

# Mango

thai tapas® since 2007

## Veggie & Vegan Menu

Sharing in Thailand is a way of life - and food is no exception! That's why our menu features lots of small plates so you can enjoy trying a variety of flavours together.

### NIBBLES - KAP KLAEM

Drinking food while you choose...

All 3

**SWEET POTATO BIRD'S NEST** 🌱 🌱

**CRISPY SEAWEED** 🌱 🌱

**GARLIC AND CHILLI OLIVES** 🌱 🌱

### THAI TAPAS

Popular Thai appetisers, street food and some of our own in-house creations. Great for sharing or all day grazing.

**ROTI BREAD** 🌱 Ask for 🌱

4

Thai-style flatbread served with satay sauce (with golden sauce if vegan).

**GOLDEN TRIANGLES** 🌱

6

Deep-fried parcels of mixed veg, sweet potato and soya beans, served with mango chutney.

**VEGETABLE TEMPURA** 🌱 🌱 🌱

5

Mixed vegetables fried in batter and served with coriander, chilli and lime dipping sauce.

**'DUCK' SPRING ROLLS** 🌱 **NEW!**

7

Mock-duck rolls with vermicelli, black mushrooms and spring greens, drizzled in hoisin sauce.

**VEGETABLE DIM SUM** 🌱

6

Steamed or deep-fried potato and mixed veg dumplings, with chilli and ginger dip.

**MANGO CORN CAKES** 🌱 🌱

6

Sweetcorn and fresh mango fritters with coriander, chilli and lime dipping sauce.

**CRISPY TOFU** 🌱 🌱 🌱

5

Deep-fried tofu sticks with sweet chilli and peanut dip.

**STEAMED OR CRISPY VEGETABLE SPRING ROLLS** 🌱

6

Vermicelli, mushrooms and spring greens rolled in pastry, served with hoisin (steamed) or sweet chilli (crispy) sauce.

**ISLAND PASTIES** 🌱 **NEW!**

7

Stir-fried mock-chicken, kohlrabi and bamboo tips wrapped in pastry with garlic and basil.

**STIR-FRIED MUSHROOMS** 🌱 🌱 Ask for 🌱 🌱

5

Mushrooms stir-fried with garlic, chillies and Thai herbs.

**4 FOR 3 THAI TAPAS 'TIL 5PM**

**THAI SOUP** 🌱 Ask for 🌱 🌱

5

Immune-boosting soup with chilli, lemongrass, kaffir lime leaves and galangal.

**TOM YUM** hot and sour 🌱 🌱

6.5

**TOM KHA** coconutty and less spicy 🌱

6.5

Choose filling: extra mushrooms or tofu.

**GINGER AND TURMERIC SOUP** 🌱

8

Anti-inflammatory, hearty soup with coriander and crispy tofu.

**THAI SALAD** 🌱 🌱 🌱 Ask for 🌱 🌱

7.5

Tofu or mock-chicken (+1) on a mixed salad of cucumber, tomatoes, carrots and spring onions in refreshingly zingy chilli and lime juice dressing.

### GUIDE TO SYMBOLS

Many of our dishes can be adapted for dietary requirements. If you see 'Ask for 🌱' [vegan] or 'Ask for 🌱' [veggie], we can substitute ingredients to make the original dish suitable for you.

🌱 Contains nuts 🌱 Ask for gluten-free

🌱 Slight tingle 🌱 Warming up 🌱 Hot stuff!

**Our dishes are prepared in a kitchen where several allergens are present, therefore we cannot guarantee that any dish is completely free from allergens due to the risk of cross contamination. Not all ingredients are listed. If you have an allergy, please speak to a manager.**

All our dishes are freshly cooked to order and served as soon as they're ready, so tuck in as they arrive at your table!

## THAI CURRIES

Tapas/Main

Your choice of tofu, mock-chicken (+2) or extra vegetables:

**RED CURRY** 🌶️🌶️ Ask for 🌿 7.5/9.5

A full-bodied curry with a rich blend of spices, red chilli paste and kaffir lime, crunchy peppers, aubergines, bamboo shoots and coconut milk.

**GOLDEN CURRY** 🌶️🌿 7.5/9.5

A mellow, slightly sweet and highly aromatic curry, infused with turmeric and roasted spices, with potato, onion, cherry tomatoes and mixed peppers, simmered in coconut milk.

## STIR-FRY

**SWEET AND SOUR** 🌿 11

Classic dish of battered tofu or mock-chicken (+2) with carrots and peppers in a rich, home-made sweet and sour sauce.

**CHILLI STIR-FRY** 🌶️🌶️🌿 11

Tofu or mock-chicken (+2) stir-fry with peppers, carrots and sugar snaps in a spicy sauce of fresh chilli, lemongrass, garlic and basil leaves.

**PAD PAK** 🌿 Ask for 🌶️🌿 9

A selection of seasonal crunchy vegetables in an aromatic soy sauce.

## RICE SIDES

Jasmine 3 Coconut 3.5 Sticky 3.5 🌿🌿  
Egg fried 3.5 🌶️

## NOODLES & RICE

Choose tofu, extra vegetables or mock-chicken (+2) to have in your noodles:

**YELLOW EGG NOODLES** 🌶️ 11

Stir-fried egg noodles with beansprouts, egg and mixed vegetables.

**PHAD THAI NOODLES** 🌿🌿 Ask for 🌶️🌿 12

Staple sweet and sour noodles dish with egg, beansprouts, spring onions and crushed peanuts.

**RICE NOODLES** 🌿 Ask for 🌿 11

Rice thin flat noodles with beansprouts, egg, carrots, broccoli and fine beans. Choose to have them either • Soya or • Spicy.

**VEGETABLE FRIED RICE** 🌿 Ask for 🌿 9

Fried jasmine rice with egg and crunchy mixed vegetables.