

# Seafood

## Fish

- PLA PAD PRIEW WAN** £8.95  
Stir-fried red snapper with mixed vegetables and pineapple in a Thai sweet and sour sauce.
- PLA PAD KHING** £8.95  
Stir-fried red snapper fillet with fresh ginger, spring onion, peppers and chilli.
- PLA SAM ROT** £10.95  
Three flavoured fish. Deep fried sea bass fillet in a sweet, spicy and sour sauce.
- PLA NUENG MANAO** £10.95  
Fresh steamed sea bass fillet with garlic, celery and oyster sauce. Flavoured with a zesty sauce of lime juice and chillies.
- PLA KHEAW WAN** £11.95  
Fried sea bass in a spicy coconut green curry with aubergine.
- CHU CHI PLA** £10.95  
Wok fried fillet of salmon topped with a creamy red coconut curry sauce. Spicy and aromatic.

## Mussels

- PAD NAM PIK PAO HOI** £8.95  
Fresh mussels stir fried with basil, peppers, mushroom, carrot and spring onion in an aromatic and mildly spicy creamy coconut sauce.

# Noodles

- PAD THAI**  
One of Thailand's most famous dishes. Rice noodles with egg, bean sprouts, tofu and cashew nuts, stir-fried in our special Pad Thai sauce.
- PRAWN** £8.50  
**CHICKEN/PORK/BEEF** £7.50  
**VEGETARIAN** £6.50
- MEE SEUA** £2.95  
Stir-fried yellow noodles with beansprouts, spring onion and a little garlic.
- PAD GWE-TEOW** £2.95  
Stir-fried rice noodles with beansprouts, spring onion and a little garlic.

# Rice

- KHAO PAD** £4.95  
Fried rice with egg and spring onion.
- PRAWN** £4.95  
**CHICKEN/PORK/BEEF** £3.95  
**VEGETARIAN** £2.95
- KHAO NEIOW** £2.50  
Thai Sticky Rice.
- KHAO GRATEE** £2.20  
Coconut rice.

## Mixed Seafood

- TALAY RUEM MIT** £11.50  
A selection of seafood with peppers, lemongrass and fresh peppercorns in a spicy Thai sauce.
- TALAY PAD PONG GAREE** £11.50  
Mixed seafood in a rich and aromatic mild curry sauce.

## Squid

- PAD KA POW PLA MUK** £7.95  
Squid stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.
- PLA MUK PAD PIK THAI DAM** £7.95  
Stir-fried squid with peppers in a cracked black pepper sauce.
- PAD PIK GAENG PLA MUK** £7.95  
Squid stir-fried with red curry paste bamboo shoots, long beans and fresh basil.

## Soft Shell Crab

- BUU PAD PONG GAREE** £11.95  
Stir-fried soft shell crab in aromatic mild curry sauce with peppers and celery.
- BUU PAD PIK THAI DAM** £11.95  
Stir-fried soft shell crab with peppers in a cracked black pepper sauce.

# Jintana Set Menus

## JINTANA MENU

£16.95 PER PERSON

### MIXED STARTERS

KING PRAWN BLANKETS, PORK & SESAME TOAST, SWEET CORN FRITTERS AND VEGETABLE SPRING ROLLS WITH SWEET CHILLI AND PLUM SAUCES

### MAIN COURSES FOR TWO

GREEN CHICKEN CURRY, SWEET AND SOUR PORK, STIR-FRIED SEASONAL VEGETABLES

### MAIN COURSES FOR THREE

GREEN CHICKEN CURRY, PORK WITH GINGER AND CHILLIES BEEF IN OYSTER SAUCE, SWEET & SOUR VEGETABLES

### MAIN COURSES FOR FOUR

MUSSAMUN CURRY WITH LAMB, DUCK IN OYSTER SAUCE SWEET AND SOUR PORK, CHICKEN WITH GINGER AND CHILLIES STIR-FRIED SEASONAL VEGETABLES

THAI JASMINE RICE

## SEAFOOD MENU

£18.95 PER PERSON

### MIXED STARTERS

CRAB CAKES, KING PRAWN BLANKETS, THAI FISH CAKES AND VEGETABLE SPRING ROLLS WITH SWEET CHILLI AND PLUM SAUCES

### MAIN COURSES FOR TWO

GREEN TIGER PRAWN CURRY, SWEET AND SOUR FISH STIR-FRIED SEASONAL VEGETABLES

### MAIN COURSES FOR THREE

GREEN TIGER PRAWN CURRY, SWEET AND SOUR FISH CHU CHI SALMON RED CURRY, STIR-FRIED SEASONAL VEGETABLES

### MAIN COURSES FOR FOUR

GREEN TIGER PRAWN CURRY, MIXED SEAFOOD IN SPICY SAUCE SWEET AND SOUR FISH, CHU CHI SALMON RED CURRY STIR-FRIED SEASONAL VEGETABLES

THAI JASMINE RICE

## VEGETARIAN MENU

£14.95 PER PERSON

### MIXED STARTERS

VEGETABLE TEMPURA, TOFU SATAY, SWEET CORN FRITTERS AND VEGETABLE SPRING ROLLS WITH SWEET CHILLI AND PLUM SAUCES

### MAIN COURSES FOR TWO

GREEN VEGETABLE CURRY, TOFU WITH GINGER AND CHILLIES STIR-FRIED SEASONAL VEGETABLES

### MAIN COURSES FOR THREE

GREEN VEGETABLE CURRY, TOFU WITH GINGER AND CHILLIES SWEET AND SOUR VEGETABLES, STIR-FRIED SEASONAL VEGETABLES

### MAIN COURSES FOR FOUR

GREEN VEGETABLE CURRY, SWEET AND SOUR VEGETABLES PENANG CURRY WITH TOFU, TOFU WITH GINGER AND CHILLIES STIR-FRIED SEASONAL VEGETABLES

THAI JASMINE RICE



# Jintana THAI RESTAURANT Take-away Menu



Authentic Thai Cuisine for  
your enjoyment at home

*Ambleside 015394 33394*

*Compston Road, LA22 9DJ*

*Bowness 015394 45002*

*Lake Road, LA23 3BJ*

*Kendal 01539 723123*

*101 Highgate, LA9 4EN*

*www.jintanathaicuisine.com*

## OPENING TIMES Daily

Ambleside 12am-10/10.30pm  
Bowness 12-2.30pm 5-10/10.30pm  
Kendal 12-2.30pm 5-10/10.30pm

## LUNCH

Daily from 12-2.30pm  
**EARLY EVENING MENU**  
2 Courses £12.95, 3 Courses £14.95  
from our specially selected menu.  
Available until 6pm

## JINTANA GIFT VOUCHERS

Available at [www.jintanathaicuisine.com/vouchers](http://www.jintanathaicuisine.com/vouchers)



For Special Offers, Seasonal Menus and Competitions follow us on Twitter @JINTANATHAI

**WIN** A MEAL AT JINTANA THAI RESTAURANT  
FOLLOW US ON FACEBOOK  
[www.facebook.com/JINTANATHAI](http://www.facebook.com/JINTANATHAI)



# Starters

## Crackers

**KHAO KHREB TOD** £1.90  
Spicy Thai crackers with a sweet chilli dip.

## Platters (Min 2 Persons)

**JINTANA PLATTER** £5.75 per person  
Spring rolls, King prawn blankets, Pork sesame toast and Sweet corn fritters with sweet chilli sauce and plum sauce.

**SEAFOOD PLATTER** £6.75 per person  
Crab Cakes, King Prawn Blankets, Thai Fish Cakes and Vegetable Spring Rolls with sweet chilli sauce and plum sauce.

**VEGETARIAN PLATTER** £4.75 per person  
Vegetable Tempura, Deep-fried tofu, Sweet Corn Fritters and Vegetable Spring Rolls with sweet chilli sauce and plum sauce.

## Grilled

**SATAY GAI** £5.25  
Chicken grilled on wooden skewers with peanut sauce and sweet sour salad dip.

**MOO YANG** £5.25  
Pork grilled on wooden skewers with tamarind chilli sauce.

**SII KHONG MOO** £4.95  
Deep-fried pork Spare Ribs in Thai Spices.

## Steamed

**HOI OP** £5.95  
Thai herb steamed Mussels with spicy chilli dipping sauce.

## Deep-Fried

**GUNG HOM PAR** £5.25  
King Prawn Blankets with plum sauce.

**TOD MUN PLA** £5.25  
Thai fish cakes with crispy sweet basil and a sweet sour cashew topped dip.

**POPIA BEHT** £5.95  
Duck spring rolls with aromatic dipping sauce.

**KANOM PUNG NA MOO** £4.50  
Pork & sesame toast with sweet chilli dip.

**TUNG TONG** £5.25  
Crispy golden prawn and chicken parcels with sweet chilli dip

**BUU JAAR** £5.50  
Thai Crab Cakes with plum sauce.

**PLA MUK CHUP PANG TOD** £5.25  
Breaded squid with sweet chilli sauce.

**PEEK GAI** £4.95  
Deep-fried Chicken Wings with sweet chilli sauce.

## Vegetarian

**POPIA TOD** £3.95  
Vegetable spring rolls with plum sauce.

**TOD MAN KHAO POT** £4.25  
Sweet corn fritters with sweet chilli sauce.

**DAO HU TOD** £4.25  
Deep-fried tofu with tamarind chilli sauce.

**MEA KEUR CHUP PANG TOD** £3.95  
Aubergine in golden batter with tamarind dipping sauce.

# Soups

**TOM YUM** £4.75  
Hot and sour soup

**PRAWN** £4.00  
£4.75

**CHICKEN** £4.00

**MUSHROOM** £3.50

**POH TAEK** £5.25  
Mixed seafood Hot & Spicy Soup

**TOM KHA** £4.75  
Aromatic Thai coconut soup with galangal, lemon grass and kaffir lime leaves.

**PRAWN** £4.75

**CHICKEN** £4.00

**MUSHROOM** £3.50

# Spicy Salads

**SOMTAM** £5.95  
Spicy green papaya salad with carrot, cherry tomato, garlic and chilli.

**PRAWN** £7.25

**VEGETARIAN** £5.95

**PLA GUNG** £7.25  
Spicy Tiger Prawn salad with lemon grass, coriander and fresh chilli tossed with a lemon dressing.

**LARB** £6.25  
Spicy Thai salad tossed in a lime and chilli dressing with crunchy toasted rice and fresh mint.

**CHICKEN/PORK** £6.25

**TOFU** £5.25

**YUM NEUA YANG** £6.25  
Thinly sliced grilled beef in a hot and sour chilli dressing.



# Chicken

## Thai Curries

**GAENG KHEAW WAN GAI** £7.50  
Chicken Thai green coconut curry.

**GAENG PED GAI** £7.50  
Chicken Thai red coconut curry.

**GAENG GAREE GAI** £7.50  
Aromatic chicken Thai Yellow coconut curry with potato, onion and cherry tomato.

**GAENG PENANG GAI** £7.95  
A rich, creamy, chicken coconut curry topped with coconut milk and lime leaves.

**GAENG BA GAI** £7.50  
Thai jungle curry. A light, hot and spicy chicken Thai curry without coconut milk.

**GAENG MUSSAMUN GAI** £8.50  
Chicken, cashew nut, onion and new potato in rich, nutty and aromatic curry.

## Stir Fried Dishes

**PAD PRIEW WAN GAI** £7.25  
Chicken with mixed vegetables and pineapple in a Thai sweet and sour sauce.

## Thai Curries

**GAENG KHEAW WAN MOO** £7.50  
Pork Thai green coconut curry.

**GAENG PED MOO** £7.50  
Pork Thai red coconut curry.

**GAENG GAREE MOO** £7.50  
Aromatic pork Thai Yellow coconut curry with potato, onion and cherry tomato.

**GAENG PENANG MOO** £7.95  
A rich, creamy, pork coconut curry topped with coconut milk and fragrant lime leaves.

**GAENG BA MOO** £7.50  
Thai jungle curry. A light, hot and spicy pork Thai curry without coconut milk.

## Grilled

**NAM TOK MOO** £9.95  
'Waterfall Pork'. Sliced grilled pork, chilli, lime, lemongrass, mint and toasted rice.

## Stir Fried Dishes

**PAD KHING GAI** £7.25  
Chicken stir-fried with fresh ginger, spring onions, peppers and chillies.

**PAD GRATIUM GAI** £7.25  
Chicken stir-fried with mixed vegetables in a garlic sauce.

**GAI PAD MET MAMUANG** £7.75  
Chicken stir-fried with cashew nuts, spring onions and sweet peppers.

**PAD KA POW GAI** £7.50  
Chicken stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.

**GAI PAD PONG GAREE** £7.50  
Chicken stir-fried with a rich and aromatic mild curry sauce.

**GAI PAD DAKRAI** £7.50  
Chicken with peppers, mushroom and vegetables in a fresh Lemongrass sauce.

# Pork

## Stir Fried Dishes

**PAD PRIEW WAN MOO** £7.25  
Pork with mixed vegetables and pineapple in a Thai sweet and sour sauce.

**PAD KHING MOO** £7.25  
Pork stir-fried with fresh ginger, spring onions, peppers and chillies.

**PAD GRATIUM MOO** £7.25  
Pork stir-fried with mixed vegetables in garlic sauce.

**PAD KA POW MOO** £7.50  
Pork stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.

**MOO KHROB FAI DAENG** £7.50  
Crispy pork belly and mixed vegetables stir-fried with chilli and garlic in dark soy sauce.

# Beef

## Stir Fried Dishes

**NEUA PAD NAM MUN HOY** £7.50  
Tender strips of beef stir-fried with mixed vegetables in oyster sauce.

**PAD KHING NEUA** £7.25  
Beef stir-fried with fresh ginger, spring onions, peppers and chillies.

**PAD KA POW NEUA** £7.50  
Beef stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.

**PAD PIK GAENG NEUA** £7.50  
Beef stir-fried with red curry paste bamboo shoots, long beans and fresh basil.

**NEUA PAD LAO DAENG** £7.95  
Beef stir-fried with fresh mango and mixed vegetables in a Thai red wine sauce.

## Thai Curries

**GAENG PENANG GAE** £9.40  
A rich, creamy, lamb coconut curry topped with coconut milk and lime leaves.

**GAENG MUSSAMUN GAE** £9.95  
Lamb, cashew nut, onion and new potato in rich, nutty and aromatic curry.

## Thai Curries

**GAENG PED BEHT YANG** £9.95  
Slices of tender duck breast in a spicy red curry sauce with lychee, chillies, lime leaves, pineapple and fresh tomatoes.

## Stir Fried Dishes

**BEHT SAUCE MAKHAM** £9.95  
Roast duck in Jintana's tamarind sauce served on a bed of pak choi and topped with a little dry shallot.

## Thai Curries

**GAENG KHEAW WAN JAY** £7.00  
Thai green vegetable coconut curry.

**GAENG PED JAY** £6.75  
Thai red vegetable coconut curry.

**GAENG GAREE DAO HU** £7.25  
Aromatic Thai Yellow coconut curry with Tofu.

**GAENG PENANG DAO HU** £7.70  
A rich, creamy, slow cooked southern Thai curry with tofu. Topped with coconut milk and fragrant lime leaves.

**GAENG BA JAY** £7.00  
Thai jungle curry. Mixed vegetables in a light, spicy curry without coconut milk.

**GAENG MUSSAMUN DAO HU** £8.25  
Tofu, cashew nut, onion and new potato in rich, nutty and aromatic curry.

## Thai Curries

**GAENG KHEAW WAN GUNG** £8.50  
Tiger prawn Thai green coconut curry.

**GAENG PED GUNG** £8.50  
Tiger prawns red coconut curry.

**GAENG PENANG GUNG** £8.95  
A rich, creamy, Tiger prawn curry topped with coconut milk and fragrant lime leaves.

**GAENG GAREE GUNG** £8.50  
Aromatic Thai Yellow coconut curry with Tiger prawns.

**GAENG BA GUNG** £8.50  
Thai jungle curry. Tiger prawns in a hot and spicy curry without coconut milk.

**GAENG KRUA SOPPOROT** £8.95  
Tiger prawns and pineapple in a creamy red coconut and tamarind curry.

# Lamb

## Stir Fried Dishes

**PAD PIK GAENG GAE** £8.95  
Lamb stir-fried with red curry paste, bamboo shoots, long beans and basil.

**PAD KA POW GAE** £8.95  
Lamb stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.

# Duck

**BEHT PAD KHING** £9.75  
Duck breast stir-fried with lots of fresh ginger, spring onions, peppers and chillies.

**BEHT PAD NAM MUN HOY** £9.50  
Stir-fried duck breast with mixed vegetables in oyster sauce.

**BEHT PAD PIK THAI DAM** £9.50  
Stir-fried duck breast with peppers in cracked black pepper sauce.

# Vegetarian

## Stir Fried Dishes

**PAD PRIEW WAN JAY** £6.75  
Stir-fried vegetables and pineapple in Thai sweet and sour sauce.

**PAD KHING DAO HU** £7.00  
Tofu stir-fried with fresh ginger, spring onions, peppers and chillies.

**PAD GRATIUM DAO HU** £7.00  
Tofu stir-fried with mixed vegetables in garlic sauce.

**DAO HU MET MAMUANG** £7.50  
Marinated tofu stir-fried with cashew nuts, spring onions and sweet peppers.

**PAD PAK RUEM MID** £5.95  
Stir-fried mixed seasonal vegetables.

**PAD PIK GAENG MAKUA** £7.50  
Aubergine with red curry paste bamboo shoots, long beans and fresh basil.

# Prawns

## Stir Fried Dishes

**PAD PRIEW WAN GUNG** £8.25  
Tiger Prawns with mixed vegetables and pineapple in a Thai sweet and sour sauce.

**PAD KHING GUNG** £8.25  
Tiger Prawns stir-fried with fresh ginger, spring onions, peppers and chillies.

**PAD GRATIUM GUNG** £8.25  
Tiger prawns stir-fried with mixed vegetables in a garlic sauce.

**PAD KA POW GUNG** £8.50  
Tiger prawns stir-fried with fresh chillies, garlic and basil. Aromatic and spicy.

**GUNG PAD PONG GAREE** £8.50  
Tiger prawns stir-fried with a rich and aromatic mild curry sauce.