

-Thai on the Fly-

Authentic Thai Cuisine

Dine in or Take Out (**pick up only**)

Tel: (250) 675-5060

#6 2676 Fairway Hills Rd Blind Bay

All our dishes can be made vegetarian.

As well any meat can be substituted with another.

Appetizers

Pohpia Tod (4) Pork 8.50
(Spring Rolls) Veg. 7.50
- seasoned vermicelli noodles, cabbage, carrots &
Served w/ our home-made sweet chili sauce

Satays Chicken or Pork 9.50
- 4 skewers in Thai marinade served w/ home-made Thai peanut sauce &
tangy cucumber salad

Goong Tod (4) 9.50
(Tiger Prawns & Chicken)
- prawns wrapped in seasoned chicken, & rolled
in a spring-roll pastry, then fried to a golden crisp

Mee Grob 9.50
- crispy rice noodles with a Thai sweet & sour sauce, topped w/ shrimp,
tofu, green onion & bean sprouts.

Soups (serves 4)

Tom Yum Gai 12.95
- Sour lemon grass soup w/ chicken, mushrooms, garnished with cilantro &
green onion

Tom Yum Goong 12.95
- Sour lemon grass soup w/ tiger prawns & mushrooms, cilantro & green
onion

Tom Kha Gai 13.95
- A version of Tom Yum soup w/ chicken plus the tropical sweetness of
thick coconut milk

Tom Yum Po Taek 13.95
- Lemon grass soup w/ a seafood mix of squid, prawns & mussels
Noodle Soup w/ Beef, Chicken or Pork (for one) 11.95
A family favourite! Rice noodle, broccoli and beans sprouts with your
choice of broth and meat.

Salads

Yam Nua (Grilled Beef Salad) 13.50
- grilled slices of beef in an exceptional, tangy, marinade & tossed w/
tomato, cucumber, red onion, cilantro

Laab (Chicken or Pork) 13.50
- traditional tangy Thai chicken salad in a refreshing blend of lemon & lime
juice, seasoning, rice powder, red onion & cilantro

Yum Pla Muhk 13.95
- Spicy squid salad in a refreshing lime sauce w/ shredded lettuce, onions &
diced tomatoes

Yam Woon Sen 13.95
- vermicelli noodles tossed in a light, tangy lemon-lime sauce w/ squid, tiger
prawns & ground pork, topped with crushed peanuts

Main Courses

Cashew Chicken 14.50
- sliced chicken w/ garlic, onion, carrots, green & red pepper in a delicious
sauce topped with whole cashew nuts

Pad Grapaow 14.50
(Basil Chicken, Beef or Pork)
- Fresh basil, carrots, onion, green & red pepper and cabbage, stir fried in
seasoned oyster sauce

Pad King 14.50
(Gingered Beef)
- Ginger, mushrooms, onion, baby corn, red & green pepper in a Thai black
bean sauce

Crispy Pork w/ Basil 14.50
- Onion, green & red pepper, carrots tossed in a deliciously sweet sauce

Gai Sapaoh (Crispy Pineapple Chicken) 14.50
- Pineapple slices tossed w/ crispy slices of chicken, carrots, onion,
red/green pepper, in a deliciously sweet tropical sauce

Gratiem Pik Thai 14.50
(Garlic/Black Pepper)
Chicken, Pork or Beef
- a full flavoured meat dish

Sesame Beef w/ Oyster Sauce 14.50
- A delicious meat dish, flavoured with
sweet oyster sauce & tossed w/ sesame

Nam Pik Pow 14.50
(Beef, Chicken or Pork)
- tossed in a ginger chili sauce w/ baby corn, mushrooms, green & red
pepper, lime leaves & basil

Pad Priow Wan 14.50
(Fresh Chicken, Beef or Pork)
- tomatoes, cucumbers & onions tossed in a thick, sour & sweet tomato
sauce

Pad Pik King 14.50
(Fresh Chicken, Beef or Pork)
Tossed in a red curry sauce with green beans, lime leaf, red and green
peppers, with a touch of coconut milk.

Bamboo Stirfry 14.50
(Chicken, Beef or Pork)
A delicious dish with tender bamboo shoots, bell peppers, carrots, onions, fesh
basil and lime leaves in a light sauce.

Pad Pahk Ruammit 14.50
(Mixed Veggie Stir-fry)
- Broccoli, green beans, carrots, baby corn, mushrooms, cabbage in a
deliciously light, Thai black bean sauce. So good... it's even loved by meat-
eaters all over!

Kaow Pad 14.50
(Thai Fried Rice)
- Jasmine rice fried w/ garlic shrimp, an egg & a medley of garden veggies

Thai Coconut Curry

Your choice of Beef, Chicken or Pork

Gang Leung (Yellow)	15.50
- a sweet, turmeric infused curry w/ potato, onion, sweet red & green bell peppers	
Gangkiew Waan (Green)	15.50
- a tangy, basil flavoured sweet curry with green & red bell peppers, green peas & cabbage	
Pa-Nang (Red)	15.50
- traditional, spicier curry with fresh basil, red & green bell peppers and onions.	
Red Curry w/ Bamboo Shoots	15.50
-the same recipe, but with the exotic flavour of sweet, crisp bamboo shoots	
<u>Seafood</u>	
Chu Chee (Prawns or Squid)	17.95
in a thick red curry sauce with red, green peppers, basil and lime leaf.	
Mixed Seafood	17.95
Garlic & Black Pepper Prawns OR Squid	16.95
- tossed w/ broccoli & carrots	
Basil Squid OR Prawns	17.95
- stir fried w/ onions, green & red pepper, and basil in a delicious Thai sauce	
Pad Po Tuen (Mixed Seafood)	17.95
- squid, prawns & mussels mixed in a Ginger chili sauce w/ baby corn, green & red pepper, mushrooms, carrots, lime leaves & basil	
Tilapia Lad Prik	17.95
- flavorful whole Tilapia fish fried, cooked then topped w/ an <i>incredible</i> Thai sauce, of Ginger, mushrooms, babycorn, green & red pepper, basil & lime leaves.	

Goong Nam Pik Pow	16.95
-tossed in a ginger chili sauce w/ baby corn, mushrooms, lime leaves & basil	

Noodles

Pad Thai	14.50
-rice noodles pan fried in a deliciously sweet tamarind/tomato based sauce, with garlic shrimp, tofu & an egg tossed in while cooking.	
Pad Thai Woon sen	14.50
10.95	
- Pad Thai made with vermicelli noodles , your choice of meat (chicken , pork or beef)	
Pad Kee Mau (Drunken Noodles)	14.50
Beef & rice noodles pan fried in a special blend of Thai sauces, w/ carrots, broccoli & cabbage.	
Pad Lad Nah	14.50
(Chicken, Pork or Beef)	
- rice noodles in a Thai gravy sauce, w/ broccoli & carrots	
Mee Grob Lad Nah	14.50
-crispy rice noodles in a gravy-like sauce, with carrots, baby corn, cauliflower and broccoli	
Seafood (Prawn or Squid)	16.95

Rice

Small (1-2 ppl.)	2.50
Large (2-3 ppl)	4.00

Coconut Rice

Small	3.50
Large	5.00

Dessert

Deep Fried Banana w/ Vanilla Ice Cream ... Mmm ...	5.95
- topped w/ whipped cream and drizzled w/ Chocolate Syrup	

Hours:

Monday - CLOSED

Tues , Wed , Thurs & Fri

Lunch 11:30 - 2:00

Tues, Wed, Thurs, and Sun

Dinner: 5:00pm - 8:00 pm

Fridays & Saturdays

Dinner 5:00 pm - 9:00 pm

Come out & enjoy our ***authentic Thai cuisine*** at our family owned business.

Located: #6 2676 Fairway Hills Rd In the Blind Bay Market Mini-mall.

Take out available (**pick-up only**).

(250) 675-5060

www.thaionthefly.ca