WELCOME TO

THIPTARA

เรือนแห่งสยาม

Nestled along the tranquil Burj Lake, Thiptara invites you to a memorable culinary journey, featuring breathtaking views of the Burj Khalifa and dishes that tell the story of Thailand's rich heritage. From masterfully prepared curries to bold, aromatic delicacies, each dish is expertly crafted with vibrant flavors and the finest ingredients, elevated by impeccable service and attention to detail.

With a deep commitment to sustainability and innovation, Thiptara leverages AI technology to minimize food waste, partners with local charities to donate excess food, and sources ingredients from local farmers to ensure both freshness and environmental responsibility. Our seafood is carefully selected based on rigorous standards that support responsible fishing practices.

Join us on a journey of culinary excellence and sustainability,
one unforgettable dish at a time.

مرحباً بكم في ثيبتارا

يأخذ ثيبتارا موقعاً مميزاً له على طول بحيرة برج خليفة الساحرة، ويدعوكم إلى رحلة طهي لا تنسى عبر نكهات المطبخ التايلاندي الغني. يتميز المطعم بإطلالاته الخلابة على برج خليفة وأطباقه التايلاندية الأصيلة التي تروي قصة تراث هذا البلد المتنوع. من الكاري المحضر بإتقان إلى الأطباق الشهية التي تعبق بالتوابل، تم إعداد كل طبق بمهارة من أجود المكونات مع الاهتمام بأدق التفاصيل.

ومع التزام ثيبتارا العميق بالاستدامة والابتكار، يتم الاستفادة من تقنية الذكاء الاصطناعي للتقليل من هدر الطعام، والتعاون مع الجمعيات الخيرية المحلية للتبرع بالطعام الزائد، والمزارعين المحليين للحصول على المكونات النضرة وضمان المسؤولية البيئية. ويتم اختيار المأكولات البحرية بناء على معايير صارمة لتعزيز ممارسات الصيد المسؤولة.

انضموا إلينا في رحلة تذوق استثنائية، حيث تلتقي النكهات الغنية
بالاستدامة في كل طبق.

WAREE

AED 405 PER PERSON

SHARING STYLE SET MENU

YUM SOM – O / POMELO SALAD
Prawns, roasted coconut, peanuts, tamarind, chili and mint (S) (N) (SP)

TOD MAAN PLA / FRIED FISH CAKE
Kaffir lime leaf, long bean, red curry pastes with peanut, sweet chili saucee (S) (N) (SP)

POH PIAH / CRISPY VEGETABLES SPRING ROLL
Mixed vegetables, mushroom (V) (G) (SP) (SB)

KHANOM JEEP GOONG / STEAMED DIM SUM PRAWN
Served with homemade black vinegar and soy sauce (G) (SP)

SATE GAI / GRILLED CHICKEN SATAY
Served with peanut sauce and pickle vegetable (N) (S) (LO)

TOM YUM GAI / SPICY CHICKEN TOM YUM SOUP
Straw mushrooms, galangal, lemongrass, chili paste, kaffir lime and coriander (S) (N) (SP) (LO)

PLA RAD PRIK / CRISPY FRIED FISH
Sea bream, tamarind, sweet chili and garlic sauce (G) (S)

KANA NUEA NUM MAN HOY / STIR FRIED BEEF
Black angus tenderloin, pepper, onion and oyster sauce (S) (SB) (G)

GAENG DANG GAI / CHICKEN RED CURRY
Chicken thigh, coconut milk, Thai eggplant and sweet basil leaf (S) (LO)

PHAD PHAK RUAM MIT / STIR-FRIED MIXED VEGETABLES
Garlic, soy sauce (S) (G) (SS)

KHAO SUAI / STEAMED THAI JASMINE RICE

KHANOM TOM / SWEETENED PANDAN COCONUT DUMPLINGS
Served with vanilla ice cream and coconut flakes

(LO) Local, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (D) Dairy products (milk), (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products.
Spicy Sustainable

CHALALAI

AED 580 PER PERSON

SHARING STYLE SET MENU

SOM TUM GOONG / PAPAYA SALAD WITH PRAWNS
Prawns, lime and garlic chili dressing (S) (N) (G) (SP)

THOD MAAN GOONG / CRISPY PRAWN CAKE
Coriander, sesame oil, chili coriander sauce (S) (G) (E) (SS)

SATE GAI / CHICKEN SATAY
Served with peanut sauce and pickle vegetable (N) (S) (LO)

POH PIAH PED / DUCK SPRING ROLL
Crispy duck and mushroom spring roll (V) (G) (SP) (SB)

CHOR MUANG / ROYAL FLOWER DUMPLINGS
Minced chicken, fried onion, peanut and sweet soy sauce (N) (SB) (G) (LO)

TOM YUM TALAY / SEAFOOD TOM YUM SOUP
Galangal, lemongrass, kaffir leaf, mushroom (S) (N) (SP) (D)

GAENG KIEW WAAN GAI / CHICKEN GREEN CURRY
Chicken thigh, coconut, Thai eggplant and sweet basil leaf (S) (LO)

GOONG PAD KHING / STIR FRIED LOBSTER
Canadian lobster, soy and oyster sauce, ginger and sesame (S) (SB) (G) (SS)

NUEA YANG / GRILLED BEEF
Charred wagyu rib eye steak 6-4 marbling, tamarind sauce (S) (SB) (G)

KHAO PHAD KHAI / FRIED JASMINE RICE
Egg fried rice (E) (S) (G) (SB)

PHAD PHAK RUAM MIT / STIR-FRIED MIXED VEGETABLES
Garlic, soy sauce (S) (G) (SS)

GLUEY HORM THOD I-TIM / PANKO FRIED BANANA
Served with Thai basil ice cream, honey (G) (SS) (E)

PHONRAMAI RUAM
Assorted exotic seasonal fresh fruit platter

(LO) Local, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (E) Egg and egg products, (D) Dairy products (milk), (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products. Spicy

YUM / SALAD

SOM TUM THAI / PAPAYA SALAD 80

Long bean, tomato, roasted peanut and Thai lime chili dressing (S) (N) (SP)

312.65 Calories | 9.52g Protein

YAM TUA PLUU / WING BEANS SALAD 130

Diced chicken, roasted coconut, Thai chili paste, fresh lime juice (LO) (S) (N)

310 Calories | 12.52g Protein

YUM SOM – O / POMELO SALAD 130

Tiger prawns, roasted coconut, peanut, mint, tamarind chili dressing (S) (N) (SP)

397.8 Calories | 31.23g Protein

NAM TOK NUEA / SPICY THAI GRILLED BEEF SALAD 130

Charred rib eye, onions, cherry tomatoes, cucumbers, mint leaf, chilli, palm sugar and lime (S) (G) (SP)

330 Calories | 32.64g Protein

YUM WOON SEN TA-LAY / SEAFOOD GLASS NOODLE SALAD 135

Mixed seafood, vegetables, fish sauce and red chili (S) (N) (SP)

650 Calories | 30.73g Protein

(N) Nuts (including peanuts and tree nuts), (S) Seafood including fish, crustacean, and mollusc, (G) Gluten and cereal containing gluten, (C) Celery and their products, (M) Mustard and their products, (SP) Sulphur dioxide and sulphites. Spicy

KHONG WANG / APPETIZER

POH PIAH / CRISPY VEGETABLE SPRING ROLL — 75
Mixed vegetables, mushroom (V) (G) (SP) (SB)
379.97 Calories | 5.72g Protein

TOD MAAN PLA / FRIED FISH CAKE — 85
Kaffir lime leaf, long bean, red curry paste with peanuts,
sweet chili sauce (S) (N) (SP)
470.87 Calories | 41.73g Protein

PEEK GAI SOD SAI / FRIED STUFFED CHICKEN WINGS — 90
Coconut milk, glass noodle, sriracha chili sauce (LO) (G) (S) (N)
846.27 Calories | 50.41g Protein

HONEY CHILI LOTUS ROOTS — 75
Honey and sriracha chili sauce, sesame seeds (G) (SS)
312 Calories | 9g Protein

KHAO TANG NA TANG / CRISPY RICE CRACKER — 90
Served with minced chicken and prawn coconut sauce (LO) (S) (N)
312 Calories | 9g Protein

THOD MAAN GOONG / CRISPY PRAWN CAKE — 90
Coriander, sesame oil, chili, coriander sauce (S) (G) (E) (SS)
584.56 Calories | 58.69g Protein

CHOR MUANG / ROYAL FLOWER CHICKEN DUMPLINGS — 95
Minced chicken, fried onions, peanut and sweet soy sauce (N) (SB) (G) (LO)
978.41 Calories | 31.67g Protein

NEUA DTAET DTIEW / SUN DRY BEEF — 200
Fish sauce, sesame seeds (G) (SS) (S)
330 Calories | 32.64g Protein

SATE / SATAY
Grilled and marinated, served with peanut sauce and pickled vegetables

Chicken (N) (S) (LO) — 90
846.27 Calories | 58.69g Protein

Prawn (N) (S) — 110
883.38 Calories | 48.44g Protein

(LO) Local, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (E) Egg and egg products, (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products.

SUP / SOUP

GAENG JUED TAO HOO / CLEAR TOFU AND VEGETABLE SOUP 70
Glass noodles, vegetables, mushrooms, tofu and aromatic greens (G) (SB) (V)
210 Calories | 10.97g Protein

TOM KHA GAI / COCONUT CHICKEN SOUP 75
Coconut milk, mushrooms, galangal, lemongrass, ginger and
Thai basil (N) (SP) (LO)
334.29 Calories | 28.6g Protein

TOM YUM SOUP 85
Mushrooms, galangal, lemongrass, chili paste, kaffir lime, coriander (S) (N) (SP) (D)
Lobster (N) (S) 130
240 Calories | 21.61g Protein
Prawn (N) (S) 85
883.38 Calories | 48.44g Protein
Chicken (N) (S) (LO) 75
846.27 Calories | 58.69g Protein

CHAN HLAK / MAIN'S

FISH & SEAFOOD

GOONG PHAD / STIR FRIED TIGER PRAWNS 185
U6 prawns, oyster and soy sauce, spring onion, sweet basil (S) (G) (SS) (SB)
594.53 Calories | 49.41g Protein

PAD CHA TALAY / SPICY STIR-FRIED SEAFOOD 200
Krachai, fresh green pepper corn, lemongrass, red chili, hot basil,
fish sauce (S) (SB) (G) (SS)
537.05 Calories | 50.01g Protein

PLA NEUNG / THAI STEAMED FISH 220
Whole line caught seabass, chili, lime and garlic, fish sauce (S)
660.05 Calories | 113.06g Protein

PLA HI-MA OB/ BAKED BLACK COD 225
Pak choy and Chu Chee curry sauce (S) (G)
640 Calories | 112.16g Protein

GOONG PAD KHING / STIR FRIED LOBSTER 295
Whole Canadian lobster, soy and oyster sauce, ginger and sesame (S) (SB) (G) (SS)
610.52 Calories | 47.27g Protein

(LO) Local, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (D) Dairy products (milk), (G) Gluten and cereal containing gluten, (C) Celery and their products, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products. Spicy Sustainable

BEEF & POULTRY

PAD KRAPOW GAI / SPICY THAI BASIL CHICKEN 165

Minced chicken, garlic, chili, hot basil and fried egg (S) (E) (G) (LO)

640 Calories | 61.93g Protein

GAI PAD MED MAMUANG / CHICKEN AND CASHEWNUTS 165

Stir fried chicken, cashew nut, bell pepper, chili paste, soy sauce and green onions (N) (S) (G) (SS) (LO)

626.23 Calories | 59.51g Protein

KANA NUEA NUM MAN HOY / STIR FRIED BEEF 250

Black angus tenderloin, Thai broccoli and oyster sauce (S) (SB) (G)

721.57 Calories | 55.03g Protein

NUEA YANG / GRILLED BEEF 350

Charred 380gm wagyu rib eye steak 4-6 MS, spicy tamarind sauce (S) (SB) (G)

740 Calories | 38.65g Protein

GAENG / CURRY'S

GAENG PHED PED YANG / DUCK RED CURRY 165

Roasted Muscovy duck, pineapple, lychee, Thai eggplant, kaffir lime, dried chili and basil (S)

505.2 Calories | 30.62g Protein

GAENG KIEW WAAN / CHICKEN GREEN CURRY 175

Chicken thigh, coconut milk, Thai eggplant, sweet basil leaf (S) (LO)

623.04 Calories | 49.34g Protein

GAENG MASAMAN NUEA GAE / LAMB MASSAMAN CURRY 180

Lamb shank, massaman paste, potatoes, tamarind, cashew nuts (N) (S) (G) (SD)

1913.52 Calories | 183.57g Protein

GAENG KARI GOONG / PRAWN YELLOW CURRY 185

U6 Tiger prawns, coconut milk, turmeric, string beans, potato, onions (S)

400 Calories | 13.04g Protein

(LO) Local, (SD) Signature dish, (N) Nuts (including peanuts and tree nuts), (S) Seafood including fish, crustacean, and mollusc, (E) Egg and egg products, (D) Dairy products (milk), (G) Gluten and cereal containing gluten, (SB) Soybeans and their products, (SS) Sesame seeds and their products. Spicy

KHAO & SEN / RICE & NOODLES

KHAO NEAW / STEAMED STICKY RICE 30

360 Calories | 7.48g Protein

KHAO SUAI / STEAMED THAI JASMINE RICE 35

360 Calories | 7.48g Protein

KHAO PHAT SUP PA ROD / PINEAPPLE FRIED RICE 85

Raisin, peas, cashew nut, curry powder, soy sauce (SB) (G) (V) (N)

810.51 Calories | 14.74g Protein

KHAO PHAD KHAI / EGG FRIED RICE (E) (S) (G) (SB) 95

360 Calories | 20.78g Protein

KHAO PAD PAK / VEGETABLE FRIED RICE (G) (SB) (V) 95

430 Calories | 56.5g Protein

PHAD THAI / STIR FRIED THAI NOODLES 125

Tamarind sauce, eggs, bean sprouts, peanuts (E) (N) (S)

Chicken (LO)

975.18 Calories | 42.37g Protein

Prawn (S)

810 Calories | 44.97g Protein

KHAO PAD GOONG / PRAWN FRIED RICE (E) (S) (G) (SB) 135

660.43 Calories | 36.48g Protein

KUAI TIAO SEN YAI / DRUNKEN NOODLES 150

Beef, flat rice noodles, vegetables, garlic, chili, soy sauce (E) (S) (G) (SB)

578.98 Calories | 29.78g Protein

(LO) Local, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (E) Egg and egg products, (G) Gluten and cereal containing gluten, (C) Celery and their products, (SB) Soybeans and their products, (SS) Sesame seeds and their products.

KHERUNG KHEING / SIDE DISHES

PHAD PHAK RUAM MIT / STIR-FRIED MIXED VEGETABLES 85

Garlic, soy sauce (S) (G) (SS)

280 Calories | 12.63g Protein

PHAD NOR MAI FA RANG / STIR FRIED ASPARAGUS 85

Garlic, soy sauce, sesame oil and chili flakes (S) (G) (SS) (SB)

310 Calories | 9.18g Protein

PHAD PAK BUNG FAI DAENG / STIR FRIED MORNING GLORY (SEASONAL) 85

Chili, yellow bean paste, oyster sauce (S) (SB) (G)

200 Calories | 10.3g Protein

PHAD KAPHRAO TAO HUU / STIR FRIED TOFU 95

Chili, hot basil leaf and oyster sauce (S) (G) (SB) (V)

545.7 Calories | 22.58g Protein

(V) Vegetarian, (S) Seafood including fish, crustacean, and mollusc, (E) Egg and egg products, (G) Gluten and cereal containing gluten, (SB) Soybeans and their products, (SS) Sesame seeds and their products.

KHONG WAAN / DESSERT

RUAM MIT I-TIM — 25
Choice of homemade ice cream (per scoop)
Vanilla, strawberry, coconut (D) (E)

190 Calories | 3.08g Protein

RUAM MIT SORBET — 25
Choice of sorbet (per scoop)
Mango, lemon

216.96 Calories | 1.75g Protein

GLUEY HORM TOD I-TIM — 50
Panko fried banana, honey with Thai basil ice cream (G) (SS) (E)

585.81 Calories | 9.74g Protein

KHANOM TOM — 60
Sweetened pandan and coconut dumplings, coconut flakes (V)

254.95 Calories | 3.89g Protein

KHAO NEAW MAMUENG — 60
Thai ripe yellow mango, sweet sticky rice, coconut cream (SB) (SS) (SD)

232.4 Calories | 2.12g Protein

PHONRAMAI RUAM — 70
Assorted exotic seasonal fresh fruit platter

246.12 Calories | 3.11g Protein

(SD) Signature dish, (V) Vegetarian, (E) Egg and egg products, (D) Dairy products (milk), (G) Gluten and cereal containing gluten,
(SS) Sesame seeds and their products, (SB) Soybeans and their products.

SAICHOL

AED 330 PER PERSON

SHARING STYLE SET MENU

SOM TUM THAI
Spicy green papaya, carrot salad with long bean, tomato, peanut and tamarind dressing (V) (N) (SP)

SATAY TAO HUU
Grilled spiced marinated tofu marinated with onion, assorted peppers and sweet plum sauce (V) (G)

POH PIAH PAK
Crispy mixed vegetables and mushroom spring roll (V) (G)

THOD MAAN KHAO POD
Crisp fried golden sweet corn cake (V) (G)

PAK DIM SUM
Mixed vegetables dim sum with homemade soya black vinegar sauce (V) (SB) (SP) (G)

TOM YUM HED
Thai hot and sour soup with mixed mushroom, galangal, lemon grass, lime leaf (V) (N) (SP)

GAENG KIEW WAAN PAK RUAM
Thai green curry with tofu, mixed vegetables and sweet basil leaf (V)

PHAD KAPHRAO PHAK
Stir fried tofu, garlic, onion, chili, hot basil leaf with soya sauce (V) (G)

PHAD PAK RUAM MIT
Stir fried seasonal mixed vegetables with garlic and soya sauce (V) (G) (SS)

KHAO SUAI
Steamed Thai jasmine rice

GLUEY HORM THOD I-TIM
Tempura fried banana, honey with mango sorbet (V) (G) (SS)

(N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products.

KHONG WANG - APPETIZERS

POH PIAH PAK / CRISPY VEGETABLE SPRING ROLL — 75
Mixed vegetables, mushroom spring roll,
Served sweet chili sauce (V) (G) (SP) (SB) (SS)

TOD MUN KHAO PHOD / CRISPY FRIED SWEET CORN CAKE — 80
Served with sweet plum sauce (V) (G) (SP)

916.35 Calories | 7.4g Protein

TAU HUU / DEEP FRIED TOFU — 85
Served with sweet peanut sauce (G) (N)

HONEY CHILI LOTUS ROOTS — 80
Honey and sriracha chili sesame seeds (G) (SS)

PAK DIMSUM / STEAMED DIMSUM — 80
Mixed vegetables, served with homemade soya black vinegar sauce (V) (SB) (SP) (G)

YUM / SALAD

SOM TUM THAI / PAPAYA SALAD — 80
Carrot, long bean, tomato, peanut, tamarind dressing (V) (N) (SP)

YUM SOM – O / POMELO SALAD — 80
Onion, roasted coconut, mint leaves and tamarind dressing (V) (SP)

342.18 Calories | 6.1g Protein

YUM WOON SEN HED / SPICY GLASS NOODLE SALAD — 85
Mushroom, minced tofu, tomato, peanut with lime chili dressing (V) (N) (SP)

566.4 Calories | 24.46g Protein

SUP / SOUP

TOM YUM PAK / THAI HOT AND SOUR SOUP — 65
Mixed vegetables, mushroom, galangal, lemon grass, lime leaf (V) (N) (SP)

200 Calories | 7.64g Protein

TOM KHA PAK / THAI COCONUT SOUP — 65
Mixed vegetables, mushroom, galangal, lemon grass, lime leaf (V) (N) (SP)

200 Calories | 7.64g Protein

(N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products. Spicy

CHAN HLAK / MAIN COURSES

PHAD PAK RUAM MIT / STIR FRIED SEASONAL MIXED VEGETABLES — 80
Garlic with soya sauce (V) (S) (G)

300 Calories | 9.92g Protein

PHAD PAK / STIR FRIED VEGETABLE — 80
Your choice with garlic and soya sauce (G)
Asparagus
Broccoli
Pok choy

310 Calories | 10.92g Protein

PAK PHAD MED MA MUANG HIM MA PHARN — 85
Stir fried assorted pepper, baby corn, broccoli, carrot, onion, cashew nut, dry chili (V) (G) (SS)

480 Calories | 14.42g Protein

PHAD KHAPRAO TOFU / STIR FRIED TOFU — 95
Garlic, onion, chili, hot basil leaf with soya sauce (V) (G)

480 Calories | 14.42g Protein

GAENG KIEW WAAN PAK RUAM / TOFU THAI GREEN CURRY — 125
Mixed vegetables and sweet basil leaf (V)

480 Calories | 14.42g Protein

GAENG DANG PAK RUAM / TOFU THAI RED CURRY — 125
Mixed vegetables and sweet basil leaf (V)

480 Calories | 16.42g Protein

RICE & NOODLES

KHAO SUAI / STEAMED THAI JASMINE RICE — 35

KHAO PAD PAK (G) (V)
Mixed vegetable fried rice (G) (V) — 95

430 Calories | 17.11g Protein

PHAD THAI PAK / PAD THAI NOODLE
Tofu, carrot, spring onion, beansprout, peanut, tamarind sauce (V) (SP) (SB) (N) — 95

580 Calories | 18.9g Protein

PHAD SEE EW / THAI FLAT RICE NOODLE
Vegetables, pok choy, soya sauce (G) (V) — 95

498.73 Calories | 13.11g Protein

(V) Vegetarian, (S) Seafood (including fish and shellfish), (G) Gluten and cereal containing gluten, (SP) Sulphur dioxide and sulphites, (SS) Sesame seeds and their products. Spicy

KHONG WANG / DESSERTS

THAP THIM KROB (SD) / THAI RED RUBY — 50
Water chestnut pearls, jack fruit, coconut ice cream (D) (V)

232.4 Calories | 2.12g Protein

GLUEY HORM THOD I-TIM / THAI BANANA TEMPURA — 50
Fried banana, honey, mango sorbet (G) (SS)

585.81 Calories | 9.74g Protein

KHAO NEAW MAMUENG / THAI MANGO STICKY RICE — 60
Thai sweet sticky rice, coconut cream (V) (SS)

232.4 Calories | 2.12g Protein

PHONRAMAI RUAM / FRESH FRUIT PLATTER — 70
Assorted exotic seasonal fresh fruits

246.12 Calories | 3.11g Protein

(SD) Signature dish, (N) Nuts (including peanuts and tree nuts), (V) Vegetarian, (S) Seafood (including fish and shellfish), (E) Egg and egg products, (D) Dairy products (milk), (G) Gluten and cereal containing gluten, (C) Celery and their products, (M) Mustard and their products, (SP) Sulphur dioxide and sulphites, (SB) Soybeans and their products, (SS) Sesame seeds and their products.

All prices are in AED and inclusive of 7% Municipality fee, 10% service charge and 5% VAT

Consumption of raw or undercooked meat, seafood or poultry products such as eggs may increase your risk of food-borne illness. We strongly advise that pregnant women, infants, children under the age of 15 and individuals with specific health conditions avoid eating raw or undercooked animal products.