

SEAFOOD

SF1. EAT THAI SEAFOOD GF

Grilled prawn and squid, lots of cashew nuts stir fried with broccoli, onion, carrot, cauliflower, mushroom and red capsicum \$25.9

SF2. SPICY FISH (Whole Snapper)

A whole snapper deep-fried served with steamed vegetables topped with sweet and spicy sauce \$35

SF3. SEAFOOD CURRY GF

Strong authentic flavour. Spicy red curry paste stir fried with prawns, squids, bamboo shoot, carrot, green bean and red capsicum \$25.9

SF4. FRIED PRAWN WITH TAMARIND SAUCE

Very popular dish from East of Thailand. Tasty tamarind sauce mixes with prawns served with fresh salad \$30

SF5. SOFT SHELL CRAB SALAD WITH MANGO SAUCE

Soft shell crabs with natural flavours served with a fresh mango salad \$29

SF6. DEEP FRIED SOFT-SHELL CRAB WITH GARLIC AND PEPPER

Deep fried soft shell crabs lightly coated with flour, black pepper and topped with fried garlic served with homemade spicy sauce \$33.9

CURRY

C1. GREEN CURRY (Choice of meat: chicken/pork/beef \$17.9 prawn \$20) GF/VG

Thai green curry cooked with coconut milk, fresh chilli, green beans, bamboo shoot and red capsicum.

C2. RED CURRY (Choice of meat: chicken/pork/beef \$17.9 prawn \$20) GF/VG

Thai red curry cooked with coconut milk, fresh chilli, green beans, bamboo shoot and red capsicum.

C3. MASSAMAN BEEF \$18.9 GF

Delicious marinated beef with pineapple and red wine, slow cooked with coconut milk, massaman curry paste, onion, potatoes and red capsicum

C4. PANANG CURRY (Choice of meat: chicken/pork/beef \$17.9 prawn \$20) GF/VG

Cooked with coconut milk, crusted peanut, carrot and red capsicum. Beautiful mild dish.

SALAD

SL1. THAI SALAD (Choice of meat: pork/beef \$18.9 seafood \$25.9)

Grilled meat served with lettuce, tomato, cucumber, red capsicum, alfalfa sprout and red onion with homemade dressing GF

SL2. WARM SALAD GFA/VG

Great choice for vegan or vegetarian, stir-fried tofu and vegetables (broccoli, carrot, cabbage, cauliflower, red capsicum) \$18.9

SL3. TOFU SALAD GF/VG

Deep fried tofu mixed with lettuce, tomato, cucumber, red onion, bean sprout and alfalfa sprout with homemade dressing \$18.9

SL4. THAI CHICKEN LARB SALAD GF

Unique flavour from minced chicken cooked with mint, red onion, chilli flake, lime juice and roasted crushed rice. Served with seasonal vegetable \$24.9

SL5. SUPREME SALAD WITH MANGO DRESSING GF

Go fresh with Supreme salad fresh carrot, mesclun, cucumber, red capsicum, alfalfa sprout and tomato with mango dressing. Great as a side dish to add freshness to any meal. \$15



Chilli contains up to 7 times the vitamin C level of an orange and has a range of health benefits, including fighting sinus congestion, aiding digestion and helping to relieve migraines and muscle, joint and nerve pain. It's also a good source of vitamins A and E, beta-carotene, folic acid and potassium. Chilli has long been used to reduce food micro-contamination and is also considered a potential metabolism booster for weight loss. Several studies have found it may also play a role in treating lung and prostate cancer and leukaemia.

VG = Vegetarian or Vegan

GF = Gluten Free

GFA = Gluten Free Available



EAT THAI RESTAURANT

The Best Authentic Thai Food in Blenheim

TAKE AWAY MENU

OPEN 7 DAYS

TRADING HOURS

Lunch 11.30-15.00

Dinner 17.00-22.00

Monday 17.00-22.00

Public Holidays are OPEN

Call Now 03 577 5188, 021 0269 7374

35 High Street Blenheim

At Eat Thai Restaurant we aim to provide the Authentic Thai flavour so we have levels of spicy following please state when you order

1. Mild
2. Mild to Medium (Kiwi medium)
3. Medium (reasonable hot good to try)
4. Hot (it is hot and spicy for Thai food lover)
5. Thai Hot (Burn!!! Recommended only if you have been to Thailand before)

*MSG FREE

*FULLY LICENSED, BYO WINE ONLY

*All meal included jasmine rice, brown rice, egg noodle as your options



ENTRÉE

E1. CHICKEN SATAY (4 PIECES) \$8.5

Strips of grilled marinated chicken served with a tasty peanut sauce

E2. VEGETARIAN SPRING ROLL (4 PIECES) \$6.9 GF/VG

Deep fried vegetarian spring rolls served with sweet chilli sauce

E3. CURRY PUFF (4 PIECES) \$7.5

Chicken mince with kumara, potato and onion wrapped in puff pastry

E4. MONEY BAG (4 PIECES) \$6.9

Wrapped with prawn, mixed vegetable, peanut and fried shallot served with sweet chilli sauce

E5. THAI FISH CAKE (4 PIECES) \$6.9

Authentic spicy fish cakes served with sweet chilli sauce

E6. EAT THAI MILK SQUID \$12.5

Squid tentacles marinated overnight with milk and white wine

E7. CHEESY PRAWN ROLL (4 PIECES) \$10.9 GF

BIG PRAWN seasoning with salt and pepper all rolled together with cheese in spring roll pastry

E8. THAI FRESH SPRING ROLL (4 PIECES) \$10 GF/VG

Fresh healthy start with Thai Fresh Spring Rolls. Rice paper wraps with marinated chicken, carrot, cucumber, lettuce and alfalfa sprout served with mint lime sauce

E9. PLA GOONG GF \$12

Pla Goong is food from Central of Thailand. Delicious prawns mixed with a homemade dressing.

E10. MIANG KHAM (SPINACH COCO) GF

Traditional snack, Miang Kham is fresh, healthy and great in flavour. Small serving 2 people \$12 - Large serving 3-5 people \$18.9

E11. CHICKEN LOLLIPOPS \$12

Deep fried marinated chicken nibbles with light soy sauce and pepper

E12. BBQ GRILLED PORK SKEWER (3 SKEWERS) \$9

Marinated BBQ pork, delicious, tender and flavoursome - that is all I can say

E13. RICE CRACKER WITH PORK FLOSS \$6.9

Crunchy Rice Cracker with Pork Floss great choice as snack to joy with friends and beer :)

E14. MIX ENTREES (10 PIECES) \$18.5

Great choice for sharing with your family and friends. 3 vegetarian spring rolls, 2 curry puffs, 3 money bags and 2 chicken satay sticks served with sweet chilli sauce

E15. THE KING (12PIECES+MILK SQUID) \$37.5

THE KING is great option for real feed, 4 chicken satay sticks, 4 cheesy Prawn rolls, 4 Thai fish cakes and our popular Eat Thai Milk Squid

SOUP

S1. TOM YUM (Entrée: Chicken \$7.9 Prawn \$8.9)

(Main: Chicken \$18.5 Prawn \$22.9) GF/VG

Tom Yum is one of the spiciest soups in Thailand, this soup is cooked from lime leaf, lemongrass, galangal, fresh chilli and lime juice.

S2. TOM KHA (Entrée: Chicken \$7.9 Prawn \$8.9)

(Main: Chicken \$18.5 Prawn \$22.9) GF/VG

Also called Galangal soup, is a spicy and sour hot soup with coconut milk, mushroom, lime leaf, lemongrass and fresh chilli.

S3. GOJI BERRIES SOUP \$15 GF

Pork ribs slow cooked with goji berries, dong quai (Chinese Angelica) and shitake mushroom. This soup has plenty of benefits from herbs and natural sweet flavour from dong quai and pork ribs

POPULAR DISHES

P1. PORK BELLY STIR FRIED WITH HOT BASIL SAUCE GF

Stir fried with onion, broccoli, red capsicum, green bean and hot basil sauce (contains garlic, basil, lime leaf, lemongrass, chilli). Nice and spicy! \$22.9

P2. CHICKEN CASHEW NUT GF/VG

Grilled chicken breast stir fried with cashew nut, broccoli, carrot, cauliflower, mushroom and red capsicum \$19.9

P3. SWEET AND SOUR PORK OR FISH

(pork \$19.9 fish fillet \$24.9)

Traditional style sweet and sour pork. Marinated pork with apple and pineapple, stir fried with cucumber, tomato, pineapple, onion and a homemade sweet and sour sauce

P4. BREAD CRUMBED CHICKEN WITH PANANG SAUCE \$19.9

Crumbed chicken breast with panang sauce, crunchy peanut and a fresh salad

P5. RONG SONG (choice of meat: chicken/pork/beef \$19.9

prawn \$24.9 seafood \$25.9 VG

Mild flavour with lots of vegetables stir fried (broccoli, carrot, cauliflower, red capsicum) and topped with satay sauce

P6. GINGER BEEF OR CHICKEN GF

Sliced beef marinated with red wine and pineapple stir fried with fresh ginger, broccoli, mushroom and onion \$19.9

RICE AND NOODLE

R1. FRIED RICE (Choice of meat: chicken/pork/beef \$17.9

Combination \$18.9 prawn \$22.5 seafood \$23.5) GFA/VG

Thai fried rice uses jasmine rice fried with carrot, onion, egg and mixed vegetables.

R2. THAI STYLE CRAB FRIED RICE \$22.9 GFA

If you love crab, try Thai style crab fried rice, the natural flavours from the crab meat cooked with egg, carrot and spring onion

R3. NASI GORENG (Choice of meat: chicken/pork/beef \$18.9

Combination \$19.9 prawn \$22.9 seafood \$23.9) GFA/VG

Fried rice with light yellow curry powder, pineapple, lots of cashew nuts, egg, green bean and mixed vegetables, topped with fried shallot

R4. PAD THAI (Choice of meat: chicken/pork/beef \$18.9

Combination \$19.9 prawn \$22.9 seafood \$23.9) GF/VG

A very unique taste that you must try. Thin rice noodles stir fried with egg, bean sprout, crunchy peanut and authentic Pad Thai sauce. *CONTAINS TRACES OF SOY*

R5. PAD SEE EWE (Choice of meat: chicken/pork/beef \$17.9

Combination \$18.9 prawn \$22.5 seafood \$23.5) GFA/VG

Flat rice noodles stir fried with egg, broccoli, cauliflower, carrot and cabbage seasoned with light soy sauce and oyster sauce

R6. MEE GORENG (Choice of meat: chicken/pork/beef \$18.9

Combination \$19.9 prawn \$22.9 seafood \$23.9) VG

Egg noodles stir fried with mix vegetables, green bean, lots of cashew nut, pineapple and egg, topped with fried shallot

R7. PAD KHEE MAO (Choice of meat: chicken/pork/beef \$17.9

Combination \$18.9 prawn \$22.5 seafood \$23.5) GFA/VG

Flat rice noodles stir fried with hot basil sauce, egg, tomato, carrot, broccoli and bamboo shoot. This has a strong flavour from herbs - Hot and spicy!



Pad Thai: If you have eaten Pad Thai from us (dine in) and you like it, want to order take home in the future. Our Pad Thai sauce made from tamarind and coconut sugar, which created sticky texture with rice noodle, don't worry it is natural, ideally to eat them straight away and we always cook food one by one to keep the flavour at best!