



# SAWADDEE

AUTHENTIC THAI CUISINE



The food from Sawaddee's menu that you are about to eat are all recipes that I've learned from my mother and grandmother.

When I was a child I really hated being called to help in the kitchen, but as I grew up I began to take interest and learned the art.

My mother, now, is very old. Her memory is not very good.

But her tongue and her nagging will always remain the same.

My mother's recipes have been passed down from many generations before her.

They may have deviated a little from the original recipes since the reign of King Rama V, but most of the authenticity (and all the love) remains.

Many people who have tasted them still say that they are "very delicious".

Sawaddee Thai Restaurant 5 The square church Stretton SY6 6DA

## CONTACT DETAILS

[contact@sawaddeethai.co.uk](mailto:contact@sawaddeethai.co.uk)

01694 328507, 07506 057475







# SAWADDEE

AUTHENTIC THAI CUISINE



The images shown are for illustration purposes only and may not be an exact representation of the product.





# SAWADDEE

AUTHENTIC THAI CUISINE



## STARTER / SNACK / APPETIZER

- 1. Sawaddee Platter for two** 13.95  
Chicken Satay, Thai Fish Cake, Prawn Tempura, Thai Shrimp Cake, Vegetable Spring Rolls.
- 2. Vegetable Platter for two (v)** 12.95  
Thai Sweet Corn Cake, Winter Cheese Roll, Vegetable Spring Rolls, Vegetable Tempura.
- 3. Duck Spring Rolls (Po Pia Ped)** 7.95  
Crispy Spring Roll Stuffed with duck breast and stir-fried vegetable, serve with Hoisin sauce
- 4. Prawn Tempura (Tempura Goong)** 6.50  
Deep fried marinated prawn in light batter, serve with chilli sauce
- 5. Thai Fish Cake (Tod Man Pla) 🌶️** 6.50  
Deep fried home made Fish Cake (minced fish meat with Thai spices), serve with chilli sauce
- 6. Thai Shrimp Cake (Tod Man Goong) 🌶️** 6.50  
Deep fried crunchy home made Shrimp with Thai spices, serve with chilli Sauce
- 7. Winter Cheese Roll (Po Pia Cheese)** 6.50  
Crispy Spring Roll Soft Cheese and Vegetable stuffing, serve with chilli Sauce
- 8. Chicken Satay (Gai Satay)** 6.50  
Grilled Marinated Chicken in Satay Herbs & Spices, serve with peanut sauce and pickles
- 9. Chicken Lemongrass (Gai Takrai)** 5.95  
Deep fried Marinated Chicken in Light Batter (Homemade Recipe), serve with chilli sauce
- 10. Chips with Garlic/Chilli (Chip Kua Kling) 🌶️** 5.50  
Chips roasted with Garlic and Chilli, (simple but special homemade recipe)
- 11. Thai Sweet Corn Cake (Tod Man Kaopod) (v)** 5.50  
Deep fried crunchy Sweet Corn with Thai spices (homemade recipe), serve with chilli sauce
- 12. Vegetable Spring Rolls (Po Pia Pak) (v)** 5.50  
Crispy Spring Roll with mixed vegetable stuffing, serve with chilli sauce
- 13. Vegetable Tempura (Tempura Pak) (v)** 5.50  
Deep fried mixed vegetable in light batter, serve with chilli sauce



PLEASE LET US KNOW IF YOU HAVE ANY ALLERGY



CHAMPIONSHIP



PROFESSIONAL



AMATEUR





# SAWADDEE

AUTHENTIC THAI CUISINE



## SOUP

Seafood (Talay) 7.50, Prawn (Goong) 6.50, Chicken (Gal) 5.95, Mushroom (Hed) 5.50

### 14. Tom Yum Soup

Thai Spicy and Sour soup loaded with herbs and spices, choice of Prawn, Chicken or Mushroom

### 15. Tom Kha

Thai Spicy and Sour coconut soup, choice of Prawn, Chicken or Mushroom

### 16. Thai Fisherman Soup (Poh Taak)

Thai Spicy and Sour soup loaded with herbs and spices, choice of Seafood, Prawn, Chicken or Mushroom



## STIR FRIED

Duck (Ped) 12.95, Beef (Nue) 11.95, Prawn (Goong) 11.95, Chicken (Gal) 9.95, Tofu (Tao Huu) 8.95

### 17. Sweet & Sour Stir-fried (Pad Prew Wan)

Stir-fried with battered choice of meat with pepper, onion, pineapple and tomato in Sweet & Sour sauce.

### 18. Stir-fried with Oyster sauce (Pad Nam Mun Hoi)

Choice of meat, stir-fried with pepper, onion, spring onion, mushroom and carrot in Oyster sauce.

### 19. Stir-fried with Pineapple (Phad Sapparod)

Choice of meat, stir-fried with mixed vegetable and Pineapple.

### 20. Stir-fried with Cashew nut (Pad Med Ma Muang)

Choice of meat, stir-fried with pepper, onion, spring onion, and carrot with Cashew nut in Oyster sauce.

### 21. Stir-fried with Ginger (Pad Khing)

Choice of meat, stir-fried with pepper, onion, spring onion, and carrot with Cashew nut in Oyster sauce.

### 22. Stir-fried with Basil leaf (Pad Kraprow)

Choice of meat, stir-fried with pepper, onion and garlic with fresh chilli and Basil leaf.

### 23. Drunken stir-fried (Pad Kee Mao)

Choice of meat, stir-fried with pepper, onion, garlic, chilli and Basil leaf...loaded with Thai herbs & spices.



PLEASE LET US KNOW IF YOU HAVE ANY ALLERGY



CHAMPIONSHIP



PROFESSIONAL



AMATEUR





# SAWADDEE

AUTHENTIC THAI CUISINE



## SPECIAL DISH

- |  |       |
|--|-------|
| 24. Steam Seabass Ginger ( <i>Pla Neung Se-eeew</i> )                      | 16.95 |
| Seabass steamed with green onions and ginger in soya sauce and Mirin.      |       |
| 25. Duck with Tamarind Sauce ( <i>Ped Makham</i> )                         | 15.95 |
| Light battered duck breast top with homemade recipe Tamarind sauce.        |       |
| 26. King prawns with Tamarind Sauce ( <i>Goong Makham</i> )                | 15.95 |
| Light battered king prawns top with homemade recipe Tamarind sauce.        |       |
| 27. Salmon with Tamarind Sauce ( <i>Pla Makham</i> )                       | 14.95 |
| Light battered Salmon top with homemade recipe Tamarind sauce.             |       |
| 28. King prawns Chuu Chee ( <i>Chu Chee Goong</i> )                        | 15.95 |
| Light battered king prawn in Thai curry gravy.                             |       |
| 29. Braise beef Chuu Chee ( <i>Chu Chee Nue Toon</i> ) 🌶️                  | 15.95 |
| Slow cook braise beef to soft and tender in Thai curry gravy.              |       |
| 30. King prawns with Thai Herbs ( <i>Goong Samoon Prai</i> ) 🌶️            | 15.95 |
| Marinated king prawns with herbs, grilled and serve with Thai spicy sauce. |       |
| 31. Crying Tiger ( <i>Sue Rong Hai</i> ) 🌶️🌶️                              | 14.95 |
| Grilled slice sirloin beef steak, serve with Thai spicy sauce.             |       |
| 32. Duck special curry ( <i>Khang Dang Phed</i> )                          | 12.95 |
| Duck breast, aubergine, grapes and pineapple in special curry.             |       |

## RICE & NOODLE

Seafood (Talay) 7.50, Prawn (Goong) 6.50, Chicken (Gai) 5.95, Mushroom (Hed) 5.50

- |  |  |
|--|--|
| 33. Pad Thai 🌶️  |  |
| The most famous stir-fried noodle with tamarine sauce with plenty of herbs, spices and crushed peanut. |  |
| 34. Pad See Eiw  |  |
| Simply site street stir-fried flat rice noodle with egg in black soya sauce.                           |  |
| 35. Pad Kee Mao (Drunken noodle) 🌶️🌶️  |  |
| Stir-fried rice noodle with Thai herbs, basil and fresh chilli and it is good for stuffy nose.         |  |
| 36. Fried Rice   |  |
| Sawaddee special fried rice with choice of meat  |  |

- |                        |                        |                         |
|------------------------|------------------------|-------------------------|
| 37. Egg noodle 6.95,   | 38. Jasmine Rice 3.25, | 39. Egg Fried Rice 3.95 |
| 40. Coconut Rice 3.75, | 41. Sticky Rice 3.75   |                         |







# SAWADDEE

AUTHENTIC THAI CUISINE



## CURRY

### 42. Green Curry (*Gang Khew Whan*)

Braised Beef (Nue Toon) **12.95**, Duck (Ped) **12.95**, Beef (Nue) **11.95**  
Prawn (Goong) **11.95**, Chicken (Gai) **9.95**, Tofu (Tao Huu) **8.95**

Thai Green curry is one of the most famous Thai foods, and it means green and sweet. Green curry receives its name from the green colour, which comes from green chillies. The Thai green curry is undoubtedly a unique curry of all since it gives the soup a light green colour and incredible flavour, making it stand out from the rest of the curries

### 43. Red Curry (*Gang Dang*)

Braised Beef (Nue Toon) **12.95**, Duck (Ped) **12.95**, Beef (Nue) **11.95**  
Prawn (Goong) **11.95**, Chicken (Gai) **9.95**, Tofu (Tao Huu) **8.95**

This meal is called the Red curry because of the red chillies used to prepare which gives it a red-coloured appearance. Traditional curry paste is quite salty includes red bell pepper, coriander, lemongrass, ginger, cumin. It can be customized according to spice preferences, making it one of the most versatile curry pastes.

### 44. Massaman Curry (0.5 Spicy)

Braised Beef (Nue Toon) **12.95**, Duck (Ped) **12.95**, Beef (Nue) **11.95**  
Prawn (Goong) **11.95**, Chicken (Gai) **9.95**, Tofu (Tao Huu) **8.95**

One of the most iconic and easily recognisable Thai dishes, The curry is an all-time favourite that most Thai people love to eat and it contains many health benefits. It is sweet and savoury, with complex layers of flavour that arise from the use of many different herbs. It is typically quite mild in taste and is often a bit sweeter than other curries

### 45. Panang Curry

Braised Beef (Nue Toon) **12.95**, Duck (Ped) **12.95**, Beef (Nue) **11.95**  
Prawn (Goong) **11.95**, Chicken (Gai) **9.95**, Tofu (Tao Huu) **8.95**

One of the most popular Thai dishes with its rich layers of flavour. The word "Panang" is from the ancient Khmer language that was adopted by the Thai. The dish is made with meat cut into strips, makrut lime leaves, coconut milk, phanaeng curry paste, palm sugar and fish sauce. It typically contains thick coconut milk.

### 46. Jungle Curry (*Gang Pah*)

Duck (Ped) **12.95**, Beef (Nue) **11.95**, Prawn (Goong) **11.95**, Chicken (Gai) **9.95**, Tofu (Tao Huu) **8.95**

Some believe that jungle curry first gained popularity among the Karen tribespeople who live in the hills of Northern Thailand. It is made with a fragrant and spicy blend of herbs and spices include lemongrass, galangal, kaffir lime leaves, turmeric, coriander and ginger. It's also packed with health benefit, lemongrass and galangal, are known for their anti-inflammatory properties and can help boost the immune system.

### 47. Duck Special Curry (*Khang Phed Ped Yang*)

**12.95**

Thai roasted duck curry, also known as Gaeng Phed Ped Yang, it is deliciously creamy and just the right amount of spicy. It's made with an irresistible coconut milk and healthy ingredients like fresh pineapple, grapes and juicy tomatoes, aubergine, lemongrass and galangal. The rich fattiness of the duck pairs surprisingly well with the equally rich but creamy and the bite of chilli.



PLEASE LET US KNOW IF YOU HAVE ANY ALLERGY



CHAMPIONSHIP



PROFESSIONAL



AMATEUR





# SAWADDEE

AUTHENTIC THAI CUISINE



## Set Menu A £24.95

(price per person)


### Starter

Sawaddee Platter

### Main

Beef Green Curry   
(Gang Khew Whan Nue)

King Prawn Stir-fried with Ginger   
(Goong Pad Khing)

Chicken Stir-fried with Cashew nut   
(Pad Med Ma Muang)

### Rice

Jasmine Rice



## Set Menu B £26.95

(price per person)

### Starter

Sawaddee Platter

### Main

Chicken Red Curry   
(Gang Dang Gai)

Beef Stir-fried with Oyster Sauce  
(Nue Pad Num Mun Hoi)

Duck with Tamarind Sauce  
(Ped Makham)

### Rice

Jasmine Rice



## Set Menu C £29.95

(price per person)

### Starter

Sawaddee Platter

### Main

Prawn Massaman Curry  (0.5 Spicy)

Steam Seabass Ginger   
(Pla Neung Se-eeew)

Seafood Stir-fried with Basil leaf  
(Pad Kraprow)

### Rice

Egg Fried Rice

## Set Menu D £21.95 (V)

(price per person)

### Starter

Vegetable Platter

### Main

Vegetable Green Curry   
(Gang Khew Whan Pak)

Sweet & Sour Tofu  
(Pad Prew Wan Tao Huu)

Stir-fried Vegetable with Oyster sauce  
(Pad Pak Nam Mun Hoi)

### Rice

Jasmine Rice



PLEASE LET US KNOW IF YOU HAVE ANY ALLERGY



CHAMPIONSHIP



PROFESSIONAL



AMATEUR





# SAWADDEE

AUTHENTIC THAI CUISINE



## 6 ESSENTIAL HERBS IN THAI CUISINE



### SWEET BASIL

This originally Indian herb has a lot of healing properties, such as anti-inflammatory, immunomodulatory, digestive, and even anti-diabetic action



### GINGER

This is a highly-appreciated root in Asia cuisine, particularly Thai. The anti-histaminic and anti-inflammatory properties of ginger have sound medicinal applications.



### LEMONGRASS

This tall grass native to Indonesia has shown to have antibacterial, antidiarrheal, antifungal, and anti-inflammatory properties.



### GARLIC

Garlic's sulfuric compounds allicin and ajoene make it a great antibiotic agent, immunity booster, and blood pressure regulator.



### SPEARMINT

This aromatic perennial herb, native to Europe and Asia, has a carminative effect, which makes it useful as a digestive and gastric stimulant.



### Turmeric

Turmeric is a popular ingredient in Indian and Thai food. Thanks to its ketones and phenols, turmeric has anti-inflammatory, neuroprotective, and antioxidant properties.

30  
CALORIES

0.4 G  
CARBS

3.2 G  
FAT



### COCONUT MILK

Cholesterol-Free  
Sodium-Free

Like dairy milk, coconut milk can be higher or lower in fat content depending on how it is made

0.3 G  
PROTEIN

0 G  
FIBER

(Per Tablespoon)

