



**DINNER
MENU**
PESCATARIAN


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 Vegetarian or Gluten free, please ask for the alternative menu. Not all ingredients are listed.

NIBBLES อาหารจานเล็ก

Khawkeriyb - Prawn Crackers - ข้าวเกรียบ 	£3.95
Prawn crackers, a Thai meal isn't complete without these moreish morsels, served with a sweet chilli dip. No heat, skip the dip!	
Them'pura Phak - Vegetable Tempura - เหม่ปุระผัก	£7.50
Crispy tempura battered vegetables served with a sweet chilli dip. No heat, skip the dip!	
Khao Phot Tod - Sweetcorn Fritters - ข้าวโพดทอด	£7.50
Deep fried red curry cakes with sweetcorn and kaffir lime leaf strands served with a sweet chilli dip. No heat, skip the dip!	
Pla Meuk Tod - Deep Fried Squid - ปลาหมึกทอด	£7.95
Our most popular starter since our very first pop-up at the Hop Yard, crispy squid sprinkled with our special seasoning garnished with spring onion and fresh chilli, served with sweet chilli dip. No heat, skip the dip!	
Bpuu Nim Tort Prik Thai Dam - Deep Fried Soft Shell Crab - ปูนิ่มทอดกรอบ	£9.50
Soft shell crab in a Thai herb seasoned batter of lemongrass, lime leaf, galangal, coriander and garlic, served with a siracha chilli dip. No heat, skip the dip!	
Meiying Pla - Seabass Parcels - เมี่ยงปลาเผา	£10.75
Lettuce parcels filled with seabass, khanom jeen noodles and a seafood chilli sauce. Hot unless you skip the dip!	
Miang Kham - Vegetable Betel Leaf Wraps - เมี่ยงคำ	£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.	

SALAD & SOUP ยำ ซุป

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

NOODLES เส้นก๋วยเตี๋ยวผัด

Pad Sen Kwyteiyw - Plain Stir Fried Noodles - เส้นก๋วยเตี๋ยวผัด	£5.50
Plain rice noodles, simply stir fried	

STIR-FRY อาหารประเภทผัด

Pad Med Mamwng Goong - Prawn & Cashew Nut Stir-Fry - กุ้งผัดน้ำพริกเผา 🍤	£13.95
Born out of lockdown, Mark and Bam were tired of the same old chicken cashew so instead they used prawns - an instant hit!	
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 moreish, great as a side dish for everyone to sample. No heat, skip the deep fried chillies.	
Pad Thai - Rice Noodle Stir-Fry - ผัดไทย กุ้ง	£13.50
No introduction needed. Fresh noodles with 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.	
Pad Cha - Mixed Seafood Stir-Fry - ผัดฉ่าทะเล 🍤🍤	£17.95
Our signature main- Stir-fry of prawns, seabass, squid and mussels in a spicy green peppercorn sauce, a real treat for the seafood lovers.	
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.	

CURRY แกง

Gaeng Keow Wan Goong - Prawn, Vegetable Or Tofu Green Curry - แกงเขียวหวาน กุ้ง 🍤	£11.50 / £13.95
Traditional spicy earthy green curry with vegetables & sour bamboo, with veg or Tofu, prawns.	
Gaeng Om - Spicy Herb Curry - แกงอ่อม 🍤🍤	£11.50 / £13.95
Mark's Favourite go-to dish. Unlike most curry's which use coconut milk, this is more like a broth. Roughly bashed up spices, rustic in style and seriously spicy, yet full of fresh herbs with with veg or Tofu, 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.	
Gaeng Pa - Jungle Curry - แกงป่ากุ้ง 🍤🍤	£11.50 / £13.95
Northern Thai curry, a fresh very spicy broth, full of herbs, sour bamboo and vegetables with veg or Tofu, prawns.	

VEGETABLES ผัก

Pad 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.	

RICE ข้าว

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



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