



## Thai Restaurant

Authentic Thai Food in  
South East Cornwall

2019

Take Away Menu

01503 263080

Higher Market Street

East Looe

PL13 1BP

Open 5.30pm to

9.30pm

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 chef combines 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 spicy. Some dishes contain nuts, please let us know if you are allergic to nuts, nut products, sesame 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) £6.00
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. £6.00
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
13. **Hoy Gap Prik** Green shell mussels with chilli spring onion and lemon grass. £6.50
14. **Karm Boo** Fresh Looe crab claws in tempura batter £7.00
16. **Tom Yam Goong** Hot and sour king prawn soup with mushroom, lemon grass, galangal, lime leaves and onion. £7.00
17. **Tom Yam Gai** Hot and sour chicken soup with mushroom, lemon grass, galangal, lime leaves and onion. £6.50
18. **Tom Yam Blaa** Hot and sour fish soup with mushroom, lemon grass, galangal, lime leaves and onion. £7.00
19. **Tom Yam Talay** Hot and sour mixed seafood soup with mushroom, lemon grass, galangal, lime leaves and onion. £7.00
20. **Tom Yam Tao Hoo** Hot and sour tofu soup with mushroom, lemon grass, galangal, lime leaves and onion. £7.00
21. **Tom Ka** A mild creamy soup with coconut milk, mushroom, lemon grass galangal and onion. £7.00
22. **Gaeng Jeut Moo Sab** Minced pork in a clear soup with glass noodles, carrots, spring onion and coriander. £7.00
23. **Tom Sep Het** Mushroom in clear soup. £6.50

#### Thai Salads

24. **Yam Wunsen Goong** King prawn salad with tomatoes, onion, coriander and glass noodles. £8.25

25. **Larb Moo** Traditional minced pork salad with onion, chilli, spring onion, lemon grass and mint. £8.00
26. **Larb Gai** Traditional minced chicken salad with onion, chilli, spring onion, lemon grass and mint. £8.00
28. **Yam Wunsen Moo Sab** Minced pork salad with tomatoes, onion, coriander and glass noodles in spicy Thai dressing. £8.00
29. **Yam Blaa Meuk** Squid salad in spicy Thai dressing with tomatoes, onion and coriander. £8.25
30. **Som Tam Thai** Traditional Thai salad of green papaya, green beans, carrot, tomato, peanuts mixed with spicy Thai dressing £8.00
31. **Nua Nam Tok** Beef thinly sliced with onion special herbs, lemon and chilli. £10.00
32. **Bet Nam Tok** Duck thinly sliced with onion special herbs lemon and chilli.. £10.00

#### Thai Curries

33. **Gaeng Keo Wan** Green curry. Cooked in a blend of green chillies, coconut milk, sliced bamboo shoots, courgettes, peas, long beans and sweet basil. A choice of
 

A Vegetables				£8.50
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
 

F Monk Fish				£12.50
A Vegetables				£8.50
C Chicken	P Pork			£8.50
B Beef	D Duck	K King Prawn		£9.25
F Monk Fish				£12.50

35.	<b>Gaeng Panaeng</b> A southern Thai curry cooked with coconut milk, lime leaves and a blend of panaeng herbs and spices. A choice of A Vegetables £8.50 C Chicken P Pork £8.50 B Beef D Duck K King £9.25 Prawn	42.	<b>Pat Gra Pow</b> Stir fry with fresh chilli, garlic, gapow leaf and green beans. A choice of C Chicken P Pork £8.50 B Beef K King £9.25 Prawn	52.	<b>Pat Gai So Say</b> Fried "Drunk" Chicken. Chicken marinated with lemongrass and stir fried in shrimp paste with aubergine pieces. £11.00	64.	<b>Pat Kee Mao</b> 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 £9.50 B Beef K King £10.00 Prawn
36.	<b>Gaeng Masman</b> A mild southern Thai curry cooked with coconut milk, potatoes, onion and peanuts. A choice of C Chicken £8.50 B Beef £9.25 F Monk Fish £12.50	43.	<b>Pat Gra Pow Khai Dow</b> Minced meat with gapow leaf and green beans with fried egg on top. A choice of C Chicken P Pork £10.00	53.	<b>Pet Nam Macarm</b> Duck breast in tamarind sauce on bed of green vegetables. £12.75	<b>Fish and Seafood</b> <b>All dishes subject to availability</b>	
37.	<b>Gaeng Ba</b> 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 F Monk Fish £12.50	44.	<b>Pat King</b> Stir fry with fresh ginger, onion and spring onion. A choice of C Chicken P Pork £8.50 B Beef £9.25	54.	<b>Bla Rad Prik</b> Deep fried Sea Bass or Sea Bream topped with fresh chilli, garlic and pineapple. Fillet Sea Bass £10.00	<b>Rice</b>	
38.	<b>Gaeng Pet Bet Yang</b> Roast duck red curry with pineapple. £9.25	45.	<b>Pat Gai Met Mamuang Hemapahn</b> Stir fry chicken with cashew nuts, onion, pepper spring onion and oyster sauce. £8.75	55.	<b>Bla Nung Ma Now</b> Steamed Sea Bass or Sea Bream topped with fresh chilli, garlic and lemon juice sauce. Fillet Sea Bass £10.00	65.	<b>Khao</b> Thai rice A <b>Khao Suay</b> Steamed jasmine rice £2.75 B <b>Khao Neow</b> Sticky rice £3.00
39.	<b>Gaeng Garie</b> Yellow curry with coconut milk and onions. A choice of A Vegetables £8.50 C Chicken P Pork £8.50 B Beef D Duck K King £9.25 Prawn	46.	<b>Pat Gratiem Prik Tai</b> Stir fry with garlic, ground pepper, leeks and oyster sauce. A choice of C Chicken P Pork £8.50 B Beef K King £9.25 Prawn	56.	<b>Bla Nung See Eaw</b> Fillet of Sea Bass or Sea Bream steamed in soy sauce, with fresh ginger and spring onions. Fillet Sea Bass £10.00	66.	<b>Khao Pat Khai</b> Egg fried rice £3.75
40.	<b>Gaeng Kau Sepparot</b> Special curry with pineapple. A choice of C Chicken P Pork £8.50 B Beef D Duck K King £9.25 Prawn	47.	<b>Pat Na Man Hoy</b> Stir fry in oyster sauce with onion, mushroom and peppers. A choice of C Chicken P Pork £8.50 B Beef K King £9.25 Prawn	57.	<b>Shu Shee Bla</b> White fish fillet cooked in a special curry sauce. £9.25	67.	<b>Khao Op Mapow</b> Coconut rice £3.75
<b>Stir Fry Dishes</b>		48.	<b>Pat Prik Gaeng</b> Stir fry with curry paste, green beans and lime leaves. A choice of C Chicken P Pork £8.50 B Beef K King £9.25 Prawn	58.	<b>Shu Shee Goong</b> King Prawns cooked in a special mild curry sauce. £9.25	<b>Special Fried Rice</b>	
41.	<b>Pat Briaw Wan</b> Stir fried sweet and sour sauce with pineapple, mushroom, green beans, tomato, peppers and onion A choice of A Vegetables £8.50 C Chicken P Pork £8.50 B Beef D Duck K King £9.25 Prawn	49.	<b>Pat Prik Sot</b> Stir fry with fresh chilli, garlic and vegetables. C Chicken P Pork £8.50 B Beef K King £9.25 Prawn	59.	<b>Pat Boo Pongalee</b> Stir fried local Looe crab claws with special curry (not spicy..can be made spicy if requested). £12.75	68.	<b>Khao Pat Prik</b> Fried rice with red chilli and eggs. A choice of A Vegetables £8.50 C Chicken P Pork £8.50 B Beef K King £9.50 Prawn
		50.	<b>Pat Pak Ruam Mit</b> Stir-fry mixed vegetables in oyster sauce. £7.50	60.	<b>Pat Goong Pongalee</b> Stir fried tiger prawn with special curry (not spicy..can be made spicy if requested). £11.75	69.	<b>Khao Pat</b> Egg fried rice with onion, carrot, spring onion, served with cucumber and lemon. A choice of C Chicken P Pork £8.50 B Beef K King £9.50 Prawn
		51.	<b>Pat Taow Hoo Tua Ngok</b> Stir fry fresh tofu with beansprouts, spring onion and soy sauce. (V) £8.50	<b>Thai Omelette</b>		70.	<b>Khao Op Sepalot</b> Fried rice with pineapple, cashew nuts and sultanas A Vegetables £8.50 C Chicken P Pork £8.50 B Beef K King £9.50 Prawn
				61.	<b>Khaj Jeaw Moo Sab</b> Thai omelette with minced pork. £7.50	CR Local £10.50 Looe Crab	
				62.	<b>Khaj Jeaw</b> Plain Thai omelette. £6.00	<b>70.</b> <b>Khao Op Sepalot</b> . Fried rice with pineapple, cashew nuts and sultanas A Vegetables £8.50 C Chicken P Pork £8.50 B Beef K King £9.50 Prawn	
				<b>Noodles</b>		CR Local £10.50 Looe Crab	
				63.	<b>Pat Thai</b> The famous special sticky rice Thai noodles with eggs, beansprouts, vegetables and served with peanuts and chilli. A choice of A Vegetables £9.00 C Chicken P Pork £9.00 B Beef K King £9.50 Prawn		
					S Squid £9.50		

Restaurant orders take priority .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 avoid peak times and give as much notice as possible.

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