

# Bangkok Canteen

BANGKOK CANTEEN is found on the belief that we could create the best Thai dishes GLUTEN FREE, with locally sourced ingredients.

We have GLUTEN FREE, ORGANIC or VEGAN Beer & Wine. We pride ourself for working closely with local suppliers and we feel that we have a responsibility for the local community and environment. We constantly try to lessen its environmental impact by using all Bio cleaning products, waste recycle and reduce food miles.

## OUR INGREDIENTS...

Our seafoods are sustainably sourced and we use freerange eggs from local yolks.

All meats are UK based and UK season vegetables with some EU sourced.

We use Thai herbs freshly delivered from Thailand, Thai organic brown rice noodles and organic brown rice vermicelli use to increase fibre taking.

- VE** - SUITABLE FOR VEGANS
- V** - SUITABLE FOR VEGETARIANS
- M** - MODERATELY SPICY
- S** - SPICY
- DF** - DAIRY FREE



Some ingredients contain MSG but we DO NOT ADD MSG in our cooking process. All dishes, dips and sauces are made on site by our chefs with no artificial colours, flavours nor preservatives added.

**Food allergies and intolerances**  
Our food is gluten free. If you have any other allergies, please ask to see our allergen information sheet.

## Nibbles

1. **THAI CRACKER** **DF** £2.50  
Spicy Thai prawns crackers with our sweet chilli sauce.
2. **EDAMAME** **DF** £2.95  
Steamed edamame beans topped with sea salt.

## Starters

3. **CRISPY SQUID** **DF** £6.50  
Fried gluten-free batter squid served with our sweet chilli sauce.
4. **FREERANGE WING** **DF** £5.95  
Fried freerange chicken wings served with our sweet chilli sauce.
5. **CHICKEN SATAY** £5.95  
Grilled marinated skewer chicken served with our peanuts sauce.
6. **SALMON ZAAP** **M DF** £6.95  
Smoked salmon in garlic, chilli & lime pesto topped with microgreen.
7. **OLD SPOT SKEWER** £5.95  
Grilled BKK marinated old spot pork served with our pickles.
8. **BKK FISH CAKE** **DF** £6.50  
Minced chicken, fish, prawn blended with curry paste served with sweet chilli sauce & peanut.
9. **PORK RIBS** £5.95  
Slowcook pork ribs in red wine sauce, sesame seeds & our pickles.
10. **VEG TEMPURA** **VE DF** £5.50  
Fried gluten-free batter vegetables served with our sweet chilli sauce.
11. **SWEETCORN** **VE DF** £5.50  
Fried sweetcorn cakes blends with spices with our sweet chilli sauce.

## Soup

- TOM YUM SOUP** **DF**  
Spicy & sour soup with fresh Thai herbs.
12. **Mushroom** **VE** £5.50
  13. **Chicken** £5.95
  14. **Prawns** £6.50

## Mains

19. **GAI YANG** £13.95  
Grilled 1/2 freerange chicken after well marinated in Thai spices.
20. **COTSWOLD RACK** **DF S** £16.95  
Grilled rack of Cotswold lamb in chilli, garlic & Thai basil sauce & mushroom.
21. **SOFT SHELL CRAB** **M DF** £14.95  
Crispy soft shell crab on Stir-fried onion, peppers with chilli & tamarind sauce.
22. **STEAMED SEABASS** **DF** £15.95  
Steamed whole seabass with light soya & sesame sauce with shitake mushroom & ginger.
23. **JUMBO TOM YUM** **S** £14.95  
Jumbo fresh water prawns in creamy tom yum sauce mushroom & Thai herbs.
24. **TAMARIND DUCK** £14.95  
Confit British duck leg with tamarind sauce, crispy brown rice noodles & pak choi.
25. **TALAY PAD PHED** **M DF** £16.95  
Prawns, mussels, squid fried & seabass with chilli paste, lime leave & fresh peppercorn.
26. **SEABASS GREEN CURRY** **M** £15.95  
Pan roast whole seabass on thai green curry of vegetables.
- SWEET & SOUR** **DF**  
Stir-fried with pineapple, peppers, onion in sweet & sour sauce.
27. **Battered Chicken** £9.95
28. **Battered Prawns** £11.95
- CHILLI & KAPRAW BASIL** **DF S**  
Stir-fried with onion, peppers, fine beans, bambooshoot & basil leaves.
29. **Chicken** £9.95
30. **Prawns** £11.95
- GARLIC & GINGER** **DF**  
Stir-fried with onion, peppers, mushroom, garlic & ginger.
31. **Chicken** £9.95
32. **Prawns** £11.95

## Vegetables (Vegan)

37. **TOFU SWEET & SOUR** **DF** £8.95  
Stir-fried crispy tofu & veg in sweet & sour sauce.
38. **TOFU KAPRAW** **DF S** £8.95  
Stir-fried tofu with mushroom chilli, garlic & Thai basil.
39. **TOFU RED CURRY** **M DF** £8.95  
BKK Vegan recipe of red curry with tofu, butternut squash and mixed vegetables.
40. **PAD MA KUA** **DF** £8.95  
Crispy aubergine in spicy tamarind sauce & basil.
41. **PAK CHOI** **DF** £7.95  
Stir-fried pak choi in garlic sauce.

## Noodles

- PAD THAI** **DF**  
Organic brown rice noodles with our pad Thai sauce, egg & peanut.
16. **Veg & Tofu** **V** £8.95
  17. **Chicken** £9.95
  18. **Prawns** £10.95

## Curries

33. **LONGHORN MASSAMAN** **M DF** £15.95  
Slow cooked longhorn beef in famous massaman curry with potatoes, carrot & peanuts.
34. **CHICKEN GREEN CURRY** **M DF** £10.95  
BKK Thai green curry with chicken, bamboo shoot, basil, courgettes, beans & peppers.
35. **OLD SPOT PANANG** **M DF** £13.95  
Gloucester old spot pork in our creamy panang curry with basil, lime leave & our crackling.
36. **JUNGLE CURRY** **DF S** £10.95  
Non coconut milk curry with variety of Thai herbs paste with fresh peppercorn, butternut squash & vegetables.

## Rice

42. **KHAO MA PRAW** **DF** £3.50  
Steamed Jasmine rice with well seasoned coconut milk.
43. **KHAO BKK CANTEEN** **DF** £3.95  
Steamed rice blended of Thai white, brown & black Jasmine rice.
44. **KHAO SUAY** **DF** £2.95  
Steamed 100% Thai Jasmine rice.

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# Lunch Menu

## STARTERS

1. **TOM YAM** **DF** **V**  
Traditional Thai hot and sour clear soup flavoured with lemon grass, fresh chillies, lime leaves, galangal and mushroom.  
**Your choice of:**  
**Chicken** £4.95  
**Only mushrooms** £4.50
2. **SATAY GAI** £4.95  
Grilled marinated chicken skewers served with our peanut sauce and cucumber & carrots in vinaigrettes dressing.
3. **FREERANGE WINGS** **DF** £4.95  
Crispy fried free-range chicken wing season with fish sauce served with our pickles topped with sesame seeds.
4. **CRISPY SQUIDS** **DF** £4.95  
Fried gluten-free battered squids served with our sweet chilli sauce.
5. **TOD MUN KHAO POD** **VE** £4.50  
Sweet corn cake blended with gluten-free flour and Thai spices served with our sweet chilli sauce.
6. **PAK TEMPURA** **VE** **DF** £4.50  
Fried gluten-free battered vegetables served with our sweet chilli sauce.

## MAINS

7. **PREAW WAN** **DF**  
Stir-fried with onion, pineapple, cucumber, peppers in sweet and sour sauce.  
**Your choice of:**  
**Light gluten-free battered Chicken / Tofu** **VE** £6.95  
**Light gluten-free battered Prawns** £7.95
8. **PAD KRA PRAW** **DF** **S**  
Stir-fried with chilli, garlic, mushroom and Thai basil leaves.  
**Your choice of:**  
**Chicken / Tofu** **VE** £6.95  
**Prawns** £7.95
9. **KANG KIEW WAN** **DF** **M**  
Classic Thai green curry with season's vegetables.  
**Your choice of:**  
**Chicken** £6.95  
**Prawns** £7.95
10. **KANG PHA** **DF** **S** £6.95  
Non coconut milk curry with chicken, Thai herbs, fresh peppercorn & vegetable
11. **VEGAN KANG DANG** **DF** **VE** **M** £6.95  
Our own Vegan red curry with tofu and vegetables.
12. **PAD THAI**  
Organic brown rice noodle with our Pad Thai sauce, free-range eggs & peanut.  
**Your choice of:**  
**Chicken / Tofu** **V** £6.95  
**Prawns** £7.95
13. **KHAO PAD**  
Fried rice with vegetables and free-range eggs.  
**Your choice of:**  
**Chicken** £6.95  
**Prawns** £7.95