

# Moran's

## Gluten Free Menu

This Menu contains all of our dishes that can be adapted to accommodate gluten free diets and still enjoying the great tastes of our cuisine.

*PLEASE ADVISE YOUR SERVER IF YOU HAVE ORDERED FROM THIS MENU TO ENSURE YOUR DISH IS MADE GLUTEN FREE.*

### Starters

16. **Tom Yum** (spicy hot and sour lemongrass soup) \*\*\* V  
17. **Tom Kha** (coconut milk, galangal and lemongrass soup) \*  
King Prawns - £8.00                      Chicken - £7.00  
Seafood - £10.00                      Mushroom - £6.00
6. **Spicy Beef Salad** with cucumber, tomato & onion  
**Prawn Satay** served with a spicy seafood dip

### Mains

19. **Weeping Tiger** \*\*  
Slices of grilled 8oz sirloin steak tossed in hot wok with garlic, black pepper and coriander, served with oyster sauce. £15.50
20. **Nuea Terriyaki**  
Grilled sirloin steak sliced thinly; cooked in Japanese sweet wine, sake, ginger & soy sauce. £15.50
21. **Grapaw Nuea** \*\*\*  
Stir fried beef chopped coarsely with garlic, chillies and basil. £12.50
22. **Nuea Prig Thai Dum** \*\*  
Stir fried beef with black pepper, oyster sauce and vegetables. £12.50
23. **Nuea Pad Nam Mun Hoi**  
Stir fried beef with oyster sauce, onion, mushrooms and broccoli. £12.50
26. **Pad Khing Gai**  
Stir fried chicken with ginger, garlic and mushrooms. £10
27. **Gai Pad Nam Mun Hoi**  
Stir fried chicken with oyster sauce, onion, mushrooms and broccoli. £10
28. **Gai Ma Muang**  
Stir fried chicken with cashew nuts, baby corn and mushrooms. £10
29. **Grapaw Gai** \*\*\*  
Stir fried chicken chopped coarsely with garlic, chillies and basil. £10
30. **Gai Prig Thai Dum** \*\*  
Stir fried chicken with black pepper, oyster sauce and vegetables. £10
32. **Gaeng Kahree Gai** \*  
A mild chicken yellow curry with potatoes, topped with crispy fried onions. £10
35. **Moo Pad Nam Mun Hoi**  
Stir fried pork with oyster sauce, onion, mushrooms and broccoli. £10
37. **Moo Pad Khing**  
Stir fried pork with ginger, garlic and mushrooms. £10
38. **Moo Prig Thai Dum** \*\*  
Stir fried pork with black pepper, oyster sauce and vegetables. £10
39. **Grapaw Moo** \*\*\*  
Stir fried pork chopped coarsely with garlic, chillies and basil. £10
42. **Ped Terriyaki** Roasted duck breast cooked in Japanese sake and soy sauce £15
43. **Ped Prig Thai Dum** \*\*

- Stir fried duck with black pepper, oyster sauce and vegetable. £13
45. **Ped Pad Nam Mun Hoi**  
Stir fried duck with oyster sauce, onion, mushrooms and broccoli. £13
46. **Ped Pad Khing**  
Stir fried duck with ginger, garlic and mushrooms. £13
52. **Gung Pad Prig Khing \*\*\***  
Prawns with red curry paste, courgette, bamboo shoots & basil. £12.50
81. **Squid with Chilli & Basil**  
Stir fried with mixed vegetables £12.50
47. **Gung Ma Muang**  
Stir fried king prawns with cashew nuts, baby corn and mushrooms. £12.50
49. **Gung Prig Thai Dum \*\***  
Stir fried king prawns with black pepper, oyster sauce and vegetables £12.50
50. **Gung Pad Nam Mun Hoi**  
Stir fried king prawns with oyster sauce, onion, mushrooms and broccoli. £12.50
51. **Grpraw Gung \*\*\***  
Stir fried king prawns with garlic, chillies and basil. £12.50
57. **Appledore Mussels** in a Thai broth of garlic, black pepper, ginger & onion (limited availability) £18
85. **Gaeng Kahree Pak \*\***  
Mixed vegetables with potato in a yellow curry sauce topped with fried onions £9.50
90. **Chickpea Kao Soi Curry**  
With red onion & coriander (vegan) £9.50\*
61. **Pad Pak (Stir Fried Vegetables)** £6.00 (D) Mixed vegetables with ginger  
(E) Mixed vegetables with garlic and chilli \*\*\* (F) Mixed vegetables with oyster sauce  
(G) Mixed Vegetables with bean sprouts (H) Stir fried bean sprouts
62. **Pad Thai** (fried rice noodles with beansprouts, egg and roasted ground peanuts)  
Original - £7.50 King Prawns - £9.25 Chicken - £8.25
64. **Khao Siew** Steamed Thai Rice £3.00
65. **Khao Man** Thai rice with coconut milk £3.25

