



Thai
express

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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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

*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. To obtain the total count of your meal: COMBINE 1+3+4 Example: Stir-fry eggplant + Chicken + Rice or COMBINE 2+3+4 Example: Tom yum soup + Shrimp + Noodles for soup