



**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).



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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.

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## ENTREES

1. **Prawn Crackers or Papadams**  
Served with peanut sauce  
**\$5.50**
2. **Por Pia Tod**  
Miniature spring rolls filled with savoury pork and served with sweet chilli sauce  
**\$9.90**
3. **Hot Chix**  
Deep fried chicken spare ribs marinated with herbs and cooked with our special homemade hot sauce  
**\$14.90**
4. **Satay**  
Marinated strip of Chicken grilled with coconut milk, served with peanut sauce  
**\$10.90**
5. **Curry puff**  
Thai style curry puffs, served with cucumber chilli sauce  
**\$10.90**
6. **Goong Tod**  
Deep fried prawn in coconut batter, served with sweet chilli sauce and topped with crushed peanuts  
**\$10.90**
7. **Tod Mun Pla**  
Deep fried fish cake seasoned with red curry paste and fresh beans, served with sweet chilli minced peanuts, cucumber sauce  
**\$10.90**
8. **Goong Nang Mai**  
BBQ prawns with hot chilli garlic sauce  
**\$10.90**
9. **Goong Hom Pha**  
Deep fried king prawn wrapped with golden brown pastry served with sweet chilli sauce  
**\$10.90**
10. **Tom Yum**  
The most famous of Thai soups, seasoned with lemon juice, lemongrass, kaffir leaves and chilli [Prawn or Chicken]  
**\$12.90**
11. **Tom Kha**  
Another famous Thai soup cooked in coconut milk, seasoned with lemon juice and galanga [Prawn or Chicken]  
**\$12.90**
12. **Por Tak**  
Hot and sour soup with mixed seafood and sweet basil leaves  
**\$12.90**

## SOUPS

13. **Salad Puk Sod**  
A green salad topped with slices of boiled egg and peanut sauce  
**\$14.90**

15. **Yum Nur**  
Sliced rump beef cooked in lime juice, cucumber, tomato and chilli  
**\$19.90**

### 17. Gaeng Keow Waan

Traditional hot Thai curry cooked in coconut milk with green curry paste. [Beef, Chicken or Pork]  
**\$20.90**

### 20. Gaeng Massamun

Thai sweet and sour curry cooked in coconut milk with mussamun curry paste, potato, carrot, pineapple and peanuts. [beef, Chicken or Pork]  
**\$20.90**

## 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  
**\$9.90**
23. **Curry Puff Puk**  
Thai style vegetable curry puffs served with cucumber and chilli sauce  
**\$10.90**
24. **Tofu Tod**  
Fried bean curd served with sweet chilli sauce topped with crushed peanuts  
**\$9.90**
25. **Puk Tod**  
Deep fried vegetables served with sweet chilli sauce  
**\$9.90**

### SOUPS

26. **Tom Yum Puk**  
Lemongrass soup with mixed vegetables  
**\$12.90**
27. **Tom Kha Puk**  
Coconut milk soup with mixed vegetables  
**\$12.90**

### MAIN COURSE

28. **Gaeng keow waan Puk**  
Traditional hot Thai curry cooked in coconut milk with green curry paste and vegetables in season  
**\$20.90**
29. **Gaeng Dang Puk**  
Another hot Thai curry cooked in coconut milk with red curry paste and vegetables in season  
**\$20.90**
30. **Gaeng Masamun Puk**  
Thai sweet & sour curry cooked in coconut milk, vegetables, potato, carrot, pineapple and peanuts  
**\$20.90**
31. **Gaeng Ka-Ri Puk**  
Yellow curry cooked in coconut milk and vegetables topped with dried shallots  
**\$20.90**
32. **Pad Khing Tofu**  
Stir fried bean curd and vegetables with fresh ginger  
**\$18.90**
33. **Pad Tofu Makhur**  
Stir fried egg plant with bean curd chilli and garlic topped with sweet basil leaves  
**\$18.90**
34. **Pad Grapow Puk**  
Stir fried vegetables with garlic chilli and sweet basil leaves  
**\$18.90**
35. **Koa Pad Puk**  
Thai style fried rice with vegetables and egg  
**\$17.90**
36. **Pad Thai Puk**  
Stir fried rice noodles with vegetables minced peanuts, lemon juice, tofu and egg  
**\$17.90**
37. **Pad Puk**  
Stir fried mixed vegetables in season  
**\$18.90**

## SALADS

14. **Larb Gai**  
Minced chicken cooked in lemon juice, spring onions and chilli  
**\$19.90**

16. **Naem Sod**  
Minced pork, cooked in lemon juice, fresh ginger, spring onion, chilli and diced peanuts  
**\$19.90**

## CURRIES

All curries with prawns **\$24.90**

### 18. Gaeng Dang

Another traditional hot Thai curry cooked in coconut milk with red curry paste. [Beef, Chicken or Pork]  
**\$20.90**

### 19. Gaeng Panang

Spicy Thai curry cooked in coconut milk with special panang curry pasate topped with kaffir leaves. [Beef, Chicken or Pork]  
**\$20.90**

### 21. Gaeng Ka-Ri

Yellow curry cooked in coconut milk with potato, carrot, onion and topped with dried shallots. [Beef, Chicken or Pork]  
**\$20.90**

## STIR FRIED

38. **Pad Bi Grapow**  
Stir fried beef, chicken or pork with garlic, onion, chilli and sweet basil leaves  
**\$19.90**
39. **Pad Khing**  
Stir fried beef, chicken or pork with fresh ginger, onion, mushroom vegetables, and soy sauce  
**\$19.90**
40. **Pad Preow Waan**  
Stir fried beef, chicken or pork with Thai style sweet & sour sauce  
**\$19.90**
41. **Pad Prig**  
Stir fried beef, chicken or pork with red curry paste bamboo shoots and vegetables  
**\$19.90**
42. **Pad Rummit**  
Stir fried chicken or pork with vegetables in season  
**\$19.90**
43. **Pad Nur Namun Hoy**  
Stir fried beef with oyster sauce, garlic, onion, baby corn and vegetables  
**\$19.90**
44. **Moo Gratiam**  
Stir fried pork with garlic and pepper  
**\$19.90**
45. **Gai Pad Numprig Poa**  
Stir fried chicken with sweet chilli paste and vegetables  
**\$19.90**
46. **Gai Loong Soong**  
Fried chicken in batter covered with mango sauce  
**\$19.90**

## SEAFOOD

47. **Goong Gratiam**  
Stir fried prawns with garlic and pepper  
**\$24.90**
48. **Goong Himaphan**  
Stir fried prawns with cashew nuts and vegetables  
**\$24.90**
49. **Goong Numprig Poa**  
Stir fried prawns with sweet chilli paste and vegetables  
**\$24.90**
50. **Goong Grapow**  
Stir fried prawns with garlic, onion, chilli, vegetables and sweet basil leaves  
**\$24.90**

## FISH

51. **Pla Sam Rod**  
Deep fried whole fish topped with sweet & sour chilli sauce  
**\$31.90**
52. **Pla Lard Khing**  
Deep fried whole fish topped with fresh ginger sauce and vegetables  
**\$31.90**
53. **Pla Lard Prig**  
Deep fried whole fish topped with chilli sauce  
**\$31.90**

## GRILL

54. **Pla Yang**  
Grilled whole fish served with your choice of green curry sauce or garlic sauce  
**\$31.90**
55. **Gai Yang**  
Grilled chicken fillet marinated with special herbs served with sweet chilli and side salad  
**\$20.90**
56. **Moo Yang**  
Grilled pork fillet marinated with special herbs served with sweet chilli and side salad  
**\$20.90**

## NOODLES

57. **Pad Thai**  
Fried rice noodles with chicken and bean shoots, garlic chives minced peanuts and lemon juice, dried shrimps and tofu  
**\$17.90**
58. **Pad Se-Ew**  
Fried rice stick noodles with garlic, broccoli, beanshoots and soy sauce with beef, chicken or pork  
**\$17.90**

## RICE

59. **Koa**  
Steamed jasmine rice served per person  
**\$5.00**
60. **Koa Pad**  
Thai style fried rice with beef, chicken or pork  
**\$17.90**
61. **Koa Kati**  
Coconut rice served per person  
**\$6.00**
62. **Roti**  
Thai style bread  
**\$6.50**

## CHEF'S SUGGESTIONS

63. **Goong Makam**  
Deep fried king Prawns in flour with Tamarind Sauce, topped with dried shallots and coriander  
**\$24.90**
64. **Pad Talay**  
Stir fried mixed seafood with garlic, spring onions, chilli and sweet basil leaves  
**\$25.90**
65. **Nuer - Aroy**  
Stir fried beef with cashew nuts, onion cooked with special sauce topped with spring onion and sesame seeds  
**\$20.90**
66. **Gai Himaphan**  
Stir fried chicken with cashew nuts and vegetables  
**\$20.90**
67. **Nuer Suwan**  
Pan fried marinated beef & Thai herbs accompanied by steamed vegies served with hot tamarind sauce  
**\$20.90**
68. **Gai Piroth**  
Stir fried sliced chicken breast cooked in a special sauce and accompanied with salad and our peanut sauce.  
**\$20.90**
69. **Pad Lui Suan**  
Stir fried beef or pork in a traditional Thai sauce of garlic, shallots, lemongrass, ginger, spring onion, coriander, chilli with broccoli  
**\$20.90**

### \*\*\*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  
**\$10.90**
71. **Gouy Bud Chee**  
Banana cooked in coconut milk  
**\$10.90**
72. **Rummit Ice Cream**  
Home made style ice cream  
**\$10.90**
73. **Banana Fritter**  
Banana fried in batter served with ice cream  
**\$10.90**

**NO MSG added**

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

**GST. Inclusive**