



## EAT THAI

*The Best Authentic Thai Food in Blenheim*

### WELCOME TO EAT THAI RESTAURANT

Sa Wad Dee Ka

My name is Ben, I will be looking after you today, my partner Billy will be your chef. I am from Ayutthaya (Central) and Billy is from Song Khla (South) of Thailand. We have been brought up on real Thai food and have a great understanding of flavours.

It is a pleasure to have you here at Eat Thai Restaurant. We hope you enjoy our authentic Thai cuisine. Thai food has become very popular in New Zealand, and here we give you honest Thai taste. Thai cooking tends to use fresh herbs in their natural whole state – which provides major health benefits for you!

Thai food is about adventure in flavour and freshness, and with so many options on our menu we have something for everyone. Please take your time to explore our menu and find the perfect dish for you!

Khob Khun Ka  
Ben & Billy

\*MSG FREE

\*100% Free Range Eggs

\*FULLY LICENSED

\*Please let us know if you have any food allergies or special dietary needs.

# ENTRÉE

**E1. CHICKEN SATAY** 4 skewers \$16 | 6 skewers \$24  
Strips of marinated chicken served with a tasty peanut sauce



**E2. VEGETARIAN SPRING ROLL** 4 pcs \$12 | 6 pcs \$18  
Deep fried vegetarian spring rolls served with sweet chilli sauce

**E3. CURRY PUFF** 4 pcs \$12 | 6 pcs \$18  
Chicken mince with kumara, potato and onion wrapped in puff pastry



**E4. MONEY BAG** 4 pcs \$12 | 6 pcs \$18  
Wrapped shrimp with, mixed vegetables, peanuts, and fried shallots served with sweet chilli sauce

**E5. THAI FISH CAKE** 4 pcs \$12 | 6 pcs \$18  
Authentic spicy fish cakes served with sweet chilli sauce

**E6. EAT THAI MILK SQUID**  
Deep fried squid tentacles marinated overnight with milk and white wine \$17.5



**E7. CHEESY PRAWN ROLL** 4 pcs \$16 | 6 pcs \$24  
BIG PRAWN seasoned with salt and pepper, rolled together with cheese in spring roll pastry

**E8. THAI FRESH ROLL GF** 4 pcs \$16 | 6 pcs \$24  
Fresh healthy start with Thai Fresh Spring Rolls, rice paper wraps with marinated chicken, carrot, cucumber, lettuce and alfalfa sprouts served with mint lime sauce.



**E9. PLA GOONG** 4 pcs \$18 | 6 pcs \$27  
Pla Goong is food from Central 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 \$15  
Large serving 3-5 people \$24



**E11. HONEY PORK RIBS GF**  
Marinated ribs with cinnamon, star anise and Thai herbs, slow cooked, deep fried and stir fried with home-made honey sauce, mesclun and cherry tomatoes \$15

**E12. BBQ PORK SKEWER GF** 4 skewers \$16 | 6 skewers \$24  
Flavoursome Thai style marinated tender pork



**E13. PRAWN CRACKER**  
Real flavour prawn cracker, Great choice for family or party snack \$12

**E14. MIXED ENTREES (10 PIECES)**  
Great choice for sharing with family and friends. 3 vegetarian spring rolls, 2 curry puffs, 3 money bags and 2 chicken satay sticks served with sweet chilli sauce \$27.5

**E15. THE KING**  
THE KING is great option for a real feed, 4 chicken satay sticks, 4 cheesy Prawn rolls, 4 Thai fish cakes and our popular Eat Thai Milk Squid \$55



# SOUP

## S1. TOM YUM GF

Entree : Chicken \$14.9 | Prawns \$16.9  
Main : Chicken \$29 | Prawns \$32

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 GF

Entree : Chicken \$14.9 | Prawns \$16.9  
Main : Chicken \$29 | Prawns \$32

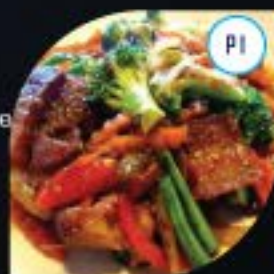
Also called Galangal soup, is a spicy and sour hot soup with

coconut milk, mushroom, lime leaf, lemongrass, and fresh chilli.

# POPULAR DISHES

## P1. PORK BELLY STIR FRIED WITH HOT BASIL SAUCE GF

Stir fried with onion, broccoli, red capsicum, green beans, and hot basil sauce (contains garlic, basil, lime leaf, lemongrass, chilli). Nice and spicy! \$35



## P2. CHICKEN CASHEW NUT GF

Chicken breast stir fried with cashew nuts, broccoli, carrot, cauliflower, mushroom and red capsicum \$30 | Crispy Chicken \$33

## P3. SWEET AND SOUR GFA

Choice of meat : Pork \$29 | Prawns \$32 | Snapper Fillet \$33.9

Traditional style sweet and sour. Stir fried with cucumber, tomato, pineapple, onion, and a homemade sweet and sour sauce



## P4. BREAD CRUMBED CHICKEN WITH PANANG SAUCE

Crumbed chicken breast with Panang sauce, crunchy peanuts and a fresh salad \$29



## P5. RONG SONG

Choice of meat : Chicken|Pork|Beef \$29 | Prawns \$32 | Seafood \$33.9

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

## P6. GINGER STIR FRIED GF

Choice of meat : Chicken|Beef \$29 | Duck \$33.9

Marinated slices of your choice of meat, stir fried with fresh ginger, broccoli, mushroom, and onion

## P7. HONEY PORK RIBS GF

Marinated ribs with cinnamon, star anise and Thai herbs, then slow cooked, deep fried and stir fried with home-made honey sauce, mesclun and cherry tomatoes. \$30



# RICE AND NOODLE

## R1. FRIED RICE GF

Choice of meat: Chicken | Pork | Beef \$28 | Combination \$28

Prawn \$32 | Seafood \$33.9

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

## R2. THAI STYLE CRAB FRIED RICE GF

If you love crab, try Thai style crab fried rice, uses the natural flavours from the crab meat cooked with egg, carrot, and spring onion \$32

## R3. NASI GORENG \*CONTAINS YELLOW CURRY POWDER\* GF

Choice of meat: Chicken | Pork | Beef \$29 | Combination \$29

Prawn \$32 | Seafood \$33.9

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

## R4. PAD THAI \*CONTAINS TRACES OF SOY\* GF

Choice of meat: Chicken | Pork | Beef \$29 | Combination \$29

Prawn \$32 | Seafood \$33.9

A unique taste that you must try. Thin rice noodles stir fried with authentic Pad Thai sauce, egg, bean sprouts, crunchy peanuts.

## R5. PAD SEE EWE \*CONTAINS OYSTER SAUCE\* GF

Choice of meat: Chicken | Pork | Beef \$29 | Combination \$29

Prawn \$32 | Seafood \$33.9

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

## R6. MEE GORENG \*CONTAINS YELLOW CURRY POWDER\*

Choice of meat: Chicken | Pork | Beef \$29 | Combination \$29

Prawn \$32 | Seafood \$33.9

Egg noodles stir fried with mixed vegetables, green beans, lots of cashew nuts, pineapple, and egg, topped with fried shallots.

## R7. PAD KHEE MAO GF

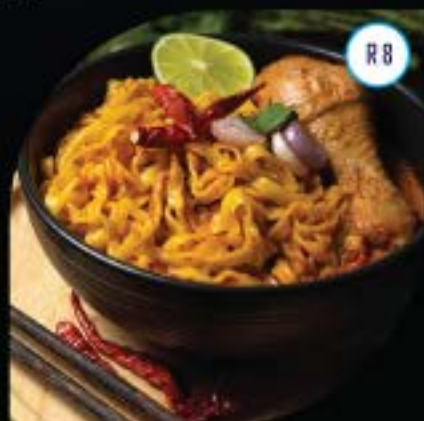
Choice of meat: Chicken | Pork | Beef \$29 | Combination \$29

Prawn \$32 | Seafood \$33.9

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

## R8. KHAO SOI GAI (NORTHERN THAI CURRY WITH EGG NOODLES)

Popular noodle curry from Chiang Mai is here at EAT THAI! Thai curry with egg noodles, 2 Big chicken drumsticks, topped with crunchy egg noodles, pickled cabbage and sliced red onion \$32



# CURRY

## C1. GREEN CURRY GF

Choice of meat: Chicken | Pork \$29 | Prawn \$32 | Snapper fillets \$34.90  
Thai green curry cooked with coconut milk, fresh chilli, green beans, broccoli, bamboo shoots and red capsicum.



## C2. RED CURRY GF

Choice of meat: Chicken | Pork | Beef \$29 | Prawn \$32 | Snapper fillets \$34.90  
Thai red curry cooked with coconut milk, fresh chilli, green beans, broccoli, bamboo shoots and red capsicum.



## C3. MASSAMAN BEEF CURRY GF

Delicious slow cooked beef with coconut milk, massaman curry paste, onion, potatoes, peanuts, and red capsicum \$32

## C4. PANANG CURRY GF

Choice of meat: Chicken | Pork | Beef \$29 | Prawn \$32 | Snapper fillets \$34.90  
Cooked with coconut milk, crushed peanuts, carrot, and red capsicum.  
Beautiful mild dish.

## C5. ROASTED DUCK RED CURRY GF

Aromatic roasted duck cooked with red curry paste, coconut milk, red seedless grapes, pineapple, cherry tomatoes and lychee. \$33.9

# 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 \$33.9



## SF2. MIXED SEAFOOD WITH GARLIC & BLACK PEPPER SAUCE GF

Mixed seafood (prawn, squid, mussel) stir fried with homemade garlic & black pepper sauce, capsicum, onion, and spring onion.  
Hot peppery flavour \$35.9



## SF3. FRIED PRAWN WITH TAMARIND SAUCE

A popular dish from East of Thailand. Tasty tamarind sauce mixed with fried prawns \$35.9

## SF4. 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 \$38



## SF5. SPICY RAW PRAWN SALAD GF

\*\*SERVE THAI HOT OR E-SARN SPICY ONLY\*\*

Specialty salad dish, raw prawns with very sour and spicy dressing, served with salad \$38

# SALAD

## **SL1. THAI SALAD** Choice of meat: Pork | Beef **GF**

Grilled meat served with lettuce, tomato, cucumber, red capsicum, \$30 alfalfa sprouts and red onion with homemade dressing

## **SL2. SEASONAL VEGETABLES STIR FRIED** **GF/VEGAN**

Great choice for vegan or vegetarian, stir-fried tofu and vegetables broccoli, carrot, cabbage, cauliflower, mushroom, red capsicum \$30

## **SL3. TOFU SALAD** **GF/VEGAN**

Deep fried tofu mixed with lettuce, tomato, cucumber, red onion, bean sprouts and alfalfa sprouts with homemade dressing \$30

## **SL4. THAI CHICKEN LARB SALAD** **GF**

Unique flavour from minced chicken cooked with mint, red onion, chilli flakes, lime juice and roasted crushed rice. Served with seasonal vegetables \$30

## **SL5. SPICY GLASS NOODLE SALAD** **GF**

Be adventurous with this new dish YUM WOON SEN . The punching flavour bombs of spicy & sour dressing. Glass noodles cooked with prawns, squid, minced chicken, peanuts, red onion, spring onion, tomatoes and coriander \$38

## **SL6. SOM TUM** (known as papaya salad) **GF** "upon availability"

World famous Thai papaya salad, made freshly with green papaya, carrot, green beans, tomato, peanuts, lemon. This dish contains fish sauce. \$30



# VEGETARIAN DISHES



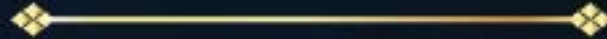
(All served with Vegetables + Tofu)

## **VG1. TOM YUM** (Entree: \$15.5) (Main: \$30) **GF|VEGAN|VEGETARIAN**

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

## **VG2. TOM KHA** (Entree : \$15.5) (Main: \$30) **GF|VEGAN**

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

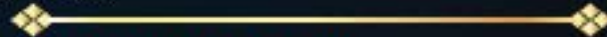


## **VG3. CASHEW NUT** **GF|VEGAN|VEGETARIAN**

Vegetables and tofu stir fried with cashew nuts, broccoli, carrot, cauliflower, mushroom, and red capsicum \$32

## **VG4. RONG SONG** **GF|VEGAN**

Mild flavour with lots of vegetables stir fried broccoli, carrot, cauliflower, red capsicum and topped with satay sauce \$32



## **VG5. FRIED RICE** **GF|VEGAN|VEGETARIAN**

Thai fried rice uses jasmine rice fried with carrot, broccoli, cauliflower, onion, egg, and mixed vegetables. \$28

## **VG6. NASI GORENG** **GF|VEGAN|VEGETARIAN**

**•CONTAINS YELLOW CURRY POWDER•**

Fried rice with light yellow curry powder, pineapple, lots of cashew nuts, egg, green beans, carrot, and mixed vegetables, topped with fried shallots \$30

## **VG7. PAD THAI** **GF|VEGAN|VEGETARIAN**

**•CONTAINS TRACES OF SOY•**

A unique taste that you must try. Thin rice noodles stir fried with authentic Pad Thai sauce, egg, bean sprouts, carrot, crunchy peanuts. \$30

## **VG8. PAD SEE EWE** **GF|VEGAN|VEGETARIAN**

Flat rice noodles stir fried with egg, broccoli, cauliflower, carrot, and cabbage seasoned with light soy sauce \$30

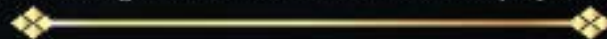
## **VG9. MEE GORENG** **VEGETARIAN**

**•CONTAINS YELLOW CURRY POWDER•**

Egg noodles stir fried with mix vegetables, green beans, lots of cashew nuts, pineapple, carrot and egg, topped with fried shallots \$30

## **VG10. PAD KHEE MAO** **GF|VEGAN|VEGETARIAN**

Flat rice noodles stir fried with hot basil sauce, egg, tomato, carrot, broccoli, and bamboo shoots. This has a strong flavour from herbs – Hot and spicy! \$30



## **VG11. GREEN CURRY** **GF|VEGAN**

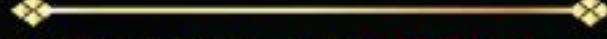
Thai green curry cooked with coconut milk, fresh chilli, green beans, broccoli, bamboo shoots and red capsicum. \$30

## **VG12. RED CURRY** **GF|VEGAN**

Thai red curry cooked with coconut milk, fresh chilli, green beans, broccoli, bamboo shoots and red capsicum. \$30

## **VG13. PANANG CURRY** **GF|VEGAN**

Cooked with coconut milk, crusted peanuts, carrot, and red capsicum. Beautiful mild dish. \$30



## **VG14. SEASONAL VEGETABLES STIR FRIED** **GF|VEGAN**

Great choice for vegan or vegetarian, stir-fried tofu and vegetables broccoli, carrot, cabbage, cauliflower, mushroom, red capsicum \$30

## **VG15. TOFU SALAD** **GF|VEGAN**

Deep fried tofu mixed with lettuce, tomato, cucumber, red onion, bean sprouts and alfalfa sprouts with homemade dressing \$30

# ADD ON

Jasmine Rice	\$3	Rice Noodles	\$3.5	Egg Noodles	\$5
Seasoned Rice Noodles	\$8	Seasoned Egg Noodles	\$8	Cashew Nuts	\$7
Satay Sauce	\$3 or \$5	Steamed Vegetables	\$4.5	Broccoli in meal	\$3
Carrot in meal	\$3	Mushroom	\$5	Tofu	\$3.5
Fried Egg	\$3.5	Prawn (each)	\$2.8	Seafood (prawn, squid)	\$10
Snapper Fillet (boneless)	\$15	Container	\$0.80		
Roti Bread	\$3.5				

We aim to provide the authentic Thai flavour. There are levels of spicy as follows:

Please state when you order ^^

1. MILD
2. MILD to MEDIUM (Kiwi Medium) 
3. THAI MEDIUM (Reasonably hot good for a try) 
4. HOT (Hot and spicy for Thai food lover) 
5. THAI HOT (Burn!! Recommend only if you have eaten in Thailand before) 



## EAT THAI

*The Best Authentic Thai Food in Blenheim*

- \*MSG FREE
- \*100% Free Range Eggs
- \*FULLY LICENSED



\*Please let us know if you have any food allergies or special dietary needs.