

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
- 63 Tom Zap Gra Doog Mhoo 🍴🍴 Sml £5.00 Lrg £6.90
Thai style Tom yum soup with spare ribs & Thai herbs
- 64
- 65 Som Tum 🍴 🍴
Thai Style papaya salad £7.50

Vegetarian Dishes

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

new Dishes

- 73 Chips 🍴🍴 £1.90
- 74 Jungle Curry 🍴🍴
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 🍴🍴
Chicken £6.50 Beef £7.00 Prawn £7.50
Malaysian coconut curry cooked with potatoes and tomatoes
- 76
- 77 Pad Prik Khing 🍴🍴
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 🍴🍴
Vermichelli Rice Noodles with spring onions, bean sprouts, onions, prawn and chicken £6.50
- 79 Plain Noodles 🍴🍴 £2.95
- 80 Blue Mango Spicy Fried Rice 🍴🍴
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 🍴🍴
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) Thoong Tong (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

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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 **new** £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) **v** £4.95
Vegetarian spring rolls served with plum sauce
- 4a Duck Spring Rolls (6 pieces) **new** £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) **v** £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 **v** £4.00
Deep fried vegetables coated in a light batter & served with sweet chilli sauce
- 13a Tempura Prawns **new** £5.95
Tiger prawns deep fried in a light batter served with a sweet chilli sauce
- 14
- 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 **v** £7.50
Slices of grilled beef/pork salad mixed with a hot & spicy dressing
- 17 Yum Ruam Mit Talay **v** £8.50
Mixed seafood salad with hot glass noodles & spicy dressing
- 18
- 19 Phla Goong **v** £7.50
King prawn blended with lemon grass shallots & spicy dressing

Soups

- 20 Tom Yum Soup **v**
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) **v** £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 **v**
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 **v**
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) **v**
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 **v** £7.50
Roast duck in red curry with coconut milk, pineapple, tomatoes & Thai sweet basil leaves
- 28 Gaeng Kua Goong Curry **v** £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 **v** £7.95
Stir fried king prawn with chilli paste, onions, spring onions and basil leaves
- 32 Ped Pad Phed **v** £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 **v**
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 **v**
Chicken £5.95 Pork £6.95 Beef £7.95 Prawn £7.50
Meat stir fried with garlic & black peppers



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

Main Courses Continued

- 40 Hor Mok Talay **v** £8.95
Mixed seafood cooked with red curry paste, coconut milk, basil leaves in delicious spicy sauce
- 41 Pad Ped Talay **v** £8.95
Mixed seafood stir fried with red curry paste, bamboo shoots, coconut milk, lime leaves & sweet basil leaves
- 42
- 43 Goong Pad Nor Ma £7.50
Stir fried king prawns with asparagus & vegetables

Fish Dishes

- 44 Pla Shu Shee **v** £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 **v** £9.95
Whole crispy fried fillets of Tilapia topped with a Thai sweet chilli sauce
- 46 Pla Nueng Ma-Now **v** £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) **v** £11.95
Crispy fried fillets of sea bass topped with Thai herbs & special Thai sauce
- 49 Blue Mango Salad (N) **v** £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 **v** £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