

# Welcome to the Baan Thai

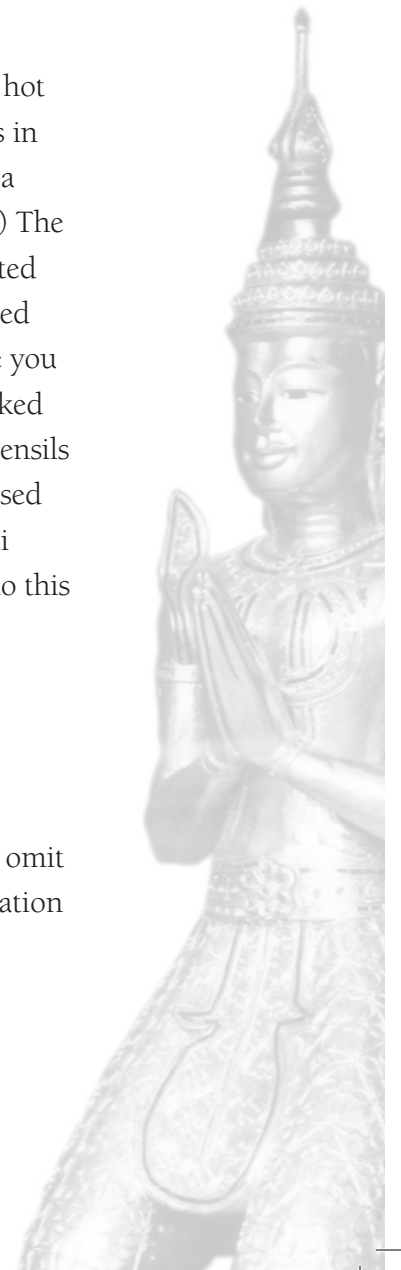
Historically speaking, Thailand's agrarian-based economy has evolved around its strong cultural identities: Buddhism, Thai classical art, and food. As you travel through Thailand, this becomes evident. Wherever you are in Thailand you will smell the aroma of Thai food being cooked by one of the many street vendors. The Thai classical art is seen in the many temples' architecture and the beautiful detail in the King's palaces that are situated in all regions of Thailand. At the Baan Thai we pay respect to all of these strong identities that Thailand is so famous for. The special flavours you will experience are a result of our highly trained chefs. Nattanon Rutwanee (Chai) and Oranee Jirakittivutti(Lynn) along with their team of more chefs and cooks from Thailand, take great pride in the importance of food in their culture. Some ingredients come directly from Thailand to assure uncompromised quality.

Here is some information we think you might find useful when ordering your meal: One of the most common preconceptions about Thai food is that it is all hot and spicy. It is true that some Thai dishes are amongst the hottest spiced dishes in the world, but they also have some very mildly spiced dishes. Baan Thai offers a selection of both, along with different levels of heat (mild, med., hot, Thai hot!) The heat and the spicing is determined by what region of Thailand the dish originated from. Generally speaking, the extreme south and north regions' tend to be spiced hot while the central regions' are more mildly spiced. For dinner we encourage you to share your dishes as it is done in Thailand because the dishes cannot be cooked all at once and this will provide for a more authentic dining experience. The utensils you are provided with are a fork and a spoon, the back side of the fork being used to push the food onto the spoon. It works great! If you are unfamiliar with Thai food, please ask one of the servers for some suggestions for your introduction to this exquisite cuisine that is taking the world by storm!

Enjoy!

**Please Note:** Due to the our volume and the size of our kitchen, if you must omit an ingredient due to a **food allergy**, etc. please allow more time in the preparation of your food. Thank you for understanding.

*A 15% service charge will be added for groups of 6 or more.*



## Thai food & wine

There are really only two rules for enjoying Thai food and wine, besides drinking what you feel like. The first is to match the citrus flavours in the food to a crisp dry wine like Sauvignon Blanc, Pinot Gris or even Pinot Noir if you prefer red. The second is to have a wine that will absorb the flavours of the food. This is an opportunity to have a stronger flavoured wine. Chardonnay and curry work very well together, or a fruity Shiraz or Cabernet also standing up to the flavours. We do suggest that if you like it hot, soothing or resetting the palate is the job of any beverage. Because spice is cumulative, enjoying something with the juicy sweetness of a White Zinfandel or Gewurztraminer is recommended—otherwise drink beer!

<b>Peller Heritage Series Pinot Blanc VQA</b>	\$6.50	6 oz. glass
<b>Peller Family Series Merlot VQA</b>	\$16	1/2 litre
<i>– Soft, fruity and easy to drink</i>	\$24	bottle

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<b>Jackson Triggs VQA Cabernet Sauvignon</b>	\$7.00	6 oz. glass
<i>– Flavours of rich raspberry, cherry, and spices.</i>	\$18	1/2 litre
	\$26	bottle

**Sumac Ridge Gewurztraminer VQA**  
*– Lush, spicy nose and full grapefruit flavours*

**Inniskillin VQA**  
*– Ripe raspberry flavour with lingering finish*

**Robert Mondavi Woodbridge White Zinfandel**  
*– Juicy fruit flavours*

**Robert Mondavi Sauvignon Blanc**  
*– Crisp & dry*

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<b>Gray Monk VQA Gewurztraminer</b>	\$8.00	6 oz. glass
<i>– Tropical flavours that are even juicier</i>	\$21	1/2 litre
	\$30	bottle

**Robert Mondavi Woodbridge Chardonnay**  
*– Rich apple, pear & vanilla flavours*

**Tyrrell's Long Flat Shiraz**  
*– Ripe berry character with lingering peppery flavours*

**Robert Mondavi Cabernet Sauvignon**  
*– Strong flavours of currant, plum & oak*

**Goundrey Shiraz (Western Australia)**  
*– French and American Oaked for a sweet ripe fruity flavour*

**Gehring Classic Riesling VQA**  
*– A perfect pairing for Thai food*

*Gift certificates available*

## Appetizers

### 1. Por Pya (spring rolls)

*Glass noodles and vegetables with a blend of seasonings wrapped in this crisp fried pastry. Served with our chef's special plum sauce. (4)*

6.75

### 2. Gra Tong Taung (golden cups)

*Golden Cups made individually by our chefs from a delicate batter, stuffed with fresh ground chicken breast seasoned to perfection. Served with our chef's special plum sauce. (8)*

7.00

### 3. Satay

*Delicately grilled chicken on a skewer that will melt in your mouth. Marinated in a sophisticated blend of herbs, spices and coconut milk. Served with Baan Thai peanut sauce and cucumber salad.*

7.75

### 4. Tom Yum Goong



*Thailand's most famous prawn and mushroom soup, topped with cilantro. The citrus flavor is so complex, this dish needs to be tasted. Suggested spicing: medium, hot or extra hot.*

6.50

### 5. Tom Yum Gai



*Same as above, but with chicken instead of prawns.*

6.00

### 6. Tom Kah Goong



*A White Burmese prawn, mushroom, and coconut milk base soup, topped with cilantro with citrus undertones. Suggested spicing: mild, medium or hot.*

7.00

### 7. Tom Kah Gai



*Same as above, but with chicken instead of prawns.*

7.00

**All soups have a chicken stock base**

*A 15% service charge will be added for groups of 6 or more.*


# Chicken

## 8. Gai Yang

*Slow roasted BBQ side of chicken crusted with a blend of Thai spices. Served with Baan Thai BBQ sauce.*


12.50

## 9. Gai Phad Med Ma Muang

 *Chicken and house roasted cashews sautéed with onion, red and green peppers, baby corn, carrots, and celery. Suggested spicing: mild, medium or hot.*

13.50

## 10. Gai Phad Bai Graprow

 *Tender chicken and sweet basil and chilies sautéed with onion and red and green peppers. Suggested spicing: mild, medium or hot.*


13.50

## 11. Gai Phad Khing

*Gingered chicken sautéed with black mushrooms, onion, red and green peppers and celery.*

12.50

## 12. Larb Gai

 *Freshly ground chicken breast in a lime juice marinade subtly seasoned with mint, cilantro, onion and roasted ground rice. Suggested spicing: medium, hot or extra hot.*


13.50

## 13. Preow Waan Gai

*Tender chicken sautéed with onions, peppers, carrots, celery, tomatoes, cucumbers, pineapple, in a Thai style sweet and sour sauce.*

13.50


## 14. Phad Prig Phao Gai

 *Tender chicken sautéed with chili paste in oil, onions, red and green peppers, celery, carrots, mushrooms, baby corn and sweet basil leaves. Suggested spicing: medium, hot or extra hot.*

13.50


## Curry

### 15. Gaeng Keo Waan Gai

 Green curry paste and coconut milk with chicken, bamboo shoots, red and green peppers, and sweet basil leaves.  
Suggested spicing: medium, hot or extra hot.


13.50

### 16. Gaeng Gai

 A coconut milk and red curry paste base with chicken, bamboo shoots, red and green peppers, flavored with sweet basil leaves.  
Suggested spicing: medium, hot or extra hot.

12.50

### 17. Panang Gai

 Coconut milk and dried red curry base with chicken, red and green peppers, topped with kaffir lime leaves.  
Suggested Spicing: medium, hot or extra hot.

13.50

## Beef and Pork

### 18. Pra Ram Long Song

Tender sliced beef sautéed with fresh vegetables topped with Baan Thai's own peanut sauce and chili paste oil.

13.25

### 19. Moo Gratiem


Crispy pork mildly seasoned with garlic, black pepper, and seasoning sauce served on a bed of bean sprouts.

12.50


A 15% service charge will be added for groups of 6 or more.

## Noodles


### 20. Phad Thai Goong

 Rice noodles flash fried with white Burmese prawns, extra firm tofu, salted radish, tamarind, oyster sauce, egg, green onions and fresh bean sprouts topped with roasted ground peanuts and spiced with chili.  
Suggested Spicing: mild, medium, hot or extra hot. 13.50

### 21. Phad Thai Gai

 Same as above with tender chicken.  
Suggested Spicing: mild, medium, hot or extra hot. 12.50


### 22. Guay Teow Phad Ped

 Rice noodles flash fried with white Burmese prawns, egg, mushrooms, broccoli, red and green peppers, carrot, and spiced with fresh chilies.  
Suggested Spicing: mild, medium, hot or extra hot. 13.50

### 23. Baan Thai Noodles


Rice noodles flash fried together with chicken, egg, seasoning sauce, green onions, and fresh bean sprouts. 12.50

### 24. Guay Teow Kee Mao Gai


 Rice noodle flash fried chicken, egg, onions, red and green peppers, chilis, and sweet basil leaves.  
Suggested spicing: medium, hot or extra hot. 12.50

## Seafood

### 25. Graprow Seafood

 White Burmese prawns, squid, and mussels sautéed with red and green peppers, onions, fresh sweet basil leaves and fresh chili. Suggested spicing: medium, hot, extra hot. 17.50

### 26. Pla Lad Prig

 Fresh red snapper in a crispy batter smothered in lightly caramelized garlic chili sauce and topped with sautéed onions and red and green peppers.  
Suggested spicing: medium, hot, extra hot. 17.50

Gift certificates available

**27. Gaeng Goong**



*A coconut milk and red curry paste base with white Burmese prawns, bamboo shoots, red and green peppers, and fresh basil leaves. Suggested spicing: medium, hot, extra hot.*

16.50

**28. Goong Phad Bai Graprow**



*White Burmese Prawns flash fried with red and green peppers, onions, fresh sweet basil leaves, and fresh chili. Suggested spicing: medium, hot, extra hot.*

16.50

## Fried Rice

**29. Kow Phad Goong**

*Jasmine scented rice flash fried with white Burmese prawns, onions, tomatoes, egg, mixed vegetables, and seasoning sauce. Thai people customarily use the spice wheel to add heat to this dish.*

12.50

**30. Kow Phad Gai**

*Same as above, but with chicken.*

11.50

**31. Kow Phad Kee Mao Gai**



*Jasmine scented rice flash fried with chicken, eggs, onions, red and green peppers, chilis, and sweet basil leaves. Suggested spicing: medium, hot or extra hot.*

12.50

**32. Kow Phad Supparod Gai**

*Jasmine scented rice flash fried with chicken, egg, tomato, onions, mixed vegetables, pineapple and seasoned with yellow curry powder and Golden Mountain seasoning sauce.*

12.50


# Vegetarian Thai Style

Please specify no fish or oyster sauce if it is your preference and please note that shrimp paste is an ingredient in Thai curry paste.


## 33. Baan Thai Garden

*Fresh vegetables sautéed in oyster sauce and garlic with a side of Baan Thai Peanut Sauce.* 10.50

## 34. Tofu Pad Pak

 *Fresh vegetables and extra firm tofu sautéed in oyster sauce with bean sprouts and chilies. Suggested spicing: mild, medium, hot.* 11.00

## 35. Phad Thai Jae

 *Rice noodles flash fried with egg, extra firm tofu, salted radish, tamarind, oyster sauce, green onion, fresh bean sprouts, topped with roasted ground peanuts and spiced with chili. Suggested spicing: medium, hot, extra hot.* 11.00


## 36. Kow Phad Jae

*Jasmine scented rice flash fried with egg, extra firm tofu, mixed vegetables, tomatoes, and broccoli. Thai people customarily use the spice wheel to add heat to this dish.* 11.00

## 37. Tofu Phad Khing

*Extra firm Tofu sautéed with ginger, onions, black mushrooms, red and green peppers, carrots, baby corn and celery.* 11.00

## 38. Gaeng Pak

 *Coconut milk and red curry paste base with red and green peppers, bamboo shoots, fresh vegetables, tofu, and sweet basil leaves.* 11.50

## 39. Steamed Rice

2.50

## 40. Extras

*These ingredients can be added to any dish.*

chicken	\$3.00	prawns	\$3.25	peanut sauce	\$1.50
cashews	\$2.00	broccoli	\$2.00	curry sauce	\$2.00
tofu	\$2.00	noodles	\$2.00		

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## Desserts

### D1. Gluay Tod

*Deep fried banana in crispy batter, drizzled with honey, and topped with roasted coconut.*

3.75

### D2. Gluay Tod & Ice Cream

*Deep fried banana in crispy batter with ice cream, topped with drizzled honey and roasted coconut.*

5.50

### D3. Supparod Tod & Ice Cream

*Deep fried pineapple in crispy batter with ice cream, topped with drizzled honey and roasted coconut.*

5.75

### D4. Gluay Buad Chee

*Banana in coconut milk topped with roasted coconut.*

5.00

### D5. Baan Thai Mango Delight

*A light mango dessert topped with roasted coconut and whipping cream.*

4.75

## Specialty Coffees

\$7.50

### Coffee Supreme

*Brandy, Triple Sec and Kahlua*

### Monte Cristo

*Grand Marnier and Kahlua*

### Irish Coffee

*Irish Whiskey and Kahlua*

### Sailor's Coffee

*Kahlua, Amaretto and Coconut Rum*

### Jamaican Coffee

*Dark Rum and Tia Maria*

### Spanish Coffee

*Brandy and Kahlua*

*Gift certificates available*

## Featured Beers

### Imported

<i>Singha</i>	reg.	\$6.00
	large	\$9.25
<i>Phuket Lager</i>		\$6.25
<i>Heineken</i>		\$5.50
<i>Corona</i>		\$5.50
<i>Kirin</i>	large	\$9.25

### Domestic

<i>Van Isle Pilsener</i>		\$4.50
<i>Van Isle Piper's Pale Ale</i>		\$4.50
<i>Kokanee</i>		\$4.50

### Premium Domestic

<i>Driftwood Ale</i>	large	\$9.00
<i>Farmhand Ale</i>	large	\$9.00
<i>Phillip's Phoenix Gold Lager</i>		\$5.00

### Beer on Tap

<i>Race Rocks Ale, Beacon India Pale Ale</i>	\$4.25
<i>Spinnaker's Honey Pale Ale</i>	\$4.75

### Ciders

<i>Okanagan Growers Peach, Pear, Raspberry, Apple</i>	\$5.25
<i>Smirnoff Ice</i>	\$5.75

## Alcoholic Beverages

### Baan Thai Caesar

<i>Smirnoff Vodka, clamato juice, sriracha chili sauce, a pinch of golden mountain, served with a pickled chili.</i>	\$7.00
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### My Thailand

<i>Orange and Pinapple juice with Malibu Rum and a splash of coconut milk.</i>	\$7.00
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### Highballs

<i>Doubles - add \$2.00</i>	\$5.50
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### Premium Highballs

<i>Doubles - add \$3.00</i>	\$7.00
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### Classic Martinis

<i>Gin or Vodka</i>	\$7.00
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### Grand Marnier

\$7.00

### Brandy

\$7.00

### Sambucca

\$6.00

*A 15% service charge will be added for groups of 6 or more.*

## Beverages

Jasmine Tea	\$1.25 per person
Green Tea	\$1.25 per person
Iced Tea	\$2.00
Herbal Teas	\$2.00
Thai Iced Tea	\$3.00
Thai Iced Coffee	\$3.00
Torrefazione Coffee	\$1.75
Juices (Mango, Orange, Pineapple, Clamato)	\$2.00
Soft Drinks	\$2.00
Shirley Temple	\$3.50
Virgin Caesar	\$3.50
Perrier Water	\$2.50

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# Sawadee

*Now two great locations to serve you better...!*

*Downtown: 1117 Blanshard 383-0050*

*Oak Bay: Corner of Fort and Foul Bay 598-0057*

*Menus available at [www.baanthaivictoria.ca](http://www.baanthaivictoria.ca)*



*Introduce a friend to the great food at Baan Thai with one of our gift certificates*