

STARTERS

- | | | |
|-----|---|--|
| 1. | TOM YUM
<i>A spicy soup made with chicken or prawns, lemon grass, lime leaves, chilli & mushrooms.</i> | £4.55 |
| 2. | - | |
| 3. | TOM KAH GAI
<i>A spicy chicken soup made with coconut milk, Thai herbs & lime leaves.</i> | £4.55 |
| 4. | - | |
| 5. | - | |
| 6. | - | |
| 7. | GIEW TOD
<i>Minced Pork, flavoured with soya sauce, pepper, and herbs, then wrapped in egg pastry and deep fried</i> | £4.55 |
| 8. | POR PIA
<i>Spring rolls made with minced chicken and vegetables wrapped in rice skins and deep fried. (Vegetarian on request)</i> | £4.55 |
| 9. | CURRY PUFFS
<i>Curry puffs made with minced beef, onions and potato wrapped in pastry and deep fried.</i> | £4.95 |
| 10. | KANOM PANG MOO GOONG
<i>Minced pork, prawns and egg, mixed and spread over bread and deep fried.</i> | £4.55 |
| 11. | SATAY (3 Skewers)
<i>Prawns, pork, beef or chicken in marinade served with peanut satay sauce.</i> | MAIN COURSE - £11.95 STARTER- £5.95 |
| 12. | TOD MAN PLA
<i>Spicy fish cakes, deep fried, flavoured with lemon leaves and red chilli.</i> | £5.95 |
| 13. | - | |

POONTHAI'S PLATTER

Our classic starter selection of Thai fish cakes, Chicken Satay, Spring rolls, Mini Sesame Toast (minced Pork & Prawns & Sesame seeds on toast). Served with selection of Thai sauces.

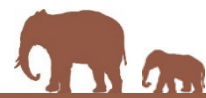
- | | |
|---|---------------|
| PP1. Small Platter (minimum 2 people) | £14.95 |
| PP2. Family Platter (Suitable for 5 people or over); Include No. 7,8,10,11 Chicken & 12) | £29.95 |

MAIN COURSE

- | | | |
|-----|---|---------------|
| 14. | NAU PARD NAMMAN HOI
<i>Stir- fried sliced beef and vegetables in oyster sauce</i> | £10.25 |
| 15. | GAENG PED NUA
<i>Beef cooked in a rich red curry sauce with coconut milk and chilli paste.</i> | £10.25 |
| 16. | GAENE KEOW WAN GAI
<i>Chicken cooked in a rich green curry sauce with coconut milk, chilli & aubergine.</i> | £10.25 |
| 17. | PARD PAK RUAM (CHOICE of A or B)
A. Stir fried mix vegetables with oyster sauce.
B. Stir fried Beansprouts & Tofu with Oyster sauce. | £9.15 |
| 18. | PRAEW WAN-MOO, GOONG, PLA OR GAI
<i>Fried pork or prawns or fish or chicken served with a sweet & sour sauce and vegetables.</i> | £10.25 |
| 19. | PLA RARD PRIK
<i>Deep fried fish accompanied by a spicy sweet and sour sauce.</i> | £10.25 |
| 20. | GAENG PLA CHOO CHEE
<i>Deep fried fish with red curry in a spicy sauce.</i> | £10.25 |

Please Inform Your Waiter of Any Allergies



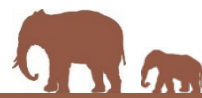


- | | | | |
|-----|--|----------------------------|---------------|
| 21. | PLA JIAN | | £12.95 |
| | <i>Deep fried fish with ginger, spring onions and minced pork in soya bean sauce.</i> | | |
| 22. | STIR FRIED PARD KING | | £10.25 |
| | <i>Sliced chicken, beef or pork with ginger and soya bean sauce.</i> | | |
| 23. | - | | |
| 24. | KAI PARD MAMUANG HEEMAPARN | | £12.95 |
| | <i>Stir-fried chicken with onions, whole chillies and cashew nuts in oyster sauce.</i> | | |
| 25. | - | | |
| 26. | AYUM RENDANG (Mild Curry) | | £10.25 |
| | <i>Sliced chicken cooked in a rich yellow curry sauce with coconut milk, onion and potato.</i> | | |
| 27. | BABI RICA RICA | | £10.25 |
| | <i>Sliced pork stir-fried with chilli and covered in a spicy sauce.</i> | | |
| 28. | - | | |
| 29. | MASSAMAN NUA | | £12.95 |
| | <i>Beef curry cooked in coconut milk with potato, onion and peanuts. Your choice of steamed rice or noodles as a side dish)</i> | | |
| 30. | NARM PRIK ONG | | £10.25 |
| | <i>This is a traditional dish from the North of Thailand. Minced chicken or pork cooked in a red curry sauce with coconut milk & tomato.</i> | | |
| 31. | GAENG KUA SAPPAROT MOO OR GOONG | PORK £11.25, PRAWNS | £12.95 |
| | <i>Pork or prawns cooked in a red curry sauce with pineapple and coconut milk.</i> | | |
| 32. | PARD THAI | | £10.25 |
| | <i>Fried rice noodles with egg, grounded peanuts, bean sprouts choice of chicken, pork, beef or prawns.</i> | | |
| 33. | PARD KEE MAU | | £10.25 |
| | <i>Fried rice noodles with minced beef, green beans, lemon leaves and chili.</i> | | |
| 34. | SPICY FRIED NOODLES | | £10.25 |
| | <i>Spicy stir-fried egg noodles with seasoned vegetables and chicken, pork, beef and prawns.</i> | | |
| 35. | PARD SEE EW | | £10.25 |
| | <i>Non spicy fried noodles with seasoned vegetables cooked in a soy sauce chicken, pork, beef.</i> | | |
| 36. | - | | |
| 37. | CRYING TIGER STEAK (Grilled) | | £14.85 |
| | <i>Crying Tiger is a Thai classic Northern East beef salad served medium rare (unled request otherwise) with Thai spicy sauce.</i> | | |
| 38. | KAO PARD | | £10.25 |
| | <i>Traditional Thai fried rice with egg, vegetables with a choice of chicken, pork, beef or prawns.</i> | | |
| 39. | KAO PARD MIXTURE | | £12.95 |
| | <i>As above but with a mixture of chicken, pork, beef and prawns.</i> | | |

SIDE DISHES

- | | | | |
|-----|--|---|--------------|
| 40. | STEAMED JASMINE RICE | | £2.20 |
| 41. | FRIED RICE | | £2.50 |
| | <i>Jasmine Rice stir-fried with egg, chopped onion and carrot</i> | | |
| 42. | PRAWN CRACKERS: Normal WHITE | £1.95 OR THAI slightly spicy flavoured | £2.50 |
| 43. | PORTION OF CHIPS | | £1.95 |
| 44. | PLAIN NOODLES | | £3.15 |
| | <i>Rice noodles stir-fried with egg, sliced carrot and lettuce</i> | | |





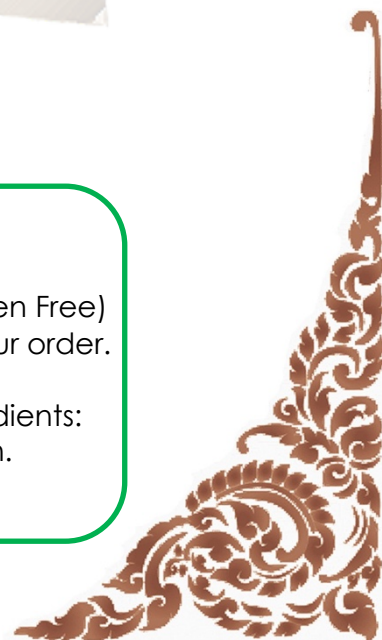
POONTHAIS MAIN COURSES

- | | | |
|-------------|--|---------------|
| S1. | GAENG PHED PED YANG
Breast of duck lightly grilled then cooked in coconut milk served in a Red curry or Green curry sauce flavoured with lime leaves. | £12.95 |
| S2. | GAENG PLA SALMON
A generous fillet of salmon chunk lightly pan fried then cooked in coconut milk served in a red curry sauce flavoured with lime leaves. | £12.95 |
| S3. | KAO PARD KEE MAU
Fried rice, spiced with ground chilli, filled with a slice breast of chicken, pork, tenderloin, sirloin, beef, prawns or a mixture of your choice of the above. | £11.95 |
| S4. | GAENG KEOW WAN GOONG
King prawns cooked in coconut milk and served with pineapple in a green curry sauce. | £12.95 |
| S5. | LARB
Spicy salad Thai Style. A choice of minced chicken, pork, beef or duck, cooked with lemon juice, lemon grass, lime leaves, spring onion and topped with Thai herbs. | £11.45 |
| S6. | PLA KA PONG or TILAPIA FILLET (subject to availability)
Snapper Or Tilapia pan fried, in a spicy sweet and sour sauce. | £13.95 |
| S7. | - | |
| S8. | PA NAENG GOONG TOD GROB
Deep fried prawns cooked in a coconut milk and served in a rich red curry sauce flavoured with lime leaves. | £12.95 |
| S9. | GOONG PARD PRIK
Aromatic king prawns stir fried with chili and garlic. | £12.95 |
| S10. | - | |
| S11. | - | |

FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary requirement (i.e. Gluten Free) requirement, please inform a member of our staff before placing your order.

Please be advised the food prepared here may contain these ingredients:
Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish and Shellfish.





POONTHAIS

STARTERS

- N1. VEGETABLE CURRY PUFF** **£4.95**
 Pastry filled with potato, onion, peas and sweet corn, deep fried in vegetables oil,
 Served with sweet and sour sauce.
- N2. CHICKEN CURRY PUFFS** **£4.95**
 Pastry filled with minced breast of chicken, potato and onion then deep fried in
 vegetable oil, served with sweet and sour sauce.

MAIN COURSES

The following dishes come with steamed rice or Thai noodles.

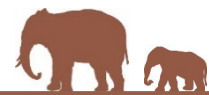
- N3.** -
N4. -
N5. -
N6. -
N7. -
- N8. PRAWN OR CHICKEN MASSAMAN** **£12.95**
 Prawns (or chicken) cooked in coconut milk and massaman curry sauce
 with water chestnuts.
- N9.** -
N10. -
- N11. PAD POONTHAIS *stand-alone dish*** **£10.25 (Mix £12.95)**
 Stir fried yellow noodles, in a brown sauce with a choice of sliced beef, chicken,
 pork or prawn and vegetables, bean sprouts or a mixture.
- N12.** -
- N13. BREADED CHICKEN BREAST or HADDOCK or SALMON** **£13.25**
 Deep fried served with spicy sweet and sour sauce.

FOOD ALLERGY NOTICE

If you have a food allergy or a special dietary (i.e. Gluten Free) requirement,
 please inform a member of our staff before placing your order.

Please be advised the food prepared here may contain these ingredients:
 Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish and Shellfish.





DESSERTS LIST

BANANA FRITTERS	£3.25
BANANA FRITTERS with Ice cream	£5.25
BANANA SPLIT	£5.95
ICE CREAM (2 scoop)	£3.95
KNICKERBOCKER GLORY	£5.95
THAI BLACK STICKY RICE with Mango or Ice cream	£5.95

COFFEE

CAPPUCCINO	£1.75
LATTE	£1.75
ESPRESSO	£1.50
WHITE COFFEE	£1.75
BLACK COFFEE	£1.75

TEA

ENGLISH TEA	£1.75
EARL GREY	£1.75
JASMINE TEA	£1.75
CAMOMILE TEA	£1.75
LEMON & GINGER TEA	£1.75





WINE LIST

	175 ml	250 ml
HOUSE WHITE, Medium Dry (BY GLASS)	£3.85	£5.50
HOUSE RED (BY GLASS)	£3.85	£5.50
HOUSE ROSE (BY GLASS)	£4.95	£5.95

WHITE WINES

BOTTLE

- 1. MOONSOON VALLEY BLENDED WHITE** **£18.95**
(COLUMBARED & MALAGA BLANC)
Fresh and fruity wine with notes of citrus, lemongrass and a watermelon character. Good combination with Green Curry and any appetisers.
- 2. MOONSOON VALLEY WHITE** **£18.95**
(COLUMBARD)
Good with Green curry, Tom Kah Gai soup, any white meats, fish dishes & Thai appetisers.
- 3. LIEBFRAUMILCH** **£10.95**
The world famous, medium dry white from Germany.
- 4. JACOB'S CREEK (CHARDONNAY)** **£16.95**
A medium bodied wine with attractive lemon, ripe peach, melon, and subtle oak flavours. Enjoy on its own or with vegetables, fish or chicken dishes.
- 5. CASILLERO DEL DIABLO** **£17.95**
(SAUVIGNON BLANC, CHILE)
Refreshing wine taste of citrus fruits and gooseberry and a zesty mouth-watering flavour, ideally great with fish, shellfish, soups and appetisers.
- 6. OYSTER BAY Marlborough Sauvignon Blanc (New Zealand)** **£20.95**
The Oyster Bay Sauvignon Blanc combines the fragrant aromas of tropical fruits and lively citrus notes, with a delightful zesty freshness. Best served with Fish, sea food, poultry and vegetables. Medium dry.
- 7. CLARE VALLEY RIESLING** **£18.95**
This Exquisite, exceptional dry Riesling showing a characteristic steeliness to the green apple, lime and grapefruit notes. Delicious with seafood, mild Thai dishes, or salads dishes. Dry wine.
- 8. HARDYS VARIETAL RANGE (Australian Chardonnay)** **£16.95**
Great with Thai fish cakes, chicken dish or salad.
- 9. LOUIS LATOUR GRAND Ardèche Chardonnay** **£26.95**
This wine offers aromas of fresh almonds and vanilla with fresh green apple and citrus overtones. Recommended with Fish, Shellfish, White meat, Poultry or vegetable dish.





RED WINES

BOTTLE

10. MOONSOON VALLEY BLENDED

£18.95

(RED SHIRAZ & POKDUM) Medium bodied spicy character with a smooth velvety finish. Good combination with Red curry, meat dishes and other spicy Asian dishes such as beef salad, spicy stir-fry dishes.

11. MOONSOON VALLEY SHIRAZ

£19.95

A rich well-balanced and structured red wine, with medium body. Moonsoon Valley Shiraz can be drunk alone or to accompany with lamb dishes, Panang Curry or Gaeng Phed Ped Yang (red duck curry).

12. ORLANDO

£16.95

(JACOB'S CREEK CABERNET SAUVIGNON)

An Australian wine, wonderful rich, ripe up-front fruits.

13. CASILLERO DEL DIABLO

£17.95

CABERNET SAUVIGNON (CHILE)

Black cherry complemented by hints of mocha and dark chocolate.

14. HARDYS Stamp of Australia Shiraz Cabernet

£14.95

Rich and fruity, with a lingering blackberry finish. Great with Beef Lamb and Poultry.

15. RIOJA RESERVA

£19.95

This Spanish Rioja Red wine is an elegant wine made from 100% Tempranillo grapes grown in the region of Rioja. Goes well with Beef, Lamb and poultry. Bon appétit!

16. Distant Vines Merlot (mellow & soft)

£11.95

Made with merlot grape juice. Suitable for salad and vegetables dishes and vegans. This easy drinking Merlot has plummy aromas and is packed with rich and harmonious black fruit flavours.

17. BLOSSOM HILL MERLOT

£14.95

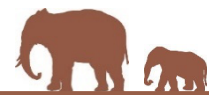
Wine of California, USA. Velvety & soft. With ripe red cherry & dark berry aromas. Ever wondered what sunshine tastes like? This velvety soft Merlot has ripe red cherry aromas with a hint of vanilla, delivering a deliciously smooth finish.

18. MACEL HUBERT RED

£12.95

Wine of France. Filled with soft fruit and smooth tannins, partner well with roast pork, lamb or duck dishes.





ROSE WINES

BOTTLE

19. MOONSOON VALLEY BLEND ROSE

£18.95

It is structured like a serious rose and can pair well with chicken, heartier fish dishes, or Mediterranean dishes as well as Thai curries.

20. MOONSOON VALLEY SHIRAZ ROSE

£19.95

Its light body, refreshing, stylish choice for hot summer dining and spicy Asian & Thai dish like Tom Yum soup, spicy seafood salad, Kai Pard Mamuang Heemmapan or Pad Thai noodle.

21. ECHO FALLS SUMMER BERRIES. Rosé British Wine.

£9.95

This delicious Rosé has been delicately blended with natural flavours of summer berries. The result is a bright, fruity, refreshingly sweet Rosé; perfect for sharing with friends.

22. PINOT GRIGIO -ROSE (Fiore Rosa, Italian wine)

£17.95

A dry, fresh and fruity rosé with delicate aromas of red berries. Goes well with fish or chicken. Wine of Italy. Extra dry. Suitable for vegetarians and vegans.

SPARKING WINES

BOTTLE

23. PINOT ROSE (Vino Spumante Rosé)

£22.95

This delightful Italian rosé is a classic sparkling wine for any celebration, special occasion or simply as a treat. It has juicy raspberry and cranberry flavours and fine bubbles. Suitable for vegetarians and vegans. Extra dry.

24. VINO SPUMANTE PROSECCO

£ 22.95

NORTH EAST ITALY'S SALGAREDA REGION PROSECCO

Classic low sugar VINO Spumante Prosecco, extra dry. It has a delicate melon and strawberry fruit tones.

LIQUEURS

Bailey's Irish Cream

£2.50

Cointreau

£2.50

Drambuie

£2.50

Kalhua

£2.50

Tia Maria

£2.50

SPIRITS

Bacardi

£2.50

Gin Gordons

£2.50

Martini Bianco

£2.50

Tequila

£2.50

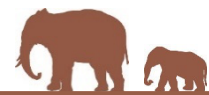
Vodka (Smirnoff)

£2.50

IRISH COFFEE

£4.15





SHERRY

Croft Original	£2.50
Harveys	£2.50

BRANDY

Napoleon	£3.95
Courvoisier V.S.O	£3.95
Hennessey	£3.95
Martell	£3.95
Remy Martin	£3.95

WHISKY

Bushmills	£2.50
Famous Grouse	£2.50

BEER

SINGHA BEER (THAI BEER)	£3.25
LEO (THAI BEER)	£3.25
CHANG BEER (THAI BEER)	£3.25
GINGER BEER (4%)	£3.15
CIDER	£3.15

SOFT DRINKS

Coke, Diet Coke, Sprite, Iron Bru or Lemonade (Can)	£1.95
Perrier (Bottle)	£1.75*SMALL £3.50*LARGE
Appletiser (Bottle)	£1.95
Ginger Beer (non-alcohol) (Bottle)	£1.95

FRUIT JUICES

Apple, Orange, Pineapple or Mango	£1.95
STILL WATER (BOTTLE)	£1.95*SMALL £3.65 LARGE

