

# ~Thai on the Fly~

Authentic Thai Cuisine

Dine in or Take Out (pick up only)

Tel: (250) 833-4211

5827 Hwy. 97B

**All our dishes can be made vegetarian.**

**As well any meat can be substituted with another.**

## Appetizers

Pohpia Tod (4)

(Spring Rolls)

- seasoned vermicelli noodles, cabbage, carrots & Served w/ our home-made sweet chili sauce

Satays Chicken or Pork

- 4 skewers in Thai marinade served w/ home-made Thai peanut sauce & tangy cucumber salad

Goong Tod (4)

(Tiger Prawns & Chicken)

- prawns wrapped in seasoned chicken, & rolled in a spring-roll pastry, then fried to a golden crisp

Mee Grob

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

## Soups (serves 4)

Tom Yum Gai

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

Tom Yum Goong

- Sour lemon grass soup w/ tiger prawns & mushrooms, cilantro & green onion

Tom Kha Gai

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

Tom Yum Po Taek

- Lemon grass soup w/ a seafood mix of squid, prawns & mussels

Noodle Soup w/ Beef, Chicken or Pork (for one)

A family favourite! Rice noodle, broccoli and beansprouts with your choice of broth and meat.

## Salads

Yam Nua

(Grilled Beef Salad)

- grilled slices of beef in an exceptional, tangy, marinade & tossed w/ tomato, cucumber, red onion, cilantro

Laab (Chicken or Pork)

- traditional tangy Thai chicken salad in a refreshing blend of lemon & lime juice, seasoning, rice powder, red onion & cilantro

Yum Pla Mukh

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

Yam Woon Sen

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

## Main Courses

Cashew Chicken

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

Pad Grapaow

(Basil Chicken, Beef or Pork)

- Fresh basil, carrots, onion, green & red pepper and cabbage, stir fried in seasoned oyster sauce

Pad King

(Gingered Beef)

- Ginger, mushrooms, onion, baby corn, red & green pepper in a Thai black bean sauce

Crispy Pork w/ Basil

- Onion, green & red pepper, carrots tossed in a deliciously sweet sauce

Gai Saparoht

(Crispy Pineapple Chicken)

- Pineapple slices tossed w/ crispy slices of chicken, carrots, onion, red/green pepper, in a deliciously sweet tropical sauce

Gratiem Pik Thai

(Garlic/Black Pepper)

Chicken, Pork or Beef

-a full flavoured meat dish

Sesame Beef w/ Oyster Sauce

- A delicious meat dish, flavoured with sweet oyster sauce & tossed w/ sesame

Nam Pik Pow

(Beef, Chicken or Pork)

- tossed in a ginger chili sauce w/ baby corn, mushrooms, green & red pepper, lime leaves & basil

Pad Priow Wan

(Fresh Chicken, Beef or Pork)

- tomatoes, cucumbers & onions tossed in a thick, sour & sweet tomato sauce

Pad Pik King

(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

(Chicken, Beef or Pork)

A delicious dish with tender bamboo shoots, bell peppers, carrots, onions, fresh basil and lime leaves in a light sauce.

Pad Pahk Ruammit

(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!

Stir Fried bean sprouts with tofu

-Tender fresh sprouts in garlic, green onions and oyster sauce

Kaow Pad

(Thai Fried Rice)

- Jasmine rice fried w/ garlic shrimp, an egg & a medley of garden veggies

## Hours:

Monday - CLOSED

Tues , Wed , & Thurs

Dinner: 5:00pm – 8:00 pm

Fridays & Saturdays

Diner 5:00 pm – 9:00 pm

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

**Located:** 5827 Highway 97B – a couple doors down from Mellor's Store, just a 5 minute drive south of Salmon Arm

Take out available (**pick-up only**).  
Reservations for dinner are **recommended** on weekends.  
(250) 833-4211

## Thai Coconut Curry

Your choice of Beef, Chicken or Pork

Gang Leung  
(Yellow)

- a sweet, turmeric infused curry w/ potato, onion, sweet red & green bell peppers

Gangkiew Waan  
(Green)

- a tangy, basil flavoured sweet curry with green & red bell peppers, green peas & cabbage

Pa-Nang (Red)

- traditional, spicier curry with fresh basil, red & green bell peppers and onions.

Red Curry w/ Bamboo Shoots

-the same recipe, but with the exotic flavour of sweet, crisp bamboo shoots

## Seafood

Chu Chee (Prawns or Squid)

in a thick red curry sauce with red, green peppers, basil and lime leaf.

Mixed Seafood

Garlic & Black Pepper

Prawns OR Squid

- tossed w/ broccoli & carrots

Basil Squid OR Prawns

- stir fried w/ onions, green & red pepper, and basil in a delicious Thai sauce

Pad Po Tuen

(Mixed Seafood)

- squid, prawns & mussels mixed in a Ginger chili sauce w/ baby corn, green & red pepper, mushrooms, carrots, lime leaves & basil

Tilapia Lad Prik

- flavorful whole Tilapia fish fried, cooked then topped w/ an *incredible* Thai sauce, of Ginger, mushrooms, baby corn, green & red pepper, basil & lime leaves.

Goong Nam Pik Pow

-tossed in a ginger chili sauce w/ baby corn, mushrooms, lime leaves & basil

## Noodles

Pad Thai

-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

- Pad Thai made with vermicelli noodles , your choice of meat (chicken , pork or beef )

Pad Kee Mau

(Drunken Noodles)

Beef & rice noodles pan fried in a special blend of Thai sauces, w/ carrots, broccoli & cabbage.

Pad Lad Nah

(Chicken, Pork or Beef)

- rice noodles in a Thai gravy sauce, w/ broccoli & carrots

Mee Grob Lad Nah

-crispy rice noodles in a gravy-like sauce, with carrots, baby corn, cauliflower and broccoli  
Seafood (Prawn or Squid)

## Rice

Small (1-2 ppl.)

Large (2-3 ppl)

## Dessert

Deep Fried Banana w/ Vanilla Ice Cream...

Mmm...

- topped w/ whipped cream and drizzled w/ Chocolate Syrup

Vanilla Ice Cream

- topped w/ whipped cream & chocolate syrup!

## Drinks

Pop

(Ice Tea, Pepsi, Diet Pepsi, Sprite, Orange Crush, Ginger ale, Rootbeer, Coke, Diet Coke)

Juice (Apple or Orange)

Coffee

Tea