

Allergens Information

For My Thai Guernsey
Last updated: May 2026

At My Thai, we take food safety and allergen awareness seriously. Many of our dishes are freshly prepared using authentic Thai ingredients, sauces, herbs, spices, and pastes which may contain allergens.

Important Allergy Notice

Please inform us of any allergies, intolerances, or dietary requirements before placing your order.

While we will always do our best to accommodate allergy requests, we cannot guarantee that any item is completely free from allergens due to the way food is prepared in our kitchen and trailer environment.

High-Risk Allergy Warning

Please note that peanuts, tree nuts, shellfish, gluten, soy, eggs, dairy, sesame, and other allergens are regularly handled in our kitchen and food trailer.

Due to the limited space and shared cooking equipment within our trailer and preparation areas, there is a significant risk of cross-contamination.

If you have a severe or life-threatening allergy, including anaphylaxis, we respectfully advise that you consider this risk carefully before ordering from us.

Common Allergens Used in Our Food

Our dishes may contain or come into contact with the following allergens:

- Peanuts
- Tree Nuts
- Milk / Dairy
- Eggs
- Gluten / Wheat
- Soy
- Fish
- Shellfish / Crustaceans
- Sesame
- Sulphites
- Celery
- Mustard

Some ingredients used in Thai cooking, including curry pastes, sauces, marinades, and seasoning products, may also contain hidden allergens.

Cross-Contamination

Although we take reasonable precautions to reduce cross-contamination, we cannot guarantee that any menu item is completely allergen-free.

Shared equipment may include:

- Woks
- Fryers
- Utensils
- Chopping boards
- Preparation surfaces
- Storage areas

Customer Responsibility

Customers with allergies or dietary concerns are responsible for informing us before ordering.

If you are unsure whether a dish is suitable for your dietary needs, please contact us before placing your order and we will do our best to assist.

Menu Information

Allergen information provided on menus, social media, or our website is intended as a guide only and may change depending on ingredients and suppliers.

We recommend checking allergen information each time you order.

Contact Us

If you have any questions regarding allergens or ingredients, please contact us before placing your order through:
mythaigsy.com