

# Phanthong Thai Restaurant

## GLUTEN FREE MENU

All the dishes on this menu suit a GLUTEN FREE diet. Some of them will be specially made from GLUTEN FREE ingredients. Please inform the staff that you are ordering a GLUTEN FREE meal.

### Starters

- Satay Gai (N)**  
Marinated skewers of chicken served with peanut sauce .....6.45
- Satay Het (V) (N)**  
Mushroom Satay, marinated mushroom on skewers .....5.45
- Gung Pow**  
Grilled king prawns on skewers served with spicy seafood sauce .....6.45
- Tod Man pla (N)**  
Spicy Thai fish cakes.....6.45
- Hoy Nam Prik Pow** 🌶️  
Fresh Scallops with chilli oil topped with sweet basil leaves.....8.25

### Soups

- Tom Yum Nam Khon**  
Our Chef's special, King Prawn hot & sour soup topped with a dash of coconut milk .....6.45
- Tom Yum** 🌶️  
Classic Thai hot and sour clear soup - Prawns, Chicken, Beef or Mushroom (V).....6.45
- Tom Kha**  
Fragrant coconut milk soup with lemon grass and galangal – Chicken or Cauliflower (V) .....6.45

### Salads

- Nam Tok** 🌶️  
Tender Beef Sirloin served with spicy salad and mint.....7.45
- Larb** 🌶️  
Spicy salad with mint, onion and dried chilli - minced chicken breast, mushroom (V) .....6.45
- Yum** 🌶️  
Thai style spicy salad with baby tomatoes, celery and onion – Beef, Squid or Vermicelli noodle (V).....6.45
- Som Tam (N)** 🌶️  
The legendary spicy Thai papaya salad.....7.45

### Fish

- Pla Raad Prik** 🌶️  
Crispy sea bass fillets topped with chef's special chilli, garlic and fresh basil sauce .....14.95
- Pla Chu Chee**  
Crispy sea bass fillets topped with dry curry sauce and finely chopped lime leaves .....14.95
- Pla Neung Khing**  
Steamed sea bass fillets with soya sauce, ginger and spring onion .....15.95
- Pla Neung Manow** 🌶️  
Steamed sea bass fillets with chilli, lime juice and garlic.....15.95

### Stir Fry

Please note: there is an additional £2 for King Prawns and Squid

- Kratiem Prik Thai**  
Stir-fried with garlic and black pepper - King Prawns, Chicken, Pork or Beef .....9.95
- Pad Krapow** 🌶️  
Stir-fried with basil leaves and fresh chilli - King Prawn, Squid, Chicken, Pork, Beef or Tofu (V) .....9.95
- Pad Khing**  
Stir-fried with ginger, onion and 'black wood fungus' mushroom - Chicken, Pork or Beef .....9.95
- Gai Pad Met Mammuang**  
Chicken stir-fried with cashew nut, mushroom and dried chilli (N) .....9.95
- Pad Kimow** 🌶️  
Stir-fried with kaffir lime leaf, fresh chilli and fine beans - King Prawns, Chicken, Pork, Beef or Tofu (V) .....10.25
- Pad Kana Fai Dang (V)** 🌶️  
Wok fried Thai broccoli with chilli, garlic and yellow bean sauce.....6.95

### Rice and Noodle Dishes

- Kow Pad**  
Fried rice with egg, tomato and onion  
- King Prawns .....10.45  
- Chicken or Pork .....9.95  
- Mixed Vegetables (V) .....6.95
- Pad Thai**  
Special Thai style fried rice noodle with egg and bean sprout  
- King Prawns .....10.45  
- Chicken .....9.95  
- Tofu (V) .....8.45
- Gueyteow Kimow** 🌶️  
Spicy fried rice noodle with egg and Thai broccoli  
- King Prawns .....10.95  
- Chicken, Pork or Beef .....10.45  
- Tofu (V) .....8.95
- Gueyteow Pad Siew**  
Soft rice noodles stir-fried with egg, Thai broccoli and soya sauce  
- King Prawns .....10.45  
- Chicken, Pork or Beef .....9.95  
- Tofu (V) .....8.45

### Curries

all curries are also available with King Prawn (£2 extra), Tofu(V) or mixed Vegetables(V)

- Geang Keowan** 🌶️  
Green coconut curry with bamboo shoot strips – Chicken, Pork or Beef .....10.95
- Geang Ped** 🌶️  
Red coconut milk curry with bamboo shoot strips – Chicken, Pork or Beef.....10.95
- Geang Paneang**  
A unique Thai coconut milk dry curry flavoured with kaffir lime leaves – Chicken, Pork or Beef.....10.95
- Geang Massaman (N)**  
Rich and creamy coconut milk curry with potato, shallots and peanut – Beef or Tofu (V) only.....10.95
- Gaeng Ped Pedd Yang**  
Mouthwatering red curry with roasted duck, cherry tomatoes, grapes, pineapple and rambutan. ....12.95

### Accompaniments

- Kow : Fragrant Thai boiled rice.....2.25
- Kow Pad Kai : Egg Fried Rice .....2.50
- Kow Neow : Steamed glutinous rice served in traditional bamboo basket .....2.50
- Sen Plow : Plain fried soft noodle with bean sprout.....2.50