

POONTHAIS

THAI RESTAURANT

STARTERS

1. TOM YUM - £3.95

A spicy soup made with chicken or prawns, lemon grass, lime leaves, chilli and mushrooms

2. TOM YUM TALAY - £3.95

A spicy mixed seafood soup with lemon grass, lime leaves, chilli and mushrooms

3. TOM KAH GAI - £3.95

A spicy chicken soup made with coconut milk, Thai herbs and lime leaves

4. GIEW NARM - £3.95

Soup with minced pork in egg paste

5. GUAE TEAO NAM - £3.95

Spicy noodle soup with chicken, pork or beef and bean sprouts

6. SOTOAYAM - £3.95

Non spicy, traditional, Indonesian chicken soup

7. GIEW TOD - £3.85

Minced pork wrapped in egg paste and deep fried

8. POR PIA - £3.85

Spring rolls made with minced chicken and vegetables wrapped in rice skins and deep fried
(Vegetarian option available on request)

9. CURRY PUFFS - £3.85

Curry puffs made with minced beef, onions and potato, wrapped in pastry

10. KAMON PANG MOO GOONG - £3.95

Minced pork, prawns and egg mixed and spread over deep fried bread

11. SATAY (3 skewers)

Starter £4.95 | Main Course £8.95

Prawns, pork, beef or chicken in a marinade served with peanut satay sauce

12. TOD MAN PLA - £4.15

Spicy fish cakes, deep fried, flavoured with lemon leaves and red chilli

13. SOM TAM - £3.85

Spicy vegetarian salad with green bean papaya, chilli, tomato and lemon juice

MIX STARTER - £6.50 per person

A set starter - includes number 7, 8, 10, 11 and 12

Please inform your waiter of any allergies

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MAIN COURSE

14. NUA PAD NAMMAN HOI - £8.95

Stir fried sliced beef and vegetables in oyster sauce

15. GAENG PED NUA - £8.95

Beef cooked in a rich red curry sauce with coconut milk and chilli paste

16. GAENG KEOW WAN GAI - £8.95

Chicken cooked in a rich green curry sauce with coconut milk, chilli and aubergine

17. PAD PAK RUAM - £7.95

Stir fried mixed vegetables in oyster sauce

18. PRAEW WAN-MOO, GOONG, PLA/GAI - £8.95

Stir fried pork, prawns, fish or chicken served with vegetables in a sweet and sour sauce

19. PLA RARD PRIK - £8.95

Deep fried fish accompanied with a spicy sweet and sour sauce

20. GAENG PLA CHOO CHEE - £8.95

Deep fried haddock with red curry in a spicy sauce with coconut milk

21. PLA JIAN - £9.15

Deep fried fish with ginger and minced pork in soya bean sauce

22. STIR FRIED PAD KING - £8.95

Sliced chicken, beef or pork with ginger and soya bean sauce

23. MOO PAD TUA NAMMAN HOI - £8.95

Stir fried pork with green beans and oyster sauce

24. KAI PAD MAMUANG HEEMAPARN - £9.95

Stir fried chicken with onions, whole chilli and cashew nuts in oyster sauce

25. DAGING RENDANG - £8.95

A mild curry in a rich yellow curry sauce with cubed beef and potato cooked in coconut milk

26. AYAM RENDANG - £8.95

A mild curry with sliced chicken cooked in a rich yellow curry sauce with onion, potato and coconut milk

27. BABI RICA RICA - £8.95

Sliced pork stir fried with chilli and covered in a spicy sauce

28. AYAM TOUCO - £8.95

Sliced chicken stir fried with soya beans and spring onions

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30. NAM PRIK ONG - £8.95

A traditional dish from the North of Thailand. Minced chicken or pork cooked in a red curry sauce with tomato and coconut milk served with fresh vegetables

31. GAENG KUA SAPPAROT MOO/GOONG - £8.95

Pork or prawns cooked in a red curry sauce with pineapple and coconut milk

32. PAD THAI - £8.95

Stir fried spicy rice noodles with egg, grounded peanuts and bean sprouts with a choice of chicken, pork, beef, prawns or mixed

33. PAD KEE MAOW - £8.95

Stir fried spicy rice noodles with minced beef, green beans, lemon leaves and chilli

34. SPICY FRIED NOODLES - £8.95

Stir fried yellow egg noodles with bean sprouts and a choice of chicken, pork, beef, prawn or mixed

35. PAD SIEWE - £8.95

Non spicy stir fried rice noodles with egg cooked in soy sauce with a choice of chicken, beef, pork or mixed

36. GUA TEAW LAAD NA - £8.95

Lightly spiced fried rice noodles with brocolli, carrot and baby corn cooked in a rich sauce with a choice of chicken, pork or beef

37. SIRLOIN STEAK - £12.95

Grilled steak served with seasonal vegetables, with a choice of chips, baked potato or rice

38. KAO PAD - £8.15

Traditional Thai fried rice with egg and vegetables with a choice of chicken, pork, beef, or prawns

39 KAO PAD MIXED - £9.95

As above with a mix of chicken, pork, beef and prawns

SIDE DISHES

40. STEAMED JASMINE THAI RICE - £2.00

41. EGG FRIED RICE WITH VEGETABLES - £2.25

42. PRAWN CRACKERS - £1.50

43. PORTION OF CHIPS - £1.50

44. PLAIN NOODLES - £3.15

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POONTHAIS SPECIALS

S1. GAENG PHED PED YANG - £9.95

Breast of duck lightly grilled then cooked in coconut milk and served in a red or green curry sauce flavoured with lime leaves

S2. GAENG PLA SALMON - £9.95

A generous fillet of salmon steak lightly pan fried then cooked in coconut milk served in a red curry sauce and flavoured with lime leaves

S4. GAENG KEOW WAN GOONG - £9.95

King prawns cooked in coconut milk and served with pineapple in a green curry sauce

S5. LARB NUA - £9.95

A spicy Thai style salad with a choice of minced chicken, pork, beef or duck, cooked with lemon juice, lemon grass, lime leaves, spring onions and topped with Thai herbs

S6. PLA KA PONG DANG - £9.95

Red snapper pan fried in a spicy sweet and sour sauce

S7. KAI YAD SAI - £9.95

Stuffed Thai style omlette with a choice of minced pork, chicken or prawns with mixed vegetables

S8. PA NAENG GOONG TOD GROB - £9.95

Deep fried prawns cooked in a coconut milk and served in a red curry sauce flavoured with lime leaves

S9. TOM KA KAI POE TAK - £8.95

Mixed seafood soup cooked in coconut milk and served in a slightly spicy sauce flavoured with lime leaves and Thai herbs

S10. BEEF STEW THAI STYLE - £8.95

Tender sliced beef seasoned with ginger and Thai herbs, served with vegetables, rice or noodles

S11. LAMB STEW THAI STYLE - £8.95

Tender sliced lamb seasoned with ginger and Thai herbs, served with vegetables, rice or noodles

TWO COURSE SET BANQUET FOR GROUPS - £17.00 per person
Includes a variety of starters and main courses

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POONTHAIS NEW DISHES

STARTERS

N1. VEGETABLE CURRY PUFFS - £3.95

Pastry filled with potato, onions, peas and sweetcorn, deep fried and served with sweet and sour sauce

N2. CHICKEN CURRY PUFFS - £3.95

Pastry filled with minced chicken breast, potato and onion, deep fried and served with sweet and sour sauce

MAIN COURSE

N5. YUM TALAY - £11.50

Spicy seafood salad with prawns, squid, mussels and smoked fish

N6. GOONG OAB WOONSEN - £11.50

Fine mung bean noodles (vermicelli) cooked with prawns and flavoured with ginger in soya sauce

N7. MOO DANG - £10.25

Roasted Thai style red pork, served in a light spicy sauce

N8. BEEF, PRAWN OR CHICKEN MASSAMAN - £10.95

With a choice of beef, prawns or chicken cooked in coconut milk and a massaman curry sauce with chesnuts or potato and peanuts

N9. LAMB IN RED CURRY SAUCE - £12.15

Lamb cooked in a coconut milk and red curry sauce flavoured with lime leaves

N10. KAO PAD SAPPAROTE - £10.15 | £11.15 (mixed)

Stir fried rice with pineapple, raisins, cashew nuts with a choice of beef, pork, chicken, prawns or mixed

N11. PAD POONTHAIS - £8.95 | £9.95 (mixed)

Stir fried yellow noodles in a brown sauce with bean sprouts and a choice of sliced beef, chicken, pork, prawns or mixed

N12. BATTERED SALMON - £11.50

Pan fried salmon with teriyaki sauce

N13. BREADED CHICKEN BREAST OR BREADED HADDOCK - £11.50

Deep fried served with spicy sweet and sour sauce

N14. STIR FRIED PRAWNS - £9.95

Prawns stir fried with chillies

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