

# EATING THAI FOOD GUIDE

**All-Inclusive Guide to Eating Thai Food**

By Mark Wiens

# Table of Contents

## **3 About The Author**

## **4 How This Guide Will Help You**

## **5 Meal Plans - Ordering a Meal Thai Style**

6 Isan Meals

9 General Thai Meals

13 Seafood Meals

## **16 Top Thai Food Lists**

16 16 Most Common Thai Dishes

17 16 Personal Favorite Thai Dishes

## **18 Solo Street Meals (Single Plate / Bowl)**

## **19 Best Bangkok Street Food Streets**

## **20 Thai Food Etiquette**

## **21 Genres of Thai Food**

## **25 Styles of Thai Cooking**

## **26 Important Food Phrases**

## **27 Thai Noodle Guide**

## **29 Ultimate Thai Food Guide**

30 Vegetables

35 Duck

36 Pork

40 Chicken

43 Beef

44 Eggs

45 Fish

48 Seafood

53 Noodles

59 Curry

62 Soup

66 Adventurous Foods

## **69 Thai Drinks List**

## **70 Thai Desserts**

## **87 The End**



# About The Author

I came to Thailand at the beginning of 2009. I had eaten Thai food a number of times before, but it was in Bangkok that my eating passion turned into a voracious addiction.

When I first arrived in Thailand, I had no idea what I was eating or even what I was ordering. I would simply point around and eventually the street vendor would bring me whatever they thought I intended to eat (right or wrong).

I decided to remain in Thailand long term to the persistence of my developing Thai food eating habits. I became increasingly interested in furthering my education about this glorious cuisine, so I began to photograph everything I would eat and write about a few of my favorite street stalls and dishes.

After over 2 years of living in Thailand, I am still extraordinarily excited every morning I wake up, knowing that I have another day of Thai food before me. Though I have sampled a diverse range of Thai dishes, I am still eagerly exploring and constantly discovering precious Thai dishes that exist!

- Mark Wiens (Migration Mark)

**For more information visit:**

Eating Thai Food: [www.eatingthaifood.com](http://www.eatingthaifood.com)

Migrationology: [www.migrationology.com](http://www.migrationology.com)

**Let's get straight into the Thai food experience!**



**Cautious Disclaimer:** Mark is a voracious durian consumer

# How This Guide Will Help You

With thousands of dishes, countless choices, and infinite combinations, the world of Thai food is a complex and amazing cuisine.

Many first time visitors or even long term dwellers in Thailand tend to eat the same five dishes over and over again, eventually getting bored, or just lacking other options. This book will give you options.

**The aim of this guide is to prepare you and better educate you to enjoy the best Thai food, however you want it!**

With such a bedazzling array of Thai dishes, there is so much to discover and eat within Thai cuisine!

Since Thai food is often cooked or assembled immediately after ordering, it's almost always possible to customize or uniquely request whatever dish you want.

## What's in the Eating Thai Food Guide?

- **Ordering Thai Food** - Tips and suggestions
- **Thai Meal Plans** - Easy-to-Order Thai meal plans - Meals are setup to uncover and eat the BEST Thai foods!
- **Top Thai Food Lists** - A Selection of Thai favorites!
- **Solo Meals** - Eating by yourself? What to order
- **Bangkok Restaurants** - A few restaurant suggestions on where to eat meals in Bangkok, Thailand
- **Thai Food Etiquette** - Thai manners and dining techniques
- **Genres of Thai Food** - Main styles of Thai cuisine
- **Styles of Thai Cooking** - Most popular ways that Thai food is cooked
- **Most Important Food Phrases** - Words you need to know to order Thai food written in both English and Thai script
- **Different Kinds of Thai Noodles** - You can't just order noodles in Thailand, there are a bunch of different kinds and many different noodle dishes, learn the types of noodles.
- **Ultimate Thai Food Guide** - **140+** Thai Dishes in this food encyclopedia!
- **Healthy / Vegetarian** - **39+** Healthy Thai dish options to choose from!
- **Thai Drinks List**
- **+ Thai Desserts Guide!**

# Meal Plans - Ordering a Meal Thai Style



**râat kâao**



**gàp kâao**

There are 2 main ways to order Thai food at a restaurant or stall: dish on top of rice (**râat kâao**) or separate plate of rice and separate dish (**gàp kâao**). Isan (I) food is almost always served “**gàp kâao**,” and General Thai food (GT) can be ordered either way. For the purpose of the meal plans, I’ve used the “**gàp kâao**” method as it is more convenient for groups. If you are eating solo or want a small portion, it’s also possible to order many General Thai dishes “râat kâao.” For solo eating, see the **solo eating section below**.

**What’s the difference between “Isan Food” and “General Thai Food?”** - Isan Food is food from the Northeast of Thailand - often served with sticky rice. General Thai food or “aahaan dtaam song,” is food that is usually served with plain white rice.

**(For much more info visit the “Genres of Thai Food” section)**



Ordering a meal Thai style requires a variety of dishes that accentuate the entire range of taste buds. Balancing a proportional amount of sweet to spicy to sour, greasy to lean, and dry to soupy, is a requisite when ordering a Thai meal. Even if only 2 people are eating, it’s still important to eat a well rounded meal that hits all taste buds!

I’ve put together a few meal plans (and where to eat them in Bangkok) to give you some ideas on how to order a full Thai style meal. These are just ideas, feel free to mix and match to create a Thai meal that suits your taste buds!



# Isan Meals and Restaurants

## Mark's Isan Menu Pick

1. Tom saap moo (sour soup with pork) ต้มแซบหมู
2. Pla pao (roasted fish) ปลาเผา
3. Larb pla duk (spicy catfish salad) ลาบปลาดุก
4. Som tam Thai (green papaya salad) ส้มตำไทย
5. Yam takrai goong sot (lemongrass and shrimp salad) ยำตะไคร้กุ้งสด
6. Kâao nĕow (sticky rice) ข้าวเหนียว



My favorite restaurant to eat this Isan meal in Bangkok, Thailand is Som Tam Boo Maa Restaurant.

## Som Tam Boo Maa (Bang Khun Non Street - near Pinklao, Bangkok)

25/48 Thanon Charan Sanitwong

Bang Khun Non, Bangkok 10700

Tel. 0-2822-3577, Hours: 11:00 - 23:00

ส้มตำปูม้า

25/48 ถ.เจริญสุขนิทวงศ์ บางขุนนนท์ บางกอกน้อย กทม. 10700

โทร. 0-2882-3577, เปิด-ปิด 11.00-23.00 น.

**Price:** 100 - 200 THB per person for a massive feast

[Click Here](#) for more information and map directions

### Isan Meal A (below):

- 1) som tam thai (green papaya salad) ส้มตำไทย, 2) larb moo (minced pork salad) ลาบหมู, 3) tom saap moo (sour soup with pork) ต้มแซบหมู, 4) gai yang (grilled chicken) ไก่ย่าง, 5) kâao nĕow (sticky rice) ข้าวเหนียว



### Isan Meal B:

- 1) som tam boo maa (green papaya salad with blue crab) ส้มตำปูม้า, 2) nam tok moo (grilled pork salad) น้ำตกหมู, 3) pla pao (grilled fish) ปลาเผา, 4) tom klong pla duk (catfish soup) ต้มโคล้งปลาดุก, 5) kâao nĕow (sticky rice) ข้าวเหนียว



### Isan Meal C:

- 1) jim jum (hot pot soup) จิ้มจุ่ม, 2) yam kor moo yang (pork neck salad) ยำคอหมูย่าง, 3) som tam kai kem (green papaya salad with salty egg) ส้มตำไข่เค็ม, 4) tam taeng (spicy cucumber salad) ตำแตง, 5) kâao nĕow (sticky rice) ข้าวเหนียว



### Isan Meal D:

- 1) yam mamuang (green mango salad) ยำมะม่วง, 2) larb pla duk (spicy catfish salad) ลาบปลาดุก, 3) kha gai super (chicken feet soup - great flavor!) ข่าไก่ซุปเปอร์, 4) gai tod (fried chicken) ไก่ทอด, 5) kâao nĕow (sticky rice) ข้าวเหนียว



# Isan Restaurant Recommendations in Bangkok:

## 1. Rama 9 Gai Yang (Lat Prao)

54 Rama 9, Hua Mak, Bang Kapi, Bangkok 10240

Open everyday except Monday, 10 am - 8:30 pm, Tel. 02 719 8039

พระราม 9 ไก่ย่าง

54 พระราม9 หัวหมาก บางกะปิ กทม. 10240

โทร. 1-2719-8039

เปิด-ปิด 10.00-20.30 น. หยุดทุกวันจันทร์ พระราม 9 ไก่ย่าง

**Price:** 100 - 200 THB per person for a massive feast

[Click Here](#) for more information and map directions

## 2. Club Esso Isan Street Stall (Opposite Kuang Seafood)

Club Esso is an Isan Street Stall that sets up in the evening just outside the Esso petrol station on Rangnam Rd.

**Price:** 100 - 200 THB per person for a massive feast

[Click Here](#) for more information and map directions



# General Thai Meals and Restaurants

## Mark's General Thai Menu Pick

1. Tom yum goong nam sai (clear spicy Thai soup) ต้มยำกุ้งน้ำใส
2. Gaeng keow waan gai (green chicken curry) แกงเขียวหวานไก่
3. Goong pad prik gaeng (stir fried shrimp with red curry) กุ้งผัดพริกแกง
4. Galam bplee pad kai sai moo saap (cabbage, pork and egg) กะหล่ำปลีผัดไข่ใส่หมูสับ
5. Pad pak yot mala (bitter melon leaves) ผัดขยอดมะระ
6. Kâao bplào (plain rice) ข้าวเปล่า



A fantastic place to eat this meal is Lan Loong Lui Restaurant in Bangkok, Thailand, close to Tah Prah Chan pier, Thammasat University, not far from the Royal Palace.

### Lan Loong Lui (Tah Prah Chan Pier)(Thammasat Restaurant)

Tel. 0-2623-5550

ร้านลุงหลุยส์ (ท่าพระจันทร์)

ติดกับท่าเรือท่าพระจันทร์

โทร. 0-2623-5550

**Price:** 40 - 50 THB per dish

[Click Here](#) for more information and map directions

### General Thai Meal A (below):

1) tom yum goong nam khon (creamy spicy Thai soup) ต้มยำกุ้งน้ำข้น, 2) pad ga pao gai (chicken with basil), 3) pad pak ruam mit (mixed vegetables) ผัดผักรวมมิตร, 4) kai jeow moo saap (pork omelet) ไข่เจียวหมูสับ, 5) kâao bplào (plain rice) ข้าวเปล่า



### General Thai Meal B:

1) gaeng jued tao hoo moo saap (vegetable tofu soup) แกงจืดเต้าหู้หมูสับ, 2) panang gai (panang curry chicken) เพนังไก่, 3) gai pad prik yuak (chicken with yellow peppers) ไก่ผัดพริกหยวก, 4) pad pak bung fai daeng (stir fried morning glory) ผัดผักบุ้งไฟแดง, 5) kâao bplào (plain rice) ข้าวเปล่า



### General Thai Meal C:

1) gaeng keow waan gai (green chicken curry) แกงเขียวหวานไก่, 2) pad kanaa moo krob (stir fried kale with crispy pork) ผัดคะน้าหมูกรอบ, 3) gai pad king (chicken with ginger) ไก่ผัดขิง, 4) kai jeow moo saap (minced pork omelet) ไข่เจียวหมูสับ, 5) kâao bplào (plain rice) ข้าวเปล่า



### General Thai Meal D:

1) tom kaa gai (coconut cream soup) ต้มข่าไก่, 2) gai pad prik gaeng (chicken fried with chili sauce) ไก่ผัดพริกแกง, 3) tao hoo song kreung (mixed tofu and vegetables) เต้าหู้ทรงเครื่อง, 4) yam kai dao (fried egg salad) ยำไข่ดาว, 5) kâao bplào (plain rice) ข้าวเปล่า





## General Thai Meal E:

1) gaeng som pak ruam (vegetables sweet and sour soup) แกงส้มผักรวม, 2) gai pad met mamuang (chicken with cashew nuts) ไก่ผัดเม็ดมะม่วง, 3) pad pla keun chai (stir fried fish with celery leaves) ผัดปลาเค็มฉ่าย, 4) pad pak yot mala (bitter melon leaves) ผัดขยอตมะระ, 5) kâao bplào (plain rice) ข้าวเปล่า



## General Thai Meal F:

1) tom yum goong nam sai (clear spicy Thai soup) ต้มยำกุ้งน้ำใส, 2) gai pad pongali (chicken yellow curry) ไก่ผัดผงกะหรี่, 3) galam bplee pad kai sai moo saap (cabbage, pork and egg) กะหล่ำปลีผัดไข่ใส่หมูสับ, 4) pad preow waan gai (Thai sweet and sour chicken) ผัดเปรี้ยวหวานไก่, 5) khao pad goong (shrimp fried rice) ข้าวผัดกุ้ง



# General Thai Restaurant Recommendations in Bangkok:

## 1. Laan Thung Khao Tom Hua Pla (Talat Phlu)

1119 Thoet Thai, Talat Phlu, Thonburi, Bangkok 10600

Tel. 0-2466-0948, Open: 16:00 - 00:30

ร้านตั้งข้าวต้มหัวปลา (ตลาดพลู)

453 ถ.เทอดไทย บางยี่เรือ ธนบุรี กทม. 10600

โทร. 0-2466-0948, เปิด-ปิด 16.00-00.30 น.

Price: 100 - 200 THB per person

[Click Here](#) for more information and map directions

## 2. Poi-Sien Restaurant

Soi Ratchawithi 6, Phaya Thai, Bangkok 10400

Boonme Building,

Open from about 10am to 10pm, Tel. 084 527 5521

ร้านโป๊ยเซียน

อาคาร บุญมี ถ.ราชวิถี ซ.6 พญาไท กทม. 10400

โทร. 084-527-5521, เปิด-ปิด 10.00-22.00 น.

Price: 40 – 50 THB per dish

[Click Here](#) for more information and map directions

## 3. Tho Po Channa

180 moo 9 Soi Suk Sawat 25, Bangpakok, Ratburana, Bangkok 10140

Open: Everyday ONLY from 11:00 - 14:00, Tel. 0-2427-6449, 0-2872-0302

โถ้วโกชนา

180 หมู่ 9 ซ.สุขสวัสดิ์ 25 แขวงบางปะกอบ เขตราชบุรีบูรณะ กทม 10140

เปิดบริการทุกวัน 11.00-14.00, โทร.0-2427-6449, 0-2872-0302

Price: 100 - 200 THB per person

[Click Here](#) for more information and map directions



# Seafood Meals and Restaurants

## Mark's Thai Seafood Menu Pick

1. Hor mok ma prao on (seafood curry in coconut shell) ห่อหมกมะพร้าวอ่อน,
2. Pla kahpung neung manao (steamed fish in lime sauce) ปลากระพงนึ่งมะนาว
3. Boo pad pongali (crab yellow curry) ปูผัดผงกะหรี่
4. Hoy lai pad nam prik pao (clams in chili sauce) หอยลายผัดน้ำพริกเผา
5. Pad pak gachet (stir fried water mimosa) ผัดผักกะเฉด
6. Kâao bplào (plain rice) ข้าวเปล่า



My favorite place to get this exact meal is **Kuang Sea Foods Restaurant**. It is located on Soi Rangnam near Victory Monument in **Bangkok, Thailand**, about a 10 minute walk from the Victory Monument BTS station.

## Kuang Sea Foods

107/13 Soi Rangnam, Samsen Nai, Phaya Thai, Bangkok 10400

Open Everyday 10 am – 2 am, Tel. 0-2642-5591

กวางทะเลเผา หูฉลาม

107/13 ซอย รังน้ำ สามเสนใน พญาไท กรุงเทพฯ 10400

เปิด-ปิด 10.00-02.00 น. , โทร. 0-2642-5591

**Price:** 200 - 300 THB / person.

[Click Here](#) for more information and map directions

### Seafood Meal A (below):

1) boo pad pongali (crab yellow curry) ปูผัดผงกะหรี่, 2) goong pao (roasted prawns) กุ้งเผา, 3) pad pak gachet (stir fried water mimosa) ผัดผักกะเจ็ด, 4) pla mook kai neung manao (female squid steamed with lemon) หมึกไข่หนึ่งมะนาว, 5) khao pad boo (crab fried rice) ข้าวผัดปู



### Seafood Meal B:

1) pla kahpung neung manao (steamed fish in lime sauce) ปลากระพงหนึ่งมะนาว, 2) pla meuk pad kai kem (squid with salted egg) ผัดปลาหมึกไข่เค็ม, 3) goong chae nam pla (raw shrimp) กุ้งแช่น้ำปลา, 4) pad pak yot mala (stir fried bitter melon leaves) ผัดยอดมะระ, 5) kâao bplào (plain rice) ข้าวเปล่า



### Seafood Meal C:

1) hor mok ma prao on (seafood curry in coconut shell) ห่อหมกมะพร้าวอ่อน, 2) or suan (sizzling oyster omelet) ออส่วน, 3) hoy lai pad nam prik pao (clams in chili sauce) หอยลายผัดน้ำพริกเผา, 4) pad pak ruam mit (mixed vegetables) ผัดผักรวมมิตร, 5) kâao bplào (plain rice) ข้าวเปล่า



### Seafood Meal D:

1) pla kahpung neung see ew (steamed fish in soy sauce) ปลากระพงหนึ่งซีอิ้ว, 2) boo pad prik thai dam (pepper sauce crab) ปูผัดพริกไทยดำ, 3) goong op woon sen (mungbean noodles with shrimp) กุ้งอบวุ้นเส้น, 4) pad pak bung fai daeng (stir fried morning glory) ผัดผักบุ้งไฟแดง, 5) kâao bplào (plain rice) ข้าวเปล่า





# Thai Seafood Restaurant Recommendations in Bangkok:

## 1. T & K Seafood

49-51 Soi Phadung Dao, Yaowarat Rd, Bangkok 10100, Open from 4:30pm to 2am, Tel. 01 507 5555

**Price:** 200 - 400 THB per person

T & K Seafood

49-51 ซอยพดุงด้าว ถ.เยาวราช เขตสัมพันธวงศ์ กรุงเทพฯ 10100

โทร. 0-2223-4519 (สั่งอาหาร) 08-1507-5555 (คุณต๋อย) 08-1508-9999 (คุณกิด)

เปิด-ปิด 16.30 - 2.00 น.

**Price:** 200 - 300 THB per person

**Click Here** more information and map directions

# Top Thai Food Lists

## 16 Very Common Thai Dishes

1. Som Tam Thai (green papaya salad) ส้มตำไทย
2. Som Tam Boo Bplaa Raa (papaya salad with fermented crab) ส้มตำปูปลาร้า
3. Nam Tok Moo (grilled pork salad) น้ำตกหมู
4. Larb Moo (minced pork salad) ลาบหมู
5. Yam Pla Duk Foo (deep fried catfish salad) ยำปลาชุกฟู
6. Pad Pak Bung Fai Daeng (stir fried morning glory) ผัดผักบุ้งไฟแดง
7. Pad Ga Pao Moo Kai Daao (stir fried pork with holy basil and a fried egg)  
ผัดกระเพราหมูไข่ดาว
8. Kai Jeow Moo Saap (minced pork omelet) ไข่เจียวหมูสับ
9. Panang Gai (panang chicken curry) แพนงไก่
10. Gaeng Keow Waan Gai (green chicken curry) แกงเขียวหวานไก่
11. Gai Pad Pongali (chicken egg curry) ไก่ผัดผงกะหรี่
12. Tom Yum Goong Nam Khon (creamy Thai soup) ต้มยำกุ้งน้ำข้น
13. Yen Ta Fo (wide rice noodles in pink soup) เย็นตาโฟ
14. Sen Yai Rad Na (wide rice noodles with gravy) เส้นใหญ่ราดหน้า
15. Kuay Teow Tom Yum (spicy noodle soup) เส้นเล็กต้มยำ
16. Hoy Tod (fried oyster omelet) หอยทอด





## 16 Thai Dishes According to Mark's Mouth

1. Yam Mamuang (spicy mango salad) ยำมะม่วง
2. Pla Pao (grilled fish) ปลาเผา
3. Gaeng Som Pla Chon (sweet and sour snakehead fish) แกงส้มปลาช่อน
4. Larb Pla Duk (spicy catfish salad) ลาบปลาคู
5. Yam Takrai Goong Sot (lemongrass and shrimp salad) ยำตะไคร้กุ้งสด
6. Pad Pak Gachet (stir fried water mimosa) ผัดผักกะเจ็ด
7. Suki Nam (vegetables and glass noodles) สุกียากี้ น้ำ
8. Galam Bplee Pad Kai Sai Moo Saap (cabbage with egg and minced pork) กะหล่ำปลีผัดไข่ใส่หมูสับ
9. Goong Pad Prik Gaeng (stir fried shrimp with red curry) ผัดพริกแกงไก่
10. Tom Yum Goong Nam Sai (Thai clear sour soup) ต้มยำกุ้งน้ำใส
11. Pad Pla Keun Chai (stir fried fish with celery leaves) ผัดปลาคื่นช่าย
12. Hor Mok Ma Prao On (mixed seafood coconut curry) ห่อหมกทะเลพริกแกงอ่อน
13. Gai Pad King (stir fried chicken and ginger) ไก่ผัดขิง
14. Kuay Teow Reua (boat noodles soup) กว๊านเตี๋ยวเรือ
15. Khao Kluk Kapi (mixed shrimp paste rice) ข้าวคลุกกะปิ
16. Goong Ten (Thai dancing shrimp salad) กุ้งเต้น





# Solo Street Meals (Single Plate / Bowl)

1. Khao Kaa Moo (tender pork with rice) ข้าวขาหมู
2. Khao Pad Gai (fried rice with chicken) ข้าวผัดไก่
3. Khao Moo Daeng (rice with red pork) ข้าวหมูแดง
4. Khao Man Gai (rice with steamed chicken) ข้าวมันไก่
5. Khao Na Bpet (rice with duck) ข้าวหน้าเป็ด
6. Khao Kluk Kapi (mixed shrimp paste rice) ข้าวคลุกกะปิ
7. Khao Mok Gai (Thai biriyani rice) ข้าวหมกไก่
8. Pad Ga Pao Moo Kai Daao (pork fried with basil and a fried egg) ผัดกระเพราหมูไข่ดาว
9. Khao Kai Jeow (rice with an omelet) ข้าวเจียวหมูสับ
10. Pad Thai (Thai fried noodles) ผัดไทย
11. Pad See Ew (stir fried rice noodles with soy sauce) ผัดซีอิ๊ว
12. Pad Kee Mao (mixed stir fried rice noodles) ไก่ผัดชี้เมาเส้นใหญ่
13. Kuay Teow Kua Gai (stir fried noodles with chicken and egg) ก๋วยเตี๋ยวคั่วไก่
14. Sen Lek Neua (beef noodle soup) เส้นเล็กเนื้อ
15. Kuay Teow Tom Yum (spicy noodle soup) ก๋วยเตี๋ยวต้มยำ
16. Kuay Jab (rice noodle rolls in soup) ก๋วยจั๊บน้ำใส





# Best Bangkok Street Food Streets

Street food is everywhere in Bangkok, but here are a few streets that are known for their concentration of street food dining options:

1. Victory Monument (Anusawari Chai Samoraphum)(อนุสาวรีย์ชัยสมรภูมิ)
2. Yaowarat (Bangkok Chinatown)(เยาวราช)
3. Ratchawat Market (ราชวัตร)
4. Charoen Krung (From Saphan Taksin and all the way South)(เจริญกรุง)
5. Bang Khun Non (บางขุนนนท์)
6. Dao Kanong (ดาวคะนอง)
7. Talat Phlu (ตลาดพลู)
8. Rangnam (รางน้ำ)
9. Sukhumvit 38 (สุขุมวิท 38)
10. Tha Pra Chan (Outside Thammasat University) (ท่าพระจันทร์)
11. Wang Lang Market / Siriraj Hospital (วังหลัง / ศิริราช)
12. Nang Loeng (นางเลิ้ง)
13. Soi Ari (ซอยอารีย์)
14. Thanon Ramkamhaeng – across the street from Ramkamhaeng University (ถ.รามคำแหง)
15. Silom – Soi Convent and Soi 20 (สีลม ซอยคอนเวนต์, สีลม ซอย 20)
16. Sam Yan (สามย่าน)

**Click Here** for an overview and MAP to all of these Street Food Sanctuaries in Bangkok, Thailand.

# Thai Food Etiquette

**Fork and Spoon Method** – Thai people eat using the fork and spoon combo method. The spoon dominates as the main tool and the fork acts more to help food onto the spoon.

**Chopsticks** – Chopsticks are not overly common, but mostly used with noodle soups or Chinese food.

**Pouring A Drink** – Pour a drink inwards as opposed to outwards. **Example:** If you are pouring with your right hand, pour towards the left, not the right. Pouring away from the body is pouring for the deceased.

**Stacking Plates** – It's OK to stack empty plates on the side of the table, just don't stack a plate under the plate you are eating off. Again, this means that you are serving the deceased.

**Fork and Spoon Placing** – After finished eating, place the spoon and fork down, handles together on the same side of the bowl / plate.

**Sticking Up Sticks** – It's impolite to poke a stick or skewer into food on a plate and have it stick straight upwards.

**Toothpick** – To be polite using a toothpick, it's necessary to visibly block the mouth with one hand and pick with the other.



**Spoon and Fork Eating Method**



# Genres of Thai Food

Though each part of Thailand has its own unique specialty and style of Thai cooking, there are 2 main distinguishable genres of Thai food that I will explain: “**Isan Food**” and “**Aa-haan dtaam song (which I will call General Thai Food).**”

## Isan Food อาหารอีสาน

The Northeastern province of Thailand is known as Isan (ภาคอีสาน eesan, also written Isaan, Isarn, Esarn). Around 21 million Thais are home to this territory, which happens to be famous for its distinct and appetizing cuisine!

Most Isan dishes are served with **sticky rice** and are characterized by fiery chilies, strong fish sauces, sour bites and flavorful sauce mixtures. A lot of Isan food is prepared in the form of salad, bathed in a flavorful dressing which is convenient to be used as a dipping sauce for balls of sticky rice.



sticky rice (kâao nieow)

## Aahăan Dtaam Song (General Thai Food) อาหารตามสั่ง

The term “aa haan dtaam song” is the name used to refer to all sorts of stir fried dishes that are served with plain white rice. This genre of Thai food is based on stir fries, Thai curries, and various kinds of noodle dishes. For ease of use, I will interchangeably refer to “aa haan dtaam song” as “**General Thai food.**”



plain rice (kâao bplào)

General Thai food encompasses a huge range of Thai food possibilities, but is quite distinctively different from Isan food. Many General Thai food dishes are flash cooked in a wok over a high flame and eaten with plain rice (not sticky rice!)

## Street Food vs. Sit Down Restaurants

Most street food stalls throughout Thailand serve quite specific dishes. Where Isan food is served, there will be no General Thai food and vice versa. Want to eat Isan food? Go to an Isan stall. Want to eat stir fried dishes? Go to a General Thai food stall. In the mood for noodle soup? Visit a noodle cart.

## Street Food / Hole in the Wall Eateries

### Isan Street Food (I)

If you are in the mood for sticky rice and green papaya salad, it's easy to locate an Isan food stall. Search for a cart or eatery loaded with green papayas, string beans, limes and small tomatoes. There will also be a krok



green papaya

(clay / wood pot) about half the size of a bucket that is

used for pounding salads. Bigger Isan street establishments will also be grill-

ing up a selection of salted fish, chicken, or pork, and have some innards dangling inside a display cabinet. If you notice these signs, you are bound to find Isan food!



### Halal Street Food

Most Muslim food stalls are sealed with a label on the outside of the cart that ensures that it serves "Halal" food. Also, if you see a huge pot with yellow rice and chicken at the bottom (khao mok gai - Thai biryani), you've most likely found a Thai Muslim food cart!



## General Thai Street Food (GT) (Aahaan Dtaam Song) อาหารตามสั่ง

To locate eateries that will cook General Thai food dishes such as stir fried chicken with basil, dry stir fried noodles, or mixed vegetables served with plain rice (not sticky rice), search for carts that have a glass cabinet full of a selection of fresh vegetables and a **wok** sitting on top of a roaring flame that's next to a LPG tank.



**Note:** Wok = Round bottomed Asian style frying pan



**General Thai Food = Aahaan Dtaam Song**



## Noodle Soup Street Food

Noodle soup stalls are often easy to pick out from the crowd, containing noodles in a glass cabinet and a boiling cauldron of hot soup and water. You will only find soup at these stall, not fried noodles.



## Sit Down Thai Restaurants

There is a diverse range of sit down Thai restaurants from low priced to high end. Unlike street stalls that normally only serve a single genre of Thai food (or even 1 dish), many sit down restaurants offer a variety or all styles of Thai cuisine including Isan and General Thai food together.

## Thai Seafood Restaurants

Many street stalls or Thai sit down restaurants will have small bits of seafood, but to eat the wonderful array of fresh seafood that Thailand is blessed with, it's necessary to go to a Thai seafood restaurant. Many have water tanks inside the restaurant and offer a selection of crab, prawns, fish, squid and a host of shell fish.





# Styles of Thai Cooking

There are a number of different cooking techniques used in most Thai cooking.

**Salad (Yam ยำ, Tam ตำ)** – Salads are most common as Isan food

**Stir Fried (Pad ผัด)** - Anytime you see the word pad, it is a stir fried dish and usually translates to General Thai food

**Deep Fried (Tod ทอด)** – Loads of street snacks, meat, chicken and fish are deep fried

**Steamed (Neung นึ่ง)** – Not overly common, but sometimes with seafood or chicken

**Boiled (Tom (dtôm) ต้ม)** - Thai soups and curries

**Grilled (Yang (yâang) ย่าง)** – Chicken, pork and seafood are the most commonly grilled foods in Thailand.

**Roasted (Pao เปา)** – Not much different from grilled, but fish is commonly roasted.



# Important Food Phrases

same plate including rice and dish (râat kâao) ราวข้าว

separate rice and dish (gàp kâao) กั๊บข้าว

for take away (ao glap ban) เอากลับบ้าน

to eat here (gin têe née) กินที่นี่

what is the speciality? (mee aa hăan pí-sàyt à-rai bâang?) มีอาหารพิเศษอะไรบ้าง?

very spicy (pèt mâak) เผ็ดมาก

medium spicy (pèt nít nòi) เผ็ดนิดหน่อย

not spicy (mâi pèt) ไม่เผ็ด

a little bit of oil (náam man nít nòi) น้ำมันนิดหน่อย

no oil (mâi sài náam man) ไม่ใส่น้ำมัน

I am a vegetarian (ben mang-sà-wí-rát) มังสวิรัต

I don't want meat (mâi ao néua) - ไม่เอาเนื้อ

I do not eat seafood (mâi gin aa-haan tá-lay) ไม่กินอาหารทะเล

I do not eat shrimp (mâi gin goong) ไม่กินกุ้ง

no msg (mâi sài pong choo rót) ไม่ใส่ผงชูรส

no fish sauce (mâi sài náam bplaa) ไม่ใส่น้ำปลา

no peanuts (mâi sài tua) ไม่ใส่ถั่ว

not sweet (mâi waan) ไม่หวาน

no sugar (mâi sài náam dtaan) ไม่ใส่น้ำตาล

sticky rice (kâao nieow) ข้าวเหนียว

plain rice (kâao bplào) ข้าวเปล่า

I would like some water (kõr náam bplào) ขอน้ำเปล่า

how much does it cost? (raa-kaa tâo ràì) ราคาเท่าไหร่?

can i have the bill? (gèp dtang) เก็บตังค์

thank you (kòp kun / kráp (man) kê (woman)) ขอขอบคุณครับ / ค่ะ

the food was delicious (aa hăan à-ròi mâak kráp (man) / kê (woman)) อาหารอร่อยมากครับ / ค่ะ

# Thai Noodle Guide

Noodles - Kuay Teow (Güay-Dtĕow) ก๋วยเตี๋ยว - ("K" is pronounced in between a "K" and a "G" sound)

Thais love to eat noodles, either in soup or stir fried form. When ordering noodles, you don't just say "*I want to eat noodles*," you've got to be more specific. There are a number of different kinds of noodles, depending on the dish and noodle preferred.

## Main Types of Noodles

**Sen Yai** เส้นใหญ่ - Wide fresh rice noodles (2 cm wide), can be used in fried noodle dishes as well as soup

**Sen Lek** เส้นเล็ก - Dried medium sized rice noodles, almost look like a white spaghetti noodle, mostly used in soup

**Sen Mee** เส้นหมี่ - Micro angel hair sized rice noodles, can be used fried or in soup



Sen Mee

Sen Lek

Sen Yai



**Ba Mee** บะหมี่ - Yellow egg noodles, normally eaten in soup or dry but cooked in boiling water (like spaghetti)



**Sen Jan** เส้นจันทน์ - Medium sized rice noodles, almost exclusively used with Pad Thai and not much else

**Mama** มาม่า - Thai version of Top Ramen is known as Mama, quite popular at restaurants as a stir fried dish



**Woon Sen** วุ้นเส้น - Similar to glass noodles or jelly noodles, transparent vermicelli made from mung beans

**Kanom Jeen** ขนมจีน - Normally served with a spicy curry sauce and vegetables or mixed within som tam (green papaya salad), usually only available at Isan restaurants or stalls specifically serving kanom jeen with curry.



# Ultimate Thai Food Guide

*A list of some of the most popular Thai dishes to eat and sample in Thailand*

**This is how it is set up:**

**\*English Name** (\* = Personal Recommendations)

**Thai name in English letters, (Thai pronunciation), Thai script**

**Ingredients:** main ingredients in the dish, can slightly vary by restaurant

**Where:** location / how to find it

**Price:** SP - Street Price, RP - Restaurant Price, THB = Thai Baht, about 30 THB = 1 USD

**Notes:** important notes and (**food codes**)

**Healthy / Vegetarian:** eat the dish healthy or vegetarian

## (Food Codes)

Isan Food (I)

General Thai Food - Aa haan Dtaam Song (GT)

Spicy (S)

Non-Spicy (NS)

Salad (Sal)

Stir Fried (SF)

Deep Fried (DF)

Steamed (SD)

Boiled (B)

Grilled (G)

Roasted (R)

The Prices I've quoted even for street food are for separate dishes (**gàp kâao**). If you order on top of rice (**râat kâao**) most dishes on the street will cost **30 – 40 THB** per plate.

**Example: (I,S,Sal)** – Isan, Spicy, Salad

Many Thai dishes include a mixture of sauce that includes fish sauce, soy sauce, oyster sauce, sugar, chilies and lime juice. Be sure to look back at the important phrases if you want to modify any dish!



## \*Thai Green Papaya Salad

**Som Tam Thai (sôm dtam tai)** ส้มตำไทย

**Ingredients:** green papaya, tomato, string beans, dried shrimp, lime juice, peanuts, cane sugar, tamarind juice, fish sauce, garlic, chili peppers

**Where:** widely available at Isan restaurants / stalls, for street carts search for a cart filled with string beans, green papayas, limes and tomatoes and a “krok” - clay pot used for pounding the salad

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** often eaten with sticky rice, dipped into the som tam dressing, (I, S, Sal)

**Healthy / Vegetarian:** without dried shrimp / without fish sauce (mai sai goong haeng / mai sai nam bplaa) ไม่ใส่กุ้งแห้ง หรือ / ไม่ใส่น้ำปลา



## Green Papaya Salad with Fermented Fish Sauce

**Som Tam Bplaa Raa (sôm dtam bplaa ráa)** ส้มตำปลา ร้า

**Ingredients:** green papaya, tomato, eggplant, string beans, lime juice, cane sugar, tamarind juice, fish sauce, fermented fish, garlic, chili peppers

**Where:** same as Som Tam Thai

**Price:** SP – 30 THB, RP – 60 THB

**Note:** very popular with locals but can take a little getting used to! (I, S, Sal)



## Green Papaya Salad with Crab

**Som Tam Boo (sôm dtam bpoo)** ส้มตำปู

**Ingredients:** green papaya, tomato, eggplant, string beans, lime juice, cane sugar, tamarind juice, fish sauce, fermented fish, garlic, chili peppers, crab

**Where:** same as Som Tam Thai

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** little bit seafoody but a great twist to the common som tam Thai (I, S, Sal)



## Spicy Cucumber Salad

**Tam Taeng (dtam dtaeng)** ตำแตง

**Ingredients:** cucumber, tomato, string beans, lime juice, cane sugar, tamarind juice, fish sauce, garlic, chili peppers, crab

**Where:** som tam cart that has cucumbers

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** you can also order “tam taeng Thai” if you prefer peanuts instead of crab (I, S, Sal)

**Healthy / Vegetarian:** without dried shrimp / without fish sauce (mai sai goong haeng / mai sai nam bplaa) ไม่ใส่กุ้งแห้ง หรือ / ไม่ใส่น้ำปลา



## Papaya Salad with Salty Egg

**Som Tam Kai Kem (sôm dtam kài kem)** ส้มตำไข่เค็ม

**Ingredients:** green papaya, tomato, string beans, dried shrimp, lime juice, peanuts, cane sugar, tamarind juice, fish sauce, garlic, chili peppers, salty egg

**Where:** usually found at sit down restaurants as opposed to street carts

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** the salty egg contributes a nice twist to the normal som tam Thai (I, S, Sal)



## \*Spicy Papaya Salad with Rice Noodles

**Tam Sua (dtam sua)** ตำซั่ว

**Ingredients:** green papaya, tomato, eggplant, string beans, lime juice, cane sugar, tamarind juice, fish sauce, fermented fish, garlic, chili peppers, soft rice noodles (khanom jeen)

**Where:** can be found at some som tam carts, search for a banana leaf wrapper full of white khanom jeen noodles

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** soft rice noodles soak up the sauce so sticky rice is usually not needed with this dish (I, S, Sal)



## \*Spicy Green Mango Salad

**Yam Mamuang (yam má-mûang)** ยำมะม่วง

**Ingredients:** green mango, red onions, peanuts, dried shrimp, chili peppers, lime juice, cane sugar, tamarind juice, fish sauce, garlic

**Where:** served at various Isan restaurants

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** excellent twist on green papaya version (I, S, Sal)

**Healthy / Vegetarian:** without dried shrimp / without fish sauce (mai sai goong haeng / mai sai nam bplaa) ไม่ใส่กุ้งแห้ง หรือ / ไม่ใส่น้ำปลา



## Stir Fried Mixed Vegetables

**Pad Pak Ruam Mit (pàt pàk ruam mit)** ผัดผักรวมมิตร

**Ingredients:** mixture of available vegetables, can include: carrots, cabbage, broccoli, cauliflower, onions, baby corn, tomatoes, mushrooms, garlic, chilies, soy sauce, fish sauce, oyster sauce, oil, sugar

**Where:** General Thai restaurants / stalls

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** (GT, NS, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน





## \*Stir Fried Mixed Vegetables with Roasted Chili Paste Pad Pak Ruam Mit Prik Pao (pàt pàk ruam mit prik pǎo)

ผัดผักรวมมิตรพริกเผา

**Ingredients:** mixture of available vegetables: carrots, cabbage, broccoli, cauliflower, onions, baby corn, tomatoes, mushrooms, garlic, chilies, soy sauce, fish sauce, oil, sugar, roasted chili paste

**Where:** General Thai restaurants / stalls

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** same as stir fried vegetables but the added roasted chili sauce gives it a kick! (GT, S, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน



## \*Stir Fried Water Morning Glory Pad Pak Bung Fai Daeng (pàt pàk-bûng fai daeng)

ผัดผักบุ้งไฟแดง

**Ingredients:** morning glory vegetable, garlic, chili, oyster sauce, soy sauce, sugar, bean paste, oil

**Where:** 1 of the most common stir fried vegetable dishes, found at all General Thai sit restaurants / stalls

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** a wonderful crisp vegetable that goes well with a fresh plate of rice (GT, S, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน



## \*Stir Fried Bitter Melon Leaves Pad Yot Mara (pàt yôt mǎrá)

ผัดยอดมะระ

**Ingredients:** bitter melon leaves, garlic, oyster sauce, soy sauce, sugar, oil

**Where:** this dish is not always available, some street stalls and some sit down restaurants will offer it, need to ask around and find it

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** fantastic vegetable with great flavor (GT, NS, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน



## Stir Fried Leafy Veg (similar to Brussels Sprouts) Pad Kanaeng (pàt kà-nǎeng)

ผัดคะนัง

**Ingredients:** brussels sprouts, garlic, oyster sauce, fish sauce, soy sauce, sugar, oil

**Where:** at street stalls or sit down restaurants

**Price:** SP – 50 THB, RP – 80 THB

**Notes:** (GT, NS, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน



## \*Stir Fried Water Mimosa

Pad Pak Gachet (pàt pàk gà-chàyt) ผัดผักกะเจต

**Ingredients:** water mimosa, garlic, chili peppers, oyster sauce, soy sauce, sugar, oil

**Where:** available in season at seafood restaurants and stalls

**Price:** SP – 50 THB, RP – 80 THB

**Notes:** a tough slightly chewy vegetables that is probably my all time favorite (GT, NS, SF)

**Healthy / Vegetarian:** with no oil (mai ow nam man) ไม่เอาน้ำมัน



## Stir Fried Chinese Kale with Crispy Pork

Pad Kanaa Moo Grob (pàt kánáa mǒo gròp) ผัดคะน้าหมูกรอบ

**Ingredients:** Chinese kale, crispy pork, chili peppers, fermented soybean sauce, oyster sauce, sugar, fish sauce, garlic

**Where:** almost all General Thai food restaurants / stalls

**Price:** SP – 50 THB, RP – 80 THB

**Notes:** (GT, NS, SF/DF)



## Stir Fried Bok Choy

Pad Pak Gwaang Toong (pàt pàk gwaang-dtûng)

ผัดผักกวางตุ้ง

**Ingredients:** bok choy, garlic, salt, soy sauce, sugar, oyster sauce

**Where:** only found at Thai Chinese restaurants, can easily be ordered in Yaowarat, Bangkok

**Notes:** bok choy is a flavorful and healthy vegetables, (GT, NS, SF)

**Healthy / Vegetarian** - great vegetable



## Stir Fried Pickled Mustard Greens

Pad Pak Gatdong Sai Kai (pàt pàk gàat dong sài kài)

ผัดผักกาดดองใส่ไข่

**Ingredients:** pickled mustard greens, eggs, sugar, fish sauce, soy sauce, chili pepper, oil

**Where:** General Thai restaurants

**Price:** SP - 60 THB, RP - 70 THB

**Notes:** similar to pickled cabbage stir fried, (GT, NS, SF)





## \*Sukiyaki Style Mixed Vegetables

Suki (sù-gêe) สุกียากี้

**Ingredients:** mixed vegetables, mung bean noodles, garlic, sugar, lime juice, Chinese tofu

**Where:** General Thai food restaurants / stalls

**Price:** SP - 40 THB, RP - 80

**Notes:** very healthy dish with lots of vegetables, can be ordered dry (haeng) แห้ง or soupy (nam) น้ำ, (GT, NS, B)

**Healthy / Vegetarian:** with no meat or seafood (mai sai neua) ไม่ใส่เนื้อสัตว์



## Spicy Rice Salad

Khao Yam (kâao yam) ข้าวยำ

**Ingredients:** rice, dried shrimp, coconut, chili peppers, lemongrass, kaffir lime leaves, mango, green beans, lime, bean sprouts, spicy sauce

**Where:** mostly served in Southern Thailand

**Price:** SP - 20 THB

**Notes:** delicious and healthy fragrant rice dish, (GT, S, Rice Sal)



## \*Fermented Shrimp Sauce with Assorted Vegetables

Nam Prik Kapi (náam prik gàbpì) น้ำพริกกะปิ

**Ingredients:** mixed raw vegetables, shrimp paste, dried shrimp, chili peppers, sugar, small eggplant, lime juice, garlic, onions

**Where:** on the street or more expensive restaurants

**Price:** SP - 30 THB, RP - 80 THB

**Notes:** the shrimp sauce is made into a dip for vegetables, (GT, S, Sal)

**Healthy**



## Mackerel Fish Sauce with Vegetables

Nam Prik Bplaa Too (náam prik bplaa too) น้ำพริกปลาทู

**Ingredients:** mackerel fish, chili peppers, garlic, onions, fish sauce, lime juice

**Where:** on the street or more expensive restaurants

**Price:** SP - 30 THB, RP - 80 THB

**Notes:** eaten as a chili sauce dip, (GT, S, Sal)

**Healthy:** steamed veggies and sort of like a tuna salad



## Duck with Rice

Khao Na Bpet (kâao nâa bpèt) ข้าวหน้าเป็ด

**Ingredients:** duck, rice, soup, sweet soy sauce, small vegetables, pickled ginger

**Where:** specific restaurants where ducks will be hanging in a glass cabinet

**Price:** SP – 40 THB, RP – 100 THB

**Notes:** quick tasty duck dish, (GT, NS, B)



## \*Roasted Duck

Bpet Yang (bpèt yâang) เป็ดย่าง

**Ingredients:** roasted duck

**Where:** you will notice a selection of ducks hanging in a glass cabinet at the entrance

**Price:** 1 plate of duck SP – 150 THB, RP – 250 THB

**Notes:** (GT, NS, G)



## Spicy Duck Salad

Larb Bpet (laap bpèt) ลาบเป็ด

**Ingredients:** duck, chili flakes, onions, parsley, lime juice, lemongrass, galangal

**Where:** select few Isan restaurants

**Price:** SP - 40 THB, RP - 60 THB

**Notes:** rare but delicious, (I, S, Sal)



## Duck boiled in Soy Sauce

Bpet Paloh (bpèt-pá-lóh) เป็ดพะโล้

**Ingredients:** duck, soy sauce, sugar

**Where:** select few duck serving restaurants

**Price:** 100 THB for a plate

**Notes:** if done right, this Chinese version of duck can be tender and mildly fragrant (GT, NS, B)





## \*Marinated Grilled Pork with Dressing

Nam Tok Moo (náam dtòk mǎo) น้ำตกหมู

**Ingredients:** grilled pork, onions, chili flakes, mint, toasted rice flakes, lime juice, fish sauce, sugar

**Where:** available at most Isan restaurants and street stalls

**Price:** SP – 40 THB, RP – 60 THB

**Notes:** delicious pork salad, (I, S, G/Sal)



## \*Minced Pork Salad

Larb Moo (laap mǎo) ลาบหมู

**Ingredients:** minced pork, onions, chili flakes, mint, toasted rice flakes, lime juice, fish sauce, sugar

**Where:** available at most Isan restaurants and street stalls

**Price:** SP – 40 THB, RP – 60 THB

**Notes:** popular Isan dish to eat with sticky rice and som tam, (I, S, Sal)



## Grilled Pork Salad

Yam Kor Moo Yang (yam kor mǎo yâang) ยำคอหมูย่าง

**Ingredients:** grilled pork neck, onions, chili peppers, tomatoes, cucumber, parsley, toasted rice flakes, chili flakes, lime juice, fish sauce, sugar

**Where:** available at most Isan restaurants and street stalls

**Price:** SP – 40 THB, RP – 60 THB

**Notes:** clear lime juice dressing, (I, S, G/Sal)



## Liver Salad

Dtab Wan (dtàp wǎan) ตับหวาน

**Ingredients:** pork liver, onions, chili flakes, mint, toasted rice flakes, lime juice, fish sauce, sugar

**Where:** available at most Isan restaurants and street stalls

**Price:** SP – 40 THB, RP – 60 THB

**Notes:** great dish for those who love liver (I, S, Sal)



## Soy Sauce Slow Boiled Pork w/ Rice

**Khao Kaa Moo (kâao kăa mǔo)** ข้าวหมู

**Ingredients:** slow boiled pork, bok choy, rice, sweet soy sauce, chili, garlic, vinegar

**Where:** there is always a pot of dark pork sitting at the front of the restaurant

**Price:** SP – 30 THB, plate RP – 60 THB

**Notes:** flavorful tender pork over rice

**Healthy Tip:** with no fat (mai ow nong) ไม่เอาหนัง , (GT, NS, B)



## Red Pork and Sauce w/ Rice

**Khao Moo Daeng (kâao mǔo daeng)** ข้าวหมูแดง

**Ingredients:** red barbecued pork, rice, sweet red sauce, don home, soup

**Where:** there are red strips of pork hanging in a display cabinet

**Price:** SP – 30 THB

**Notes:** popular dish on the streets of Thailand (GT, NS, G)



## \*Chicken or Pork Stir Fried with Basil and Chilis + Fried Egg

**Pad Ga Pao Gai / Moo + Kai Daao (pàt gà pao gàì / mǔo + kài daao)** ผัดกระเพราไก่ + ไข่ดาว

**Ingredients:** chicken / pork, Thai basil, chili peppers, green beans, oyster sauce, soy sauce, fish sauce, sugar, garlic, oil, optional fried egg

**Where:** available at all General Thai restaurants / stalls

**Price:** SP – 35 THB, RP – 50 THB

**Notes:** popular dish with locals, normally eaten “raat kaao” (on top of rice) (GT, S, SF)



## Stir Fried Pork with Vegetables

**Pad Kee Mau Moo (pàt kêe mao mǔo)** ผัดซีเม้าหมู

**Ingredients:** pork, tiny eggplant, chili peppers, garlic, basil, sugar, fish sauce, oil

**Where:** any General Thai food restaurant / stall

**Price:** SP - 30 THB, RP - 50

**Notes:** often order mixed with noodles - sen yai, (GT, NS, SF)





## \*Mixed Vegetable Tofu and Pork

Tao Hoo Song Kreung (dtáo-hôo song krêuang) เต้าหู้ทรงเครื่อง

**Ingredients:** tofu, tomatoes, peppers, onions, carrots, minced pork, chili peppers, sugar, oyster sauce, fish sauce, soy sauce, oil

**Where:** most General Thai food restaurants, stalls

**Price:** SP – 50 THB, RP – 80 THB

**Notes:** this dish is almost all vegetables with just a bit of minced pork for flavor, (GT, NS, SF)

**Healthy / Vegetarian:** with no meat (mai ow neua) ไม่เอาเนื้อ, with no oil (mai ow nam man) ไม่เอาน้ำมัน



## \*Cabbage with Minced Pork and Egg

Galam Bplee Pad Kai Sai Moo Saap (gà-làm bplee pad kài sài mǎo sàp) กะหล่ำปลีผัดไข่ใส่หมูสับ

**Ingredients:** cabbage, minced pork, onions, egg, sugar, oyster sauce, fish sauce, soy sauce, oil

**Where:** Any stir fried rice restaurant or street stall

**Price:** SP – 40 THB, RP – 70 THB

**Note:** this is not a commonly ordered dish, but it is delicious and can be widely made (GT, NS, SF)

**Healthy / Vegetarian:** with no meat (mai ow neua) ไม่เอาเนื้อ, with no oil (mai ow nam man) ไม่เอาน้ำมัน



## \*Fragrant Shrimp Rice with Mixed Toppings

Khao Kluk Kapi (kâao klúk gápì) ข้าวคลุกกะปิ

**Ingredients:** rice, shrimp paste, sugar, green mango, egg, string beans, onions, chili peppers, lime, sweet pork

**Where:** served only at selective restaurants, sometimes packaged to go

**Price:** SP – 40 THB

**Notes:** delicious rice mixture dish, (GT, NS, Sal)



## Grilled Pork Sticks with Sticky Rice

Khao Neow Moo Yang / Moo Ping (kâao nĕow mǎo yâang) / (mǎo bpĭng) ข้าวเหนียวหมูย่าง / หมูปิ้ง

**Ingredients:** pork marinated in sweet soy sauce, sticky rice

**Where:** all over the streets of Thailand

**Price:** SP – 5 THB / stick

**Notes:** sticky rice with grilled pork skewer kebabs, always available everywhere and delicious, (GT, NS, G)



## Deep Fried Pork

**Moo Tod (möö-tôt)** หมูทอด

**Ingredients:** pork, garlic, black pepper, oyster sauce, soy sauce, fish sauce, sugar, oil

**Where:** at General Thai restaurants / stalls

**Price:** SP – 35 THB, RP – 60 THB

**Notes:** deep fried strips of pork, (GT, NS, DF)



## \*Dried and Fried Pork

**Moo Daet Deow (möö dàet dieow)** หมูแดดเดียว

**Ingredients:** pork marinated in sweet soy, dried for a day and then grilled

**Where:** sometimes hanging on top of a street cart or available at General Thai restaurants

**Price:** SP – 20-40 THB, RP – 100 THB

**Notes:** awesome flavor (GT, NS, DF)



## Thai Self-Serve Barbecue

**Moo Ga Ta (möö gà-tá)** หมูกระทะ

**Ingredients:** mix of all kinds of meat and all kinds of vegetables

**Where:** there are huge Thai barbecue restaurants all over Thailand, some cater to huge crowds

**Price:** 89 – 129 THB Buffet

**Notes:** a small grill is placed on your table and you grab as much raw meat and vegetables as you want and cook them all yourself, cheap but not always the best quality, (All/Any)

**Healthy / Vegetarian:** caters to all you can eat meat, but also includes a huge selection of all you can eat vegetables, for the price, all you can eat vegetables is great too!





## Stir Fried Chicken and Peppers

Gai Pad Prik Yuak (gài pàt prik-yuak) ไก่ผัดพริกหยวก

**Ingredients:** chicken, banana peppers, onions, carrots, spring onions, oyster sauce, soy sauce, fish sauce, sugar, oil

**Where:** all General Thai food restaurants, stalls

**Price:** SP – 50 THB, RP – 70 THB

**Notes:** (GT, NS, SF)



## \*Stir Fried Chicken with Ginger

Gai Pad King (gài pàt kīng) ไก่ผัดขิง

**Ingredients:** chicken, ginger, various fungus, mushrooms, onions, oyster sauce, garlic, fish sauce, sugar, oil

**Where:** all General Thai food restaurants, stalls

**Price:** SP – 50 THB, RP – 70 THB

**Notes:** if you like ginger, this is for you (GT, S, SF)



## Chicken with Cashew Nuts

Gai Pad Met Ma Muang (gài pàt mét má-mûang) ไก่ผัดเม็ดมะม่วง

**Ingredients:** chicken, cashew nuts, onions, dried chilies, bell peppers, roasted chili paste, oyster sauce, fish sauce, soy sauce, sugar

**Where:** selected General Thai food restaurants / stalls

**Price:** SP – 80 THB, RP – 150 THB

**Notes:** tends to be quite a popular dish with foreigners (GT, NS, SF)



## \*Stir Fried Chicken / Shrimp with Chili Paste

Gai / Goong Pad Prik Gaeng (gài pàt prik gaeng) ไก่ผัดพริกแกง

**Ingredients:** chicken / shrimp, red chili paste, green beans, chili peppers, kaffir lime leaves, garlic, soy sauce, oil, sugar

**Where:** all General Thai restaurants / stalls

**Price:** SP - 50 THB, RP - 80 THB

**Notes:** delicious stir fried red chili dish, (GT, S, SF)



## Sweet and Sour Chicken

**Pad Preow Wan Gai (pàt bpríeow wǎan gàì)** ผัดเปรี้ยวหวานไก่

**Ingredients:** chicken, pineapple, onions, bell peppers, cucumber, carrots, ketchup, oyster sauce, sugar, fish sauce, soy sauce

**Where:** General Thai food restaurant / stalls

**Price:** SP - 40 THB, RP - 70 THB

**Notes:** everyone makes a slightly different version, be warned - a little different from the Chinese version (GT, NS, SF)



## Thai Fried Chicken

**Gai Tod (gài tót)** ไก่ทอด

**Ingredients:** chicken, oil, Thai spices

**Where:** it is visible and smellable from far away

**Price:** SP - 15 THB

**Notes:** Thai fried chicken is tasty especially with sticky rice, (GT, NS, DF)



## Thai Grilled Chicken

**Gai Yang (gài yâang)** ไก่ย่าง

**Ingredients:** grilled chicken marinated in a sweet soy sauce

**Where:** everywhere

**Price:** SP - 30 THB

**Notes:** a hot piece of grilled chicken with sticky rice and som tam is spectacular (GT, NS, G)



## Pork Sticks with Peanut Sauce

**Gai / Moo Satay** ไก่ / หมูสะเต๊ะ

**Ingredients:** chicken/pork marinated in yellow sauce, served with a sweet peanut sauce

**Where:** Thai Islam food restaurants or on the side of the street

**Price:** SP - 3 THB / stick

**Notes:** very tasty small skewers, amazing with the sweet peanut sauce, (GT, NS, G)





## Steamed Chicken and Rice

**Khao Man Gai (kâao man gàì)** ข้าวมันไก่

**Ingredients:** boiled chicken, chicken stock rice, parsley, chili sauce, chicken soup

**Where:** restaurants or stalls will have white boiled chickens hanging in the front

**Price:** SP - 30 THB

**Notes:** simple but popular and tasty, the sauce is the key to success, (GT, NS, B)

**Healthy Tip:** chicken with no skin (mai ow nong) ไม่เอาหนัง



## \*Rice and Chicken Biryani

**Khao Mok Gai (kâao mòk gàì)** ข้าวหมกไก่

**Ingredients:** rice, chicken, oil, turmeric, cardamom, variety of spices, cucumber pickle

**Where:** at Thai Islam restaurants or Halal stalls, search for a big pot full of bright yellow rice

**Price:** SP – 40 THB, RP – 50 THB

**Notes:** almost exclusively a dish made as Thai Muslim (Halal) dish, Thai version of Indian biryani, (GT, NS, B)



## Chicken Fried Rice

**Khao Pad Gai (kâao pàt gàì)** ข้าวผัดไก่

**Ingredients:** rice, chicken, egg, tomato, onions, soy sauce, fish sauce, sugar, oil

**Where:** virtually all restaurant and street stall that serve General Thai food

**Price:** SP - 30 THB, RP - 50 THB

**Notes:** great to eat with a splash of fish sauce and chillies, (GT, NS, SF)



## \*Spicy Grilled Beef Salad

Nam Tok Neua Yang (náam dtòk néua) น้ำตกเนื้อย่าง

**Ingredients:** beef, chili flakes, toasted rice flakes, garlic, chili peppers, black peppers, sugar, soy sauce, fish sauce, lime juice

**Where:** at select Isan restaurants / stalls

**Price:** SP - 40 THB

**Notes:** (I, S, Sal)



## Beef Curry

Gaeng Neua (gaeng néua) แกงเนื้อ

**Ingredients:** beef, coconut milk, kaffir lime leaves, basil, chili peppers, garlic, lemongrass, black pepper, fish sauce, curry paste, Thai tiny eggplant

**Where:** some General Thai restaurants / stalls

**Price:** SP - 50 THB, RP - 80 THB

**Notes:** (GT, S, Curry)



## Grilled Beef

Neua Yang (néua yâang) เนื้อย่าง

**Ingredients:** beef grilled

**Where:** select Isan restaurants / stalls

**Price:** SP - 50 THB

**Notes:** beef can be hard to find, but available at some restaurants (I, NS, G)



\*More Beef, see Noodles, Soups



## \*Thai Pork Omelet

Kai Jeow Moo Saap (kài jieow mǎo sàp) ไข่เจียวหมูสับ

**Ingredients:** egg, minced pork, soy sauce, fish sauce, black pepper, oil

**Where:** everywhere

**Price:** SP - 30 THB, RP - 60 THB

**Notes:** awesome with white rice and Thai tomato sauce (GT, NS, SF)



## Steamed Egg

Kai Toon (kài dtǔn) ไข่ตุ๋น

**Ingredients:** egg, minced pork, onions, black pepper, soy sauce, oil

**Where:** found at most General Thai food restaurants

**Price:** SP - 30 THB, RP - 50 THB

**Notes:** (GT, NS, SD)

**Healthy Tip:** healthy steamed egg dish, great to eat with rice



## \*Stuffed Omelet with Rice

Kai Yat Sai (kài yát sài) ไข่ยัดไส้

**Ingredients:** egg, minced pork, carrots, onions, tomatoes, ketchup, sugar, soy sauce, oil

**Where:** most General Thai restaurants

**Price:** SP - 40 THB, RP - 60 THB

**Notes:** thin egg omelet filled with pork and eaten over white rice (GT, NS, SF)



## Fried Egg Salad

Yam Kai Dao (yam kài daao) ยำไข่ดาว

**Ingredients:** fried egg, cucumbers, onions, celery, tomatoes, lime juice, chilies

**Where:** General Thai restaurants / stalls

**Price:** SP - 30 THB

**Notes:** (GT, S, Sal)



## \*Roasted Fish

Pla Pao (bplaa pǎo) ปลาเผา

**Ingredients:** fish, salt, lemongrass

**Where:** restaurants will have the fish grilling outside, look for salted fish

**Price:** depending on type / size of fish – SP – 200 THB

**Notes:** often eaten with som tam Isan food (I, NS, G)

**Healthy Tip:** low fat and not fried, plain fish grilled with salt



## Grilled Catfish (Clarias)

Pla Duk Yang (bplaa-dùk yâang) ปลาอุกย่าง

**Ingredients:** cat fish, sauce

**Where:** especially at Isan restaurants and stalls

**Price:** SP – 60 THB

**Notes:** (I, NS, G)



## Deep Fried Tilapia with Garlic

Pla Taptim Tod Gratiam (bplaa táp-tim tót grà-tiam) ปลา

ทับทิมทอดกระเทียม

**Ingredients:** tilapia fish, salt, garlic, oil, chili sauce

**Where:** Thai seafood restaurants

**Price:** RP – 200 THB

**Notes:** served with fiery chili sauce, (GT, NS, DF)



## \*Snakehead Fish in Sweet and Sour Soup

Gaeng Som Pla Chon (gaeng sôm bplaa chôn) แกงส้มปลา

ช่อน

**Ingredients:** snakehead fish, sugar, chili peppers, sweet and sour curry paste, sour tamarind juice, fish sauce, mixed vegetables

**Where:** General Thai food restaurants

**Price:** RP – 250 THB

**Notes:** deep fried dish in a sweet and sour soup (GT, S, DF/SD)





## Steamed Snakehead Fish with Vegetables

Pla Chon Lui Suan (bplaa chôn lui sŭan) ปลาช่อนลุยสวน

**Ingredients:** snakehead fish, carrots, green beans, steamed vegetables, chili sauce

**Where:** Isan restaurants

**Price:** RP – 200 THB

**Notes:** (I, NS, SD)

**Healthy Tip:** steamed fish with steamed vegetables



## \*Steamed Lemon Sea Bass

Pla Kahpung Neung Manao (bplaa-gà-pong nêung má-naao) ปลากระพงนึ่งมะนาว

**Ingredients:** sea bass fish, lime, chili, garlic

**Where:** Thai seafood restaurants, some Isan restaurants

**Price:** RP – 250 THB

**Notes:** (GT, S, SD)

**Healthy Tip:** healthy steamed white fish



## \*Sea Bass Steamed with Soy Sauce

Pla Kahpung Neung See Ew (bplaa-gà-pong nêung see-íw) ปลากระพงนึ่งซีอิ๊ว

**Ingredients:** sea bass fish, soy sauce, ginger, celery leaves

**Where:** Thai seafood restaurants

**Price:** RP – 250 THB

**Notes:** (GT, NS, SD)

**Healthy Tip:** healthy steamed white fish



## \*Stir Fried Fish with Celery Leaves

Pad Pla Keun Chai (pàt bplaa kêun-chàai) ผัดปลาคั่นฉ่าย

**Ingredients:** various fish, celery leaves, chili peppers, oyster sauce, soy sauce, fish sauce, sugar, garlic

**Where:** seafood restaurants and sometimes General Thai restaurants

**Price:** SP – 80 THB, RP – 150 THB

**Notes:** 1 of my favorites (GT, NS, SF)



## \*Spicy Catfish Salad

Larb Pla Duk (lâap bplaa-dùk) ลาบปลาดุก

**Ingredients:** grilled catfish, dry chili, onions, roasted rice flakes, fish sauce, sugar, lime juice, parsley

**Where:** Isan restaurants where they have grilled catfish

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** great spicy fish dish (I, S, Sal)



## \*Deep Fried Catfish Salad

Yam Pla Duk Foo (yam bplaa-dùk foo) ยำปลาดุกฟู

**Ingredients:** catfish, oil, peanuts, green mango, onions, chili peppers, sugar, fish sauce, lime juice

**Where:** mostly at Isan sit down restaurants

**Price:** RP – 120 THB

**Notes:** deep fried fluffy catfish served with a sweet and sour peanut sauce to pour over (I, S, DF)



## \*Vegetable and Fish Lettuce Wraps (Mackerel)

Miang Bplaa Too (miang bplaa too) เมี่ยงปลาทู

**Ingredients:** mackerel fish, lettuce, rice noodles, garlic, peanut lime sauce

**Where:** selected few restaurants

**Price:** RP – 120 THB

**Notes:** excellent dish but rare to find, ask around, (GT, NS, Sal)

**Healthy / Vegetarian:** with no fish, only vegetarian (mai ow bplaa) ไม่เอาปลา





## \*Seafood Curry in Coconut

Hor Mok Ma Prao On (hòr-mòk má-práo òn) ห่อหมกมะพร้าวอ่อน

**Ingredients:** mixed seafood, coconut milk, eggs, basil, kaffir lime leaves, Thai curry paste, fish sauce, coconut

**Where:** Thai seafood restaurant

**Price:** RP – 120 THB

**Notes:** usually served inside a coconut shell, (GT, NS, Curry)



## Stir Fried Squid with Salted Eggs

Pad Pla Meuk Kai Kem (pàt bplaa mèuk kài kem) ผัดปลาหมึกไข่เค็ม

**Ingredients:** squid, salted egg, celery leaves, chili paste, onions, garlic, fish sauce, oil

**Where:** Thai seafood restaurant

**Price:** RP – 150 THB

**Notes:** the salty egg complements the squid nicely, (GT, NS, SF)



## Grilled Squid

Pla Meuk Yang (bplaa mèuk yâang) ปลาหมึกย่าง

**Ingredients:** squid, seafood sauce

**Where:** Thai seafood restaurant and streetside

**Price:** SP – 30 THB, RP – 100 THB

**Notes:** grilled on skewers on the streets, (GT, NS, G)



## Female Squid Steamed with Lemon

Pla Meuk Kai Neung Manao (mèuk kài nêung má-naao)

หมึกไข่หนึ่งมะนาว

**Ingredients:** female squid, lime juice, garlic, chili peppers, fish sauce, sugar

**Where:** Thai seafood restaurants

**Price:** RP – 250 THB

**Notes:** (GT, S, SD)

**Healthy**



## Sweet and Sour Shrimp Soup

**Gaeng Som Goong (gaeng sôm gûng)** แกงส้มกุ้ง

**Ingredients:** shrimp, sugar, chili peppers, sweet and sour curry paste, sour tamarind juice, fish sauce, mixed vegetables

**Where:** General Thai restaurant

**Price:** SP – 80 THB, RP – 120 THB

**Notes:** (GT, S, B)



## \*Raw Shrimp in Fish Sauce

**Goong Chae Nam Pla (gûng chǎe-náam bplaa)** กุ้งแช่น้ำปลา

**Ingredients:** raw shrimp, lime, chili peppers, garlic, fish sauce

**Where:** Thai seafood restaurants

**Price:** RP – 100 THB

**Notes:** the shrimp semi cooks in the lime juice acid, (GT, S, Raw)



## Grilled Prawns

**Goong Pao (gûng pǎo)** กุ้งเผา

**Ingredients:** prawns, sweet chili sauce

**Where:** Thai seafood restaurants

**Price:** RP – 200 THB

**Notes:** (GT, NS, G)



## \*Thai Yellow Egg Curry with Crab

**Boo Pad Pongali (bpoo pát pǒng gǎrèe)** ไข่ผัดผงกะหรี่

**Ingredients:** crab, egg, yellow curry, onions, celery leaves, condensed milk, garlic, oil

**Where:** Thai seafood restaurants

**Price:** RP – 200 THB

**Notes:** (GT, NS, SF)





## \*Crab with Pepper Sauce

Boo Pad Prik Tai Dam (bpoo pàt prik tai dam) ปูผัดพริกไทยดำ

**Ingredients:** crab, black pepper, onions, oyster sauce, fish sauce

**Where:** Thai seafood restaurants

**Price:** RP - 250 THB

**Notes:** (GT, NS, SF)



## Steamed Crab

Boo Neung (bpoo nêung) ปูนึ่ง

**Ingredients:** crab, sweet sour seafood sauce

**Where:** Thai seafood restaurants

**Price:** RP – 250 THB

**Notes:** served with spicy sauce, (GT, NS, SD)



## \*Horseshoe Crab Salad

Yam Kai Maeng Daa (yam kài maeng-daa) ยำไข่แมงดา

**Ingredients:** horseshoe crab, green mango, chili peppers, fish sauce, lime juice, peanuts, sugar, garlic

**Where:** Thai seafood restaurants

**Price:** RP – 200 THB

**Notes:** mango salad with horseshoe crab eggs, (GT, S, Sal)

**Healthy Tip:** mostly mango salad with horseshoe crab



## \*Clams Stir Fried with Roasted Chili Sauce

Hoy Lai Pad Nam Prik Pao (hǒi laai pàt náam prik pǎo)

หอยลายผัดน้ำพริกเผา

**Ingredients:** clams, roasted chili paste, Thai basil, sugar, fish sauce, oyster sauce

**Where:** Thai seafood restaurants

**Price:** RP – 120 THB

**Notes:** (GT, S, SF)



## Thai Raw Oysters

Hoy Naang Rom Sot (hǒi naang rom sòt) หอยนางรมสด

**Ingredients:** raw oysters, seafood sauce, fried onions

**Where:** Thai seafood restaurants

**Price:** SP - 150 THB, RP – 50 THB / 1 Big

**Notes:** come in many different sizes, (GT, NS, Raw)



## Thai Boiled Cockles

Hoy Kraeng Luak (hǒi kraeng lûak) หอยแครงลวก

**Ingredients:** cockles, sweet sour spicy seafood sauce

**Where:** Isan restaurants and Thai seafood restaurants

**Price:** SP – 70 THB, RP – 100 THB

**Notes:** often considered a “tong sia” dish (I, NS, SD)



## \*Winged Bean Shrimp Salad

Yam Tua Plu (yam tùa ploo) ยำถั่วพู

**Ingredients:** wing beans, shrimp, boiled egg, roasted chili sauce, fried coconut, fish sauce, sugar, lime juice

**Where:** Isan restaurants and General Thai food restaurants

**Price:** RP – 70 THB

**Notes:** great salad with diverse range of flavors (I, S, Sal)



## \*Lemongrass Salad with Fresh Shrimp

Yam Takrai Goong Sot (yam dtà-krái gûng sòt) ยำตะไคร้กุ้งสด

**Ingredients:** lemongrass, shrimp, onions, cashews, lime juice, fish sauce, sugar, parsley

**Where:** Isan restaurants and General Thai food restaurants

**Price:** SP - 50 THB

**Notes:** one of my personal favorites (I, S, Sal)





## Sizzling Oyster Omelet

Or Suan (or sùan) ออสุ่าน

**Ingredients:** oysters, flour, oil, bean sprouts

**Where:** Thai seafood restaurants

**Price:** RP – 100 THB

**Notes:** fancy version of hoy tod, served on a sizzling skillet, (GT, NS, DF)



## \*Oyster Omelet

Hoy Tod (hǒi tót) หอยทอด

**Ingredients:** oysters / mussels, flour, oil, bean sprouts

**Where:** at separate street stalls

**Price:** SP – 30 THB

**Notes:** greasy oyster omelet served with sweet tomato sauce (GT, NS, DF)



## \*Fried Wide Rice Noodles with Assorted Vegetables

Gai Pad Kee Mao Sen Yai (gài pàt kêe mao sên yài) ไก่ผัดซีอิ้ว  
เหมาเส้นใหญ่

**Ingredients:** wide rice noodles, chicken, basil, chili peppers, mixed vegetables, garlic, fish sauce, sugar, soy sauce, oil

**Where:** many General Thai food restaurants

**Price:** SP – 40 THB, RP – 70 THB

**Notes:** great fried noodles, (GT, NS, SF)

**Healthy / Vegetarian:** little oil / no meat (nam man nidnhoi / mai ow neua (omit "Gai") ใส่น้ำมันนิดหน่อย / ไม่เอาเนื้อ)



## \*Wide Rice Noodles Fried with Soy Sauce

Pad See Ew (pàt-see-íw) ผัดซีอิ้ว

**Ingredients:** wide rice noodles, pork, Chinese kale, soy sauce, fish sauce, sugar, oil

**Where:** many General Thai restaurants

**Price:** SP – 30 THB

**Notes:** a popular stir fried noodles dish, (GT, NS, SF)



## Thai Fried Noodles

Pad Thai (pàt tai) ผัดไทย

**Ingredients:** rice noodles, tofu, dried shrimp, peanuts, eggs, chili flakes, sugar, fish sauce, garnish vegetables, oil

**Where:** pad Thai special street carts

**Price:** SP – 30 THB

**Notes:** widely one of the more popular tourist Thai dishes (GT, NS, SF)

**Healthy Tip:** little oil (nam man nidnhoi) ใส่น้ำมันนิดหน่อย



## Roasted Rice Noodles with Chicken and Eggs

Kuay Teow Kua Gai (güay dtiew kûa gài) ก๋วยเตี๋ยวคั่วไก่

**Ingredients:** wide rice noodles, chicken, eggs, spring onions, parsley, black pepper, oil, oyster sauce, soy sauce, fish sauce

**Where:** selected General Thai restaurants / stalls

**Price:** SP – 40 THB

**Notes:** slow cooked noodles mixed with eggs, (GT, NS, SF)





## Mixed Stir Fried Thai Mama Instant Noodles

Pad Mama (pàt maa-mâa) ผัดมาม่า

**Ingredients:** mama noodles, pork, onions, Chinese kale, oyster sauce, fish sauce, sugar, oil

**Where:** General Thai food restaurants / stalls

**Price:** SP – 30 THB

**Notes:** instant noodles but quite popular, (GT, NS, SF)



## \*Northern Thai Curry Noodles

Khao Soi (kâao soi) ข้าวซอย

**Ingredients:** yellow egg noodles, chicken, curry paste, yellow curry, sugar, ginger, onions, coconut milk, oil

**Where:** northern Thai food restaurants

**Price:** SP – 40 THB

**Notes:** famous Northern Thai dish, (GT, NS, Curry)



## Duck with Egg Noodles

Ba mee Bpet Yang (bà-mèe bpèt yâang) บะหมี่เป็ดย่าง

**Ingredients:** noodles, duck, soup, sweet sauce

**Where:** specific restaurants where ducks are hanging in glass cabinet

**Price:** SP – 40 THB

**Notes:** duck served over noodles (GT, NS, B)



## Soup Dumplings

Giew Nam (giew nam) เกี้ยวน้ำ

**Ingredients:** noodle wrapper, shrimp/pork, garlic, salt, sugar, soup

**Where:** find at duck restaurants

**Price:** SP – 30 THB

**Notes:** similar to Chinese wonton, (GT, NS, B)



## \*Wide Rice Noodles with Gravy

Sen Yai Rad Na (sên yài rât-nâa) เส้นใหญ่ราดหน้า

**Ingredients:** wide rice noodles, pork, Chinese kale, fermented soybean sauce, flour, gravy, soy sauce, fish sauce, sugar

**Where:** General Thai restaurants

**Price:** SP – 30 THB

**Notes:** wide rice noodles covered in a brown gravy of pork and small vegetables, (GT, NS, SF)

**Healthy / Vegetarian:** no meat (mai ow neua) ไม่เอาเนื้อ



## \*Boat Noodle Soup

Kuay Teow Reua (gŭay dtĕow reua) ก๋วยเตี๋ยวเรือ

**Ingredients:** choice of noodles (sen yai, sen lek, sen mee), pork balls, beef or pork, soup made from blood

**Where:** specific restaurants around Thailand, often there is a small boat at the front of the restaurant

**Price:** SP – 10-20 THB / bowl

**Notes:** often served in small bowls so you need to eat many bowls (GT, S, B)



## \*Beef Noodle Soup

Sen Lek Neua (sên lék néua) เส้นเล็กเนื้อ

**Ingredients:** noodles, beef, beef balls, morning glory, soup broth, bean sprouts

**Where:** select beef noodles restaurants

**Price:** SP – 30 THB

**Notes:** (GT, NS, B)



## \*Noodles with Spicy Soup

Ba Mi / Sen Lek Tom Yum (bà-mèe / sên lék dtôm yam)

บะหมี่ / เส้นเล็กต้มยำ

**Ingredients:** egg noodles / rice noodles, red pork, spicy soup, peanuts, herb garnish

**Where:** street carts serving noodles

**Price:** SP – 30 THB

**Notes:** sometimes eaten with a scoop of sugar, extra chili flakes and vinegar, (GT, S, B)





## Rice Noodles Rolls in Clear Soup

Kuay Jap Nam Sai / Nam Khon (güay jap nam sai / nam kon) ก๋วยจั๊บน้ำใส / น้ำข้น

**Ingredients:** noodle rolls, crispy pork, pork parts, egg, peppery

**Where:** street stalls, famous in Yaowarat

**Price:** SP – 30 THB

**Notes:** nam sai is clear soup, nam kon is black soy sauce soup (GT, NS, B)



## Wide Rice Noodles in Pink Soup

Yen Ta Fo (yen dtaa fo) เย็นตาโฟ

**Ingredients:** wide rice noodles, fermented tofu, squid, fried fish balls, morning glory

**Where:** stalls will have noodles, dried squid, and a few vegetables hanging in the front display

**Price:** SP – 30 THB

**Notes:** bright pink noodles and soup, (GT, NS, Soup)



## Thai Chicken Noodle Soup

Kuay Teow Gai (güay dtiew gài) ก๋วยเตี๋ยวไก่

**Ingredients:** noodles, chicken, chicken broth, green vegetable

**Where:** specific chicken noodle stalls

**Price:** SP – 30 THB

**Notes:** (GT, NS, B)



## \*Soup Noodles with Pork Ribs

Kuay Teow See Krong Moo (güay dtiew sêe krong möö) ก๋วยเตี๋ยวซี่โครงหมู

**Ingredients:** noodles, pork ribs, lemony soup, vegetable garnish

**Where:** carts will have slabs of ribs and noodles hanging in the display cabinet

**Price:** SP – 40 THB

**Notes:** the ribs are cooked to fall off the bone, (GT, NS, B)



## \*Curry Noodles

Kuay Teow Gaeng (güay dtiew gaeng) ก๋วยเตี๋ยวแกง

**Ingredients:** noodles, yellow curry sauce, coconut milk, dried chilies, fried onions

**Where:** only at select street stalls or Muslim restaurants

**Price:** SP – 40 THB

**Notes:** normal noodles and chicken (GT, NS, B)



## Egg Noodles with Crab

Ba Mee Boo (bà-mèe bpoo) บะหมี่ปู

**Ingredients:** egg noodles, crab, soup, Chinese kale

**Where:** specific restaurants only serving ba mee boo

**Price:** SP – 50 THB

**Notes:** (GT, NS, B)



## Noodles with Steamed Pork

Kuay Teow Moo Toon (güay dtiew mǎo dtūn) ก๋วยเตี๋ยวหมูตุ๋น

**Ingredients:** noodles, boiled pork, small vegetables

**Where:** check at any street noodle stall

**Price:** SP – 40 THB

**Notes:** (GT, NS, B)



## \*Fresh Spring Rolls

Kuay Teow Lui Suan (güay dtiew lui sǔan) ก๋วยเตี๋ยวลวสุวน

**Ingredients:** rice noodle sheets, ground pork, carrots, lettuce, peanuts, basil, herbs, eaten with garlic lime chili sauce

**Where:** random locations on the street, look for white fresh spring rolls

**Price:** SP – 40 THB

**Notes:** Thai variation of fresh spring rolls, (GT, S, Sal)

**Healthy Tip:** fresh spring rolls usually prepared with only a little meat for flavoring





## Mungbean Noodles with Shrimp and Soy Sauce

Goong Op Woon Sen (gûng òp wún sên) กุ้งอบวุ้นเส้น

**Ingredients:** mungbean noodles, shrimp, oyster sauce, soy sauce, sugar, spring onions, parsley

**Where:** Thai seafood restaurants

**Price:** RP – 120 THB

**Notes:** similar to glass noodles, (GT, NS, Oven)



## \*Mungbean Noodles Salad

Yam Woon Sen (yam wún-sên) ยำวุ้นเส้น

**Ingredients:** mungbean noodles, shrimp, squid, tomatoes, onions, lime juice, chili peppers, fish sauce

**Where:** many General Thai restaurants / stalls

**Price:** SP – 50 THB, RP – 120 THB

**Notes:** great noodle spicy salad, (GT, S, Sal)

**Healthy / Vegetarian:** great glass noodle salad, can be ordered with no seafood - (mai ow neua) ไม่เอาเนื้อ



## \*Green Curry Chicken

**Gaeng Keow Waan Gai** (gaeng kĕow wǎan gài) แกงเขียวหวานไก่

**Ingredients:** chicken, coconut milk, Thai eggplant, basil, bamboo shoots, chili peppers, green curry paste, fish sauce, sugar

**Where:** many General Thai restaurants

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** a signature Thai recipe (GT, NS, B)



## \*Red Curry with Chicken and Coconut Cream

**Panang Gai** (phanaeng gài) แพนงไก่

**Ingredients:** chicken, coconut milk, panang curry paste, chili peppers, kaffir lime leaves, sugar, fish sauce

**Where:** General Thai restaurants

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** a popular Thai curry (GT, S, SF)



## \*Thai Yellow Egg Curry with Chicken

**Gai Pad Pongali** (gài pàt pǒng gàrèe) ไก่ผัดผงกะหรี่

**Ingredients:** chicken, egg, yellow curry, onions, celery leaves, condensed milk, garlic, oil

**Where:** General Thai restaurants

**Price:** SP – 50 THB, RP – 100 THB

**Notes:** (GT, NS, SF)



## \*Muslim Chicken Peanut Curry

**Gaeng Massaman Gai** (mát-sà-màn gài) แกงมัสมั่นไก่

**Ingredients:** chicken, coconut milk, peanuts, onions, potatoes, massaman peanut curry paste, sugar, fish sauce

**Where:** General Thai food and Muslim restaurants

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** delicious peanut flavored curry, (GT, NS, B)





## Thai Curry

**Gaeng Gali Gai (gaeng gàrèe gai)** แกงกะหรี่ไก่

**Ingredients:** chicken, coconut milk, yellow curry, potatoes, onions, soy sauce, sugar

**Where:** mostly Muslim restaurants

**Price:** SP – 60 THB, RP – 120 THB

**Notes:** made with chicken or beef (GT, S, B)



## \*Thai Hunglei Curry

**Gaeng Hanglay (gaeng hanglay)** แกงฮังเล

**Ingredients:** pork, coconut milk, ginger, peanuts, pickled garlic, hanglay curry paste

**Where:** Northern Thai restaurants, popular in Chiang Mai

**Price:** SP – 70 THB, RP – 150 THB

**Notes:** popular Northern Thai curry, (GT, NS, B)



## Thai Roasted Duck Curry

**Gaeng Pet Bpet Yaang (gaeng pèt bpèt yâang)** แกงเป็ดเป็ดย่าง

**Ingredients:** grilled duck, pineapple, curry paste, soy sauce, sugar, kaffir lime leaves, tomatoes

**Where:** General Thai, but rare restaurants

**Price:** RP - 120 THB

**Notes:** sometimes hard to find except at nicer restaurants, (GT, S, B)



## Thai Taypo Curry

**Gaeng Taypo (gaeng tay poh)** แกงเทโพ

**Ingredients:** pork, coconut milk, morning glory, kaffir lime leaves, curry paste, sugar, fish sauce

**Where:** select General Thai restaurants

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** (GT, S, B)



## Salty Fish Kidney Curry

Gaeng Tai Pla (gaeng dtai bplaa) แกงไตปลา

**Ingredients:** grilled fish, shrimp paste, fish stomach, sugar, kaffir lime leaf, lime juice, lemongrass, onions, garlic, black pepper

**Where:** mostly Southern Thailand restaurants

**Price:** SP – 60 THB, RP – 100 THB

**Notes:** a strong salty fish curry (GT, S, B)



## \*Fermented Rice Noodles with Curry

Kanom Jeen (kà-nǒm jeen) ขนมน้ำจิ้ม

Usually served as a plate of kanom jeen noodles, a choice of curry, and self garnished with a selection of fresh vegetables and herbs.

Here are the most popular types of curry to eat with kanom jeen:

### 1. Sweet Coconut Curry (kà-nǒm jeen náam yaa gà-tí)

ขนมน้ำยากะทิ

### 2. Green Chicken Curry (kà-nǒm jeen gaeng kĕow wǎan gài)

ขนมน้ำแกงเขียวหวานไก่

### 3. Sweet Curry (kà-nǒm jeen náam prík)

ขนมน้ำพริก

### 4. Thin Pork Meat Sauce (kà-nǒm jeen náam ngĕow)

ขนมน้ำเจียว

### 5. Fish Kidney Curry (kà-nǒm jeen gaeng dtai bplaa)

ขนมน้ำแกงไตปลา



kà-nǒm jeen náam yaa gà-tí



kà-nǒm jeen náam ngĕow

**Where:** specific restaurants / stalls or look for kanom jeen (white noodles) in banana leaf wrappers

**Price:** SP – 20 THB

**Notes:** usually very little or no meat (GT, S/NS, B)

**Healthy Tip:** eaten with a selection of herbs and raw vegetables, no meat (mai ow neua) ไม่เอาเนื้อ



## \*Creamy Spicy Thai Soup with Shrimp

Tom Yum Goong Nam Khon (dtôm yam gûng nám kôn)

ต้มยำกุ้งน้ำข้น

**Ingredients:** shrimp, mushrooms, tomatoes, onions, galangal, lemongrass, kaffir lime leaves, parsley, chili peppers, chili pate, condensed milk, fish sauce, sugar, lime juice

**Where:** all General Thai restaurants

**Price:** SP – 70 THB, RP – 150 THB

**Notes:** a local favorite soup encompassing sour and spicy flavors (GT, S, B)



## \*Clear Spicy Thai Soup with Shrimp

Tom Yum Goong Nam Sai (dtôm yam gûng nám sǎi)

ต้มยำกุ้งน้ำใส

**Ingredients:** shrimp, mushrooms, tomatoes, onions, galangal, lemongrass, kaffir lime leaves, parsley, chili peppers, chili pate, fish sauce, sugar, lime juice

**Where:** all General Thai restaurants

**Price:** SP – 70 THB, RP – 150 THB

**Notes:** same as above, but minus the condensed milk

**Healthy Tip:** made without the condensed milk, great herbs and spices (GT, S, B)



## Thai Coconut and Galangal Chicken Soup

Tom Kaa Gai (dtôm kàa gàì) ต้มข่าไก่

**Ingredients:** chicken, coconut milk, galangal, mushrooms, kaffir lime leaves, chili peppers, parsley, sugar, fish sauce, lime juice

**Where:** all General Thai food restaurants / stalls

**Price:** SP – 70 THB, RP – 150 THB

**Notes:** coconut milk based soup (GT, NS, B)



## Fish with Sweet and Sour Soup

Pla Tom Som (bplaa dtôm sôm) ปลาช่อนต้มส้ม

**Ingredients:** fish, cumin root, onions, lemongrass, chili peppers, lime juice, fish sauce, sugar, herb garnish

**Where:** Southern Thai dish

**Price:** SP – 60 THB, RP – 120 THB

**Notes:** (GT, NS, B)



## \*Isan Sour Pork Soup

Tom Saap Moo (dtôm sâep) ต้มแซบ

**Ingredients:** pork, lemongrass, mushrooms, kaffir lime leaves, chili peppers, onions, parsley, fish sauce, sugar, lime juice

**Where:** Isan restaurants and stalls

**Price:** SP – 60, RP – 100 THB

**Notes:** clear sour spicy soup (I, S, B)



## Catfish Soup

Tom Klong Bplaa Duk (dtôm klóhng bplaa-dùk) ต้มโคล้งปลา  
ดุก

**Ingredients:** catfish, lemongrass, mushrooms, kaffir lime leaves, dried chilies, chili peppers, onions, parsley, fish sauce, sugar, lime juice

**Where:** Isan restaurants and stalls

**Price:** SP – 60, RP – 100 THB

**Notes:** very similar to tom saap, but with catfish and dried chilies (I, S, B)



## \*Sweet and Sour Vegetable Soup

Gaeng Som Pak Ruam (gaeng sôm pàk ruam) แกงส้มผักรวม

**Ingredients:** mixed vegetables on hand, fish, sweet and sour curry paste, sour tamarind water, fish sauce, sugar

**Where:** all General Thai restaurants

**Price:** SP – 60 THB, RP – 120 THB

**Notes:** Thai version of sweet and sour soup, (GT, S, B)

**Healthy / Vegetarian:** mixed vegetable soup, no meat (mai ow neua) ไม่เอาเนื้อ



## \*Thai Mushroom Stew

Gaeng Het (gaeng hèt) แกงเห็ด

**Ingredients:** mushrooms varieties, chili peppers, mushroom soup, herbs, small vegetables

**Where:** Isan street carts

**Price:** SP – 20 THB

**Notes:** enjoy mushrooms? This is for you (I, S, B)

**Healthy / Vegetarian:** Mushroom, herbs and vegetables in a flavorful vegetarian stew





## \*Healthy Clear Vegetable Soup

**Gaeng Jued Tao Hoo Moo Saap (gaeng jèut)** แกงจืดเต้าหู้หมูสับ

**Ingredients:** carrots, cabbage, onions, minced pork, tofu, celery, mungbean noodles, clear pork broth, salt, pepper

**Where:** all General Thai food restaurants

**Price:** SP – 50 THB, RP – 100 THB

**Notes:** healthy clear vegetable soup with, (GT, NS, B)

**Healthy / Vegetarian:** can be ordered as only vegetable and tofu soup, no meat (mai ow neua) ไม่เอาเนื้อ



## \*Hot Pot Soup

**Jim Jum (jìim jùm)** จิ้มจุ่ม

**Ingredients:** selection of vegetables, mungbean noodles, pork, eggs, clear soup made with pork and herbs

**Where:** on the street, look for small clay pots on tables, cooked by the individual

**Price:** SP – 100 THB

**Notes:** clay pot over charcoal used to boil your own vegetables, meat, eggs, and basil in a provided broth that is laced with ginger, garlic, lemongrass, and an assortment of other herbs, fun activity (I, NS, B)

**Healthy / Vegetarian:** no meat (mai ow neua) ไม่เอาเนื้อ



## \*Herbal Curry Soup

**Gaeng Leung (gaeng liang)** แกงเลียง

**Ingredients:** pumpkin, baby corn, luffa squash, ivy gourd vegetable, shrimp, soup, fish sauce, onions, black pepper, shrimp paste

**Where:** General Thai restaurants / stalls

**Price:** SP – 60 THB, RP - 100

**Notes:** (GT, S, B)

**Healthy / Vegetarian:** loaded with vegetables and herbs



## Fish Bladder Soup

**Gah Por Plah (grà-pór bplaa)** กระเพาะปลา

**Ingredients:** fish bladder, chicken, quail eggs, bamboo shoots, mushrooms, spring onions, thin rice noodles, black pepper

**Where:** usually specific street stalls

**Price:** SP - 30 THB

**Notes:** though sounds strange it is a very great dish (GT, NS, B)



## \*Thai Spicy Beef Soup

Soup Neua (súp néua) ซุปเนื้อ

**Ingredients:** beef, onions, tomatoes, parsley, fried garlic, dried chilies, beef broth, fish sauce, lime juice, sugar

**Where:** mostly served at Thai Muslim restaurants

**Price:** SP – 60 THB, RP – 120 THB

**Notes:** delicious Thai style beefy soup (GT, S, B)



## Pork Rice Soup

Joke Moo (jóhk mǎo) โจ๊กหมู

**Ingredients:** rice, pork, pork soup, soy sauce, salt, black pepper, egg, ginger, spring onions, garlic

**Where:** restaurants and stalls that specifically serve joke

**Price:** SP - 20 THB

**Notes:** (GT, NS, B)





## \*Mantis Shrimp in Fish Sauce

Gong Chae Nam Pla (gâng châe-náam bplaa) กุ้งแช่น้ำปลา

**Ingredients:** mantis prawns, fish sauce, lime juice, chili peppers, garlic, sugar

**Where:** most Yaowarat or Thai seafood restaurant

**Price:** SP - 100 THB

**Notes:** slimy and delicious, (GT, S, Raw)



## \*Frog fried with Basil

Kob Pad Ga Pao (gòp pàt grà pao) กบผัดกระเพรา

**Ingredients:** frog, Thai basil, chili peppers, green beans, oyster sauce, soy sauce, fish sauce, sugar, garlic, oil

**Where:** country style Thai restaurant / stalls

**Price:** SP - 100 THB

**Notes:** the meat is soft and sweet (GT, S, SF)



## Black Preserved Egg Salad

Yam Kai Yeow Maa (yam kài yîeow máa) ยำไข่เยี่ยวม้า

**Ingredients:** black preserved egg, chili peppers, onions, parsley, celery, lime juice, fish sauce, oil

**Where:** General Thai restaurants / stalls

**Price:** SP - 50 THB, RP - 100 THB

**Notes:** (GT, NS, Sal)



## \*Thai Dancing Shrimp Salad

Goong Ten (gûng dtên) กุ้งเต้น

**Ingredients:** live small shrimp, toasted rice flakes, chili flakes, lime juice, fish sauce, sugar, parsley

**Where:** on the street in double basket carriers

**Price:** SP - 30 THB

**Notes:** 1 of my personal favorites, very very tasty! (I, S, Raw)



## Herbal Curry Soup with Red Ant Eggs

Gaeng Leung Kai Mode Daeng (gaeng liang kài mót daeng) แกงเลียงไข่มดแดง

**Ingredients:** red ants, red ant eggs, dry chili, lemongrass, garlic, onions, salt, shrimp paste, mushrooms, fermented fish sauce, leafy vegetables

**Where:** sometimes hard to find but an Isan speciality

**Price:** SP - 100 THB

**Notes:** (I, S, B)



## \*Red Ant Egg Salad

Yam Kai Mode Daeng ยำไข่มดแดง

**Ingredients:** red ant eggs, red ants, green mango, onions, chili peppers, lime juice, fish sauce, sugar, parsley

**Where:** random restaurants

**Price:** RP - 150 THB

**Notes:** (I, S, Sal)



## \*Chicken Feet Spicy Soup

Kha Gai Super (kǎa-gài súp-bper) ขาไก่ซุปเปอร์

**Ingredients:** chicken feet, mushrooms, tomatoes, lemongrass, kaffir lime leaves, chili peppers, fish sauce, sugar, lime juice, parsley

**Where:** General Thai and Isan restaurants / stalls

**Price:** SP - 120 THB

**Notes:** loaded with chicken feet (I, S, B)



## Green Papaya Salad with Fermented Shellfish

Som Tam Hoy Dong (sôm dtam hǒi dong) ส้มตำหอยดอง

**Ingredients:** green papaya, tomato, eggplant, string beans, lime juice, cane sugar, tamarind juice, fish sauce, fermented fish, garlic, chili peppers, fermented shellfish

**Where:** same as Som Tam Thai

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** this is a dish that is famous for “tong sia (diarrhea),” so be prepared! (I, S, Sal)





### Raw Beef Salad with Blood Dressing

Larb Luad Neau Dip (lâap lêuat néua) ลาบเลือดเนื้อ

**Ingredients:** raw beef, blood, garlic, chili, mint sprigs

**Where:** hardcore Isan restaurants

**Price:** SP – 30 THB, RP – 60 THB

**Notes:** though it looks a bit slimy this is a fantastic dish (I, NS, Sal)



### Intestines Dressed with Raw Blood

Larb Luad Kuang Nai (lâap lêuat krêuang nai) ลาบเลือดเครื่อง

ใน

**Ingredients:** innards, blood

**Where:** hardcore Isan restaurants

**Prices:** SP 40 - 60 THB

**Notes:** this is not for the light of hearts, this is serious (I, NS, Sal)



### Snails

Hoy Shakteen (hǒi chák dteen) หอยชักตีน

**Ingredients:** snails and sauce

**Where:** select restaurants and stalls

**Prices:** SP 40 - 60 THB

**Notes:** tasty with the provided sauce (NT, NS, B)



# Thai Drinks List

Plain Water (náam bplào) น้ำเปล่า  
Ice (náam kǎeng) น้ำแข็ง

Beer (bia) เบียร์  
Whiskey (lào) - เหล้า

Famous Thai Sweet Milk Tea (chaa yen) ชาเย็น  
Iced Lemon Tea (chaa má-naao) ชามะนาว  
Iced Black Tea (chaa daam yen) ชาดำเย็น  
Hot Tea (chaa rón) ชาร้อน

Iced Coffee (gaa-fae yen) กาแฟเย็น  
Hot Coffee (gaa-fae rón) กาแฟร้อน  
Black Iced Coffee (oh líang) โอเลี้ยง

Limeade (náam manao) น้ำมะนาว  
Orange Juice (náam sôm) น้ำส้ม

Pandanus Leaf Juice (náam baitoy) น้ำใบเตย  
Grass Jelly (chǎo-gúay) เจลลี่  
Bael Fruit Juice (náam má-tam) น้ำมะตูม  
Tiger Grass Drink (náam bai bua-bòk) น้ำใบบัวบก  
Wild Chrysanthemum Drink (náam gèk-huay) น้ำเก๊กฮวย  
Siraitia Grosvenorii Juice (luo han guo) น้ำหล่อฮั้งก้วย





# Thai Desserts

## Sticky Rice with Mango

Khao Neow Ma Muang (kâao nĕow má-mûang) ข้าวเหนียวมะม่วง



## Sticky Rice with Durian and Coconut Syrup

Khao Neow Durian (kâao nĕow tú rian) ข้าวเหนียวทุเรียน



## Fermented Rice Pudding

Khao Maak (kâao-màak) ข้าวหมาก



## Banana Treat

Kanom Gluay (kà-nŏm glûay) ขนมกล้วย



## Sticky Rice in Banana Leaf

Khao Tom Mat (kâao dtôm mát) ข้าวต้มมัด



## Colored Sweet Sticky Rice

Khao Neow Moon (kâao nĕow moon) ข้าวเหนียวมูน



## Palm Leaf Treat

Kanom Jaak (kà-nŏm jàak) ขนมจาก



## Sweet Sticky Rice in Bamboo Trunks

Khao Laam (kâao lăam) ข้าวหลาม





### **Sticky Rice with Egg Custard**

Khao Neow Sangkaya (kâao nĕow sǎng-kà-yǎa ) ข้าวเหนียวสังขยา



### **Sweet Black Colored Sticky Rice**

Khao Neow Dam (kâao nĕow dam) ข้าวเหนียวดำ



### **Fried Banana with Roasted Rice**

Khao Mao Tod (kâao mǎo tót) ข้าวเม้าทอด



### **Sweet Thai Tacos**

Kanom Tang Taek (kà-nǎm tǎng dtàek) ขนมถั่วงอก



### **Egg Yolk Tart in Flower Shape**

Tong Yip (tong-yìp) ทองหยิบ



### **Round Egg Yolk Tart**

Tong Yot (tong-yòt) ทองหยอด



### **Egg Yolk Tart in Shredded Form**

Foi Tong (föi tong) ฝอยทอง



### **Coconut Griddle Dumplings**

Kanom Krok (kà-nöm krók) ขนมครก





## Thai Jelly

Woon (wún) วุ้น



## Thai Style Jello

Kanom Chun (kà-nǎm chán) ขนมชั้น



## Sticky Morsels of Flour

Kanom Duang (kà-nǎm dûang) ขนมด้วง



## Custard in a Pumpkin

Sangkaya Faktong (sǎng-kà-yǎa fák-tong) สังขยาฟักทอง



### **Burnt Coconut Jelly**

Kanom Piak Poon (kà-nǎm bpiak bpoon) ขนมเปียกปูน



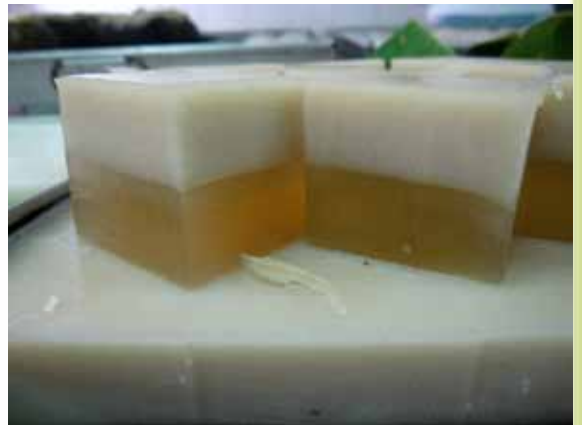
### **Coconut Creamy Custard**

Takoh (dtà gôh) ตะโก้



### **Condensed Milk Jelly**

Woon Kati (wún gà-tí) วุ้นกะทิ



### **Thai Coconut Custard**

Kanom Thuay (kà-nǎm tûay) ขนมถ้วย





## Sticky Cake

Kanom Thian (kà-nǒm tian) ขนมเทียน



## Mochi Rice and Sesame Balls in Ginger Water

Bua Loy Nam King (bua-loi nám kǐng) บัวลอยน้ำจิง



## Tapioca Pearls Pudding

Sakoo Piak (sǎa-koo bpìak) สาขุเปียก



## Soft Tofu and Sweet Croutons in Ginger Water

Tao Huay Nam King (dtào huay nám kǐng) เต้าฮวยน้ำจิง



### Mixed Ice Dessert

Nam Kang Sai (náam kǎeng sǎi) น้ำแข็งไส



### Pumpkin simmered in Coconut Milk

Faktong Gaeng Buad (fák-tong gaeng bùat) ฟักทองแกง  
บัว



### Sweet Tofu Water

Nam Tao Hoo (náam dtào-hôo) น้ำเต้าหู้



### Colorful Glass Noodle Dessert

Salim (sà lîm) ซาหริ่ม





## Sweet Salty Dessert Soup

Pa Gim Kai Tao (bpà gim kài dtào) ปากิมไข่เต่า



## Ice Cream Popsicle

Itim Bohrahn (ai-dtim boh-raan) ไอติมโบราณ



## Thai Coconut Ice Cream

Itim Gati (ai-dtim gà-tí) ไอติมกะทิ



## Ice Cream Sandwich

Itim Kanom Pang (ai-dtim kà-nöm bpang) ไอติมขนมปัง



### Sweet Rolled Sesame Pancake

Tong Muan Sot (tong múan sòt) ทองม้วนสด



### Banana Pancake Treat

Roti Gluay (roh-dtee glûay) โรตีกกล้วย



### Sweet Thai Creppe

Kanom Buang (kà-nǒm bêuang) ขนมเบื้อง



### Sweet Colorful Bread

Kanom Saalee (kà-nǒm sǎa-lêe) ขนมสาเล่





### **Crunchy Thai Pancake**

Tong Muan (tong múan) ทองม้วน



### **Peanut Rice Cake**

Tua Paep (tù-a-bpàep) ถั่วแปบ



### **Sweet Breads**

Kanom Pang Wan (kà-nǒm bpang-wǎan) ขนมปังหวาน



### **Thai Cotton Candy Burrito Pancake**

Roti Sai Mai (roh-dtee sǎai mǎi) โรตีสายไหม



## Thai Cake of Coconut and Cassava

Kanom Man (kà-nǒm man) ขนมมัน



## Flower Shaped Peanut Cake

Kanom Tua Guan (kà-nǒm tùa guan) ขนมถั่วหวาน



## Custard Cake with Crunchy Onions

Kanom Mor Gaeng (kà-nǒm môr gaeng) ขนมหมีอง



## Colorful Steamed Thai Sweet Bread

Kanom Tuay Foo (kà-nǒm tùay foo) ขนมถ้วยฟู





## Egg Jelly

Woon Kai (woon kài) วุ้นไข่



## Solid Coconut Cake

Kanom Baa Bin (kà-nǒm bâa bìn) ขนมบ้าบิ่น



## Palm Sugar Pudding

Kanom Taan (kà-nǒm dtaan) ขนมตาล



## Thai Banana Muffin

Cake Gluay Hom (káyk glúay hǒm) เค้กกล้วยหอม



### Chinese Style Baked Cookies

Kanom Pia (kà-nǒm píá) ขนมเปียะ



### Thai Dessert Balls

Kanom Tom (kà-nǒm dtôm) ขนมต้ม



### Bite Sized Coconut Pancakes

Paeng Jee (bpâeng jèe) แป้งจี๋



### Green Mango with Sweet Fishy Sauce

Mamuang Nam Pla Wan (má-mûang náam bplaa wǎan) มะม่วงน้ำปลาหวาน





### **Deep Fried Sweet Bananas**

Gluay Kaek (glûay kàek) กล้วยแขก



### **Bananas Simmered in Coconut Milk**

Kluay Buad Chee (glûay bùat-chee) กล้วยบัวหิ



### **Candied Chinese Date**

Putsa Cheuam (pút-saa chêuam) พุทราเชื่อม



### **Candied Palm Seed Dessert**

Look Tan Cheuam (lôok dtaan chêuam) ลูกตาลเชื่อม



## Candy Coated Mixed Santol Fruit

Graton Song Kreung (grà-tón song krêuang)

กระท้อนทรงเครื่อง



## Mung Bean Candy

Look Chup (lòok chúp) ลูกชุบ



## Mung Bean Yolk Balls

Met Kanun (mét kà-nũn) เม็ดขนุน



## Cassava in Sweet Syrup

Man Sampalang Cheuam (man-săm-bpà-lăng chêuam) มันสำปะหลังเชื่อม





## Thai Sweet Eggs

Kai Wan (kài wǎan) ไข่หวาน



## Durian Paste Roll

Durian Guan (tú rian guan) ทุเรียนกวน



## Green Noodle Dessert

Lot Chong Nam Kati (lôt chông náam gà-tí) ลอดช่องน้ำกะทิ



## Thai Honey Candy

Kanom La Grop (kà-nǒm laa gròp) ขนมลากรอบ



Thank you so much for your interest in the glorious world of Thai food! If you are happy with the ***Eating Thai Food Guide***, or have suggestions on how it could improve, I would highly appreciate your feedback. Feel free to send me a message [here](#).

**Facebook:** Become a fan on [Facebook](#) for exclusive Thai food photos and updates! Go to <http://facebook.com/eatingthaifood>

**Twitter:** There is a growing community of Bangkok food tweeting fanatics that eat-and-tweet using the hashtag [#BKKFatty](#). It would be fantastic if you would join in on the action! Also follow tweets from [@eatingthaifood](#) and [@BKKFatty](#)

Be sure to visit [www.eatingthaifood.com](http://www.eatingthaifood.com) for the latest Thai food information, restaurants, reviews, and photos.

**Thank you very much for your support!**

- Mark Wiens (Migration Mark)

**Special Thanks:**

Ying for her expert help with Thai translation.

[Chris Mitchell](#) and [Dwight Turner](#) for their help and support producing this guide.



# Happy Feasting!

