

Mango Tree Allergen Quick Index

Recipe	Allergen													
Products	Gluten	Crustacean	Eggs	Fish	Peanuts	Soya beans	Dairy	Nuts	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs
Red Curry Sauce (all)		√		√										
Red Prawn Curry Sauce		√		√										
Red Tofu Curry Sauce		√		√		√								
Green Curry Sauce (all)		√		√										
Green Prawn Curry Sauce		√		√										
Green Tofu Curry Sauce		√		√		√								
Yellow Curry Sauce (all)				√										
Yellow Prawn Curry Sauce		√		√										
Yellow Tofu Curry Sauce				√		√								
Penang Curry Sauce (all)		√		√										
Penang Prawn Curry Sauce		√		√										
Penang Tofu Curry Sauce		√		√		√								
Massaman Curry Sauce (all)		√		√										
Massaman Prawn Curry Sauce		√		√										

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Massaman Tofu Curry Sauce		✓		✓		✓								
Wok Dish Cashew Nuts (all)	✓		✓	✓		✓	✓	✓	✓					✓
Wok Dish Cashew Nuts Prawns	✓	✓	✓	✓		✓	✓	✓	✓					✓
Wok Dish Cashew Nuts Tofu	✓		✓	✓		✓	✓	✓	✓					✓
Wok Dish Oyster Sauce (all)	✓		✓			✓	✓		✓					✓
Wok Dish Oyster Sauce Prawns	✓	✓	✓			✓	✓		✓					✓
Wok Dish Oyster Sauce Tofu	✓		✓			✓	✓		✓					✓
Wok Dish Curry Powder (all)	✓	✓	✓	✓		✓	✓		✓	✓		✓		✓
Wok Dish Curry Powder Prawns	✓	✓	✓	✓		✓	✓		✓	✓		✓		✓
Wok Dish Curry Powder Tofu	✓	✓	✓	✓		✓	✓		✓	✓		✓		✓
Wok Dish Sweet and Sour (all)	✓		✓			✓	✓		✓					✓
Wok Dish Sweet and Sour Prawns	✓	✓	✓			✓	✓		✓					✓
Wok Dish Sweet and Sour Tofu	✓		✓			✓	✓		✓					✓

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Wok Dish Stir fry Black Pepper (all)	√		√			√	√		√					√
Wok Dish Stir fry Black Pepper Prawns	√	√	√			√	√		√					√
Wok Dish Stir fry Black Pepper Tofu	√		√			√	√		√					√
Wok Dish Stir Fry with Garlic (all)	√		√			√	√		√					√
Wok Dish Stir Fry with Garlic Prawns	√	√	√			√	√		√					√
Wok Dish Stir Fry with Garlic Tofu	√		√			√	√		√					√
Wok dish with Chilli and Basil (all)	√		√			√	√		√					√
Wok dish with Chilli and Basil Prawns	√	√	√			√	√		√					√
Wok dish with Chilli and Basil Tofu	√		√			√	√		√					√

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Wok Dish Stir Fry with Ginger (all)	√		√			√	√		√					√
Wok Dish Stir Fry with Ginger Prawns	√	√	√			√	√		√					√
Wok Dish Stir Fry with Ginger Tofu	√		√			√	√		√					√
Wok Dish Stir Fry with Red Curry (all)		√		√										
Wok Dish Stir Fry with Red Curry Prawns		√		√										
Wok Dish Stir Fry with Red Curry Tofu		√		√		√								
Pad Thai (all)	√		√	√			√		√					√
Pad Thai Prawn	√	√	√	√			√		√					√
Pad Thai Tofu	√		√	√		√	√		√					√
Guay Tiew Pad Kee Mo (all)	√		√	√			√		√					√
Guay Tiew Pad Kee Mo Prawn	√	√	√	√			√		√					√

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Guay Tiew Pad Kee Mo Tofu	✓		✓	✓		✓	✓		✓					✓
Guay Tiew Pad Si Ew (all)	✓		✓			✓	✓		✓					✓
Guay Tiew Pad Si Ew Prawn	✓	✓	✓			✓	✓		✓					✓
Guay Tiew Pad Si Ew Tofu	✓		✓			✓	✓		✓					✓
Special Fried Rice (all)	✓		✓			✓	✓		✓					✓
Special Fried Rice Prawn	✓	✓	✓			✓	✓		✓					✓
Special Fried Rice Tofu	✓		✓			✓	✓		✓					✓
Fried Rice with Chilli (all)	✓		✓			✓	✓		✓					✓
Fried Rice with Chilli Prawn	✓	✓	✓			✓	✓		✓					✓
Fried Rice with Chilli Tofu	✓		✓			✓	✓		✓					✓
Fried Rice with Red Curry Paste (all)	✓	✓	✓			✓	✓		✓					✓
Fried Rice with Red Curry Paste Prawn	✓	✓	✓			✓	✓		✓					✓
Fried Rice with Red Curry Paste Tofu	✓	✓	✓			✓	✓		✓					✓

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Fried Rice with Green Curry Paste (all)	√	√	√			√	√		√					√
Fried Rice with Green Curry Paste Prawn	√	√	√			√	√		√					√
Fried Rice with Green Curry Paste Tofu	√	√	√			√	√		√					√
Tuna Fried Rice	√		√	√		√	√		√					√
Egg Fried Rice	√		√			√	√		√					
Satay Sauce		√	√		√									
Kids Noodles	√		√			√	√		√					√
Sweetcorn Cakes	√		√			√	√		√					
Kid Fried Rice	√		√			√	√		√					√
Chips	√	√												
Steamed Rice														
Stir Fried Veg	√	√				√	√		√					

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