

## Thai Dining: Gluten-Free

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There are many ways to make your dining out experiences safe and enjoyable. Remember to always understand the menu, make special requests, and ask the wait staff questions.

When dining out at Thai restaurants, what are some common menu items and how can you order them gluten-free?

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**Pad Thai:** Rice noodles stir-fried with Pad Thai peanut sauce, chicken, shrimp, egg, bean sprouts, and scallion, and topped with ground peanuts

- ✓ Ensure that the noodles and peanut sauce (no oyster sauce, no soy sauce [unless gluten-free]) are gluten-free. Avoid fish sauce if it contains wheat.

**Bean Thread Noodles:** Bean thread noodles are thin, transparent noodles made from ground mung beans (small, khaki-green legumes).

- ✓ Ensure that the noodles are gluten-free and that the sauce is not thickened with flour. Avoid soy sauce (unless gluten-free) and oyster sauce. Avoid fish sauce if it contains wheat.

**Thai Fried Rice:** Fried rice with Thai vegetables and a choice of chicken, pork or shrimp

- ✓ Request that the pan used to fry the rice is not used to fry anything with wheat. Avoid soy sauce (unless gluten-free) and oyster sauce. Avoid fish sauce if it contains wheat.

**Tofu:** Curd made from mashed soybeans, served chilled or cooked in dishes

- ✓ Request it on a clean grill without soy sauce (unless gluten-free). Order with plain rice, steamed vegetables, and gluten-free peanut sauce

**Miso Soup:** Tofu, scallions, miso paste, seaweed, mushrooms, sesame oil, fish stock

- ✓ Choose soy miso paste; avoid barley miso paste. Fish stock is typically gluten-free.

**Thai Green Salad:** Fresh lettuce, tomato, cucumber and red onion with Thai peanut dressing

- ✓ Ask if the Thai peanut dressing contains soy sauce. If so, avoid (unless gluten-free) and ask for a sprinkle of peanuts and lemon juice.

**Thai Curry:** Typically, green curry paste is made by blending ingredients including shallots, green chilies, garlic, blue ginger, turmeric, shrimp paste and salt and served over rice.

- ✓ Ensure that the curry is thickened with milk, not flour.

**Peanut Satay:** Skewers of chicken, shrimp or beef often marinated in coconut milk with peanut sauce for dipping

- ✓ Ensure that the peanut sauce does not contain oyster sauce, fish sauce (if wheat based), or soy sauce (unless gluten-free).

**Coconut or Green Tea Ice Cream:** Milk, juice of coconut or green tea, sugar, cream

- ✓ Check if it contains wheat flour as a thickener.

**Dishes/Ingredients to Avoid or Request a Gluten-Free Substitution:** Teriyaki, deep fried foods, such as Thai fried banana, seasoned rice, soba noodles (if made with wheat), soy sauce (unless gluten-free), fish sauce (if it contains wheat), oyster sauce, and brown gravy (usually thickened with flour).

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**Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#).**

**Bring your own salad dressing or dessert with you to the restaurant.**

**If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.**

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