

# Sala Thai



at Kells Bay

“A Taste of Two Kingdoms”

*Céad míle fáilte go*  
*Sala Thai*  
“SAWADEE”  
Welcome to  
Sala Thai Restaurant

The Alexander Family bid you a warm welcome to Kells Bay.

Since opening in 2013, our restaurant Sala Thai's reputation for quality tasty food has spread throughout Iveragh and beyond. It retains a loyal following among locals and visitors. Penn has developed an intuitive understanding of the local produce and palate without compromising the authenticity of the cuisine.

To ensure you enjoy your dining experience please state your preferences, our staff will be happy to guide you. In general Thai food is not over spicy but can be if you so wish.

Our wine list has been specifically chosen by experts to complement Thai food.

Please remember, as each dish is freshly cooked to your specification, it may not be possible to serve all main courses simultaneously. Your patience and your feedback is appreciated.

Thank you for your custom. We hope you enjoy your dining experience here in Kells Bay.

*Bon appetit,*  
*Penn & Billy*

[www.kellsbay.ie](http://www.kellsbay.ie)

## Starters

1. Chicken Satay - Gai Satay <sup>2-10-12</sup> €9.50  
Marinated chicken, deep fried on skewers served with our peanut sauce and cucumber ajad
2. Vegetable Spring Rolls- Popia Tod <sup>1</sup> €8.95  
Crispy, fried, vegetarian spring rolls served with sweet chilli sauce
3. Prawn Rolls - Goong Hom Pa <sup>1-5</sup> €8.95  
Deep fried prawn rolls served with sweet chilli sauce
4. Corn Cakes - Tod Man Khao Pod <sup>1-5</sup> €8.50  
Deep fried corn cakes containing herbs & curry paste served with sweet chilli sauce
5. Prawn Toast - Kha Nom Pang Na Goong <sup>1-5-10-11</sup> €8.50  
Thai prawn toast served with sweet chilli sauce
6. Selection platter of the above 5 starters <sup>1-2-5-7-10-11-12</sup>  
Served with our peanut and sweet chilli sauce  
For 2 people €18.95  
Per extra person €9.50
8. Thai Style Chicken Wings <sup>5-10</sup> €9.50  
Marinated chicken wings served with salad & sweet chilli sauce
9. Thai Fish Cakes - Tod Man Bla <sup>1-5-7-8</sup> €9.50  
Thai fish cakes made with red curry paste served with sweet chilli sauce
10. Squid Tempura <sup>1</sup> €9.50  
Deep fried squid in tempura batter with sweet chilli sauce
11. Aromatic Duck, Thai style - for 2 persons <sup>1-10-11</sup> €17.95  
Crispy duck served with pancakes, hoi sin sauce with a julienne of carrot, spring onion & cucumber

## Soups

a. Chicken €6.90    b. Prawn €7.50    c. Vegetarian €6.50

12. Tom Yam Soup <sup>5-8-10</sup> €9.50  
Spicy & sour soup with lemongrass, lemon juice, chilli, galangal root, mushrooms, spring onion, fish sauce & cherry tomato
13. Tom Kha Soup <sup>8 (sauce)</sup> €9.50  
Mild coconut milk soup with mushrooms, spring onion, coriander, galangal root and lemongrass

## Thai Spicy Salads (Served warm)

14. Sliced fillet of Beef <sup>8 (sauce)</sup> €12.95  
Beef fillet stir fried with Thai dressing, chillies, tomato, onion & lime juice
15. Sliced breast of Chicken <sup>8 (sauce)</sup> €11.95  
Chicken breast stir fried with Thai dressing, chillies, tomato, onion & lime juice
16. Seafood <sup>8 (sauce)-9</sup> €13.95  
Squid & prawns in a spicy Thai dressing with glass noodle, coriander, tomato, onion, carrot, celery, spring onion & shallot

## Curries

a. Chicken €21.95    b. Prawn €22.95    c. Fillet Beef €22.95  
d. Vegetarian €20.95    e. Vegetarian and Tofu €21.95  
f. Duck €22.95

• All curries are served with steamed Thai rice included in the price

- Egg fried rice €1.00 extra <sup>7</sup>
- Egg fried noodles €1.50 extra <sup>7</sup>

17. Green Curry - Kaeng Kiaw Waan <sup>5</sup> €24.95  
Green curry paste with coconut milk, peas, peppers and courgette
17. (S) Green Seafood Curry €24.95  
With prawns, crab claws & squid
18. Yellow Curry - Kaeng Kari  
Yellow curry paste with coconut milk, onion, fried potato and only a dash of chilli. The mildest of the Thai curries

19. Red Curry - Kaeng Daeng  
Red curry paste with coconut milk, sliced bamboo shoots, courgettes and peppers

20. Red Curry with Pineapple  
Red curry paste with coconut milk and pineapple

21. Massaman Curry  
A mild rich curry made with Massaman curry paste, coconut milk, fried potato, onion with cashew nuts and fried shallots

## Fried Rice Dishes

a. Chicken €19.95    b. Prawn €20.95    c. Fillet Beef €20.95  
d. Vegetarian €19.50    e. Vegetarian and Tofu €19.95  
g. Crab Meat €20.95

22. Thai Fried Rice - Khao Pad  
Stir fried rice with egg, onions, spring onions, tomato and vegetables

A service charge of 12.5% applies to your bill. This is divided amongst our staff.

## Stir-Fry

a. Chicken €21.95 b. Prawn €22.95 c. Fillet Beef €22.95  
d. Vegetarian €20.95 e. Vegetarian and Tofu €21.95  
f. Duck €22.95

- All stir-fries are served with Thai steamed rice included in the price
- Egg fried rice €1.00 extra <sup>7</sup>
- Egg fried noodles €1.50 extra <sup>7</sup>

### 23. Ginger - Pad Khin <sup>1-5(sauce)-10</sup>

Stir fried with ginger, mushrooms and garlic with seasoning sauces

### 24. Paht Kra Phrao <sup>1-5(sauce)-10</sup>

Spicy Thai dish stir fried with onions, mushrooms, chillies, basil and spring onions

Also served with ground pork €21.95

### 25. Black Bean Sauce <sup>1-5(sauce)-10</sup>

Stir fried with peppers, onions, carrots and broccoli

### 26. Paht Nua Rumit Naman Hoy <sup>1-5(sauce)-10</sup>

Stir fried with Thai oyster sauce and a selection of fresh vegetables

### 27. Paht Pik Gaang Daeng <sup>1-5(sauce)-10</sup>

Red curry pan fried with green beans and peppers

### 28. Cashew nuts and Spring Onions <sup>1-5(sauce)-10</sup>

Stir fried with cashew nuts, carrots, spring onion and onions

### 29. Crispy Roast Duck

with a dressing of tamarind sauce, on a bed of vegetables

## Fish (subject to availability)

### 30. Steamed Fish <sup>8-10</sup> €26.95

Whole sea bass (filleted) steamed, with chilli, ginger, soya sauce with a slice of chilli on a bed of vegetables with Thai steamed rice

## Noodles

a. Chicken €19.95 b. Prawn €20.95 c. Fillet Beef €20.95  
d. Vegetarian €19.00 e. Vegetarian & Tofu €19.95

### 31. Paht Thai <sup>1-2-7</sup>

Rice noodles stir fried, with beansprouts, spring onion, carrot with Paht Thai sauce. Served with ground peanut & a slice of lime

### 32. Paht See Yu <sup>1-7</sup>

Egg noodles stir fried, with broccoli, carrots, egg, mushrooms and garlic to flavour, with seasoning sauces and a slice of lime

## Side Dishes

33. Steamed Thai Jasmin rice €3.00

34. Egg fried rice <sup>7-10</sup> €4.00

35. Egg fried noodles <sup>1-7-10</sup> €4.50

36. Chips €4.00

37. Omelette <sup>7-10</sup> €6.50

38. Mixed vegetables stir fried with oyster sauce <sup>1-5-10</sup> €6.50

39. Broccoli stir fried with oyster sauce <sup>1-5-10</sup> €6.50

40. Thai prawn crackers with sweet chilli sauce <sup>1</sup> €3.00

41. Portion of Green Curry Sauce <sup>1-5-10</sup> €1.80

### Sala Thai Spice Rating:

Mild =  Medium =  Very Spicy = 

## Coffees

Americano, Espresso €3.50

Latte, Cappuccino, Decaffeinated €3.90

Caffé Mocha €4.00

Bailey's or Irish Coffee €8.00

## Teas and Infusions €3.00

**Black Teas** - Irish Breakfast, Earl Grey, Ceylon Black Decaffeinated

**Organic Green Teas** - Ginger and Lemongrass, Pure Mint and Lemon Verbena

**Herbal Infusions** - Peppermint, Camomile, Wildberry

o Bottle of sparkling water 500 ml €2.20

o Bottle of still water 500 ml €2.20

o Glass of Orange Juice €2.80

o Glass of Milk €1.80

o Minerals: €3.00

Coca-Cola, Diet Coca-Cola, Coca-Cola Zero, 7Up, 7Up Free, Fanta, Club Orange, Club Lemon, Rock Shandy

o Capri Sun €2.00

### Beer

Killarney Craft Beers 500ml (IPA, Blonde & Lager) €5.90

Singha 330ml & Tiger 330ml €5.50

Non-Alcoholic Beer 500ml €5.90

Cronins Cider 500ml €5.90

**ALLERGENS:** 1–Gluten, 2–Peanuts, 3–Nuts, 4–Milk, 5–Crustaceans, 6–Mollusc, 7–Eggs, 8–Fish,

9–Celery, 10–Soya, 11–Sesame Seeds, 12–Mustard, 13–Sulphur dioxide & sulphites, 14–Lupin

# Join Us...

for dinner, dine in or take away



## Sala Thai

"A Taste of Two Kingdoms"

Opening Times  
Sittings - From 6:00pm to 8:00pm

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