



## INTRODUCTION

### **Kin-Khao Rue Yang?**

You will hear this question a lot in Thailand. It means, "Have you eaten yet?" and it's how people show their care for the well-being of friends and family. Meals are always enjoyed in groups and all the dishes are shared from communal bowls placed in the centre of the table, while the staple food rice is placed on each person's own plate with a fork and spoon set. Our culinary staff will provide you with Jasmine rice and another four choices of rice as follows:

### **Butterfly Pea Rice**

The butterfly pea (in Thai, "Un-Chan") is widely used in South East Asia. The plant's bright blue flowers are used to dye rice and as a natural colorant for food and cosmetics. Apart from adding a vivid colour, it is rich in blue proanthocyanin, a natural antioxidant.

### **Pandanus Rice**

Pandanus leaves (in Thai, "Bai-Toey") used throughout South East Asia, especially Thailand. Pandanus essence as well as a pandanus extract has a delightful scent, and is a natural food colorant. Its aroma is a bit nutty and reminiscent of freshly-cooked jasmine rice, giving the rice a lovely fragrance. Pandanus contains Linalyl acetate, Linalol and essential oil, and coumarin. It's a herb known for its healing properties and cooling effects and is excellent for the treatment of internal inflammations, urinary infections skin diseases and colds.

### **Turmeric Rice**

Turmeric (in Thai, "Ka-min") contains the active substances polyphenol and curcumin, known to be strong antioxidants. In Ayurvedic medicine, turmeric also has the therapeutic properties of detoxifying the organs, preventing inflammation, controlling anti-gastric flux and improving overall health. Fresh turmeric is pleasantly mild and has a very rich colour. Its bright yellow tone and delicate flavour make turmeric a favourite addition to many dishes.

### **Roselle Rice**

Roselle (in Thai, "Kra-Jeab") contains flavonoid, proanthocyanin, organic acid cellulose and vitamins C and D. The pretty purplish-red colour has been extracted from calyces and used as natural dyes and for anti-spasmodic beverages. In Thai medicine, it is used for treatment of various diseases and disorders including hyperlipidemia, hypertension, bladder stones, immune modulating and gastric ulceration.

Our culinary service staff will prepare your rice upon the ordering of appetizers.

## APPETIZERS

### **Kin Len Len**

"Kin" means eat and "len len" is an adjective that means fun, so when Thai people say "Kin Len Len" it means "bring on the snacks!" These dishes may be eaten anytime you are hungry: Grilled Chicken Satay, Crisp Fried Shrimp Cakes, Crisp Vermicelli Noodles, and Spicy Minced Chicken Spring Rolls suitable for 2 people.

### **Faed Poo Jar**

These duos of crabmeat, ground pork, and fried and spicy salad come in perfectly different tastes in separate crab shells.

### **Thod Mun Goong**

Shrimp Cakes with Sweet Chili Dip

### **Goong Sarong**

Deep fried prawns wrapped in crispy "Mee Sua" Phuket Noodle served with Sweet Chili Mango dip. This unique noodle can be found only in Phuket.

### **Gai Hor Bai Toey**

Adapted from an traditional Royal Thai cuisine dish. Crisp Fried Chicken is carefully wrapped with fragrant Pandanus Leaves. Served with Tamarind Sesame Dip.

### **Mixed Satay**

Not to be missed -- this is an adaptation of a traditional Balinese recipe. Grilled Beef/Chicken/Pork Satay is served with Peanut Sauce and Cucumber Salad. A truly unique dish that retains the best of the original recipe.

### **Laab Gai**

A favourite dish from the North-eastern part of Thailand, and an essential part of a meal for “E-Sarn” people. This minced chicken salad with shallots, coriander and sticky rice gives E-Sarn people a boost of energy that lasts the whole working day.

### **Pra Merk Thod Kra Tiem Prik Thai**

Crispy fried calamari with garlic and pepper. It's tasty and simple to make, and evokes the simple, close-to-nature life of the fisherman.

### **Som Tum**

An all-time favourite menu that can be eaten any time of day.

### **Moo Ob Num Pheung**

The signature dish of Phuket people for centuries, made from pork sparerib marinated in honey and fresh herbs. Great for rebooting your energy!

## SOUPS

### **Tom Yum Goong Mae Num**

Thailand's most famous dish, the traditional recipe calls for river prawns, which are cooked in hot and sour soup with chilli.

### **Tom Kha Gai**

Another well-known Thai soup. Chicken in full flavoured coconut milk, mixed with richly fragrant galangal and lime. Phuket is the only place that produces the wonderful coconut milk for this delightful dish. Its sensational taste ensures that you will practically lick the bowl clean to catch all the flavours.

### **Kaeng Jeut Dork Ma Kham Talay**

An authentic Thai soup from Koh Samui, made with fresh tamarind leaves and pods that are difficult to find elsewhere.

### **Gaeng Liang Pak**

A traditional herb soup that most Thai people will remember as the dish from childhood where their love of greens was born. Thai parents use this market vegetable soup to teach their children to eat vegetables.

### **Tom Yum Hed**

A hot and sour mushroom soup that vegetarians and health-conscious people love.

## SALADS

### **Yum Nua Yang**

Spicy Grilled Australian Beef Tenderloin salad that you have you begging for the top-secret recipe from the first moment its flavour hits your tongue.

### **Pla Samlee Yum Mamuang**

Crisp Fried Cotton Fish, Spicy Green Mango Salad.

### **Yum Talay**

Mixed fresh seafood salad with tomato, onion, celery, chilli and coriander.

### **Yum Som O Pla Tuna**

This is a must-try Thai-Japanese fusion dish created by Chef Toi. Tangy pomelo combined with typical Thai flavourings and tuna is a match made in heaven.

### **Yum Woon Sen**

Spicy glass noodle salad with minced prawns and pork. This is the dish that Thai ladies dine on when looking to stay trim, and it's also a test dish to determine a cook's skill in the kitchen.

## MAIN COURSE

### **Goong Mong Gorn Yang**

An excellent selection of seafood dishes and grilled Phuket lobster, served with spicy Thai seafood sauce.

### **Gai Phad Med Mamuang**

Wok-fried sliced chicken breast with roasted cashew nuts. After eating this, you may be clamouring to join the Thai cooking class.

### **Nua Phad Kaprao**

Tasty stir-fried beef tenderloin with chilli, crushed garlic and hot basil. It is a very basic dish of Thai cookery, but difficult to make well.

### **Goong Phad Nam Ma Kham “Khun Chai”**

Sautéed king prawn with tamarind sauce. The favourite dish of Khun Chai, the Director of Food and Beverage. He guarantees that it can be re-ordered if you are not satisfied with it.

### **Pla Rad Prik**

Literally means chilli-covered fish, this is a crispy deep fried fish with tasty chilli paste on it. A special recipe from grandmother, she always cooked it for us when we visited her.

### **Phad Thai**

Thai-style stir-fried rice noodles with fresh prawns, chicken and egg. It is one of Thailand's national dishes that everyone knows and loves. Thai people called it "smiling food", and it's the must-have recipe in every Thai cooking class.

### **Poo Nim Phad Pong Karee**

Crispy soft shell crab in yellow curry.

### **Gaeng Karee Gai**

Yellow chicken curry with potato and onions. The flavour of yellow curry paste is similar to that of red or green curries, but with a special flair of its own that you will love.

### **Massaman Nua**

Massaman curry with beef and cashew nut. This is a rich and nutty southern Thai curry with influences from the nearby Malay culture.

### **Gaeng Phed Phet Yang**

An aromatic mild red curry with succulent breast of roasted duck, Phuket pineapple, grapes and cherry tomatoes. One of the Top-Ten gastronomic delights of Thailand.