

## STARTERS

<b>Mixed Platter to Share</b>	per person 8.00
A platter to share with all the favourite starters - Spring Rolls, Prawn on Toast, Corn Cake, Song Sa Hai and Chicken Satay.	min order two (16.00)
<b>Chicken Satay</b>	6.70
Marinated Chicken breast with Thai herbs on skewers. Served with peanut sauce.	
<b>Por Pia (Spring Rolls)</b>	5.60
Golden fried rice pastry rolls with vermicelli noodles and crunchy vegetables. Served with sweet chilli sauce.	
<b>Song Sa-Hai Rolls</b>	6.70
Prawn and chicken marinated in Thai herbs and wrapped in pastry, deep fried until golden brown.	
<b>Goong Tempura (Prawn)</b>	7.50
Deep fried king prawns in a light batter with panko breadcrumbs. Served with sweet chilli sauce.	
<b>Prawn on Toast</b>	7.50
Deep fried marinated minced prawns with garlic, pepper and coriander on a toast.	
<b>Tod Man Pla (Fish cakes)</b>	7.50
Fried marinated white fish with red curry paste, egg, lime leaves and fine beans. Served with sweet chilli sauce and optional peanuts.	
<b>Eagle Wings</b>	6.70
Deep-fried chicken wings flavoured with garlic in a pepper & coriander sauce.	
<b>Spare Ribs</b>	7.20
Marinated pork spare ribs with honey, cinnamon bark, anistar seed and aromatic Thai herbs.	
<b>Sweetcorn Cakes</b>	6.00
Fried marinated sweet corn with Thai herbs, flour and a hint of curry paste. Served with sweet chilli sauce.	
<b>Crispy Tofu</b>	6.00
Fried Tofu , crispy outside and soft inside served with sweet chilli sauce topped with peanuts	
<b>Thai Prawn Crackers</b>	3.20
Perfect nibble while waiting for your starters. Slightly spicy, served with sweet chilli sauce.	

## SOUPS

<b>Tom Yum</b>	Chicken 6.80
Ideal as starter or a side dish. Hot and sour soup with galangal, lemongrass, lime leaves, chillies, mushrooms, tomatoes and coriander.	Prawns 7.50
	Mushrooms 5.70
<b>Tom Kha</b>	Chicken 6.80
Ideal as starter or a side dish. Take Tom Yum soup, add coconut milk and a few herbs, and you have a delightful Tom Kha soup	Prawns 7.50
	Mushrooms 5.70

## STIR-FRIES

Don't forget to order rice or plain noodles with your stir-fry.

<b>Tod Kratiem</b>	Chicken 10.90
Aromatic combination of garlic and coriander, stir fried with protein of your choice and home-made coriander sauce, served on a bed of lettuce. Seasoned with pepper.	Pork 10.90
	Beef 11.40
	Prawns 11.90
<b>Pad Med Ma Muang</b>	Chicken 11.40
Easy going stir-fry, with a touch of spiciness from dried chillies. Carrots, spring onions and cashew nuts stir-fried with light soya sauce and your choice of protein.	Prawns 12.50
	Beef 11.90
	Pork 11.40
	Veg & Tofu 11.40
<b>Pad Nam Mun Hoi</b>	Chicken 10.90
Mild stir fry with strong and distinctive flavour. Your choice of protein stir fried with oyster sauce, onions, carrots, mushrooms and spring onions. Optional ginger, highly recommended.	Prawns 11.90
	Beef 11.40
	Pork 10.90
	Veg & Tofu 10.90
<b>Pad Prieu Whan</b>	Chicken 10.90
Thai style Sweet and Sour stir fry, one of the healthiest options on the menu. Pineapples and tomatoes give this stir fry a tangy flavour. Add to it your preferred protein, onions, cucumbers, carrots and spring onions and you have a well balanced dish with full range of flavours.	Prawns 11.90
	Beef 11.40
	Pork 10.90
	Veg & Tofu 10.90
<b>Pad Kraprow</b>	Chicken 10.90
Chilli and basil is the staple of Thai cuisine, and you can find both of these herbs in this dish. Stir-fried with your choice of protein, fine beans, mixed peppers, onions and our home-made 'Top secret' sauce. Please note this dish cannot be made mild.	Prawns 11.90
	Beef 11.40
	Pork 10.90
	Veg & Tofu 10.90
<b>Pad Kraprow Talay</b>	Seafood 16.90
If you love spicy seafood, you have to try this dish. Green Mussels, king prawns and squid rings stir fried with our 'Top Secret' garlic&herbs mix, onions, mixed peppers and fresh chillies. Finished with basil giving it a distinctive Thai flavour.	
<b>Pad Pak (stir-fried vegetables)</b>	Veg & Tofu 10.90
Great side dish or a meal in it's own right. Flash stir-fried broccoli, cabbage, carrot strips, beansprouts, baby corn with light soya sauce. Tofu optional.	

<b>Ma Kham</b>	Duck 15.50
Freshly made sweet&tangy tamarind sauce poured over duck breast or fish fillet, served on a bed of lettuce. Topped with crispy shallots and coriander.	Seabass 16.50
<b>Pad Cha</b>	Seafood 16.50
Wild ginger, lemon grass, Thai basil and baby peppercorns. Truly unique and Thai herbs, stir fried with your choice of protein, red chillies and finger chillies	Duck 15.00
	Seabass 16.50
<b>Ped Pad Prix</b>	Duck 15.00
Spicy, sweet and tangy duck dish. Sliced skinless duck breast stir fried with tamarind sauce, garlic, peppers, onions and chillies, Served on a bed of lettuce	

## CURRIES

Spicy, mild, creamy or light. Don't forget to order rice or noodles with your curry.

<b>Green Curry</b>	Chicken 11.40
Sharp-in-flavour with a touch of sweetness. Medium-spicy thin curry cooked with coconut milk, courgettes, bamboo shoots, red peppers and lime leaves.	Prawns 12.50
	Beef 11.90
	Veg & Tofu 11.40
	Pork 11.40
<b>Red Curry</b>	Chicken 11.40
Boldish and smooth in flavour, medium-spicy thin curry cooked with coconut milk, courgettes, bamboo shoots, red peppers and lime leaves.	Prawns 12.50
	Beef 11.90
	Veg & Tofu 11.40
	Pork 11.40
<b>Panang Curry</b>	Chicken 12.00
Creamy curry with distinctive lime leaves flavour, cooked with coconut milk, red peppers and finished with chopped fresh lime leaves. Considered by most as medium spicy.	Prawns 12.60
	Beef 12.60
	Veg & Tofu 12.00
	Pork 12.00
<b>Massaman Curry</b>	Chicken 12.00
Famous mild and creamy Thai curry with nutty overtones. Slowly cooked with star anise amongst other herbs, topped with few potatoes and cashews. Best served with beef.	Prawns 12.60
	Beef 12.60
	Veg & Tofu 12.00
<b>Kaeng Pa - Jungle Curry</b>	Chicken 12.00
One of a few Thai curries without coconut milk, a great choice if you enjoy spicy food. A quick dish made with a mix of intense Thai herbs - wild ginger, lime leaves and lemongrass. Cooked with mixed vegetables.	Prawns 12.60
	Beef 12.60
	Veg & Tofu 12.00
<b>Duck Curry</b>	Duck 14.00
A bit sweet, slightly tangy, and rather spicy. Skinless roasted duck breast cooked in coconut milk with red curry paste, red peppers, cherry tomatoes, pineapple pieces and Thai basil.	
<b>Chu Chi Pla</b>	16.50
Fried seabass topped with thick creamy Panang curry and lime leaves, on a bed of lettuce.	

## SIDES

<b>Side Pad Pak (stir-fried vegetables)</b>	6.50
Perfect with any stir-fry or curry.	
<b>Stir-fried Broccoli</b>	6.50
Broccoli stir fried with garlic and light soya sauce	
<b>Beansprouts with Tofu</b>	6.50
Fried tofu with blanched beansprouts and spring onions in light soya sauce.	
<b>Stir-fried Courgettes</b>	6.50
Courgettes stir fried with garlic, chilli and basil.	



Scan to book a table

onethai.com

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### Opening days

Tuesday to Saturday

Lunch from 11:30am last order by 2pm

Dinner from 5pm last order by 9:30pm during the week and 10pm on Friday and Saturday

## STORTFORD SIGNATURE DISHES

Unique, rich in flavours and full of Thailand. A must try. You may have to order rice or noodles on the side for some of dishes, our staff will let you know.

### SALADS

Spicy & light

<b>Yum Neua (Spicy Beef Salad)</b>	13.50
Thinly sliced grilled sirloin beef tossed with lettuce, red onions, cucumber, baby tomatoes, garlic and coriander. Mixed with spicy Nam Yum dressing.	
<b>Yum Wonsen Talay (Seafood salad)</b>	16.90
Refreshing seafood salad. King Prawns, squid and green mussels with glass noodles and fresh lime&chilli dressing	

### RIVER KING PRAWNS

Large grilled crunchy king prawns, sweeter than their sea cousins. Grilled in a shell for extra flavour. Cut in half and open to make easier to eat.

<b>Goong Poa</b>	17.90
Skillfully grilled Fresh Water King Prawns served with choice of sauces: Nam Yum or Nam Jim Jaew*	
<b>Goong Chuchi</b>	17.90
Grilled Fresh Water King Prawns topped with thick creamy Panang curry and lime leaves, served on a bed of lettuce.	
<b>Goong Saab</b>	17.90
Grilled Fresh Water King Prawns with mixed herbs, red onions, baby tomatoes, spring onions and chilli. Served with Nam Yum sauce*	

### SIRLOIN

Premium Sirloin beef, served with Thai Style sauce

<b>Weeping Tiger Steak</b>	17.00
Grilled sirloin beef marinated in Thai style sauce, served sliced on a bed of lettuce with Nam Jim Jaew sauce*	
<b>Laab Wheeping Tiger Steak</b>	17.90
Grilled marinated sirloin steak with Isan Thai style smoky dressing tossed with red onions, baby tomatoes, coriander, chilli flakes and toasted rice powder	
<b>Thai Style Surf &amp; Turf</b>	28.90
Three large grilled River King Prawns and 7 oz Sirloin Steak server with Nam Jim Jaew and Nam Yum sauces. A delightful combo to share accompanied by Thai Style Cucumber salad.	

### SEABASS

Buttery, sweet and tender fillets

<b>Pla Krapong Tod</b>	15.90
Lightly battered fried seabass fillet served on a bed of lettuce, topped with one of chef's recommended sauces:	
<b>Ma Kham</b>	
Tangy and sweet tamarind sauce with crispy shallots and coriander	
<b>Rard Prix</b>	
Spicy and tangy aromatic herbs, garlic, mixed peppers, onions and chili sauce.	
<b>Chuchi</b>	
Rich and creamy Panang curry topped with finely chopped lime leaves	
<b>Pla Jean</b>	16.50
Lightly battered fried seabass filled topped with cooked minced chicken, ginger, yellow beans, onions, peppers, spring onions and crushed garlic.	
<b>Laab Pla</b>	15.90
Fried seabass fillet with Isan Thai style smoky dressing tossed with red onions, baby tomatoes, coriander, chilli flakes and toasted rice powder.	
<b>Pla Krapong Nueng Manao</b>	16.50
Steamed seabass fillet topped fresh lime hot & sour sauce, garlic, coriander and chillies. It take our team about 20 minutes to steam the fish	

### STIR-FRIED RICE&NOODLES

<b>Pad Thai Goong Poa</b>	16.50
We took our favourite noodles with home-made sweet and tangy sauce made from fresh tamarinds, and made even more special. We have used the sweet and crunchy large sweet water king prawns to create this delight.	
<b>Kau Pad Supparod</b>	16.50
Centre piece for any table. Special fried rice with pineapple, chicken, prawns, egg, onions, carrots, cabbage, tomatoes, few cashew nuts and a touche of tumeric. Served in a scooped out pineapple half.	

### \*SAUCES

<b>Nam Yum</b>	3.00
Hot & sour chili sauce made from garlic, chillies, fish sauce, coriander and lime juice. Coriander can be removed on request.	
<b>Nam Jim Jaew</b>	3.00
Sweet, sour, spicy and smoky flavour with chilli flakes, toasted rice gives it a crunchy texture.	

### Vegan & Vegetarian Dishes

Please let our staff know if you would like a vegan or vegetarian dish. Fish sauce and oyster sauce are popular ingredients in Thai cuisine and can be found in a number of vegetable dishes on our menu. We can substitute above sauces in some of recipes.

### Make it 'Thai Hot'

Our menu is designed with all customers in mind. We do not make the dishes too spicy where possible. Let us know if you like your food extra hot. Our skilled chefs can adapt most of the dishes to your requirements.

### Please let us know if you have food allergies

At One Thai, we cater for a wide range of dietary needs and preferences. Let us know your specific requirements and we will help you pick suitable dishes. Where possible, we will modify our recipes to suit your needs better.