

Drinks

Juices

(4)	Orange (Fresh)	80
฿		
(5)	Lemon (Fresh)	50
฿		
(6)	Carton Juice..(Pineapple, Apple, Mango)	50
฿		
(12)	Wheat Grass Juice	100 ฿

Fresh Juices

(15)	Fresh juice	95 ฿
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We now have a wide range of freshly squeezed juices using our imported "Champion Juicer". Choices include carrot, pineapple, apple & mango. See our new Elixirs menu for special juices

(1)	Bottled Mineral Water	15
฿		
(253)	Refill your water bottle	5 ฿

Shakes

(97)	Your choice of fruit, Papaya, Banana, Coconut, Pineapple Lemon, Strawberry	85
฿		
	Coffee, Moccha, Orange, Watermelon	

Healthy shake

(374)	Spirulina Yoghurt Lassi with honey & the fruit flavour-kick (above)!	150 ฿
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Fruit Smoothies

(97)	Shakes without milk. Pineapple, Banana, Coconut, Papaya & Lemon	85
฿		

Lassis

	Our homemade yoghurt shaken with a touch of honey	
(8)	Fruit	100 ฿
(221)	Plain	90
฿		

Soft Drinks

(7)	Coke, Sprite, Fanta (Lemon or Orange), Soda, Gatorade, Ice tea	40
฿		
	Peach or Lemon Tonic Water (Schweppes), Red bull, Vita milk	

Beverages

(2)	Tea (Large)	45
฿		
(3)	Assorted Herbal Teas	50
฿		
(3)	Specialist Teas (Earl Grey, Darjeeling, etc.)	50
฿		
(9)	Coffee (Nescafe)	45
฿		

(11)	Iced Coffee (Nescafe), Ice Ginger	50
฿		
(10)	Fresh Filter Coffee (Dutch Imported)	80
฿		
(113)	Ovaltine	65
฿		
(13)	Hot Moccha	65
฿		
(114)	Iced Moccha	65 ฿

NEW! Now available from our Espresso Machine

Fresh Organic coffee

(239)	Café' Latte'	90 ฿
(339)	Cappuccino	80
฿		
(340)	Espresso	55
฿		
(341)	Extra hit	25
฿		

Illy coffee, The best coffee from Italy

(123)	Cappuccino	110 ฿
(122)	Espresso	85
฿		

Alcoholic Beverages

Bottled Beer 'Ice Cold'

(21)	Singha	85
฿		
(20)	Tiger/Heineken	95
฿		
(19)	Leo (big beer)	100 ฿

Whisky

(22)	Sangsom	250
฿		
(23)	Whisky Set Bottle of Sangsom, 2 Cokes or soda & ice	300
฿		

Wine by the glass

(24)	House wine, Italian Red or White	110 ฿
(240)	Superior wine (Mont Clair). White /Red	130 ฿

Bottled wine. Please see our special wine menu 650-2000 ฿

Spirits

(266)	Vodka, Gin, Tequila, Scotch, Rum.	130 ฿
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(267)	Port, Sherry, Kahlua, Irish Whisky. Sambucca	150 B
(248)	Baileys, Cointreau, Amaretto, Jagermeister. Black Label, Jack Daniels	170
B(359)	Cognac 5 star	
300 B		

Note: All measures are doubles.

Cocktails

(115)	Just a few of our cocktails. For complete list see our Cocktail Menu	
Sanctuary Bruiser	Our house cocktail, vodka based with fresh pineapple	200
B	lemon, coconut & cointreau	
Mojito	The new favourite. Bacardi, mint & soda, refreshing & addictive	200
B		
White Russian	Vodka & Kahlua - creamy lady like	200
B		
Ginger Buzz	Our day time zest drink with vodka added	200
B		
Pina Colada	The classic beach cocktail, coco nutty	200
B		
Margarita	Needs no explanation	200
B		
Vodka Red Bull	Keeps you going	200
B		

Breakfast

Set Breakfasts

(37)	Healthy Start Fruit, Yoghurt & Granola with fresh juice	180 B
(38)	Continental 2 Toast, Butter & Jam, Fruit Juice, Coffee or tea	180 B
(39)	Café Breakfast 2 Toast, Butter & Jam, 2 Eggs coffee or tea	170 B
(119)	The Full English Veggie Veggie Sausage, Fried Eggs, Tomatoes	260
B	Hash Brownie, Mushrooms Baked Beans 2 Toast, Butter, Jam.	
(36)	Traditional Thai Kao Tom - tasty broth with Rice/Vegetables	80
B		
(244)	Bagel Delight Smoked salmon, cream cheese & bagel!	200
B		
(344)	Sanctuary Choice Smoked salmon, scrambled eggs, Baguette	270
B	& butter. Fresh coffee or juice.	
(354)	The Omelette Cheese, mushroom & tomato with a bowl of baked beans	180 B
(356)	Frittata , , Healthy omelette with grated vegetable ,lightly fried	120 B
	An Australian start to the day.	

Extras Available	(43) Hash Brownie 30B	(282) Veggie Sausage 40B	(232) Onions 10
B	(323) Tuna 60B	(233) Tomato 10B	(230) Mushrooms 30 B (93) Cheddar Cheese

50 ₺ (391) Feta cheese 70 ₺ (317) One egg 35 ₺ (279) Tofu 40 ₺
 (117) Baked Beans 60 ₺

A la Carte Breakfast

(98)	Kellogg's Cornflakes & cold milk	70
₺		
(94)	Yoghurt (Home Made)	60
₺		
(28)	Fruit Granola with Yoghurt	125 ₺
(29)	Fruit Salad	85
₺		
(30)	Fruit Yoghurt or (296) - Granola with Yoghurt	100 ₺
(164)	'No sugar' Muesli with Fruit & Yoghurt	120 ₺
(31)	Porridge	80
₺		
(32)	Banana Porridge	90
₺		
(118)	French Toast. Served with honey	100 ₺
(346)	Healthy porridge A healthy way to start the day, no milk no	110
₺		
	sugar, oats blended with chopped dates, flax seeds, sesame and almond with a touch of honey.	

Pancakes

(33)	Lemon & Sugar	(34) Banana	(35) Mixed Fruit	95
₺				
(120)	Yoghurt & Honey			100 ₺

Two Eggs	(121)Boiled; (40)Fried; (45) Scrambled; (59) Poached	70
₺		
(44)	Eggs & Chips	180 ₺
(157)	Eggs, Chips & Baked Beans	210 ₺

Omelettes

(41)	Plain Omelette (two eggs)	85
₺		
(42)	Cheddar Cheese Omelette	115 ₺

Bread Sandwiches & Wraps

Bread

All our bread is baked daily here at the Sanctuary using a blend of imported Wholewheat & Canadian wheat flour. The accompaniments are as far as possible, home-made.

(46)	Large Slice of bread	20
₺		
(200)	Large Slice of toast	22
₺		
(47)	Butter	8 ₺
(48)	Peanut Butter	15
₺		

(49)	Jam	15
฿		
(128)	Marmalade	15
฿		
(50)	Honey real	25
฿		
(180)	Chocolate Nut Spread	25
฿		
(51)	Marmite	25
฿		
(93)	Cheddar Cheese	50
฿		

Sandwiches

Your choice of Bagel, Baguette or Homemade Wholemeal bread All served with salad & mayonnaise

(56)	Imported Cheddar Cheese	120 ฿
(129)	Philadelphia Cream Cheese	140 ฿
(57)	Tuna	130 ฿
(58)	Tofu / peanut sauce	125 ฿
(53)	Egg	115 ฿
(107)	Mozzarella	150 ฿
(65)	Humus /salad	125 ฿
(95)	Toast any of the above for an extra...	5 ฿
(162)	Veggie Sausage Sandwich. Our secret blend of herbs makes our veggie sausage deserve its reputation.	125 ฿

Extras on top: (230) Mushrooms 30 ฿ (89) Olives 40 ฿ (323) Tuna 60 ฿ (93) Cheese 50 ฿ (279) Tofu 40 ฿

Our Wraps! (4 Pieces)

Freshly made wraps filled with your choice from below served with side salad garnish

(78)	Humus/ salads /tahini	160 ฿
(79)	Cashew pesto/salad/cheese	160 ฿
(130)	Spinach/ peanut & Tomatoes hot!	150 ฿
(131)	Refried bean/cheese & sour cream!	160 ฿
(108)	Grilled prawn with pepper/shallot/garlic & olive oil	180 ฿

Snacks & Light Meals

(192)	Garlic Toast. A slice of our fresh wholemeal bread toasted with garlic & butter.	40
฿		
(54)	French Fries Real potatoes, thick sliced & 3 times fried	125 ฿
(55)	No Names. A mixture of fresh vegetables, chopped & lightly fried in a	120 ฿

crispy batter. Served with a sweet/sour dip.

- (183) **Scrambled Tofu.** Sautéed with onion, garlic & mushrooms. Served on hot buttered wholemeal toast. 130 B
- (133) **Onion Rings.** Crispy delicious finger-licking delicacies. 100 B
- (134) **Roasted Cashew Nuts.** With chilli & red onions. Thai style 130 B
- (149) **Healthy Niblets** Selection of fresh raw vegetables & bread served with a yoghurt garlic dip. Can be a meal, or a shared appetizer for a few. 110 B
- (146) **The Cheese Board** Blue, Mozzarella, Cheddar & Feta cheese served with a selection of crackers, toast, tomato & olives. Enough for a few to share or a meal for one!! 320 B
- (393) **Cheese on toast deluxe.** Large slice of toast topped with melted cheddar cheese, sliced tomato & fresh basil 80 B
- (179) **Nachos.** Crunchy nachos covered with melted cheese served with freshly made mango & tomato spicy salsa 170 B
- (369) **Sweet Potato Chips** using the Asian Yam delicious! 100 B
- (320) **Vietnamese Salad Rolls** Raw vegetables Thai curry paste & coriander wrapped in rice paper rolls served with a sesame & ginger dip. 125 B
- (71) **Humus dip** with vegetable crudités. Freshly made humus with crispy vegetable sticks . 125 B
- (72) **Humus olive & feta plate** served with thin crispy bread & a handful of crunchy vegetables. Great to pick on your own or to share! 250 B
- (62) **Lentil Burger** Full of protein with sweet potato and onion really tasty too, served with a whole meal bread and salad garnish. 160 B
- (63) **Mediterranean Veg & Mozzarella baguette** , Grilled pepper, Aubergines, tomato and onions finished with mozzarella cheese and oregano 160 B
- (263) **Fried Bamboo shoot in batter** , Simple yet delicious tempura floured Bamboo shoot lightly fried. Local produce only available in season 80 B

Soups

- (81) **Noodles with Vegetables.** Fresh vegetables & noodles simmered together. A light thin soup very lightly spiced & flavored. 90 B

- (175) **Mixed Vegetable** Fresh vegetables of the day blended with garlic. 90
B A thick hearty soup
- (82) **Geng Kaa** Smooth coconut milk soup with Siamese ginger & garlic. 95
B
- (176) **Fish & Vegetable** A hearty broth, crammed with fresh fish & 125 B
crisp vegetables.
- (177) **Miso.** A special Japanese import - because its everyone's favorite. 95
B
- (83) **Potato, Cumin & Garlic** Our special recommendation thick, exotic 100 B
& scrumptious!
- (84) **Pumpkin with Onion & Garlic** A slightly sweet satisfying 90
B & very popular choice.
- (155) **Spinach Soup** Cream of spinach with yoghurt added at the end 100
B
- (166) **Carrot soup.** With a touch of coriander a little celery & loads of taste! 110 B

See end of menu Fasting section for a greater selection
of tasty soups including our new "RAW" soups.

Salad Selection

For a selection of 'Thai Salads' see the Thai food page. All our salads are served with a free olive oil/cider vinegar/garlic dressing unless otherwise described

- (27) **Tuna Salad.** Mixed fresh salad with tuna/mayonnaise 130 B
- (91) **Cheese Salad.** Simple salad with cheddar cheese 130 B
- (195) **Coleslaw Salad.** - Carrots, Cabbage, Onion, Nuts & Raisins in a delicious Lemon-Mayonnaise dressing. 110 B
- (138) **Potato Salad.** Cubed potatoes, with onion, garlic & mayonnaise. 120 B
- (112) **Pumpkin Coconut Salad.** Steamed pumpkin in a yoghurt/garlic sauce topped with grated coconut. 120 B
- (152) **Sunflower/sesame Salad** Crispy vegetables topped with toasted sunflower & roasted sesame seeds .Served with a yoghurt/lemon dressing. 120 B
- (227) **Bean Shoot Salad with Basil.** Bean shoots, carrots, peanuts & coconut in a lemon oil & basil dressing. 120 B
- (223) **Seedy Sanctuary Salad.** Crispy vegetables, tofu & bean shoots covered with sunflower, pumpkin & sesame seeds. Served with an Olive oil/lemon & garlic dressing. 135B
- (226) **Salad Caprese.** Real white buffalo mozzarella, tomato & basil with B An olive oil dressing. Served with a slice of garlic toast 200
- (145) **Greek Salad.** Fresh crispy salad with Feta cheese & Olives tossed in a garlic/ olive oil dressing. 190 B
- (337) **Chunky Tofu salad.** Chunks of tofu mixed with a crunchy mixed salad & fresh Basil. Topped with roasted pumpkin seeds 130 B
- (338) **Thai Spinach Salad with peanut coconut sauce.** This is a "warm"salad, slightly heated. Simple yet delicious! Sauce made with sesame oil giving that toasty nutty flavour. 125 B

Salad Selection

- (336) **Salad from Heaven** Mixed vegetables, cashew nuts, almonds, apples, dates & Mozzarella cheese All mixed together to form a combination of tastes textures & pleasures 190 B
- (132) **Sundried Tomato & Cashew Nut Salad.** Sundried Tomatoes & Cashew Nuts mixed together with fresh vegetables of the day, in a delicious blue cheese dressing. 160 B
- (330) **Bowl of salad.** A bowl of mixed salad, ideal as a side order 65 B

All salads, unless mentioned, come with an olive oil dressing Extra dressings available

- (343) **Extra dressings** 25 B
- (A) Sunflower or sesame or pumpkin 'healthy crunch.
- (B) Mayonnaise Special. With lemon, garlic, salt & pepper.
- (C) Yoghurt; Homemade yoghurt with garlic & seasoning
- (D) Italian Olive oil, lemon, garlic
- (E) Thousand Island dressing
- (F) Olive oil only
- (348) **Extra Dip** 80 B
- (A) Cashew nut dip
- (B) Almond nut dip
- (C) Humus dip

(141) Sanctuary Organic Salad

- (A) **Classic salad with sesame seeds.** 150 B
A variety of lettuces & rocket tossed with tomatoes onion & cucumber. Served with an olive oil/balsamic dressing.
- (B) **Beetroot/rocket apple & cashew nut salad.** High iron content for energy, Tastes great too! 150 B
- (C) **Healthy Plus.** Our fresh lettuce tossed with green papaya, bean shoots, grated carrot, onions, & garlic & pumpkin seeds. Served with olive balsamic dressing (This one suitable for faster's day 2, without the pumpkin seeds.) 160 B
- (D) **Spinach/Rocket salad with Tuna & Egg.** Boiled egg & tuna pieces tossed in spinach & rocket with a pesto dressing. Zany taste & filling too. 200 B
- (E) **Organic salad.** Five types of delicious organic lettuce, topped with spring onion, tomato & sunflower seeds & served with a yoghurt/lemon/garlic dressing. (olive oil if pref.) & a chapatti. 175 B

Our Special Recommendations!

- (173) **The Sanctuary Vegeburger.** Homemade Vegeburger with fried tofu 240
 ₪ & onions with a peanut sauce. Served with loads of salad. Tofu & fried
 onions in a wholemeal bun. This is not a snack!
- (64) **Tofu Burger/Sandwich** Tofu, sesame, garlic & spices, fried into a delicious 160 ₪
 burger & served inside our homemade bread, with a salad garnish
- (150) **Siamese Pineapple** Rice & vegetables, served with succulent pineapple, 230
 ₪ cashew nuts & sauces. Served in the pineapple itself & sprinkled with
 garlic croutons.
- (60) **Thai Special** Crispy Tofu fingers with our special peanut sauté sauce 110 ₪
 served on a bed of garden-fresh salad.
- (151) **Vegetable Tempura** Tender young vegetables, coated in a light Japanese 135 ₪
 style batter & served with a garlic & lemon-mayonnaise dip.
- (153) **Two Spring Rolls.** Fresh vegetables & noodles, lightly sautéed & wrapped in 115 ₪
 a delicate roll, gently fried & served with salad & a special our sweet &
 sour Soya dip.
- (316) **Spicy Bean Nutburger** - Crushed cashew, peanut, red beans, sage & spices 180 ₪
 blended & fried into a burger; served with a salad garnish between two slices
 of our scrumptious homemade bread.
- (243) **Indonesian Gado Gado.** Sauté vegetables & tofu covered in a creamy peanut 200
 ₪ sauce served on rice with a salad garnish.
- (251) **Chiang Mai Open Spring Roll** Crispy filo pastry filled with crunchy salad & 130 ₪
 topped with a spicy sweet & sour peanut sauce.
- (263) **Fried Bamboo shoot in batter** , Simple yet delicious tempura floured 80 ₪
 Bamboo shoot lightly fried. Local produce only available in season

Special Recommendations

- (353) **Mexican platter.** Our delicious vegetarian chilli served with brown rice, 260
 ₪ tacos, yoghurt dip & homemade salsa
- (357) **Mexican bean sprout & salad Burrito.** Easier to digest with bean sprouts. 190 ₪
 Filled to the brim with salad Cashew cheese & of course the salsa dressing
- (17) **Vegetarian Shepherd's Pie** Tasty selected vegetables of the day lightly 230
 ₪ simmered with grated Tofu & tomatoes & topped with creamy mashed potatoes
- (174) **Spinach & Mushroom Crepe.** Spinach & mushroom crepe covered with a 185 ₪
 delicious tarragon cream sauce served with a salad garnish
- (325) **Feta & Spinach Filo puffs.** Lightly fried filo pastry puffs filled with spinach 175 ₪
 & feta cheese. Served with a salad garnish
- (62) **Lentil Burger** Full of protein with sweet potato and onion really tasty too, 160
 ₪
 Served with wholemeal bread and salad garnish.

Potatoes

- (85) **Mashed Potatoes** Mashed with butter, creamed, salt & pepper 95
 ₪ (93) With cheese on top 50 ₪
 (323) With tuna on top 60 ₪
- (54) **French Fries.** Fresh potatoes, thick slice & three times fried 125 ₪
- (14) **Sauté potatoes** lightly sautéed with onions garlic & flavoured with 125 ₪
 fresh rosemary.

Pizza (201)

New at the Sanctuary freshly cooked Pizzas. Thin base Italian style with our delicious tomato homemade sauce with oregano.

Enjoy our selection below!

- (A) **Margherita** . Mozzarella & tomato, pure & simple 230
B
- (B) **Tropical Hawaiian**. Fresh Tomato mozzarella, pineapple, sweet corn 275
B
& peppers
- (C) **Sanctuary special** Mozzarella, asparagus, garlic, olives. & fresh tomato 300
B
& garlic
- (D) **Giardiniera** Asparagus, mushrooms & fresh red peppers, tomatoes, tuna 280
B
& garlic No cheese on this one!!
- (E) **Padana** Rich feta cheese, spinach & red onion & anchovies & a drizzle 290
B
of garlic oil
- (F) **Funghi di Olives** Mushrooms olives & mozzarella with simple seasonings of 280
B
ground black pepper, garlic & oregano
- (G) **Quattro Formaggi** Our blend of Italy's finest cheeses: mozzarella, cheddar 320
B
Blue & feta with our tangy tomato under sauce.
- (H) **Siciliana** Mozzarella, tuna, & anchovies 295
B
- (J) **Etna** An eruption of flavours. Tangy sauce with chilli. Mozzarella 280
B
Olives, anchovies & onions
- (K) **Fiorentina** Spinach, olives, fresh tomato & an egg 290
B
- (L) **Seafood Special**. Shrimp & crab in a white sauce covered in mozzarella 350
B
& olives

Pasta

Spaghetti SANS 'Carnes'

(186) B	Salsa pomodoro basilco. Spaghetti, fresh tomato, fresh basil, onion & garlic sauce	200
(187) B	Spaghetti Burro con Spinaci Spaghetti with a spinach & cream cheese sauce.	240
(188) B	Spaghetti con funghi Spaghetti, garlic, onions, tarragon, cream & mushroom sauce.	250
(389) B	Spaghetti Arrabiata Classic Italian sauce over wholemeal pasta, chopped tomatoes, onion, garlic & chilli	220
(189) B	Pasta Primavera Fresh vegetables of the day, aubergine, mushroom, Peppers mushroom in a cream /garlic sauce served over spaghetti.	250
(103) B	Fettucine con panna salmon Fettucine with smoked salmon cream sauce, with a touch of basil & smoked salmon. Simple yet delicious	260
(90) B	Fettucine Prawns with prawns & asparagus in a cream/tomato sauce Flavored with Italian herbs delicious!	300
(190) B	Macaroni Cheese Very English! Macaroni in a creamy cheese sauce served with a garden fresh salad.	240
Extras		
(329) B	Parmesan	35 B
(93) B	Cheese	50
(89) B	Olives	40



Indian Food



Made with specially imported, genuine Indian spices. All the Indian dishes are mildly spicy. If you wish your meal extra spicy let us know

- (86) **Dahl.** A mainstay of Indian food. Ours is made with yellow lentils & flavored with our blend of curry spices & simmered with onions & loads of garlic 150 B
- (87) **Bombay Aloo.** Hot Indian potato dish cooked in mustard seed tomato onions & garlic in a coconut sauce. 165 B
- (88) **Ganesh.** Special fresh vegetables simmered in Indian spices & coconut milk. This is a creamy curry with a little kick. Delicious 165 B
- (159) **Indian Pakora.** Diced mixed vegetables blended with Indian spices & fresh chilli lightly fried in small balls. Served with a yoghurt lemon garlic dip 140 B
- (160) **Cauliflower & Potato Bhajee** Cauliflower, potato & onion simmered in cumin seeds & chilli. A dry curry with a bite, garnished with fresh coriander. 150 B
- (312) **Indian Tofu & Cashew Kofta** Flavoured with fresh cumin & coriander & smothered with a spicy yoghurt & tomato sauce. 195B
- (242) **Indian Biryani** Fried Rice with veg & cashew nuts & Indian spices. Garnished with egg & coriander 155 B
- (332) **Madras Egg Curry** with Cashew sauce. Egg Curry covered with a delicious cashew nut & yoghurt sauce. Spicy & so so tasty! 150 B
- (184) **Vegetable Samosas** Parcels of light pastry filled with potato & spices. Served with a yoghurt & pickle dips 145 B
- (116) **Raita** Yoghurt, onion & cucumber dip to cool down & add flavour to all of the above. 65 B
- (105) **Onion Bahjee.** Onion coated with Indian spices & flour, lightly fried, served with pickle 130 B
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- | | | |
|-------|---|-------|
| (18) | Chapatti Traditional Indian bread. No oil or butter! | 30 B |
| (368) | Sesame chapatti Same as above with sesame seeds also! | 35 B |
| (265) | Papadom (2) Crispy Indian bread made from lentil flour. | 20 B |
| (347) | Palak Tofu Famous North Indian dish with spinach, ginger and using Tofu instead of paneer. | 140 B |

Thai Dishes

Many Thai foods are traditionally eaten fairly spicy, especially the curries. The other dishes unless stated are normally cooked to suit the farang's taste buds, not too hot!!! If you require really spicy please tell the bar staff when you order.

- | | | |
|------------|---|-------|
| (66)
B | Pad Thai. Traditional Thai dish Fried noodles with tofu vegetables & peanuts | 95 |
| (80) | Pad Thai with prawn | 150 B |
| (154)
B | Pad Het Cowpor Dowhoo. Fried mushrooms, sweet corn tofu with a mushroom soy sauce | 95 |
| (156)
B | Dowhoo Breo Wan with tofu Sweet & sour vegetables with tofu | 95 |
| (158)
B | Pad Door Fak Yow Sy Dowhoo. Fried tofu & bean shoots with ginger in a blend of soy sauces | 95 |
| (161) | Tom Yam. Hot 'n Sour soup a local delicacy with tofu | 100 B |
| (169) | Tom Yam Kung Hot 'n Sour soup a local delicacy with prawns | 160 B |
| (61)
B | Pad Pak Seeyoo Crispy fried mixed vegetables in a blend of soy sauces. | 95 |
| (193)
B | Pad Pak sai met ma muang Stir fry mixed vegetables with cashew nuts & chili in Soya | 140 |
| (67)
B | Pad Pak Sye Sim Stir fry spinach with onions, garlic & nutmeg (not hot). | 95 |
| (333) | Pad Phet Dowhoo sai Fak Yow Fried curry with Tofu & long green beans in a thick spicy sauce. | 100 B |

- (273) **Pad Phet Kung Sai Fak Yaw** Fried curry with prawns & long beans in a thick spicy sauce with fresh basil. Spicy & delicious. 180 B
- (396) **Pad Phet Pla Muk Sai Fak Yaw** Fried curry with squid & long beans in a thick spicy sauce with fresh basil. Spicy & delicious 180 B
- (334) **Pad Kana Dowhoo Klop** Stir-fry spinach in a mushroom soya sauce with thinly sliced tofu & garlic. 100 B
- (373) **Puk phad sai kung let nor mai farang.** Stir fry prawns & asparagus in ginger garlic & soya sauce 180 B
- (211) **Tord Mann Pla** Thai fishcakes freshly made served with salad garnish & spicy dip!! 180 B
- (263) **Fried Bamboo shoots in batter,** Simple yet delicious tempura floured Bamboo shoots lightly fried. Local produce only available in season 80 B

Thai Dishes

- (135) **Laab Khung** Fresh prawns with lemongrass /chilli, This is a cold salad type. Served with Sticky Rice. 180 B
- (367) **Pumpkin curry** Creamy coconut curry with pumpkin & garlic 130 B
- (74) **Gaeng Pet Dowhoo** Hot creamy red coconut curry with tofu & vegetables. 150 B
- (75) **Gaeng Pet Sapparot** Hot creamy red coconut curry with pineapple & vegetables. 140 B
- (76) **Keowan Curry** Hot creamy green coconut curry with tofu & vegetables 150 B
- (73) **Masaman Curry** The King's favourite! Rich creamy coconut curry with Potato, peanuts, yam, & an artful blend of Thai & Indian spices 150 B
- (77) **Panaeng Curry** Thick peanut & coconut curry with tofu & vegetables. 150 B
- (252) **Mung Bean curry** Beans simmered in fresh coconut milk with onions, garlic & fresh basil, with our unique blend of Thai spices. 140 B
- (70) **Khow Pad** Vegetable fried rice. The staple diet of Thailand 95 B
- (279) With Tofu +40 B
- (323) With Tuna +60 B
- (125) **Khow pad Khung** Vegetable fried rice with prawns 150 B
- (99) **Jasmine Rice** Grade 'A' fragrant Thai rice. 30 B

(172)	Brown Rice	35
฿		
(142)	Sticky Rice	30
฿		

Thai Salads

(231)	Sanctuary's Famous Coconut & Cabbage Salad. Shredded cabbage, onion, garlic with spicy peanut, lemon n' chili sauce.	100 ฿
(171)	Yum Tuna Hot & Sour Thai Salad with Tuna.	120 ฿
(140)	Som Tam (Green Papaya)	95
฿	Hot 'n' Spicy with tomato, lemon, garlic & seasonings.	
(96)	Tuna salad with lemongrass. Crispy lettuce topped with lemongrass & tuna covered with a tangy creamy sauce, unusual mix of flavours.	130 ฿

Fish & Seafood

We buy all our fish & seafood daily from the local market & fishermen. The selection available varies according to many factors but namely the season & the weather.

Below are suggested ways to try our seafood & fish when available. So check the board for "The Fish of the Day" & decide the way you would like it prepared.

- (191) **Fish of the Day Thai Styles (200 ฿ – 450 ฿)**
- Pla Tord Gratiem Prik** Thai Fried fish with garlic & pepper. Especially recommended with fresh Tuna or Barracuda steaks.
- Pad Prik Pla** Fried fish with fresh chillies - tuna fillets especially recommended with this dish.
- Pla Neung Sai King let Manau** Steamed fish with lemon & ginger. Especially good with snapper & Pomfrite.
- Pla Yangg** Grilled fish with pepper, lemon & olive oil (or) lightly grilled with black pepper Garlic & olive oil. This style suits all fish. Especially good for people wanting low fat content. An extremely healthy way of eating fish

All fish orders are served with a salad garnish

Squid

- (361) **Thai style fried** in pepper & garlic, served with a salad garnish 240
฿
- (362) **Thai style squid salad**, delicious, try something different! 220
฿
- (363) **Calamari Euro style** dipped in batter & fried served with a mayo/garlic dip. 240
฿
- (396) **Pad Phet Pla Muk Sai Fak Yaw** Fried curry with Squid & long beans in a thick spicy sauce with fresh basil. Spicy & delicious, 190 ฿

Prawn

- (360) **Prawn cocktail** European style served with a slice of toast 180 ฿
- (373) **Puk phad sai kung let nor mai farang** 180 ฿
Stir fry prawns & asparagus in ginger, garlic & soya sauce
- (273) **Pad Phet Kung Sai Fak Yaw** 180 ฿
Fried curry with prawns & long beans in a thick spicy sauce with fresh basil. Spicy & delicious.
- (135) **Laab Khung** Fresh prawns with lemongrass /chilli, this is a cold salad type 170 ฿

Fish & Seafood

- (365) **Moroccan Fish** with cumin. Fillet of fish, tuna or barracuda spiced with fresh cumin & garlic, Pan fried lightly in olive oil. Served with a yoghurt & tahini dressing 280
฿
- (352) **Batter-fried fish** with garlic sauce. Bite sized fish coated in batter & fried, Served with a spicy mayo dip & salad garnish 260
฿
- (199) **Fillet fish** Tuna steak. Lightly pan fried served with our special mash & fresh broccoli with a cream sauce 350
฿
- (210) **Baked fish** Fillet of snapper baked in olive oil with tomatoes olives garlic & onions. Served with our special mash & peas! 340
฿
- (211) **Tod Mann Pla** Thai Fishcakes freshly made, served with salad garnish & spicy dip!! 190
฿
- (207) **Fish & chips...** Last but not least for our English Guests!!! 290
฿
Fish steak of the day, covered in a tasty batter & served with chips

Fish Curries/soups

- (206) **Geng Phet sai Pla** Red coconut curry with vegetables & fish. 175 B
Creamy with a bit of a bite!
- (169) **Tom yam Kung** With prawns. Famous Thai soup/curry with vegetables 160 B
& prawns
- (176) **Fish & Vegetable Soup** A hearty broth, crammed with fresh fish & crisp 125 B
vegetables.
- (235) **Panaeng Curry with Fish** Thick peanut & coconut curry with vegetable 195 B
& fish

