



OUR MANTRA

FOOD IS AN ART. COOK FROM THE HEART

This is our philosophy and we use this to drive us forward everyday!

Here, at Mantra, we ensure we deliver the best and fresh Thai food we can to keep to our high levels of quality because we care.

Our chefs from Thailand have over 30 years experience between them, and are passionate in producing authentic distinctive dishes from around the country to give you a special dining experience.

Our passion is to show our hearts through our food and our service with a Thai smile.

And we consider it a success when a smile is returned to us!

So... from our hearts to yours...

Enjoy your meal!

From the Mantra Team

APPETISERS

ROOM WITH STARTER **รวมมิตรสาร์ทเซอร์**
MANTRA SHARING PLATTER 🍴 🍴 **£30.00**
For 2 persons.

An assortment of different flavours and textures designed by our chefs to complement each other nicely, this platter is a selection of chicken satay skewers, king prawn tempura, vegetable spring rolls, prawn and chicken toast, BBQ pork spare ribs and a crispy duck salad served with our homemade sweet chilli sauce, peanut sauce and cucumber, chilli, shallot and carrot relish.

SATAY GAI **สะเต๊ะไก่**
CHICKEN SATAY 🍴 **£9.50**

Strips of marinated chicken threaded onto wooden skewers and char-grilled to give the chicken an extra layer of smoky flavour. This is accompanied by our homemade peanut sauce and cucumber, chilli, shallot and carrot relish.

POH PIA JAY **ปอเปี๊ยะข้าว**
VEGETABLE SPRING ROLLS 🍴 **£8.50**

Deep-fried pastry that is delightfully crispy on the outside, stuffed with a perfect combination of the vermicelli noodles, black mushrooms, shredded cabbage and carrots on the inside. This is served with a sweet plum sauce.

TOD MUN PLA **ทอดมันปลา**
THAI FISH CAKES 🍴 🍴 **£9.50**

Traditional spicy Thai style fish cakes packed with the nuance of the red curry paste and the aromatic and refreshing flavour of the kaffir lime leaves served with our homemade sweet chilli sauce and peanut vegetable relish, a popular combination in Thailand. (Medium Hot)

SEE KRONG MOO **ซีอิ๊วทรงหมูคักรบเกลือ**
SALT AND CHILLI SPARE RIBS **£9.00**

Succulent grilled pork spare ribs marinated in Thai herbs, tossed with sea salt and fresh chillies.

POH PIA PED **ปอเปี๊ยะห่อหัด**
DUCK SPRING ROLLS **£9.50**

Crispy deep-fried pastry stuffed with a combination of tender shredded duck, crispy shredded cabbage and carrot, chewy glass noodles and black mushrooms with a hint of ginger, served with hot sai sauce.

GOONG TOD GROB **กุ้งทอดกรอบ**
TEMPURA KING PRAWNS **£10.50**

King prawns fried in a light crispy tempura batter served with plum sauce.

MOO NRG **หมูย่าง**
GRILLED PORK SKEWERS **£9.50**

A Bangkok street food favourite, our Thai-style char-grilled pork skewers are marinated in honey and coriander root, giving it the perfect combination of sweet and savoury flavours. This is served with a spicy tamarind sauce.

PLA MEUK TOD **ปลาหมึกทอด**
THAI STYLE FRIED SQUID **£10.00**

Delicious deep-fried squid, lightly flour coated, topped with diced spring onion and peppers, served with homemade spicy tamarind dipping sauce.

PU NIM TOD KRATIE **ปูนิ่มทอดกระเทียม**
DEEP FRIED SOFT SHELL CRAB 🍴 **£12.00**

A delicious soft-shell crab that is deep-fried with black pepper and fresh garlic, a classic seafood counterpart. This is served with an appetising spicy seafood sauce.

SEE KRONG MOO BBQ **ซีอิ๊วทรงหมูบาร์บีคิว**
BBQ PORK SPARE RIBS **£9.00**

Grilled pork spare ribs with fresh Thai herbs tossed in our homemade barbecue sauce, accompanied by some grilled fresh pineapples.

KHA NOM PANG NHA GOONG **ขนมปังกะนึ่ง**
PRAWN & CHICKEN TOAST **£9.50**

Deep-fried toast stuffed with the savoury goodness of minced prawn and chicken, garlic, coriander root and white pepper, topped with sesame seeds and accompanied by our homemade sweet chilli sauce.

THUNG TONG **ถุงทอง**
GOLDEN PARCEL **£9.50**

Crispy deep-fried spring roll pastry wrapping marinated minced chicken and prawn meat, served with our homemade sweet chilli sauce.

PAK ROOM TOD GROB **ปลาร้าทอดกรอบ**
VEGETABLE TEMPURA 🍴 **£9.00**

A mixture of thinly cut sweet potato, green beans, aubergines, broccoli, green peppers and carrots deep-fried in a golden tempura batter served with tempura sauce.

THUNG THONG JAY **ถุงทองเจียว**
VEGETABLE GOLDEN PARCEL 🍴 **£9.50**

Crispy deep-fried spring roll pastry wrapping our chefs' special vegetable mix of sweet corn, garden peas, onions and carrots, served with our homemade sweet chilli sauce.

SOUPS

TOM YUM GAI **ต้มยำไก่**
CHICKEN TOM YUM **£10.00**

A heart-warming, creamy, hot and sour soup with chicken, mushrooms, roasted chillies, lemongrass, galangal, coriander, kaffir lime leaves and Thai herbs. (Hot)

MUSHROOM TOM YUM **£8.50**

A creamy hot and sour soup with mushrooms, lemongrass galangal, roasted chillies and kaffir lime leaves, flavoured with Thai herbs. (Hot)

TOM YUM GOONG **ต้มยำกุ้ง**
KING PRAWNS TOM YUM 🍴 **£11.00**

The heart and soul of Thai cuisine, this creamy, hot and sour soup contains king prawns, mushrooms, roasted chillies, lemongrass, galangal, coriander, kaffir lime leaves and Thai herbs. A refreshing and comforting dish. (Hot)

POH TEK **ปอเต๋ก**
MIXED SEAFOOD TOM YUM **£14.00**

With the combination of tender king prawns, mussels and squid and classic Thai flavours including tom yum, lemongrass, and coconut milk, this Thai seafood soup soothes and uplifts the spirit as well as the body. (Hot)

TOM KHA GAI **ต้มยำไก่**
CHICKEN TOM KHA **£10.50**

A comforting Thai soup with chicken and mushrooms in a creamy coconut soup mixed with a rich broth of lemongrass, galangal, kaffir lime leaves and topped with fresh coriander and chillies. (Medium Hot)

TOM KHA HED **ต้มยำเห็ด**
MUSHROOM TOM KHA **£8.50**

An aromatic coconut milk and mushroom soup mixed with a rich broth of lemongrass, galangal, kaffir lime leaves and topped with fresh coriander and chillies. (Medium Hot)

THAI SALADS

SOM TUM THAI **ส้มตำไทย**
THAI PAPAYA SALAD 🍴 **£12.00**

Thailand's most famous salad, papaya salad is packed with spicy, tangy and sharp flavours, making it a popular appetiser in Thai cuisine. Our papaya salad is made with shredded green papaya, carrots, cherry tomatoes and fine beans all dressed with fresh lime juice, fish sauce, garlic, fresh chillies, palm sugar and crushed peanuts. (Hot)

SOM TUM SALMON TOD **ส้มตำแซ่บทอด**
SALMON WITH THAI PAPAYA SALAD 🍴 **£14.50**

A delightful pan-fried salmon fillet served on a papaya salad of shredded green papaya, carrots, cherry tomatoes and fine beans, dressed with fresh lime juice, garlic, fish sauce, fresh chillies, palm sugar and crushed peanuts. (Hot)

YUM PED GROB **ยำเป็ดกรอบ**
SPICY CRISPY DUCK SALAD **£12.00**

Strips of roasted crispy duck breast tossed with watercress, radish, shallots, spring onions and coriander in a spicy Thai salad dressing. (Medium Hot)

YUM GOONG **ยำกุ้ง**
SPICY KING PRAWN SALAD 🍴 **£14.00**

The taste of this king prawn salad hinges on the freshness of the ingredients used: coriander, lime juice, fish sauce and chillies. A healthy & refreshing salad with exotic spicy, tangy, and a little sweet flavours - this is the ultimate seafood lover's dream! (Hot)

YUM NUA NUM TOK **ยำเนื้อน้ำตก**
WATERFALL BEEF SALAD **£15.50**

A popular Thai salad with slices of grilled ribeye steak, in our special dressing of fresh lime juice, chillies and garlic, mixed with mint leaves, cherry tomatoes and red onions served on a bed of mixed green leaves, topped with ground roasted rice. Very satisfyingly spicy & delicious! (Hot)

LAAB GAI **ลาบไก่**
MINCED CHICKEN SALAD 🍴 **£13.00**

Of North-Eastern Thailand style, our minced chicken salad is mixed with fresh mint, fresh coriander, spring onions and red onions, in our house special dressing of lime juice, fish sauce, chillies & galangal, and fragrant with roasted ground rice. Definitely a Thai favourite! (Hot)

NOODLES AND RICE

PAD THAI GAI **ผัดไทยไก่**
CHICKEN PAD THAI **£14.50**

Thailand's national dish, a blend of sweet, sour, salty and umami flavours. This is made with chicken, Thai rice stick noodles, egg, bean sprouts, and spring onions stir-fried with a tamarind sauce.

PAD THAI GOONG **ผัดไทยกุ้ง**
KING PRAWN PAD THAI 🍴 **£16.50**

Thailand's national dish, a blend of sweet, sour, salty and umami flavours. This is made with king prawns, Thai rice stick noodles, egg, bean sprouts, and spring onions stir-fried with a tamarind sauce.

PAD KHEE MAO NUA **ผัดขี้เมาเนื้อ**
SPICY STIR FRIED RICE NOODLES WITH BEEF **£14.50**

A spicy and savoury noodle dish of stir-fried rice stick noodles with tender slices of beef, mushrooms, fine beans, onion, peppers, chillies, fresh peppercorns, kraichai root, and holy basil. (Hot)

KHAO PAD GAI **ข้าวผัดไก่ทอด**
MIXED CHICKEN FRIED RICE 🍴 **£14.00**

Comfort food at its best! No explanation needed.

KHAO PAD GOONG **ข้าวผัดกุ้ง**
KING PRAWN FRIED RICE **£16.50**

Simple yet elegant is the classic Thai-style king prawn fried rice with eggs, spring onions and carrots garnished with fresh tomato and cucumber slices.

CHAR-GRILLED & SEAFOOD DISHES

SEAUA RONG HAI **ปลาร้องไห้**
WEEPING TIGER **£24.00**

Originated from the North-Eastern region of Thailand, this dish is made of tender slices of char-grilled rib-eye steak, doused with a savoury mushroom and onion gravy on a sizzling plate accompanied by a tangy chilli dipping sauce.

GOONG PADW **กุ้งผัด**
SIZZLING GARLIC BUTTER KING PRAWNS **£21.00**

Sweet and meaty char-grilled king prawns cooked with butter and garlic and served on a sizzling plate accompanied by a spicy seafood sauce.

PED SAUCE MAKHAM **เป็ดซอสมะขาม**
DUCK IN TAMARIND SAUCE 🍴 **£18.50**

Thin slices of roasted duck breast in a sweet and tangy tamarind and palm sugar sauce, garnished with cashew nuts, fried onions and roasted chillies. (Mild)

FLA SONG SAHAI **ปลาสองสาย**
TWO SISTER FISH **£25.50**

A dish of two distinct yet complementing flavours. Salmon fillet in a creamy Choo Chee curry sauce made from a spicy red curry paste and coconut milk and sea bass fillet with a light and tangy tamarind sauce.

PLA RAD PRIK **ปลาร้าทอดพริก**
PAN-FRIED SEA BASS WITH SWEET CHILLI & GARLIC SAUCE **£21.00**

The most famous, authentic fish dish in Thailand! Succulent pan-fried sea bass fillets with homemade sweet & sour, spicy garlic sauce, makes this a flavour sensation and treat to your meal. (Hot)

GOONG PAD KHING **กุ้งผัดขิง**
GRILLED KING PRAWNS WITH GINGER **£20.50**

Char-grilled king prawns stir-fried with fresh ginger, spring onion, mushrooms, black mushrooms and peppers. (Mild)

CHOO CHEE PU NIM **จู้ฉีฉีนิ่ม**
SOFT SHELL CRAB CURRY **£22.00**

A seafood lover's favourite in Thailand, this delicate soft-shell crab is cooked with onions and peppers in a savoury sweet, creamy Choo Chee curry sauce made from a spicy red curry paste and coconut milk, finished with freshly shredded kaffir lime leaves. (Medium Hot)

GAENG PA PLA **แกงเผือกปลาหมอ**
SEABOSS JUNGLE CURRY 🍴 **£20.50**

Distinctive and fragrant, strong and robust, from many jungle herbs, including: kaffir lime peel and leaves, kraichai root, lemongrass, holy basil, green peppercorns & galangal, this highly spicy curry without coconut milk, will excite your taste buds to the maximum. Pairing it with pan-fried seabass makes it a delicious, healthy and memorable choice. (Very Hot)

THAI CURRIES

GAENG KIEW WAAN GAI **แกงเขียวหวานไก่**
THAI GREEN CHICKEN CURRY **£15.00**

The ever-famous Thai green curry with spicy, creamy, aromatic sauce, tender chicken breast, and crunchy greens. All topped off with an extra helping of fresh chilli and sweet basil leaves. (Hot)

GAENG MASSAMAN GAE **แกงเผ็ดมันมะขาม**
CHICKEN WITH MASSAMAN LAMB CURRY 🍴 🍴 **£18.00**

Tender cuts of lamb slow-cooked with potatoes, onions and cashew nuts in a rich Massaman curry sauce, having a sweet aftertaste, made with turmeric, star anise, cardamom, cinnamon, chillies and coconut milk. (Mild)

GAENG GAREE GAI **แกงกะหรี่ไก่**
CHICKEN IN YELLOW CURRY **£14.50**

Made from a rich turmeric-flavoured base that contains coconut cream as well as coconut milk, this curry contains tender chicken breast cooked with baby potatoes, butternut squash, garlic and onions, topped with fried shallots. (Mild)

GAENG DAENG NUA **แกงเผ็ดเนื้อ**
THAI RED CURRY WITH BEEF **£17.00**

A popular Thai dish made of slices of tender beef cooked with a savoury and sweet red curry paste and coconut milk. The beef is served with green eggplants, butternut squash and sweet basil. (Medium Hot)

GAENG PANANG KHA GAE **แกงพริกมันมะขาม**
LAMB SHANK IN PANANG CURRY 🍴 🍴 **£21.00**

Lamb shank slow-cooked in a rich Panang curry sauce that is made from a red curry base and coconut milk - savoury and sweet with a nutty peanut flavour, garnished with shredded kaffir lime leaves, red chillies and sweet basil. (Medium Hot)

CHOO CHEE GOONG **จู้ฉีกุ้ง**
CHOO CHEE CURRY KING PRAWNS **£19.50**

Grilled king prawns in a savoury sweet, creamy Choo Chee curry sauce made from a spicy red curry paste and coconut milk, finished with freshly shredded kaffir lime leaves. (Medium Hot)

GAENG PHED PED YANG **แกงเผ็ดเป็ดขมิ้น**
ROASTED DUCK CURRY **£19.00**

A popular Thai dish made of slices of roasted duck breast cooked with fresh cherry tomatoes, peppers, pineapple and sweet basil in a savoury and sweet red curry paste cooked in coconut milk. (Medium Hot)

JUNGLE CHICKEN CURRY **£14.50**

A traditional spicy Thai curry that originated from the forested areas in northern Thailand and is cooked without coconut milk. Slices of chicken breast are cooked in a chicken broth and served with shredded kraichai root, aubergines, butternut squash, bamboo shoots, baby corns, fine beans, holy basil and fresh green peppercorns. (Very Hot)

PANANG MOO **หมูผัดมันหมู**
PANANG PORK CURRY **£16.50**

A popular Panang curry dish with tender strips of pork simmered in a rich Panang curry sauce that is made from a red curry base and coconut milk - savoury and sweet with a nutty peanut flavour, garnished with shredded kaffir lime leaves, red chillies and sweet basil. (Medium Hot)

GAENG MASSAMAN KHA GAE **แกงเผ็ดมันมะขาม**
LAMB SHANK IN MASSAMAN CURRY 🍴 **£21.00**

Lamb shank slow-cooked with potatoes, onions and cashew nuts in a rich Massaman curry sauce, having a sweet aftertaste, made with turmeric, star anise, cardamom, cinnamon, chillies and coconut milk. (Mild)

CHOO CHEE SALMON **จู้ฉีแซ่บซอม**
CHOO CHEE SALMON **£21.00**

Pan-fried salmon fillet in a creamy Choo Chee curry sauce made from a spicy red curry paste and coconut milk. (Medium Hot)

GAENG KIEW PLA **แกงเขียวหวานปลาหมอ**
SEABOSS GREEN CURRY 🍴 **£21.50**

Our famous Thai green curry - creamy, aromatic and luxurious. Seabass - delicate and juicy, with crispy skin. Match made in heaven! (Hot)

STIR FRIED DISHES

GAI PAD GAI PRAW **ไก่ผัดกะเพรา**
CHICKEN WITH CHILLI AND BASIL **£14.50**

A classic popular dish in Thailand, spicy and fragrant, this dish is made of tender strips of chicken breast stir-fried with fresh chillies, garlic, green beans and holy basil leaves. (Hot)

GAI HED MAHJUNG **ไก่ผัดเม็ดมะม่วง**
CHICKEN WITH CASHEW NUTS 🍴 🍴 **£17.50**

A popular traditional Thai dish that is slightly sweet and salty, made of stir-fried strips of crispy chicken breast and crunchy cashew nuts, onions, peppers, mushroom, carrots, pineapple and roasted chillies all served in a crispy potato basket. (Mild)

MOO GROB PAD GAI PRAW **หมูกรอบผัดกะเพรา**
CRISPY PORK WITH CHILLI AND BASIL **£17.50**

A classic popular dish in Thailand, spicy and fragrant, this dish is made of crispy pork belly stir-fried with fresh chillies, garlic, green beans and holy basil leaves. (Hot)

NUER PAD PRIK THAI DAM **เนื้อผัดพริกไทยดำ**
BEEF IN BLACK PEPPER SAUCE **£17.50**

Succulent slices of beef stir-fried with onions, mushrooms, peppers and spring onions in a black pepper sauce and served on a sizzling plate. (Medium Hot)

PAD PRAW WAAN GAI **ผัดเปรี้ยวหวานไก่**
THAI STYLE SWEET AND SOUR CHICKEN **£16.50**

Crispy strips of chicken breast stir-fried in a sweet and sour sauce with pineapples, onions, cucumbers, cherry tomatoes and spring onions. (Mild)

THAI LAY PADCHAA **ทะเลผัดฉ่ำ**
SEAFOOD IN AROMATIC SPICES 🍴 **£21.50**

A seafood medley of king prawns, mussels, scallop, and squid all stir-fried in aromatic Thai herbs and spices, kraichai root, spicy green peppercorns, fresh chillies, green beans and holy basil leaves. (Hot)

NUA NAM MUN HUI **เนื้อผัดมันมะขาม**
THAI STYLE BEEF IN OYSTER SAUCE **£17.00**

Tender strips of beef stir-fried with broccoli, mushrooms, carrots and spring onions in a rich, sweet oyster sauce.

GOONG PAD PRIK THAI DAM **กุ้งผัดพริกไทยดำ**
KING PRAWNS IN BLACK PEPPER SAUCE 🍴 **£21.00**

Sweet and meaty king prawns stir-fried with onions, peppers and spring onions, served with a black pepper sauce on a sizzling plate. (Medium Hot)

PAD BROCCOLI MOO KROB **ผัดบรอกโคลีหมูกรอบ**
THAI STYLE CRISPY PORK STIR FRIED WITH BROCCOLI **£16.50**

Crispy pork belly and broccoli stir-fried with garlic, carrots and baby sweet corn in a rich, sweet oyster sauce.

GOONG PAD TA KRAI **กุ้งผัดตะไคร้**
THAI LEMONGRASS KING PRAWN **£21.00**

Aromatic lemongrass, tender king prawns fused with the underlying taste of kaffir lime leaves and garlic. Original Thai taste! (Mild)

GAI PAD GRA THIEH PRIK THAI **ไก่ผัดกระเทียมพริกไทย**
GARLIC & PEPPER CHICKEN **£14.50**

Caramelised garlic creates a taste sensation for slices of chicken breast stir-fried with sprinkles of pepper, hitting notes of sweet and savoury. (Mild)

MOO GROB NAM PRIK POW **หมูกรอบน้ำพริกเผา**
CRISPY PORK BELLY WITH THAI CHILLI JAM **£17.50**

Savoury sweetness with a spicy kick! Crispy Pork Belly slices stir-fried with our signature Thai chilli jam & strips of onions, peppers, roasted chillies & sweet basil creates a truly, irresistible dish. Top crowd-pleaser! (Medium Hot)

VEGETARIAN MAINS

PAD PRAW WAAN HED **ผัดเปรี้ยวหวานเห็ด**
STIR FRIED CRISPY MUSHROOM IN SWEET AND SOUR SAUCE **£12.00**

Crispy deep-fried mushroom stir-fried in a sweet and sour sauce with pineapples, onions, carrots, cherry tomatoes and spring onions. (Mild)

PAD THAI JAY **ผัดไทยเจียว**
VEGETARIAN PAD THAI **£13.50**

Classic flavours of Thailand abound in this fragrant and flavourful dish featuring homemade tamarind sauce, peanuts, tofu and Thai rice stick noodles.

PAD BROCCOLI **ผัดบรอกโคลี**
STIR FRIED BROCCOLI AND TOFU **£13.50**

A medley of jackfruit and succulent fried tofu tossed in a savoury sauce with carrots, baby sweet corn and shitake mushrooms.

GAENG KIEW KANHON **แกงเขียวหวานขมิ้น**
JACKFRUIT GREEN CURRY 🍴 **£14.50**

A medley of jackfruit and assorted vegetables in a classic Thai green curry sauce with an intense warming heat, sure to fire up those taste buds. (Hot)

GAENG KIEW WAN JAY **แกงเขียวหวานเจียว**
FRIED TOFU IN THAI GREEN CURRY **£14.50**

The lightly golden fried tofu and assorted vegetables in the medley of fragrant exotic Thai green curry with a gentle warming heat, garnished with sweet basil leaves and chilli. (Hot)

MASSAMAN TACHU **มัสมั่นเต้าหู้**
MASSAMAN TOFU 🍴 **£16.50**

Mild massaman curry is the perfect accompaniment for tofu, fully soaking up the rich nutty sauce, made from cashew nut, turmeric, star anise, cardamom & chillies, and sweet from cinnamon and coconut milk. Warms you straight to the heart! (Mild)

GAENG GAREE JAY **แกงกะหรี่เจียว**
BUTTERNUT SQUASH & TOFU IN YELLOW CURRY **£14.50**

Made from a rich turmeric-flavoured base that contains coconut cream as well as coconut milk, this curry contains butternut squash and deep-fried tofu cooked with baby potatoes, butternut squash, garlic and onions, topped with fried shallots. (Mild)

PANANG JAY **พะเนียงเจียว**
PANANG CURRY WITH BUTTERNUT SQUASH TEMPURA **£16.50**

Tender butternut squash deep-fried in tempura batter and simmered in a rich Panang curry sauce that is made from a red curry base and coconut milk - savoury and sweet with a nutty peanut flavour, garnished with shredded kaffir lime leaves, red chillies and sweet basil. (Medium Hot)

CHOO CHEE TACHU **จู้ฉีเต้าหู้**
FRIED TOFU IN CHOO CHEE CURRY SAUCE 🍴 **£16.00**

Deep-fried tofu in a savoury sweet, creamy Choo Chee curry sauce made from a spicy red curry paste and coconut milk, finished with freshly shredded kaffir lime leaves. (Medium Hot)

SIDE DISHES

JASMINE RICE **£3.50**

THAI STICKY RICE **£4.50**

EGG FRIED RICE **£5.00**

COCONUT RICE **£4.50**

STIR-FRIED EGG NOODLES **£4.50**