

# LUNCH MENU

SERVED FROM 11:30 AM, LAST ORDER BY 2PM

## CURRIES

Served with Jasmine rice.

- |   |   |                     |       |
|---|---|---------------------|-------|
| 1 | <b>Red Curry</b>  <b>GF</b>          | Chicken or Pork     | £7.30 |
|   | Red Curry paste cooked with coconut milk, courgettes, bamboo shoots, red peppers and lime leaves.                     | Beef                | £7.90 |
|   |   | Prawns              | £7.90 |
|   |   | <b>V</b> Vegetables | £7.30 |
| 2 | <b>Green Curry</b>  <b>GF</b>        | Chicken or Pork     | £7.30 |
|   | Green Curry paste cooked with coconut milk green curry paste, courgettes, bamboo shoots, red peppers and lime leaves. | Beef                | £7.90 |
|   |   | Prawns              | £7.90 |
|   |   | Vegetables          | £7.30 |
| 3 | <b>Massaman Curry</b> <b>GF</b> <b>N</b>  | Chicken             | £8.30 |
|   | World famous mild Thai curry slow cooked with potatoes and cashew nuts.   | Beef                | £8.90 |
|   |   | Prawns              | £8.90 |
|   |   | Vegetables          | £7.90 |
| 4 | <b>Duck Curry</b>  <b>GF</b>         |                     | £8.30 |
|   | Duck breast cooked in coconut milk with red curry paste, cherry tomatoes, peppers, pineapple pieces and Thai basil.   |                     |       |
| 5 | <b>Panang Curry</b>  <b>GF</b>      | Chicken or Pork     | £7.30 |
|   | Thick creamy coconut milk cooked with Panang curry paste, mixed peppers and lime leaves.                              | Beef                | £7.90 |
|   |   | Prawns              | £7.90 |
|   |   | Vegetable           | £7.30 |

## ALLERGENS

Due to the nature of Thai Cuisine our dishes may contain traces of peanuts, soya sauce, sesame oil, and other allergens. Please let us know of any allergies

## LOOKING FOR STARTERS?


Please ask staff for dinner menu, it is available during lunch hours on request.

## STIR FRIES

Served with Jasmine rice

- |   |  |                    |       |
|---|--|--------------------|-------|
| 6 | <b>Pad Nam Mun Hoi</b>   | Chicken or Pork    | £7.30 |
|   | Oyster sauce, carrots, mushrooms, onions, and spring onions.   | Beef               | £7.90 |
|   |  | Prawns             | £7.90 |
|   |  | <b>V</b> Vegetable | £7.30 |
| 7 | <b>Pad Med Ma Muang</b>  | Chicken or Pork    | £7.30 |
|   | Light soya sauce, carrots, spring onions, cashew nuts and dried chilli.  | Beef               | £7.90 |
|   |  | Prawns             | £7.90 |
|   |  | <b>V</b> Vegetable | £7.30 |
| 8 | <b>Pad Kraprow</b>               | Chicken or Pork    | £7.30 |
|   | Garlic, onion, peppers, fine beans, fresh chilli, carrots and Thai basil.  | Beef               | £7.90 |
|   |  | Prawns             | £7.90 |
|   |  | <b>V</b> Vegetable | £7.30 |
|   |  | Duck               | £8.30 |
| 9 | <b>Pad Pak</b> <b>V</b>  |                    | £7.30 |
|   | Stir-fried broccoli, cabbage, carrots, onions, fine beans, broccoli, beansprouts and baby corn in light soya sauce |                    |       |

## STIR FRIED RICE

- |    |   |                    |       |
|----|---|--------------------|-------|
| 15 | <b>Kau Pad Supparod</b> <b>N</b>  | Chicken            | £7.30 |
|    | Special fried rice with egg, pineapple, onions, carrots, cabbage, tomatoes cashew nuts and a touch of turmeric.   | <b>V</b> Vegetable | £7.30 |
|    |   | Prawns             | £7.90 |
| 16 | <b>Kau Pad</b>  | Chicken or Pork    | £7.30 |
|    | Fried rice with an egg, onions, carrots, cabbage, tomatoes and spring onions.                                     | Beef               | £7.90 |
|    |   | Prawns             | £7.90 |
|    |   | <b>V</b> Vegetable | £7.30 |
| 17 | <b>Kau Pad Nam Prik Pao</b>  | Chicken/Pork       | £7.30 |
|    | Fried rice with egg, chilli oil, onions, carrots, cabbage and spring onions.                                      | Beef               | £7.90 |
|    |   | Prawns             | £7.90 |
|    |   | Vegetable          | £7.30 |

## EXTRA TOFU

We can add tofu to any dish on the menu for £1.50

## NOODLES

- |    |  |                    |       |
|----|--|--------------------|-------|
| 10 | <b>Pad Thai</b> <b>GF</b> <b>N</b>   | Chicken or Pork    | £7.30 |
|    | Famous traditional Thai stir fried noodles with tamarind sauce, turnips, beansprouts, carrots, spring onions and grated peanuts. | Beef               | £7.90 |
|    |  | Prawns             | £7.90 |
|    |  | <b>V</b> Vegetable | £7.30 |
| 11 | <b>Pad Mee</b>   | Chicken or Pork    | £7.30 |
|    | Stir fried egg noodle with soya sauce, beansprouts, cabbage, carrots and spring onions   | Beef               | £7.90 |
|    |  | Prawns             | £7.90 |
|    |  | Vegetable          | £7.30 |
|    |  | Duck               | £7.80 |
| 12 | <b>Pad Kee Mao</b>                            | Chicken or Pork    | £7.30 |
|    | Spicy rice noodle dish with fine beans, bamboo shoots, chillies & garlic, cabbage, peppers, onions and Thai basil.               | Beef               | £7.90 |
|    |  | Prawns             | £7.90 |
|    |  | <b>V</b> Vegetable | £7.30 |
|    |  | Duck               | £8.30 |
| 13 | <b>Pad See-Eew</b>   | Chicken or Pork    | £7.30 |
|    | Stir fried rice noodles with dark soya sauce, cabbage carrots, spring onions.  | Beef               | £7.90 |
|    |  | Prawns             | £7.90 |
|    |  | <b>V</b> Vegetable | £7.30 |
|    |  | Duck               | £8.30 |

## GO LARGE

We can make most of the dishes larger for £1.50

## **V** VEGAN & VEGETARIAN DISHES **V**

Not all vegetable dishes on our menu are vegetarian. Fish sauce and oyster sauce are popular ingredients in Thai cuisine. Please ask staff to confirm which dishes are suitable for vegans or vegetarians.

## ONE THAI IN BISHOP'S STORTFORD

1st Floor, 7 Market Square, CM23 3UP

## ONE THAI IN WARE

1 West Street, Ware, SG12 9EE

