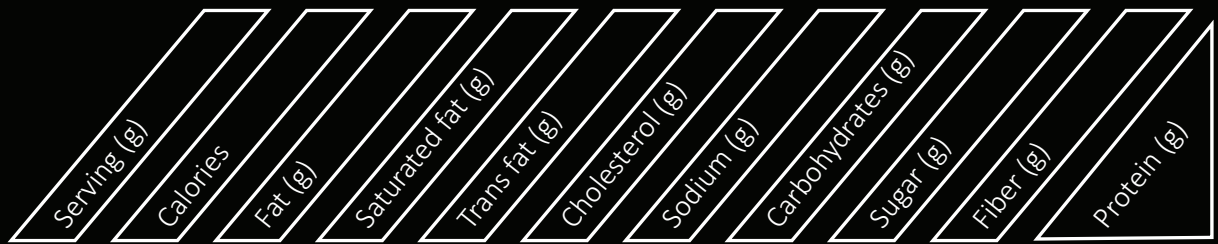
MINI TOM YUM SOUP	413	160	1	1	0	40	1.6	23	16	1	6
MINI THAI SOUP	413	80	3	0	0	0	1	9	4	1	6
TOM YUM SOUP (MEAL)	795	330	12	1.5	0	75	2.9	46	29	2	15
THAI SOUP (MEAL)	795	180	5	1	0	0	1.8	20	8	2	15

(V) = Vegan Option (G) = Gluten-Free Option

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 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. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations. To obtain the total count of your meal combine each of the relevant categories above: COMBINE 1+3+4 Example: Stir-fry eggplant + Chicken + Rice or COMBINE 2+3+4 Example: Tom yum soup + Shrimp + Noodles for soup



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3 PROTEIN

SHRIMP (6)	36	40	0.5	0.1	0	0.06	0.6	0	0	0	7
BEEF	70	110	5	2	0	0.03	0.1	0	0	0	15
CHICKEN	70	80	1	0.3	0	0.04	0	0	0	0	16
VEGETABLE:											
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
TOFU	90	130	8	0	0	0	0.1	1	0	1	14
BASA FILET (FISH)	70	120	3	0	0	0.03	0	0	0	0	12
GENERAL THAI® CHICKEN	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 SEW	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	125	240	26	0	0	0	0	3	0	0	2
EXTRA COCONUT MILK (MINI SOUP)	20	40	4.5	0	0	0	0	0	0	0	2
CASHEW	200	270	0	0	0	0	0	63	0	4	5

6 APPETIZERS

To obtain the total count of your meal: COMBINE 6+7 Example: IMPERIAL ROLL + PLUM SAUCE

IMPERIAL ROLL	50	100	4	1	0	0	0.2	13	4	0	3
SPRING ROLL SHRIMP (1)	122	190	1.5	0.2	0	0.02	0.1	38	1	3	8
SPRING ROLL VEGETABLE (1)	111	180	1.5	0.2	0	0	0.1	38	1	3	6
FRIED DUMPLINGS (4)	130	150	2.5	0	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
CHICKEN WINGS (3)	115	350	29	6	0	75	620	0	0	0	24
CHICKEN WINGS (6)	229	710	58	12	0	150	1230	0	0	0	48
CHICKEN WINGS (9)	344	1060	87	18	0	225	1850	0	0	0	72
MANGO SALAD	153	130	0.4	0.2	0	0	1	34	31	2	1

7 APPETIZER SAUCE

PLUM SAUCE	1 oz	50	0.3	0	0	0	0	12	9.5	0	0.3
FS SAUCE (IMPERIAL ROLL)	1 oz	45	0.1	0	0	0	0.6	13	12	0	0.1
PEANUT SAUCE (SPRING ROLL)	2 oz	200	17	7	0	0	1.3	11	5	2	5
PEANUT SAUCE (STEAMED DUMPLINGS)	2 oz	200	17	7	0	0	1.3	11	5	2	5
SWEET CHILI SAUCE (FRIED DUMPLINGS)	2 oz	120	0	0	0	0	1	32	0	0	0
SWEET CHILI SAUCE (3 CHICKEN WINGS)	2 oz	120	0	0	0	0	1	32	0	0	0
SWEET CHILI SAUCE (6 CHICKEN WINGS)	4 oz	240	0	0	0	0	1.2	64	0	0	0
SWEET CHILI SAUCE (9 CHICKEN WINGS)	6 oz	360	0	0	0	0	2.9	96	0	0	0
ROASTED CRUSHED PEANUTS	1 oz	160	14	2	0	0	0	5	0	2	7
THAI DRESSING/FS SAUCE (MANGO SALAD)	1.75 oz	80	0.1	0	0	0	1	22	22	0	0.1

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