

# FOOD INFORMATION FOR CONSUMERS REGULATION (EU) (EUFIC European Food Information Council)

## FOOD ALLERGEN LIST (THAI TERRE/JUNE 2018)

The fourteen major food allergens subject to European labelling legislation are:

- Cereals containing gluten (e.g. wheat, rye, barley, oats)
- Crustaceans (e.g. prawns, crabs, lobster, crayfish)
- Eggs
- Fish
- Peanuts
- Soybeans
- Milk
- Tree Nuts ((e.g. almonds, hazelnuts(inc. filbert, cob), walnuts, pecan, Brazil, pistachio, cashew))
- Celery/Celery
- Mustard
- Sesame (seeds, oil)
- Sulphur Dioxide (preservative/antioxidant found in some dried fruit, wine, processed potatoes)
- Lupin (a kind of legume of the Fabaceae family)
- Molluscs (e.g. clams, mussels, whelks, oysters, squid, scallops)

<u>Item</u>	<u>Allergens Present</u>
<b><u>A LA CARTE MENU:</u></b>	
<b><u>Starters:</u></b>	
1. Prawn Crackers	Wheat, prawns
2. Steamed Edamame	None
3. Crispy Vegetable Rolls	Wheat, soybeans, sesame
4. Tofu Satay	Wheat, peanuts, soybeans
5. Vegetable Tempura	Wheat
6. Prawn & Chicken Toast	Wheat, prawns, eggs, sesame
7. Chicken Satay	Peanuts, milk
8. Pork Satay	Wheat, soybeans, milk, celery
9. Shrimp Cooked in Lemongrass	Shrimps
10. Spare Ribs	Wheat, soybeans, milk, celery
11. Thai Curry Fish Cakes	Eggs, various fish, peanuts, milk, celery, shrimps
12A. Siu Mai Dim Sum	Wheat, prawns, eggs, sesame
12B. Saa Lai Dim Sum	Prawns, eggs, sesame
13. Crispy Tiger Prawns	Wheat, prawns
14. Stir Fried Mussels	Wheat, soybeans, milk, celery, mussels
15. Duck Spring Rolls	Wheat, eggs, soybeans, milk, celery
16. Soft Shell Crab	Wheat, crab, soybeans
17. Scallops	Wheat, soybeans, milk, celery, scallops
18. Mixed Starter	Wheat, prawns, eggs, various fish, peanuts, soybeans, milk, celery, sesame
<b><u>Chef's Specials:</u></b>	
19. Giant Prawns	Wheat, prawns, soybeans, milk, celery
20. Giant Prawn Warm Salad	Prawns, milk, celery, various fish
21. Char-Grilled Lamb Cutlets	Wheat, milk, celery
22. Special Thai Terre Curry	Shrimps, monkfish, various fish
23. Crispy Salmon	Wheat, salmon
24. Weeping Tiger	Wheat, milk, celery, soybeans
26. Giant Prawn	Prawns, milk, celery
26A. Giant Prawn Pad Cha	Wheat, prawns, milk, celery, oysters
<b><u>Famous Thai Soups:</u></b>	
28. Tom-Yum	See options
Options:	
King Prawn	Prawns, various fish, milk, celery
Chicken	Various fish, milk, celery
Mushroom	Various fish, milk, celery
Mixed Seafood	Prawns, various fish, milk, celery, mussels, squid, scallops
29. Spicy Coconut Milk	See options
Options:	
King Prawn	Prawns, various fish, milk, celery
Chicken	Various fish, milk, celery
Mushroom	Various fish, milk, celery
Mixed Seafood	Prawns, various fish, milk, celery, mussels, squid, scallops

Thai Terre Salads:

- |                               |  |
|-------------------------------|--|
| 30. Crispy Duck               | Wheat, various fish, soybeans, milk, cashew nuts, celery         |
| 31. Mushroom                  | Various fish, soybeans, celery                                   |
| 32. Spicy Grilled Beef Salad  | Wheat, various fish, soybeans, milk, celery                      |
| 33. Spicy Mixed Seafood Salad | Prawns, various fish, soybeans, celery, mussels, squid, scallops |

Thai Terre Curries:

- |                 |                                     |
|-----------------|-------------------------------------|
| 34. Green Curry | Shrimps, milk, celery (plus option) |
| 35. Red Curry   | Shrimps, milk, celery (plus option) |
| 36. Dried Curry | Shrimps, milk, celery (plus option) |

Options (for 3 dishes above):

- |                                 |                                  |
|---------------------------------|----------------------------------|
| Mixed Seafood                   | Prawns, mussels, squid, scallops |
| King Prawn                      | Prawns                           |
| Chicken                         | None                             |
| Beef                            | None                             |
| Pork                            | None                             |
| Duck                            | None                             |
| Vegetable                       | None                             |
| 37. Sliced Roast Duck Red Curry | Shrimps, milk, celery            |
| 38. Massaman                    | Milk, celery                     |
| 39. Yellow Curry                | Shrimps, milk, celery            |

Sweet and Sour Dishes:

- |                  |                                      |
|------------------|--------------------------------------|
| 40. Sweet & Sour | See options                          |
| Options:         |                                      |
| Mixed Seafood    | Prawns, mussels, squid, scallops     |
| King Prawn       | Prawns                               |
| Chicken          | None                                 |
| Beef             | None                                 |
| Pork             | None                                 |
| White Fish       | White fish (Pangasius Hypophthalmus) |
| Vegetable        | None                                 |

Stir Fried Dishes:

- |                        |   |
|------------------------|---|
| 41. Oyster Sauce       | Wheat, soybeans, milk, celery, oysters (plus option)              |
| 42. Holy Basil         | Wheat, soybeans, milk, celery, oysters (plus option)              |
| 43. Cashew Nut         | Wheat, soybeans, milk, cashew nuts, celery, oysters (plus option) |
| 44. Ginger             | Wheat, soybeans, milk, celery, oysters (plus option)              |
| 45. Garlic             | Wheat, soybeans, milk, celery, oysters (plus option)              |
| 47. Yellow Curry Paste | Wheat, eggs, soybeans, milk, celery (plus option)                 |

Options (for 6 dishes above):

- |               |                                      |
|---------------|--------------------------------------|
| Mixed Seafood | Prawns, mussels, squid, scallops     |
| King Prawn    | Prawns                               |
| Giant Prawn   | Prawns                               |
| Chicken       | None                                 |
| Beef          | None                                 |
| Pork          | None                                 |
| White Fish    | White fish (Pangasius Hypophthalmus) |
| Vegetable     | None                                 |

Duck:

- |                              |   |
|------------------------------|---|
| 48. Duck with Tamarind Sauce | Milk, celery, various fish                      |
| 49. Duck                     | Wheat, shrimps, soybeans, milk, celery, oysters |
| 50. Crispy Duck              | Wheat, shrimps, soybeans, milk, celery, oysters |
| 51. Crispy Duck Leg          | Wheat, shrimps, soybeans, milk, celery, oysters |

Fish Dishes:

- |                            |  |
|----------------------------|--|
| 52. Steamed Whole Sea Bass | Wheat, sea bass, soybeans, milk, celery, oysters |
| 53. Steamed Whole Sea Bass | Sea bass, various fish                           |
| 54. Crispy Whole Sea Bass  | Wheat, sea bass, soybeans, milk, celery, oysters |
| 54A. Crispy Salmon Slices  | Wheat, salmon, milk, celery, various fish        |

Wok-Fried Vegetables:

- |                      |  |
|----------------------|--|
| 55. Mixed Vegetables | Wheat, soybeans, milk, celery, oysters |
| 56. Pak Choi         | Wheat, soybeans, milk, celery, oysters |
| 57. Broccoli         | Wheat, soybeans, milk, celery, oysters |
| 58. Asparagus        | Wheat, soybeans, milk, celery, oysters |
| 59. Baby Corn        | Wheat, soybeans, milk, celery, oysters |

### Noodle and Rice Dishes:

60.	Singapore Fried Noodles	Wheat, eggs, soybeans, milk, celery, oysters
61.	Traditional Pad Thai Noodles	Eggs, various fish, peanuts
62.	Pad See-Ew	See options
	Options (for 3 dishes above):	
	King Prawn	Wheat, prawns, eggs, soybeans, milk, celery, oysters
	Chicken	Wheat, eggs, soybeans, milk, celery, oysters
	Vegetable	Wheat, eggs, soybeans, milk, celery, oysters
63.	Mee-Kai	Wheat, eggs, soybeans, milk, celery, oysters
64.	Thai Terre Special Fried Rice	Wheat, eggs, soybeans, milk, celery
65.	Special Fried Rice	Wheat, eggs, soybeans, milk, celery (plus option)
	Options:	
	King Prawn	Prawns
	Chicken	None
	Beef	None
	Pork	None
66.	Egg Fried Rice	Wheat, eggs, soybeans, milk, celery
67.	Steamed Coconut Rice	None
68.	Steamed Rice	None
70.	Sticky Rice	None

### SET DINNER MENU:

#### Starters:

Thai Curry Fish Cakes	Eggs, various fish, peanuts, milk, celery, shrimps
Crispy Vegetable Rolls	Wheat, soybeans, sesame
Chicken Satay	Peanuts, milk
Gung Hom Pha	Wheat, prawns, soybeans, milk, celery, sesame

#### Main Courses:

Green Chicken Curry	Shrimps, milk, celery
King Prawn Cashew Nut	Wheat, prawns, soybeans, milk, cashew nuts, celery, oysters
Crispy Duck	Wheat, shrimps, soybeans, milk, celery, oysters
Mixed Vegetables	Wheat, soybeans, milk, celery, oysters
Mee-Kai	Wheat, eggs, soybeans, milk, celery, oysters
Steamed Rice	None

### DESSERTS:

Fantastica	Nuts, milk, soybeans
Royal Pot	Milk
Trufito	Nuts, milk
Coconut Supreme	Peanuts, milk, soybeans
Lemon Surprise	None
Orange Surprise	None
Warm Sticky Rice	None
Warm Thai Egg Custard	Eggs
Banana Fritters	Wheat, sesame
Honeycomb Ice Cream	Milk, eggs
Vanilla Madagascar Ice Cream	Milk, eggs
Mint Choc Chip Ice Cream	Milk, eggs, soybeans
Sorbet	None