



Manly Thai Gourmet

Thai Food with a difference

We aim to provide the freshest, most creative Thai cuisine for our customers. Our Thai chef is always inventing exciting Thai-Aussie fusion dishes using a variety of interesting and delicious ingredients, as well as serving popular favourites based on our authentic Thai recipes.

"This little gem is fast becoming a favourite thanks to chefs and co-owners, Nat and Sam. They have been building up a fan club since 2008 with their fresh, interesting and well-priced food".

Manly Daily

"We also do catering to suit all budgets and occasions"

Chef's Specials

Innovative dishes combining the best of Thai flavours and quality Australian produce. See our blackboard for more market specials and desserts.

- 1. **Banana Flower Salad** **\$19.90**
Yes! Edible banana flower chopped finely and seasoned with an exotic blend of spices, topped with tender chicken and drizzled with coconut cream.
- 2. **Mango Duck** **\$17.90**
Two of the best flavours! Aromatic fresh mango stir-fried with rich duck meat tossed in our own sauce.
- 3. **Heavenly Beef** **\$18.90**
Slow-cooked tender beef cubes infused with cinnamon and star anise flavours served with ginger and shallot salad.
- 4. **Latiang Salad (Egg Nets)** **\$17.90**
Our version of a Thai Royal kitchen salad of prawns, minced chicken and cashew nut, draped with an eggnet crepe accompanied by our own flavoursome sauce.
- 5. **Seafood Medley** **\$17.90**
Mixed seafood stir fried in curry powder, Asian celery, chilli jam and egg in a distinctive Thai sauce.
- 6. **Herbal Barramundi** **\$19.90**
Lightly fried Barramundi tossed in a mixture of fresh ginger, cashews, peanuts, lime and fresh herbs an exotic combination of all the flavours of Thai cuisine
- 7. **Southern Style Lamb Curry** **\$18.90**
Slow-cooked Indian-influenced rich curry flavoured with sweet potato and fresh tomato. A hearty, filling dish!

Entrée

- 8. **Vegetarian Spring Roll** **\$1.50 each**
Healthy blend of fresh vegetables wrapped in crisp, golden-fried pastry
- 9. **Curry Puff Chicken** **\$1.50 each**
A filling mix of potato and vegetables spiced with fragrant curry served with sweet chili sauce.
- 10. **Satay Chicken** **\$2.00 each**
Marinated chicken pieces threaded onto skewers with our home made peanut sauce.
- 11. **Prawn Roll** **\$2.00 each**
Whole fresh king prawn, ginger and spices wrapped in crisp-fried pastry.

Soups

- 12. **Tom Yum Prawns** **\$7.90**
Thailand's national dish ... Prawn soup, oyster mushrooms with hot-and-sour lemony flavours of Kaffir lime leaves and lemongrass.
- 13. **Tom Kha Chicken** **\$7.90**
A milder broth of tender chicken in silky coconut milk with oyster mushrooms.

Select your favourite ingredients for curries and stir-fries

Tofu	\$12.90
Prawns	\$16.90
Chicken or Beef	\$13.90
Mixed Seafood	\$17.90

Curries

14. **Green Curry**
Spicy curry with coconut milk, beans, broccoli and sweet Thai basil.
15. **Red Curry**
Milder than green curry, with zucchini, carrot, bamboo shoots and sweet Thai basil.
16. **Panang Curry**
Full-bodied red curry with peanuts and fresh tangy Kaffir lime leaves.
17. **Massaman Curry (Beef Only)**
Gentler curry blend of tender slow-cooked beef with potato, topped with peanuts.

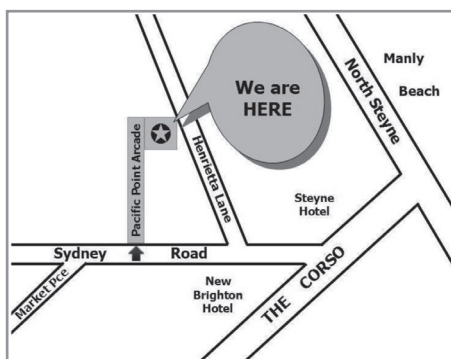
Stir-Fries

18. **Cashew Nut**
Crunchy water chestnuts, capsicum, spring onion, crispy cashews and chili.
19. **Basil and Chilli**
Distinctive Thai holy basil flavour with crisp snow peas and chili.
20. **Ginger and Shallot**
Fragrant young ginger-root with onions, fresh mushrooms and baby corn.
21. **Oyster Sauce**
Delicate flavour of oyster mushrooms, onion, spring onion and capsicum.

Rice-Noodle-Salad

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| 22. Pad Thai
<i>Traditional Thai flat-noodle dish tossed with chicken, egg, bean sprouts, topped with peanuts and finished with a dash of fresh lemon juice.</i> | \$12.90 |
| 23. Soy Bean Noodle
<i>Thick, flat rice noodles covered in soy bean sauce with chicken, egg and crisp green Chinese broccoli.</i> | \$12.90 |
| 24. Pad Ki Mao "Drunken" noodles
<i>Stir fried thick flat noodles with chicken, chilli, basil and light coating of oyster and soy sauce.</i> | \$12.90 |
| 25. Laksa Noodle Soup
<i>Thai version of the rich Malay coconut chicken soup, with egg noodles mixed with fresh bean sprouts.</i> | \$12.90 |
| 26. Crispy Noodle Coconut Chicken Salad
<i>Another fusion dish with the best flavours of Asia...green mango, roasted coconut, crispy noodle and our own indefinable sauce.</i> | \$12.90 |
| 27. Gourmet Noodle
<i>A healthy combination of Hokkien noodles and chicken, stir-fried with capsicum, ginger, coriander and a hint of chili.</i> | \$12.90 |
| 28. Fried Rice
<i>Traditional Thai fried rice with egg, chicken, onion and tomato.</i> | \$11.90 |
| 29. Steamed Jasmine Rice | \$3.50 |

Prices subject to change without notice. All prices include GST. No MSG added. Please advise us of any food allergies.



LUNCH SPECIAL MENU

From **\$7.50**

Manly Thai Gourmet
Thai Food with a difference

Dine-in • Take Away • Home Delivery • Catering

Tel: 9977 0990

Trading Hours

Lunch 12 noon – 3.00pm
Dinner 5.30pm – 10.00pm

Home delivery minimum \$25 order
\$2 delivery charge for designated areas.

Shop 6, Pacific Point Arcade 4-10 Sydney Road Manly 2095
www.manlythaigourmet.com.au