

RICE and NOODLES

4.1 PAD THAI NOODLES

Vegetarian (with Tofu or No Tofu) 23.50 | Prawns 27.50 | Chicken 24.50
Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.

4.2 THAI FRIED RICE 19.00 | Prawns 26.00 | Chicken 22.50

Thai stir-fried rice with egg and vegetables.

4.5 TOM YUM SOUP with NOODLES

Vegetarian (with Tofu or No Tofu) 23.50 | Prawns 27.50 | Chicken 24.50
Hot and sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

MAIN - DUCK SPECIALS

D1. NOODLE DUCK 29.50

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

D2. ROASTED DUCK CURRY 30.50

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

D3. GARLIC DUCK 31.00

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

D4. PAD KAPAO DUCK 30.50

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

D5. CRISPY DUCK (PED SAPARROS) 30.50

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

D6. DUCKS and CASHEW NUTS 30.50

Stir-fried roasted duck slices sautéed with a special blend of sauce, seasonal vegetables and topped with cashew nuts.

D7. DUCK PALO 30.50

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

EXPRESS MEAL

EXPRESS 1- Chicken Satay with Fried Rice 26.00

Chicken Satay (3 skewers) with peanut sauce on Thai fried rice.

EXPRESS 2- Beef Satay with Fried Rice 26.50

Marinated beef satay slices with peanut sauce on Thai fried rice.

Benjarong

THAI RESTAURANT

“BEST THAI CUISINE IN HOWICK
SINCE 1998”

TAKE-AWAY

Lunch: Monday-Saturday

11:30 am to 2:30 pm

Dinner: Monday-Sunday

4:30 pm onwards

Ph: 09-533-9568

87-C Picton St., Howick

Email: benjaronghowick@hotmail.com

ORDER ONLINE

www.benjarong.co.nz

FULLY LICENSED & BYO WINE

ENTREE

1.1 CHICKEN SATAY (3 skewers) 14.50

Marinated chicken in skewers with peanut satay sauce.

1.2 THAI SPRING ROLLS (4 pieces) / Chicken 12.00

Thai spring rolls served with sweet chilli sauce.

1.3 CHICKEN ON TOAST (4 pieces) 12.00

Deep-fried marinated chicken with herbs on toast.

1.4 CURRY PUFF (3 pieces) 12.50

Puff pastry filled with chicken curry and potatoes.

1.5 BEEF SATAY 14.50

Marinated beef with peanut satay sauce and crispy deep-fried vegetables on the side.

1.6 COMBINATION ENTRÉE 16.00

A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff)

W1 RICE PAPER WRAPS 16.50

Healthy and fresh rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (contains nuts).

8.1 ENTRÉE JAE (Vegetarian Entrée) 12.50

Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.

SOUP

2.1 TOM YUM SOUP

Warm and sour soup with mushroom, tomatoes, chilli, coconut milk and lemongrass.

2.3 TOM KHA SOUP

Mild galangal soup, with mushrooms, lemongrass and coconut milk.

ENTRÉE MAIN

Prawns 13.00 29.00

Chicken 13.00 24.00

Vegetarian 13.00 23.00

LIGHT and HEALTHY (Thai Salad)

3.1 THAI BEEF SALAD 26.00



Tender beef slices with onion, tomato, cucumber, chilli and lemon juice, topped with crispy noodles.


3.2 LARB GAI 24.50

Minced chicken cooked in Thai herbs, chilli, red onion, and lemon juice.

MAIN – THAI CURRIES


5.1 THAI GREEN CURRY  mild  GF Beef / Pork 26.00
Vegetarian (with Tofu or Veg only) 23.50 | Prawns 30.50 | Chicken 25.00
Original Thai green curry with coconut milk, kaffir lime leaves, bamboo shoot, krachai and seasonal vegetables.



5.2 THAI YELLOW CURRY  very mild  GF Beef / Pork 26.00
Vegetarian (with Tofu or Veg only) 23.50 | Prawns 30.50 | Chicken 25.00
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.



5.3 PANANG CURRY  mild  GF Beef / Pork 26.00 | Chicken 25.00
Meaty curry, tender meat slices in panang curry sauce, coconut milk, carrots, coriander and kaffir lime leaves.

5.6 THAI RED CURRY  mild  GF Beef / Pork 26.00
Vegetarian (with Tofu or Veg only) 23.50 | Prawns 30.50 | Chicken 25.00
Original Thai red curry with coconut milk, bamboo shoot, kaffir lime leaves and seasonal vegetables.

5.8 JUNGLE CURRY  mild-med  GF Beef / Pork 26.00
Vegetarian (with Tofu or Veg only) 23.50 | Prawns 30.50 | Chicken 25.00
Classic Thai curry cooked in hot red curry sauce with krachai, kaffir lime leaves, eggplant, bamboo shoot, mushroom and seasonal vegetables (no coconut milk).

17. BURMESE CURRY  mild Prawns 29.00 | Chicken 26.00
Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in cumin-coconut curry sauce. Served with pickled vegetables and crispy noodles.

18. HANGLAY CURRY 29.50  very mild  GF
This is a popular Northern Thailand specialty. Pork slices braised in hanglay curry sauce with ginger and pineapple.

7.1 MUSSAMUN CURRY  mild  GF
Lamb 27.50 | Beef 26.00 | Chicken 25.00
Marinated lamb or beef or chicken slices with potatoes in mussamun curry sauce and topped with chopped peanuts.


Please specify your chilli level preference when ordering



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

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.

MAIN – THAI STIR FRIES

7.2 STIR-FRY with CASHEW NUTS Beef / Pork 26.00 | Chicken 25.00
Our famous stir-fried dish with our special blend of sauce, seasonal vegetables and topped with cashew nuts.

8.4 PAD PAK RUAM 23.50
Stir-fried seasonal vegetables with vegan sauce and topped with cashew nuts.

7.3 PAD KAPAO (Stir-fry with Basil)  mild-med Chicken 24.50
Vegetarian (with Tofu or Veg only) 23.00 | Prawns 30.00 | Beef / Pork 25.50
Stir-fried dish with bamboo shoot and seasonal vegetables in spicy chilli-basil sauce.

7.4 STIR-FRY with OYSTER SAUCE Beef / Pork 25.50 | Chicken 24.50
Stir fried dish with seasonal vegetables sautéed with special oyster-flavoured sauce.

7.6 THAI SWEET and SOUR Beef / Pork 25.50 | Chicken 24.50
Vegetarian (with Tofu or Veg only) 23.00 | Fish Fillets 31.00 | Prawns 30.00
Stir-fried dish with vegetables and pineapple in traditional Thai sweet and sour sauce.

7.9 STIR-FRY with GINGER Beef / Pork 25.50 | Chicken 24.50
Vegetarian (with Tofu or Veg only) 23.00 | Fish Fillets 31.00 | Prawns 30.00
Simple but delicious stir-fried dish with ginger and seasonal vegetables.

MAIN - SPECIALS

1. FIVE STAR PORK 30.50
Braised pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.

5. MOO WAN 25.50
Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.



6. KATA BENJARONG Chicken 25.00 | Beef 26.00
Stir-fried chicken or beef slices with sesame seeds and seasonal vegetables. *(Sizzling chicken/ beef on dine-in menu)*


10. GAI GARLIC (Garlic Chicken) 25.00
Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.

14. HONEY HONEY CHICKEN 26.50
Marinated chicken with special honey-soy-ginger sauce, served with pickled vegetables on the side (contains egg).

16. PRARAM Beef / Pork 25.00 | Chicken 24.00
Vegetarian (with Tofu or Veg only) 23.00
Stir-fried dish with seasonal vegetables topped with peanut satay sauce.

MAIN – SEAFOOD SPECIALS

§1 KANG THALAY (Seafood Curry) 33.00  mild  GF
Combination seafood (prawns, calamari, fish fillet and scallops) cooked in panang and red curry sauce with carrots, coriander and coconut milk.

§2 CHOO CHEE CURRY  mild  GF
Scallop Curry 31.50 | Prawn Curry 30.50
King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.

§3 PRAWNS and CASHEW NUTS 30.50
Stir-fried king prawns and seasonal vegetables sautéed with a special blend of sauce and topped with cashew nuts.

§4 THALAY GRATIEM Garlic Prawns 30.00 | Garlic Scallops 31.00
Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce, served with vegetables.

§5 THALAY JAN RON 33.00
Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) in garlic and chilli sauce.

§7 PLA SNAPPER (Deep-Fried Snapper)
Deep-fried whole snapper with special sweet-chilli-tamarind sauce. *(Market Price-Check Availability)*

§8 SALMON and GINGER (Pla Ayuttaya) 30.50
Pan-fried salmon steak in special ginger sauce topped with sesame seed.

§9 SALMON and PRAWN CURRY 37.50  mild  GF
Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.

EXTRAS

Jasmine Rice	3.00	Prawn Crackers with peanut sauce	6.00
Coconut Rice	6.00	Peanut Satay Sauce	7.00
Sticky Rice	6.00	Chilli on the side (Chilli flakes or fresh chilli with soy sauce or fish sauce)	1.00
Steamed Vegetables	10.00	Cold Drinks	3.50
Steamed Noodles	7.50	(Sprite, Coke, Coke Zero, Diet Coke)	
Roti Bread	5.00		
		with peanut sauce	

Added in the dish

Extra Vegetables	6.00	Extra Meat (Chicken / Beef / Pork)	10.00
Extra Tofu	5.00	Extra Duck	12.00
Extra Cashew Nuts	4.00	Extra Prawn or Scallop (per piece)	4.00

Take-away Mains come with Jasmine Rice