

## Lamb

- L1. PANANG LAMB **พริกแกง** G\*, S, ★  
Lamb cooked in Panang curry sauce with green beans £13.95
- L2 GREEN CURRY LAMB **แกงเขียวหวาน** F, S, ★  
Lamb cooked in green curry, bamboo, coconut milk, green bean, pepper, sweet basil and spices £13.95
- L3. PAD KRA PAO LAMB (Chilli Lamb) **ผัดกะเพรา** F, G\*, S, ★  
Strips of lamb stir fried with garlic, chilli, Thai basil and vegetables £13.95



## Stir-Fried & Wok

- W1-W11  
Chicken or Pork £11.95 Beef £12.95 Duck, King prawn, Seafood £13.95  
Tofu, Quorn, Mockduck £11.95 Mixed Vegetables £10.95

W1. PAD PRIK GANG (Dry Curry) **ผัดพริกแกง** C\*, F, Mo\*, S, V\* ★  
Stir-Fried bite-size pieces of meat with Thai curry, green beans and bamboo shoots

W2. PAD KRA PAO (Spice Chilli) **ผัดกระเพรา** C\*, G\*, Mo\*, S, V\* ★  
A distinctive fusion of garlic, chilli, Sweet basil and vegetables

W3. THAI SWEET CHILLI OIL **ผัดน้ำพริกเผา** C\*, G\*, Mo\*, S, V\* ★  
Stir-Fried with roasted chilli paste, sweet holy basil and vegetables

W4. PAD KING (Totally Ginger) **ผัดขิง** C\*, G\*, Mo\*, S, Su, V\*  
Bite-size pieces of meat stir-fried with strips of fresh young ginger and spring onions

W5. THAI STYLE GARLIC **ผัดกระเทียม** C\*, G\*, Mo\*, S  
Minced garlic and cracked black pepper sauce with coriander, mushrooms, baby corns, spring onion

W6. CASHEW NUTS STIR-FRIED **ผัดเม็ดมะม่วง** C\*, G\*, N, S, Se, Su, V\*  
Lightly spiced and full of flavour! Our chef's special sauce topped with cashew nuts, pineapple, onion, spring onion and pepper

W7. PAD PRIEW WAN (Sweet & Sour) **ผัดเปรี้ยวหวาน** C\*, F\*, G\*, S, V\*  
Deep-fried meat in crispy batter stir-fried with Thai-style sweet and sour sauce inc: pineapple, tomato, cucumber, carrot and onions

W8. STIR-FRIED WITH OYSTER SAUCE **ผัดน้ำมันหอย** C\*, G\*, Mo\*, S, V\*  
Stir-fried with seasonal vegetables in light oyster sauce

W9. KAI TOD (Thai Chicken Wings) **ปีกไก่ทอด** F, Se, ★  
Deep-fried chicken wings served with the Thai style sauce or topped with Mango-t signature sauce inc: Mushroom, carrot and onions  
\*(Signature sauce or Thai style sauce)

W10. STIR-FRIED WITH BLACK BEAN SAUCE **ผัดเบ๊ลิ้ง**  
C\*, G\*, Mo\*, S, Su, V\*  
Stir-fried black bean in light oyster sauce and vegetables.

W12. GOONG OP WON SEN **กุ้งอบวุ้นเส้น** C, G\*, S £15.95  
Steamed king prawns with glass noodles, ginger, shiitake and coriander

W13. STIR-FRIED IN CURRY POWDER **ผัดผงกะหรี่** £15.95  
Stir-Fried bite size pieces of meat with Thai curry powder, milk and vegetables C\*, G\*, M, Mo\*, S

## Noodles

- N1. PAD THAI **ผัดไทย** C\*, E\*, F\*, Pn\*, V\* ★  
Rice noodles stir-fried with egg, garlic chives, bean sprouts and crushed nuts. (spicy or plain)
- N2. PAD SIEW **ผัดซีอิ๊ว** C\*, E\*, G\*, S\*, V\*  
Stir-fried rice noodles with mixed vegetables, egg and spring onions
- N3. PAD MEE LUANG **เส้นหมี่เหลือก** C\*, E\*, G\*, S\*, V\*  
Stir-fried egg noodles with bean sprouts, mixed vegetables and spring onions.
- N4. MEE PAD NAM PRIK PAO **ก๋วยเตี๋ยวผัดน้ำพริกเผา** C\*, E\*, G\*, S\*, V\* ★  
Spicy rice noodles stir-fried with egg in a tasty roasted chilli paste, sweet basil, bell pepper and bamboo shoot
- N5. PAD KEE MAO (Drunken Noodle) **ผัดขี้เมา** C\*, E\*, G\*, S\*, V\* ★  
Spicy rice noodles with egg, holy basil, carrot, onion and bamboo shoot

## Rices

- R1. KHOW SUAY **ข้าวสวย** V £3.95  
Steam jasmine rice
- R2. KHOW PAD KAI **ข้าวผัดไข่** E, G, V £4.20  
Jasmine rice stir fried with an egg
- R3. KHOW KA TI **ข้าวกะทิ** V £4.50  
Plain rice gently steamed with coconut milk and dry coconut.
- R4. KHOW NIOU **ข้าวเหนียว** G, V ★ £4.20  
Famous Thai Sticky rice (Glutinous rice)
- R5. KHOW PAD **ข้าวผัดปู/กุ้ง** C\*, E\*, G\*, S, Mo\* £9.95  
Fried rice with crab meat or King prawn, egg, onion, tomato and coriander
- R6. KHOW PAD SUB PA ROD **ข้าวผัดสับปะรด** C\* E\*, G\*, N, S, V\* ★ £10.95  
Fried rice with king prawn, egg, pineapple, tomato, onion, cashew nuts, coriander.
- R7. KOW PAD NAM PRIK PAO **ข้าวผัดน้ำพริกเผา** C\*, E\*, G\*, S, V\* ★  
Spicy fried rice with egg, Thai roasted chilli paste, sweet basil, onion and bell pepper

Chicken, Pork £8.95  
Beef, King Prawn £9.95

## Set Meals

### Set Meals £59 (Minimum 2 Persons)

Mixed Starters  
Red curry chicken  
King prawn with cashew nuts  
Stir fried mixed vegetables  
Egg fried rice

### Set Meals £90 (Minimum 3 Persons)

Mixed Starters  
Red curry duck  
Sweet & sour chicken  
Stir fried king prawns with chilli oil  
Stir fried mixed vegetables  
Egg Fried Rice

### Set Meals £129 (Minimum 4 Persons)

Mixed Starters  
Green curry chicken  
Stir Fried Beef with chilli & basil  
Sweet & sour chicken

Grilled king prawns with special sauce  
Sizzling Beef  
Stir fried mixed vegetables  
Egg fried rice

## CONTACT US

info@mango-t.co.uk, www.mango-t.co.uk  
8 Orford Hill, Norwich, NR1 3QD 01603 660514

# Mango-T

THAI RESTAURANT



TRULY AUTHENTIC THAI CUISINE  
BY OUR CHEF WHO HAVE  
25 YEAR EXPERIENCES IN 5 STARS HOTEL

## OPENING TIME

MONDAY - SATURDAY  
AND BANK HOLIDAY

11:45-15:00 / 17:00-22:00

\*LAST ORDER 21:00\*

SUNDAY CLOSED

DINE-IN AND COLLECTION

TEL.01603 660514

8 ORFORD HILL, NORWICH, NR1 3QD

\*CREDIT CARD IS ACCEPTED WITH  
£20 MINIMUM ORDER.\*



## Allergy Key

|                 |              |             |
|-----------------|--------------|-------------|
| Mild            | Hot          | Very Hot    |
| CE = Celery     | G =Gluten    | M = Milk    |
| C = Crustaceans | L = Lupin    | N = Nuts    |
| E = Eggs        | Mo = Moluscs | Pn = Peanut |
| F = Fish        | Mu = Mustard | S = Soya    |

|                |
|----------------|
| ★ Popular      |
| Se = Sesame    |
| Su = Sulphites |
| V = Vegetarian |
| * = Opt-Out    |

## Starters

|   |                  |
|---|------------------|
| Additional House Sauce or Topping   | 99p              |
| Sweet chilli sauce, Stay sauce, Chilli oil, Fish sauce, Fresh chilli or Fresh lime  |                  |
| 0. THAI PRAWN CRACKER (MANORA) ข้าวเกรียบกุ้ง C, Su   | £3.50            |
| The traditional Thai prawn cracker serve with sweet chilli sauce  |                  |
| 1. SATAY CHICKEN OR TOFU สะเต๊ะ Pn, V* ★  | £6.95            |
| Char-grilled on bamboo skewers served with peanut sauce and cucumber relish   |                  |
| 2. THAI FISH CAKES กุ้งนึ่งปลา E, F, Pn* ★  | £6.95            |
| Minced cod and king prawns with Thai herbs and chilli. Served with sweet chilli sauce, crushed peanuts and pickles.               |                  |
| 3. VEGETABLE SPRING ROLLS ปอเปี๊ยะผัก G, S, Se, V   | £6.50            |
| Mix vegetables and glass noodles wrapped in pastry. Served with sweet chilli sauce.   |                  |
| 4. KING PRAWN SPRING ROLLS ปอเปี๊ยะกุ้ง C, G, S, Se   | £6.95            |
| Marinated king prawn wrapped in crispy pastry. Served with sweet chilli sauce.  |                  |
| 5. SPARE RIBS กระดูกหมู G, S, Se  | £6.50            |
| Succulent meaty ribs cooked in a unique mouth-watering sauce. Served with onions and pepper                                       |                  |
| 6. GOLDEN BAGS กุ้งทอง C, E, G, S, Se   | £6.95            |
| Minced Chicken, king prawns and vegetables wrapped in filo pastry bags deep fried. Served with sweet chilli sauce.                |                  |
| 7. KING PRAWNS ON TOASTED ขนมปังหน้ากุ้ง C, E, G, S, Se   | £6.95            |
| Deep fried bread topped with minced prawn and sesame seeds. Served with sweet chilli sauce.                                       |                  |
| 8. KING PRAWN & VEG IN BATTER ขนบั้งทอด C, G  | £6.95            |
| Deep fried king prawns and vegetable fillets in a light crispy batter. Served with sweet chilli sauce                             |                  |
| 9. GRILLED PORK SKEWERS หมูปิ้ง ★ G, S, Se  | £6.95            |
| Flame grilled lean pork served on skewers with a traditional soy dip  |                  |
| 10. CRISPY SQUID (CALAMARI) ปลาหมึกทอดกรอบ ★ Mo   | £6.95            |
| Deep fried squid in crispy batter with chilli and salt on top. Served with sweet chilli sauce                                     |                  |
| 11. BUTTERFLY KING PRAWN กุ้งผัดเลี้ยง C, E, G  | £6.95            |
| king prawns in golden breadcrumbs. Served with sweet chilli sauce   |                  |
| 12. PANDAN CHICKEN ไก่ห่อใบเตย G, S, Se   | £6.95            |
| Fried chicken wrapped with pandan leaves. Served with sweet chilli sauce  |                  |
| 13. BBQ BEEF OR KING PRAWN เนื้อ/กุ้ง ปิ้ง C, G*, S*, Pn  | £6.95            |
| Sliced beef or king prawn marinated in herbs and spices on a skewer char grilled, Served with peanut sauce and sweet pickle salad |                  |
| 14. GOLDEN TRIANGLE สามเหลี่ยมทองคำ G, S  | £6.50            |
| Marinate minced chicken with onion and potato in pastry purse deep fried. Served with sweet chilli sauce.                         |                  |
| 15. Thai Dumpling ขนมนึ่ง G, Se, S  | £6.50            |
| Steamed a marinate ground pork and vegetable in purse dumpling , Served with signature dumpling sauce                             |                  |
| 16. MIXED STARTER (MINIMUM 2 PEOPLE)  | £7.50per Person  |
| A great way to start your meal with a platter of starters to share Inc : (No.1,2,3,5,7)   |                  |
| 17. MIXED STARTER (MINIMUM 2 PEOPLE)  | £8.50 per Person |
| A great way to start your meal with a platter of starters to share Inc : (No.2,4,7,10,BBQ King prawn)                             |                  |



## Soup

|  |                        |
|--|------------------------|
| S1.TOM YUM ต้มยำ C*, F*, V* ★  | S1-S3                  |
| The most popular of Thai soups, cooked with fresh chilli, lemongrass, galangal and lime leaf | Chicken £6.50          |
|  | King Prawn £7.50       |
|  | Seafood £8.95          |
|  | Mushroom £5.95         |
|  | Mixed Vegetables £5.95 |
| S2.TOM KHA ต้มข่า C*, F*, V*   |                        |
| Cooked with lemongrass, galangal, lime leaf and coconut milk                                 |                        |
| S3.GANG JUD SA RAI MOO SUB แกงจืดหมูสับ G*, S, V*  | £6.50                  |
| A clear stock Thai broth with seaweed, vegetables and minced pork                            |                        |



## Salad & Vegetables

|  |                      |
|--|----------------------|
| Y1. YUM NUA YANG ยำเนื้อย่าง Ce*, F, G*, S* ★  | £15.95               |
| Slices of frame grilled sirloin steak mixed with a tasty Thai salad of lemongrass, lime juice, shallots and chillies |                      |
| Y2. NAM TOK น้ำตก F, G*, S* ★  | Pork £13.95          |
| Slices of grilled beef seasoned with ground chilli powder, ground roasted rice, shallots, lime juice and fish sauce  | Beef £15.95          |
| Y3. LAAB ลาบ F ★   | Chicken, Pork £10.95 |
| Freshly minced meat and dry roasted chilli with a touch of mint and coriander  | Beef £11.95          |
| Y4. YUM WUN SEN ยำวุ้นเส้น C*, F*, Mo*, V* ★   | Chicken, Pork £12.95 |
| A fresh and spicy green salad with glass noodles, lemongrass, lime juice, shallots and chillies                      | King Prawn £13.95    |
|  | Seafood £15.95       |
| Y5. YUM TA KRAI GOONG SOD ยำตะไคร้กุ้งสด C, F, ★   | £13.95               |
| Lemongrass salad with prawn, onion, tomato and coriander in lime juice, fish sauce and chilli                        |                      |
| Y6. THAI PAPAYA SALAD ส้มตำไทย F*, Pn* ★   | £9.95                |
| Shredded unripe papaya, sliced tomatoes, raw green beans, peanuts, dried mini shrimp, and fresh garlic.              |                      |
| V1. PAD PAK (Stir-Fried mixed vegetables) ผัดผัก G*, V   | £6.95                |
| Fresh seasonal vegetables express their own flavour in a light oyster sauce  |                      |
| V2. PAD TUA NGOK (Stir-Fried bean sprouts) ผัดถั่วงอก  | £5.95                |
| Stir fried bean sprouts in a light oyster sauce G*, V  |                      |

## Chef recommended

|  |        |
|--|--------|
| CR1. PLAR PLA ปลาปลา Signature F, Pn* ★  | £19.95 |
| Deep fried whole sea bass and dressed in a colourful apple salad with peanut                               |        |
| CR2. GOONG NUNG MANOW กุ้งนึ่งมะนาว C, F ★   | £20.95 |
| Streamed whole king prawn in a light blend of herbs and chillies served on Chinese leaf                    |        |
| CR3. WEEPING TIGER เสือร้องไห้ F, G* ★   | £18.95 |
| Flame grilled sirloin steak served with a sweet and spicy soya marinade (allow 15 minutes)                 |        |
| CR4. HOI SHELL PAD NAM PRIK PAO G*, Mo, S, Se, Su ★  | £19.95 |
| หอยเชลล์ผัดน้ำพริกเผา Stir fried scallops with roasted chilli paste, sweet holy basil and mixed vegetables |        |
| CR5. GOONG PAU กุ้งเผา ★ C, G*, S, Se, Su  | £20.95 |
| Flame cooked tiger prawns served in our chef's special sauce (allow 15 minutes)                            |        |
| CR6. PHED KROB เป็ดกรอบ F  | £14.95 |
| Crispy fillet of duck with broccoli, cauliflower and a sweet chilli or tamarind sauce                      |        |



|   |                |
|---|----------------|
| CR7. KAI KROB ไก่กรอบ F, Se* Signature  | £12.95         |
| Lightly floured chicken in a sweet tangy ginger, chilli sauce, topped with sesame seeds                   |                |
| CR8. PLA NUNG MANOW ปลานึ่งมะนาว F ★  | £19.95         |
| Streamed whole sea bass in a light blend of herbs and chillies, served on Chinese leaf (allow 15 minutes) |                |
| CR9. HOI SHELL PAD CHA หอยเชลล์ผัดจ๋า G*, Mo* ★   | £19.95         |
| Stir fried scallops with chilli, kaempfer, onion, pepper and mixed vegetable                              |                |
| CR10. THREE FLAVOURED FISH ปลาสามรส F ★   | £19.95         |
| Deep fried whole sea bass and topped with our special three flavoured sauce                               |                |
| CR11. STEAMED FISH ปลานึ่งซีอิ๊ว F, G*, S   | £19.95         |
| Whole steamed sea bass with shredded ginger and spring onions   |                |
| CR12. Beef or Seafood Sizzling เนื้อทอด/ทะเละทะร้อน   | Beef £15.95    |
| Beef or seafood marinated in wine and herbs with vegetables. Served on a sizzling platter C, G*, Mo, Se ★ | Seafood £17.95 |

## Curries

|   |                         |
|---|-------------------------|
|   | C1-C4                   |
| Chicken or Pork £11.95  | Beef £12.95             |
| Tofu, Quorn, Mockduck £11.95  | King prawn £13.95       |
|   | Mixed Vegetables £10.95 |
| C1. GANG KEO WAN (Green Curry) แกงเขียวหวาน C*, F*, V* ★  |                         |
| Green curry cooked with bamboo shoot, coconut milk, green bean, pepper, sweet basil, aubergine and spices   | C7                      |
| C2. GANG DANG (Red Curry) แกงแดง C*, F*, V* ★   |                         |
| Thai red curry cooked with tomato, bamboo shoot, coconut milk, green bean, pepper, sweet basil, aubergine and spices                                |                         |
| C3. GANG PA (Jungle Curry) แกงป่า C*, F*, V* ★  |                         |
| Village style curry with bamboo shoot, green been, holy basil, baby corn, aubergine and tomato. A clear curry with lots of flavour and plenty spice |                         |
| C4. PA NANG (Pa Nang Curry) แกงแพนง C*, G*, V* ★  |                         |
| Medium spiced creamy red curry cooked with coconut milk, bamboo shoot, aubergine and vegetables   |                         |
| C5. MASAMAN ( Masaman Curry) แกงมัสมั่น F*, Pn, N*  | Chicken £12.95          |
| Tender meat slow cooked with coconut milk, peanut, onion, potato and cashew nuts.   | Beef £13.95             |
| C6. CHU CHE PLA (Dry Curry fish) จู๋ชีปลา G*, F, S ★  | £19.95                  |
| Deep fried whole sea bass and dressed in a tasty Thai red curry   |                         |
| C7. ROASTED DUCK RED CURRY แกงเผ็ดเป็ดยี่ข่า F ★  | £14.95                  |
| Roasted duck cooked with Thai red curry, tomato, bamboo shoot, aubergine, coconut milk, green bean, pepper, pineapple, sweet basil and spices       |                         |

