

## Appetizers/Salads/Soups

- **Spring Rolls (Porpia Tod) <4pcs>** \$6.99  
Glass noodle, shredded cabbage, carrot, in spring roll skins, deep-fried & served with house sweet & sour spicy sauce.
- **Fish Cake <4pcs>** \$8.99  
Thai style fish cake patties seasoned with curry paste, sliced green beans & lime leaves & deep fried, served with cucumber salad sauce
- **Satay Chicken <5 Skewers>** \$8.99  
strips on wooden skewers marinated with coconut milk & curry powder, grilled & served with peanut sauce & cucumber salad sauce.
- **Crispy Fried Noodles Mee Grob** - A popular Thai dish, this crispy rice noodle creation is garnished with shrimp and bean sprouts \$9.99
- **Sahla Garden Salad** - Fresh lettuce, tomatoes, bean sprouts, cucumber & house peanut sauce \$7.99
- **Mango Salad** - Shredded fresh mango, red onion, chili, mint with lime juice dressing topped with house sweet fish sauce \$8.99
- **Thai Hot and Sour Soup: Tom Yam** \$5.99  
Soup cooked in an herb broth with lime leaves, lemon grass, galangal, tomato, straw mushroom, shallot w/ fresh chili. Choice: Prawn, Chicken, Vegetable or Seafood → \$6.99
- **Coconut Soup: Tom Kha** \$5.99  
Coriander gently cooked in coconut sauce with galangal, lime leaves, fresh chili and tomato, shallot, mushroom. Choice: Prawn, Chicken, Vegetable or Seafood → \$6.99

### Chicken Served with Rice • \$11.99

- **Cashew Chicken (Gai Pad Med Mamuang)** - Stir fried Chicken breast w/vegetable in chilli past sauces, garnished with crunchy toasted cashew nuts
- **Ginger Chicken: Gai Pad Khing** - Stir fried sliced chicken breast w/ ginger, green onion, onion, chine's mushroom, red pepper, garlic & chili
- **Spicy Chicken: Gai Pad Kil Mou** - Stir fried slices chicken breast w/ bamboo, eggplant, long bean, chili garlic & basil
- **Basil Chicken: Gai Pad Bai Horapar** - Stir fried chicken breast w/ basil, corn, red chili, onion & chili paste
- **Sweet & Sour Chicken: (Pad Prieu Wan Gai)** - Stir fried chicken w/ pineapple, onion, cucumber, tomato, green pepper & snow peas
- **Lemongrass Chicken** - Stir fried sliced chicken breast w/ lemongrass, red pepper & onions
- **Pat Chaa Kai** - Stir fried sliced chicken breast w/ ginger, red pepper, basil, chillies, green beans & curry powder

### Beef Served with Rice • \$11.99

- **Black Pepper Beef** - Stir fried beef w/ green pepper, chinese mushroom & black pepper
- **Ginger Beef** - Stir fried sliced beef w/ ginger, green onion, onion, red chili, fresh mushroom, garlic & chili
- **Spicy Beef** - Stir fried slices beef w/ long bean, bamboo, eggplant, chili garlic, baby corn & basil
- **Basil Beef** - Stir fried beef w/ onion, red chili paste, baby corns, & sweet basil
- **Sweet & Sour Beef** - Stir fried sliced beef w/ cucumber, tomato, pineapple, onion, snow pea & green pepper
- **Lemongrass Beef** - Stir fried beef w/ lemongrass, red pepper & onions
- **Pat Chaa Beef** - Stir fried sliced beef w/ ginger, red pepper, basil, chillies, green beans & curry powder
- **Garlic Beef** - Stir fried beef w/ garlic & black pepper

### Pork Served with Rice • \$11.99

- **Black Pepper Pork: Mou Pik Thai Dum** - Stir fried pork w/ green pepper, chinese mushroom & black pepper
- **Ginger Pork: Mou Pad Khing** - Stir fried sliced pork w/ ginger, green onion, onion, chine's mushroom, red pepper, garlic & chillies
- **Spicy Pork: Mou Pad Kil Mou** - Stir fried slices pork w/ long bean, bamboo, eggplant, baby corn & basil
- **Basil Pork: Mou Pad Bai Horapar** - Stir fried pork w/ onion, red chili paste, corn & sweet basil
- **Sweet & Sour Pork** - Mou Pil Wan - stir fried sliced pork w/ cucumber, tomato, pineapple, onion, snow peas & green pepper
- **Garlic Pork: Mou Tod Tiem** - Deep fried pork w/ garlic & black pepper
- **Sweet and Sour Ribs** - Ribs w/ green onion, onion & red pepper
- **Lemongrass Pork** - Stir fried sliced pork w/ lemongrass, red pepper & onions
- **Pat Chaa Pork** - Stir fried sliced pork w/ ginger, red pepper, basil, chillies, green beans & curry powder

### Squid Served with Rice • \$12.99

- **Basil Squid w/ Chili Paste: Pla Muek Nam Pik Pow** - Stir fried squid w/ chili paste, red chili, onion, baby corn & basil
- **Garlic Squid : Pla Muek Tod Katem** - Deep fried squid w/ garlic & pepper
- **Spicy Squid: Shu Shii Pla Muek** - Stir fried squid w/ curry paste, coconut milk, baby corn, green bean, lime leave & red pepper
- **Black Pepper Squid - Pla Muek Pad Pik Thai dum** - Stir fried squid w/ black pepper, onion & red chili
- **Sweet & Sour Squid: Pla Muek Pad Pil Wan** - Stir fried squid w/ sweet & sour sauce, cucumber, tomato, pineapple onion, snow peas & green pepper

### Prawn Served with Rice • \$12.99

- **Tamarind Prawn - Gung Pad Ma Kam** - Stir fried prawn w/ tamarind sauce, snow peas, onions, red & green peppers
- **Sweet & Sour Prawn : Gung Pil Wan** - Stir fried prawn w/ sweet & sour sauce, cucumber, tomato, pineapple & pepper
- **Yellow Curry Prawn : Gung Pad Pong Ka Rii** - Stir fried prawn w/ yellow curry, egg, red chili, celery & green onion
- **Snow Peas with Prawn** - Stir fried prawn w/ snow peas & fresh mushroom
- **Pat Chaa Gung** - Stir fried prawn w/ ginger, red pepper basil, chillies, green beans & curry powder
- **Garlic Prawn** - Deep fried prawn w/ garlic & black pepper

### Fish Served with Rice • \$14.99

- **Salmon Fillet w/Thai Hot & Sour sauce: Tom Yam Fish** - Deep fried fish w/ lemon grass, chili paste, galangal, tomatoes, mushroom, lime leaves & lime
- **Salmon Fillet w/Sweet & Sour Sauce : Pla Pil Wan** - Deep fried fish w/ sweet & sour sauce, cucumber, pineapple, tomato, snow pea & onion
- **Salmon Fillet w/Curry Sauce: Pla Chu Chili** - Deep fried fish, w/ red curry, coconut milk & lime leaves

### Vegetables Served with Rice • \$9.99

- **Egg Plant Basil** - Stir fried eggplant w/ basil, onion, red pepper, baby corn & chillis
- **Mix Vegetable** - Stir fried baby corn, Broccoli, carrot, napa, mushroom, green beans, snow peas, garlic, red & green peppers
- **Ginger Tofu** - Stir fried ginger w/ tofu, onion, chinese mushrooms & red pepper
- **Cashew Vegetable** - Stir fried Vegetable in chili paste, crunchy toasted cashew nuts, red & green peppers

### Rice

- **Thai Fried Rice** - Stir fried rice w/ onion, tomato, carrot, green bean, egg, snow pea, pepper & green onion Choice: Shrimp, Chicken, Beef, Pork or Vegetable \$9.99
- **Sahla Thai Fried Rice** - Stir fried rice w/ squid, mussels, shrimp, cashews, tomato, yellow curry powder, onion, pineapple, egg, & raisin \$12.99
- **Steamed Jasmine Rice** sm. \$3.00 med. \$4.00 lg. \$5.00

## Curry Served with Rice

- **Red Curry** ♪ - Red curry paste w/ coconut milk, eggplant, basil, bamboo & red pepper  
Choice: Beef, Chicken, Pork or Vegetable → \$11.99
- **Green Curry** ♪ - Green curry paste w/ coconut milk, eggplant, bamboo, basil & red pepper  
Choice: Beef, Chicken, Pork or Vegetable → \$11.99
- **Masaman Curry** - Masaman curry paste w/ coconut milk, sweet potatoes, onion, & whole peanut  
Choice: Beef, Chicken, Pork or Vegetable → \$11.99
- **Duck Curry** ♪ - Red curry paste w/ duck meat, coconut milk, pineapple, grape, lime leaves, basil & tomato  
\$12.99
- **Penang Curry** - Stir fried w/ penang curry paste, lime leaves, coconut milk, peppers, green beans & peanut on top  
\$11.99  
Choice: Beef, Chicken, Pork or Prawn

## Noodles

- **Pad Thai** - A popular Thai dish stir fried rice noodle w/ egg, bean spout, pad thai sauce, tofu, green onion & ground peanut on side  
Choice: Chicken, Prawn or Vegetable \$9.99
- **Pad Seu Yui** - A popular Thai dish :tir fried rice noodle w/ broccoli, snow peas  
Choice: Chicken, Beef, pork or Vegetable \$9.99
- **Spicy Noodle (Pad Kee Mow) ♪** - Stir fried rice noodle w/ long bean, egg bamboo, eggplant, baby corns & basil Choice: Chicken, Prawn or Beef \$11.99
- **Spicy Seafood Noodle ♪** - Stir fried rice noodle w/ squid, mussels, shrimp long bean, egg bamboo, eggplant, baby corns & basil \$12.99

## All Day Special Combos • \$8.99

- 1) **Red curry noodle soup** - Curry paste, coconut milk, noodle, bean spout, shallot, green onion, chili & mushroom  
Choice: Chicken, Beef, Pork or Vegetable
- 2) **Cashew Chicken w/ Deep Fried Spring Roll** ♪ - Stir fried Chicken breast w/vegetable in chilli paste sauces, garnished with crunchy toasted cashew nuts
- 3) **Green Curry Vegetable w/ Deep Fried Spring Roll** - Green curry, mix vegetable, chili and served w/ rice
- 4) **Masaman Curry Beef w/ Deep Fried Spring Roll** - Masaman curry, peanut, sweet potatoes and served w/ rice
- 5) **Paneng Curry w/ Deep Fried Spring Roll** - Red curry paste, lime leaves, coconut, green beans, ground peanuts and served w/ rice  
Choice: Chicken, Beef or Pork
- 6) **Pat Chaa Kai w/ Deep Fried Spring Roll** ♪ - Stir fried sliced chicken breast w/ginger, red pepper, basil, garlic, chili and served w/ rice
- 7) **Pad Se-ew w/ Deep Fried Spring Roll** - Stir fried with rice noodle, broccoli, garlic, & snow peas  
Choice: Chicken, Beef, Pork or vegetable
- 8) **Sweet & Sour Beef w/ Deep Fried Spring Roll** - Stir fried sliced beef w/ onion, green pepper, snow pea, tomato, pineapple, cucumber and served w/ rice

Prices subject to change without notice

Thank you for your patronage

# SAHLA THAI RESTAURANT

793 Prince Street, Truro, NS B2N 1G7

## TAKE OUT MENU

### BUSINESS HOURS

Monday to Friday 11:00am to 9:00pm  
Saturday & Sunday 3:00pm to 9:00pm

TEL: 902-843-3477

FAX: 902-843-3197

Thai food is widely known for being hot and spicy since almost all Thai food is cooked with basic ingredients such as garlic, chillies, lime juice, lemon grass and fresh coriander leaf and fermented fish sauce (nampla) or shrimp paste (kapi) to make it salty.

Please inform your server of any special menu requests in terms of spiciness or allergies.