



Tuk Tuk Thai Nutritional Info

Lotus Box	Protein	ENER (kcal)	CHO (g)	FAT (g)	CHOLE (mg)	PRO (g)	NA (mg)
Pad Thai	Chicken	986.38	126.21	31.32	161.16	44.76	1999.88
	Prawn	774.16	114.59	22.80	157.47	22.51	1974.44
	Tofu	1209.74	131.29	54.74	80.19	42.83	1929.17
Veggie Stir Fry	Oyster sauce	219.86	23.06	10.61	0.00	8.04	1078.89
	Peanut sauce	413.75	41.71	22.28	0.61	11.50	129.33
Tamarind Chicken	Chicken	663.10	66.57	31.75	96.41	32.00	1657.88
	Tofu	490.31	42.26	26.10	0.00	25.84	1300.95
Devil's Chicken		461.54	18.45	29.56	107.21	30.42	1434.85
Swimming Rama	Chicken	479.58	28.49	25.05	82.81	34.90	1025.53
	Tofu	568.88	29.69	36.91	0.81	29.34	960.90
Cashew Chicken	Chicken	890.12	92.06	41.13	96.41	37.93	1365.59
	Tofu	490.31	67.75	26.10	0.00	25.84	1300.00
Red Curry	Chicken	450.91	20.60	25.92	84.04	33.39	1412.81
	Tofu	582.39	24.32	41.13	2.45	28.21	1596.94
The Flames	Beef	235.76	16.14	8.14	65.00	24.49	1030.00
	Chicken	238.66	16.14	9.64	82.00	33.09	1012.59
Beef Masman Curry		367.13	25.89	14.98	83.06	34.43	902.23
Green Curry	Chicken	401.08	15.62	22.95	83.01	33.00	1747.96
	Tofu	490.38	16.82	34.81	1.01	27.44	1683.33
Crying Tiger	Beef	313.00	32.23	10.91	58.38	22.15	1433.88
	Pork	332.73	31.87	10.66	50.60	27.34	1421.27
Drunken Basa		576.23	39.42	29.99	95.76	12.18	696.95
Spicy Flames	Chicken	718.73	110.79	12.52	82	39.93	1821.28
	Beef	670.83	110.79	11.02	65	31.33	1839.28

Rice	Protein	ENER (kcal)	CHO (g)	FAT (g)	CHOLE (mg)	PRO (g)	NA (mg)
Brown Rice 230gm.	Rice brown, steamed	327.06	68.08	3.22	0.00	6.44	43.70
Coconut Rice	coconut rice 230gm.	254.50	53.97	2.27	0.00	4.54	118.15
Jasmine Rice 230gm.	Rice steamed,	270.01	61.23	0.57	0.00	4.99	14.08

Appetizers	Protein	ENER (kcal)	CHO (g)	FAT (g)	CHOLE (mg)	PRO (g)	NA (mg)
Spring Rolls		186.84	44.19	0.27	0.00	1.90	785.93
Tukky Sticks		195.80	31.91	3.27	14.43	9.68	602.22
Chicken Wings	Crying	614.84	50.63	35.81	133.93	29.28	1200.43
	Tamarind	676.10	62.51	34.92	133.93	27.94	1629.23
	Sweet Chili	756.60	82.64	35.04	133.93	27.69	1249.92
Thai Beef Jerky		131.07	37.70	8.32	52.00	21.35	466.68
Crying Cowboy Ribs		533.08	22.73	31.46	91.50	39.77	1466.79
Candied Cauliflower		466.97	91.31	11.30	0.00	4.27	2066.35
Satay		269.69	24.21	11.19	42.81	18.02	256.51
Crispy Rice Sticks		233.87	53.86	0.48	0.00	3.53	979.09
Tofu Satay		242.95	10.66	16.7	0.25	12.51	195.67

Desserts	Protein	ENER (kcal)	CHO (g)	FAT (g)	CHOLE (mg)	PRO (g)	NA (mg)
Deep Fried Banana		240.42	48.03	3.79	0	3.55	204.87
	Coconut Dipping	61.43	2.67	4.05	0	0.65	175.46
Roti		415.52	50.08	20.85	16.03	6.89	91.98
Sweet sticky / mango		303.74	68.06	2.22	0	2.89	93.97

Soups	Protein	ENER (kcal)	CHO (g)	FAT (g)	CHOLE (mg)	PRO (g)	NA (mg)
Noodle Soup	Beef	446.27	77.78	8.79	32.18	19.01	306.47
	Chicken	488.02	77.78	6.9	6.18	28.69	267.27
Spicy Noodle Soup	Beef	592.27	81.13	10.39	32.18	19.21	1236.47
	Chicken	614.02	81.13	8.5	6.18	28.89	1197.27
Tom Kha Soup	Chicken	254.25	11.86	15.6	41.29	16.6	1580.31
	Prawn	193.86	12.86	11.64	77.61	9.41	1753.25
	Tofu	263.49	15.68	17.61	0	10.57	1700.77
Tom Yum Soup	Chicken	178.31	9.59	8.52	41.33	15.82	1295.5
	Prawn	115.01	9.95	4.53	77.61	8.6	1329.61
	Tofu	186.97	13.34	10.5	0	9.77	1415.16