

## MAINS – VEGETABLES

### Vegetables Stir-Fried £4.50 side £8.75 main

Flame fried mixed vegetables in oyster sauce.

### Stir-Fried Mushrooms £8.75

A delicate stir-fried mixed seasonal mushrooms in oyster sauce.

### Vegetable Red Curry £8.75

Red curry paste with coconut milk, bamboo, chili and lime leaves.

### Vegetables Green Curry £8.75

Vegetarian green curry paste with Kaffir lime leaves and basil.

### Green Tofu Curry £8.75

Stir-fried bean curds with shredded lime leave, chilli, long beans with coconut milk.

### Spicy Pak Choi £4.50 side £8.75 main

Wok fried Pak Choi with chilli and garlic.

### Massaman Vegetable Curry £8.75

Authentic ground peanut curry with potatoes, onions, red peppers and a dash of tamarind. **N**

### Ginger Tofu Stir-Fried £4.50 side £8.75 main

A fried bean curds with onion, mushrooms, peppers and fresh ginger in soy sauce.

### Jungle Curry £8.75

A lightly herby curry with salty shrimp flavours and a very spicy peppercorn, chili and basil sauce. *(Contains fish extracts.)*

### Basil Tofu £4.50 side £8.75 main

Deep fried bean curds fried with garlic, green and red chilli, lime leaves enhanced with sweet basil.

### Cashew Tofu £4.50 side £8.75 main

Pan-fried bean curd with cashewnuts and red, green capsicums.

### Aubergine with Holy Basil £4.50 side £8.75 main

Spicy fresh aubergine with herbs.

## RICE AND NOODLES

### Jasmine Rice £2.95

Rice infused with jasmine.

### Egg Fried Rice £3.50

Fried rice with egg.

### Coconut Rice £3.75

Fried rice with coconut milk.

### Sticky Rice £3.75

Traditional favourite sticky rice.

### Special Prawn Fried Rice £8.95

Special fried rice with king prawns, onion and vegetables flavoured with sweet chilli paste.

### Vegetable Fried Rice £7.95

Fried rice with vegetables.

### Pineapple and Chicken Rice £8.95

Traditional favourite with subtle flavours.

### Pad Thai Prawns £10.50 Chicken £9.75 Tofu or Vegetable £9.25

Flat rice noodles, stir-fried with bean sprouts, spring onions, egg, dash of tamarind sauce, with crushed peanuts. **N**

### Pad Kee Mao Prawns £10.50 Chicken £9.75 Tofu or Vegetable £9.25

A very spicy stir-fried noodle dish with basil, bamboo shoot, mushroom and chili. **( (**

### Yellow Noodles £6.95

Egg noodles, stir fried with carrot, spring onions and soya sauce.

Chilli strength **(** medium **((** strong

**N** dish contains nuts

**G** dish contains gluten

**V** suitable for vegetarians

Please note:

If you have any food allergies speak to a member of staff and they will be happy to help.



# MANOW

## TASTE OF THE EAST

## À la Carte

## APPETISER

### Spicy Prawn Crackers £2.50

Prawn crackers served with sweet chilli dipping sauce.

## SOUPS

### Tom Yum King Prawn £7.25 Chicken £6.50 Mixed seasonal mushrooms £6.25

A clear soup spiced with chilli, lemon-grass, galangal, lemon and Kaffir lime leaves. (

### Tom Kha King Prawn £7.25 Chicken £6.50 Mixed seasonal Mushrooms £6.25

A mild creamy soup cooked in coconut milk, lemongrass, galangal and Kaffir lime leaves.

## SALADS

### Som Tam £5.50

A traditional green papaya salad with cherry tomatoes and carrot, flavoured with chilli and peanut. (V) (N) (

### Spicy Chicken or Duck Salad Chicken 6.75 Duck £7.25

Salad tossed with chilli powder, herbs and leaves, dressed with ground roasted rice and fresh mint. (

### Beef Salad £7.50

Grilled beef salad in spicy chilli, coriander and lime sauce. (

### Lemongrass Salad Prawn £7.95 Crispy Salmon £7.95

A regional speciality with lemongrass and hint of chilli oil creating a zingy, sweet flavour. (

### Seafood Salad £7.50

An authentic recipe, seafood, prawns, squid and mussels, all seasoned with traditional herbs and a lemon dressing. ((

## STARTERS

### Vegetable Spring Rolls £5.50

A spring roll filled with carrot, cabbage, mushroom, bean sprouts and glass noodles. Served with a sweet chilli sauce. (V) (G)

### Sweet Corn Fritters £5.50

A sweet corn and coriander fritter, golden fried and served with sweet chilli sauce. (V) (G)

### Crispy Vegetable £5.50

Mixed vegetables in a light batter coating served with chilli sauce. (V) (G)

### Dim Sum £6.95

A steamed, light dumpling of minced prawns and chicken in spices, served with soya sauce and sweet chilli sauce. (G) (N)

### Chicken Satay £6.95

Grilled chicken in satay recipe served with peanut sauce and cucumber relish. (N)

### Prawn Toasts £6.95

Delicious minced prawns on toast, fried to a golden brown and served with sweet and sour cucumber relish. (G)

### Duck Roll £7.25

Duck filled crispy pastry, with tamarind and cashew nut sauce. (G) (N)

### Golden Parcels Vegetarian £5.50 Chicken £6.95

Crunchy morsels of chicken or vegetables with water chestnut. (G)

### Fish Cake £6.95

Featherback fish, blended in red curry paste and green beans and herbs.

Served with sweet chilli sauce topped with crushed peanut and cucumber relish. (N)

### Steamed Mussels £7.50

Delicately steamed mussels with sweet basil, lemongrass and served with a spicy chilli sauce.

### Grilled Lamb Chops £7.50

Lamb marinated, then chargrilled with garlic and pepper.

### Prawns In Blankets £6.95

King Prawns wrapped in pastry served with sweet chilli sauce. (G)

### House Mixed Platter (serves 2) £14.95

Spring rolls, chicken satay, golden parcels, fish cake and prawn toasts with dips. (G) (N)

### House Vegetarian Platter (serves 2) £12.95

Spring rolls, sweet corn fritters, fried tofu and golden parcels. (G) (N)

### Special Platter (serves 2) £16.95

Spicy chicken wings, duck rolls, prawn in blanket, dim sum. (G)

### Seafood Platter (serves 2) £18.95

Grilled mussels, squid, prawns and scallops.

## MAINS

### Green Curry Chicken £9.25 Beef £10.25 King Prawn £10.50 Salmon £10.50

Green curry with coconut milk, bamboo, aubergine and basil.

### Red Curry Chicken £9.25 Beef £10.25 King Prawn £10.50 Duck £11.50

Slightly spicier with red curry paste, coconut milk, bamboo, chilli and lime leaves. (

### Massaman Curry Chicken £9.25 Beef £10.25 Lamb £9.50

Cooked in authentic ground peanut curry with potatoes, onions, red peppers and a dash of tamarind. (N)

### Jungle Curry Chicken £9.25 Lamb £9.50 Beef £10.25 King Prawn £10.50

A light, herby traditional curry with salty shrimp flavours and a very spicy peppercorn, chili and basil sauce. ((

### Basil Stir Fry Chicken £9.25 Lamb £9.50 Beef £10.25 Duck £11.50 King Prawn £10.50

With garlic, red chilli, enhanced with holy basil. ((

### Garlic Stir Fry Chicken £9.25 Beef £10.25 Duck £11.50 King Prawn £10.50

Sautéed with garlic, blackpepper and fresh coriander.

### Ginger Stir Fry Chicken £9.25 Beef £10.25 Duck £11.50 King Prawn £10.50

Sautéed fresh ginger, black fungus mushrooms with chilli.

### Sweet and Sour Chicken £9.25 Duck £11.50 King Prawn £10.50 Salmon £10.50

Stir-fried in sweet and sour sauce with fresh pineapple. (G)

## HOUSE SPECIALS

### Mango Chicken £10.50

An authentic, traditional mild yellow curry, with added mango.

### Grilled Chicken or Seabass Chicken £10.50 Seabass £14.50

Chicken, marinated in herbs and coriander and cooked on the bone, with filleted grilled seabass in banana leaves.

### Cashew Nut Chicken or Duck

#### Chicken £10.50 Duck £12.95

Stir-fried with cashew nuts, onions and peppers with a hint of fiery dry chili. (N) (G) ((

### Kour Kling Minced Chicken £10.50 Beef £11.50

Spicy, lightly stir-fried speciality with plenty of turmeric, lemongrass and lime. ((

### Tamarind Duck £15.50

Crispy fried duck with sweet and sour tamarind sauce. (G)

### Panang Curry Chicken £10.95 Beef £11.50 Salmon £11.50 Emperor prawn £15.50

A sweet dry curry sautéed in coconut cream, seasoned with basil and lime leaves. (

### Beef In Oyster Sauce £11.50

Beef with vegetables and spring onions in oyster sauce.

### Pad Ped Chicken £10.50 Lamb £11.25 Beef £11.50 Seabass £14.50

Spicy chicken in a red curry sauce with chilli, long beans, lime leaves and sweet basil. ((

### Sirloin Steak £17.50

Grilled sirloin steak marinated in herby and slightly spicy sauce.

### Spicy Scallops £17.50

Queen scallops pan-fried with herbs, peppercorns and rhizome. ((

### Lime and Chilli Steamed Sea Bass £15.50

Sea bass with garlic, coriander in chilli and lime sauce. (

### Steamed Seafood Curry £17.50

Coconut cream, herbs and red curry makes this dish fragrant, delicious and rich. (

### Crispy Sea Bass £15.50

Sea bass with spicy green apple salad. (

### Andaman Prawns £16.95

Emperor Prawns sautéed with spring onions in a special curry sauce.