

This menu is designed for those who have sensitivities to Gluten and Wheat. It gives you the rundown on what menu items you can order, and what changes you need to request. The Noodle Box offers rice noodles as an alternative to wheat noodles, as well as white and brown jasmine rice. You can also add in roasted cashews, extra crushed peanuts, or even a fried free range egg to gussy up your dish!

### **MALAY FRIED RICE (Nasi Goreng)**

Jasmine rice, wok fried with prawns, chicken and free range egg ribbon with mild curry spices, asian greens, sprouts and herbs. Tastes great with a fried Free Range egg on top!

**Mod: No crispy fried onions**

### **CAMBODIAN JUNGLE CURRY (available with rice)**

Spicy curry broth with rice noodles, simmered with ginger, mushrooms, peppers, asian greens, sprouts and finished with mango and herbs.

**Mod: No crispy fried onions**

### **SINGAPORE CASHEW CURRY (available with rice)**

Mild curry spices, with cashews, coconut milk, peppers, asian greens, and herbs, served over ribbon noodles.

**Mods: Change noodles to rice or rice noodles, No crispy fried onions**

### **KIDS NOODLE BOX (available with rice)**

Thin egg noodles, with sprouts and green onions, flavoured with a light soya sauce. (Veg. Optional)

**Mods: No teriyaki, Change noodles to rice or rice noodles, Gluten-free soy sauce**

### **LAMB CURRY**

A traditional slow cooked curry, medium spiced, served with a roti bread, jasmine rice and cucumber raita.

**Mods: Exchange roti for house salad or a side of braised greens, No crispy fried onions**

### **GRILLED SATAY / SATAY LUNCH BOX**

Chefs choice, six skewers, grilled and served with a dipping sauce.

**Mods: House-made peanut sauce only for dip, No crispy fried onions, For salad dressing only use gluten-free vinaigrettes**

### **TOM YUM SOUP**

Hot and sour broth, with rice noodles, mushrooms, peppers, asian greens, sprouts and herbs.

**Mod: No crispy fried onions**

### **THAI GREEN CURRY (available with rice)**

Fragrant curry simmered in coconut milk and kaffir lime with rice noodles, mushrooms, asian greens, sprouts and herbs.

**Mod: No crispy fried onions**

### **THAI RED CURRY (available with rice)**

Rich, red curry spices, wok fried with coconut milk, kaffir lime, asian greens, peppers and sprouts. Served with ribbon noodles and finished with Thai basil and roasted peanuts.

**Mods: Change noodles to rice or rice noodles, No crispy fried onions**

### **THAI STYLE CHOW MEIN**

Thin egg noodles wok fried with sprouts, roasted peanuts, peppers, cilantro, green onion and a light soy and ginger sauce.

**Mods: Change noodles to rice or rice noodles, Gluten-free soy sauce, No crispy fried onions**

### **SPICY PEANUT**

Indonesian style peanut sauce, wok fried with peppers, asian greens, roasted peanuts, herbs, sprouts and coconut milk on ribbon noodles.

**Mods: Change noodles to rice noodles, No crispy fried onions**



## MORE INFORMATION

Noodle Box food is cooked by hand, fresh to order, and as hard as we try to avoid it, variations between dishes do occur. This is the human factor. We do not add MSG, it may occur in the foods we use. We season our food with Fish Sauce, unless requested otherwise.

We can accommodate most dietary preferences, we do however charge a 50 cent fee for this service. The reasons we charge for mods is a result of a variety of challenges we face when making a modified dish. For each gluten-modified dish cooks are required to change their line set, which in turn can increase our wait times and slow service.

Our cooks are trained methodically, when mods occur these can throw off their cooking routine and sometimes can cause mistakes, which in turn affects the food cost.

For this we charge a small nominal fee of \$0.50. This is only charged once to your bill, so if you have one mod or six you are only charged the one time.

Please notify us of any food allergies or dietary preferences. We will do our best to accommodate you, but due to the chaotic nature of stir-frying, we cannot guarantee anything 100%. Therefore, ultimately you eat at your own risk.

## COOKS NOTES - How we handle your order:

For all 'gluten free', 'gluten allergy' or 'celiac' modifiers, reset your station as per an allergy, with fresh tongs, fresh cloths and a handwash. Flag your crispy fried onions. Visually inspect all prep to ensure there is no cross contamination from wheat noodles or crispy fried onions. Ensure that what has been ordered can be made gluten free. Know your products, gluten is in all wheat products, as well as regular soya sauce.

**Malay Fried Rice, Tom Yum Soup, Cambodian Jungle Curry, Thai Green Curry** - no crispies!

**Singapore Cashew Curry, Thai Red Curry, Spicy Peanut** - change noodles to rice noodles, or rice, no crispies!

**Thai Style Chow Mein** - change noodles to rice noodles, use gluten-free soy sauce, no crispies!

**Lamb Curry** - no roti, no crispies, braised greens or house salad.

**Grilled Satay/Satay Lunchbox** - must serve with house-made peanut sauce only, and use vinaigrettes for dressing.



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[www.thenoodlebox.net](http://www.thenoodlebox.net)