



soulthai

cooked fresh – delivered fast

Did you know we offer

FREE  **DELIVERY?**

PHONE: 302 8888

ORDER ONLINE AT www.soulthai.co.nz

MOUNT EDEN – 96 MT EDEN ROAD

GREY LYNN – 158 WILLIAMSON AVE

ROYAL OAK – 726 MANUKAU ROAD

We accept Visa & Mastercard. Minimum delivery order \$25.00.





APPETISERS

- 01 CHICKEN SATAY (SATAY GAI) \$10.50**
Chargrilled free-range chicken skewers marinated in coconut, lemongrass & Thai spices, with peanut sauce & cucumber/red onion salsa.
- 02 PAD THAI PRAWN FRESH ROLLS \$11.50**
(POR PIA SOD PAD THAI)
With prawn, tofu, rice noodles, beansprouts, chives & crushed peanuts, served with our signature Pad Thai sauce.
- 03 CURRY PUFFS (KARI PUFF) \$10.50**
Puff pastry crescents of slow braised chicken & vegetables with sweet chilli sauce.
- 04 CHILLI & LIME FRIED CHICKEN (GAI TOD) \$10.50**
Tender free-range chicken wings marinated in Thai spices & lime confit, with our sticky & tangy mild roasted chilli & tamarind sauce.
- 05 SPRING ROLLS (POH PIA TOD) \$9.50**
With straw mushroom, vermicelli & vegetables served with sweet chilli sauce.
- 06 TEMPURA KING PRAWNS \$11.50**
(GOONG HOM PLA)
Seasoned with Thai spices and served with lemongrass & sriracha mayonnaise.
- 07 THAI STYLE ANGUS BEEF SKEWERS \$9.50**
(NEUA YANG)
Tender grass-fed Angus beef meatball skewers with kaffir lime leaf, lemongrass, chilli & fresh herbs, chargrilled & coated in an aromatic tamarind sauce.
- 08 PRAWN RICE PAPER ROLLS \$11.50**
(POR PIA SOD GOONG)
With prawn, tofu, mint, Thai slaw, rice noodles & toasted coconut, served with fragrant Soul Thai dipping sauce.
- 09 CRISPY CHICKEN BAO \$9.50**
(SALAPAO GAI)
With cucumber, red onion, coriander, toasted sesame and sriracha & lemongrass mayonnaise.
- 10 CHEFS APPETISER SELECTION \$12.50**
(KONG WANG JAN DED)
Our chef's selection of five mixed Thai starters.

SALADS

- 22 CHILLI CHICKEN LARB (LARB GAI) \$17.90**
Wok seared free-range chicken, minced & tossed with mint, coriander, shredded vegetables, beansprouts, capsicum & ground roasted rice, served with a tangy lime dressing.
- 23 SPICY ANGUS BEEF (NAM TOK NEUA) \$17.90**
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 SPICY GREEN PAPAYA WITH PRAWNS \$13.50**
(SOM TUM THAI)
Tiger prawns with smashed green papaya, tomato, carrot, roasted peanuts, garlic & chilli, with tamarind & lime dressing.

CURRIES

- 40 RED CURRY (GANG DANG) \$17.90**
With market fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.
(40C Chicken, 40B Slow Cooked Angus Beef)
- 41 GREEN CURRY (GANG KIEW WAAN) \$17.90**
With market fresh vegetables, young coconut milk, bamboo shoots, capsicum, kaffir lime leaf & fresh sweet basil.
(41C Chicken, 41B Slow Cooked Angus Beef)
- 43 MASSAMAN LAMB CURRY \$20.90**
(GANG MASSAMAN GAE)
Slow cooked massaman curry of Hawkes Bay lamb with aromatic spices, young coconut milk, potato, onion, crispy shallots & roasted peanuts.
- 44 PANANG RICH RED CURRY \$17.90**
(GANG PANANG)
With market fresh vegetables, young coconut milk, capsicum, kaffir lime leaf, fresh sweet basil & crushed peanuts.
(44C Chicken, 44B Slow Cooked Angus Beef)
- 45 BBQ DUCK CURRY (GANG PED) \$19.90**
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.

NOODLES / RICE

- 70 PAD THAI NOODLES (PAD THAI) \$16.90**
Wok fried rice noodles with tamarind, free-range egg, beansprouts, chives & crushed peanuts in our signature Pad Thai sauce.
(70C Chicken \$17.90, 70G Prawns \$19.90)
(70X Chicken & Prawns \$21.90)
- 71 THAI FLAT NOODLES (PAD SEE EW) \$16.90**
Wok fried flat rice noodles with soy, free-range egg, pepper & market fresh vegetables.
(71C Chicken, 71B Angus Beef)
- 72 SPICY THAI NOODLES (PAD KEE MAO) \$16.90**
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) \$17.90**
Seasoned & wok tossed with free-range egg, pepper, spring onion & market fresh vegetables.
(73C Chicken \$17.90, 73B Angus Beef \$17.90, 73G Prawns \$19.90)

WOK-TOSSED

- 90 CHICKEN CASHEW NUTS \$18.90**
(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 \$17.90**
(NEUA PAD NAM MUN HOI)
Wok tossed with mushroom, garlic & market fresh vegetables.
- 95 SWEET & SOUR CHICKEN \$17.90**
(PAD PRIEW WAAN GAI)
Wok tossed with cucumber, pineapple, tomato & market fresh vegetables.
- 96 BBQ DUCK BASIL (PED PAD KRA-PAO) \$19.90**
Slow roasted BBQ duck wok tossed with bamboo shoots, market fresh vegetables, fresh sweet basil, onion & chilli.

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**
Market fresh fish wok tossed with spring onion, mushroom, garlic & market fresh vegetables.
- 114 SPICY TAMARIND FISH \$18.90**
(PLA LARD PRIK)
Market fresh fish wok tossed with capsicum, onion & fresh vegetables, topped with chilli, garlic, tamarind & wild ginger sauce.

FROM OUR CHARGRILL

- All dishes served on a bed of freshly grilled vegetables, Thai slaw & BBQ nam jim sauce.
- 130 BBQ BEEF (NEUA YANG CHEUN-CHIM) \$18.90**
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 tiger prawns marinated in soy sauce, coriander & pepper.

SOUPS

- 60 TOM YUM SOUP (TOM YUM) \$12.50**
Hot, sour & spicy with freshly simmered mushroom, lemongrass, galangal & kaffir lime leaf.
(60C Chicken \$10.50, 60G Prawns \$12.50)
- 61 TOM KAR SOUP (TOM KAR) \$12.50**
Light & creamy soup of young coconut milk, mushroom, lemongrass, galangal & kaffir lime leaf.
(61C Chicken \$10.50, 61G Prawns \$12.50)

EXTRAS

- 200 STEAMED JASMINE RICE \$2.50**
- 201 STICKY RICE \$3.50**
- 202 THAI ROTI BREAD \$4.90**
- 203 WOK FRIED VEGETABLES \$11.50**
- 204 EXTRA CASHEW NUTS \$2.90**
- 205 PEANUT SAUCE \$2.00**

DESSERTS

- 500 COCONUT & MANGO PANNAHOTTA \$5.90**
- 501 WILD BERRY & COCONUT PANNAHOTTA \$5.90**

BEVERAGES/DRINKS

- SOFT DRINKS 1.5L \$4.50**
- 220 COCA-COLA \$4.50**
- 221 DIET COKE \$4.50**
- 222 COKE ZERO \$4.50**
- 223 SPRITE \$4.50**
- 224 BUNDABERG 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 HOPT SALTED LYCHEE SODA 330ML \$4.50**
- 232 HOPT PEAR & BASIL SODA 330ML \$4.50**
- 233 HOPT WATERMELON & MINT SODA 330ML \$4.50**
- 234 LIPTON ICED PEACH TEA 500ML \$4.50**
- 235 LIPTON ICED LEMON 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

All dishes are cooked with no MSG and our cooking oils meet the New Zealand Heart foundation standard. Minimum order of \$25 for delivery. Limited area for delivery. Visa & Mastercard accepted. Menu items and prices are subject to change without notice. All prices include GST. Please advise us if you have any food allergies. We endeavour to provide allergen free, gluten free or vegan dishes on request. As they are prepared in the same kitchen as our regular menu, it is possible cross contamination could occur so we are unable to offer a full guarantee in respect of this. Please consider this when ordering from our menu.

Pickup available from:

96 Mount Eden Rd, Mt Eden
158 Williamson Ave, Grey Lynn
726 Manukau Rd, Royal Oak

All dishes cooked with no MSG



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