



## MAIN MENU

The finest Thai  
Authentic Thai food cooked in the traditional way.

### Opening Hours

**Evenings** from 6pm except Mondays

Tuesday - Sunday **Lunchtimes** 12 - 2.30pm.

**“Fabulous and very authentic food... the curries are better than you get in Thailand”**

*Harden's Restaurant Guide 2010*

# EAT AT SANGTHAI The finest Thai

Classic dishes using the freshest ingredients including herbs, spices and exotic vegetables sent to us every week from growers in Thailand.

Thai food is served in the oriental way with each dish being part of the whole meal. **Please select dishes with different styles and share them.** Successful Thai meals will have the right balance of all flavours and finding that perfect mix is part of the joy of Thai food.

Our dishes are all individually prepared\* and so you can always ask for them to be milder (no need for chilli symbols here) but please remember that chillies also provide fragrance and taste and that spicier food is an important part of your meal if balanced with milder dishes. We are happy to give advice on the selection of your dishes and please let us know if you have any special requirements.

There's no substitute for fresh, top-quality ingredients. Our local suppliers are:

- **Ackroyds**, at Crockey Hill, for fresh chicken, pork and beef.
- **Heslington Fresh Foods**, at Escrick, for all of our non-Thai vegetables and fruit.
- **Fowler's**, at Burholme, for our fresh fish, live crabs and mussels.

**Needless to say, good cooking doesn't need flavour enhancers.**

**For parties of 8 or more please refer to our set menus**

*A service charge of 10% is not added to your bill (except for party bookings) but if this amount is kindly offered it will be shared by our staff.*

\*For allergy advice please visit [www.sangthai.co.uk/allergy-advice.htm](http://www.sangthai.co.uk/allergy-advice.htm)



## STARTERS

'Home-made' starters served with our own-recipe dipping sauces.



### 1 Popia Tod

£5.50

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

£5.50

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

### 3 Tod Mun Pla

£6.25

Thai fishcakes made from our recipe of fresh Coley blended with green beans, lime leaves, chillies and other spices. Served with spicy sweet and sour cucumber sauce.

### 4 Kanom Pung Nah Moo

£5.50

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

### 5 Kradoog Moo Tod

£5.50

Pork spare ribs coated with our own special marinade and cooked until the meat almost falls off the bone.

### 6 Tung Tong

£5.50

Golden parcels – minced pork and vegetables wrapped in wonton wrappers and deep-fried until crispy. Served with a plum sauce.

### 7 Goong Shup Pang Tod

£6.25

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

### 8 Gai Bai Teuy

£5.50

Chicken breast, marinated with spices, wrapped in pandan leaves and deep-fried. Served with sweet and sour plum sauce.

### 9 Si Oua

£5.50

The north of Thailand is famous for its sausages and si oua is perhaps the best. A wonderfully rich pork sausage made with lime leaves and chilli. Served in the traditional way - sliced with fresh ginger, peanuts and spring onions.

### 10 Yum Goong

£6.25

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



### 11 Sangthai Starter Selection for 2

£12.50

(for 3 persons £18.75)

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

### S11 Special Starter Selection for 2

£16.95

(for 3 persons £25.45)

Tod Mun Goong (prawn cakes), Si Oua (Thai Pork Sausage), Chicken Satay and Moo Bai Teuy (marinated pork loin cooked with pandan leaves and coconut milk), comes with home made dipping sauces.

### 201 Khow Kreb Tod

£2.50

Thai Prawn Crackers with sweet chilli sauce.

# MAIN COURSES

Thai food is eaten in the oriental style, so order a variety of dishes and share them!

## THAI SOUPS

Soups have been included here because they complement the main courses and should be eaten with them. You may order soups as starters but please be aware that they are seasoned and spiced to accompany other food and not to be eaten on their own. Prices shown are for individual portions.

### 12 Tom Yum Goong £5.25

Prawns in a hot & sour soup flavoured with lemongrass, lime leaves and chilli. This is a traditional, spicy Thai soup. You may prefer number 15 if a milder soup is required.

### 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).

### 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 £5.25

A mixed seafood version of tom kha: squid, mussels and prawns cooked in coconut milk, flavoured with herbs and garnished with fresh coriander.

### 17 Tom Yum Talay £5.25

The classic hot and sour soup made with mixed seafood.

Please note that some of the flavourings remain in these soups after serving, they are often tough and fibrous and so are not usually eaten.



## GRILLED MEAT

### 20 Sua Rong Hai £12.50

Weeping Tiger, a classic Thai dish of barbecue-grilled sirloin steak served with a chilli and tamarind dipping sauce that should be spicy enough to make a tiger weep. We also include a milder pouring sauce flavoured with black pepper and sesame oil.

## 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. In Thai the name 'Yum' is given to a whole range of spicy salads that are flavoured with lime juice, chillies and fresh coriander. Yums are usually spicy hot (pet) – but we can serve milder versions (mai pet) if you prefer.

### 23 Yum Sahm Lot Gai £8.50

Crispy fried chicken in a special Thai salad with sweet, sour and chilli sauce.

### 24 Larb Gai/Moo £8.25

A specialty 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 £10.50

An special version of larb made with chopped tiger prawns. A lovely Thai combination of spicy and aromatic flavours.

### 26 Som Tam £8.25

The traditional spicy salad of northern Thailand. Shredded vegetables, tomatoes, garlic and chillies are pounded in a stone mortar together with Thai preserves and spices. This delicious salad needs sticky rice.



## THAI CURRIES

Made from spices, garlic and chillies blended to a paste and cooked with meat in a rich stew flavoured with fresh herbs. All, except 27, are made with coconut milk. Curries are spicy dishes in Thai cuisine and should be eaten with milder stir-fries and plenty of rice.

### 27 Gaeng Hang Lay £9.75

A mild and 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 £9.75

Thai red curry, rich and spicy and made with either chicken or beef.

### 29 Gaeng Penang Gai/Nua £9.75

A rich, aromatic curry flavoured with lime leaves and peanuts. Chicken or beef.

### 30 Gaeng Keowan Gai/Nua £9.75

Classic Thai green curry. Pieces of tender chicken breast and Thai aubergines cooked in coconut milk flavoured with basil and lime leaves. Now also available with beef.

### 31 Gaeng Massaman Gai/Nua £9.75

A rich coconut curry with peanuts, potatoes and chicken or beef.

### 32 Gaeng Karee Gai/Nua/Moo £9.75

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.

<b>33 Pat Prik Hang Gai/Moo</b>	<b>£9.75</b>
Stir-fried chicken or pork with onions, large fresh chillies (not too hot) and roasted cashew nuts for extra crunch and flavour.	
<b>34 Pat Kratiam Gai/Nua/Moo</b>	<b>£9.75</b>
A choice of stir-fried chicken, beef or pork with garlic and white pepper.	
<b>35 Pat Gaprao Gai/Nua/Moo</b>	<b>£9.75</b>
Spicy and aromatic, minced chicken, beef or pork with fresh chillies, lime leaves and Thai basil.	
<b>36 Pat Khing Gai/Moo</b>	<b>£9.75</b>
Chicken or Pork stir-fried with large fresh chillies, mushrooms and ginger.	
<b>37 Pat Num Mon Hoy Gai/Nua/Moo</b>	<b>£9.75</b>
Chicken, Beef or pork stir fried with vegetables and flavoured with oyster sauce.	
<b>38 Pat Priew Wan Gai/Moo</b>	<b>£9.75</b>
Stir-fried chicken or pork with onions and peppers in a Thai sweet and sour sauce.	



## SEAFOOD

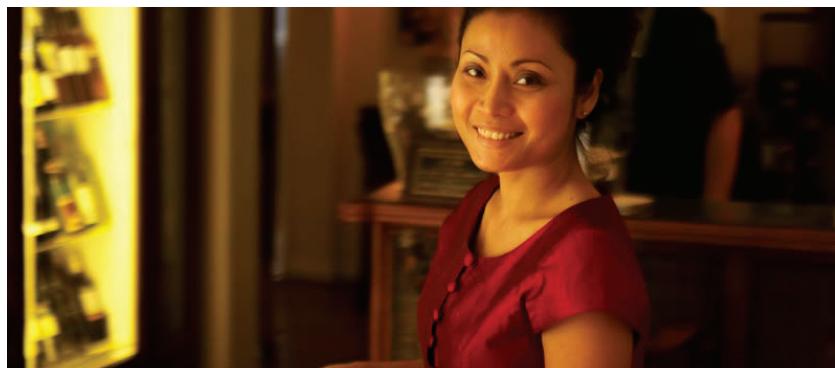
No Thai menu would really be complete without a selection of seafood and these dishes are amongst the most popular in Thailand. Please note that whole fish dishes are cooked and served Thai-style - with bones intact!

<b>39 Gaeng Keowan Goong</b>	<b>£10.95</b>
Prawns cooked in green curry paste with coconut milk, Thai aubergines and sweet basil.	
<b>40 Panang Goong</b>	<b>£10.95</b>
Prawns cooked in rich penang red curry paste with coconut milk and lime leaves.	
<b>41 Gaeng Karee Goong</b>	<b>£10.95</b>
Tiger prawns in Thai yellow curry. Fairly mild but rich with the flavours of coconut milk coriander, lemongrass and special aromatic spices.	
<b>42 Pat Prik Hang Goong</b>	<b>£10.95</b>
Tiger prawns stir-fried with onions, large fresh chillies (not too hot) and roasted cashew nuts.	
<b>43 Goong Pat Sapparot</b>	<b>£10.95</b>
Tiger Prawns stir-fried with cashew nuts, pineapple and sweet peppers.	
<b>44 Pla Muek Pat Pet</b>	<b>£8.95</b>
Squid stir-fried with chillies, garlic, peppers and basil.	
<b>45 Pat King Pla</b>	<b>£11.50</b>
Salmon, stir-fried with ginger and large red chillies.	
<b>46 Poo Pat Pong Galee</b>	<b>£11.75</b>
Crab with chives and celery in a rich and aromatic sauce. We use fresh crabs, stir-fried in their shell for that authentic taste (take care with any pieces of shell in the sauce).	
<b>47 Pla Shu Shi</b>	<b>£11.50</b>
Fillet of haddock, fried and topped with a spicy sauce made from red curry and coconut cream flavoured with lime leaves.	
<b>48 Pla Priew Wan</b>	<b>£11.50</b>
Fillet of haddock, deep-fried and topped with Thai sweet and sour sauce.	
<b>49 Pla Sahm Lot</b>	<b>£12.95</b>
Three-flavoured fish – sea bass in a sweet, sour and spicy sauce flavoured with tamarind, pickled garlic, shallots and large fresh chillies.	
<b>50 Pla Jian Keowan</b>	<b>£12.95</b>
Sea bass in green curry sauce made from coconut milk flavoured with basil and lime leaves.	
<b>51 Pla Nung</b>	<b>£12.95</b>
Sea bass steamed with ginger, mushrooms and chillies, flavoured with oyster sauce.	



# NOODLES & RICE

<b>52 Pat Thai Gai/Moo</b>	<b>£7.95</b>
One of the most famous Thai dishes. Stir-fried noodles with eggs, beansprouts, ground peanuts and chicken or pork.	
<b>53 Pat Thai Goong</b>	<b>£9.25</b>
As above but with tiger prawns.	
<b>54 Bah Mee Pat Kai</b>	<b>£4.95</b>
Egg noodles, stir-fried with egg.	
<b>55 Khao Suey</b>	<b>£2.40</b>
Steamed Thai fragrant rice. We use the finest grade of Thai Jasmine rice because its taste and texture make it the best partner for spicier curries and stir-fries.	
<b>56 Khao Pat Kai</b>	<b>£3.20</b>
Fried rice with egg.	
<b>57 Khao Pat Gai/Moo</b>	<b>£7.95</b>
Fried rice with egg and a choice of chicken or pork. This is more of a main course dish.	
<b>58 Khao Pat Goong</b>	<b>£8.95</b>
Fried rice with egg and prawns.	
<b>59 Khao Niew</b>	<b>£3.95</b>
Thai sticky rice, use your fingers to dip it into drier dishes and salads. Not really suitable for wet curries and stir-fries. In the restaurant we serve it in a traditional bamboo basket.	
<b>99 Khao Maprao</b>	<b>£3.50</b>
Coconut rice.	



# DISHES WITH DUCK

Dishes are arranged in this menu by cooking style but we have separated those containing duck and listed them here. Duck is very popular in Thailand where it is often incorporated into traditional recipes to give extra flavour and richness. We have recreated the authentic flavours of these classic dishes by using the finest duck breast fillets, together with fresh Thai herbs and spices.

<b>60 Yum Phed</b>	<b>£10.75</b>
Tender slices of duck breast in spicy Thai salad flavoured with lime juice, fresh chillies and coriander.	
<b>61 Larb Phed</b>	<b>£10.75</b>
A northern speciality made from minced duck breasts combined with chillies, lemongrass, lime juice, coriander and shredded lime leaves. This dish and the yum phed are best with sticky rice.	
<b>62 Gaeng Pet Phed Yang</b>	<b>£10.75</b>
Thai red duck curry, a rich and spicy dish made with coconut milk and red curry paste flavoured with pineapple and herbs.	
<b>63 Phed Pat Prik</b>	<b>£10.75</b>
Stir-fried duck breast with onions and large fresh chillies.	
<b>64 Phed Pat Prik Hang</b>	<b>£10.75</b>
As above but including dried red chillies and roasted cashew nuts for extra crunch and flavour.	
<b>65 Phed Pat Kratiam</b>	<b>£10.75</b>
Stir-fried duck with garlic and white pepper.	
<b>66 Phed Pat Gaprao</b>	<b>£10.75</b>
Spicy and aromatic, slices of duck breast with fresh chillies, lime leaves and Thai basil.	
<b>67 Phed Pat Khing</b>	<b>£10.75</b>
Slices of duck breast stir-fried with large fresh chillies, mushrooms and ginger.	
<b>68 Phed Pat Num Mon Hoy</b>	<b>£10.75</b>
Stir-fried duck with vegetables in oyster sauce.	
<b>69 Gaeng Karee Phed</b>	<b>£10.75</b>
Thai yellow curry. Tender duck breasts cooked with potatoes in coconut milk flavoured with coriander, lemongrass and special aromatic spices.	



# VEGETARIAN MENU

## STARTERS

<b>70 Popia Tod Jay</b>	<b>£5.50</b>
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.	
<b>71 Pak Roum Tod</b>	<b>£5.50</b>
Mixed vegetables, battered and fried, served with a spicy sweet and sour sauce.	
<b>72 Tung Tong Pak</b>	<b>£5.50</b>
Golden parcels – stir-fried vegetables wrapped in wonton wrappers and deep-fried until crispy. Served with a plum sauce.	
<b>73 Yum Pak</b>	<b>£5.50</b>
Thai spicy salad with mixed vegetables in a dressing of lime juice, chillies and fresh coriander.	
<b>74 Tofu Tod</b>	<b>£5.50</b>
Golden chunks of fried bean curd, served with a sweet and spicy sauce made from tamarind and soy garnished with sesame seeds, ground peanuts and fresh coriander.	
<b>77 Vegetarian Starter Selection for 2 persons</b>	<b>£12.50</b>
(for 3 persons £18.75)	

Satay Pak (barbeque-grilled vegetables on skewers), Popia Tod Jay (spring rolls), Tung Tong (golden parcels) Pak Roum Tod (vegetables in crispy tempura). Served with home made dipping sauces.



## SOUPS

<b>78 Tom Yum Hed</b>	<b>£4.95</b>
Mushrooms in hot & sour soup flavoured with lemongrass, lime leaves and chilli. Individual portion, can be a starter if required.	
<b>79 Tom Kha Hed</b>	<b>£4.95</b>
Mushrooms in a soup made with coconut milk and flavoured with lemongrass, lime leaves and galanga (kha, a type of ginger). Individual portion, can be a starter if required.	



## MAIN COURSES

<b>80 Pat Pak Roum</b>	<b>£8.75</b>
Stir-fried mixed vegetables in oyster sauce (or soy sauce if preferred).	
<b>81 Tofu Pat Khing</b>	<b>£8.75</b>
Stir-fried tofu with ginger, beansprouts and black bean sauce.	
<b>82 Priew Wan Pak</b>	<b>£8.75</b>
Mixed vegetables in a delicious 'home-made' sweet and sour sauce made from a reduction of tamarind, tomatoes and pineapples.	
<b>83 Pat No-My Farang</b>	<b>£8.95</b>
Asparagus and baby sweetcorn, stir-fried with brief but intense heat and finished with a dash of oyster sauce (or soy sauce if preferred).	
<b>84 Gaeng Penang Tofu</b>	<b>£8.75</b>
Tofu cooked in a rich Penang red curry flavoured with lime leaves.	
<b>85 Gaeng Keowan Pak Pasom</b>	<b>£8.75</b>
Thai green curry. Vegetables cooked in coconut milk with basil and lime leaves.	
<b>86 Gaeng Pet Pak Pasom</b>	<b>£8.75</b>
Vegetables in a rich and spicy red curry.	
<b>87 Gaeng Karee Jay</b>	<b>£8.75</b>
A vegetarian version of our classic Thai yellow curry. Vegetables (yes, the potatoes are authentic) cooked in coconut milk flavoured with coriander, lemongrass and aromatic spices.	
<b>88 Tofu Shu Shi</b>	<b>£8.75</b>
Tofu, deep-fried and topped with a spicy sauce made from red curry paste and coconut cream flavoured with lime leaves.	
<b>89 Gaeng Massaman</b>	<b>£8.75</b>
A rich coconut curry with peanuts and potatoes in an aromatic sauce.	
<b>90 Pat Thai Jay</b>	<b>£7.50</b>
The classic Thai noodle dish with stir-fried vegetables.	
<b>91 Pat Thai Tofu</b>	<b>£7.50</b>
Thai noodles with tofu and beansprouts.	
<b>92 Pat Tua Ngok</b>	<b>£5.95</b>
Stir-fried beansprouts in oyster sauce (or soy sauce if preferred). (See also Som Tam, dish number 26 in our salad section)	

# 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. For more details about each dish, or if you wish to add more starters or main courses, please see the main menu. For a supplement of £3 you may add a dessert of your choice.



<b>Menu A</b>		For 2 persons or more £20 per person
STARTERS	MAIN COURSES	
Deep-fried pork on toast	Chicken in Thai green curry	
Chicken Satay	Pork with ginger & mushrooms	
	Mixed vegetable stir-fry	
	Thai Fragrant rice	



<b>Menu B</b>		For 2 persons or more £21 per person
STARTERS	MAIN COURSES	
Spring rolls	Stir-fried Chicken with bamboo	
Golden parcels	Pork with vegetables in oyster sauce	
Chicken & coconut soup	Beef in Penang red curry	
	Thai Fragrant rice	



<b>Menu C</b>		For 2 persons or more £21 per person
STARTERS	MAIN COURSES	
Thai fishcakes	Beef with chilli & basil	
Pork spare ribs	Stir-fried vegetables	
Chicken Tom Yum soup	Chicken in Thai green curry	
	Thai Fragrant rice	



<b>Menu D</b>		For 2 persons or more £22 per person
STARTERS	MAIN COURSES	
Seafood Tom Yum soup	Chicken in Thai green Curry	
Si Oua Sausage	Stir-fried pork & ginger	
Chicken satay	Prawns with cashew nuts & pineapple	
	Thai fragrant rice	



<b>Menu E</b>		For 4 persons or more £22 per person
STARTERS	MAIN COURSES	
Seafood in coconut soup	Beef with garlic & white pepper	
Thai fishcakes	Chicken & bamboo in red curry	
Golden parcels	Pork with chillies & cashew nuts	
Spring rolls	Stir-fried vegetables	
	Thai fragrant rice	



<b>Menu F</b>		For 4 persons or more £24 per person
STARTERS	MAIN COURSES	
Prawns in coconut soup	Massaman curry with chicken	
Chicken satay	Beef in Penang red curry	
Pork spare ribs	Stir-fried prawns with cashew nuts	
Chicken in pandan leaves	& pineapple	
	Sweet & sour vegetables	
	Thai fragrant rice	



<b>VEGETARIAN</b>		For 2 persons or more £20 per person
STARTERS	MAIN COURSES	
Thai spring rolls.	Stir-fried tofu with ginger, beansprouts	
Thai spicy salad.	& black bean sauce.	
Mushrooms	Mixed vegetables	
& coconut milk soup.	in sweet & sour sauce.	
	Thai green vegetable curry.	
	Thai fragrant rice.	



<b>SEAFOOD</b>		For 4 persons or more £27 per person
STARTERS	MAIN COURSES	
Thai fishcakes.	Squid stir-fried with chillies, garlic,	
Tiger prawns	peppers & basil.	
in crispy batter	Fillet of haddock, fried and topped with	
with sweet chilli sauce.	a red curry & coconut cream sauce.	
Prawns in a hot	Sea bass steamed with ginger,	
& sour soup	mushrooms & chillies.	
	Thai fragrant rice	

Groups of 8 or more should choose one or (at the most) two set menus so we may serve the meal as a Thai banquet. Party bookings are subject to an optional 10% service charge.

# LUNCH

**Sangthai** is now open for lunch  
**Tuesday to Sunday 12 - 2:30pm**



## LUNCH MENU:

3 courses for £13.50 or  
£16.50 with a choice of duck and seafood dishes

## PRIVATE DINING

Our private dining room provides a more secluded spot for a party of up to 14 people to eat away from the bustle of the main dining rooms.

## EAT AT HOME

Thai food travels well and everything we offer in the restaurant is also available for you to **eat at home**, with all dishes cooked to order.



## ThaiRelaxation

*Authentic Thai Treatments*

### MASSAGE & MEAL PACKAGE:

*Available Tuesday to Sunday.*

Pamper the outside with a relaxing aroma massage, then treat the inside with a Sangthai lunch (starter and main course, or main course with dessert). **£55** per person

### Opening Times

**9am - 6pm Tuesday to Sunday**  
(closed Mondays)

Call **01904 728 462**

or visit our website

**spa.sangthai.co.uk**

for more information.



## Gluten-free Dishes



Most of our food is prepared without wheat products, however, Thai soy sauces do have wheat as a labelled ingredient and therefore we must be informed about a gluten intolerance to avoid adding them to some of our dishes. Also, we use wheat flour for the wrappers and batter for some of our starters.

**As guidance:** all dishes can be made gluten free except the following, which should be avoided:

**STARTERS:** 1, 4, 5, 6, 8 ,11

**CURRIES:** 27

**VEGETARIAN:** 70, 71, 72 & 77

**DESSERTS:** 100, 107

A service charge of 10% is not added to your bill (except for party bookings) but if this amount is kindly offered it will be shared by our staff.

Website: **www.sangthai.co.uk**

Email: **food@sangthai.co.uk**