



Ingredients and Allergens
Listings

July 2018



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Kubo Ingredients and Allergens Listings 2018

Substances or items causing allergies or intolerances, including those listed in Annex II of Regulation (EU) No 1169, are indicated in bold font.

Finger Food**Kubo's Platter for Two**

Vegetable Rolls (white cabbage, filo pastry [**wheat** flour, water, coconut oil, salt], carrot, glass noodles [pea, green bean, water]), Duck Rolls (white cabbage, duck, carrot, filo pastry [**wheat** flour, water, coconut oil, salt]), Chicken Wings (chicken, chicken bone, **egg**, flour [**wheat** flour, calcium carbonate, iron, niacin, thiamin, raising agent [diphosphates, calcium carbonate]], oyster sauce [water, sugar, oyster extract [oyster [**molluscs**], salt], coriander, chili powder, pepper), Karri Paps (ground chicken, puff pastry [**wheat** flour, vegetable oils and fats [palm, rapeseed], water, salt, flour treatment [l-cysteine]], onion, garlic, **peanuts**, curry powder [coriander, ground turmeric, ground cumin, chick pea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom, cloves, garlic, ground black pepper], turmeric), Chicken Satay (chicken breast, satay sauce [coconut milk [coconut extract, water, antioxidant [citric acid]], **peanuts**, sugar, massaman curry paste [dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon], tamarind, **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], curry powder [coriander, ground turmeric, ground cumin, chick pea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom cloves, garlic, ground black pepper], turmeric), Sweet Chili Sauce (vinegar [water, acetic acid], sugar, pineapple [pineapple, water, sugar, acidity regulator [citric acid]], ketchup [tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices], water, chili, salt, garlic), **Peanut** Dipping Sauce (coconut milk [coconut extract, water, antioxidant [citric acid]], **peanuts**, massaman curry paste [dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon), sugar, tamarind sauce, **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], curry powder [coriander, ground turmeric, ground cumin, chick pea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom cloves, garlic, ground black pepper], turmeric).

Dietetic Note: This item is not gluten free. This item contains garlic.

Sticky Wings (Medium and Large)

Chicken, Chicken Bone, **Egg**, Flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin, raising agent [diphosphates, calcium carbonate]), Oyster Sauce (water, sugar, oyster extract [oyster [**molluscs**], salt), Coriander, Chili Powder, Pepper.

*May contain traces of **nuts**.*

Dietetic Note: This item is not gluten free.

Finger Foods/Soups/Salads

Chicken Satay

Chicken Breast, Satay Sauce (coconut milk [coconut extract, water, antioxidant [citric acid]], **peanuts**, sugar, massaman curry paste [dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon], tamarind, **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], curry powder [coriander, ground turmeric, ground cumin, chickpea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom cloves, garlic, ground black pepper], turmeric).

Dietetic Note: This item contains garlic.

Thai Beef Satay

Beef, Satay Sauce (coconut milk [coconut extract, water, antioxidant [citric acid]], **peanuts**, sugar, massaman curry paste [dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon], tamarind, **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], curry powder [coriander, ground turmeric, ground cumin, chickpea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom cloves, garlic, ground black pepper], turmeric).

Dietetic Note: This item contains garlic.

Veg Rolls

White Cabbage, Filo Pastry (**wheat** flour, water, coconut oil, salt), Carrot, Glass Noodles (pea, green bean, water).

Dietetic Note: This item is not gluten free.

Duck Rolls

White Cabbage, Duck, Carrot, Filo Pastry (**wheat** flour, water, coconut oil, salt).

Dietetic Note: This item is not gluten free.

Kubo Prawn Rolls

Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), **Almonds**, Flour (**wheat**), Vegetable Oil.

Dietetic Note: This item is not gluten free.

Karri Pap

Chicken, Puff Pastry (**wheat** flour, vegetable oils and fats [palm, rapeseed], water, salt, flour treatment [l-cysteine]), Onion, Garlic, **Peanuts**, Curry Powder (coriander, ground turmeric, ground cumin, chick pea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamom, cloves, garlic, ground black pepper, turmeric).

*May contain traces of **nuts**.*

Dietetic Note: This item is not gluten free. This item contains garlic.

Tod Man Pla

White **Fish** Fillets (pangasius [**fish**], water), Red Curry Paste (garlic, dried red chili, lemongrass, shallot, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, pepper), Coconut Milk (coconut extract, water, antioxidant [citric acid]), Tod Man Pla Sauce (cucumber, coriander, spring onion, **peanuts**, vinegar, chili pepper, water), **Fish** Sauce (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Green Bean, Panko Breadcrumbs (**wheat** flour, yeast, salt, vegetable oil, dextrose, dough conditioner [corn starch, improving agent [E516, E517], enzyme, vitamin c], Kaffir Lime Leaves, Chili, Coriander, Galangal.

Dietetic Note: This item is not gluten free. This item contains garlic and yeast.

Tom Yam Gung (Medium and Large)

Broth (water, chicken bone, carrot, onion, leek), Prawn (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), Rice Noodles (rice noodles, water), Mushroom, Tomato, Sun Dried Chili.

Tom Kha Gai (Medium and Large)

Tom Kha Gai Soup (broth [water, chicken bone, carrot, onion, leek], coconut milk [coconut extract, water, antioxidant [citric acid]]), Mushroom, Chicken, Onion, Red Chili, Galangal, Kaffir Lime Leaf, Lemongrass, Spring Onion, Tomato, Coriander.

Pho (Medium and Large)

Broth (water, chicken bone, carrot, onion, leek), Rice Noodles (rice noodles, water), Green Bean, Carrot, Beansprouts, Asian Green, Star Anise, Cinnamon, Basil Leaves.

Served with Beef or Duck (see Protein Section).

Crispy Roast Duck Salad

Duck, Cucumber, Onion, Cherry Tomato, Carrot, **Fish** Sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Lemon Juice, Hoisin Sauce (hoisin BBQ sauce [sugar, fermented salted **soya bean** [**soya bean**, **wheat** flour, salt, water], rice vinegar, water, garlic, red rice koji, salt, spices, colour [E150a], **sesame** oil, chili powder], orange juice [orange juice from concentrate], tomato ketchup [tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices], sugar, **sesame seed** oil, cinnamon, star anise), Sriracha Sauce (chili, sugar, garlic, salt, water, acidity regulator [E260], flavour enhancer [E624], stabilizer [E415], preservative [E202]), Coriander, Spring Onion, Chili, Sugar.

Dietetic Note: This item is not gluten free. This item contains garlic.

Laap Gai

Chicken, **Fish** Sauce (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Lemon Juice, Lemon Leaves, Coriander, Spring Onion, Roasted Rice (short grain brown rice), Chili.

Yum Nua Nang

Beef (beef, chili, lemon juice, garlic, **fish** sauce [stolephorus spp.] extract [**fish**], salt, sugar), Cucumber, Onion, Carrot, Cherry Tomato, **Fish** Sauce [stolephorus spp.] extract [**fish**], salt, sugar), Lemon Juice, Spring Onion, Coriander, Sugar, Chili Flakes.

Dietetic Note: This item contains garlic.

Thai Vegetarian Salad

Rice Noodles (rice noodles, water), Cucumber, Onion, Carrot, Cherry Tomato, **Fish** Sauce (anchovy [stolephorus spp.] extract [**fish**]), salt, sugar), Spring Onion, Coriander, Lemon Juice, Chili, Sugar.

Grilled Massaman Chicken Salad

Chicken, Lettuce, Mango, Balsamic Vinegar of Modena Dressing (wine vinegar, grape must concentrate, cooked grape must, antioxidant [**sulphur dioxide**]), Broccoli, Cashew **Nuts**, Massaman Curry Paste (dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon), tamarind), Spring Onions, Pomegranate.

May contain fish.

Dietetic note: This item contains garlic.

Chargrilled Chicken Salad

Chicken, Lettuce, Quinoa, Butternut Squash, Red Wine Vinegar Dressing (red wine vinegar, water), Carrots, Broccoli, Ginger, Lemongrass, Mint, Pumpkin Seeds.

Use Your Noodle

Kubo Flat Rice Noodles

Rice Noodles (rice, water), Chicken, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chinese Cabbage, Bean Sprout, Carrot, Spring Onion, Leek.

Dietetic Note: This item is not gluten free.

Pad Thai Noodles

Rice Noodles (rice noodles, water), Chicken, Pad Thai Sauce (water, sugar, **fish** sauce [anchovy [stolephorus spp. extract [**fish**], salt, sugar], tomato ketchup [tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices], tamarind, sriracha chili sauce [chili, sugar, garlic, salt, water, acidity regulator [E260], flavour enhancer [E624], stabilizer [E415], preservative [E202], garlic, onion, chili powder), Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), Bean Sprouts, Chinese Cabbage Leaves, Carrot, Spring Onion, Leeks, **Peanuts**.

Dietetic Note: This item is not gluten free. This item contains garlic.

Fried Egg Noodles with Chicken

Egg Noodles (**wheat** flour [niacin, calcium and iron], salt, natural colour [mixed carotenes, paprika], acidity regulators [sodium carbonate, potassium carbonate, citric acid]), Chicken, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chinese Leaves, Carrot, Bean Sprouts, Leek.

Dietetic Note: This item is not gluten free.

Singapore Noodles

Rice Noodles (rice noodles, water), Stir Fry Sauce (water, sugar, oyster extract [oysters [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch, **wheat** flour, colour [E150]), dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [[**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour]), Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), Chinese Cabbage, Bean Sprouts, Chicken, Beef, Carrot, Leeks, Spring Onion.

Dietetic Note: This item is not gluten free.

Drunkards

Udon Noodles (**wheat** flour, salt, natural colour [mixed carotenes, paprika], acidity regulators [sodium carbonate, potassium carbonate, citric acid]), Beef, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chinese Leaves, Bean sprouts, Carrot, Spring Onion, Leek.

Dietetic Note: This item is not gluten free.

Chili Chicken Ramen

Vermicelli Noodles (mung bean, water), Chicken, Ramen Sauce (light **soy** sauce [water, **soybeans**, salt, water], mountain seasoning [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], white pepper, chili powder), **Egg**, Beansprouts, Cabbage, Carrot, Chili.

Dietetic Note: This item is not gluten free.

From the Wok

Prik Haeng

From the Wok Sauce (water, light **soy** sauce [water, **soybeans**, salt], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt], flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark soy sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Mushrooms, Carrot, Onion, **Cashew Nuts**, Spring Onion, Leek, Pepper, Vegetable Oil.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Chicken, Duck, Beef or Prawn (see Protein Section).

Classic Bangkok Style Duck

Duck, From the Wok Sauce (water, light soy sauce [water, **soybeans**, salt], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark soy sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Pok Choi, Onion, Carrot, Green Beans, Vegetable Oil, Chili, Kaffir Lime Leaves.

Dietetic Note: This item is not gluten free. This item contains garlic.

Beef Flashed Through the Wok

Beef, From the Wok Sauce (water, light soy sauce [water, **soybeans**, salt], water, oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark soy sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Onion, Mushroom, Carrot, Green Beans, Vegetable Oil, Chili.

Dietetic Note: This item contains garlic. This item is not gluten free.

Prawns with Fried Garlic

Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), From the Wok Sauce (water, light soy sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark soy sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Onion, Mushroom, Carrot, Green Beans, Leeks, Vegetable Oil, Garlic.

Dietetic Note: This item is not gluten free. This item contains garlic.

Chicken in Garlic and Pepper Sauce

Chicken, From the Wok Sauce (water, light soy sauce [water, **soybeans**, salt], water, oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark soy sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Mushroom, Onion, Carrot, Garlic, Black Pepper, Vegetable Oil.

Dietetic Note: This item is not gluten free. This item contains garlic.

Sweet and Sour Kubo Style

Sweet and Sour Sauce (water, tamarind, vinegar [water, acetic acid], light **soya** sauce [water, **soybeans**, salt], oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150]), Honey and Tamarind Sauce (water, sweet **soy** sauce [refined sugar, water, brown sugar, glucose syrup, **soy** sauce [water, **soybean**, salt, **wheat** flour]], golden syrup [**gluten**], light **soy** sauce [water, **soybeans**, salt, water], tamarind, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150]), Caramelised **Soy** Sauce (sugar, vinegar [water, acetic acid], light **soy** sauce [water, **soybeans**, salt, water], water, oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], garlic, ginger), Pineapple (pineapple, water, sugar, acidity regulator [citric acid]), Cucumber, Carrot, Onion, Tomatoes, Spring Onion.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Chicken, Duck, Beef or Prawn (see Protein Section).

Crispy Chicken or Pork with Onion

Sweet and Sour Sauce (water, tamarind, vinegar [water, acetic acid], light **soya** sauce [water, **soybeans**, salt], oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150]), Green Beans, Carrot, Onion.

Dietetic Note: This item is not gluten free.

Served with Crispy Chicken or Crispy Pork (see Protein Section).

Crispy Chicken or Pork in a Caramelised Soy Sauce

Caramelised **Soy** Sauce (sugar, vinegar [water, acetic acid], light **soy** sauce [water, **soybeans**, salt, water], water, oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150]), garlic, ginger) Carrot, Onion.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Crispy Chicken or Crispy Pork (see Protein Section).

Pad King

From the Wok Sauce (water, light **soy** sauce [water, **soybeans**, salt, water], water, oyster sauce [water, sugar, oyster extract [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], dark **soy** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Onion, Champignon, Leeks, Spring Onion, Black Mushroom, Ginger, Vegetable Oil, Red Chilli.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Pad Sa Moon Thai

Carrot, Green Bean, Leeks, Mixed Thai Herb (galangal, kaffir lime leaves, lemongrass, garlic, light **soya** sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch] **wheat** flour, colour [E150], black pepper, coriander), Red Chili, Black Pepper, Basil Leaves.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Pad Krapow

From the Wok Sauce (water, light **soy** sauce [water, **soybeans**, salt, water], water, oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150], dark **soy** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], corn flour, white pepper, garlic, sugar), Fine Beans, Carrot, Mushroom, Onion, Basil Leaves, Chili, Vegetable Oil.

Dietetic Note: This item is not gluten free. This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Curries

Green

Rice (thai hom mali rice), Green Curry Paste (coconut milk [coconut extract, water, antioxidant [citric acid], water, green paste [chili, lemongrass, garlic, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, coriander seeds, pepper, cumin, turmeric], **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Courgette, Green Beans, Basil, Fresh Coriander.

Dietetic Note: This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Red Curry

Rice (thai hom mali rice), Red Curry Paste (coconut milk [coconut extract, water, antioxidant [citric acid]], water, red curry paste [garlic, dried red chili, lemongrass, shallot, salt, galangal, shrimp paste [**crustacean**], kaffir lime peel, pepper], **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], sugar), Courgette, Butternut Squash, Green Beans, Basil Leaves, Chili.

Dietetic Note: This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Yellow Curry

Rice (thai hom mali rice), Yellow Curry Paste (coconut milk [coconut extract, water, antioxidant [citric acid]], water, yellow curry paste [lemongrass, garlic, shallot, salt, galangal, dried red chilies, coriander seeds, kaffir lime peel, cumin, cinnamon, mace, turmeric, cardamom], **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar], sugar), Green Beans, Onion, Potatoes, Carrot.

Dietetic Note: This item contains garlic.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Massaman Curry

Rice (thai hom mali rice), Massaman Paste (coconut milk [coconut extract, water, antioxidant [citric acid]], water, massamam curry paste [dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon], tamarind), Onion, Potato, Carrot, **Peanuts**.

May contain fish.

Dietetic Note: This item contains garlic.

Chu Chee Curry

Rice (thai hom mali rice), Chu Chee Curry Paste (coconut milk [coconut extract, water, antioxidant [citric acid]], water, penang curry paste [red chili, lemongrass, shallot, salt, garlic, galangal, mungbean, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, coriander, cumin, pepper], tamarind, **fish** sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar), **Peanut** Butter (**peanuts**, **peanut** oil, palm oil, sugar, salt), Basil, Red Chili.

Dietetic Note: This item contains garlic.

From the Chargrill

Gai Yang

Chicken, Mushrooms, Carrot, Green Beans, Broccoli, Courgette, Mixed Thai Herb (galangal, kaffir lime leaves, lemongrass, chili, garlic, light **soy** sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150], black pepper, coriander).

Dietetic Note: This item is not gluten free. This item contains garlic.

Nam Tok Moo

Pork, Lettuce, Mixed Thai Herb (galangal, kaffir lime leaves, lemongrass, garlic, light **soy** sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150], black pepper, coriander).

Dietetic Note: This item is not gluten free. This item contains garlic.

Chicken Breast on Lemongrass Stick

Chicken, Mushroom, Carrot, Green Beans, Courgette, Lemongrass, Mixed Thai Herb (galangal, kaffir lime leaves, lemongrass, chili, garlic, light **soy** sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [oysters [**mollusc**], salt, water, flavour enhancer [E621], modified corn starch], **wheat** flour, colour [E150], black pepper, coriander).

Dietetic Note: This item is not gluten free. This item contains garlic.

Vegetarian

Tofu and Veg Stir Fry

Mushroom, Green Beans, Courgette, Chinese Cabbage, Tofu (water, **soybeans**, isolated **soy** protein, gluconolactone, calcium chloride), Light **Soya** Sauce (water, **soybeans**, salt).

Southern Thailand Fried Rice

Rice, Broccoli, Carrot, Onion, Pineapple, **Cashew Nuts**, Light **Soya** Sauce (water, **soybeans**, salt).

Caveman

Mushroom, Bok Choi, Chinese Leaves, Butternut Squash, Carrot, Broccoli, Green Beans, Vegan Red Curry Paste (paprika, onions, galangal, sundried red chilli, lemongrass, garlic, ginger, lime leaves), Red Chilli Pepper, Kaffir Lime Leaf.

Dietetic Note: This item contains garlic

Fried Rice Dishes

Chicken Fried Rice

Rice (short grain brown rice), Chicken, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Broccoli, Onion, Carrot, Chinese Cabbage.

Dietetic Note: This item is not gluten free.

Chili Fried Rice

Rice, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Green Bean, Carrot, Onion, Basil, Chili.

Dietetic Note: This item is not gluten free.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Curried Fried Rice

Rice, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Onion, Red Chili.

Dietetic Note: This item is not gluten free.

Served with Chicken, Duck, Beef, Pork or Prawn (see Protein Section).

Vegetable Fried Rice

Rice, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Green Beans, Cucumber, Broccoli, Onion, Carrot, Cabbage.

Dietetic Note: This item is not gluten free.

Szechuan Duck Fried Rice

Rice (whole grain rice), Duck, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Carrot, Green Bean, Onion, Red Chili.

Dietetic Note: This item is not gluten free.

Kubo's Nasi Goreng

Brown Rice, **Eggs**, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Broccoli, Chinese Cabbage, **Cashew Nuts**.

Dietetic Note: This item is not gluten free.

Future Foodies

Plain Chicken Noodles

Egg Noodles (**wheat** flour [vitamin B1 niacin, calcium and iron], salt, natural colour [mixed carotenes, paprika], acidity regulators [sodium carbonate, potassium carbonate, citric acid]), Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chicken.

Dietetic Note: This item is not gluten free.

Sweet Chicken Noodles

Egg Noodles (**wheat** flour [vitamin B1 niacin, calcium and iron], salt, natural colour [mixed carotenes, paprika], acidity regulators [sodium carbonate, potassium carbonate, citric acid]), Chicken, Sweet and Sour Sauce (tamarind, water, vinegar [water, acetic acid], light **soya** [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch, **wheat** flour, colour [E150]), Pineapple (pineapple, water, sugar, acidity regulator [citric acid]).

Dietetic Note: This item is not gluten free.

Vermicelli Noodles with Prawns

Vermicelli Noodles (mung bean, water), Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]), Chinese Cabbage, Beansprout.

Dietetic Note: This item is not gluten free.

Vermicelli Noodles with Chicken

Vermicelli Noodles (mung bean, water), Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chicken, Chinese Cabbage, Carrot, Beansprout.

Dietetic Note: This item is not gluten free.

Kubo Kids Fried Rice with Pork

Brown Rice, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Pork, Pineapple, (pineapple, water, sugar, acidity regulator [citric acid]), Onion, Carrot.

Dietetic Note: This item is not gluten free.

Kubo Kids Fried Rice with Chicken

Rice, Stir Fry Sauce (water, oyster sauce [water, sugar, oyster extract [oysters [**molluscs**], salt, water], light **soya** sauce [water, **soybeans**, salt], dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**], sugar, mountain seasoning sauce [**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]], corn flour), Chicken, Pineapple (pineapple, water, sugar, acidity regulator [citric acid]), Onion, Carrot.

Dietetic Note: This item is not gluten free.

Chicken and Broccoli

Rice, Chicken, Sauce (water, light **soya** sauce [water, **soybeans**, salt, water], oyster sauce [water, sugar, oyster extract [**molluscs**], salt, water], flavour enhancer [E621], modified corn starch, **wheat** flour, colour [E150]], corn flour, sugar, garlic, white pepper, dark **soya** sauce [water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**]), Broccoli.

Dietetic Note: This item is not gluten free. This item contains garlic.

Chicken and Chips

Crispy Chicken (flour [**wheat** flour, calcium carbonate, iron, niacin, thiamin, raising agent [diphosphates, calcium carbonate], **egg**, light **soya** [water, **soybeans**, salt, water], **sesame seeds**, white pepper), Chips, Vegetable Oil.

Dietetic Note: This item is not gluten free.

Protein Section

Chicken

100% Chicken.

Pork

100% Pork.

Beef

100% Beef.

Duck

100 % Duck.

Prawns

Prawns (white prawns [**crustaceans**], salt, stabilizer [E451, E452]).

Crispy Chicken

Chicken, Flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin, raising agent [diphosphates, calcium carbonate]), Vegetable Oil.

Dietetic Note: This item is not gluten free.

Crispy Pork

Pork, Flour (**wheat** flour, calcium carbonate, iron, niacin, thiamin, raising agent [diphosphates, calcium carbonate]), Vegetable Oil.

Dietetic Note: This item is not gluten free.

Sauces

Red Curry Paste

Coconut Milk (coconut extract, water, antioxidant [citric acid]), Water, Red Curry Paste (garlic, dried red chili, lemongrass, shallot, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, pepper), **Fish Sauce** (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Sugar.

Dietetic Note: This item contains garlic.

Green Curry Paste

Coconut Milk (coconut extract, water, antioxidant [citric acid]), Water, Green Paste (chilli, lemongrass, garlic, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, coriander seeds, pepper, cumin, turmeric), **Fish Sauce** (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Sugar.

Dietetic Note: This item contains garlic.

Yellow Curry Paste

Coconut Milk (coconut extract, water, antioxidant [citric acid]), Water, Yellow Curry Paste (lemongrass, garlic, shallot, salt, galangal, dried red chilies, coriander seeds, kaffir lime peel, cumin, cinnamon, mace, tumeric, cardamom), **Fish Sauce** (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Green Beans, Onion, Potato, Carrot.

Dietetic Note: This item contains garlic.

Massaman Curry

Coconut Milk (coconut extract, water, antioxidant [citric acid]), Water, Massaman Curry Paste (dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon), Tamarind.

*May contain traces of **fish**.*

Dietetic Note: This item contains garlic.

Chu Chee Paste

Coconut Milk (coconut extract, water, antioxidant [citric acid]), Water, Penang Curry Paste (red chili, lemongrass, shallot, salt, garlic, galangal, mung-bean, shrimp paste [shrimp [**crustacean**], salt], kaffir lime peel, coriander, cumin, pepper), Tamarind, **Fish Sauce** (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Sugar, **Peanut Butter** (**peanuts**, **peanut** oil, palm oil, sugar, salt).

Dietetic Note: This item contains garlic.

Satay Sauce

Coconut Milk (coconut extract, water, antioxidant [citric acid]), **Peanuts**, Massaman Curry Paste (dried red chili, shallot, garlic, lemongrass, salt, galangal, shrimp paste [shrimp [**crustacean**], salt], coriander seeds, cumin, star anise, cardamom, cinnamon), Sugar, Tamarind Sauce, **Fish** Sauce (anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Curry Powder (coriander, ground turmeric, ground cumin, chick pea flour, ground fenugreek, ground fennel, salt, **mustard** powder, chili powder, cardamon, cloves, garlic, ground black pepper), Turmeric.

Dietetic Note: This item contains garlic.

Sweet Chili Sauce

Vinegar (water, acetic acid), Sugar, Pineapple (pineapple, water, sugar, acidity regulator [citric acid]), ketchup (tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices), Water, Chili, Salt, Garlic.

Dietetic Note: This item is not gluten free. This item contains garlic.

Plum Sauce

Pickled Plum (plum, water, salt), Water, Sugar, Vinegar (water, acetic acid), Tomato Ketchup (tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices), Cinnamon.

Dietetic Note: This item is not gluten free.

Pad Thai Sauce

Water, Sugar, **Fish** Sauce [anchovy [stolephorus spp.] extract [**fish**], salt, sugar), Tomato Ketchup (tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices), Tamarind, Sriracha Chili Sauce (chili, sugar, garlic, salt, water, acidity regulator [E260], flavour enhancer [E624], stabilizer [E415], preservative [E202]), Garlic, Onion, Chili Powder.

*May contain **nuts**.*

Dietetic Note: This item is not gluten free. This item contains garlic.

Hoisin Sauce

Hoisin BBQ sauce (sugar, fermented salted **soya bean** [**soya bean**, **wheat** flour, salt, water], rice vinegar, water, garlic, red rice koji, salt, spices, colour [E150a], **sesame** oil, chili powder), Orange Juice (orange juice from concentrate), Tomato Ketchup (tomatoes, sugar, spirit vinegar, modified corn starch, **barley** malt vinegar, spices), Sugar, **Sesame Seed** Oil, Cinnamon, Star Anise.

Dietetic Note: This item is not gluten free. This item contains garlic.

Honey and Tamarind Sauce

Water, Sweet **Soy** Sauce (refined Sugar, water, brown sugar, glucose syrup, **soy** sauce [water, **soybean**, salt, **wheat** flour]), Golden Syrup (**gluten**), Light **Soy** Sauce (water, **soybeans**, salt, water), Tamarind, Oyster Sauce (water, sugar, oyster extract [oysters [**molluscs**], salt, water]).

Dietetic Note: This item is not gluten free.

Caramelised Soya

Sugar, Vinegar, Water, Acetic Acid, Light **Soy** Sauce (water, **soybeans**, salt), Water, Oyster Sauce (water, sugar, oyster extract [oysters [**molluscs**], salt, water]), Garlic, Ginger.

Dietetic Note: This item contains garlic.

Stir Fry Sauce

Water, Oyster Sauce (water, sugar, oyster extract [oysters [**molluscs**], salt, water), Light **Soya** Sauce (water, **soybeans**, salt), Dark **Soya** Sauce (water, **soybeans**, sugar, salt, **wheat** flour, naturally present **sulphites**), Sugar, Mountain Seasoning (**soybean** sauce [**soybean**, corn, **wheat**], sugar, water, salt, food preservative [E211], flavour enhancer [5'disodium ribonucleotides [E635]]), Corn Flour.

Dietetic Note: This item is not gluten free.

Disclaimer

*Ingredients and allergens listings are given in good faith and are intended for informational purposes only. They are based upon assessments of food preparation methods and the breakdown of item formulations. Such information is obtained through consultation with the head chef / appointed person(s) and through provision of item specifications from raw material manufacturers and suppliers. Whilst **healthpro** makes every effort to ensure the accuracy and comprehensiveness of this information, on occasion requested information is unavailable, and therefore, absolute ingredients and allergens cannot always be provided.*

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