



EAT AT HOME

The finest Thai menu

Authentic Thai food cooked in the traditional way.

Sangthai Restaurant

Church Cottage, Escrick, York YO19 6EX

Opening Hours:

Wednesday to Sunday
12 - 2.30pm and 5 - 10pm (last orders)
Closed Monday and Tuesday

Tel: **01904 728462** Web: www.sangthai.co.uk Email: food@sangthai.co.uk

EAT AT HOME The finest Thai menu

Restaurant-quality food to eat at home.

All of our dishes are prepared to order, no ready-made cooking sauces or boxes of cold food lying next to dishes on our menu and nothing is bought-in or prepared by others. Our food, made properly from good ingredients, doesn't need flavour enhancers.

This menu is correct from **2023** and replaces previous ones. We are aware that many takeaway customers order from older menus or remember the numbers of their favourite dishes. For this reason, dish numbers are unchanged from the previous menu.

Allergy advice The Food Information Regulations require that we state if our dishes contain ingredients that are considered to be allergenic. We have put this information on a separate fact sheet, which is available in the restaurant and can be viewed on our website at: <http://sangthai.co.uk/allergen-advice.htm>. Most of our food is prepared without wheat products however some dishes contain gluten from oyster and soya sauces, where fermented wheat is a desirable and authentic constituent. We can prepare all soups, salads, stir-fries, curries, noodles and rice dishes with no gluten-containing ingredients if requested.

STARTERS

1 Popia Tod £5.95

Thai spring rolls. Light and crispy wrappers surrounding a tasty mix of stir-fried vegetables, oriental mushrooms and rice noodles with minced chicken. Served with a sweet and sour plum sauce.

2 Gai Satay £5.95

Marinated strips of chicken fillet, barbecue grilled and served with our own special peanut sauce.

3 Tod Mun Pla £5.95

Thai fishcakes made with fish blended with Thai herbs and spices. Served with spicy sweet and sour cucumber sauce.

4 Kanom Pung Nah Moo £5.95

Deep-fried marinated pork on pieces of toast, served with sweet dipping sauce.

5 Kradoog Moo Tod £5.95

Pork spare ribs coated with our own special marinade and cooked and cooked until tender

6 Chicken Gyoza £5.95

Fried dumpling wrappers containing a tasty mix of minced chicken and vegetables.

7 Goong Shup Pang Tod £6.95

Tiger prawns in a light crispy batter. Served with a sweet chilli sauce.

8 Geow Tod £5.95

Crispy wontons filled with minced chicken and prawn. Served with sweet chilli sauce.

9 Si Oua £6.95

A traditional pork sausage made by us from minced pork with authentic spices and herbs.

10 Yum Goong £6.95

Tiger prawns, salad leaves and herbs with a spicy dressing of lime juice, chillies and fresh coriander.

11 Sangthai Starter Selection for 2 £11.95

A selection of starters (fishcakes, satay, spring rolls, and pork toast) with home made dipping sauces
(for 3 persons £17.95)

201 Khow Kreb Tod £2.75

Thai Prawn Crackers with sweet chilli sauce.

202 Pla Muek Tod £6.95

Salt and pepper squid. Fried till crispy with black pepper, garlic and a touch of chilli.

THAI SOUPS

Supplied in individual portions.

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|-----------|--|--------------|
| 12 | Tom Yum Goong | £5.95 |
| | Prawns in a hot & sour soup flavoured with lemongrass, lime leaves and chilli. | |
| 13 | Tom Yum Gai | £4.95 |
| | As above but made with chicken. | |
| 14 | Tom Kha Gai | £4.95 |
| | A rich and aromatic soup made from fresh chicken breast cooked in coconut milk and flavoured with lemongrass, lime leaves and kha (galanga, a type of ginger). | |
| 15 | Tom Kha Goong | £5.25 |
| | As Tom Kha Gai but using tiger prawns instead of chicken. Mushrooms and tomatoes are also included in this classic soup | |
| 16 | Tom Kha Talay | £6.50 |
| | A mixed seafood version of tom kha: squid, shellfish, prawns and fish cooked in coconut milk and flavoured with lemongrass, lime leaves and kha, garnished with fresh coriander. | |
| 17 | Tom Yum Talay | £6.50 |
| | The classic hot and sour soup made with mixed seafood. | |

GRILLED MEAT

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| 20 | Sua Rong Hai | £13.50 |
| | Translates as weeping tiger, this is a classic Thai dish of barbecue-grilled sirloin steak served with a pouring sauce flavoured with black pepper and sesame oil. | |
| S2 | Phed Makahm | £13.50 |
| | Marinated duck breast, barbecue-grilled, with a sweet and sour tamarind sauce. | |
| S3 | Gai Ob Gratiam | £13.50 |
| | Marinated chicken breast, barbecue-grilled and served with a sauce made from garlic, black pepper, lemongrass and coriander. | |

THAI SALADS

Salad leaves and fresh herbs are often served with spicier Thai foods but the salads listed below are intended to be main dishes rather than accompaniments.

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| 23 | Yum Sahn Rot Gai | £9.50 |
| | Crispy fried chicken in a special Thai salad with sweet, sour and chilli sauce. | |
| 24 | Larb Gai/Moo | £9.50 |
| | A speciality of Northern Thailand, larb is served warm and is best eaten with sticky rice. Made with minced chicken or pork, this dish sparkles with the flavours of fresh chillies, lemongrass, coriander and shredded lime leaves. | |
| 25 | Larb Goong | £9.50 |
| | A special version of larb made with chopped tiger prawns. A lovely Thai combination of spicity and aromatic flavours. | |



THAI CURRIES

Made from spices, garlic and chillies blended and cooked with meat in a rich stew of coconut milk and herbs. Curries are spicy in Thai cuisine and should be eaten with milder stir-fries.

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|-----------|--|--------------|
| 27 | Gaeng Hang Lay | £9.50 |
| | A delicious pork curry derived from Burma and a speciality of Northern Thailand. Tamarind, fruit and spices are cooked with the meat to give a rich, sweet and sour flavour. | |
| 28 | Gaeng Pet Gai/Nua | £9.50 |
| | Thai red curry, rich and spicy and made with either chicken or beef | |
| 29 | Gaeng Penang Gai/Nua | £9.50 |
| | A rich, aromatic curry flavoured with lime leaves and peanuts. Chicken or beef. | |
| 30 | Gaeng Keowan Gai/Nua | £9.50 |
| | Classic Thai green curry. Pieces of tender chicken breast or beef cooked in coconut milk flavoured with basil and lime leaves. | |

31 Gaeng Massaman Gai/Nua £9.50

A rich coconut curry with peanuts, potatoes and chicken or beef. (Also available with Prawns £10.75)

32 Gaeng Karee Gai/Nua/Moo £9.50

Thai yellow curry. Chicken, beef or pork cooked in coconut milk flavoured with coriander, lemongrass and special aromatic spices.

STIR-FRY DISHES

Classic Thai stir-fries. Brief but intense heat with flames that impart a delicious barbecued flavour yet retain all the goodness, taste and texture of the vegetables.

33 Pad Prik Hang Gai/Moo £9.25

Stir-fried chicken or pork with onions, large dried chillies (not too hot) and roasted cashew nuts for extra crunch and flavour.

34 Pad Kratiam Gai/Nua/Moo £9.25

A choice of stir-fried chicken, beef or pork with garlic and white pepper.

35 Pad Gaprao Gai/Nua/Moo £9.25

Spicy and aromatic; minced chicken, beef or pork with fresh chillies, lime leaves and basil.

36 Pad Khing Gai/Moo £9.25

Chicken or pork stir-fried with large fresh chillies, mushrooms and ginger.

37 Pad Num Mon Hoy Gai/Nua/Moo £9.25

Chicken, beef or pork stir fried with vegetables and flavoured with oyster sauce.

38 Pad Pried Wan Gai/Moo £9.25

Stir-fried chicken or pork with onions and peppers in our special 'home-made' sweet and sour sauce.



SEAFOOD



39 Gaeng Keowan Goong £10.75

Prawns cooked in green curry paste with coconut milk and sweet basil.

40 Panang Goong £10.75

Prawns cooked in rich panang red curry paste with coconut milk and lime leaves.

41 Gaeng Karee Goong £10.75

Tiger prawns in Thai yellow curry. Fairly mild but rich with the flavours of coconut milk, coriander, lemongrass and special aromatic spices.

42 Pad Prik Hang Goong £10.75

Tiger prawns stir-fried with onions, dried chillies and roasted cashew nuts.

43 Goong Pat Sapparot £10.75

Tiger Prawns stir-fried with cashew nuts, pineapple and sweet peppers.

44 Pla Muek Pat Pet £9.50

Squid stir-fried with chillies, garlic, peppers and basil.

47 Pla Shu Shi £12.95

Fillet of haddock, fried and topped with a spicy sauce made from red curry and coconut cream flavoured with lime leaves.

48 Pla Pried Wan £12.95

Fillet of haddock, steamed and topped with our own special Thai sweet and sour sauce.

49 Pla Sahm Lot £12.95

Three-flavoured fish: fried whole sea bass in a sweet, sour and spicy sauce flavoured with tamarind, pickled garlic, shallots and large fresh chillies.

50 Pla Jian Keowan £12.95

Sea bass in green curry sauce made from coconut milk flavoured with basil and lime leaves.

51 Pla Nung £12.95

Sea bass steamed with ginger, mushrooms and chillies, flavoured with oyster sauce.

S.6 Pla Nung Manow £12.95

Whole sea bass steamed with garlic, fresh chillies and coriander, served with a spicy lemon sauce.

S.7 Talay Gata £12.95

Mixed seafood (tiger prawns, fish, green-lip mussels and squid) stir-fried with sweet peppers and onions.



NOODLES & RICE

52 Pad Thai Gai/Moo £8.50

One of the most famous Thai dishes. Stir-fried noodles with eggs, bean sprouts, ground peanuts and chicken or pork.

53 Pad Thai Goong £9.70

As above but with tiger prawns.

54 Bah Mee Pad Kai £4.10

Egg noodles, stir-fried with egg.

55 Khao Suey £2.95

Steamed Thai fragrant rice. We use the finest triple A grade of Thai Jasmine rice because its taste and texture make it the best partner for spicier curries and stir-fries.

56 Khao Pad Kai £3.50

Fried rice with egg.

57 Khao Pad Gai/Moo £7.95

Fried rice with egg and a choice of chicken or pork. This is more of a main course dish.

58 Khao Pad Goong £9.25

Fried rice with egg and prawns

59 Khao Niew £3.25

Thai sticky rice, use your fingers to dip it into drier dishes and salads. Not so easy for wet curries and stir-fries.

99 Khao Maprao £3.25

Coconut rice

DUCK DISHES

60 Yum Phed £10.95

Tender slices of duck breast in a spicy Thai salad, flavoured with lime juice, chillies and fresh coriander.

61 Larb Phed £10.95

A northern speciality made from minced duck breasts combined with chillies, lemongrass, lime juice, coriander and shredded lime leaves. This dish and Yum Phed are best eaten with sticky rice.

62 Gaeng Pet Phed Yang £10.95

Thai red duck curry, a rich and spicy dish made with coconut milk and red curry paste flavoured with pineapple and herbs.

63 Phed Pad Prik £10.95

Stir-fried duck breast with onions and large fresh chillies.

65 Phed Pad Kratiam £10.95

Stir-fried duck with garlic and white pepper.

67 Phed Pad Khing £10.95

Slices of duck breast stir-fried with large fresh chillies, mushrooms and ginger

68 Phed Pad Num Mon Hoy £10.95

Stir-fried duck with vegetables in oyster sauce.

69 Gaeng Karee Phed £10.95

Thai yellow curry. Tender slices of duck breast cooked in coconut milk flavoured with turmeric, coriander seeds, lemongrass and aromatic spices.



STARTERS

70 Popia Tod Jay £5.95

Home-made Thai spring rolls. Light and crispy wrappers surrounding a tasty mix of stir-fried vegetables, oriental mushrooms and rice noodles. Served with a sweet and sour plum sauce.

71 Pak Roun Tod £5.95

Mixed vegetables, battered and fried, served with a spicy sweet and sour sauce.

72 Tod Mun Khao Pod £5.95

Thai sweetcorn fritters served with sweet chilli sauce

73 Vegetable Gyoza £5.95

Thin dumpling wrappers filled with a tasty mix of vegetables and deep-fried. Served with sweet chilli sauce.



74 Tofu Tod £5.95

Golden chunks of fried bean curd, served with a sweet and spicy sauce.

77 Vegetarian Starter Selection £11.50 for 2 persons (for 3 persons £17.25)

Thai sweetcorn fritters, spring rolls and vegetables in crispy batter. Served with a selection of homemade dipping sauces.

SOUPS

Individual portions, which can be served as starters if required.

78 Tom Yum Hed £4.95

Mushrooms in hot & sour soup flavoured with lemon grass, lime leaves and chilli.

79 Tom Kha Hed £4.95

Mushrooms in a soup made with coconut milk and flavoured with lemon grass, lime leaves and galanga (kha, a type of ginger).

MAIN COURSES

80 Pad Pak Roun £8.50

Stir-fried mixed vegetables in soy sauce

81 Tofu Pad Khing £8.50

Stir-fried tofu with fresh ginger, bean sprouts and soy sauce.

82 Priew Wan Pak £8.50

Mixed vegetables in our special 'home-made' sweet and sour sauce.

84 Gaeng Penang Tofu £8.50

Tofu cooked in a rich Penang red curry flavoured with lime leaves.

85 Gaeng Keowan Pak Pasom

Thai green curry. Vegetables cooked in coconut milk with basil and lime leaves

86 Gaeng Pet Pak Pasom £8.50

Vegetables in a rich and spicy red curry flavoured with basil.

87 Gaeng Karee Jay £8.50

A vegetarian version of our classic Thai yellow curry. Vegetables cooked in coconut milk flavoured with turmeric, coriander seeds, lemongrass and aromatic spices.

88 Tofu Shu Shi £8.50

Tofu, deep-fried and topped with a spicy sauce made from red curry paste and coconut cream flavoured with lime leaves.

89 Gaeng Massaman £8.50

A rich coconut curry with peanuts and potatoes in an aromatic sauce.

90 Pad Thai Jay £8.50

The classic Thai noodle dish with stir-fried rice noodles and vegetables (also tofu if requested).



Sangthai Set Menus

Each of the following meals has been selected to provide variety and balance. Choosing the right combination of dishes is very important in Thai cuisine and for someone new to Thai food selecting a set menu is a chance to experience a wide range of flavours.

Menu A

For 2 persons or more £20 per person

11 STARTERS

A selection of starters (fishcakes, satay, spring rolls, and pork toast) with home made dipping sauces.

MAIN COURSES

- 30 Chicken in Green Curry
36 Stir-fried Pork with Ginger 80 Stir-fried Vegetables
55 Thai fragrant Rice

Menu B

For 2 persons or more £22 per person

STARTERS

- 1 Thai spring rolls
2 Chicken satay
5 Pork spare ribs

MAIN COURSES

- 37 Stir-fried Pork with vegetables in oyster sauce
29 Beef Penang curry,
33 Stir-fried chicken with dried chillies and cashews
55 Thai fragrant rice

Menu C

For 3 persons or more £23 per person

STARTERS

- 9 Si Oua pork sausage
3 Thai fishcakes
2 Chicken satay
15 Tom Kha, tiger prawns in coconut soup

MAIN COURSES

- 31 Chicken massaman curry
36 Stir-fried pork with fresh ginger
43 Stir-fried prawns with cashews, pineapple & peppers
55 Thai fragrant rice



Menu D

For 4 persons or more £24 per person

STARTERS

- 3 Thai fishcakes
5 Pork spare ribs
1 Spring rolls
17 Seafood tom tum soup

MAIN COURSES

- 43 Stir-fried prawns with cashews, pineapple & peppers
69 Duck Thai yellow curry
34 Beef with garlic & white pepper
55 Thai fragrant rice



VEGETARIAN

For 2 persons or more £19 per person

STARTERS

- 70 Thai spring rolls, 74 Tofu Tod
72 Sweetcorn fritters, 73 Gyoza

MAIN COURSES

- 81 Stir-fried tofu with fresh ginger
82 Mixed vegetables in sweet and sour sauce
85 Thai vegetable green curry
55 Thai fragrant rice

Some Like it HOT

...and a few very authentic hot and spicy specials.
Please don't ask us to make these dishes milder!
Order sufficient rice and combine them with
milder dishes for that authentic Thai taste!



SH1 Gaeng Par £10.50

Thai jungle curry. A non-coconut based curry of meat and vegetables cooked in stock with chilli paste and spices.
Chicken or Beef.

SH2 Pad Prik Nua Tuun £11.00

Beef, slowly cooked until tender and then stir-fried with basil and chillies to give a spicy and aromatic dry curry.

SH3 Phed Pad Nam Prik Pow £11.00

Slices of duck breast, stir-fried with spicy chilli paste, basil and sweet peppers

SH4 Goong Makham £11.00

Tiger prawns, stir-fried with tamarind paste and dried chillies.

Dessert £4.95

100 Crispy Banana in Syrup

Banana coated in sweet batter and deep-fried, served with either golden syrup or toffee sauce.

101 Coconut Banana

Sliced banana with warmed coconut cream

We accept all credit and debit cards



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