



Authentic Thai Cuisine

Sawadee สวัสดีครับ สวัสดีค่ะ

Welcome to Ocean and Earth Thai Restaurant in Looe.

This is not a fast food restaurant, everything is cooked fresh to order by our Thai chef which takes a little time. Orders are taken in strict rotation, so relax, unwind, enjoy the atmosphere, and your food will come when it's ready.

With spicy dishes we will ask if you want mild, medium or hot spicy. We cook authentic Thai, so our medium and hot spicy may be hotter than you find elsewhere. We serve additional chillies with your meal so you can put more chilli in, but if you order too spicy for your palate we cannot take it out.

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

If you have an allergy please advise us as we take your order so we can tell the Chef. We can cook many of our dishes gluten free.

Many of our dishes can be cooked as a vegetarian option even if it not shown as such in the menu.

Thai people would usually have several dishes to share, a mix of spicy and non-spicy food. If you would like any suggestions, don't be afraid to ask.

Wi-Fi: Log in **BT_Guest_Wi-Fi**, no password required. The restaurant does not have a TV licence so streaming of live TV or catch-up is not permitted.

We accept all major debit and credit cards subject to a minimum spend of £10.

Gratuities are at the discretion of the customer, we do not add a service charge to the bill.

Nigel, Duan and all the staff of Ocean and Earth thank you for coming and we hope you enjoy your meal.

To respect the comfort of all our customers and staff, smoking and vaping are not permitted inside the restaurant.

Ocean and Earth Specials List 2018

Starters

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|------|--|-----------------|-------|
| 100. | Khaj Leuk Kuey Deep fried hardboiled egg in tamarind sauce | ไข่ลुकเขย | £6.50 |
| 101. | Hoi Op Kreung Tet Fowey mussels cooked Thai style with special spicy dip | หอยอบเครื่องเทศ | £8.00 |

Main Courses

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|------|--|----------------------------|--------|
| 110. | Goong Op Wun Sen Tiger prawns cooked on a bed of glass noodles with pork | กุ้งอบวุ้นเส้น | £13.50 |
| 112. | Pat Briaw Wan Had Dock Local haddock, hake or cod deep fried and stirred into sweet and sour sauce. | ผัดเปรี้ยวหวานปลาหาคอดกอร์ | £13.50 |
| 113. | Gai Waan Crispy chicken cooked in sweet chilli sauce with carrot, onion, and beans. | ไก่หวาน | £13.00 |
| 114. | Gaeng Garie Monk Fish Yellow curry with half a tail of local monk fish and potatoes | แกงกะหรี่ปลามังคัล | £13.50 |
| 116. | Shu Shee Bla Had Dock Local haddock, hake or cod cooked in a special curry sauce. | ปลาชุนีปลาหาคอดกอร์ | £13.50 |
| 117. | Pat Bla Meuk Pongalee Stir fried squid with special curry (not spicy..can be made spicy if requested). | ผัดปลาหมึกผงกะหรี่ | £13.75 |
| 118. | Bla Meuk Nam Macarm Fried squid in tamarind sauce with fried onion and fried dried chilli. | ปลาหมึกน้ำมะขาม | £11.25 |
| 119. | Goong Nam Macarm Fried tiger prawns in tamarind sauce with fried onion and fried dried chilli. | กุ้งน้ำมะขาม | £11.25 |

120. Goong Tawt Gratiem Prik Thai. Deep fried tiger prawns sprinkled with garlic and black pepper.	กุ้งทอดกระเทียมพริกไทย	£10.50
121. Blaa Meuk Gratiem Prik Thai. Deep fried squid sprinkled with garlic and black pepper.	ปลาหมึกทอดกระเทียมพริกไทย	£10.50
122. Pat Briaw Wan Rock Salmon Stir fried sweet and sour sauce with pineapple, mushroom, green beans, tomato, peppers, onion with local rock salmon.	ผัดเปรี้ยวหวานปลาโรกแซลมอน	£13.50
123. Pat Gra Pow Rock Salmon Stir fry with fresh chilli, garlic, gapow leaf and green beans with local rock salmon.	ผัดกระเพราปลาโรกแซลมอน	£13.50
124. Pat Prik Gaeng Rock Salmon Stir fry with curry paste, green beans and lime leaves with local rock salmon.	ผัดพริกแกงปลาโรกแซลมอน	£13.50
125. Ocean and Earth Neua Steak. Marinated beef rib eye steak, Thai style with salad garnish and spicy dip	โอเชียนแอนด์เอฟธ์เนื้อสเต็ก	£16.00

All subject to availability

Main Menu เมนู

Crackers

Thai Prawn Crackers Large Basket	ข้าวเกรียบใหญ่	£3.50
Thai Prawn Crackers Small Basket	ข้าวเกรียบเล็ก	£2.50

Starters

1. Popia Tod Deep fried spring rolls stuffed with vermicelli, mushrooms and vegetables. Served with sweet chilli or plum sauce. (V)	ปอเปี๊ยะทอด	£6.25
2. Beek Gai Gratiem Deep fried chicken wings with garlic sauce.	ปีกไก่ทอดกระเทียม	£6.50
3. Gai Satay Marinated chicken breast grilled on skewers and served with a piquant peanut sauce.	ไก่สะเต๊ะ	£6.50
4. Moo Satay Marinated pork grilled on skewers and served with a piquant peanut sauce.	หมูสะเต๊ะ	£6.50
5. Gai Tod Grob Crispy chicken in a sweet and sour sauce with sesame seed.	ไก่ทอดกรอบ	£7.00
6. Nua Tod Grob Crispy beef in a sweet and sour sauce with sesame seed.	เนื้อทอดกรอบ	£7.25
7. Tempura Pak Deep fried vegetables in tempura batter. Served with sweet chilli or plum sauce. (V)	ผักรวมทอดกรอบ	£6.50
8. Goong Shoom Baeng Tod Deep fried king prawns dipped in tempura batter. Served with sweet chilli or plum sauce.	กุ้งชุบแป้งทอด	£7.00

9.	Tod Man Blaa Thai fish cakes made with minced fish, green beans and spicy seasoning Served with sweet chilli or plum sauce.	ทอดมันปลา	£6.50
10.	Kanom Pang Na Goong Minced prawn mixed with sesame on bread squares and deep fried. Served with plum sauce.	ขนมปังหน้ากุ้ง	£6.50
11.	Ocean and Earth starters for 2 people A selection of our favourite starters. Served with a mixture of dips.	สตาร์ทเตอร์ร่วม	£15.00
13.	Hoy Gap Prik Green shell mussels with chilli spring onion and lemon grass.	หอยกับพริก	£6.75
14.	Karm Boo Fresh Looe crab claws in tempura batter	ก้ามปู	£7.50
Soups			
15.	Tom Yam Talay Botek Hot and sour mixed seafood soup with mushroom, lemon grass, galangal, lime leaves and onion. Served in a botek for two people to share either as starter or main course	โปะแตก	£15.00
	For four people to share either as a starter or main course		£29.00
16.	Tom Yam Goong Hot and sour king prawn soup with mushroom, lemon grass, galangal, lime leaves and onion.	ต้มยำกุ้ง	£8.00
17.	Tom Yam Gai Hot and sour chicken soup with mushroom, lemon grass, galangal, lime leaves and onion.	ต้มยำไก่	£8.00

18.	Tom Yam Blaa Hot and sour fish soup with mushroom, lemon grass, galangal, lime leaves and onion.	ต้มยำปลา	£8.00
19.	Tom Yam Talay Hot and sour mixed seafood soup with mushroom, lemon grass, galangal, lime leaves and onion.	ต้มยำทะเล	£8.50
20.	Tom Yam Taow Hoo Hot and sour tofu soup with mushroom, lemon grass, galangal, lime leaves and onion.	ต้มยำเต้าหู้	£8.00
21.	Tom Ka A mild creamy soup with coconut milk, mushroom, lemon grass galangal and onion. A choice of K King prawn C Chicken	ต้มข่ากุ้ง ต้มข่าไก่	£8.00
22.	Gaeng Jeut Moo Sab Minced pork in a clear soup with glass noodles, carrots, spring onion, black mushroom and coriander.	กุ้ง ไก่ แกงจืดหมูสับวุ้นเส้น	£7.50
23.	Tom Sep Het Mushroom in clear soup.	ต้มแซบเห็ด	£7.25

Thai Salads

24.	Yam Wunsen Goong King prawn salad with tomatoes, onion, coriander and glass noodles.	ยำวุ้นเส้นกุ้ง	£9.50
25.	Larb Moo Traditional minced pork salad with onion, chilli, spring onion, lemon grass and mint.	ลาบหมู	£9.50
26.	Larb Gai Traditional minced chicken salad with onion, chilli, spring onion, lemon grass and mint.	ลาบไก่	£9.50
27.	Yam Talay Mixed seafood salad with king prawn, mussel and squid in Thai spicy dressing.	ยำทะเล	£9.50
28.	Yam Wunsen Moo Sab Minced pork salad with tomatoes, onion, coriander and glass noodles in spicy Thai dressing.	ยำวุ้นเส้นหมูสับ	£9.50
29.	Yam Blaa Meuk Squid salad in spicy Thai dressing with tomatoes, onion and coriander.	ยำปลาหมึก	£9.50
30.	Som Tam Thai Traditional Thai salad of green papaya, green beans, carrot, tomato, peanuts mixed with spicy Thai dressing (You must try this).	ส้มตำไทย	£9.00
31.	Nua Nam Tok Beef thinly sliced with onion special herbs,lemon and chilli.	เนื้อน้ำตก	£11.75
32.	Bet Nam Tok Duck thinly sliced with onion special herbs lemon and chilli..	เป็ดน้ำตก	£11.75

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
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|--------------|--------|--------------|---------|------|------|--------|
| A Vegetables | | | ผัก | | | £10.50 |
| C Chicken | P Pork | | ไก่ | หมู | | £10.50 |
| B Beef | D Duck | K King Prawn | เนื้อ | เป็ด | กุ้ง | £11.75 |
| F Monk Fish | | | ปลาหมึก | | | £14.50 |
- 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 | | | ผัก | | | £10.50 |
| C Chicken | P Pork | | ไก่ | หมู | | £10.50 |
| B Beef | D Duck | K King Prawn | เนื้อ | เป็ด | กุ้ง | £11.75 |
| F Monk Fish | | | ปลาหมึก | | | £14.50 |
- 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 | | | ผัก | | | £10.50 |
| C Chicken | P Pork | | ไก่ | หมู | | £10.50 |
| B Beef | D Duck | K King Prawn | เนื้อ | เป็ด | กุ้ง | £11.75 |
| F Monk Fish | | | ปลาหมึก | | | £14.50 |

36.	Gaeng Masman A mild southern Thai curry cooked with coconut milk, potatoes, onion and peanuts. A choice of	แกงมัสมั่น			
	A Vegetables	ผัก			£10.50
	C Chicken	P Pork	ไก่	หมู	£10.50
	B Beef	D Duck	เนื้อ	เป็ด	£11.75
		K King Prawn		กุ้ง	
	F Monk Fish				£14.50
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	แกงพะแนง			
	A Vegetables	ผัก			£10.50
	C Chicken	P Pork	ไก่	หมู	£10.50
	B Beef	D Duck	เนื้อ	เป็ด	£11.75
		K King Prawn		กุ้ง	
	F Monk Fish				£14.50
38.	Gaeng Pet Bet Yang Roast duck red curry with pineapple.	แกงเผ็ดเป็ดย่าง			£11.75
39.	Gaeng Garie Yellow curry with coconut milk and onions. A choice of	แกงกะหรี่			
	A Vegetables	ผัก			£10.50
	C Chicken	P Pork	ไก่	หมู	£10.50
	B Beef	D Duck	เนื้อ	เป็ด	£11.75
		K King Prawn		กุ้ง	
	F Monk Fish				£14.50
40.	Gaeng Kau Sepparot Special curry with pineapple. A choice of	แกงคั่วสับประรด			
	C Chicken	P Pork	ไก่	หมู	£10.50
	B Beef	D Duck	เนื้อ	เป็ด	£11.75
		K King Prawn		กุ้ง	

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	ผัดเปรี้ยวหวาน			
	C Chicken	P Pork	ผัก		£10.50
	B Beef	D Duck	ไก่	หมู	£10.50
	F Monk Fish	K King Prawn	เนื้อ	เป็ด กุ้ง	£11.75
42.	Pat Gra Pow Stir fry with fresh chilli, garlic, gapow leaf and green beans. A choice of C Chicken	P Pork	ปลาหมึก		£14.50
	B Beef	K King Prawn	ผัดกระเพรา		
	S Squid		ไก่	หมู	£10.50
	F Monk Fish		เนื้อ	กุ้ง	£11.75
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	ปลาหมึก		£11.75
			ปลาหมึก		£14.50
			ผัดกระเพราไข่ดาว		
44.	Pat King Stir fry with fresh ginger, onion and spring onion. A choice of C Chicken	P Pork	ไก่	หมู	£12.50
	B Beef		ผัดไก่คิง		
			ไก่	หมู	£10.75
			เนื้อ		£12.00
45.	Pat Gai Met Mamuang Hemapahn Stir fry chicken with cashew nuts, onion, pepper spring onion and oyster sauce.		ไก่เม็ดมามวงหิมพานต์		£10.75

46.	Pat Gratiem Prik Tai Stir fry with garlic, ground pepper, leeks and oyster sauce. A choice of				ผัดกระเทียมพริกไทย		
	C Chicken	P Pork			ไก่	หมู	£10.50
	B Beef		K King Prawn		เนื้อ	กุ้ง	£11.75
	S Squid				ปลาหมึก		£11.75
	F Monk Fish				ปลาหมั้งค์		£14.50
47.	Pat Na Man Hoy Stir fry in oyster sauce with onion, mushroom and peppers. A choice of				ผัดน้ำมันหอย		
	C Chicken	P Pork			ไก่	หมู	£10.50
	B Beef	K King Prawn			เนื้อ	กุ้ง	£11.75
48.	Pat Prik Gaeng Stir fry with curry paste, green beans and lime leaves. A choice of				ผัดพริกแกง		
	C Chicken	P Pork			ไก่	หมู	£10.50
	B Beef	K King Prawn			เนื้อ	กุ้ง	£11.75
	F Monk Fish				ปลาหมั้งค์		£14.50
	M Mussels				หอยแมงภู่		£14.50
49.	Pat Prik Sot Stir fry with fresh chilli, garlic and vegetables. A choice of				ผัดพริกสด		
	C Chicken	P Pork			ไก่	หมู	£10.50
	B Beef	K King Prawn			เนื้อ	กุ้ง	£11.75
	F Monk Fish				ปลาหมั้งค์		£14.50
	M Mussels				หอยแมงภู่		£14.50
50.	Pat Pak Ruam Mit Stir-fry mixed vegetables in oyster sauce.				ผัดผักรวมมิตร		£9.50

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| 51. | Pat Taow Hoo Tua Ngok Stir fry fresh tofu with beansprouts, spring onion and soy sauce. (V) | ผัดเต้าฮู้ถ้างอก | £10.50 |
| 52. | Pat Gai So Say Fried "Drunk" Chicken. Chicken marinated with lemongrass and stir fried in shrimp paste with aubergine pieces. | ไก่ผัดมะเขือยาว | £13.50 |
| 53. | Pet Nam Macarm Duck breast in tamarind sauce on bed of green vegetables. | เป็ดน้ำมะขาม | £15.50 |

Fish and Seafood

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|-----|---|---------------|----------------------------|
| 54. | Bla Rad Prik Deep fried Sea Bass or Sea Bream topped with fresh chilli, garlic and pineapple.
A choice of
A Whole Sea Bream
B Whole Sea Bass
C Fillet Sea Bass | ปลาราดพริก | £16.25
£16.75
£12.75 |
| 55. | Bla Nung Ma Now Steamed Sea Bass or Sea Bream topped with fresh chilli, garlic and lemon juice sauce.
A choice of
A Whole Sea Bream
B Whole Sea Bass
C Fillet Sea Bass | ปลานึ่งมะนาว | £16.25
£16.75
£12.75 |
| 56. | Bla Nung See Eaw Fillet of Sea Bass or Sea Bream steamed in soy sauce, with fresh ginger and spring onions.
A choice of
A Whole Sea Bream
B Whole Sea Bass
C Fillet Sea Bass | ปลานึ่งซีอิ้ว | £16.25
£16.75
£12.75 |

57.	Shu Shee Bla White fish fillet cooked in a special mild blend of curry sauces.	ปลาชุกฉี่	£12.00
58.	Shu Shee Goong King Prawns cooked in a special mild blend of curry sauces.	กุ้งชุกฉี่	£12.00
59.	Pat Boo Pongalee Stir fried local Looe crab claws with special curry (not spicy..can be made spicy if requested).	ผัดปูพงกะหรี่	£15.75
60.	Pat Goong Pongalee Stir fried tiger prawn with special curry (not spicy..can be made spicy if requested).	ผัดกุ้งพงกะหรี่	£14.75

Thai Omelette

61.	Khai Jeaw Moo Sab Thai omelette with minced pork, mushroom and vegetables.	ไข่เจียวหมูสับ	£10.50
62.	Khai Jeaw Plain Thai omelette.	ไข่เจียว	£7.75

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	ผัดไทย			
	C Chicken	P Pork	ผัก		£11.25
	B Beef	K King Prawn	ไก่	หมู	£11.25
	S Squid		เนื้อ	กุ้ง	£12.25
			ปลาหมึก		£12.50
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	ผัดซี๊มา			
	C Chicken	P Pork	ไก่	หมู	£11.50
	B Beef	K King Prawn	เนื้อ	กุ้ง	£12.50

Rice

65.	Khao Thai rice	ข้าว			
A	Khao Suay Steamed jasmine rice	ข้าวสวย			£3.50
B	Khao Neow Sticky rice	ข้าวเหนียว			£3.50
66.	Khao Pat Khai Egg fried rice	ข้าวผัดไข่			£3.75
67.	Khao Op Mapow Coconut rice served in coconut shell	ข้าวอบ มะพร้าว			£4.25

Special Fried Rice

68.	Khao Pat Prik Fried rice with red chilli and eggs. A choice of A Vegetables	ข้าวผัดพริก		
	C Chicken P Pork	ผัก		£11.00
	B Beef K King Prawn	ไก่ หมู		£11.00
		เนื้อ กุ้ง		£12.50
69.	Khao Pat Egg fried rice with onion, carrot, spring onion, served with cucumber and lemon. A choice of CR Local Looe Crab	ข้าวผัด		
	C Chicken P Pork	ปู		£13.25
	B Beef K King Prawn	ไก่ หมู		£11.00
		เนื้อ กุ้ง		£12.50
70.	Khao Op Sepalot . Fried rice with pineapple and cashew nuts cooked and served in half a pineapple A Vegetables	ข้าวอบสับปะรด		
	C Chicken P Pork	ผัก		£14.25
	B Beef K King Prawn	ไก่ หมู		£14.25
		เนื้อ กุ้ง		£15.25
	CR Local Looe Crab	ปู		£16.50

Desserts ขนมหวาน

Sticky Rice Mango A traditional Thai dessert of sticky rice cooked with coconut milk topped with fresh mango and sesame seeds.	ข้าวเหนียวมะม่วง	£7.50
Go Mango Delicious mango puree on top of a luxury ice cream and light sponge base.	ไอศกรีมมะม่วง	£8.25
Chocolate Ole A combination of dark and light chocolate ice creams sitting on a base of chocolate biscuit. Topped with a delicious vanilla ice cream, overflowing with a rich chocolate sauce, covered in white and dark chocolate.	ไอศกรีม ช็อกโกแลต	£7.25
Mango and Passion Fruit Cheesecake A delicious cheesecake on biscuit base.	ชีสเค้กมะม่วง นางชม	£6.50
Lemon and Lime Zing A tangy combination of lemon and lime ice creams with a lemon sauce offset by its crunchy base.	ชีสเค้กมะนาว	£7.25
Gloowai I Tim Banana split, three scoops home made ice cream with split banana and toppings.	กล้วยไอศกรีม	£7.50
Pollamy Ruam Mit Fresh tropical fruit (as available).	ผลไม้รวมมิตร	£6.50
I Tim Pee Set Homemade ice cream Coconut and mango, vanilla, strawberry or chocolate.	ไอศกรีมพิเศษ มะพร้าวและมะม่วง วนิลา สตอว์เบอร์รี่ ช็อกโกแลต	£4.75

All dishes are subject to availability and we reserve the right to amend ingredients and prices without notice.

Tea and Coffee

English Tea	£2.25
Green Tea and Jasmin Tea	£2.00
Iced Tea	£2.75
Filter coffee	£2.50
Thai Iced Coffee	£3.00
Oliang (Thai iced black coffee)	£2.75

Spirits

Courvoisier	25ml	£4.00
Baileys	50ml	£3.75
Smirnoff Vodka	25ml	£3.25
Gordons Gin	25ml	£3.25
Plymouth Gin	25ml	£3.75
Malibu	25ml	£3.50
Grouse Whiskey/Bells Whiskey	25ml	£3.25
Chivas Regal Whiskey	25ml	£3.50
Mekhong Thai Whiskey	25ml	£3.75
Bacardi rum	25ml	£3.25
Captain Morgan rum	25ml	£3.25
Pernod	25ml	£3.50
Cointreau	25ml	£3.50
Tia Maria	25ml	£3.50
Grand Marnier	25ml	£3.50
Southern Comfort	25ml	£3.25
Pimms	50ml	£3.50
Martini Bianco	50ml	£3.00



Guards at The Door

Our restaurant is guarded by two Nora-Singh Thai mythical creatures that are half woman, half lion, an Asian Sphinx.

They come from the Hemmapan Forest that some believe is halfway between the earth and Buddhist heaven and invisible to the human eye. Others think the forest is in northern India near the Himalaya Mountains.

Nora-Singh are usually found guarding Buddhist temples and other holy places in Thailand and other SE Asian countries. They are believed to have powerful magic and should be treated with respect.

We are very lucky to have two join us to look after our restaurant....maybe the only two in the UK.

