



### Vegetarian hints

Some vegetarians come back from Thailand raving about the wonderful variety of veggie food, others seem to struggle to find something to eat.. The vegetarian options and suggestions included on this menu should at the very least prevent you from joining the latter group. You need to decide for yourself how strict a vegetarian you want to be. If this is **very** strict then you should make it a point to seek out the Thai Buddhist vegan restaurants, called "Jay" restaurants. At these places, absolutely no animal products are used, also no dairy and even some organic ingredients are banned for jay-food, like garlic and onions. But it IS very good food and very varied!! Look for restaurants with the (usually) red and yellow sign for jay food, pictured here on the right. Or you can be less strict and choose not to worry about soups/broth made with animal bones, and not worry about food that is salted using fish sauce (nam plaa).. Some useful lines are below in the food safety & allergies section.



### Food safety, MSG, allergies etc.

A good thing to keep in mind in Thailand is that there is very little in the way of enforced standards for food safety. This does definitely not mean that sticking to big restaurants is always better. In fact it seems you have as much chance of getting unlucky at a 'proper' restaurant as you would have at a lowly food stall. And: at the food stall you have the advantage of being able to **see** them handle and prepare your food! Always pick restaurants and food stalls that look popular with Thai people. These will likely be safe, professionally run places, and the food will likely be better too!

If you have an allergy or strong preference against particular ingredients then get this written down somewhere in Thai. Like some people completely can't handle peanuts, or anything seafood related. Then many people prefer not to eat MSG. Some useful lines are below, if your particular nemesis-ingredient isn't listed then ask someone to write it down!

I eat vegan.	ฉันกินเจ	I'm allergic to ...	ฉันแพ้ ...
I eat vegetarian.	ฉันกินมังสวิรัต	MSG	ผงชูรส
I eat vegetarian, and eggs.	ฉันกินมังสวิรัต กินไข่ได้	seafood	อาหารทะเลทุกอย่าง
Don't use fish sauce.	กรุณาอย่าใช้น้ำปลา	nuts	ถั่ว

### Prices

Prices can vary of course. At typical food stalls or small restaurants, most dishes are 20 to 30 baht. Some soups and salads may be a bit more expensive. When ordering dishes 'separate' instead of 'over rice' you will get more of it and the price will be a bit higher. Like the same dish 'over rice' may go for 20-30 baht, but ordered separately it could be 30-40 baht, and a separate plate of rice will be an additional 5 baht. Also keep in mind that at a highly touristed location like Patong Beach, things may be priced differently from somewhere upcountry Chiang Rai.. Your mileage may vary.

## Types of restaurants & food stalls

You will find several types of eateries in Thailand. This menu should be particularly useful for the first three categories, as they rarely have menus and even if they do then it will be only in Thai language.



### 1. Noodle soup stalls (raan kuaytiow - ร้านก๋วยเตี๋ยว)

If you could identify a national dish for Thailand then most people would likely name Tom Yam. However a strong case could be made that the real national dish would be the very ordinary and very common noodle soup! More noodle stalls and noodle restaurants exist in Thailand than any other type of restaurant, and Thais can eat their 'kuaytiow' for any meal of the day, or in between! The first page of this menu is dedicated to ordering from these types of restaurants and food stalls.

### 2. General 'Made to Order' restaurants (raan ahaan taam sang – ร้านอาหารตามสั่ง)

These are very common throughout Thailand. They're often small, family run, neighbourhood places which means that Thai food doesn't get more authentic than what you find at these shops. They're mostly quite inexpensive, most don't even *have* anything on the menu that's priced over one US dollar. They range from a road side food stall with some tables and chairs scattered around the pavement to actual restaurants, or outlets in air-conditioned shopping mall food centers.



### 3. Specialized food stalls & market vendors

For these food stalls it's often easy enough to just point to order. Examples of these kinds of food stalls are those that sell som tam papaya salad, roti pancakes, grilled chicken, fried bananas, desserts & ice cream, chicken or duck on rice, fresh fruit and fruit shakes.. the list goes on, even pizza! You will find many of these at my weblog page at <http://chanchao.fotopages.com> and <http://food.netasia.org>. In this menu I do include some dishes where the ordering process is more involved than just point, like

for som tam papaya salad.

### 3. Rice & Curry shops (raan khao kaeng – ร้านข้าวแกง)

At the rice & curry shops the food will be pre-prepared and you can just point to the dishes you want served. Keep in mind that the food has been there a while and often it's not heated again when you order it. For this reason I think the most basic of the rice & curry shops aren't too exciting, and for some reason they charge at least as much as the 'made to order' restaurants that make your order fresh and individually for you according to your specifications!



### 5. Bigger restaurants



'Proper' restaurants and pub/restaurants don't differ so much from restaurants the world over, except for the food they serve of course. You will find Thai restaurants all over the place, and a good number of restaurants serving international cuisine in bigger cities and tourist spots. Most of course have menus, often with English translations. Or in case they don't.... use this menu!

## Noodle Soup

Noodle Soup

- |                          |            |
|--------------------------|------------|
| • thin rice noodles      | sen lek    |
| • wide rice noodles      | sen yai    |
| • very thin rice noodles | sen mee    |
| • yellow noodles         | mee lueang |
| • dumplings              | kiow       |

kuay-tiowก๋วยเตี๋ยว.....

- |                    |
|--------------------|
| ก๋วยเตี๋ยวเส้นเล็ก |
| ก๋วยเตี๋ยวเส้นใหญ่ |
| ก๋วยเตี๋ยวเส้นหมี่ |
| บะหมี่เหลือง       |
| เกี๊ยว             |

Not all vendors offer all options, many specialize in one particular variety, i.e. noodles with duck or noodles with stewed beef. You can be pretty sure most of them offer meat balls and pork though.

## Options:

- |                           |               |
|---------------------------|---------------|
| ♦ meatballs               | look chin     |
| ♦ pork                    | moo           |
| ♦ spicy tom yam           | tom yam       |
| ♦ stewed beef             | nuea toon     |
| ♦ chicken                 | kai           |
| ♦ duck                    | ped           |
| ♦ intestines              | sai           |
| ♦ without intestines ☺    | mai sai sai   |
| ♦ without broth (dry)     | haeng         |
| ♦ 'special' (big serving) | phiset        |
| ♦ vegetarian              | jay, sai phak |

- |               |
|---------------|
| look chin     |
| moo           |
| tom yam       |
| nuea toon     |
| kai           |
| ped           |
| sai           |
| mai sai sai   |
| haeng         |
| phiset        |
| jay, sai phak |

- |                  |
|------------------|
| ลูกชิ้น          |
| หมู              |
| ต้มยำ            |
| เนื้อตุน         |
| ไก่              |
| เป็ด             |
| ไส้              |
| ไม่ใส่ไส้        |
| แห้ง             |
| พิเศษ            |
| เจ - ใส่ผักเยอะๆ |

While the 'dry' option (noodles without broth) is not really 'noodle soup' anymore, I've included it here because you order it from the same type of vendor, and noodles are prepared in the same way, just without adding the broth.

(While you can order 'vegetarian' style, note that the broth will still be made from pork or chicken bones, unless you're ordering from a real veggie restaurant.)

Noodles in curry soup

- chicken
- beef

khao soi

- |               |
|---------------|
| khao soi kai  |
| khao soi nuea |

ข้าวซอย.....

- |              |
|--------------|
| ข้าวซอยไก่   |
| ข้าวซอยเนื้อ |

Khao Soi may be available at specialized vendors, often Muslim vendors. You typically don't find it at 'general' noodle stalls

## Fried Noodles

### Phad Thai Noodles

- standard
- w. transparent noodles
- without noodles (!)

### phad thai

- phad thai
- phad thai wun sen
- phad thai rai sen

### ผัดไทย.....

- ผัดไทย
- ผัดไทยวุ้นเส้น
- ผัดไทยไร้เส้น

*Phad Thai is typically something you find at stalls that specialize in phad thai only. Surprisingly, some general food stalls don't do phad thai. In that case go for phad see iw (fried noodles w. soy sauce & vegetables) instead.*

### Options:

- ◆ wrapped in omelet
- ◆ with fresh shrimp
- ◆ vegetarian
- ◆ vegetarian, with egg

- hor khai
- kung sod
- jay
- jay - sai khai

- ห่อไข่
- กุ้งสด
- ผัดไทยเจ
- ผัดไทยเจ - ใส่ไข่

### Fried noodles w. soy sauce

- chicken, pork, beef
- seafood
- vegetarian
- ◆ with tofu
- ◆ with egg
- ◆ w. extra vegetables

### phad see iw

- kai, moo, nua
- thalay
- jay, sai phak
- sai thao hoo
- sai khai
- sai phak ruam mit

### ผัดซีอิ้ว

- ไก่ หมู เนื้อ
- ทะเล
- เจ - ใส่ผัก
- ใส่เต้าหู้
- ใส่ไข่
- ใส่ผักรวมมิตร

### Fried yellow instant noodles

- options same as above

### phad mama

### ผัดมามา

### Wide noodles in gravy

- options same as above

### raad naa

### ราดหน้า

### Spicy fried noodles

- options same as above

### phad khee mao

### ก๋วยเตี๋ยวผัดซี๊เมา

### Cold white noodles in curry

- spicy clear curry soup
- thicker sauce w. coconut
- others, just point :)

### khanom jeen

- nam ngiow
- nam yaa

### ขนมจีน.....

- น้ำเงี้ยว
- น้ำยา

*Khanom Jeen may be available at specialized vendors, you don't typically find this at 'general' food stalls*

## General Thai Dishes

<u>Fried rice</u>	<u>khao phad</u>	<u>ข้าวผัด</u>
<ul style="list-style-type: none"> <li>• standard</li> <li>• w. green curry paste</li> <li>• w. chillie paste</li> <li>• w. tomato ketchup</li> </ul>	<ul style="list-style-type: none"> <li>khao phad</li> <li>khiow wan</li> <li>phrik pow / ta daeng</li> <li>American ☺</li> </ul>	<ul style="list-style-type: none"> <li>ข้าวผัด</li> <li>ข้าวผัดเขียวหวาน</li> <li>ข้าวผัดน้ำพริกเผา / น้ำพริกตาแดง</li> <li>ข้าวผัดอเมริกัน</li> </ul>

## Varieties:

• chicken, pork, beef	kai, moo, nuea	ไก่ หมู เนื้อ
• shrimp, crab, squid	kung, poo, plaa muek	กุ้ง ปู ปลาหมึก
• mixed seafood	thalay	ทะเล
• vegetarian	phak (jay)	ผัก (เจ)
♦ with tofu	sai tao hoo	ใส่เต้าหู้
♦ with egg	sai khai	ใส่ไข่
♦ w. extra vegetables	sai phak yue	ใส่ผักเยอะๆ
♦ with egg on top	khai daow	ไข่ดาว

<u>Fried vegetables</u>	<u>phad phak</u>	<u>ผัดผัก</u>
<ul style="list-style-type: none"> <li>• chicken, pork, beef</li> <li>• vegetarian</li> <li>♦ with tofu</li> <li>♦ with egg on top</li> <li>♦ over rice</li> </ul>	<ul style="list-style-type: none"> <li>kai, moo, nuea</li> <li>jay</li> <li>sai tao hoo</li> <li>khai daow</li> <li>raad khao</li> </ul>	<ul style="list-style-type: none"> <li>ไก่ หมู เนื้อ</li> <li>เจ</li> <li>ใส่เต้าหู้</li> <li>ไข่ดาว</li> <li>ราดข้าว</li> </ul>

<u>Spicy fried basil &amp; chillies</u>	<u>phad kraphrao</u>	<u>ผัดกระเพรา.....</u>
<ul style="list-style-type: none"> <li>• chicken, pork, beef</li> <li>• shrimp, squid</li> <li>• w. tofu, mushrooms</li> <li>♦ with egg on top</li> <li>♦ with/over rice</li> <li>♦ spicy</li> <li>♦ medium spicy</li> <li>♦ not spicy</li> </ul>	<ul style="list-style-type: none"> <li>kai, moo, nuea</li> <li>kung, plaa muek</li> <li>tao hoo, sai hed</li> <li>khai daow</li> <li>raad khao</li> <li>ao phet phet</li> <li>ao phet pho dee</li> <li>mai phet</li> </ul>	<ul style="list-style-type: none"> <li>ไก่ หมู เนื้อ</li> <li>กุ้ง ปลาหมึก</li> <li>เต้าหู้ ใส่เห็ด (เจ)</li> <li>ไข่ดาว</li> <li>ราดข้าว</li> <li>เอาเผ็ดๆ</li> <li>เอาเผ็ดพอดี</li> <li>ไม่เผ็ด</li> </ul>

*This one can be quite spicy, OR the vendor may think you can't eat spicy at all and you end up with something bland. Best to try specify the level of spiciness and hope for the best. ☺*

<u>Fried egg</u>	<u>khai jiow</u>	<u>ไข่เจียว</u>
<ul style="list-style-type: none"> <li>• standard</li> <li>• with minced pork</li> <li>♦ over rice</li> </ul>	<ul style="list-style-type: none"> <li>khai jiow</li> <li>moo sap</li> <li>raad khao</li> </ul>	<ul style="list-style-type: none"> <li>ไข่เจียว</li> <li>ไข่เจียวหมูสับ</li> <li>ราดข้าว</li> </ul>

<u>Filled omelet w. veg., meat</u>	<u>khai yad sai</u>	<u>ไข่ยัดไส้.....</u>
<ul style="list-style-type: none"> <li>• chicken, pork, beef</li> <li>• vegetarian</li> <li>♦ with tofu</li> <li>♦ over rice</li> </ul>	<ul style="list-style-type: none"> <li>kai, moo, nuea</li> <li>phak (jay)</li> <li>sai tao hoo</li> <li>raad khao</li> </ul>	<ul style="list-style-type: none"> <li>ไก่ หมู เนื้อ</li> <li>ผัก (เจ)</li> <li>ใส่เต้าหู้</li> <li>ราดข้าว</li> </ul>

*If available, this filled omelet dish is quite nice. It's mixed vegetables and meat, often in a sweet/sour sauce inside an omelet.*

<u>Fried sweet pepper</u>	<u>phad phrik</u>	<u>ผัดพริก</u>
<ul style="list-style-type: none"> <li>• chicken, pork, beef</li> <li>• shrimp, squid</li> <li>• w. tofu, mushrooms</li> <li>♦ with egg on top</li> <li>♦ over rice</li> </ul>	<ul style="list-style-type: none"> <li>kai, moo, nuea</li> <li>kung, plaa muek</li> <li>tao hoo, sai hed</li> <li>khai daow</li> <li>raad khao</li> </ul>	<ul style="list-style-type: none"> <li>ไก่ หมู เนื้อ</li> <li>กุ้ง ปลาหมึก</li> <li>เต้าหู้ ใส่เห็ด</li> <li>ไข่ดาว</li> <li>ราดข้าว</li> </ul>

<b>Sweet &amp; sour</b>	<b>phad priow waan</b>	<b>ผัดเปรี้ยวหวาน</b>
<ul style="list-style-type: none"> <li>chicken, pork, beef</li> <li>shrimp, squid</li> <li>vegetarian, w. tofu</li> <li>with/over rice</li> </ul>	kai, moo, nuea kung, plaa muek jay, sai tao hoo raad khao	ไก่ หมู เนื้อ กุ้ง ปลาหมึก เจ ใส่เต้าหู้ ราดข้าว
<b>Fried chinese kale veg.</b>	<b>phad phak khanaa</b>	<b>ผัดผักคะน้า.....</b>
<ul style="list-style-type: none"> <li>with crispy pork</li> <li>with (very) salty fish</li> <li>with/over rice</li> </ul>	phak khana moo krob phak khana plaa khem raad khao	ผัดผักคะน้าหมูกรอบ ผัดผักคะน้าปลาเค็ม ราดข้าว
<b>Meat fried w. garlic, pepper</b>	<b>phad kratiam</b>	<b>ผัดกระเทียมพริกไทย</b>
<ul style="list-style-type: none"> <li>chicken, pork, beef</li> <li>shrimp, squid</li> <li>with egg on top</li> <li>with/over rice</li> </ul>	kai, moo, nuea kung, plaa muek khai daow raad khao	ไก่ หมู เนื้อ กุ้ง ปลาหมึก ไข่ดาว ราดข้าว
<b>Meat fried with ginger</b>	<b>phad khing</b>	<b>ผัดขิง</b>
<ul style="list-style-type: none"> <li>chicken, pork, beef</li> <li>with mushroom</li> <li>with egg on top</li> <li>with/over rice</li> </ul>	kai, moo, nuea sai hed khai daow raad khao	ไก่ หมู เนื้อ ใส่เห็ด ไข่ดาว ราดข้าว
<b>Fried w. spicy curry paste</b>	<b>phad phet</b>	<b>ผัดเผ็ด</b>
<ul style="list-style-type: none"> <li>chicken, pork, beef</li> <li>shrimp, squid</li> <li>with egg on top</li> <li>with/over rice</li> </ul>	kai, moo, nuea kung, plaa muek khai daow raad khao	ไก่ หมู เนื้อ กุ้ง ปลาหมึก ไข่ดาว ราดข้าว

*When ordered with salty fish, this dish could be an acquired taste. Keep in mind that the fish is as salty as anchovies!*

## Soup

<b>Mild vegetable soup</b>	<b>tom jued</b>	<b>ต้มจืด</b>
♦ w. minced pork	moo sab	หมูสับ
♦ w. glass bean noodle	wun sen	วุ้นเส้น
♦ w. cabbage	phak kaad	ผักกาด
♦ w. seaweed	saaraai	สาหร่าย

<b>Suki</b>	<b>suki</b>	<b>สุกี้.....</b>
• chicken, pork	kai, moo	ไก่ หมู
• mixed seafood	thalay	ทะเล
♦ 'dry' (no soup)	suki haeng	สุกี้แห้ง
♦ sauce on the side	yaek nam suki	แยกน้ำจิ้มสุกี้

Thai suki is quite different from Japanese sukiyaki. It's a medium-spicy soup with lots of vegetables, bean noodle, and assorted seafood like shrimp, squid and mussels. You can order a 'dry' version as well, i.e. fried without broth. Tip: Ask for the suki sauce on the side so you can add it to suit your taste.

<b>Spicy Tom Yam soup</b>	<b>tom yam</b>	<b>ต้มยำ</b>
• chicken	kai	ไก่
• shrimp	kung	กุ้ง
• mixed seafood	thalay	ทะเล
• mushroom	hed	เห็ด
♦ clear soup	nam sai	น้ำใส
♦ richer soup w. added (coconut) milk	nam khon	น้ำข้น
♦ spicy	ao phet phet	เอาเผ็ดๆ
♦ medium spicy	ao phet pho dee	เอาเผ็ดพอดี
♦ not spicy	mai phet	ไม่เผ็ด

<b>Soup w. galangal, coconut</b>	<b>tom khaa</b>	<b>ต้มขา.....</b>
• chicken	kai	ไก่
• shrimp	kung	กุ้ง
• mushroom	hed	เห็ด (เจ)

May not be available everywhere. I include it anyway as it's such a nice dish when done properly!

## Spicy Salads

Spicy Salad	yam	ยำ.....
• mixed	ruam mit	ยำรวมมิตร
• mixed seafood	ruam mit thalay	ยำรวมมิตรทะเล
• mixed w. glass noodle	wun sen ruam mit	ยำวุ้นเส้น
• sour pork sausage	naem	ยำแหนม
• <b>crispy/fluffy fried fish</b>	<b>plaa dook foo</b>	<b>ยำปลาดุกฟู</b>
• mushroom	hed faang jay	ยำเห็ดฟาง (เจ)
♦ <i>spicy</i>	<i>ao phet phet</i>	เอาเผ็ดๆ
♦ <i>medium spicy</i>	<i>ao phet pho dee</i>	เอาเผ็ดพอดี
♦ <i>not spicy</i>	<i>mai phet</i>	ไม่เผ็ด

"Salads", like some soups, are among the spiciest of dishes. Be sure to specify how spicy you want it!

## Som Tam Papaya Salad

Spicy Papaya Salad	som tam	ส้มตำ.....
• hot/sweet/sour	tam Thai	ตำไทย
• Isarn North Eastern style	tam Lao	ตำลาว
• <b>sour mango</b>	<b>tam mamuang</b>	<b>ตำมะม่วง</b>
• <b>mixed fruit</b>	<b>tam ponlamai</b>	<b>ตำผลไม้</b>
♦ <i>without salty crab</i>	<i>mai sai poo</i>	ไม่ใส่ปู
♦ <i>without fermented fish</i>	<i>mai sia plaa raa</i>	ไม่ใส่ปลาร้า
♦ <i>I like it sweet-sour</i>	<i>ao priow waan</i>	เอาเปรี้ยวหวาน
♦ <i>not spicy (no chilly)</i>	<i>mai sai phrik</i>	ไม่ใส่พริก
♦ <i>a little spicy (2 chillies)</i>	<i>sai phrik song met</i>	ใส่พริก 2 เม็ด
♦ <i>spicy (4 chillies)</i>	<i>sai phrik see met</i>	ใส่พริก 4 เม็ด
♦ <i>very spicy (prepare to die)</i>	<i>ao phet-phet der!</i>	เอาเผ็ดๆเด้อ!!
♦ with sticky rice (side)	khao niow	ข้าวเหนียว
♦ <b>with grilled chicken (side)</b>	<b>kai yaang</b>	<b>ไก่ย่าง</b>

Som Tam deserves its own separate heading I think. There are two reasons for this, firstly because it's often sold only at stalls specializing in som tam, and secondly because the preparation is quite different, being a pounded salad using a mortar and pestle. Trying to explain how you should order your som tam is as impossible as explaining how to best have sex, but I'll try anyway. ☺



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