

## STARTER

**Thai Chef's Roti Bread** \$3.00  
A pan grilled our Thai Chef's flatbread.

**Dipping Sauce** \$5.00  
Thai Chef's famous dipping sauces- Satay sauce and Thai chilli paste (mild)

- Ⓥ Vegetarian
- Ⓝ Contain Nuts
- Ⓒ Gluten free

## APPETISER

**MA**  
**Mixed Appetisers** \$9.00  
Kraree puff, rock & roll, rainy season and sleepy pig in bed. Served with sweet chilli sauce.

**A1**  
**Kraree Puffs** \$7.50  
Thai puff with curry spices, minced chicken and mashed potato stuffing.

**A2**  
Ⓝ **Satay (our famous Chicken or Beef)** \$9.00  
3 Grilled skewers of sliced marinated chicken or beef. Served with peanut sauce.

**A4 (suitable for vegetarians)**  
Ⓥ **Rock & Roll** \$7.50  
Thai spring rolls, filled with vermicelli, cabbage, carrot and celery. Served with sweet chilli sauce.

**A6**  
**Rainy Season** \$8.00  
Lightly battered stuffed mushrooms with minced pork and prawns, served with Thai sweet chilli sauce.

**A5 'kha-nom-jeeb'**  
**Thai Dim Sim** \$9.00  
Thai version of Chinese invented cuisine. Steamed minced pork marinated with water chestnut and shitake mushrooms. Wrapped in a thin pastry, served with homemade dipping sauce.

**A7**  
**Sleepy pig in bed** \$7.50  
Marinated minced pork and herbs on toast, served with Thai sweet chilli sauce.

**A8**  
Ⓝ **Rice Rolls** \$9.00  
Ⓥ Grilled marinated pork wrapped in rice paper with lettuce, carrot and cucumber, served with Thai Dressing.

**A11 "My favourite one"**  
**No moon tonight, honey . . .** \$9.50  
Crispy moon shaped delight filled with our secret marinated minced prawn blended, with spices, sesame seeds & coriander. Served with plum sauce.

**A12 "tod-mun-goong"**  
**Prawn Cakes** \$10.00  
Tasty minced king prawns with coriander. Coated with famous breadcrumb "Panko", served with plum sauce.

**GM**  
Ⓝ **Garlic Mussels** \$9.00  
Sautéed steamed mussels with garlic and Thai Chef's special sauce.

**TEMP (Suitable for Vegetarians)**  
Ⓥ **Vegetables Tempura** \$9.00  
Seasonal vegetables, lightly coated, served with Thai sweet chilli sauce.

At Thai Chef's Restaurant, we are working hard to provide you with the best of service and meal. However, we always welcome for any suggestions.

**Please Note: If you are not satisfied with your meals please advise us immediately at the time you receive the meal or full price will be charged. Taste may vary for each person.**

**Prices are GST inclusive. Prices are subject to change without notice.**

**Thankyou for dining at Thai Chef's Restaurant.**

## REGIONAL ENTRÉE

(WARM SALAD)

(Warm beef salad)

- Ⓒ **Nuea Num Tok** \$16.50  
 Eastern favourite! Grilled sliced sirloin beef salad with ground rice, dried chillies, lemon juice, spring onions, onions and coriander. Served warm.

not spicy | mild | med | hot | hotter | hottest | bloody hot

(Crispy pork salad)

- Ⓒ **Yum Moo Krob** \$18.50  
 Sliced marinated pork salad stir in spices, lemon juice, spring onions, onions with our secret dressing, hot and sour chilli sauce.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Ⓒ **Yum Talay** \$18.50  
 Mixed seafood in a tasty, spicy and sour dressing, with tomatoes, onions, Thai herbs, spring onions and coriander.

not spicy | mild | med | hot | hotter | hottest | bloody hot

“She is spicy and sexy”

- Ⓒ **Pattaya Girls** \$18.50  
 King prawns with Thai spices and Thai sauces. A very traditional of Thai salad. It's sexy and medium hot.

not spicy | mild | med | hot | hotter | hottest | bloody hot

“som-tum”

- Ⓒ **Carrot Salad** \$14.50 (one size served cold)  
 A very popular Thai salad. Sliced carrots with limejuice, tomatoes, green beans, chillies, garlic, crushed peanuts and dried shrimps.

not spicy | mild | med | hot | hotter | hottest | bloody hot

## SOUP

\*Vegetarians dish could be made using vegetables only (with or without additional tofu).

- Ⓥ Vegetarian
- Ⓝ Contain Nuts
- Ⓒ Gluten free

TY “Hot ‘n Sour soup”

- Ⓒ **Tom Yum**  
 Ⓥ This soup has a unique spicy and sour flavour. It is the most popular Thai soup. Simmered lemon juice, lemon grass, fresh chillies, herbs, mushrooms, coriander and your selected meat. -Please choose from “selections for soup”.

not spicy | mild | med | hot | hotter | hottest | bloody hot

TK “Creamy ‘n Tasty”

- Ⓒ **Tom Kha**  
 Ⓥ Creamy coconut soup with lemon juice, cabbages, mushrooms, tomatoes, lemon grass, kaffir leaves and your selected meat. -Please choose from “selections for soup”.

not spicy | mild | med | hot | hotter | hottest | bloody hot

### Selections for Soup

CHICKEN		TIGER PRAWNS		MIXED SEAFOOD		VEG ONLY*	
ENTRÉE SIZE	MAIN SIZE	ENTRÉE SIZE	MAIN SIZE	ENTRÉE SIZE	MAIN SIZE	ENTRÉE SIZE	MAIN SIZE
\$11.00	\$20.00	\$13.50	\$24.50	\$13.50	\$25.50	\$10.00	\$18.00



#### “ma - kham - peak” Tamarind

Primarily, fruits and seeds are most commonly used in cuisines and in medicine. Tamarind is considered a mild laxative and digestive. It is used to treat bronchial disorders and gargling with tamarind water is recommended for a sore throat. Tamarind is also a blood purifier. Folk medicine uses Tamarind leaves for sprains and swelling.



#### “bai - ka - phrao” Holy basil

Holy Basil is a plant with slightly hairy and pale green leaves, eaten either raw or used as a flavouring.

Therapeutic benefits include the alleviation of cough symptoms, as diaphoretic and carminative agents.

# NOODLES & RICE

## Selections for Noodles & Rice

<i>BEEF CHICKEN - OR - PORK</i>	<i>DUCK LAMB - OR - SCALLOPS</i>	<i>SQUID</i>	<i>CRISPY PORK (pork belly)</i>	<i>TIGER PRAWNS</i>	<i>MIXED SEAFOOD</i>	<i>VEGETARIAN with or without Tofu</i>
\$18.50	\$22.90	\$20.90	\$20.90	\$23.90	\$25.90	\$17.90

N1 "Thai Chef's specialities"

**(V) Phad Thai**

**(G) I put my name on it! Rice noodles (thin white noodles) stir-fried with our special sauce, fried eggs, bean sprouts, spring onion, crushed peanuts and your selection of meat.**

-Please choose from "selections for Noodles and Rice".

not spicy | mild | med | hot | hotter | hottest | bloody hot

N6

**(V) Phad Thai Yellow Noodle** - recommended  
**(G) our Famous dish with fresh thick egg noodle fried with our yummy special sauce, egg, bean sprouts, spring onion, crushed peanuts -**

chicken, beef or pork \$18  
Prawns or mixed seafood \$25.50

not spicy | mild | med | hot | hotter | hottest | bloody hot

N2 "Pad see - iew". Chang's favourite.

**(V) C U Later Noodles**

**(G) Fresh rice noodles (wide noodles) in our special dark soy sauce, fried egg, green vegetables and your choice of meat.**

-Please choose from "selections for Noodles and Rice".

not spicy | mild | med | hot | hotter | hottest | bloody hot

N7

**(V) Thai Chef's Noodles**

**(G) Thai styled white spaghetti with our special seasoning sauce, bean sprouts, spring onions, fried eggs, spinach and your choice of meat.**

-Please choose from "selections for Noodles and Rice".

not spicy | mild | med | hot | hotter | hottest | bloody hot

N4

**(V) The Alcoholic's Noodles**

**(G) Rice noodles (wide noodles) with fresh garlic, chillies, baby corn, capsicum, carrots, green beans, bamboo shoots, onions, spring onions, holy basil and your choice of meat.**

-Please choose from "selections for Noodles and Rice".

not spicy | mild | med | hot | hotter | hottest | bloody hot

N5

**(V) Fried Rice**

**(G) Fried jasmine rice with fried eggs, onions, tomatoes, spring onions, mixed vegetables and your preferred meat.**

-Please choose from "selections for Noodles and Rice".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**(V) Vegetarian**

**(N) Contain Nuts**

**(G) Gluten free**

### SIDE EXTRA

Num-Pla-Pik \$3.00 / serving  
Thai traditional sauce. Thai fish sauce with fresh chillies and limejuice.

Cashew Nuts \$3.50 / serving  
Platter of roasted cashew nuts on the side, or in your meal.



"bai - ma - krood"

### Kaffir lime & leaf

The leaves, peel and juice of the Kaffir Lime are used as a flavouring in Thai cuisine.

The major therapeutic benefit of the juice is as an appetizer.



"kha"

### Galangal

Commonly used in Thai cooking as flavouring.

Galangal therapeutic uses are as carminative, stomachic, anti-rheumatic and anti-microbial agents.

## CURRIES

### Selections for Curries

<i>BEEF CHICKEN -OR- PORK</i>	<i>FISH FILLETS</i>	<i>DUCK -OR- LAMB</i>	<i>SQUID -OR- SCALLOPS</i>	<i>TIGER PRAWNS</i>	<i>MIXED SEAFOOD</i>	<i>VEGETARIAN with or without Tofu</i>
\$21.50	\$23.50	\$24.50	\$23.50	\$25.50	\$26.50	\$18.90

**C1**

**Green Curry**

Our famous homemade green curry paste, coconut milk, bamboo shoots, green beans, capsicum and your selection of meat.

-Please choose from "selections for curries".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**C2**

**Red Curry**

Red curry paste, coconut milk, bamboo shoots, green beans, capsicum and your choice of meat.

-Please choose from "selections for curries".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**C3**

**Royal Panang**

Selected from Royal Thai cuisine recipe. A thick and creamy curry sauce with your choice meat. Sprinkle with crushed peanuts and kaffir lime leaves. Sorry no vegetables in this dish.

-Please choose from "selections for curries".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**C4**

**Mussamun Curry \$21.50**

Braised beef in a traditional Thai mild curry, with coconut cream, potatoes, onions and roasted peanuts.

-This dish only available with braised beef.

not spicy | mild | med | hot | hotter | hottest | bloody hot

**C6**

**Duck In Love® \$25.50**

Roasted duck fillets in our special curry recipe with coconut cream, pineapple chunks, lychees, tomatoes and courgettes.

-This dish only available with roasted duck.

not spicy | mild | med | hot | hotter | hottest | bloody hot

**C7**

**Yellow Curry**

A mild yellow curry with potatoes, capsicum, mixed vegetables and your choice of meat.

-Please choose from "selections for curries".

not spicy | mild | med | hot | hotter | hottest | bloody hot

### ACCOMPANIMENTS

**Jasmine Rice \$2.50 / serving**

We are serving steamed jasmine rice, the best rice of all. This rice is different from other white rice because it has a unique jasmine fragrance.

**Thai Chef's Roti Bread \$3.00 / serving**

Pan grilled Thai styled flatbread. Much recommended to accompany curry dishes.

**Coconut Rice \$3.50 / serving**

Steamed jasmine rice with coconut milk.

**Sticky Rice \$3.50 / serving**

Thai's Northeast style of meal accompaniment. It is steamed glutinous rice.

**Thai Plain Noodles \$3.50 / serving**

Steamed rice noodle(white noodles).



"ta - khrai"  
**Lemon Grass**

This plant resembles a coarse gray-green grass.

Fresh leaves and grass are used as flavouring.

Therapeutic properties are as anti flu, diuretic, emmanagogue, anti-flatulence and anti-microbial agent.



"khing"  
**Ginger**

Used in different forms as a food, flavouring and spice.

Ginger's therapeutic uses are as a carminative, anti-nauseant and anti-flatulence agent.



## EXTRAORDINARY



ⓐ Gluten free

Ⓥ Vegetarian

Ⓝ Contain Nuts

SP1

### Sweet Chilli Fish \$24.00

Crispy fish fillets served with our special sauce with tomatoes, spring onions, ginger and mushrooms.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SP3

### Pla Jien \$24.00

Crispy fish fillets served with a mild thick sauce, ginger, celery, shitake mushrooms, capsicum, baby corn and spring onions.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SP4

### ⓐ Three Kings® \$26.50

Scallops, squid and fish fillets with ginger, spring onion, lemon rind and coriander. Sautéed with our special sauce to give a taste of medium spicy and little sour to your lips. A perfect combination of flavours.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SP6

### ⓐ Lamb Yum Yum™ 24.00

Special dish for lamb lovers. Stir-fried lamb with chilli paste, Thai herbs, courgettes, cauliflower and capsicum.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SP8

### ⓐ Bangkok Showtime® \$27.50

Mixed seafood dish, prawns, squid, fish fillets and scallops. Sizzled in Thai whiskey and tomato sauce with pineapple chunks, cashew nuts and vegetables. Served in half pineapple.

not spicy | mild | med | hot | hotter | hottest | bloody hot

\*Vegetarians dish could be made using vegetables only (with or without additional tofu).

SP9

### ⓐ The Ocean Volcano® \$28.50

Steamed mixed seafood dish. Prawns, squid, fish fillets and scallops with a mild curry paste, herbs, spices and vegetables. Served in sparkling flame.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SP10

### ⓐ Phuket Island® \$26.50

Another nice dish. Chicken, prawns, squid, shitake mushrooms and vegetables with Thai whiskey sauce. Wrapped in steamed cabbage.

not spicy | mild | med | hot | hotter | hottest | bloody hot

#### ∞ SIDE EXTRA ∞

Num-Pla-Pik \$3.00 / serving  
Thai traditional sauce. Thai fish sauce with fresh chillies and limejuice.

Cashew Nuts \$3.50 / serving  
Platter of roasted cashew nuts on the side, or in your meal.

#### ∞ ACCOMPANIMENTS ∞

Jasmine Rice \$2.50 / serving  
We are serving steamed jasmine rice, the best rice of all. This rice is different from other white rice because it has a unique jasmine fragrance.

Thai Roti Bread \$3.00 / serving  
Pan grilled Thai styled flatbread. Much recommended to accompany curry dishes.

Coconut Rice \$3.50 / serving  
Steamed jasmine rice with coconut milk.

Sticky Rice \$3.50 / serving  
Thai's Northeast style of meal accompaniment. It is steamed glutinous rice.

Thai Plain Noodles \$3.50 / serving  
Steamed rice noodle(white noodles).



#### “ho-ra-pha” Sweet basil

Sweet Basil plant has the fresh leaves which are either eaten raw or used as a flavouring in Thai cooking.

Therapeutic properties are as carminative, diaphoretic, expectorant, digestant and stomachic agents.



#### “ob - choie” Cinnamon

Cinnamon is a pungent, sweet smelling, warming herb that stimulates the circulation, relieves spasms, helps to control high blood pressure, bleeding and indigestion.



## EXTRAORDINARY



Ⓞ Gluten free

Ⓥ Vegetarian

Ⓝ Contain Nuts

SP12

- Ⓞ **Naughty Pig<sup>®</sup>** \$21.50  
Crispy pork with green curry paste, plentiful Thai herbs, peppercorns, broccoli, cauliflower and courgettes.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SM3 “Long time famous from our executive chef”

- Ⓞ **Famous Chick<sup>®</sup>** \$19.50  
Ⓝ A Kiwi favourite! Famous for its “young and tender” chicken breast. Selected tender chicken breast, marinated then stir fried in satay sauce with broccoli, leeks, onions and carrots. Sprinkled with roasted cashew nuts.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SM5

- Crispy Chicken** \$19.50  
Chicken strips lightly coated with breadcrumbs. Stir-fried in a medium spicy chilli sauce, carrots, onions, capsicums, green beans and courgettes.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Suicide Bomber** \$22.50

Very very Excited dish to try ! if ever eaten the dried roasted chilli can rust blow your mouth away, but this is a signature dish. Lightly coated chicken sauteed with roasted cashew nuts, served in crispy bowl.

not spicy | mild | med | hot | hotter | hottest | bloody hot

SM6

- New Mr. Bean in Bangkok** \$21.50  
Sauteed, green bean and crispy pork belly with homemade chilli paste, kaffir lime leaves.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Sweet Piglet<sup>™</sup>** \$19.50

Diced pork, lightly coated, sautéed in honey-lemon flavoured sauce, with pineapple chunks, carrots, onions, capsicum, cucumber, tomatoes and spring onions.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Ⓞ **Black Pepper Beef** \$23.50  
Marinated beef stir-fried with peppercorns, black pepper, garlic, onions, capsicum and spring onions. Served on hot sizzling plate.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Ⓞ **Royal Prawns** \$26.50  
King prawns with a mild yellow curry flavoured sauce, fried eggs, celery, capsicum, onions and spring onions.

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Ⓞ **Tropical Paradise<sup>™</sup>** \$19.50  
Stir fried chicken in our special tropical sauce with Thai herbs, young coconut meat, broccoli and carrots.

not spicy | mild | med | hot | hotter | hottest | bloody hot

\*Vegetarians dish could be made using vegetables only (with or without additional tofu).

### ∞ HEAT LEVEL INDICATION ∞

**NOT SPICY:** No chillies or spices added to these dishes.

**MILD:** Small amount of spices have been added to dishes with this icon. (eg. Small amount of pepper or chillies has been added).

**MEDIUM:** Some chillies and/or spices have been added to these dishes.

**HOT (Hot1):** A teaspoon of chillies has been added to these dishes.

**HOTTER (Hot2):** Two teaspoons of chillies have been added to these dishes.

**HOTTEST (Hot3):** Three teaspoons of chillies have been added to these dishes.

**BLOODY HOT:** Extremely “over the top hot!”

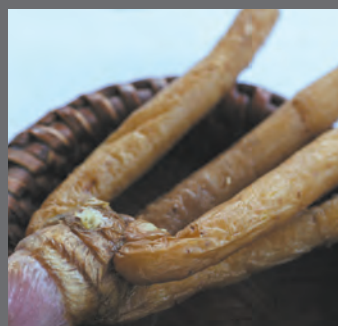


“sa - ra - nae”

### Mint

The fresh leaves of this herbaceous plant are used as a flavouring and eaten raw in Thai cuisine.

Therapeutic uses including carminative, mild anti-septic, local anesthetic, diaphoretic and digestant properties.



“ob - choie”

### Krachai

No common English name. This plants aromatic rhizomes and yellow-brown roots, are used as a flavouring.

The plant has stomach ache relieving and anti-microbial properties, therapeutic benefits as an anti-tussive and anti-flatulence agent.

# GOLDEN WOK

## Selections for Golden Wok

<i>BEEF, CHICKEN -OR- PORK</i>	<i>CRISPY FISH FILLETS</i>	<i>CRISPY PORK (pork belly)</i>	<i>DUCK, LAMB -OR- SQUID</i>	<i>TIGER PRAWNS</i>	<i>MIXED SEAFOOD or SCALLOPS</i>	<i>VEG with or without Tofu</i>
\$19.00	\$23.00	\$21.00	\$23.00	\$25.00	\$26.50	\$19.00

**F1**

Ⓞ **3 Alcoholics** <sup>®</sup> \$19.80

Three combination of meats with secret sauce, mixed herbs, fresh chillies, carrots, green beans, mushrooms and capsicum.

-This dish only available with chicken, pork and beef.

not spicy | mild | med | hot | hotter | hottest | bloody hot

**F2**

Ⓞ **Holy Basil**

Ⓟ Holy basil, chilli paste, garlic, green beans, bamboo shoots, capsicum with your choice of meat.

-Please choose from “selections for golden wok”.

not spicy | mild | med | hot | hotter | hottest | bloody hot

**F4**

Ⓞ **Spicy Girl**

Ⓟ She's a sexy girl! Tossed fresh chillies, garlic, onions, capsicum, seasonal vegetables and your selection of meat.

-Please choose from “selections for golden wok”.

not spicy | mild | med | hot | hotter | hottest | bloody hot

Ⓟ **Vegetarian**

Ⓝ **Contain Nuts**

Ⓞ **Gluten free**

**F6**

Ⓞ **Pad Ped Thai Chef's**

Ⓟ Our special blended spicy sauce, Thai chilli paste, plentiful herbs, leeks, capsicum, bamboo shoots, courgettes and your selection of meat.

-Please choose from “selections for golden wok”.

not spicy | mild | med | hot | hotter | hottest | bloody hot

\*Vegetarians dish could be made using vegetables only (with or without additional tofu or cashew nuts).

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“phak - chee”  
**Coriander**

This herb has been cultivated for medicinal and culinary uses for over 3,000 years. All parts of the Coriander plant are pungent and can be used in cooking. Use the seeds in chutney and preserves, whilst the leaves can be added to curries, stews and stir-fry dishes. Coriander is an excellent digestive tonic and a mild sedative.



“poi - guk”  
**Star anise**

The ripe dried fruit and seed are used.

A sweet, warming and stimulating herb with estrogenic & expectorant effects, traditionally regarded to have aphrodisiac properties.

It has an aromatic brown seeds, with a distinctive liquorice taste.

# GOLDEN WOK

**F7**

**Ⓞ The Cashew Nuts**

- Ⓥ Thai style, stir-fried with our
- Ⓝ homemade sauce, seasonal vegetables, onions, spring onions, cashew nuts and your choice of meat.

-Please choose from "selections for golden wok".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**F9**

**Ⓞ The Ginger**

- Ⓥ Stir-fried with ginger, our yummy soybean paste sauce, green vegetables, carrots, onions, mushrooms and your choice of meat.

-Please choose from "selections for golden wok".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**F10 (Thai sweet and sour)**

**Ⓥ Sweet Honey**

Your choice of meat sautéed in honey-lemon flavoured sauce, with pineapple chunks, carrots, onions, capsicum, cucumber, tomatoes and spring onions.

-Please choose from "selections for golden wok".

not spicy | mild | med | hot | hotter | hottest | bloody hot

**F11**

**Sexy Little Duck \$20.50**

Roasted duck with our homemade chilli paste, green beans, leeks, courgettes, capsicum, and shredded kaffir leaves.

-Please choose from "selections for golden wok".

not spicy | mild | med | hot | hotter | hottest | bloody hot

- Ⓥ Vegetarian
- Ⓝ Contain Nuts
- Ⓞ Gluten free

**F12**

**Ⓥ Veges Wok**

Tossed bok choy, broccoli, spinach, mushrooms, garlic and leeks with oyster sauce and your choice of meat.

-Please choose from "selections for golden wok".

not spicy | mild | med | hot | hotter | hottest | bloody hot

\*Vegetarians dish could be made using vegetables only (with or without additional tofu or cashew nuts).

∞ SIDE EXTRA ∞

**Num-Pla-Pik** \$3.00 / serving  
Thai traditional sauce. Thai fish sauce with fresh chillies and limejuice.

**Cashew Nuts** \$3.50 / serving  
Platter of roasted cashew nuts on the side, or in your meal.

∞ ACCOMPANIMENTS ∞

**Jasmine Rice** \$2.50 / serving  
We are serving steamed jasmine rice, the best rice of all. This rice is different from other white rice because it has a unique jasmine fragrance.

**Thai Roti Bread** \$3.00 / serving  
Pan grilled Thai styled flatbread. Much recommended to accompany curry dishes.

**Coconut Rice** \$3.50 / serving  
Steamed jasmine rice with coconut milk.

**Sticky Rice** \$3.50 / serving  
Thai's Northeast style of meal accompaniment. It is steamed glutinous rice.

**Thai Plain Noodles** \$3.50 / serving  
Steamed rice noodle(white noodles).



**"pik" Chilli**

Used as garnishing & flavouring in Thai dishes. There are many different species. All contain capsaicin, a biologically active ingredient beneficial to the respiratory system, blood pressure and heart. Other therapeutic uses being carminative, anti-flatulence agent and digestant.



**"kra - thiam" Garlic**

Dried mature bulbs are used as a flavouring and condiment in Thai cuisine.

Therapeutic uses are as an anti-microbial, diaphoretic, diuretic, expectorant, anti flatulence and cholesterol lowering agents.