

YOU'RE IN CAPABLE HANDS

All our chefs are qualified in the art of Thai cuisine and have years of experience in cooking and training throughout Thailand, any have worked not only in Thailand but in some of the best restaurants throughout South East Asia.

To offer our customers more than just an authentic taste of Thai, many of our restaurant menus let you travel across the border and sample some of the exciting flavours of Thailand's Asian neighbours.

THAI FOOD: AN OVERVIEW

Thai food is known for it's complexity in the use of spices and flavours and textures in a Thai meal. Thai cooks strive to balance varieties of fresh ingredients and spices that are available together to form an amazingly complex taste.

Usually if you have a spicy dish you would have two or three milder dishes to offset the spices. Every meal will have rice, and meats are used sparingly as core ingredients.

When a Thai family sit down for a meal, each select a portion of rice and a portion of other food from the accompanying dishes. They are then shared amongst the group. Contrary to what people think, Thais use a fork and spoon to eat their food and not chopsticks.

HEALTH BENEFITS

Thai chefs use less fat, small amounts of meat and a variety of vegetables. Thai herbs help digestion and the gastro-intestinal system.

“Eating Thai Style will enhance the body with appropriate nutrients, energy, minerals, vitamins and dietary fibre for preventing coronary heart disease, dyslipidaemia, strokes, obesity, diabetes and some cancers,” says Dr. Luecha Wanaratan.

For further information visit our website
WWW.THAIFOOD.CO.NZ



LUNCH MENU

TASTY NIBBLES

E2. CHICKEN WINGS (4) GF \$6.00
Cured to perfection in our spicy marinade served with a sweet chilli sauce.

E3. SPRING ROLLS (4) \$6.00
Tasty sautéed vegetables, pork and chicken, mixed with vermicelli noodles, rolled in pastry then deep fried.

E4. PORK SPARE RIBS (4) GF \$6.00
Marinated in a succulent mixture of spices and sauces, accompanied with our soy and sweet chilli dipping sauces.

E5. GURI PUFFS (4) \$6.00
Sweet potatoes and vegetables wrapped in fluffy pastry served with dipping sauces.

E6. COMBINATION \$12.50
Combination of chicken wings, spring rolls, spare ribs and guri puffs.

E7. SATAY CHICKEN STICKS (3) GF \$7.00
Dipped in a mixture of spices and covered with our own peanut topping, served on a bed of steamed rice.

E8. FRIED PORK BALLS (6) GF \$7.50
Secret spices and premium lean pork mince, rolled into meat balls, threaded onto a skewer and served with a chilli, garlic and coriander sauce.

E9. ROTI & PEANUT SAUCE \$6.50

ASIAN SPICY SOUPS

SERVED WITH STEAMED JASMINE RICE

AS1. TOM YUM GF
Hot and spicy yet refreshing soup. Spice, kaffir lime leaf, lemongrass, galangal and fresh lime juice topped with fresh spring onion and coriander.
Chicken or Vegetables & Tofu \$12.50

AS2. COCONUT CREAM SOUP GF
Spicy yet smooth and tantalising to the taste buds, similar to Tom Yum but with added coconut cream, distinct flavours of lemon and fresh coriander.
Chicken or Vegetables & Tofu \$12.50

AS3. NOODLE SOUP GF V (No Rice)
A generous portion of this famous Asian soup cooked with our special sauce, fresh vegetables and noodles.
Chicken, Pork or Vegetables & Tofu \$12.50

SPICY SALADS

SERVED WITH STEAMED JASMINE RICE

Our salads are served warm and are mainly meat based. Vegetables are used sparingly and the salads are dressed with very light tasty sauces.

Y1. SEAFOOD SALAD GF V
Cooked at a lower heat in stock, this very spicy seafood dish includes celery, shallots and tomato.
Vegetables & Tofu \$12.50

Y2. BEEF SALAD GF
Wok fried beef or chicken slices mixed with Thai herbs, lemongrass, coriander, lime juice and chilli.
Chicken or Beef \$12.50

Y3. SWEET CHILLI PORK SALAD GF
Meat slices covered with a seasoning of sweet chilli sauce, garlic, lemon slices and fresh coriander.
Pork \$12.50

Y4. LARB CHICKEN SALAD GF
Minced chicken mixed with special roasted rice powder, shallots, fresh spring onions, coriander, chilli and lime juice.
Chicken \$12.50

Y5. VIETNAMESE SALAD GF V
Mint, lime juice, fish sauce and fresh coriander flavours, mixed with chopped cucumber, carrots, red onion and tomato. Served with thin slices of crispy kumara.
Chicken or Pork \$13.00

FRIED RICE

F1. FRIED RICE GF V
A traditional Asian favourite cooked with quality jasmine rice and fresh seasonal vegetables.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

F2. SPICY FRIED RICE GF V
Fried rice cooked with special curry paste and spices, blended to enhance the traditional favourites.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

F3. CLAY POT RICE GF V
Mild fried rice stir fried with ginger and fresh vegetables, topped with a sweet soy sauce and roasted cashew nuts.
Chicken, Beef, Pork or Vegetables & Tofu \$13.00

NOODLES

N1. PAD THAI GF V
White rice noodles cooked with bean sprouts, spring onion and crushed peanuts in our special pad thai sauce, served with fresh lemon and sprouts.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

N2. STIR FRIED NOODLES V
Egg noodles and seasonal vegetables stir fried in the wok.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

N3. VIETNAMESE SPICY FRIED NOODLE WITH BASIL V ★
Flat white rice noodles stir fried with seasonal vegetables, fresh basil, chilli and our spicy paste.
Chicken, Beef, Pork or Vegetables & Tofu \$13.00

CURRIES

SERVED WITH STEAMED JASMINE RICE

Curries come to you at a mild spiciness, by making it milder you are also making it less flavoursome. If you want it hotter, please let your wait staff know.

C1. GREEN CURRY GF V
The finest green curry paste, slow cooked with coconut cream, spices, an array of selected fresh vegetables, and fresh basil herb.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

C2. RED CURRY GF V
Succulent cuts of meat or seafood cooked in coconut cream and fresh vegetables.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

C3. MASSAMAN CURRY GF V
A mild curry cooked in coconut cream, potatoes, vegetables, ginger and peanuts.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

C4. PANANG CURRY GF V
A spicy curry cooked with creamy coconut cream, kaffir lime leave and vegetables. A popular curry with a slight lime tang.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

C5. GANG PAR GF V
Red based curry cooked without coconut cream, with vegetables, lime leaves and fresh basil herb.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

C6. LAMB SHANKS IN MASSAMAN CURRY GF
Quality lamb shanks slow cooked in a Massaman curry paste and coconut cream, with chunky potatoes, pickled onion and peanuts.
One shank \$15.00
Two shanks \$22.00

C7. VIETNAMESE LAKSA GF (No rice)
Fresh vegetables cooked in Laksa paste and coconut cream. Served on a bed of vermicelli noodles and topped with fresh coriander and fried shallot.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

STIR FRYS

SERVED WITH STEAMED JASMINE RICE

S1. CHILLI STIR FRY V ★
Stir fried fresh seasonal vegetables with our own HOT chilli paste sauce.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S2. GARLIC PRIK THAI V ★
Fresh garlic strips fried in the wok with a selection of vegetables – a must for garlic lovers.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S3. CHILLI AND FRESH BASIL V ★
Fresh basil herb and hot chilli cooked with a generous assortment of fresh vegetables – very popular.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S4. CASHEW NUT STIR FRY V ★
An abundance of fresh vegetables and cashew nuts – very popular.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S5. CASHEWS AND TEMPURA BATTERED CHICKEN \$12.50
Sweet chilli jam sauce cooked with battered chicken and vegetables.

S6. GINGER STIR FRY V ★
Fresh ginger root fried in the wok with fresh vegetables.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S7. SWEET AND SOUR V ★
A real tasty special sweet and sour sauce cooked with vegetables and pineapple.
Pork, Battered Chicken or Vegetables & Tofu \$12.50
Battered Fish \$14.50

S8. PEANUT SAUCE STIR FRY GF V
Our own roasted spiced peanut sauce combined with a selection of seasonal vegetables. Rich, sweet and satisfying.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S9. OYSTER SAUCE STIR FRY V ★
Fresh vegetables stir fried with oyster sauce.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S10. BLACK PEPPER STIR FRY V ★
Fried potatoes and fresh vegetables stir-fried with cracked black pepper and garlic sauce.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S11. LEMONGRASS STIR FRY V ★
Your choice of meat stir-fried with fresh lemongrass and fresh seasonal vegetables.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S12. SPICY HERBS V ★
This dish is flavoured with a wonderful variety of Asian flavours, including lemongrass, fresh basil, garlic, green peppercorns and fresh vegetables.
Chicken, Beef, Pork or Vegetables & Tofu \$12.50

S13. HONEY LEMON CHICKEN \$12.50
Battered chicken pieces stir fried with a tangy lemon sauce and sweet honey sauce. Served with thin slices of crispy kumara, fresh salad and steamed jasmine rice.

EXTRAS

Chicken, Beef, Pork, Vegetables
Peanut Sauce, Steamed Rice \$2.50

Squid, Mussel, Prawn, Fish,
Organic Tofu, Cashew Nuts,
Roti, Kumara Crisps \$3.50

Side of Stir Fry Vegetables \$9.90

- ◆ SEAFOOD (available in certain meals) \$13.50
- ◆ PRAWN (available in certain meals) \$14.50

To ensure your meal arrives to you fresh and hot off the wok, meals are brought out immediately as they are cooked. There may be a small time delay between meals.

GF Gluten free ★ Can be made gluten free V Can be made vegan
Standard vegetarian meals may contain fish sauce, oyster sauce or egg.

NO MSG ADDED. Please note: a 15% surcharge applies on Public Holidays.

