

RICE and NOODLES

- 4.1 PAD THAI NOODLES** (Gluten Free)
Vegetarian (with Tofu) 20.00 | Prawns 24.50 | Chicken 21.00
Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.
- 4.2 THAI FRIED RICE** Vegetarian 16.00 | Prawns 24.00 | Chicken 20.50
Thai stir-fried rice with egg and vegetables.
- 4.3 NOODLE DUCK** 26.00
Thai style stir-fried egg-noodles with roasted duck slices, egg and vegetables.
- 4.5 TOM YUM SOUP with NOODLES** (Gluten Free)
Vegetarian 19.00 | Tofu (Vegetarian) 20.00 | Prawns 24.50 | Chicken 21.00
Hot and sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

MAIN – SEAFOOD SPECIALS

- PRAWNS and CASHEW NUTS** 27.00
Stir-fried king prawns and seasonal vegetables sautéed with our special sauce and topped with cashew nuts.
- SALMON and PRAWN CURRY** (Gluten Free) 31.50
Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.
- 6.1 PLA SNAPPER** (Deep-Fried Snapper) 35.50
Deep-fried whole snapper with special blend of sweet-chilli-tamarind sauce.
- 6.3 GOONG NANG** (Gluten Free) 27.00
King prawns cooked with cumin and aromatic curry sauce, coconut milk and vegetables (contains egg).
- 6.4 PLA AYUTTAYA** (Salmon Ginger) 27.00
Pan-fried salmon steak in special ginger sauce topped with sesame seed.
- 6.5 THALAY JAN RON** 28.00
Stir-fried combination seafood (king prawns, fish fillet, calamari and scallops) in garlic and chilli sauce.
- 8. THALAY GRATIEM** Garlic Scallops 28.00 | Garlic Prawns 27.00
Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce, served with vegetables.

EXPRESS MEAL

- EXPRESS 1- Chicken Satay with Fried Rice** 22.50
Chicken Satay (3 skewers) with peanut sauce on Thai fried rice
- EXPRESS 2- Beef Satay with Fried Rice** 22.50
Marinated beef slices with peanut sauce on Thai fried rice



Benjarong
TH. I RESTAURANT

“BEST THAI CUISINE IN HOWICK
SINCE 1998”

TAKE-AWAY

Lunch: 11:30 am to 2:30 pm Monday-Saturday
Dinner: 7 Nights - 4:30 pm onwards

Ph: 09-533-9568

87 Picton St., Howick

Email: benjaronghowick@hotmail.com

TO ORDER ONLINE

SCAN THE CODE
Or visit our website

www.benjarong.co.nz



If you have any food allergies, please inform the staff.

(Some dishes may contain traces of allergens due to the nature of our working environment)

Gluten free sauces also available, request when you order.

FULLY LICENSED & BYO WINE

ENTREE

- 1.1 CHICKEN SATAY** (3 skewers) (Gluten Free) 12.00
Marinated chicken in skewers with peanut satay sauce.
- 1.2 THAI SPRING ROLLS** (4 pieces) Chicken / Vegetarian 10.50
Thai spring rolls served with sweet chilli sauce.
- 1.3 CHICKEN ON TOAST** (4 pieces) 10.50
Deep-fried marinated chicken with herbs on toast.
- 1.4 CURRY PUFF** (3 pieces) 10.50
Puff pastry filled with chicken curry and potatoes.
- 1.5 BEEF SATAY** 12.50
Marinated beef with peanut satay sauce and crispy deep-fried vegetables on the side.
- 1.6 COMBINATION ENTREE** 13.90
A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff)
- W1 RICE PAPER WRAPS** (Gluten Free) 14.50
Healthy and fresh rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (contains nuts).
- 8.1 ENTRÉE JAE** (Vegetarian Entrée) 11.00
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.

SOUP

- 2.1 TOM YUM SOUP** (Gluten Free)
Hot and sour soup with mushroom, tomatoes, chilli, coconut milk and lemongrass.
- 2.3 TOM KHA SOUP** (Gluten Free)
Mild galangal soup, with mushrooms lemongrass and coconut milk

	ENTRÉE	MAIN
Prawns	12.50	24.50
Chicken	12.50	23.50
Tofu (Vegetarian)	12.00	22.00
Vegetarian	11.50	20.00

LIGHT and HEALTHY

- 3.1 THAI BEEF SALAD** 22.50
Tender beef slices with onion, tomato, cucumber, chilli and lemon juice, topped with crispy noodles
- 3.2 LARB GAI** (Gluten Free) 22.00
Minced chicken cooked in Thai herbs, chilli and lemon juice.

MAIN - CURRIES

-  **5.1 THAI GREEN CURRY** (Gluten Free) Chicken / Beef / Pork 22.50
Vegetarian 20.50 | Tofu (Vegetarian) 21.50 | Prawns 27.00

Original Thai green curry with coconut milk, kaffir lime leaves, bamboo shoot, krachai and seasonal vegetables.

-  **5.2 THAI YELLOW CURRY** (Gluten Free) Chicken / Beef / Pork 22.50
Vegetarian 20.50 | Tofu (Vegetarian) 21.50 | Prawns 27.00

Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.

-  **5.3 PANANG CURRY** (Gluten Free) Chicken/ Beef/ Pork 22.50

Meaty curry, tender meat slices cooked in panang curry sauce, coconut milk, carrots, coriander and kaffir lime leaves.

-  **5.4 KANG THALAY (Seafood Curry)** (Gluten Free) 28.00

Combination seafood (prawns, calamari, fish fillet and scallops) cooked in panang and red curry sauce with carrots, coriander and coconut milk.

-  **5.6 THAI RED CURRY** (Gluten Free) Chicken / Beef / Pork 22.50
Vegetarian 20.50 | Tofu (Vegetarian) 21.50 | Prawns 27.00

Original Thai red curry with coconut milk, bamboo shoot, kaffir lime leaves and seasonal vegetables.

-  **5.7 CHOO CHEE CURRY** Scallop Curry 28.00 | Prawn Curry 27.00

(Gluten Free) King prawns or scallops cooked in red curry sauce with coconut milk, carrots, coriander and pineapple.

-  **5.8 JUNGLE CURRY** (Gluten Free) Chicken / Beef / Pork 22.50
Vegetarian 20.50 | Tofu (Vegetarian) 21.50 | Prawns 27.00

Classic Thai curry cooked in hot red curry paste with krachai, kaffir lime leaves, eggplant, bamboo shoot, mushroom and seasonal vegetables (no coconut milk).

-  **17 BURMESE CURRY** Prawns 25.50 | Chicken 23.00

Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in cumin-coconut curry sauce. Served with pickled vegetables and crispy noodles.

-  **Hanglay Curry (New)** 26.00

This is a popular Northern Thailand specialty. Pork belly slices braised in hanglay curry sauce with ginger and pineapple.

Please specify your chilli level preference when ordering



Extra chilli on the side - 1.00 (Chilli flakes or fresh chilli with soy)

MAIN - SPECIALS

- FIVE STAR PORK** 26.50

Braised pork belly cooked with five spice seasoning, star anise and cinnamon stick, served with vegetables

- 5. MOO WAN** 22.90

Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.

- 6. KATA BENJARONG** Chicken / Beef 22.90

Stir-fried chicken or beef slices with sesame seeds and seasonal vegetables. *(Sizzling chicken/ beef in dinner menu)*

- 10. GAI GARLIC** 22.90

Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.

- 14. HONEY HONEY CHICKEN** 23.50

Marinated chicken with special honey-soy-ginger sauce with pickled vegetables on the side (contains egg).

- 16. PRARAM** Vegetarian / Tofu 21.00 | Chicken / Beef / Pork 22.00

Stir-fried seasonal vegetables with tender meat slices, topped with peanut satay sauce.

MAIN - DUCK SPECIALS

- GARLIC DUCK** 27.00

Tender slices of roasted duck breast and vegetables topped with special garlic-pepper-coriander sauce.

- 13. PED SAPARROS (Crispy Duck)** 26.00

Crispy battered duck slices with special crispy duck sauce and pineapple (contains dairy).

- 4.3 NOODLE DUCK** 26.00

Thai style stir-fried egg-noodles with roasted duck slices, egg and vegetables (no jasmine rice).

-  **5.9 ROASTED DUCK CURRY** (Gluten Free) 26.00

Roasted duck slices in red curry sauce with coconut milk, vegetables, pineapple and grapes.

-  **7.3 PAD KAPAO DUCK** 26.00

Stir-fried dish with duck slices, bamboo shoot and seasonal vegetables in spicy chilli-basil paste.

- DUCK PALO (New)** 26.50

Duck slices with five spice seasoning sauce, star anise and cinnamon stick. Served with boiled egg and vegetables.

Mains come with Jasmine Rice

MAIN – STIR FRIES & OTHER

-  **7.1 MUSSAMUN Curry** Lamb 23.50 | Beef / Chicken 22.50

(Gluten Free) Marinated lamb or beef or chicken slices with potatoes in mussamun curry paste and topped with chopped peanuts.

- 7.2 STIR-FRY with CASHEW NUTS** Chicken / Beef / Pork / Tofu 22.50

Our famous stir-fried dish with our special sauce, seasonal vegetable and topped with cashew nuts.

- 8.4 PAD PAK RUAM** 21.50

Stir-fried seasonal vegetables with vegan sauce and topped with cashew nuts.

-  **7.3 PAD KAPAO** Duck 26.00 | Chicken / Beef / Pork / Tofu 22.00

Stir-fried dish with bamboo shoot and seasonal vegetables in spicy chilli-basil paste.

- 7.4 STIR-FRY with OYSTER SAUCE** Chicken/ Beef/ Pork/ Tofu 22.00

Stir fried dish with seasonal vegetables sautéed with special oyster-flavoured sauce.

- 7.5 PRIG PAO (CHILLI CHICKEN or BEEF)** 22.00

Stir-fried chicken or beef slices with mild roasted-chilli sauce and seasonal vegetables.

- 7.6 THAI SWEET and SOUR** Vegetarian 20.50 | Tofu (Vegetarian) 21.00
Fish Fillets 27.00 | Prawns 27.00 | Chicken / Pork 22.00

Stir-fried dish with vegetables and pineapple in traditional Thai sweet and sour sauce.

- 7.9 STIR-FRY with GINGER** Vegetarian 20.50 | Tofu (Vegetarian) 21.00
Fish Fillets 27.00 | Chicken / Beef / Pork 22.00

Stir-fried dish with ginger and seasonal vegetables.

EXTRAS

JASMINE RICE	2.50
COCONUT RICE	5.00
STICKY RICE	5.00
CHIPS	7.50
STEAMED NOODLES	6.00
STEAMED VEGETABLES	6.00
PEANUT SATAY SAUCE	6.00
ROTI BREAD with peanut sauce	5.00
PRAWN CRACKERS with peanut sauce	6.00
Chilli on the side (Chilli flakes or fresh chilli with soy)	1.00
Cold Drinks (Sprite, Coke, Coke Zero, Diet Coke)	3.00

Added in the dish

EXTRA VEGETABLES (Minimum portion)	4.00
EXTRA TOFU	4.00
EXTRA CASHEW NUTS	3.00
EXTRA MEAT (Minimum portion- Chicken/Beef/Pork)	6.00
EXTRA Prawns / Scallops (Charge per piece)	