

RICE & NOODLES

- 4.1 PAD THAI NOODLES**  Prawns 29.00 | Chicken 25.50
Vegan / Tofu with vegan sauce 24.50 **Tofu / Vegetables** 24.50
 Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.
- 4.2 THAI FRIED RICE** **Vegan / Vegetarian** 19.50 | **Chicken** 23.00
Prawns 27.00
 Thai stir-fried rice with egg and vegetables.
- 4.3 PINEAPPLE FRIED RICE** **Prawns** 27.00 | **Chicken / Tofu** 25.50
 Special Thai fried rice with chunky pineapple, tomato sauce, egg and vegetables.
- 4.4 PAD SEE-EW** **Prawns** 29.00 | **Chicken** 25.50
 **Vegan / Tofu with vegan sauce** 24.50 **Tofu / Vegetables** 24.50
 Popular Thai street with soft-rice noodles. egg, broccoli and carrots.
- 4.5 TOM YUM SOUP with NOODLES**  
Tofu / Vegetables 24.50 | **Prawns** 29.00 | **Chicken** 25.50
Vegan / Tofu with vegan soup 24.50
 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  **mild-med**
 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.
- D8. SOM PED (ORANGE DUCK)** 32.50
 Roasted duck breast with seasonal vegetables in tangy Thai-style orange sauce.

“Howick’s favourite since 1998”



TAKE-AWAY

Ph: 09-533-9568

87-C Picton St., Howick

Email: benjaronghowick@hotmail.com

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

DINNER : Monday-Sunday 4:30 pm onwards

FULLY LICENSED & BYO WINE

ONLINE ORDER & DELIVERY

available @ www.benjarong.co.nz

042568

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

Some dishes contains seafood extracts/sauces which are essential part of Thai Cuisine.

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

ENTREES

- 1.1 CHICKEN SATAY** (3 skewers) 15.00 
 Marinated chicken in skewers with peanut satay sauce.
- 1.2 THAI SPRING ROLLS** (4 pieces) **Vegetarian / 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 
 Fresh rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (sauce contains peanuts).
- 8.1 ENTRÉE JAE** (**Vegetarian Entrée**) 13.00
 Crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.
- 8.2 TEMPURA BROCCOLI** 12.00
 Deep-fried crispy battered broccoli with sweet chilli sauce

SOUPS

- 2.1 TOM YUM SOUP**  
 Classic warm and sour soup with Thai aromatics, vegetables and coconut milk
- 2.3 TOM KHA SOUP** 
 Rich and tangy mild Thai coconut soup with vegetables.
- | Soup Options | Entree | Main |
|-----------------------------|--------|-------|
| Prawns | 13.00 | 30.00 |
| Chicken | 13.00 | 25.00 |
| Tofu Vegetables | 13.00 | 24.00 |
| Vegan soup | 13.00 | 24.00 |
| Tofu with vegan soup | | |

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**   **Chicken** 26.00
Tofu (Vegetarian) / Vegan 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**   **Chicken** 26.00
Tofu (Vegetarian) / Vegan 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**   **Beef / Pork** 27.00 | **Chicken** 26.00
 Meaty curry, tender meat slices in panang curry sauce, kaffir lime leaves, coconut milk, coriander and carrots as garnish.
- 5.6 THAI RED CURRY**   **Chicken** 26.00
Tofu (Vegetarian) / Vegan 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**   **Chicken** 26.00
Tofu (Vegetarian) / Vegan 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**  **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.
- 7.1 MUSSAMUN CURRY**  
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.

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.

Take-away Mains come with Jasmine Rice

GLUTEN FREE SAUCES & VEGAN SAUCES are available for some dishes.
 TOFU and vegetarian entrées are cooked in the same wok with non-vegan dishes. We use soya bean oil.

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 (Stir fry with Cashew Nuts- vegan sauce)** 24.50
 Stir-fried seasonal vegetables with soya bean paste and vegan sauce and topped with cashew nuts.
- 7.3 PAD KAPAO (Stir-fry with Basil)**  **Chicken** 26.00
Vegan / Tofu with vegan sauce / Tofu / Veg 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
Tofu (Vegetarian) / Vegan 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
Vegan / Tofu with vegan sauce 24.50 | **Tofu / Vegetables** 24.50 | **Prawns** 31.50
 Simple but delicious stir-fried dish with ginger, soya bean paste 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** **Prawns** 31.50 | **Beef / Pork** 26.50 | **Chicken** 26.00
Vegan / Tofu with vegan sauce 24.50 | **Tofu / Vegetables** 24.50
 Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce.

MAIN – SEAFOOD SPECIALS

- §1 KANG THALAY (Seafood Curry)** 35.00  
 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**  
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.
- §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.
- §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 THALAY JAN RON** 35.00
 Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) in garlic and chilli sauce.
- §8 SALMON and GINGER (Pla Ayuttaya)** 31.50
 Pan-fried salmon steak in special ginger sauce topped with sesame seed.
- §9 SALMON and PRAWN CURRY** 38.50  
 Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.
- §10 SALMON in BASIL SAUCE** 31.50  
 Pan-fried salmon steak topped in spicy chilli-basil sauce served with vegetables.

EXTRAS

Jasmine Rice	3.00	Roti Bread with peanut sauce	5.00
Coconut Rice	6.00	Prawn Crackers with peanut sauce	6.00
Sticky Rice	6.00	Peanut Satay Sauce	7.00
Steamed Vegetables	10.00	Cold Drinks	3.50
Steamed Noodles	8.00	(Sprite, Coke, Coke Zero, Diet Coke)	

Added in the dish

Extra Vegetables	7.00	Extra Meat (Chicken / Beef / Pork)	12.00
Extra Tofu	5.00	Extra Duck	15.00
Extra Cashew Nuts	4.00	Extra Prawn or Scallop (per piece)	4.00

Please specify your chilli level preference when ordering



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

Please Note These vegetarian/ vegan dishes does not contain any seafood extracts / sauces
All deep-fried dishes (ENTREES and TOFU) are cooked in the same oil with non-vegan dishes.

VEGETARIAN ENTREES & SOUPS

1.2 THAI SPRING ROLLS (4 pieces) 12 **Vegetarian**

Thai spring rolls served with sweet chilli sauce.

8.1 ENTRÉE JAE (Vegetarian Entrée) 13

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

8.2 TEMPURA BROCCOLI 12

Deep-fried crispy battered broccoli served with sweet-chilli sauce

2.1 TOM YUM SOUP **GF** mild

Classic warm and sour soup with Thai aromatics and coconut milk

2.3 TOM KHA SOUP **GF**

Rich and tangy mild Thai coconut soup.

SOUP OPTIONS

Tofu with vegan soup | **Vegan Soup**

Entrée Size 13 | Main Size 24

VEGETARIAN RICE & NOODLES

4.1 PAD THAI NOODLES 24.50 **GF**

Vegan | Tofu - Vegan Sauce with egg | Tofu - Vegan Sauce no egg

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

4.2 THAI FRIED RICE 19.50 **Vegetarian (with egg) | Vegan**

Thai stir-fried rice, mixed vegetables and egg.

4.4 PAD SEE-EW 24.50

Vegan | Tofu - Vegan Sauce with egg | Tofu - Vegan Sauce no egg

Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.

4.5 TOM YUM SOUP with NOODLES 24.50 **GF** mild

Tofu with vegan soup | Vegan Soup

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

VEGETARIAN THAI CURRIES

Vegan | Tofu (Vegetarian)

5.1 THAI GREEN CURRY 25 **GF** mild

Original Thai green curry with coconut milk, Thai herbs, bamboo shoot and seasonal vegetables.

5.2 THAI YELLOW CURRY 25 **GF** very mild

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

5.6 THAI RED CURRY 25 **GF** mild

Original Thai red curry with coconut milk, Thai herbs, bamboo shoot and seasonal vegetables.

5.8 JUNGLE CURRY 25 **GF** mild- med

Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot and seasonal vegetables (no coconut milk).

VEGETARIAN THAI STIR-FRIES

Vegan | Tofu with Vegan Sauce

7.3 PAD KAPAO (Stir-fry with Basil) 24.50 mild- med

Stir-fried seasonal vegetables and bamboo shoot in spicy chilli-basil sauce.

7.6 THAI SWEET and SOUR 24.50 **GF**

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

7.9 STIR-FRY with GINGER 24.50

Simple but delicious stir-fried dish with ginger and seasonal vegetables.

8.4 PAD PAK RUAM (Stir fry with Cashew) 24.50

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

16. PRARAM 24.50

Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce