



Sala Thai
Fresh Thai Food



MENU

WWW.SALATHAIKITCHEN.CO.UK

01727 812683 | food@salathai.co.uk | [f](#) [@](#) [@salathaiuk](#)
Sala Thai Kitchen, 5A High Street, St Albans AL3 4ED

SALA THAI KITCHEN

ST ALBANS MENU

STARTERS

PRAWN TEMPURA.....£9.95

Deep fried king prawns in batter served with homemade sweet chilli sauce (4 pcs)

THAI SWEETCORN CAKES (VEGAN)£8.50

Served with signature homemade dipping sauce (4 pcs)

THAI STYLE CHICKEN SATAY SKEWERS.....£8.50

Strips of grilled marinated chicken served with a homemade peanut sauce (4 pcs)

THAI FISH CAKES£8.95

Fried ground fish mixed with spices and red curry paste served with sweet chilli sauce (4 pcs)

VEGETABLE SPRING ROLLS.....£8.50

Homemade vegetarian spring rolls with homemade dipping sauce (4 pcs)

DUCK SPRING ROLLS£8.95

Homemade duck spring rolls served with Hoisin sauce (4 pcs)

VEGETABLE TEMPURA.....£8.50

Tempura battered vegetable served with homemade sweet chilli sauce. Gluten free option available on request.

MOO PING – GRILLED PORK SKEWER£8.95

A famous Thai street food. Grilled pork skewers served with homemade spicy chilli dipping sauce (4 pcs)

KANOM JEEB£8.50

Egg pastry wraps of minced pork and prawn served with homemade sweet soy dipping sauce

SALT AND PEPPER SQUID.....£8.95

Deep fried squid in batter served with Thai Sriracha hot sauce. Gluten free available on request.

PRAWN TOAST£8.50

Deep fried savoury chicken and prawn on toast served with homemade sweet chilli sauce (4 pcs)

PRAWN CRACKERS£3.95

SOUP

TOM YUM SOUP

Mushroom and tomatoes in chilli paste soup (spicy)

Mushroom £8.50 | Chicken £8.50 | Prawn £9.50

TOM KHA SOUP

Chicken with mushroom in mild coconut soup with lemongrass, kaffir lime leaf and onion. Tomato, lime juice and coriander.

Mushroom £8.50 | Chicken £8.50 | Prawn £9.50 | Vegan (with / without tofu) £8.50

THAI SALAD

SPICY VEGETABLE SALAD£11.50

Crunchy vegetable salad, flavoured with mint, coriander, tossed in lime and chilli dressing

PAPAYA SALAD

A spicy, sweet & sour salad – very fresh and crunchy. Contains peanuts.

Vegetarian £12.95 | Vegan £12.95

WEeping TIGER.....£19.95

Grilled beef with spicy salad, flavoured with mint, coriander, tossed in lime and chilli dressing

THAI CURRY

THAI GREEN CURRY

Special Thai green curry with fresh vegetables, kaffir lime and basil

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

MASSAMAN CURRY

Creamy curry with potatoes, carrots, onions and peanuts

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

THAI RED CURRY

Thai red curry with coconut milk, bamboo shoots, peppers and basil

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

KAENG PA – JUNGLE CURRY

Spicy curry without coconut milk. Contains mushroom, baby sweetcorn, basil and other herbs

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

PANANG CURRY

Coconut milk, green beans, peppers and kaffir lime leaf

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

STIR FRIED

GINGER AND ONION STIR FRY

Tasty ginger and onion stir fry with spring onion

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

PAD KRAPOW CHILLI BASIL

Famous Thai street food. Stir fried with basil leaves, garlic and hot chillis

Chicken £14.95 | Pork £16.50 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

CASHEW NUT STIR FRY

Cashew nut stir fry with peppers, carrots and onions

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

PAD PREW WAN (SWEET AND SOUR)

Sweet and sour stir fried with lots of vegetables, tomatoes and pineapple

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

OYSTER SAUCE – PAD NAM MUN HOI

Stir fry in oyster sauce with vegetables. Vegan option available – without oyster sauce.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

SPICY STIR FRIED – PAD PRIK KEANG

Spicy stir fry with garlic, onion, chillies, kaffir lime leaf and bamboo shoot.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

NOODLES

PAD THAI

Famous tasty stir fried rice noodles served with peanuts and lime. Gluten free available on request.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

PAD MEE – CHOW MEIN

Stir fried egg noodles with dark soy sauce. Vegan rice noodle option available on request.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Vegetarian (with / without tofu) £14.95 | Mixed Seafood £20.95

PAD KEE MAO

Stir fried flat rice noodles with Thai galangal, Thai basil, chilli, peppers and bamboo shoots. GF option available.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

PAD SEE EW

Stir fried flat noodle with dark soya sauce and greens

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

EGG NOODLES WITH BEANSPOUTS£9.95

Simple egg noodle dish. Vegan / gluten free rice noodle option available on request.

CHEF'S SPECIAL

★ FISH PANANG CURRY (CHOO-CHEE PLA).....£18.95

Mild thick and creamy battered fish curry with kaffir lime leaf and green beans. Gluten free available on request.

★ PAD KRAPROW PLA (FISH)£18.95

Stir fried battered fish in oyster sauce with chilli and basil. Gluten free available on request.

★ STIR FRIED CHILLI JAM & BASIL

Stir fried chilli jam with basil leaves and hot chillis

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

★ ROASTED DUCK WITH RICE

Roasted duck with rice or egg fried rice

Jasmine Rice £16.95 | Egg Fried Rice £17.95

★ VOLCANO OMELETTE

Omelette with vegetables served with your choice of rice

Jasmine Rice £14.95 | Egg Fried Rice £15.95

★ SPICY STIR FRIED – PAD PRIK KEANG

Spicy stir fry with garlic, onion, chillies, kaffir lime leaf and bamboo shoot.

Chicken £14.95 | Pork £15.95 | Beef £16.50 | Prawn £17.95 | Duck £17.95 | Fish £18.95 | Vegetarian (with / without tofu) £14.95 | Vegan (with / without tofu) £14.95 | Mixed Seafood £20.95

★ KHAO PAD SUPPAROD (PINEAPPLE FRIED RICE).....£19.95

Pineapple fried rice with chicken & prawn, roasted cashew nuts and vegetables in soya sauce and curry powder

★ PAD KRAPOW THAI STYLE

Thai style street food served with rice and topped with a fried egg

Minced Chicken £21.50 | Minced Pork £22.50 | Minced Beef £23.50 | Duck £25.50 | Prawn £26.50 | Mixed Seafood £20.95

★ KATSU CURRY

Slow cooked curry with sweet potatoes, carrots and onions

Chicken £15.45 | Pork £16.00 | Beef £16.45 | Prawn £18.45 | Roasted Duck £18.00 | Vegetarian (with / without tofu) £15.45 | Mixed Seafood £20.95

RICE

THAI JASMINE RICE£3.75

STICKY RICE£4.50

COCONUT RICE£4.50

EGG FRIED RICE

Gluten free available on request

Small £4.95 | Large £7.95

SPICY EGGS FRIED RICE£7.95

A special fried rice with spicy Thai red chilli! Gluten free available on request.

CASHEW NUT FRIED RICE£8.95

Fried rice fried with cashew nuts. Gluten free available on request.

If you would like a smaller portion of any of our menu items, please speak to your server

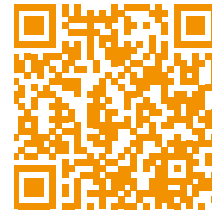
For booking and online ordering of
our full listed menu please visit:
www.salathaikitchen.co.uk

**ORDER FOR HOME DELIVERY
THROUGH OUR PARTNERS:**



**COOKERY
CLASSES
AVAILABLE**

*Cooking classes are
available, including
private cooking parties.
No experience needed.
Contact us or see our
website for more details
and class dates/times.*



BOOK NOW

PARTIES

*There is no room hire charge if you would like to
host a party / private function at our restaurant.
Contact us for more details and a quote.*

CATERING

*We can cater for any parties and events including
birthdays, corporate lunches and festivals.
Contact us for more details and a quote.*

*An optional 12.5% service charge is automatically added for groups
of 8 or more. Service is not included for smaller groups.*

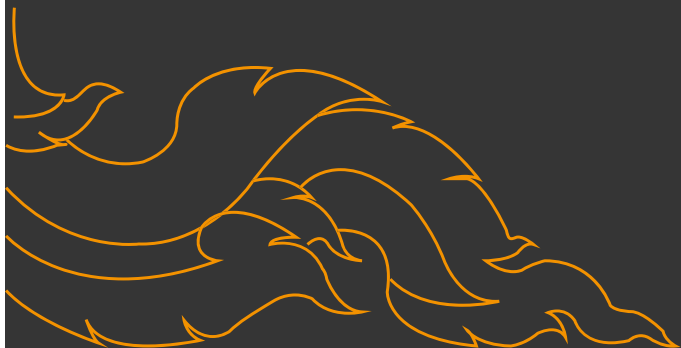
FOOD ALLEGIES NOTICE

*Please tell us about any allergies before ordering.
Some dishes contain peanuts, shellfish, fish sauce or gluten.*

FOOD HYGIENE RATING

0 1 2 3 4 **5**

**VERY
GOOD**



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