

STARTERS

Mixed Platter to Share 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)

Chicken Satay **GF** **N** 6.70

Marinated Chicken breast with Thai herbs on skewers. Served with peanut sauce.

Por Pia (Spring Rolls) **V** 5.60

Golden fried rice pastry rolls with vermicelli noodles and crunchy vegetables. Served with sweet chilli sauce.

Song Sa-Hai Rolls 6.70

Prawn and chicken marinated in Thai herbs and wrapped in pastry, deep fried until golden brown.

Goong Tempura (Prawn) 7.50

Deep fried king prawns in a light batter with panko breadcrumbs. Served with sweet chilli sauce.

Prawn on Toast 7.50

Deep fried marinated minced prawns with garlic, pepper and coriander on a toast.

Tod Man Pla (Fish cakes) **GF** **N** 7.50

Fried marinated white fish with red curry paste, egg, lime leaves and fine beans. Served with sweet chilli sauce and optional peanuts.

Eagle Wings 6.70

Deep-fried chicken wings flavoured with garlic in a pepper & coriander sauce.

Spare Ribs 7.20

Marinated pork spare ribs with honey, cinnamon bark, anistar seed and aromatic Thai herbs.

Sweetcorn Cakes **V** 6.00

Fried marinated sweet corn with Thai herbs, flour and a hint of curry paste. Served with sweet chilli sauce.

Crispy Tofu **GF** **N** **V** 6.00

Fried Tofu, crispy outside and soft inside served with sweet chilli sauce topped with peanuts

Thai Prawn Crackers **GF** 3.20

Perfect nibble while waiting for your starters. Slightly spicy, served with sweet chilli sauce.

SOUPS

Tom Yum **GF** **N** 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

Tom Kha **GF** **N** 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.

Tod Kratiem 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

Pad Med Ma Muang **V** 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

Pad Nam Mun Hoi **V** 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

Pad Prew Whan **GF** **V** 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

Pad Kraprow **V** **N** 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

Pad Kraprow Talay **N** 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.

Pad Pak (stir-fried vegetables) **V** 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.

Ma Kham **GF** 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. White Fish 13.20

Pad Cha **N** 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
White Fish 13.20

Ped Pad Prix **N** 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.

Green Curry **GF** **N** 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

Red Curry **GF** **N** 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

Panang Curry **GF** **N** 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

Massaman Curry **GF** **N** 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

Kaeng Pa - Jungle Curry **GF** **N** 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

Duck Curry **GF** **N** 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.

Chu Chi Pla **N** 13.20

Fried white fish topped with thick creamy Panang curry and lime leaves, on a bed of lettuce.

SIDES

Side Pad Pak (stir-fried vegetables) **V** 6.50

Perfect with any stir-fry or curry.

Stir-fried Broccoli **V** 6.50

Broccoli stir fried with garlic and light soya sauce

Beansprouts with Tofu **V** 6.50

Fried tofu with blanched beansprouts and spring onions in light soya sauce.

Stir-fried Courgettes **V** **N** 6.50

Courgettes stir fried with garlic, chilli and basil.

STIR-FRIED NOODLE DISHES

A side dish to share or a meal by itself.

Pad Thai **GF** **N** Chicken 10.90

The one and only, famous traditional Thai rice noodles stir-fried with home-made sweet and tangy tamarind sauce, chopped pickled sweet raddish, bean sprouts, spring onions, finely cut carrots strips and grated peanuts on the side. Pork 10.90
Prawns 11.90
Veg & Tofu 10.40

Pad Mee Chicken 10.90

Quick egg noodle stir-fry with soya sauce, beansprouts, finely chopped cabbage, carrots strips and spring onions. We can make it spicy on request. Pork 10.90
Prawns 11.90
Veg & Tofu 10.90

Just Egg Noodles 4.50

Simple stir-fried egg noodles with beansprouts, thinly cut carrot strips and spring onions. Great as a side to stir fries.

RICE

Rice to go with your stir fries, curries and specials.

Thai Fragrant Rice **GF** **V** 3.20

Perfect with any stir-fry or curry.

Egg Fried Rice **GF** 3.80

Fragrant rice stir fried with an egg on a wok. Great with curries

Sticky Rice **GF** **V** 4.20

Famous glutinous rice, very sticky. Served in a plastic pouch to stop it from drying out and to make it easier to eat.

Riceberry Rice **GF** **V** 4.20

Healthy unprocessed rice deep purple in colour, slightly sweet. Rich in anthocyanin; Great with mild dishes, especially Massaman Curry

DRINKS

Tea Cup 2.00

English Breakfast, Earl Grey, Green Tea, Jasmine Tea, Chamomile, Mint, Decaf Pot for 1 2.20
Pot for 2 2.50

Coffee Espresso 2.20

Ideal Espresso, Latte, Cappucino, Americano, Mocha, Decaf, Hot Chocolate Other coffes 2.50

Soft Drinks 2.00

Coke, Coke Zero, Diet Coke, 7up, Orange Juice

Water 2.00

Still, Sparkling

Food Allergies & Preferences

Please let our staff know if you have any food allergies or dietary requirements.

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.

- V** Can be made vegetarian or vegan on request
 - N** Contains nuts, we can remove them in some dishes
 - GF** Gluten free dish, please mention to staff
- All dishes are dairy free!

Make it 'Thai Hot'

Our menu is designed with all customers in mind. Where possible, we try to keep spiciness levels low to medium. Let us know if you like your food extra hot. Our skilled chefs can adapt most of the dishes to your requirements.

Go Large!

We can make most of lunch and dinner dishes large for £2.00.

