

Thai Red Curry

STIR-IN SAUCE

A perfect fusion of coconut, lemongrass and red chillies.
Perfect with chicken, tofu or vegetables... don't forget the rice!

Gluten Free, Dairy Free and Vegan.
Certified Low FODMAP* For Half Jar (130g serve).
Simmer the sauce in a pan for 2 minutes until hot.

Bay's Kitchen create award-winning, tasty foods
which are free from Gluten & Dairy and
are Low FODMAP* certified. See our
full range at www.bayskitchen.com.



GLASS JAR, METAL LID

BEST BEFORE END:



BAY'S
KITCHEN

Thai Red Curry

STIR-IN SAUCE



VEGAN & LOW FODMAP*

Ingredients

Coconut Cream (36%), Water,
Red Peppers, Red Chillies (3.5%),
Lemongrass (2.6%), Cornflour,
Ginger, Wheat Free **Soy** Sauce
(Water, **Soya** Beans, Salt, Rice,
Alcohol), Rapeseed Oil, Salt,
Cumin, Concentrated Lime
Juice, Coriander, Dextrose, Lime
Leaf (0.7%), Cayenne Pepper.

For allergens, see ingredients
in **bold**. **Suitable for vegans
& vegetarians**. Store in a cool
dry place. Refrigerate once
opened & consume within 2 days.

*Certified by FODMAP Friendly,
trading name of Fodmap Pty Ltd of
Australia. Compared to many similar
stir-in sauces, these sauces are Low
FODMAP as they are > 90% free of
Galacto-oligosaccharides (GOS),
Excess Fructose, Lactose, Sorbitol
and Mannitol.

Nutrition Per 100g

Energy	545kJ/130kcal
Fat	11g
of which Saturates	7.6g
Carbohydrates	6.9g
of which Sugars	3.0g
Fibre	1.1g
Protein	1.6g
Salt	1.6g

Low FODMAP* Info Per 100g

Total Fructans	< 0.2g
GOS	< 0.1g
Fructose	0.5g
Glucose	1.3g
Lactose	0g
Mannitol	< 0.1g
Sorbitol	0.1g

260g



MADE IN
THE UK

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