

Nicky's Thai Kitchen

January 5, 2017

Live Well Allegheny
Dr. Karen A. Hacker
Director- Allegheny County Health Department

Dear Dr. Hacker,

We want to thank you and Dr. Daphne Parker for an opportunity in becoming a Live Well Allegheny Restaurant. It has been our mission at Nicky's Thai Kitchen, to bring the best of Thai Cuisine to the Pittsburgh region in the hopes of bringing the world closer by sharing the rich and unique flavors that Thai cooking has to offer. We also are firm believers in using quality ingredients which are healthy and taste excellent. Listed below are some of the ways our restaurant helps to promote your program in our restaurants: Nicky's Thai Kitchen Northside, Nicky's Thai Kitchen Downtown and Nicky's Thai Kitchen North Hills (coming soon)

- We have incorporated some seasonal ingredients, which are grown locally and brought to the restaurant fresh.
- We have initiated recycling for glass, metal, paper and plastic.
- Our Cardboard is recycled by Roadrunner Recycling.
- We recycle old oil with buffalo biodiesel.
- We offer a number of options for vegans and vegetarians on our menus and have a very regular vegan and vegetarian customer base.
- We have lots of gluten free items and have the ability to navigate guests through the menu according to their dietary restrictions no matter how complex.
- We use plant based oils for cooking.
- We utilize herbs that are rich in antioxidants.
- We have no items containing cheese and we have many tofu, fish and vegetable dishes.
- We offer to-go containers for guests who do not want to eat a whole portion and wish to take the rest home for a meal later.
- We use lean cuts of meat for all of our meat dishes and do not use bacon and less than 3% of our menu items use butter.
- Guests are given water at the table upon arrival in addition to 8oz soft drinks.
- We provide a location to store bicycles within the vicinity of the restaurant.

Nicky's Thai Kitchen is committed to bringing delicious traditional quality food to our guests, and is constantly working to find ways to improve the lives and well-being of our staff, our guests and the world that we share. We look forward to being able to participate in the Live Well Allegheny.

Sincerely,

David Brunner

General Manager

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