



Thai Restaurant

The Home of Authentic Thai Food in South East Cornwall Take Away Menu

01503 263080

Higher Market Street
East Looe
PL13 1BS

Open 5.30pm to
9.30pm

For collection only

Acceptance of orders and cooking time is
dependent on the number of restaurant orders
waiting in the kitchen

Sawadee สวัสดีครับ สวัสดีค่ะ

Welcome to Ocean and Earth in Looe. All our food is prepared by in the restaurant using quality ingredients which we source locally wherever possible. Our expert Thai chefs combine these with hard to find special authentic Thai herbs and spices to produce your delicious meal.

We do not use monosodium glutamate (MSG) in our cooking.

If ordering curries or other spicy food, please advise us of your preference for mild, medium or hot chilli. Some dishes contain nuts, please let us know if you are allergic to nuts, nut products or if you have any other allergies.

Most of our dishes can be cooked as a vegetarian option even if it not marked as such in the menu. We reserve the right to amend the menu, ingredients and prices without prior notice.

Crackers

Thai Prawn Crackers £2.50

Starters

1. **Popia Tod** Deep fried springrolls stuffed with vermicelli, mushrooms and vegetables. Served with sweet chilli or plum sauce. (V) £5.75
2. **Beek Gai Gratiem** Deep fried chicken wings with garlic sauce. £5.75
3. **Gai Satay** Marinated chicken breast grilled on skewers and served with a piquant peanut sauce. £6.00
4. **Moo Satay** Marinated pork grilled on skewers and served with a piquant peanut sauce. £6.00
5. **Gai Tod Grob** Crispy chicken in a sweet and sour sauce with sesame seed. £6.50
6. **Nua Tod Grob** Crispy beef in a sweet and sour sauce with sesame seed. £6.75
7. **Tempura Pak** Deep fried vegetables in tempura batter. Served with sweet chilli or plumb sauce. (V) £5.50
8. **Goong Shoom Baeng Tod** Deep fried king prawns dipped in tempura batter. Served with sweet chilli or plum sauce. £6.00
9. **Tod Man Blaa** Thai fish cakes made with minced fish, green beans and

spicy seasoning Served with sweet chilli sauce.

10. **Kanom Pang Na Goong** Minced prawn mixed with sesame on bread squares and deep fried. Served with plum sauce. £6.00
11. **Ocean and Earth starters for 2 people** A selection of our favourite starters. Served with a mixture of dips. £13.75
12. **Golden Parcels** Deep fried spring roll pastry with fish ball stuffing £6.00
13. **Hoy Gap Prik** Green shell mussels with chilli spring onion and lemon grass. £6.00
14. **Karm Boo** Fresh Looe crab claws in tempura batter £6.50
16. **Tom Yam Goong** Hot and sour king prawn soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.50
17. **Tom Yam Gai** Hot and sour chicken soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.25
18. **Tom Yam Blaa** Hot and sour fish soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.50
19. **Tom Yam Talay** Hot and sour mixed seafood soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.50
20. **Taow Tom Yam** Hot and sour tofu soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.00
21. **Tom Ka** A mild creamy soup with coconut milk, mushroom, lemon grass galangal and onion. £6.75
22. **Gaeng Jeut Moo Sab** Minced pork in a clear soup with glass noodles, carrots, spring onion and coriander. £6.25
23. **Tom Sep Het** Mushroom in clear soup. £6.25

Thai Salads

24. **Yam Wunsen Goong** King prawn salad with tomatoes, onion, coriander and glass noodles. £7.75
25. **Larb Moo** Traditional minced pork salad with onion, chilli, spring onion, lemon grass and mint. £7.25

26. **Larb Gai** Traditional minced chicken salad with onion, chilli, spring onion, lemon grass and mint. £7.25
28. **Yam Wunsen Moo Sab** Minced pork salad with tomatoes, onion, coriander and glass noodles in spicy Thai dressing. £7.50
29. **Yam Blaa Meuk** Squid salad in spicy Thai dressing with tomatoes, onion and coriander. £7.75
30. **Som Tam Thai** Traditional Thai salad of green papaya, green beans, carrot, tomato, peanuts mixed with spicy Thai dressing £7.00
31. **Nua Nam Tok** Beef thinly sliced with onion special herbs,lemon and chilli. £9.50
32. **Bet Nam Tok** Duck thinly sliced with onion special herbs lemon and chilli.. £9.50

Thai Curries

33. **Gaeng Keo Wan** Green curry the most famous curry from Thailand. Cooked in a blend of green chillies, coconut milk, sliced bamboo shoots, courgettes, peas, long beans and sweet basil.
A choice of
A Vegetables £7.50
C Chicken P Pork £8.50
B Beef D Duck K King Prawn £9.25
34. **Gaeng Daeng** Red curry. Cooked in a blend of red chillies, coconut milk, sliced bamboo shoots, courgettes, peas, long beans and sweet basil.
A choice of
A Vegetables £7.50
C Chicken P Pork £8.50
B Beef D Duck K King Prawn £9.25
35. **Gaeng Panaeng** A southern Thai curry cooked with coconut milk, lime leaves and a blend of panaeng herbs and spices.
A choice of
A Vegetables £7.50
C Chicken P Pork £8.50
B Beef D Duck K King Prawn £9.25

36. Gaeng Masman A mild southern Thai curry cooked with coconut milk, potatoes, onion and peanuts. A choice of
 C Chicken £8.50
 B Beef £9.25

37. Gaeng Ba Jungle curry cooked in a hot and spicy paste, Thai herbs, galangal, green peppercorns, lemon grass and lime leaves. A choice of
 C Chicken P Pork £8.50
 B Beef £9.25

38. Gaeng Pet Bet Yang Roast duck red curry with pineapple. £9.25

39. Gaeng Garie Yellow curry with coconut milk and onions. A choice of
 A Vegetables £7.50
 C Chicken P Pork £8.50
 B Beef D Duck K King Prawn £9.25

40. Gaeng Kau Sepparot Special curry with pineapple. A choice of
 C Chicken P Pork £8.50
 B Beef D Duck K King Prawn £9.25

Stir Fry Dishes

41. Pat Briaw Wan Stir fried sweet and sour sauce with pineapple, mushroom, green beans, tomato, peppers and onion. A choice of
 A Vegetables £7.50
 C Chicken P Pork £8.50
 B Beef D Duck K King Prawn £9.25

42. Pat Gra Pow Stir fry with fresh chilli, garlic, gapow leaf and green beans. A choice of
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.25

S Squid £9.25

43. Pat Gra Pow Khai Dow Minced meat with gapow leaf and green beans with fried egg on top. A choice of
 C Chicken P Pork £10.00

44. Pat King Stir fry with fresh ginger, onion and spring onion. A choice of
 C Chicken P Pork £8.50
 B Beef £9.25

45. Pat Gai Met Mamuang Hemapahn Stir fry chicken with cashew nuts, onion, pepper spring onion and oyster sauce. £8.75

46. Pat Gratiem Prik Tai Stir fry with garlic, ground pepper, leeks and oyster sauce. A choice of
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.25

S Squid £9.25

47. Pat Na Man Hoy Stir fry in oyster sauce with onion, mushroom and peppers. A choice of
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.25

48. Pat Prik Gaeng Stir fry with curry paste, green beans and lime leaves. A choice of
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.25

49. Pat Prik Sot Stir fry with fresh chilli, garlic and vegetables. A choice of
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.25

50. Pat Pak Ruam Mit Stir-fry mixed vegetables in oyster sauce. £7.50

51. Pat Taow Hoo Tua Ngok Stir fry fresh tofu with beansprouts, spring onion and soy sauce. (V) £7.50

52. Pat Gai So Say Fried "Drunk" Chicken. Chicken marinated with lemongrass and stir fried in shrimp paste with aubergine pieces. £10.50

53. Pet Nam Macarm Duck breast in tamarind sauce on bed of green vegetables. £12.75

Fish and Seafood
All dishes subject to availability

54. Bla Rad Prik Deep fried Sea Bass or Sea Bream topped with fresh chilli, garlic and pineapple. Fillet Sea Bass £10.00

55. Bla Nung Ma Now Steamed Sea Bass or Sea Bream topped with fresh chilli, garlic and lemon juice sauce. Fillet Sea Bass £10.00

56. Bla Nung See Eaw Fillet of Sea Bass or Sea Bream steamed in soy sauce, with fresh ginger and spring onions. Fillet Sea Bass £10.00

57. Shu Shee Bla White fish fillet cooked in a special curry sauce. £9.25

58. Shu Shee Goong King Prawns cooked in a special mild curry sauce. £9.25

59. Pat Boo Pongalee Stir fried local Looe crab claws with special curry (not spicy..can be made spicy if requested). £12.75

60. Pat Goong Pongalee Stir fried tiger prawn with special curry (not spicy..can be made spicy if requested). £11.75

Thai Omelette

61. Khai Jeaw Moo Sab Thai omelette with minced pork. £7.00

62. Khai Jeaw Plain Thai omelette. £5.50

Noodles

63. Pat Thai The famous special sticky rice Thai noodles with eggs, beansprouts, vegetables and served with peanuts and chilli. A choice of
 A Vegetables £8.00
 C Chicken P Pork £9.00
 B Beef K King Prawn £9.50

S Squid £9.50

64. Pat Kee Mao Spicy fried flat noodles with vegetables, chilli, garlic, and holy basil (no eggs). Very spicy..possibly the hottest dish on the menu...if you

don't like spicy go for a Pat Thai instead. A choice of
 C Chicken P Pork £9.00
 B Beef K King Prawn £9.50

Rice

65. Khao Thai rice
 A Khao Suay Steamed jasmine rice £2.75
 B Khao Neow Sticky rice £3.00

66. Khao Pat Khai Egg fried rice £3.75

67. Khao Op Mapow Coconut rice £3.75

Special Fried Rice

68. Khao Pat Prik Fried rice with red chilli and eggs. A choice of
 A Vegetables £7.75
 C Chicken P Pork £8.25
 B Beef K King Prawn £9.25

69. Khao Pat Egg fried rice with onion, carrot, spring onion, served with cucumber and lemon. A choice of
 C Chicken P Pork £8.25
 B Beef K King Prawn £9.25

CR Local £10.25
 Looe Crab

70. Khao Op Sepalot . Fried rice with pineapple, cashew nuts and sutanas
 A Vegetables £8.00
 C Chicken P Pork £8.50
 B Beef K King Prawn £9.50

CR Local £10.50
 Looe Crab

Restaurant orders take priority so to avoid disappointment or a long wait for food please place your order outside busy restaurant times i.e. before 7pm or after 8.45pm.If your order is large please give as much notice as possible and avoid peak times.

Payment by cash and all major credit and debit cards minimum spend of £10.00