

Dietary options at Miss Mai

Gluten-free options

All of our lemongrass chicken is gluten-free. Gluten-free tofu is available at Miss Mai, for salads, steamed rice and cold rolls, but please note ~



Because gluten-free tofu is cooked separately from other tofu, after it is ordered, there will usually be a 10-15 minute wait before service. If possible, come to the shop at a time when it is not too busy so that we can make your food more quickly.

We don't sell gluten-free bread or gluten-free pork.

Vegan options

Vegan tofu is available for bánh mì, salads, steamed rice, fried rice and cold rolls. Our tofu is made in Adelaide and does not contain any preservatives. The soya beans are sourced from Queensland. Bánh mì, salads and steamed rice can also be purchased without any protein. You can order vegan aioli for bánh mì.

Coriander and cucumber

Some of our customers don't like coriander or cucumber in their food. If you advise us when ordering, we can provide nearly all of our menu items without these two ingredients. The coleslaw used with steamed and fried rice has coriander in the mix, so it is not practical for us to remove coriander from the coleslaw, but you can have rice with our bread salads and without coriander, instead of the coleslaw.

Lettuce used in bánh mì

At Miss Mai we usually put lettuce in our bánh mì, but if you don't want it there, just ask us to leave it out. All of our bánh mì ingredients are optional.

Halal food

Miss Mai does not currently serve halal food.

Food allergies

Peanuts

At Miss Mai, we use peanuts as an optional topping for our salads and we have hoisin sauce (with peanut) for cold rolls. If you have a severe peanut allergy, note that we cannot guarantee that our other foods will be 100% free of peanut since it is a frequently-used ingredient in our shop.

Seafood

Our only seafood products are prawn cold rolls and fish sauce.

For more information on allergens, follow this link ~

[Allergens at Miss Mai](#)