

## POONTHAIS MAIN COURSES

**S1. GAENGPED PED YANG £10.25**

Breast of duck lightly grilled then cooked in a rich curry sauce and coconut milk, flavoured with lime leaves. Your choice of Red curry or Green curry.

**S2. GAENGPLA SALMON £10.25**

Filet of salmon steak lightly deep fried then cooked in a rich Red curry sauce, flavoured with lime leaves.

**S3. KAO PAD KEE MOU £10.25**

Spicy fried rice spiced with ground chili. Your choice of chicken, pork, beef or prawns.

**S4. GAENGKEOW WAN GOONG £10.25**

King prawns and pineapple cooked in a rich green curry sauce.

**S5. LARB £10.25**

A spicy Thai style salad, choice of beef cooked with lemongrass, lime leaves, spring onion and topped with Thai herbs. A choice of minced chicken, minced pork, minced beef or minced duck.

**S6. PLA KA PONG or Tilapia £10.25**

A Snapper Or Tilapia deep fried, served in a spicy sweet & sour sauce. (subject to availability).

**S8. PA NAENG GOONG TOD GROB £10.25**

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

**S9. GOONG PARD PRIK £10.25**

Aromatic king prawns stir fried with chili and garlic.

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**N8. MASSAMAN £12.95**

Your choice of beef, prawns or chicken cooked in a rich Massaman curry sauce with coconut milk, onions and water chestnuts (served with a choice of Jasmine steamed Rice or Thai Noodles).

**N11. PAD POONTHAIS £10.25 (MIX £11.45)**

Stir fried egg noodles in our own recipe sauce with vegetable and bean sprouts. Your choice of beef, chicken, pork or prawn.

**N13. BREADED CHICKEN OR FISH £13.25**

Deep fried your choice of breaded chicken breast or breaded Salmon, or Haddock filet with spicy sweet & sour sauce. (Served with a choice of Jasmine steamed Rice or Thai Noodles).

## SIDE DISHES

**40. STEAMED JASMINE RICE £1.95**

**41. FRIED RICE £2.10**

with egg, chopped onion & carrot

**42. PRAWN CRACKERS Normal £1.85, Thai £2.25**

**43. PORTION OF CHIPS £1.85**

**44. PLAIN NOODLES £2.50**

Rice noodles with egg, sliced carrot and lettuce

## DESSERT

**BLACK STICKY RICE WITH MANGO £4.95**



Thai Restaurant

## Takeaway Menu

7 Westgate, North Berwick  
East Lothian, EH39 4AE

Tel: 01620 894304

Facebook: @poonthais

## Opening Hours

Dinner daily

Wednesday – Saturday

17.00 – 21.30

Sunday

17.00 – 21.00

## 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 that food prepared here may contain these ingredients: Milk, Eggs, Wheat, Soybean, Peanuts, Tree nuts, Fish and Shellfish.

All prices inclusive of VAT.

All prices are subject to change without prior notice

## STARTERS

**1. TOM YUM £3.35**

A spicy soup made with lemon grass, lime leaves, chili and mushrooms. Your choice of chicken or prawn.

**8. POR PIA £3.35**

Spring Rolls made with minced chicken and vegetables wrapped in rice skins and deep fried (Vegetarian on request).

**9. CURRY PUFFS £3.95**

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

**10. KANOM PANG MOO GOONG £3.35**

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

**11. SATAY (3 Skewers ) £5.95**

Your choice of king prawns, pork, beef or chicken marinated in turmeric, spices and coconut milk, served with satay peanut sauce.

**12. TOOD MARN PLA £5.95**

Spicy Fish Cake, deep fried, flavoured with lemon leaves and red chili, served with a sweet & sour dip.

### POONTHAI'S PLATTER

Try 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) **£13.95**

**PP2. Family Platter** (Suitable for 5 people or over; Include No. 7,8,10,11 Chicken & 12) **£29.95**

## MAIN COURSES

**14. NAU PARD NAMMAN HOI £8.95**

Stir fried sliced tender beef and vegetables in oyster sauce.

**15. GAENG PED NUA £8.95**

Tender beef sliced cooked in a rich red curry sauce with coconut milk, Thai herbs (red chili paste from dried chili).

**16. GAENG KEOW WAN GAI £8.95**

Chicken cooked in a rich green curry sauce with coconut milk, Thai herbs & aubergine.

**17. PARDPAK RUAM (Choice of A or B) £7.95**

- A.** Stir fried mix vegetables with oyster sauce.
- B.** Stir fried Beansprouts & Tofu with Oyster sauce.

**18. PARD PREW WAN £9.15**

Sweet & Sour stir fried with vegetables and your choice of pork, prawns, fish or chicken.

**19. PLA RARD PRIK £9.15**

Deep fried Haddock accompanied by a spicy, sweet & sour sauce.

**20. GAENG PLA CHOO CHEE £9.15**

Deep fried Haddock in a red curry sauce with coconut milk & chili.

**21. PLA JIAN £9.15**

Haddock with ginger, spring onion and minced pork in soya bean sauce. Choices: Deep fried or Pan Fry.

**22. PARD KING £8.95**

A choice of chicken, beef or pork. Stir fried with fresh ginger & soya bean sauce.

**24. KAI PARD MAMUANG HEEMMAPARN £10.25**

Stir fried chicken & cashew nuts with onions and whole chili.

**26. AYAM RENDANG £8.95**

Sliced chicken cooked in coconut milk with a spicy sauce.

**27. BABI RICA RICA £8.95**

Stir fried pork with chili & garlic and covered in a spicy sauce.

**29. MASSAMAN £12.95**

Sliced Beef cooked in a rich Massaman curry sauce with coconut milk, potatoes and onions. \*Served with steamed rice or noodles\*

**30. NARM PRIK ONG £8.95**

This is a traditional dish from the North of Thailand. Your choice of minced chicken or minced pork, cooked in red curry sauce with coconut milk & sliced tomatoes, served with side salad.

**31. GAENG KUA SAPPAROT: PORK £9.15**

Your choice of Pork or Prawns cooked in rich red curry sauce with sliced pineapples and coconut milk.

**Prawns £10.25**

**32. PAD THAI £8.55**

Stir fried rice noodles with egg, bean sprout, tamarind sauce and ground peanut. Your choice of chicken, pork, beef or prawns.

**33. PAD KEE MAU £8.55**

Spicy stir-fried rice noodles with minced beef, green beans, lime leaves and chili.

**34. SPICY FRIED NOODLES £8.55**

Stir fried egg noodles and seasoned vegetables with your choice of chicken, pork, beef.

**35. PAD SEE EW £8.55**

Non-spicy fried rice noodles with egg and vegetables seasoned with dark soy sauce. With your choice of chicken, pork or beef.

**37. CRYING TIGER STEAK £13.95**

Crying Tiger is a Thai classic Northern East beef salad served medium rare (unless request otherwise) with Thai spicy sauce.

**38. KAO PAT £7.95**

Traditional Thai jasmine rice stir fried with egg & vegetables. Your choice of chicken, pork, beef or prawn.

**39. KAO PAT MIXTURE £9.15**

Mixture of chicken, pork, beef and prawns.