



Modern Thai Cuisine  
Cooked Fresh – Delivered Fast

**FREE DELIVERY**

(MINIMUM ORDER \$20.00)

# soulthai

cooked fresh – delivered fast

- 1 Soul Thai brings you restaurant quality, authentic Thai cuisine using the finest ingredients, delivered to your door fresh and fast. Select from our comprehensive menu to experience our fast attentive service & delicious Thai cuisine.
- 2 **CALL TO ORDER ON 302 8888**  
**ORDER ONLINE AT [www.soulthai.co.nz](http://www.soulthai.co.nz)**
- 3 Our chefs will carefully prepare & cook your order, maintaining the highest standards of food safety. All dishes are cooked with no MSG & our oil meets the New Zealand Heart Foundation standard.
- 4 We will deliver your order with speed & care, or pickup from your nearest Soul Thai store.

**96 MT EDEN ROAD, MT EDEN**  
**158 WILLIAMSON AVE, GREY LYNN**

**CHECK OUR WEB SITE FOR OTHER LOCATIONS**

*We accept Mobile Eftpos, Visa & Mastercard*

**Lemongrass Prawns** (Pla Goong)



**Chicken Rich Red Curry** (Gang Panang Gai)



**Chicken Cashew Nuts** (Gai Pad Med Ma-Meung)



**Pad Thai Fresh Rolls** (Por Pia Sod Pad Thai)





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## APPETISERS

- 01 CHICKEN SATAY (SATAY GAI) \$9.50**  
Chargrilled free-range chicken skewers marinated in coconut, lemongrass & Thai spices, with peanut sauce & cucumber/red onion salsa.
- 02 PAD THAI FRESH SPRING ROLLS \$9.50**  
(POR PIA SOD PAD THAI)  
With prawn, tofu, rice noodles, beansprouts, chives & crushed peanuts, with our signature Pad Thai sauce.
- 03 CURRY PUFFS (KARI PUFF) \$8.50**  
Puff pastry crescents of slow braised pork & vegetables with sweet chilli sauce.
- 04 CHILLI & LIME WINGS (GAI TOD) \$10.50**  
Tender free-range chicken wings marinated in Thai spices & lime confit, tossed in our sticky & tangy mild roasted chilli & tamarind sauce.
- 05 SPRING ROLLS (POH PIA TOD) \$8.50**  
With straw mushroom, vermicelli & vegetables served with sweet chilli sauce.
- 06 SALT & PEPPER SQUID \$9.50**  
(MURK GUAE PRIK THAI)  
Seasoned with Thai spices, flaky sea salt & lemon pepper, served with sriracha & lemongrass mayonnaise.
- 07 PRAWN RICE PAPER ROLLS \$9.50**  
(POR PIA SOD GOONG)  
With prawn, tofu, mint, Thai slaw, rice noodles & toasted coconut, served with fragrant Soul Thai dipping sauce.
- 08 TEMPURA KING PRAWNS \$10.50**  
(GOONG HOM NGA)  
Seasoned & rolled in sesame seeds, served with plum sauce.
- 09 CRISPY DUCK & PORK WONTONS \$9.50**  
(GIEW TOD)  
BBQ duck & slow roasted pork with lemongrass, ginger, basil & Thai spices, served with grilled red capsicum, lime confit & mild chilli salsa.
- 10 CHEFS APPETISER SELECTION \$12.50**  
(KONG WANG JAN DED)  
Our chef's selection of mixed Thai starters.

## SALADS

- 22 CHILLI CHICKEN LARB (LARB GAI) \$16.90**  
Wok seared free-range chicken, minced & tossed with mint, coriander, shredded vegetables, beansprouts, capsicum & ground roasted rice, with a tangy lime dressing
- 23 SPICY ANGUS BEEF (NAM TOK NUA) \$16.90**  
Grilled grass-fed Angus beef tossed with crispy noodles, coriander, mint, beansprouts, shredded vegetables, crispy shallots & ground roasted rice, served with a tangy chilli & lime dressing.

- 24 LEMONGRASS PRAWNS (PLA GOONG) \$19.90**  
Tiger prawns with fresh herbs, Thai slaw, lime juice, red onion & shallots in a refreshing mild roasted chilli and lemongrass dressing.
- 25 DUCK, CASHEW & MANGO (YUM PED) \$18.90**  
Slow roasted BBQ duck tossed with mango, Thai herbs, beansprouts, fresh leaves & roasted cashews, with Thai nam jim dressing.
- 26 SPICY GREEN PAPAYA (SOM TUM THAI) \$16.90**  
Tiger prawns with smashed green papaya, tomato, carrot, peanuts, garlic & chilli, with tamarind & lime dressing.

## CURRIES

- 40 RED CURRY (GANG DANG) \$16.90**  
With market fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.  
**(40C Chicken, 40B Angus Beef)**
- 41 GREEN CURRY (GANG KIEW WAAN) \$16.90**  
With market fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.  
**(41C Chicken, 41B Angus Beef)**
- 43 LAMB CURRY (GANG MASSAMUN GAE) \$17.90**  
Slow cooked massaman curry of lamb with aromatic spices, young coconut milk, potato, onion, crispy shallots & roasted peanuts.
- 44 RICH RED CURRY (GANG PANANG) \$16.90**  
With market fresh vegetables, young coconut milk, capsicum, kaffir lime leaf, fresh sweet basil & crushed peanuts.  
**(44C Chicken, 44B Angus Beef)**
- 45 BBQ DUCK CURRY (GANG PED) \$18.90**  
With pineapple, beans, rambutan, market fresh vegetables, kaffir lime leaf & fresh sweet basil in a red curry & young coconut sauce.
- 46 PRAWN GREEN CURRY \$19.90**  
(GANG KIEW WAAN GOONG)  
Tiger prawns with market fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.
- 48 FISH RED CURRY (GANG DANG PLA) \$18.90**  
Market fish with fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.

## SOUPS

- 60 TOM YUM SOUP (TOM YUM) \$16.90**  
Hot, sour & spicy with freshly simmered mushroom, lemongrass, galangal & kaffir lime leaf.  
**(60C Chicken \$9.50, 60G Prawns \$10.50)**
- 61 TOM KAR SOUP (TOM KAR) \$16.90**  
Light & creamy soup of young coconut milk, mushroom, lemongrass, galangal & kaffir lime leaf.  
**(61C Chicken \$9.50, 61G Prawns \$10.50)**

## NOODLES / RICE

- 70 PAD THAI NOODLES (PAD THAI) \$19.90**  
Wok fried rice noodles with tamarind, free-range egg, beansprouts, chives & crushed peanuts in our signature Pad Thai sauce.  
**(70C Chicken \$15.90, 70G Prawns \$18.90)**  
**(70X Chicken & Prawn \$18.90)**
- 71 THAI FLAT NOODLES (PAD SEE EW) \$15.90**  
Wok fried flat rice noodles with soy, free-range egg & market fresh vegetables.  
**(71C Chicken, 71B Angus Beef)**
- 72 SPICY THAI NOODLES (PAD KEE MAO) \$15.90**  
Wok fried flat rice noodles with bamboo shoots, crispy cabbage, fresh sweet basil, free-range egg, chilli & market fresh vegetables.  
**(72C Chicken, 72B Angus Beef)**
- 73 THAI FRIED RICE (KHAO PAD) \$18.90**  
Seasoned & wok tossed with free-range egg, pepper, spring onion & market fresh vegetables.  
**(73C Chicken \$15.90, 73B Angus Beef \$15.90, 73G Prawn \$18.90)**

## WOK-TOSSED

- 90 CHICKEN CASHEW NUTS \$17.90**  
(GAI PAD MED MA-MEUNG)  
Wok tossed with mild roasted chilli paste, water chestnuts, spring onion & market fresh vegetables.
- 91 GARLIC & PEPPER (KRATIEM PRIK THAI) \$16.90**  
Wok tossed with spring onion, market fresh vegetables & crispy shallots.  
**(91C Chicken, 91B Angus Beef)**
- 92 FRESH GINGER (PAD KHING) \$16.90**  
Wok tossed with spring onion, mushroom, garlic & market fresh vegetables.  
**(92C Chicken, 92B Angus Beef)**
- 93 SWEET BASIL (PAD KRA-PAO) \$16.90**  
Wok tossed with bamboo shoots, crispy cabbage, market fresh vegetables & chilli.  
**(93C Chicken, 93B Angus Beef)**
- 94 STIR FRIED ANGUS BEEF \$16.90**  
(NUA PAD NAM MUN HOI)  
Wok tossed with mushroom, garlic & market fresh vegetables.
- 95 SWEET & SOUR CHICKEN \$16.90**  
(PAD PRIEW WAAN GAI)  
With cucumber, pineapple, tomato & market fresh vegetables.
- 96 BBQ DUCK BASIL (PED PAD KRA-PAO) \$18.90**  
Slow roasted BBQ duck wok tossed with bamboo shoots, market fresh vegetables, fresh sweet basil, onion & chilli.
- 97 CHILLI PEPPER CHICKEN \$16.90**  
(PAD PRIK GANG)  
With lemongrass, beans, capsicum & carrot in a red curry and coconut sauce.

## SEAFOOD

- 110 PRAWN CASHEW NUTS \$19.90**  
(GOONG PAD MED MA-MEUNG)  
Wok tossed with mild roasted chilli paste, water chestnuts, spring onion & market fresh vegetables.
- 111 GARLIC & PEPPER PRAWNS \$19.90**  
(GOONG KRATIEM PRIK THAI)  
Wok tossed with spring onion, market fresh vegetables & crispy shallots.
- 112 SWEET BASIL PRAWNS \$19.90**  
(GOONG PAD KRA-PAO)  
Wok tossed with bamboo shoots, market fresh vegetables, onion & chilli.
- 113 GINGER FISH (PLA PAD KHING) \$18.90**  
Wok tossed with spring onion, mushroom, garlic & market fresh vegetables.
- 114 LINE CAUGHT SNAPPER FILLETS \$21.90**  
(YUM PLA)  
Pan fried and served with apple, spring onion, tamarind & green papaya slaw.
- 115 SPICY TAMARIND FISH \$18.90**  
(PLA LARD PRIK)  
Deep fried market fish served with capsicum, onion, chilli, garlic, tamarind and wild ginger sauce.
- 118 CHILLI PEPPER FISH \$18.90**  
(PLA PAD PRIK GANG)  
With lemongrass, beans, capsicum & carrot in a red curry & coconut sauce.

## FROM OUR CHARGRILL

All dishes served on a bed of freshly grilled vegetables, Thai slaw & BBQ nam jim sauce.

- 130 BBQ BEEF (NUA YANG CHEUN-CHIM) \$17.90**  
Chargrilled grass-fed Angus beef marinated in soy sauce & pepper
- 131 BBQ PORK (MOO YANG) \$17.90**  
Chargrilled free-range pork marinated in coriander, pepper & garlic.
- 132 BBQ CHICKEN (GAI YANG) \$17.90**  
Chargrilled free-range chicken marinated in Thai spices, garlic & cracked pepper.
- 133 BBQ PRAWNS (GOONG POW) \$19.90**  
Chargrilled king prawns marinated in soy sauce, coriander & pepper

Pickup available from 96 Mt Eden Rd, Mt Eden or 158 Williamson Ave, Grey Lynn. Check our web site for other locations

## EXTRAS

- 200 STEAMED JASMINE RICE \$2.50**
- 201 STICKY RICE \$3.50**
- 202 THAI ROTI BREAD \$4.50**
- 203 WOK FRIED VEGETABLES \$9.50**
- 204 EXTRA CASHEW NUTS \$2.50**
- 205 PEANUT SAUCE \$2.00**

## DESSERTS

- 500 COCONUT & MANGO PANNACOTTA \$5.90**
- 501 LIME & COCONUT PANNACOTTA \$5.90**

## BEVERAGES/DRINKS

- SOFT DRINKS 1.5L \$3.90**
- 220 COCA-COLA 221 DIET COKE**
- 222 COKE ZERO 223 SPRITE**
- 224 BUNDEBERG GINGER BEER 375ML \$4.50**
- 225 ANTIPODES STILL WATER 500ML \$4.90**
- 226 ANTIPODES SPARKLING WATER 500ML \$4.90**
- 227 PHOENIX FEJOA & APPLE 275ML \$4.50**
- 228 PHOENIX GUAVA & APPLE 275ML \$4.50**
- 229 PHOENIX MANGO PASSION 275ML \$4.50**
- 230 PHOENIX GINGER & LEMONGRASS 290ML \$4.50**
- 231 CHIA BLUEBERRY & APPLE 275ML \$4.50**
- 232 CHIA PASSIONFRUIT & ORANGE 275ML \$4.50**
- 233 LIPTON ICED PEACH TEA 500ML \$4.50**

## VEGETARIAN/VEGAN/GLUTEN FREE

A full range of vegetarian, vegan & gluten free dishes are available, please enquire or visit us online at [www.soulthai.co.nz](http://www.soulthai.co.nz)

All dishes are cooked with no MSG and our cooking oils meet the New Zealand Heart Foundation standard. Please advise us if you have any common food allergies. Minimum order of \$20 for delivery. We accept Mobile Eftpos, Visa and Mastercard. Limited area for delivery. Menu items and prices are subject to change without notice. All prices include GST.



Visit us on Facebook  
[facebook.com/soulthai](https://facebook.com/soulthai)

All dishes cooked with no MSG