

# 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.

**GLUTEN FREE - LOCAL - SUSTAINABLE - ECOFRIENDLY & ENERGYSMART**

**GLOUCESTER OLD SPOT** - Court farm Shop, Cheltenham

**LONGHORN BEEF AND COTSWOLD RACK** - Rear and cut hung in Himalayan Salt Chamber locally.

**CHICKEN** - 100% British RED TRACTOR

**FISH & SEAFOOD** - Sustainable sources from MSC membership.

**TOFU** - Made in UK with Non GM soya beans

**VEGETABLES** - Seasonal & locally sourced as much as possible

**MILK** - 100% ORGANIC - Cotteswold Dairy, Tewkesbury

**FREERANGE EGGS** - Local Yolks Farm, Glos  
**COOKING OIL** - Cold pressed Rapeseeds oil, Cotswold Gold

**ICE CREAM** - Winston Ice Cream, Stroud

**NOODLES** - 100% Brown rice ORGANIC

**VE** - SUITABLE FOR VEGANS

**V** - SUITABLE FOR VEGETARIANS

**🔥🔥** - MODERATELY SPICY

**🔥🔥🔥** - 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.



accredited by



2016

## Nibbles

1. **PRAWN CRACKERS** **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**  
Crispy squid with our gluten free batter, served with our sweet chilli sauce.
4. **CHICKEN WING** **DF** **£5.95**  
Fried Red Tractor Chicken wings in Red wine sauce, Sesame Seeds and homemade pickles.
5. **CHICKEN SATAY** **£5.95**  
Grilled marinated chicken skewers served with our peanut sauce & homemade pickles.
6. **ZAAP SMOKED SALMON** **DF** **🔥** **£6.95**  
Smoked salmon served with our fresh chilli, mints & lime pesto with fresh herbs & salad.
7. **OLD SPOT SKEWER** **£6.50**  
Grilled marinated Gloucester Old Spot Pork in Thai Street style served with homemade pickles topped with sesame seeds.
8. **TORD MUN PLA** **DF** **🔥** **£6.50**  
Famous spicy Thai fish cakes, served with sweet chilli sauce topped with crushed peanuts. Our recipe also contains prawns and chicken.
9. **SE KRONG MOO** **£5.95**  
Slow cooked Pork spare ribs in our red wine sauce served with our Pickles topped with sesame seeds.

10. **PAK TORD** **VE** **DF** **£5.50**  
Deep fried lightly GLUTEN FREE battered Vegetable served with our sweet chilli sauce.
11. **TOD MUN KHAO POD** **VE** **DF** **£5.50**  
Sweet corn cake blended with GLUTEN FREE Flour and Thai spices served with our sweet chilli sauce.

## Soup

- TOM YAM SOUP** **DF** **🔥🔥**  
Traditional Thai hot and sour clear soup flavoured with lemon grass, fresh chillies, lime leaves, galangal and mushroom.
12. **Mushroom** **VE** **£5.50**
  13. **Chicken** **£5.95**
  14. **Prawns** **£6.50**

## Mains

19. **COTSWOLD RACK** **DF** **🔥🔥🔥** **£16.95**  
Grilled rack of Cotswold lamb in chilli, garlic & Thai basil sauce & mushroom.
20. **SOFT SHELL CRAB** **DF** **🔥** **£16.95**  
Crispy soft shell crab on Stir-fried onion, peppers with chilli & tamarind sauce.
21. **STREET OF BKK SIRLOIN** **🔥🔥🔥** **£16.95**  
Grilled 8.8 OZ Hereford Sirloin steak from Portway Farm, Gloucester with grilled veg, salad & Bangkok Street style Spicy chilli & lime sauce.
22. **JUMBO TOM YUM** **🔥** **£14.95**  
JUMBO fresh water prawns in creamy Tom Yum sauce mushroom & Thai herbs.
23. **TAMARIND DUCK** **£14.95**  
Confit British Duck leg topped with tamarind sauce, crispy ORGANIC brown rice vermicelli & Evesham Pak Choi.
24. **TALAY PAD PHED** **DF** **🔥🔥** **£16.95**  
Prawns, mussels, squid fried with chilli paste, lime leave, fresh peppercorn & dash of coconut milk.

## Vegetables (Vegan)

36. **TOFU SWEET & SOUR** **DF** **£8.95**  
Stir-fried crispy tofu & veg in sweet & sour sauce.
37. **TOFU KAPRAW** **DF** **🔥🔥🔥** **£8.95**  
Stir-fried Tofu with mushroom chilli, garlic & Thai basil.
38. **TOFU RED CURRY** **DF** **🔥🔥** **£8.95**  
BKK Vegan recipe of red curry with Tofu and mixed vegetables.
39. **CHU CHEE CHICKPEAS** **DF** **🔥🔥** **£8.95**  
Spice up red curry sauce reduction with butternut squash, ORGANIC Chick peas & lime leave.
40. **PAD MA KUA** **DF** **£6.95**  
Crispy aubergine in spicy tamarind sauce & basil.
41. **PAK CHOI** **DF** **£6.95**  
Stir fried Evesham Pak Choi in garlic sauce.

## Thai Salad

15. **LAAB GAI** **DF** **🔥🔥** **£10.95**  
Thai style minced Chicken salad with chilli, lime, shallots.

## Noodles

- PAD THAI** **DF**  
Traditional Thai recipe of ORGANIC THAI BROWN RICE Noodles with ground peanuts, egg & our pad Thai sauce on your choices of
16. **Veg & Tofu** **VE** **£8.95**
  17. **Chicken** **£9.95**
  18. **Prawns** **£10.95**

## Curries

32. **LONGHORN MASSAMAN** **DF** **🔥🔥** **£15.95**  
Slow cooked Cotswold LONGHORN Beef in famous Massaman curry with potatoes, carrot & peanuts.
33. **CHICKEN GREEN CURRY** **DF** **🔥🔥** **£10.95**  
BKK Thai green curry with chicken, bamboo shoot, basil, courgettes, beans & peppers.
34. **OLD SPOT PANANG** **DF** **🔥🔥** **£13.95**  
Gloucester Old Spot Pork from Court Farm Shop, Cheltenham in our creamy Panang curry with basil, lime leave & our crackling.
35. **CHICKEN JUNGLE CURRY** **DF** **🔥🔥🔥** **£10.95**  
Non coconut milk curry with variety of Thai herbs paste with fresh peppercorn & Vegetables.

## Rice

42. **KHAO PAD KAI** **DF** **£3.50**  
Fried rice with freerange egg from local Yolks farm, Gloucester & Vegetable.
43. **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

Grilled marinated chicken skewers served with our peanut sauce and cucumber & carrots in vinaigrettes dressing.

**£4.95**

### 3. FREERANGE WINGS **DF**

Crispy fried free-range chicken wing season with fish sauce served with our pickles topped with sesame seeds.

**£4.95**

### 4. CRISPY SQUIDS **DF**

Fried gluten-free battered squids served with our sweet chilli sauce.

**£4.95**

### 5. TOD MUN KHAO POD **VE**

Sweet corn cake blended with gluten-free flour and Thai spices served with our sweet chilli sauce.

**£4.50**

### 6. PAK TEMPURA **VE** **DF**

Fried gluten-free battered vegetables served with our sweet chilli sauce.

**£4.50**

## 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**

Non coconut milk curry with chicken, Thai herbs, fresh peppercorn & vegetable

**£6.95**

### 11. VEGAN KANG DANG **DF** **VE** **M**

Our own Vegan red curry with tofu and vegetables.

**£6.95**

### 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**