

Seafood

Fish

PLA PAD PRIEW WAN £8.95
Stir-fried red snapper in a sweet and sour Thai sauce with spring onion, pineapple and peppers.

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 fillet in a spicy coconut green curry with aubergine.

CHU CHI PLA £10.95
Pan 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.

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.

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.

PAD SEI-EU
Rice noodles stir-fried with Thai mushrooms, egg and vegetables.
PRAWN £8.50
CHICKEN/PORK/BEEF £7.50
VEGETARIAN £6.50

PAD KEE MAO
rice noodles stir-fried in a spicy sauce with chillies and fresh basil.
PRAWN £8.50
CHICKEN/PORK/BEEF £7.50
VEGETARIAN £6.50

Rice

KHAO PAD
Fried rice with egg and spring onion.
PRAWN £4.95
CHICKEN/PORK/BEEF £3.95
VEGETARIAN £2.95

KHAO NEIOW £2.00
Thai Sticky Rice. Served in a traditional bamboo basket.

KHAO GRATEE £2.00
Thai Jasmine rice with coconut milk.

KHAO PAD SOPPAROT
Jintana's special egg fried rice with pineapple spices, onion, cashewnuts and dried fruits.
PRAWN £5.95
CHICKEN £4.95
VEGETARIAN £3.95

KHAO SUAY £1.70
Thai Jasmine rice.

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, STIR-FRIED SEASONAL 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 11am-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 £11.95, 3 Courses £13.95 from our specially selected menu. Available until 6pm



Looking for that Unique Gift that no-one else will have thought of?

JINTANA GIFT VOUCHERS

Available £5 to £500



FREE BOTTLE OF CHAMPAGNE or a Meal for Two. Ask about our Loyalty Card Scheme.

NEW! JINTANA CATERING

Planning a party? Jintana Thai Restaurant will bring a true taste of Thailand to any occasion with a wide range of carefully prepared menus and its own inimitable service. Please contact us for details.

COOKERY LESSONS

Discover the secrets of traditional Thai cookery and fruit & vegetable carving.

Coming Soon



Starters

Crackers

KHAO KHREB TOD £1.70
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 sweet sour salad 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 plum 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 GUNG £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 or lamb 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 cahewnut.

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 spring onion, pineapple and peppers 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 cahewnut.

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.

Thai Curries

GAENG KHEAW WAN NEUA £7.50
Beef Thai green coconut curry.

GAENG PED NEUA £7.50
Beef Thai red coconut curry.

GAENG GAREE NEUA £7.50
Aromatic beef Thai Yellow coconut curry with potato, onion and cahewnut.

GAENG PENANG NEUA £7.95
A rich, creamy, beef coconut curry topped with coconut milk and lime leaves.

GAENG BA NEUA £7.50
Thai jungle curry. A light, hot and spicy beef Thai curry without coconut milk.

Grilled

SEUA LONG HAI £9.95
Weeping tiger. Grilled sirloin beef in Thai herbs with spicy 'Jin Jaew' sauce.

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 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 spring onion, pineapple and peppers 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, peppers 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 oyster sauce, spring onions and peppers.

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 chilli.

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 spring onions and mushrooms 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 spring onion, pineapple and peppers 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.