

## RICE & NOODLES

### 4.1 PAD THAI NOODLES

Vegetarian (Tofu or Veg only) 24.50 | Prawns 29.00 | Chicken 25.50

Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.

### 4.2 THAI FRIED RICE | Prawns 27.00 | Chicken 23.00

Thai stir-fried rice with egg and vegetables.

### 4.5 TOM YUM SOUP with NOODLES

Vegetarian (Tofu or Veg only) 24.50 | Prawns 29.00 | Chicken 25.50

Hot and sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

## MAIN – DUCK SPECIALS

### D1. NOODLE DUCK 30.50

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

### D2. ROASTED DUCK CURRY 31.50

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

### D3. GARLIC DUCK 32.50

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

### D4. PAD KAPAO DUCK 31.50

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

### D5. CRISPY DUCK (PED SAPARROS) 31.50

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

### D6. DUCKS and CASHEW NUTS 32.50

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

### D7. DUCK PALO 31.50

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

## EXPRESS MEALS

### EXPRESS 1- Chicken Satay with Fried Rice 27.00

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

### EXPRESS 2- Beef Satay with Fried Rice 27.50

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

"Howick's favourite since 1998"

**Benjarong**  
THAI RESTAURANT

# TAKE-AWAY

Ph: 09-533-9568

87-C Picton St., Howick

Email: [benjaronghowick@hotmail.com](mailto:benjaronghowick@hotmail.com)

### LUNCH

Monday-Saturday 11:30 am to 2:30 pm

### DINNER

Monday-Sunday 4:30 pm onwards

FULLY LICENSED & BYO WINE

ORDER  
ONLINE

[www.benjarong.co.nz](http://www.benjarong.co.nz)

## ENTREES

### 1.1 CHICKEN SATAY (3 skewers) 15.00

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 15.00

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

### 1.6 COMBINATION ENTRÉE 16.50

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

### W1 RICE PAPER WRAPS 16.00

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

### 8.1 ENTRÉE JAE (Vegetarian Entrée) 13.00

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

## SOUPS

### 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.

	Entree	Main
Prawns	13.00	30.00
Chicken	13.00	25.00
Vegetarian	13.00	24.00

(Tofu or Veg only)

## LIGHT and HEALTHY (Thai Salads)

### 3.1 THAI BEEF SALAD 27.00


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

### 3.2 LARB GAI 25.50

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

## MAIN – THAI CURRIES


**5.1 THAI GREEN CURRY**   **mild** Chicken 26.00  
Vegetarian (Tofu or Veg only) 25.00 | Prawns 31.50 | Beef / Pork 27.00  
Original Thai green curry with coconut milk, kaffir lime leaves, bamboo shoot, krachai and seasonal vegetables.

**5.2 THAI YELLOW CURRY**   **very mild** Chicken 26.00  
Vegetarian (Tofu or Veg only) 25.00 | Prawns 31.50 | Beef / Pork 27.00  
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.

**5.3 PANANG CURRY**   **mild** Beef / Pork 27.00 | Chicken 26.00  
Meaty curry, tender meat slices in panang curry sauce, coconut milk, carrots, coriander and kaffir lime leaves.

**5.6 THAI RED CURRY**   **mild** Chicken 26.00  
Vegetarian (Tofu or Veg only) 25.00 | Prawns 31.50 | Beef / Pork 27.00  
Original Thai red curry with coconut milk, bamboo shoot, kaffir lime leaves and seasonal vegetables.

**5.8 JUNGLE CURRY**   **mild-med** Chicken 26.00  
Vegetarian (Tofu or Veg only) 25.00 | Prawns 31.50 | Beef / Pork 27.00  
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 30.00 | Chicken 27.00  
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**  
This is a popular Northern Thailand specialty. Pork slices braised in hanglay curry sauce with ginger and pineapple.

**7.1 MUSSAMUN CURRY**   **mild**  
Lamb 29.00 | Beef 27.50 | Chicken 26.00  
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

 Mild  Medium  Medium to Hot  HOT  THAI HOT

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, please request when you order.


## MAIN – THAI STIR FRIES

**7.2 STIR-FRY with CASHEW NUTS** Beef / Pork 27.00 | Chicken 26.50  
Our famous stir-fried dish with our special blend of sauce, seasonal vegetables and topped with cashew nuts.

**8.4 PAD PAK RUAM** 24.50  
Stir-fried seasonal vegetables with vegan sauce and topped with cashew nuts.

**7.3 PAD KAPAO (Stir-fry with Basil)**  **mild-med** Chicken 26.00  
Vegetarian (Tofu or Veg only) 24.50 | Prawns 31.50 | Beef / Pork 26.50  
Stir-fried dish with bamboo shoot and seasonal vegetables in spicy chilli-basil sauce.

**7.4 STIR-FRY with OYSTER SAUCE** Beef / Pork 26.50 | Chicken 26.00  
Stir fried dish with seasonal vegetables sautéed with special oyster-flavoured sauce.

**7.6 THAI SWEET and SOUR**  Beef / Pork 26.50 | Chicken 26.00  
Vegetarian (Tofu or Veg only) 24.50 | Fish Fillets 33.00 | Prawns 31.50  
Stir-fried dish with vegetables and pineapple in traditional Thai sweet and sour sauce.

**7.9 STIR-FRY with GINGER** Beef / Pork 26.50 | Chicken 26.00  
Vegetarian (Tofu or Veg only) 24.50 | Fish Fillets 33.00 | Prawns 31.50  
Simple but delicious stir-fried dish with ginger and seasonal vegetables.

## MAIN – SPECIALS

**1. FIVE STAR PORK** 32.50  
Braised pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.

**5. MOO WAN** 27.00  
Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.



**6. KATA BENJARONG** Chicken 26.50 | Beef 27.00  
Stir-fried chicken or beef slices with sesame seeds and seasonal vegetables. *(Sizzling chicken/ beef on dine-in menu)*

**10. GAI GARLIC (Garlic Chicken)** 26.50  
Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.

**14. HONEY HONEY CHICKEN** 28.00  
Marinated chicken with special honey-soy-ginger sauce, served with pickled vegetables on the side (contains egg).

**16. PRARAM** Vegetarian 24.50 | Beef / Pork 26.50 | Chicken 26.00  
Stir-fried dish with seasonal vegetables topped with peanut satay sauce.

## MAIN – SEAFOOD SPECIALS

**5.1 KANG THALAY (Seafood Curry)** 35.00   **mild**  
Combination seafood (prawns, calamari, fish fillet and scallops) cooked in panang and red curry sauce with carrots, coriander and coconut milk.

**5.2 CHOO CHEE CURRY**   **mild**  
Scallop Curry 32.50 | Prawn Curry 31.50  
King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.



**5.3 PRAWNS and CASHEW NUTS** 32.00  
Stir-fried king prawns and seasonal vegetables sautéed with special blend of sauce and topped with cashew nuts.

**5.4 THALAY GRATIEM** Garlic Scallops 32.50 | Garlic Prawns 31.50  
Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce, served with vegetables.

**5.5 THALAY JAN RON** 35.00  
Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) in garlic and chilli sauce.

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

**5.8 SALMON and GINGER (Pla Ayuttaya)** 31.50  
Pan-fried salmon steak in special ginger sauce topped with sesame seed.

**5.9 SALMON and PRAWN CURRY** 38.50   **mild**  
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