



Sala Thai
Fresh Thai Food



MENU

WWW.SALATHAIKITCHEN.CO.UK

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Sala Thai Kitchen, 5A High Street, St Albans AL3 4ED



MENU STARTERS

PRAWN TEMPURA £ 9.90

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

THAI SWEETCORN CAKES (VEGAN) £ 8.50

Served with signature homemade dipping sauce (4 pcs)



VEGETABLE SPRING ROLLS £ 8.50

Homemade vegetarian spring rolls with dipping sauce (4pcs)



DUCK SPRING ROLLS £ 8.95

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

VEGETABLE TEMPURA £ 8.50

Tempura Battered Vegetable served with homemade sweet chilli sauce. Gluten Free option available on request.



MOO PING - GRILLED PORK SKEWER £ 8.50

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

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 sweet chilli sauce (4 pcs)

PRAWN CRACKERS £ 3.95





MENU STARTERS

MIXED PLATTER (FOR 2) £ 19.95

All your favourite starters on one plate (Gluten free option available)

Satay chicken x 2

Prawn Toast x 2

Thai fishcakes x 2

Vegetable spring rolls x 2

Vegetable Tempura

MIXED PLATTER (FOR 3) £ 29.95

All your favourite starters on one plate (Gluten free option available)

Satay chicken x 3

Prawn Toast x 3

Thai fishcakes x 3

Vegetable spring rolls x 3

Vegetable Tempura

VEGAN - MIXED PLATTER (FOR 2) £ 19.95

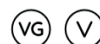
All your favourite Vegan starters on one plate (Gluten Free option available)

Vegetable skewer x 2

Sweet corn cake x 2

Vegetable spring rolls x 2

Vegetable Tempura



VEGAN - MIXED PLATTER (FOR 3) £ 29.95

All your favourite Vegan starters on one plate (Gluten Free option available)

Vegetable skewer x 3

Sweet corn cake x 3

Vegetable spring rolls x 3

Vegetable Tempura



SOUP

TOM YUM SOUP

Mushroom and tomatoes in chilli paste soup (Spicy)

Mushroom / £8.50

Chicken / £8.50

Prawn / £9.25



TOM KHA SOUP

Chicken with mushroom in mild coconut soup with lemongrass, kaffir lime leaf and onion

Mushroom / £8.50

Chicken / £8.50

Prawn / £9.25

Vegan / £8.50



MENU

THAI CURRY

THAI GREEN CURRY

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95



MASSAMAN CURRY

Creamy curry with potatoes, carrots, onions and peanuts

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95

THAI RED CURRY

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95



KAENG PA - JUNGLE CURRY

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95



PANANG CURRY

Coconut milk, green beans, peppers and kaffir lime leaf

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95





MENU STIR FRIED

GINGER AND ONION STIR FRY

Tasty ginger and onion stir fry with spring onion

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95

PAD KRAPOW CHILLI BASIL

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95



CASHEW NUT STIR FRY

Cashew nut stir fry with peppers, carrots and onions

Chicken / £14.95
Pork / £14.95
Beef / £14.95
Prawn / £17.50
Tofu / £14.95
Duck / £17.50
Fish / £17.50
Vegan / £14.95

PAD PREW WAN (SWEET AND SOUR)

Sweet and Sour Stir Fried with lots of vegetables, tomatoes and pineapple

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95

OYSTER SAUCE - PAD NAM MUN HOI

Stir fry in oyster sauce with vegetables.

Vegan option is available - without oyster sauce.

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95

SPICY STIR FRIED - PAD PRIK KEANG

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95





MENU NOODLES

PAD THAI

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

Chicken / £14.95

Pork / £15.50

Beef / £15.95

Prawn / £17.95

Tofu / £14.95

Duck / £17.50

Mixed Seafood / £19.95

Vegan / £14.95

PAD MEE - CHOW MEIN

Stir fried egg noodles with dark soy sauce.

Vegan rice noodle option available on request

Chicken / £14.95

Pork / £15.50

Beef / £15.95

Prawn / £17.95

Tofu / £14.95

Duck / £17.50

PAD KEE MAO

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

Chicken / £15.95

Pork / £16.95

Tofu / £15.95

Beef / £17.95

Prawn / £19.95

Duck / £19.95

Vegan / £15.95

Mixed Seafood / £20.95



PAD SEE EW

Stir fried flat noodle with dark soya sauce and greens

Chicken / £14.95

Pork / £15.50

Beef / £15.95

Prawn / £17.95

Tofu / £14.95

Duck / £17.50

Vegan / £14.95

Mixed Seafood / £19.95

EGG NOODLES WITH BEANSPROUTS

£ 9.95

Simple egg noodle dish. Vegan/Gluten Free rice noodle option available on request.



THAI SALAD

SPICY VEGETABLE SALAD £ 11.50

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



PAPAYA SALAD £ 12.95

A spicy, sweet & sour salad - very fresh and crunchy.

Contains Peanuts



WEEPING TIGER £ 19.95

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





MENU CHEF'S SPECIAL

★ FISH PANANG CURRY (CHOO-CHEE PLA) £ 17.50

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



★ PAD KRAPROW PLA (FISH) £ 17.50

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 / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50



★ ROASTED DUCK WITH RICE

Roasted duck with rice or eggs fried rice

Jasmine Rice / £16.50
Egg Fried Rice / £17.50

★ VOLCANO OMELETTE

Omelette with vegetables served with your choice of rice

Jasmine Rice / £14.50
Egg Fried Rice / £15.50



★ SPICY STIR FRIED - PAD PRIK KEANG

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

Chicken / £14.95
Pork / £15.50
Beef / £15.95
Prawn / £17.95
Tofu / £14.95
Duck / £17.50
Fish / £18.50
Vegan / £14.95



★ 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





MENU RICE

THAI JASMINE RICE £ 3.75



STICKY RICE £ 4.50



COCONUT RICE £ 4.50



EGG FRIED RICE £ 7.95

Gluten Free available on request



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



JAPANESE

KATSU CURRY

Slow cooked curry with sweet potatoes, carrots and onions

Chicken / £15.45

Pork / £16.00

Beef / £16.45

Prawn / £18.45

Tofu / £15.45

Roasted Duck / £18.00

KOREAN

KIMCHI FRIED RICE £ 17.00

A full flavour Korean fried rice with kimchi, serve with fried egg on top.





DESSERTS MENU

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PUDDINGS

**STICKY RICE MANGO
PUDDING (VE)(GF)
£ 8.95**

Sweet Thai mango on sticky rice topped with coconut cream and roasted sesame seeds

**BANANA FRITTERS
£ 8.95**

Banana fritters served with ice cream (or vegan with sorbet).
Gluten Free option also available.

**PANDAN PANCAKE
£ 8.95**

Vanilla ice cream wrapped in a sweet and aromatic Thai Pandan style crepe.

MANGO CHEESECAKE £ 8.95

ICE CREAM AND SORBET

THAI TEA ICE CREAM

Single scoop / £4.75
Double scoop / £8.50

MATCHA ICE CREAM

Single scoop / £4.75
Double scoop / £8.50

VANILLA ICE CREAM

Single scoop / £4.50
Double scoop / £7.95

**COOKIE DOUGH ICE
CREAM**

Single scoop / £4.50
Double scoop / £7.95

**COCONUT ICE CREAM
(VE)**

Single scoop / £4.50
Double scoop / £7.95

MANGO SORBET (GF)

Single scoop / £4.50
Double scoop / £7.95

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



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.

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.

An optional 12.5% service charge is automatically added for groups of 6 or more. Service is not included for smaller groups.

FOOD ALLEGIES NOTICE

If you have any food allergies or special dietary requirement please inform a member of our team. Please ask us if you like to know a full list of ingredient detail.

FOOD HYGIENE RATING

0 1 2 3 4 **5**

**VERY
GOOD**



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