Banyan Tree
As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

We are happy to share with you, that the herbs and spices we use in the Banyan Tree kitchen are grown in our very own garden here, as well as at our farms in Valpoi, Goa.

**Portion size**

- Soup 250-280 gms
- Salad 200-250 gms
- Appetizer 180-220 gms
- Main Course 290-320 gms
- Rice & Noodles 290-320 gms
- Desserts 180-220 gms
Small Plates

- **Gae Phad Prik**
  - 485kcal | crispy lamb, garlic pepper
  - INR 1300

- **Yum Nua Yang**
  - 834kcal | grilled beef tenderloin salad, cucumber, cherry tomato, lettuce, celery
  - INR 1100

- **Yum Som O Goong Yang**
  - 216kcal | grilled prawn, pomelo salad, water chestnut, roasted coconut, peanut
  - INR 1100

- **Pla Kung Sauce Makham**
  - 882kcal | deep fried fish, tamarind sauce
  - INR 1100

- **Yang Hxy Chell**
  - 506kcal | scallops, lemongrass, fish sauce
  - INR 1100

- **Yam Woon Seen**
  - 829kcal | glass noodle salad, prawns
  - INR 1000

- **Tod Mun Goong**
  - 880kcal | thai prawn cake, plum sauce
  - INR 1000

- **Lab Gai**
  - 648kcal | minced chicken, shallots, mint, lemon, chili, roast rice
  - INR 950

List of Allergens:
- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

Please inform our associate if you are allergic to any ingredients.
All prices are in Indian Rupees and subject to Government taxes.

- Indicates spice level
- Vegetarian
- Non-vegetarian
- Contains pork / beef
- Vegan
Kai Phad Medmuang 🌶️🌶️🌶️🌶️
528kcal | wok tossed chicken, cashew nut, dried chili

Krathong Thong 🌶️🌶️🌶️🌶️
535kcal | pasty shell, chicken, minced prawn, corn, carrot, green peas

Kai Satay 🌶️🌶️🌶️🌶️
978kcal | grilled chicken skewers, cucumber, sweet and sour sauce, peanut sauce

Som Tam 🌶️🌶️
129kcal | raw papaya salad, chili, garlic, long beans

Poh Pai Je 🌶️🌶️
609kcal | glass noodle vegetable spring roll

Khao Phod Thod 🌶️🌶️🌶️🌶️
729kcal | corn fritters, sweet chili sauce, crushed peanut

Tofu Phad Prik Glua 🌶️🌶️🌶️🌶️
823kcal | tofu, shallots, garlic, chili, pepper

Khao Mao Kung Samun Pai 🌶️🌶️🌶️🌶️
657kcal | crispy flat rice, kafir lime, peanut, cashew nut, lemongrass, chili

Rak Bua Thod Naphung 🌶️🌶️🌶️🌶️
962kcal | lotus steam, siracha, honey

INR 950
INR 800
INR 800
INR 800
INR 800
INR 800
INR 800
INR 800

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# Soups

<table>
<thead>
<tr>
<th>Soup</th>
<th>Ingredients</th>
<th>Calories (kcal)</th>
<th>Prices (INR)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tom Yum</strong></td>
<td>lemongrass, bird's eye chili, straw mushroom</td>
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<tr>
<td></td>
<td></td>
<td>208</td>
<td>750</td>
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<td>229</td>
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<td>117</td>
<td>600</td>
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<td><strong>Tom Kha</strong></td>
<td>coconut soup, galangal, lime juice, chili, straw mushroom</td>
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<td>413</td>
<td>750</td>
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<td></td>
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<td>348</td>
<td>600</td>
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<tr>
<td><strong>Tom Klong</strong></td>
<td>tamarind juice, thai herbs, straw mushroom</td>
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<td></td>
<td></td>
<td>280</td>
<td>750</td>
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<td>256</td>
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<td></td>
<td></td>
<td>144</td>
<td>600</td>
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<tr>
<td><strong>Gaeng Liang</strong></td>
<td>clear soup, green peas, baby corn, mushroom, onion, pepper</td>
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<td></td>
<td></td>
<td>57</td>
<td>750</td>
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<td></td>
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<td>35</td>
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Sea Food

- **Lobster Thod Katiem**: 1095 kcal | garlic, black pepper, snap peas
  - INR 2400

- **Poo Phong Kari**: 998 kcal | soft shell crab, egg, celery, yellow curry powder
  - INR 2200

- **Kai Jeaw Poo**: 569 kcal | thai omelette, crabmeat
  - INR 2000

- **Pla Kaphong Nung**: 699 kcal | steamed red snapper, lemongrass, lemon, fish sauce, chili
  - INR 1900

- **Goong Yai Choo Chee**: 877 kcal | tiger prawns, red curry, cumin, coconut
  - INR 1800

- **Pla Phad Kurn Chai**: 997 kcal | stir-fried deep fried fish, celery
  - INR 1700

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Meat & Poultry

- **Sikhorng Kaea Phad Prik Oon** (Gluten)
  1012kcal | lamb chops, green pepper
  INR 2100

- **Phad Kana Moo Grob** (Gluten)
  1241kcal | wok fried crispy pork, kale
  INR 2000

- **Ped Yang Sod Makham** (Gluten)
  1174kcal | duck breast, tamarind, chili, asparagus
  INR 1900

- **Nua Yang** (Gluten)
  1025kcal | beef, fish sauce, chili, toasted rice powder, herbs
  INR 1025

- **Kai Phad Kaprao** (Gluten)
  720kcal | stir-fried minced chicken, hot basil
  INR 1300

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Vegetables

Vegetables

Molluscs
Eggs
Fish
Lupin
Soya
Milk
Peanuts
Gluten
Crustaceans
Mustard
Nuts
Sesame
Celery
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List of Allergens:

Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten
Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

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<table>
<thead>
<tr>
<th>Dish Name</th>
<th>Calories</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Phad Makhew Horpa Tao Jiew  🌿</td>
<td>504kcal</td>
<td>INR 1100</td>
</tr>
<tr>
<td>Phad Tua Lan Tao Phong Kari  🌿</td>
<td>455kcal</td>
<td>INR 1100</td>
</tr>
<tr>
<td>Tau Hoo Kaphroa  🌿</td>
<td>1217kcal</td>
<td>INR 1100</td>
</tr>
<tr>
<td>Phad Phark Ruam Mit  🌿</td>
<td>456kcal</td>
<td>INR 1100</td>
</tr>
</tbody>
</table>
## Curries

### Gaeng Kiew Wan 🍈_trees
- **green curry**
- 🦐 498kcal | prawn
- 🐟 520kcal | fried fish
- 🐓 509kcal | chicken
- 🌸 356kcal | vegetables

### Gaeng Phed 🍈_trees
- **red curry**
- 🦐 506kcal | prawn
- 🐟 526kcal | fried fish
- 🐓 514kcal | chicken
- 🌸 367kcal | vegetables

### Gaeng Leung 🍈_trees
- **yellow curry**
- 🦐 517kcal | prawn
- 🐟 668kcal | fried fish
- 🐓 692kcal | chicken
- 🌸 556kcal | vegetables

### Gaeng Massaman 🍈_trees
- **southern thai curry, potato, shallot, peanut**
- 🦐 1187kcal | lamb
- 🌸 751kcal | vegetables

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- ☑️ Vegan
Rice & Noodles

Phad Thai 🍤
stir-fried rice noodles

- 1074 kcal | prawn
- 1068 kcal | chicken
- 1084 kcal | vegetables

Khao Phad Banyan Tree 🍤
fried rice, thai herbs, tomato, onion, chili
- 736 kcal | prawn
- 872 kcal | chicken

Khao Phad Poo 🍤
782 kcal | jasmine fried rice, crabmeat, egg, onion

Rad Na Mei Groub 🍤
crispy noodles, vegetable gravy, soya
- 700 kcal | prawn
- 694 kcal | chicken
- 609 kcal | vegetables

Khao Phad Phak 🍤
680 kcal | vegetable fried rice, burnt garlic

Jasmine Rice 🍤
370 kcal

Steamed Rice 🍤
314 kcal

INR 900
INR 850
INR 800

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**Sweet Plates**

- **Tub Tim Grob - Thai Red Ruby Dessert** | INR 650
  960kcal | pandan pudding, jackfruit, coconut milk

- **Khao Kra Ya Koo 🍴** | INR 650
  941kcal | pandan pudding, coconut milk

- **Crème Brûlée Takai 🍴** | INR 650
  678kcal | crème brûlée, lemongrass

- **Soft Centred Chocolate 🍫 Dollop with Passion Fruit** | INR 650
  968kcal

- **Choice of Ice Cream 🍦** | INR 650
  522kcal

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