

Asian Bites

- Vegetable Spring Rolls** - €5
With glass noodles, shredded carrot, cabbage and plum dipping sauce. *Contains: Gluten, Eggs, Soya*
- Hoi Sin Duck Spring Rolls** - €5
With cabbage, shredded duck carrot and Hoi Sin sauce. *Contains: Gluten, Eggs, Mollicae, Sesame, Soya*
- Char Grilled Chicken Skewers** - €5
Tender Irish chicken skewers with satay dipping sauce. *Contains: Fish, Peanuts*
- Thai Fish Cakes** - €6
Flavoured with garlic and lime, kaffir leaf with sweet chilli dip. *Contains: Crustaceans, eggs, Fish, Soya*
- Bangkok Chicken Wing** - €5
Chicken wings tossed in garlic & ginger and Thai dressing. *Contains: Mollicae, Sesame seeds, Soya*
- BBQ Pork Ribs** - €6
Tender marinated pork ribs in BBQ sauce. *Contains: Mollicae, Soya*
- Thai Crispy Calamari** - €5
Crispy calamari in peppered breadcrumbs with lime & chilli sauce. *Contains: Gluten, Eggs, Fish, Mollicae*
- Thai King Prawn Rolls** - €6
Tiger prawns marinated with garlic, coriander wrapped in filo pastry with sweet chilli sauce. *Contains: Gluten, Crustaceans, Eggs, Mollicae*
- Crispy Peppered Chicken** - €5
Deep fried Chicken tossed with salt, pepper, chilli. *Contains: Eggs*

Soups and Salads

- Tom Yam Soup** - Chicken - €5.50 Prawn - €6.50
Hot sour spicy with lemongrass, lime leaves and galangal, mushroom, cherry tomato. *Coeliac friendly*
Contains: Fish, Crustaceans
- Duck Salad** - €7.50
Thai style salad with duck, mixed salad and a chilli & lime dressing. *Contains: Fish*

Noodles (Vegetable option)(Lunch/Dinner)

- Pad Thai** - €10/€11
Flat rice noodles with chicken, prawns, bean sprouts, fresh lime wedge and crushed peanuts on the side. *Contains: Gluten, Crustaceans, Eggs, Fish, Peanuts, Soya*
- Singapore Noodles** - €10/€11
Vermicelli noodles, Stir fried chicken, Prawn with spring onions, beansprouts, chilli peanut paste. *Contains: Gluten, Crustaceans, Eggs, Mollicae, Sesame seeds, Peanuts, Soya*
- Phad Kee Mao** - €10/€11
Flat rice noodle with chicken, prawn, chilli paste, basil leaf and vegetable. *Contains: Gluten, Crustaceans, Eggs, Mollicae, Soya*
- Lana Special Noodles** - €10/€11
Udon noodles with fresh chilli, coriander, crispy shallot, chicken, prawn and vegetable. *Contains: Gluten, Crustaceans, Eggs, Mollicae, Soya*

Curries (Lunch/Dinner)

Served with your choice of...

- Chicken - €9/10 • Beef - €9/€10.50 • Tiger Prawns - €9/€11
- Duck - €9/€11 • Vegetable - €9

All curries contain shrimp paste • All curries are gluten free

- Indonesian Lamb Rendang** - €9/€11
Slow cooked lamb curry with potato, lemongrass, galangal and kaffir leaf. *Contains: Crustaceans, Fish, Soya*
- Slow cooked Beef Massaman Curry** - €9/€11
Slow cooked beef curry with potato, cashewnuts and onion. *Contains: Crustaceans, Fish, Soya*
- Thai Green Curry** - €9
With green beans, mixed peppers and fresh basil. *Contains: Crustaceans, Fish, Soya*
- Thai Red Curry** - €9
With coconut milk, bamboo shoots, kaffir lime leaves and basil. *Contains: Crustaceans, Fish, Soya*
- Massaman Curry**
Southern style massaman curry with cashewnuts, potato and onion. *Contains: Crustaceans, Fish, Nuts, Soya*
- Panang Curry** - €9
A rich creamy curry with mixed peppers green beans and lime leaves. *Contains: Crustaceans, Fish, Soya*

Rices (Vegetable option) (Lunch/Dinner)

- Nasi Goreng** - €9/€11
Malaysian fried rice with chilli paste, prawn, chicken and finely chopped vegetables. *Contains: Gluten, Crustaceans, Eggs, Fish, Mollicae, Soya*
- Khao Pad** - €9/€11
Wok fried rice with beef and finely chopped vegetables. *Contains: Gluten, Eggs, Mollicae, Soya*
- Lana Special Fried Rice** - €9/€11
Thai fried rice with chicken, fresh chilli, coriander, crispy shallots and finely chopped vegetables. *Contains: Gluten, Eggs, Mollicae, Soya*

Straight From Wok (Lunch/Dinner)

Served with your choice of...

- Chicken - €9/€10 • Beef - €9/€10.50 • Tiger Prawns - €9/€11
- Duck - €9/€11 • Vegetable - €9.00

- Crispy Sweet Chilli Chicken** - €10
Crispy chicken with onion, carrot, mixed peppers in a sweet chilli sauce. *Contains: Eggs, Soya*
- Thai sweet Sour Chicken** - €10
Crispy chicken with pineapple, onion, mix peppers and carrot in sweet and sour sauce. *Contains: Eggs*
- Chilli & Cashew Nuts**
With pepper, onion, carrots and cashew nuts in achilli soy sauce. *Contains: Gluten, Crustaceans, Fish, Nuts, Mollicae, Soya*
- Phad Kha Pao** - €9
With fresh garlic, chilli, onion, mushroom and sweet basil seasoning sauce. *Contains: Gluten, Mollicae, Soya*

- Pad Prik**
Peppers, onion, carrot and mushroom with black bean sauce. *Contains: Gluten, Mollicae, Soya*
- Pad King**
Ginger, peppers, onion, carrot and spring onion in a Thai seasoning sauce. *Contains: Gluten, Mollicae, Soya*
- Chilli and Thai herbs** - €9
Stir fried chilli, fine beans and Thai herbs. *Contains: Gluten, Crustaceans, Mollicae, Soya*
- Malay honey BBQ sauce**
Stir fried peppers, onion, carrot with Malaysian style sweet BBQ sauce. *Contains: Gluten, Crustaceans, Sesame seed, Mollicae, Soya*
- Thai garlic and chilli sauce** - €9
With fresh garlic, chilli, onion, peppers, carrot and broccoli. *Contains: Gluten, Mollicae, Soya*
- Three Seasoning sauce**
A very delicious combination stir fried spicy, sweet and sour sauce with pineapple and cherry tomato. *Contains: Gluten, Crustaceans, Fish, Mollicae, Soya*

Kids Dishes - €5.50

- Crispy breaded chicken pieces** (with steamed rice)
Mild sweet and sour sauce on the side. *Contains: Eggs*
- Kids fried rice**
Fried rice with chicken and chopped vegetables. *Contains: Eggs, Mollicae, Soya*
- Superhero noodles**
With chicken and chopped vegetables. *Contains: Eggs, Mollicae, Soya*
- Super mild chicken curry** (with steamed rice)
Plain chicken in mild curry with steamed rice on the side. *Contains: Crustaceans, Fish, Soya*

Sides

Thai prawn crackers	€2.50
Steamed rice or brown rice	€2.50
Egg fried rice	€3.00
Stir fried egg noodle	€3.50
Stir Fried Asian greens	€3.50
Chips	€2.00
Sweet potato fries	€3.50
Japanese Edamame	€4.00
Portion of curry sauce	€3.00

Cold Drinks

Coke Diet Coke 7up	€2.00
San Pellegrino (Orange/Lemon)	€2.00
Apple Juice Orange Juice	€2.50
Still Sparkling water	€2.00

Beers

Singha (Thailand)	€5.00
Tiger (Thailand)	€5.00
Tsingtao (China)	€5.00
Asahi (Japanese)	€5.00

Wine

	Glass	Bottle
House Red	€5.50	€19
House White	€5.50	€19
Merlot	€5.50	€22
Sauvignon blanc	€5.50	€22
Cabernet Sauvignon	€5.50	€22
Pinot Grigio	€5.50	€22

Coffee / Asian Tea

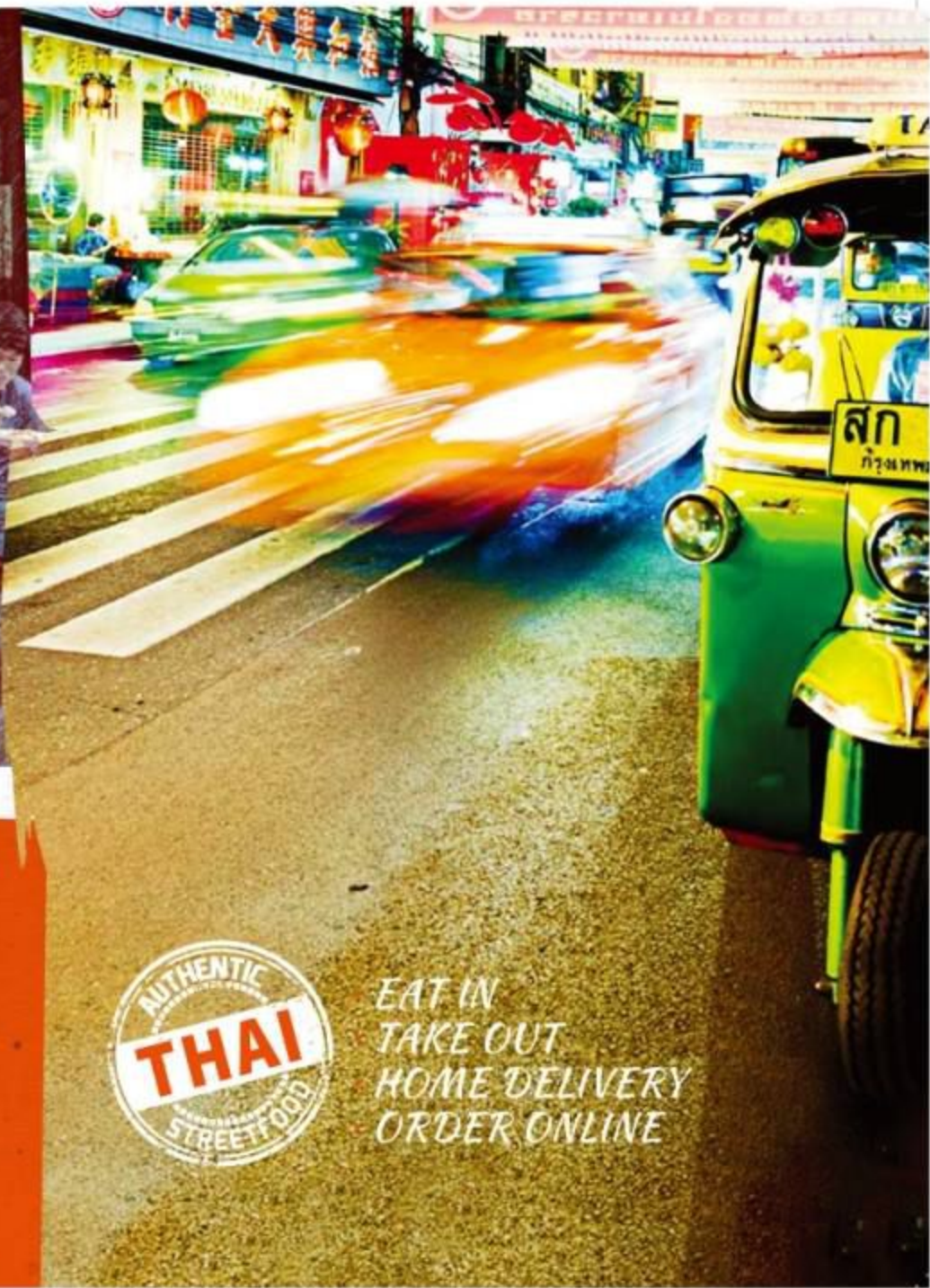
Espresso	€2.20
Americano	€2.50
Cappuccino	€2.50
Latte	€2.50
Wulong Cha	€2.20
Juhua Cha	€2.20

WOW! FREE ICE CREAM WITH EVERY MEAL!

HEALTHY TAKE-OUT LANA

Due to popular demand we must limit our tables to 1.5 hours per sitting. We can no longer separate bills for tables more than 4 people. Lunch served until 4pm daily.

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