



Thai time™

The true Thai taste

**DINNER
MENU**

GLUTEN FREE

Welcome to Thai time @ Forest Row!

We do things a little different. We launched Thai Time to revive the authentic Thai Taste. Thai cuisine should be a perfect balance of Sweet, Sour, Salty & Spicy. Yes it is true - Some Thai food can be very spicy but not all and as such we have highlighted the spice level of each dish.

We stay true to the authentic recipes served on the streets of Thailand for hundreds of years with no compromise. Dishes are prepared in areas where several allergens are present. All our dishes may contain traces of nuts.

If you have an allergy, please speak to the manager and make sure you inform us of your allergy. If you are Pescatarian or Vegetarian, please ask for the alternative menu. Not all ingredients are listed.

NIBBLES อาหารจานเล็ก

Meiying Pla - Seabass Parcels - เมียงปลาเผา	£10.75
Lettuce parcels filled with seabass, khanom jeen noodles and a seafood chilli sauce. Hot unless you skip the dip!	
Kai Satay - Chicken Satay - ไก่สะเต๊ะ 🌶️	£8.25
Charcoal grilled chicken marinated in traditional middle-eastern spices, served with our homemade satay peanut sauce.	
Sai Krok Isaan - Sour Sausage - ไส้กรอกอีสาน 🌶️	£7.95
Owner Mark's favourite Thai street food- charcoal grilled sour pork sausage, the first on his list of foods to find when he arrives in Bangkok. No heat, skip the chillies!	
Miang Kham - Vegetable Betel Leaf Wraps - เมียงคำ 🌶️	£10.50
Our signature starter! A flavourful salad explosion- dried shrimp, dried coconut, ginger, shallots, lime, chilli and peanuts with a sweet & salty sauce, wrap them how you like! One of the customers at our first restaurant in Forest Row once described it as a "Thai disco in your mouth". No heat, skip the chillies.	

SALADS ยำ

Som Tum - Papaya Salad - ส้มตำ 🌶️🌶️	£8.50
Thai's favourite food including of course owner Bam's- papaya salad. sweet palm, sour lime, salty fish sauce & spicy chilli in perfect balance. Thai's normally like it very hot! But we've turned down the heat so it is less spicy.	
Laab Hed - Warm Mushroom Salad - ลาบเห็ด 🌶️	£7.95
A flavoursome authentic ground roasted rice mushroom salad, with a hint of roasted chilli, dressed in red onion and mint. Nice as a starter or a side dish.	
Laab Moo - Roasted Rice Pork Salad - ลาบหมู 🌶️	£10.50
A very traditional Thai dish of pork balanced by sweet/ salt/ spice & Sour flavours (Thai's call this Glom Glom!) with ground roasted rice, this dish is almost always served on grand occasions such as weddings or birthdays.	
Nam Tok Neua - Roasted Rice Beef Salad - น้ำตกเนื้อ 🌶️	£12.00
Just as laab moo but made with rich beef rump instead.	

SOUP ซุป

Tom Yum - Hot & Sour Soup - ต้มยำ ไก่ หรือ กุ้ง 🌶️	£9.25 / £10.75
The world famous hot & sour soup with Chicken or Prawns, rumoured to have healing properties because of it's fresh healthy ingredients (Prawns are recommended).	
Tom Kha - Hot & Sour Coconut Soup - ต้มข่า ไก่ หรือ กุ้ง 🌶️	£10.25 / £11.75
Similar to Tom Yum but more creamy and luxurious with coconut milk, Chicken or Prawns (Chicken is recommended).	

NOODLES เส้นก๋วยเตี๋ยวผัด

Pad Sen Kwyteiyw - Plain Stir Fried Noodles - เส้นก๋วยเตี๋ยวผัด	£5.50
Plain rice noodles, simply stir fried	
Pad Sen Kwyteiyw Si Khi - Egg Stir Fried Noodles - เส้นก๋วยเตี๋ยวผัดใส่ไข่	£6.50
Rice noodles stir fried with egg	

RICE ข้าว

Khaao Su-ay - Steamed Rice - ข้าวปาว	£3.50
Steamed Royal Jasmine Rice	
Khaao niaao - Sticky Rice - ข้าวเหนียว	£3.75
Sticky Rice	

STIR-FRY อาหารประเภทผัด

Pad Graphrao Moo - Pork & Holy Basil Stir-Fry - ผัดกระเพราหมู 🌶️	£12.95
Available in every market in Thailand. Pork stir-fry with holy basil.	
Pad Kee Mao - Drunkard Stir-Fry - ผัดซีเม่า 🌶️	£10.50 / £11.50 / £12.50
A Thai classic, often misspelled as Drunken Noodles. A fiery dish that Thai's would normally eat when overly intoxicated on a night out. An authentic Pad Kee Mao doesn't contain any noodles. We suggest eating with mixed in Noodles! (+£3.00) Veg or tofu, chicken or pork, prawns.	
Pad Khing Goong - Ginger Stir-Fry With Prawns - ผัดขิงกุ้ง	£13.95
Stir-fry of prawns, fresh ginger, peppers and spring onion in a light sauce. This dish really showcases the quality of the Prawns!	
Pad makam Goong - Tamarind King Prawns - กุ้งผัดมะขาม	£13.95
King prawns stir fried in a Salty, sour and sweet sauce topped with crispy shallots and fried dry chilli, extremely moorish, great as a side dish for everyone to sample. No heat, skip the deep fried chillies!	
Pad makam Ped - Tamarind Roast Duck - เป็ดมะขาม	£15.00
Roasted duck covered in a Salty, sour and sweet sauce topped with crispy shallots and fried dry chilli. No heat, skip the deep fried chillies!	
Pad Thai - Rice Noodle Stir-Fry - ผัดไทย ไข่ หรือ กุ้ง	£10.25 / £11.95 / £13.50
No introduction needed. Fresh noodles with vegetables, chicken or prawns. Despite popular belief Thai cuisine doesn't have many noodle dishes, we've chosen Pad Thai as our best representation of Thai noodles. Very low heat - barely detectable.	
Chu-Chee Pla - Roasted Chilli Seabass Stir-Fry - ฉู่ฉี่ปลาชิมบาส 🌶️	£15.50
Whenever Bam returns to her family home in Thailand she asks her Mother to make this dish for her. A thick, rich coconut milk and roasted red chilli curry paste finished with sliced fresh kaffir lime leaves.	

GRILL แกง

Aab Pla - Seabass Banana Leaf Parcel - ห่อหมกปลา 🌶️	£15.95
Seabass fillet marinated in turmeric, galangal, garlic, chilli and sweet basil. Wrapped in banana leaf and grilled with a side of pak choi stir-fry. Another popular dish since our first pop-up at the Hop Yard.	
Pla Pao - Grilled Seabass - ปลาย่าง 🌶️	£15.95
Seabass fillet, grilled and served on khanom jeen noodles mixed with salad with a seafood chilli sauce. The main version of our Seabass parcel starter, with a very spicy seafood sauce on the side.	

CURRY แกง

Gaeng Keow Wan - Green Curry - แกงเขียวหวาน ไข่ หรือ กุ้ง 🌶️	£11.50 / £12.50 / £13.95
Traditional spicy earthy green curry with vegetables & sour bamboo (not suitable for vegetarians), veg or Tofu, chicken thighs or prawns.	
Gaeng Som Pla - Yellow Curry - แกงส้มปลา พริกแกงใต้ 🌶️	£14.50
Southern Thai Spicy, fresh and light seabass & fresh turmeric curry. More of a broth than a curry this is a very healthy and tasty dish with fermented bamboo which gives a distinct aroma similar to kimchi.	
Massaman Kai - Indian Spice Thai Curry - แกงมัสมั่นไก่	£12.95
Deep rich chicken thigh curry originating from the spice trail- Cinnamon & potatoes from India and star anise from China. The only Thai dish to feature potatoes. Really comforting in winter.	
Panaeng Neua - Rich Braised Beef Curry - พะแนงเนื้อ 🌶️	£13.95
Our most popular curry! Beef braised in a rich roasted chilli paste, with Pea Aubergines and fragrant Kaffir Lime leaf strands.	
Panaeng Bpet - Rich Braised Duck Curry - พะแนงเป็ด 🌶️	£15.95
Just as beef panaeng but with duck, a totally different experience with more depth of flavour from the duck, an altogether richer dish.	
Gaeng Phed Ped Yang - Roasted Red Duck Curry - แกงเผ็ดเป็ดย่าง 🌶️	£15.95
Bangkok famous, sweet, spicy, salty, fruity roasted duck curry in a red curry sauce, with sweet chunks of pineapple.	

VEGETABLES ผัก

Phad Pak - Mixed Vegetable Stir-Fry - ผัดผักรวม	£6.50
Stir-fry of mixed seasonal vegetables.	
Pak Boong - Morning Glory Vegetables - ผัดผักบุ้ง 🌶️	£8.00
Stir-fry of 'morning glory' (water spinach) soybean, garlic and chilli, perfect with seafood!	
Pak Choi - Chinese Leaves Stir-Fry - ผัดผักกวางตุ้ง	£7.25
Stir-fry of Chinese greens, garlic and oyster sauce.	



OUR AWARD-WINNING SUPPLIERS:

Fish supplied by
MCB Seafoods
Beach Road,
Newhaven

Meat Supplied by
Stones Family Butchers
Lingfield Road,
East Grinstead

**Gelato & Sorbet
Supplied by**
BOHO Gelato
Pool Valley, Brighton

Wines Supplied by
Liberty Wines
Clapham, London

Coffee Roasted by
Pennine Coffee
Halifax, Yorkshire