

## E-Saan Dishes

59	Laab Ped 🍴			£8.25
	Minced duck mixed with chilli, spring onions, shallots, lime & ground brown rice powder			
60	Laab Mhoo / Gai / Nuea 🍴			
	Pork £6.50	Chicken £6.50	Beef £7.00	
	Minced pork, chicken or beef mixed with chilli, spring onions, shallots, lime & ground brown rice powder			
61	Naam Tog Mhoo / Nuea 🍴	Pork £6.95	Beef £7.00	
	Grilled pork or beef mixed with chilli, spring onion, shallots, lime & ground brown rice powder			
62	Sun Dried Beef or Pork	Pork £7.25	Beef £7.50	
	Sliced beef or pork marinated & deep fried with sesame seeds, served with chilli sauce			
63	Tom Zap Gra Doog Mhoo 🍴	Sml £5.00	Lrg £6.90	
	Thai style Tom yum soup with spare ribs & Thai herbs			
64	Tom Yum Super 🍴	Sml £5.00	Lrg £5.50	
	Chicken feet Tom Yum Thai Style			
65	Som Tum 🍴			£7.50
	Thai Style papaya salad			

## Vegetarian Dishes

66	Gaeng Kiew Waan Pak 🍴	£5.95
	Green curry mixed vegetables with tofu, coconut milk & Thai basil leaves	
67	Gaeng Ped Pak 🍴	£5.95
	Mixed vegetables with tofu, coconut milk, red curry paste & sweet basil leaves	
68	Gaeng Massaman Pak (N) 🍴	£5.95
	Massaman curry cooked with coconut milk, vegetables & tofu	
69	Pad Pak Ruam Mit 🍴	£5.95
	Vegetarian delight seasonal vegetables stir fried with tofu & oyster sauce	
70	Pad Thai Jay (N) 🍴	£5.95
	Soft noodles stir fried with bean sprouts, egg & special sauce	
71	Pad Se Eew Jay 🍴	£5.95
	Soft noodles stir fried with vegetables & soy sauce	
72	Pak Choy 🍴	£5.95
	Stir fried Pak Choy with oyster sauce & ginger	

## **new** Dishes

73	Chips <b>new</b>			£1.90
74	Jungle Curry <b>new</b>			
	Pork £7.50	Chicken £7.50	Beef £8.00	Prawn £7.50
	Jungle curry paste with baby corns, mushrooms, green beans, bamboo shoots, ginger root, lime leaves and basil			
75	Malaysian Kari <b>new</b>			
	Lamb £7.95	Chicken £6.50	Beef £7.00	Prawn £7.50
	Malaysian coconut curry cooked with potatoes and tomatoes			
76	Indonesian Rendang Beef <b>new</b>			£7.95
	Tender pieces of beef cooked in a spicy dry coconut curry with galangal and lemongrass			
77	Pad Prik Khing <b>new</b>			
	Pork £6.50	Chicken £6.50	Beef £7.00	Prawn £7.50
	Stir fried with five beans in red curry paste and coconut milk			
78	Singapore Noodles <b>new</b>			£6.50
	Vermichelli Rice Noodles with spring onions, bean sprouts, onions, prawn and chicken			
79	Plain Noodles <b>new</b>			£2.95
80	Blue Mango Spicy Fried Rice <b>new</b>			
	Pork £6.50	Chicken £6.50	Beef £7.00	Prawn £7.50
	Egg fried rice with tomato and vegetables			
81	Kao Pad Mhoo / Gai / Nuea / Goong <b>new</b>			
	Pork £6.50	Chicken £6.50	Beef £7.00	Prawn £7.50
	Egg fried rice with your choice of meat			

## Set Menu

Set Menu A (minimum 2 people) £15.90 per person

Starter  
Thai Fish Cakes (9) Thai Style Stuffed Chicken Wings (14) Khanom Pang Nan Goong (10)  
Main Course  
Beef Thai Red Curry (23), Chicken Pad Med Mamuang (35), Pad Pak Ruam Mit (69), Egg Fried Rice (56)

Set Menu B (minimum 2 people) £18.90 per person

Starter  
Chicken Satay (3), Spring Rolls (4), Thai Fish Cakes (9), Ribs (11), Khanom Pang Nah Goong (10)  
Main Course  
Chicken Thai Green Curry (24), Goong Pad Nor Mai (43), Beef Panang Curry (26), Pad Pak Ruam Mit (69), Egg Fried Rice (56)

Set Menu C (minimum 2 people) £22.90 per person

Starter  
Chicken Satay (3), Spring Rolls (4), Thai Fish Cakes (9), Ribs (11), Khanom Pang Nah Goong (10)  
Main Course  
Blue Mango Honey Duck (29), Pla Rad Prig (45), Beef Massaman Curry (25), Pak Choy (72), Egg Fried Rice (56)

## Seafood Special Set Menu

Especially for Seafood Lovers - (minimum 2 people) £29.95 per person

Starter  
Goong Ob  
Thai style big king prawns stir fried with salt & served with Thai sauce  
Tempura Squid  
Deep fried squid cooked in a light batter & served with sweet chilli sauce  
Thord Man Pla  
Thai fish cakes – fried minced fish blended with red curry, fine bean & lime leaves served with sweet chilli sauce & crushed peanuts  
Hoi Shu Shee  
Steamed green mussels with an aromatic Thai dry red curry sauce  
Second Course  
Tom Yum Goong Soup  
Thailand's famous hot soup with prawns, lemongrass & lime leaves  
Main Course  
Pla Nueng Se Eew  
Whole sea bass steamed with ginger, spring onions, celery & Thai sauce  
Goong Shu Shee  
Big king prawns deep fried and topped with an aromatic Thai dry red curry sauce & lime leaves  
Hor Mok Talay  
Mixed seafood cooked with red curry paste, coconut milk & basil leaves in a delicious spicy sauce  
Egg Fried Rice

# BLUE MANGO

Bournemouth

## Thai Cuisine

## Takeaway Menu

Come and visit our new restaurant & takeaway



# 20% Discount

on all orders over £35 ( Sunday – Thursday )

## Special Lunch Menu

Everyday - £5.95

## Free Home Delivery

(Within 3 miles - minimum order £20)

# Tel 01202 914 047

# Tel 01202 280 206

37 Exeter Road, Bournemouth, BH2 5AF

## Starters

- 1 Blue Mango Mixed Platter (minimum 2 people) £6.75pp  
Chicken satay, spring rolls, thai fish cakes, khanom pang nan goong, ribs
- 1a Spicy Thai Style Prawn Crackers  £2.00
- 2 Thoong Tong (5 pieces) £5.25  
Deep fried stuffed prawn, chicken, vermicelli served with sweet chilli sauce
- 3 Chicken Satay (5 pieces) (N) £5.50  
Grilled satay chicken marinated in lime & coconut served with sweet chilli sauce
- 4 Spring Rolls (7 pieces)  £4.95  
Vegetarian spring rolls served with plum sauce
- 4a Duck Spring Rolls (6 pieces)  £5.50
- 5
- 6 Paper Prawn (6 pieces) £5.50  
Whole prawn wrapped in rice pastry served with plum sauce
- 7 Salt & Pepper Squid £6.50
- 8 Chicken Gyoza (6 pieces) £5.50  
Chicken dumplings in Sake dipping sauce
- 9 Thord Man Pla (5 pieces) (N)  £5.25  
Thai fish cakes – fried minced fish blended with red curry, fine bean & lime leaves served with sweet chilli sauce & crushed peanuts
- 10 Khanom Pang Nah Goong (6 pieces) £5.25  
Minced prawn on toast deep fried with seed topping served with sweet chilli sauce
- 11 Blue Mango Spare Ribs (7 pieces) £5.25  
Wok fried tender pork spare ribs marinated in spicy Thai sauce
- 12 Thai Dim Sum (6 pieces) £5.25  
Steamed minced pork and prawn dumplings topped with fried garlic served with weat dark soya sauce
- 13 Tempura Vegetables  £4.00  
Deep fried vegetables coated in a light batter & served with sweet chilli sauce
- 13a Tempura Prawns  £5.95  
Tiger prawns deep fried in a light batter served with a sweet chilli sauce
- 14 Thai Style Stuffed Chicken Wings (3 pieces) £4.95  
Chicken wings stuffed with mince chicken & glass noodles deep fried served with sweet chilli sauce
- 15 Crispy Aromatic Duck  
Quarter £8.50 Half £14.50 Whole £28.00 Extra Pancakes £1.50  
Served with Hosin sauce, cucumber & spring onion
- 16 Yum Nuea Yang / Yam Mhoo Yang  £7.50  
Slices of grilled beef/pork salad mixed with a hot & spicy dressing
- 17 Yum Ruam Mit Talay  £8.50  
Mixed seafood salad with hot glass noodles & spicy dressing
- 18 Soft Shell Crab (N)  £8.95  
Soft shell crab with salad & spicy dressing
- 19 Phla Goong   £7.50  
King prawn blended with lemon grass shallots & spicy dressing

## Soups

- 20 Tom Yum Soup    
Mushroom £3.50 Chicken £4.95 Prawn £5.95  
Thailand's famous hot soup with lemongrass & lime leaves
- 21 Tom Kha Soup  
Mushroom £3.50 Chicken £4.95 Prawn £5.95  
Thailand's popular soup with coconut milk, mushroom, lemongrass, lime leaves & galangal
- 22 Fisherman Soup (minimum 2 people)   £9.50pp  
Spicy hot & sour soup with a variety of mixed seafood flavour with lemongrass, galangal, lime leaves & basil leaves


## Main Courses

- 23 Thai Red Curry    
Chicken £6.50 Pork £6.50 Beef £6.95 Prawn £7.50  
Thai red curry paste cooked in coconut milk with bamboo shoots & Thai sweet basil leaves
- 24 Thai Green Curry    
Chicken £6.50 Pork £6.50 Beef £6.95 Prawn £7.50  
Thai green curry paste cooked in coconut milk with bamboo shoots, aubergines & Thai sweet basil leaves
- 25 Massaman Curry (N)   
Chicken £6.50 Pork £6.50 Beef £6.95 Prawn £7.50  
Creamy Thai mild curry cooked in coconut milk with potatoes, peanut & onions
- 26 Panang Curry (N)  
Chicken £6.95 Pork £6.95 Beef £7.95 Prawn £7.95  
An aromatic medium red curry made with red curry paste, coconut milk & Thai sweet basil leaves
- 27 Gaeng Phed Ped Yang   £7.50  
Roast duck in red curry with coconut milk, pineapple, tomatoes & Thai sweet basil leaves
- 28 Gaeng Kua Goong Curry   £8.50  
King prawns cooked in a Thai red curry with pineapple, coconut milk & Thai sweet basil leaves
- 29 Blue Mango Honey Duck £8.50  
Thai style delicious roast duck in Thai herb & honey sauce
- 30 Tamarind Duck £8.50  
Grilled duck breast marinated with a sweet & spicy tamarind sauce served on bean sprouts
- 31 Goong Pad Prik Pao  £7.95  
Stir fried king prawn with chilli paste, onions, spring onions and basil leaves
- 32 Ped Pad Phed   £8.50  
Roast duck stir fried with bamboo shoots in red curry paste, coconut milk & sweet basil leaves
- 33 Pad Khing  
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried with fresh ginger, spring onion, black mushrooms & vegetables
- 34 Pad Gra Prow    
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried with chilli, basil leaves, green beans & vegetables
- 35 Pad Med Mamuang (N)  
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried crispy with cashew nuts, onions, spring onion & vegetables
- 36 Pad Preaw Waan (N)  
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried crispy sweet and sour sauce with onions, spring onions, pineapple, tomato & cashew nuts
- 37 Pad Namman Hoi  
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried with oyster sauce & mushrooms
- 38 Pad Ta-Krai  
Chicken £5.95 Pork £5.95 Beef £7.00 Prawn £7.50  
Stir fried lemon grass & vegetables
- 39 Tod Gra Tiem Prig Tai   
Chicken £5.95 Pork £6.95 Beef £7.95 Prawn £7.50  
Meat stir fried with garlic & black peppers



 medium  hot   very hot  vegetarian (N) Contains traces of nuts

## Main Courses Continued

- 40 Hor Mok Talay  £8.95  
Mixed seafood cooked with red curry paste, coconut milk, basil leaves in delicious spicy sauce
- 41 Pad Ped Talay  £8.95  
Mixed seafood stir fried with red curry paste, bamboo shoots, coconut milk, lime leaves & sweet basil leaves
- 42 Goong Pao £8.95  
King prawns marinated with garlic, ground black pepper & coriander then grilled over charcoal, served with Thai spicy sauce
- 43 Goong Pad Nor Ma £7.50  
Stir fried king prawns with asparagus & vegetables

## Fish Dishes

- 44 Pla Shu Shee   £9.95  
Whole crispy fried fillets of Tilapia with an aromatic dry red curry, coconut milk, lime leaves & sweet basil leaves
- 45 Pla Rad Prig   £9.95  
Whole crispy fried fillets of Tilapia topped with a Thai sweet chilli sauce
- 46 Pla Nueng Ma-Now   £11.95  
Steamed sea bass fillets poached in Thai herbs & chilli broth
- 47 Pla Nueng Eew £11.95  
Sea bass steamed with ginger, spring onions, celery & Thai sauce
- 48 Pla Sa Moon Prai (N)   £11.95  
Crispy fried fillets of sea bass topped with Thai herbs & special Thai sauce
- 49 Blue Mango Salad (N)   £11.95  
Crispy fried fillets of sea bass topped with Chef's special sauce



## Rice & Noodles Dishes

- 50 Pad Thai (N)  
Chicken £6.50 Pork £6.50 Beef £6.95 Prawn £7.00  
Soft noodles stir fried with prawns, egg, vegetables & bean sprouts
- 51 Pad Se Eew Pork £6.50 Chicken £6.50 Beef £6.95  
Soft noodles stir fried with vegetables and dark soy sauce
- 52 Pad Mhee Goreng £6.50  
Indonesia famous fried egg noodles with chicken, shrimps, bean sprouts & vegetables
- 53 Blue Mango Fried Rice (N) £7.50  
Special pineapple fried rice with chicken, prawn & pineapple
- 54 Nasi Goreng  £7.00  
Indonesia original fried rice with egg, chicken, shrimps & coriander
- 55 Boiled Rice £2.00
- 56 Egg Fried Rice £2.50
- 57 Coconut Rice £2.95
- 58 Sticky Rice £3.25