



CHILLI

Nutritionally, chillies are an excellent source of vitamin C with red chillies supplying even more than the green variegateds. They also have dietary fibre and many vitamins and minerals.



GARLIC

Some of the sulphur compounds in garlic can reduce levels of cholesterol although the effect is not as great as that from cutting back on fats.



GINGER

It was first used as a food in China some 2500 years ago. In the quantities eaten, its kilojoules can be ignored. A 5g piece of ginger has fewer than 15kj (4 Cals).



TAMARIND

Tamarind is high in dietary fibre and potassium, and is a source of iron, calcium, and thiamine (vitamin B1). One tablespoon of the pulp has 210kj(50Cals). A 10g serving of leaves has 50kj (12Cals)



CORIANDER

Fresh coriander is a good source of vitamin C. This becomes relevant in some Thai dishes where larger quantities of fresh coriander are used. 100 g of leaves have 85kj (20Cals).



**82 Main Rd.
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 **suwan thai restaurant**

Suwan Thai Restaurant

Fully Licensed & B.Y.O



BASIL

Nutritionally, basil is a good source of calcium and iron, if used in sufficient quantities. This may occur in pesto. Like most herbs, it has few kilojoules. 100 g of sweet basil leaves have 170kj (40Cals)



ONION

They contribute some dietary fibre, and their sulphur compounds may have the ability to lower cholesterol, if you eat enough. A medium size onion (125 g) has 125kj (30 Cals)



MINT

If mint is used in a mint pesto, its nutrients become significant. It is a good source of iron, vitamins E and C folate. 100 g of mint has 180kj (42 Cals)



PEPPER

Both black and white pepper are the dried fruits of a tropical vine which grows in India and represents the most commonly used spice throughout the world.



LEMONGRASS

Its delicate lemon flavour marries well with those of coriander and other spices. Dried lemongrass is sold as a powder. Lemongrass is also used to make tea; it has no caffeine and no known undesirable effects.

ENTREES

- 1. Prawn Crackers or Papadams**
Served with peanut sauce
\$6.90
- 2. Por Pia Tod**
Miniature spring rolls filled with savoury pork and served with sweet chilli sauce
\$10.90
- 3. Hot Chix**
Deep fried chicken spare ribs marinated with herbs and cooked with our special homemade hot sauce
\$15.90
- 4. Satay**
Marinated strip of Chicken grilled with coconut milk, served with peanut sauce.
\$11.90
- 5. Curry puff**
Thai style curry puffs, served with cucumber chilli sauce
\$11.90
- 6. Goong Tod**
Deep fried prawn batter, served with a sweet chilli sauce topped with crushed peanuts
\$11.90
- 7. Tod Mun Pla**
Deep fried fish cake seasoned with red curry paste and fresh beans, served with sweet and sour chilli sauce
\$11.90
- 8. Goong Nang Mai**
BBQ prawns with hot chilli garlic sauce
\$11.90
- 9. Goong Hom Pha**
Deep fried king prawn wrapped with golden brown pastry served with sweet chilli sauce
\$11.90
- 10. Tom Yum**
The most famous of Thai soups, seasoned with lemon juice, lemongrass, kaffir leaves and chilli [Prawn or Chicken]
\$13.90
- 11. Tom Kha**
Another famous Thai soup cooked in coconut milk, seasoned with lemon juice and galanga [Prawn or Chicken]
\$13.90
- 12. Por Tak**
Hot and sour soup with mixed seafood and sweet basil leaves
\$13.90

SOUPS

13. Salad Puk Sod

A green salad topped with slices of boiled egg and peanut sauce
\$15.90

15. Yum Nur

Sliced rump beef cooked in lime juice, cucumber tomato and chilli
\$21.90

17. Gaeng Keow Waan

Traditional hot Thai curry cooked in coconut milk with green curry paste. [Beef, Chicken or Pork]
\$24.90

20. Gaeng Massamun

Thai sweet and sour curry cooked in coconut milk with mussamun curry paste, potato, carrot and peanuts. [Beef, Chicken or Pork]
\$24.90

SALADS

14. Larb Gai

Minced chicken cooked in lemon juice, spring onions and chilli
\$21.90

16. Naem Sod

Minced pork, cooked in lemon juice, fresh ginger, spring onion, chilli and diced peanuts
\$21.90

CURRIES

All curries with prawns **\$27.90**

18. Gaeng Dang

Another traditional hot Thai curry cooked in coconut milk with red curry paste. [Beef, Chicken or Pork]
\$24.90

19. Gaeng Panang

Spicy Thai curry cooked in coconut milk with special red curry paste topped with kaffir leaves. [Beef, Chicken or Pork]
\$24.90

21. Gaeng Ka-Ri

Yellow curry cooked in coconut milk with potato, carrot, onion and topped with dried shallots. [Beef, Chicken or Pork]
\$24.90

VEGETARIAN

(Vegans should advise the waiter of any special requirement)

ENTREE

- 22. Por Pia Puk**
Miniature spring rolls filled with herbs and vegetables served with a sweet chilli sauce
\$10.90
- 23. Curry Puff Puk**
Thai style vegetable curry puffs served with cucumber and chilli sauce
\$11.90
- 24. Tofu Tod**
Fried bean curd served with sweet chilli sauce topped with crushed peanuts
\$10.90
- 25. Puk Tod**
Deep fried vegetables served with sweet chilli sauce
\$10.90

SOUPS

- 26. Tom Yum Puk**
Lemongrass soup with mixed vegetables
\$13.90
- 27. Tom Kha Puk**
Coconut milk soup with mixed vegetables
\$13.90

MAIN COURSE

- 28. Gaeng keow waan Puk**
Traditional hot Thai curry cooked in coconut milk with green curry paste and vegetables in season
\$23.90
- 29. Gaeng Dang Puk**
Another hot Thai curry cooked in coconut milk with red curry paste and vegetables in season
\$23.90
- 30. Gaeng Masamun Puk**
Thai sweet & sour curry cooked in coconut milk and vegetables
\$23.90
- 31. Gaeng Ka-Ri Puk**
Yellow curry cooked in coconut milk and vegetables topped with dried shallots
\$23.90
- 32. Pad Khing Tofu**
Stir fried bean curd and vegetables with fresh ginger
\$21.90
- 33. Pad Tofu Makhur**
Stir fried egg plant with bean curd, chilli and garlic topped with sweet basil leaves
\$21.90
- 34. Pad Grapow Puk**
Stir fried vegetables with garlic chilli and sweet basil leaves
\$21.90
- 35. Koa Pad Puk**
Thai style fried rice with vegetables
\$19.90
- 36. Pad Thai Puk**
Stir fried rice noodles with vegetables and with minced peanuts and lemon juice
\$19.90
- 37. Pad Puk**
Stir fried mixed vegetables in season
\$21.90

STIR FRIED

- 38. Pad Bi Grapow**
Stir fried beef, chicken or pork with garlic, onion, chilli and sweet basil leaves
\$23.90
- 39. Pad Khing**
Stir fried beef, chicken or pork with fresh ginger, onion, mushroom vegetables, and soy sauce
\$23.90
- 40. Pad Preow Waan**
Stir fried beef, chicken or pork with Thai style sweet & sour sauce
\$23.90
- 41. Pad Prig**
Stir fried beef, chicken or pork with red curry paste bamboo shoots and vegetables
\$23.90
- 42. Pad Rummit**
Stir fried chicken or pork with vegetables in season
\$23.90
- 43. Pad Nur Namun Hoy**
Stir fried beef with oyster sauce, garlic, onion, baby corn and vegetables
\$23.90
- 44. Moo Gratiam**
Stir fried pork with garlic and pepper
\$23.90
- 45. Gai Pad Numprig Poa**
Stir fried chicken with sweet chilli paste and vegetables
\$23.90
- 46. Gai Loong Soong**
Fried chicken in batter covered with mango sauce
\$23.90

SEAFOOD

- 47. Goong Gratiam**
Stir fried prawns with garlic and pepper
\$27.90
- 48. Goong Himaphan**
Stir fried prawns with cashew nuts and vegetables
\$27.90
- 49. Goong Numprig Poa**
Stir fried prawns with sweet chilli paste and vegetables
\$27.90
- 50. Goong Grapow**
Stir fried prawns with garlic, onion, chilli, vegetables and sweet basil leaves
\$27.90

FISH

- 51. Pla Sam Rod**
Deep fried whole fish topped with sweet & sour chilli sauce
\$36.90
- 52. Pla Lard Khing**
Deep fried whole fish topped with fresh ginger sauce and vegetables
\$36.90
- 53. Pla Lard Prig**
Deep fried whole fish topped with chilli sauce
\$36.90
- 54. Pla Yang**
Grilled whole fish served with your choice of green curry sauce or garlic sauce
\$36.90
- 55. Gai Yang**
Grilled chicken fillet marinated with special herbs served with sweet chilli and side salad
\$24.90
- 56. Moo Yang**
Grilled pork fillet marinated with special herbs served with sweet chilli and side salad
\$24.90

GRILL

NOODLES

- 57. Pad Thai**
Fried rice noodles with chicken and bean shoots, minced peanuts and lemon juice
\$19.90
- 58. Pad Se-Ew**
Fried rice stick noodles with garlic, broccoli and soy sauce with beef, chicken or pork
\$19.90

RICE

- 59. Koa**
Steamed jasmine rice served per person
\$5.00
- 60. Koa Pad**
Thai style fried rice with beef, chicken or pork
\$19.90
- 61. Koa Kati**
Coconut rice served per person
\$6.00
- 62. Roti**
Thai style bread
\$6.50

Set menu for 4 people or more

MENU A (\$40.00 per person)

- ENTREE
Prawn Crackers
Por Pia Tod
Curry Puff
- MAIN COURSE
Gaeng Masamun
Pad Thai
Salad Puk Sod
Pad Preow Waan and Koa
- DESSERT
Banana Fritter or Gouy Bud Chee
- BEVERAGES
Tea or coffee

MENU B (\$45.00 per person)

- ENTREE
Prawn Crackers
Satay
Goong Hom Pha
- SOUP
Tom Yum or Tom Kha
- MAIN COURSE
Gaeng Masamun
Pad Thai
Salad Puk Sod
Goong Himaphan
- DESSERT
Banana Fritter or Gouy Bud Chee
- BEVERAGES
Tea or coffee

CHEF'S SUGGESTIONS

- 63. Goong Makam**
Deep fried king Prawns in flour with Tamarind Sauce. topped with dried shallots and coriander
\$27.90
- 64. Pad Talay**
Stir fried mixed seafood with garlic, spring onions, chilli and sweet basil leaves
\$28.90
- 65. Nuer - Aroy**
Stir fried beef with cashew nuts, onion cooked with special sauce topped with spring onion and sesame seeds
\$24.90
- 66. Gai Himaphan**
Stir fried chicken with cashew nuts and vegetables
\$24.90
- 67. Nuer Suwan**
Stir fried marinated Beef & Thai Herbs accompanied by steamed Vegetables & served with a Hot Tamarind sauce.
\$24.90

- 68. Gai Piroth**
Stir fried sliced chicken breast cooked in a special sauce and accompanied with salad and our peanut sauce.
\$24.90

- 69. Pad Lui Suan**
Stir fried beef, Chicken or pork in a traditional Thai sauce of garlic, shallots, lemongrass, ginger, spring onion, coriander, chilli and broccoli
\$24.90

Daily Specials

For daily specials please refer to our table cards.

DESSERTS

- 70. Koa Tom Mud**
Sweet sticky rice filled with banana served with ice cream
\$12.90
- 71. Gouy Bud Chee**
Banana cooked in coconut milk
\$12.90
- 72. Rummit Ice Cream**
Home made style ice cream
\$12.90
- 73. Banana Fritter**
Banana fried in batter served with ice cream
\$12.90

NO MSG added

If your intolerant to any ingredients, i.e. wheat, gluten etc. Please advise when placing your order.

GST. Inclusive