



EAT AT HOME

The finest Thai menu

Authentic Thai food cooked in the traditional way.

Sangthai Restaurant

Church Cottage, Escrick, York YO19 6EX

Opening Hours

Evenings from 6pm *except Mondays*

Wednesday - Sunday Lunch 12 - 2.30pm.

Tel: **01904 728462** Web: www.sangthai.co.uk Email: food@sangthai.co.uk

EAT AT HOME The finest Thai menu

Restaurant-quality food to eat at home.

All of our dishes are prepared to order, no ready-made cooking sauces or boxes of cold food lying next to microwaves. We make all the Thai dishes on our menu and nothing is bought-in or prepared by others. Our food, made properly from good ingredients, doesn't need flavour enhancers.

This menu is correct from September 2017 and replaces previous ones. We are aware that many takeaway customers order from older menus or remember the numbers of their favourite dishes. For this reason, **dish numbers are unchanged from the previous menu.**

Allergy advice The Food Information Regulations require that we state if our dishes contain ingredients that are considered to be allergenic. We have put this information on a separate fact sheet, which is available in the restaurant and can be viewed on our website at: <http://sangthai.co.uk/allergen-advice.htm>

Most of our food is prepared without wheat products however some dishes contain gluten from oyster and soya sauces, where fermented wheat is a desirable and authentic constituent. We can prepare all soups, salads, stir-fries, curries, noodles and rice dishes with no gluten-containing ingredients if requested.

STARTERS

'Home-made' starters served with our own-recipe dipping sauces.



- 1 Popia Tod £4.95**
Thai spring rolls. Light and crispy wrappers surrounding a tasty mix of stir-fried vegetables, oriental mushrooms and rice noodles with minced chicken. Served with a sweet and sour plum sauce.
- 2 Gai Satay £4.95**
Marinated strips of chicken fillet, barbecue grilled and served with our own special peanut sauce.
- 3 Tod Mun Pla £5.95**
Thai fishcakes made from our recipe of fresh Coley blended with green beans, lime leaves, chillies and other spices. Served with spicy sweet and sour cucumber sauce.
- 4 Kanom Pung Nah Moo £4.95**
Deep-fried marinated pork on pieces of toast, served with sweet dipping sauce.
- 5 Kradoog Moo Tod £4.95**
Pork spare ribs coated with our own special marinade and cooked and cooked until meltingly tender

- 7 Goong Shup Pang Tod £5.95**
Tiger prawns in a light crispy batter. Served with a sweet chilli sauce.
- 9 Si Oua £4.95**
A delicious pork sausage made by us from traditional Northern Thai recipes. We use only minced shoulder and belly pork together with authentic spices and herbs such as Lao ginger, red curry paste, chillies and lime leaves.
- 10 Yum Goong £5.95**
Tiger prawns, salad leaves and herbs combined with a spicy dressing of lime juice, chillies and fresh coriander.
- 11 Sangthai Starter Selection for 2 £10.50**
(for 3 persons £15.75)
A selection of starters (fishcakes, satay, spring rolls, and pork toast) with home made dipping sauces
- 201 Khow Krieb Tod £2.75**
Thai Prawn Crackers with sweet chilli sauce.



THAI SOUPS

Supplied in individual portions.

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|----|--|-------|
| 12 | Tom Yum Goong | £4.75 |
| | Prawns in a hot & sour soup flavoured with lemongrass, lime leaves and chilli. | |
| 13 | Tom Yum Gai | £4.25 |
| | As above but made with chicken. | |
| 14 | Tom Kha Gai | £4.25 |
| | A rich and aromatic soup made from fresh chicken breast cooked in coconut milk and flavoured with lemongrass, lime leaves and kha (galanga, a type of ginger). | |
| 15 | Tom Kha Goong | £4.75 |
| | As Tom Kha Gai but using tiger prawns instead of chicken. Mushrooms and tomatoes are also included in this classic soup | |
| 16 | Tom Kha Talay | £4.75 |
| | A mixed seafood version of tom kha: squid, shellfish, prawns and fish cooked in coconut milk and flavoured with lemongrass, lime leaves and kha, garnished with fresh coriander. | |
| 17 | Tom Yum Talay | £4.75 |
| | The classic hot and sour soup made with mixed seafood. | |

GRILLED MEAT

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|----|--|--------|
| 20 | Sua Rong Hai | £11.50 |
| | Translates as weeping tiger, this is a classic Thai dish of barbecue-grilled sirloin steak served with a pouring sauce flavoured with black pepper and sesame oil. | |
| 52 | Phed Makahm | £10.50 |
| | Marinated duck breast, barbecue-grilled, with a sweet and sour tamarind sauce. | |
| 53 | Gai Ob Gratiam | £10.50 |
| | Marinated chicken breast, barbecue-grilled and served with a sauce made from garlic, black pepper, lemongrass and coriander. | |

THAI SALADS

Salad leaves and fresh herbs are often served with spicier Thai foods but the salads listed below are intended to be main dishes rather than accompaniments.

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| 23 | Yum Sahn Rot Gai | £7.95 |
| | Crispy fried chicken in a special Thai salad with sweet, sour and chilli sauce. | |
| 24 | Larb Gai/Moo | £7.95 |
| | A specialty of Northern Thailand, larb is served warm and is best eaten with sticky rice. Made with minced chicken or pork, this dish sparkles with the flavours of fresh chillies, lemongrass, coriander and shredded lime leaves. | |
| 25 | Larb Goong | £8.95 |
| | A special version of larb made with chopped tiger prawns. A lovely Thai combination of spicy and aromatic flavours. | |
| 26 | Som Tam | £7.25 |
| | The traditional spicy salad of northern Thailand. Shredded vegetables, tomatoes, garlic and chillies are pounded in a stone mortar together with Thai preserves and spices. | |



THAI CURRIES

Made from spices, garlic and chillies blended to a paste and cooked with meat in a rich stew of coconut milk and herbs. Curries are spicy dishes in Thai cuisine and should be eaten with milder stir-fries.

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| 28 | Gaeng Pet Gai/Nua | £8.50 |
| | Thai red curry, rich and spicy and made with either chicken or beef | |
| 29 | Gaeng Penang Gai/Nua | £8.50 |
| | A rich, aromatic curry flavoured with lime leaves and peanuts. Chicken or beef. | |
| 30 | Gaeng Keowan Gai/Nua | £8.50 |
| | Classic Thai green curry. Pieces of tender chicken breast or beef cooked in coconut milk flavoured with basil and lime leaves. | |

31 Gaeng Massaman Gai/Nua £8.50

A rich coconut curry with peanuts, potatoes and chicken or beef.

32 Gaeng Karee Gai/Nua/Moo £8.50

Thai yellow curry. Chicken, beef or pork cooked in coconut milk flavoured with coriander, lemongrass and special aromatic spices.

STIR-FRY DISHES

Classic Thai stir-fries. Brief but intense heat with flames that impart a delicious barbecued flavour yet retain all the goodness, taste and texture of the vegetables.

33 Pad Prik Hang Gai/Moo £8.25

Stir-fried chicken or pork with onions, large dried chillies (not too hot) and roasted cashew nuts for extra crunch and flavour.

34 Pad Kratiam Gai/Nua/Moo £8.25

A choice of stir-fried chicken, beef or pork with garlic and white pepper.

35 Pad Gaprao Gai/Nua/Moo £8.25

Spicy and aromatic; minced chicken, beef or pork with fresh chillies, lime leaves and basil.

36 Pad Khing Gai/Moo £8.25

Chicken or pork stir-fried with large fresh chillies, mushrooms and ginger.

37 Pad Num Mon Hoy Gai/Nua/Moo £8.25

Chicken, beef or pork stir fried with vegetables and flavoured with oyster sauce.

38 Pad Prew Wan Gai/Moo £8.25

Stir-fried chicken or pork with onions and peppers in our special 'home-made' sweet and sour sauce.



SEAFOOD

Please note that whole fish dishes are served Thai-style - with bones intact!

39 Gaeng Keowan Goong £9.50

Prawns cooked in green curry paste with coconut milk and sweet basil.

40 Panang Goong £9.50

Prawns cooked in rich penang red curry paste with coconut milk and lime leaves.

41 Gaeng Karee Goong £9.50

Tiger prawns in Thai yellow curry. Fairly mild but rich with the flavours of coconut milk coriander, lemongrass and special aromatic spices.

42 Pad Prik Hang Goong £9.50

Tiger prawns stir-fried with onions, dried chillies and roasted cashew nuts.

43 Goong Pat Sapparot £9.50

Tiger Prawns stir-fried with cashew nuts, pineapple and sweet peppers.

44 Pla Muek Pat Pet £7.95

Squid stir-fried with chillies, garlic, peppers and basil.

45 Pad King Pla £11.50

Whole Sea Bream, fried and topped a spicy and aromatic mix of ginger, garlic, chillies and fresh herbs.

47 Pla Shu Shi £11.50

Fillet of haddock, fried and topped with a spicy sauce made from red curry and coconut cream flavoured with lime leaves.

48 Pla Prew Wan £11.50

Fillet of haddock, steamed and topped with our own special Thai sweet and sour sauce.

49 Pla Sahm Lot £11.50

Three-flavoured fish: fried whole sea bass in a sweet, sour and spicy sauce flavoured with tamarind, pickled garlic, shallots and large fresh chillies.

50 Pla Jian Keowan £11.50

Sea bass in green curry sauce made from coconut milk flavoured with basil and lime leaves.

51 Pla Nung £11.50

Sea bass steamed with ginger, mushrooms and chillies, flavoured with oyster sauce.

S.6 Pla Nung Manow £11.50

Whole sea bass steamed with garlic, fresh chillies and coriander, served with a spicy lemon sauce.

S.7 Talay Gata £11.50

Mixed seafood (tiger prawns, fish, green-lip mussels and squid) stir-fried with sweet peppers and onions.

S.8 Pla Song Mae Nam £11.50

Whole sea bream with a combination of aromatic and spicy green and red curries.

**NOODLES & RICE****52 Pad Thai Gai/Moo £7.50**

One of the most famous Thai dishes. Stir-fried noodles with eggs, bean sprouts, ground peanuts and chicken or pork.

53 Pad Thai Goong £8.60

As above but with tiger prawns.

54 Bah Mee Pad Kai £4.10

Egg noodles, stir-fried with egg.

55 Khao Suey £2.20

Steamed Thai fragrant rice. We use the finest triple A grade of Thai Jasmine rice because its taste and texture make it the best partner for spicier curries and stir-fries.

56 Khao Pad Kai £2.75

Fried rice with egg.

57 Khao Pad Gai/Moo £7.25

Fried rice with egg and a choice of chicken or pork. This is more of a main course dish.

58 Khao Pad Goong £8.25

Fried rice with egg and prawns

59 Khao Niew £3.25

Thai sticky rice, use your fingers to dip it into drier dishes and salads. Not so easy for wet curries and stir-fries.

99 Khao Maprao £3.10

Coconut rice

DUCK DISHES**60 Yum Phed £9.75**

Tender slices of duck breast in a spicy Thai salad, flavoured with lime juice, chillies and fresh coriander.

61 Larb Phed £9.75

A northern speciality made from minced duck breasts combined with chillies, lemongrass, lime juice, coriander and shredded lime leaves. This dish and Yum Phed are best eaten with sticky rice.

62 Gaeng Pet Phed Yang £9.75

Thai red duck curry, a rich and spicy dish made with coconut milk and red curry paste flavoured with pineapple and herbs.

63 Phed Pad Prik £9.75

Stir-fried duck breast with onions and large fresh chillies.

65 Phed Pad Kratiam £9.75

Stir-fried duck with garlic and white pepper.

67 Phed Pad Khing £9.75

Slices of duck breast stir-fried with large fresh chillies, mushrooms and ginger

68 Phed Pad Num Mon Hoy £9.75

Stir-fried duck with vegetables in oyster sauce.

69 Gaeng Karee Phed £9.75

Thai yellow curry. Tender slices of duck breast cooked in coconut milk flavoured with turmeric, coriander seeds, lemongrass and aromatic spices.



STARTERS

- 70 Popia Tod Jay** £4.95
Home-made Thai spring rolls. Light and crispy wrappers surrounding a tasty mix of stir-fried vegetables, oriental mushrooms and rice noodles. Served with a sweet and sour plum sauce.
- 71 Pak Roun Tod** £5.50
Mixed vegetables, battered and fried, served with a spicy sweet and sour sauce.
- 74 Tofu Tod** £4.75
Golden chunks of fried bean curd, served with a sweet and spicy sauce made from tamarind and soy garnished with sesame seeds, ground peanuts and fresh coriander
- 77 Vegetarian Starter Selection** £10.50
for 2 persons (for 3 persons £15.00)
Satay Pak (barbecue-grilled vegetables on skewers), Popia Tod Jay (spring rolls) and Pak Roun Tod (vegetables in crispy batter). Served with home made dipping sauces.



SOUPS

Individual portions, which can be served as starters if required.

- 78 Tom Yum Hed** £4.10
Mushrooms in hot & sour soup flavoured with lemon grass, lime leaves and chilli.
- 79 Tom Kha Hed** £4.10
Mushrooms in a soup made with coconut milk and flavoured with lemon grass, lime leaves and galanga (kha, a type of ginger).

MAIN COURSES

- 80 Pad Pak Roun** £7.95
Stir-fried mixed vegetables in soy sauce
- 81 Tofu Pad Khing** £7.95
Stir-fried tofu with fresh ginger, bean sprouts and soy sauce.
- 82 Priew Wan Pak** £7.95
Mixed vegetables in our special 'home-made' sweet and sour sauce.
- 84 Gaeng Penang Tofu** £7.95
Tofu cooked in a rich Penang red curry flavoured with lime leaves.
- 85 Gaeng Keowan Pak Pasom** £7.95
Thai green curry. Vegetables cooked in coconut milk with basil and lime leaves
- 86 Gaeng Pet Pak Pasom** £7.95
Vegetables in a rich and spicy red curry flavoured with basil.
- 87 Gaeng Karee Jay** £7.95
A vegetarian version of our classic Thai yellow curry. Vegetables cooked in coconut milk flavoured with turmeric, coriander seeds, lemongrass and aromatic spices.
- 88 Tofu Shu Shi** £7.95
Tofu, deep-fried and topped with a spicy sauce made from red curry paste and coconut cream flavoured with lime leaves.
- 89 Gaeng Massaman** £7.95
A rich coconut curry with peanuts and potatoes in an aromatic sauce.
- 90 Pad Thai Jay** £7.95
The classic Thai noodle dish with stir-fried rice noodles and vegetables (also tofu if requested).



Sangthai Set Menus

Each of the following meals has been selected to provide variety and balance. Choosing the right combination of dishes is very important in Thai cuisine and for someone new to Thai food selecting a set menu is a chance to experience a wide range of flavours.

Menu A

For 2 persons or more **£16 per person**

STARTERS

- 4 Deep fried pork on toast
- 2 Chicken satay

MAIN COURSES

- 30 Chicken in Thai green curry
- 36 Stir-fried pork with ginger, 80 Stir-fried vegetables 55 Thai fragrant rice

Menu B

For 2 persons or more **£18 per person**

STARTERS

- 1 Thai spring rolls
- 2 Chicken satay
- 5 Pork spare ribs

MAIN COURSES

- 37 Stir-fried Pork with vegetables in oyster sauce
- 29 Beef Penang curry,
- 33 Stir-fried chicken with dried chillies and cashews
- 55 Thai fragrant rice

Menu C

For 3 persons or more **£20 per person**

STARTERS

- 9 Si Oua pork sausage
- 3 Thai fishcakes
- 2 Chicken satay
- 15 Tom Kha, tiger prawns in coconut soup

MAIN COURSES

- 31 Chicken massaman curry
- 36 Stir-fried pork with fresh ginger
- 43 Stir-fried prawns with cashews, pineapple & peppers
- 55 Thai fragrant rice



Menu D

For 4 persons or more **£21 per person**

STARTERS

- 3 Thai fishcakes
- 5 Pork spare ribs
- 1 Spring rolls
- 17 Seafood tom tum soup

MAIN COURSES

- 43 Stir-fried prawns with cashews, pineapple & peppers
- 69 Duck Thai yellow curry
- 34 Beef with garlic & white pepper
- 55 Thai fragrant rice



VEGETARIAN

For 2 persons or more **£16 per person**

STARTERS

- 70 Thai spring rolls, 74 Tofu Tod
- 79 Mushrooms & coconut milk soup

MAIN COURSES

- 81 Stir-fried tofu with fresh ginger
- 82 Mixed vegetables in sweet and sour sauce
- 85 Thai green vegetable curry
- 55 Thai fragrant rice

Some Like it HOT

...and a few very authentic hot and spicy specials. Please don't ask us to make these dishes milder! Order sufficient rice and combine them with milder dishes for that authentic Thai taste!



SH1 Gaeng Par **£8.95**

Thai jungle curry. A non-coconut based curry of meat and vegetables cooked in stock with chilli paste and spices. Chicken or Beef.

SH2 Pad Prik Nua Tuun **£9.50**

Beef, slowly cooked until tender and then stir-fried with basil and chillies to give a spicy and aromatic dry curry.

SH3 Phed Pad Nam Prik Pow **£9.95**

Slices of duck breast, stir-fried with spicy chilli paste, basil and sweet peppers

SH4 Goong Makhham **£9.75**

Tiger prawns, stir-fried with tamarind paste and dried chillies.

Dessert Menu

All £3.95

100 Crispy Banana in Syrup

Banana coated in sweet batter and deep-fried, served with either golden syrup or toffee sauce.

101 Coconut Banana

Sliced banana with warmed coconut cream

102 Thai Custard

Homemade egg custard, set with puréed mung beans and coconut milk.

103 Rambutan

Rambutans in sweet syrup.

104 Lychees

Tropical lychees in syrup.

We accept all credit and debit cards



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