

# TONGDAM LUNCH MENU



We believe our Lunch Menu offers an interesting & varied selection of cuisine and focuses very much on our East West fusion. From Spare Ribs to Lasagne al Forno, Samrab Thai Set Lunch to Brie & Garlic Bread and from Spaghetti Bolognese to Red Snapper in a Calvados & Tarragon cream sauce, we believe we have created a menu to please most palates. Try our latest arrival, Chicken Stroganoff with buttered rice. All this *and* our Full A La Carte Thai Menu !

## Main Course

- 1] **Deep-fried Brie** in a golden coating of Japanese breadcrumbs, served with caramelised red onion chutney, garlic bread and a choice of side salads.
  - a) Mixed leaf & tomato salad, tossed in a honey glaze vinaigrette dressing.
  - b) Thai grated mixed salad with peanuts, in a slightly spiced dressing. 🍷 **£5.90**
- 3] **Spaghetti Bolognese** with lean minced beef, plum tomatoes, onion, garlic and mixed Italian herbs and dusted with Parmigiano cheese to taste. **£6.90**
- 4] **Satay Warm Chicken Salad**, tender pieces of marinated grilled chicken, tossed in a mixed green leaf salad, with sliced black olives & cherry tomatoes, in a honey glaze vinaigrette and extra virgin olive oil dressing. **£6.90**
- 5] **Spaghetti Seafood** 🍷 Pan-fried prawns, mussels and squid, in garlic, chilli and sweet basil, then tossed in spaghetti. **£7.90**
- 6] **Fish & Chips** Tilapia fish, deep-fried in a light beer batter, served with sliced deep-fried potatoes and a green leaf and tomato salad, lightly tossed in a honey glazed dressing.  
Served with a choice of dip : mayonnaise, tomato or tartar. **£7.90**
- 7] **Lasagne al Forno** 🍷 is a unique lasagna with lean turkey mince, garlic, chilli, tomatoes, onion and hot basil leaves, served with deep-fried sliced potatoes and a choice of side salads.
  - a) Mixed leaf & tomato salad, tossed in a honey glaze vinaigrette dressing.
  - b) Thai grated mixed salad with peanuts, in a slightly spiced dressing. 🍷 **£ 9.50**
- 8] **Meaty Pork Spareribs** comes as a generous portion, marinated in our own special sauce, baked until the meat almost falls off the bone and served with deep-fried sliced potatoes. **£10.50**

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9] **Red Snapper** a wonderfully meaty fish, sliced then pan-fried and served in a Tarragon light cream sauce, laced with French Calvados and accompanied by seasonal stir-fried mixed vegetables and rice croquettes. **£11.50**

10] **Chicken Stroganoff** made with tender slices of seasoned pan-fried chicken breast, thinly sliced caramelised onions, mushrooms, laced with Brandy and folded into a sour cream sauce, with a choice of plain, or buttered rice. **£ 7.90**

## 11] SAMRAB THAI SET LUNCH **£ 9.50**

Choose your main dish from below, with a side dish of either, **Chicken Satay**, **Thai Fish Cakes**, **Spring Rolls**, **Thung Thong** [crispy golden bag of mixed vegetables] or **Goong Hom Pha** [prawns wrapped in rice paper & deep-fried] and a rice dish of either **Jasmine Steamed Rice** or **Egg Fried Rice**.

**PRIEWWARN KAI** Stir-fried chicken with a tangy sweet & sour sauce.

**PHAD KRAPAO KAI** Stir-fried chicken with chilli, garlic, vegetables and hot basil leaves. 🌶️

**GAENG GARI KAI** Chicken in a creamy yellow curry 🌶️

**GAENG KIEWWARN KAI** Chicken in green curry sauce with mixed vegetable. 🌶️🌶️

**CHOO CHEE GOONG** Prawns in red curry sauce and coconut milk. 🌶️🌶️

**GAENG PHED KAI** Chicken in a creamy red curry sauce. 🌶️🌶️

**MASSAMAN KAI** Chicken, slowly cooked in a medium spiced Massaman curry sauce. 🍷🌶️

**NUA PHAD NAMMAN HOY** Stir-fried marinated beef with oyster sauce and vegetables.

## Side Order

12] **Deep Fried Potatoes** Served with a Main Course, our ever popular Tongdam 'chip' **£ 3.90**

You will see symbols beside some of our dishes. They are an indication of spice and nut content, with the spice ranging from mild to hot, to assist you when making your selection.

🌶️  
Mild

🌶️🌶️  
Medium

🌶️🌶️🌶️  
Hot

🍷  
Contains Nuts

# TONGDAM DESSERT MENU



A Tongdam meal is never quite complete without one of our specially prepared homemade desserts or a Helsett Organic Cornish Ice Cream. Be tempted !

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|--|-------|
| 80. KLAUY BUAD CHEE <i>Banana cooked in Coconut Milk, served warm.</i>   | £6.80 |
| 81. SWEET MANGO with STICKY RICE (when in season)                        | £6.80 |
| 82. JASMIN CAKE with Lemon Cream Sauce (House Specialty)                 | £6.80 |
| 83. HOT CHOCOLATE PUDDING with Vanilla Ice Cream                         | £6.80 |
| 84. ASSORTED TROPICAL FRUIT PLATTER                                      | £6.80 |
| 85. DURIAN CHEESECAKE made with Durian, the King of Eastern fruits       | £6.80 |
| 86. RICH CHOCOLATE TART with Double Cream                                | £6.80 |
| 87. STICKY TOFFEE PUDDING with chopped dates, Vanilla Ice Cream or Cream | £6.80 |

*Dessert Wine* Brown Brothers, Orange Muscat & Flora (Australia 375ml 10%vol) £15.00  
Has flavours of citrus and stone fruit, with a fresh crisp finish, ideal with our desserts.

## HELSETT FARM CORNISH ICE CREAM

Helsett Farm ice cream used at Tongdam is now fully organic. Produced in Boscastle, using milk from the farm's own pedigree Ayrshire cows, this ice cream contains only natural ingredients with no stabilisers, emulsifiers or colours being added.

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|-------------------------------|-------|
| 87. Ginger                    | £5.60 |
| 88. Strawberry & Black Pepper | £5.60 |
| 89. Coffee                    | £5.60 |
| 90. Chocolate                 | £5.60 |
| 91. Honey & Lavender          | £5.60 |
| 92. Vanilla                   | £5.60 |

## *Tea & Coffee*

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|--|-------|
| Regular Coffee                                 | £2.60 |
| Espresso                                       | £2.60 |
| Cappuccino                                     | £2.90 |
| Latte  | £2.90 |
| Tea (Earl Grey, English Breakfast, Darjeeling) | £2.60 |
| Herbal Tea                                     | £2.60 |
| Tongdam's Fresh Lemongrass Tea                 | £2.60 |
| Tongdam's Liqueur Coffee                       | £5.80 |

*Cognac & Liqueurs* Please ask to see our Drinks List