

## Rices

Vegetable & Tofu Option 11.95

- \* 20. Nasi Goreng 12.95  
Malaysian fried rice with fresh chilli, prawn & chicken, finely chopped vegetables. (Contains; 1,2,3,6,14)
- \* 21. Khao Pad 12.95  
Wok fried rice with beef and finely chopped vegetables in homemade Thai paste. (Contains; 1,2,3,6,14)
- \* 22. Lana Special Fried Rice 12.95  
Fried rice with chicken, fresh chili, coriander, crispy shallots and vegetables. (Contains; 1,3,6,14)

## Soups

Chicken 7.00  
Prawn 8.00

- 12a. Tom Yum Soup  
with your choice of meat, mushroom, cherry tomato. (Contains; 2,4)



## Kids

- 43. Crispy Chicken Pieces 8.50  
With steamed rice or chips, Mild sweet sour SAUCE. (Contains; 3)
- 44. Kids Fried Rice 8.50  
Fried rice with chicken and chopped vegetables. (Contains; 1,3,6,14)
- 45. Superhero Noodles 8.50  
Stir-fried noodles with chicken and chopped vegetables. (Contains; 1,3,6,11,14)
- 46. Super Mild Chicken Curry 8.50  
Chicken with Massaman curry and steamed rice or chips. (Contains; 2,4,8)

## Allergens

1) Gluten 2) Crustaceans 3) Eggs 4) Fish 5) Peanuts 6) Soybeans 7) Milk 8) Nuts 9) Celery 10) Mustard 11) Sesame seeds 12) Sulphur Dioxide 13) Lupin 14) Molluscs

As with any kitchen there is a chance of cross contamination.



## Sides

- Thai Prawn Crackers (Contains; 2) 3.50
- Steamed Jasmine Rice 3.50
- Brown Rice 3.50
- Egg Fried Rice (Contains; 1,3,6) 4.00
- Stir Fried Egg Noodle (Contains; 1,3,6,11,14) 4.50
- Stir Fried Rice Noodle (Contains; 2,3,6,14) 4.50
- Chips 3.50
- Sweet Potato Fries 4.50
- Asian Greens (Contains; 1,6,14) 4.50
- Japanese Edamame (Contains; 6) 5.00
- Portion of Curry Sauce (Contains; 2,4) 4.50

## Drinks

- Coke / Diet Coke / Coke Zero 2.00
- Fanta / 7 up 2.00
- San Pellegrino Orange / Lemon 2.50
- Apple / Orange Juice 3.00
- Still / Sparkling Water 2.00

## Non-Gluten Option

The following dishes are not gluten free but can be made with **gluten free ingredients** upon your request.

Wok; Dishes number 35 - 39, 41  
Rices: Dishes Number 20 - 22  
Noodles: Dishes Number 15 - 19

Look For;



## Vegan Options

The following dishes can be made Vegan upon your request.

Noodles & Rices; Dishes number 16 - 19  
Rices: Dishes Number 20 - 22  
Wok; Dishes number 29-30, 36-39, 41

Look For;



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# LANA

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# LANATHAI.IE



## Asian Bites

- 1. Poh Pia Rolls** 6.50  
With glass noodles, shredded carrot, cabbage and plum dippin' sauce. (Contains: 1,3,6)
- 2. Hoisin Duck Rolls** 7.00  
Shredded duck with Veg served with Homemade Hoisin sauce. (Contains: 1,2,3,6,14)
- 3. Char Grilled Chicken Skewers** 7.00  
Tender Irish chicken skewers with satay dipping sauce. (Contains: 2,4,8) **GLUTEN FREE**
- 4. Crispy Wonton** 7.50  
Deep fried shrimp & chicken wrapped in wonton. (Contains: 1,2,3,14)
- 5. Bangkok Chicken Wings** 7.00  
Chicken Wings tossed in Thai dressing. (Contains: 1,6,11,14)
- 6. BBQ Pork Ribs** 7.50  
Tender marinated pork ribs in homemade BBQ sauce. (Contains: 1,11,14)
- 7. Crispy Calamari** 7.50  
In Peppered breadcrumbs with lime chili sauce. (Contains: 1,2,3,14)
- 8. King Prawn Rolls** 8.00  
Marinated King Prawn wrapped in filo pastry with sweet chili sauce. (Contains: 1,2,3,14)
- 9. Crispy Peppered Chicken** 7.50  
Tossed with salt,pepper,chilli, garlic & onion. (Contains: 3) **GLUTEN FREE**
- 10b. Lana Spice Box** 8.00  
Crispy Chicken tossed with salt, pepper, chilli and chips. (Contains: 3) **GLUTEN FREE**
- 10c. Lana Vegetarian Spice Box** 7.50  
Crispy tofu fried chips mixed pepper onion tossed with salt, pepper, chilli and chips. (Contains: 3,6) **GLUTEN FREE**

## Salads


- 11c. Thai Spicy Duck Salad**  9.00  
Roast duck served with mixed salad and Thai chilli & lime dressing. (Contains: 1,4)

## Wok

- |  | Vegetable & Tofu | 11.95 |
|--|------------------|-------|
|  | Chicken or Beef  | 12.95 |
|  | Prawn or Duck    | 13.50 |
|  <b>29. Crispy Sweet Chilli Chicken</b> 12.95<br>Crispy chicken with onion, mixed pepper and carrot in Thai sweet chili sauce. (Contains: 3,6,14) <b>GLUTEN FREE</b>  |                  |       |
|  <b>30. Thai Sweet Sour Chicken</b> 12.95<br>Crispy Chicken with pineapple, onion, mixed peppers and carrot in sweet and sour sauce. (Contains: 3,6,14) <b>GLUTEN FREE</b>  |                  |       |
| <b>32. Crispy Roast Duck</b> 14.00<br>Roast Duck Served with Asian vegetables and Plum sauce. (Contains: 6,14)   |                  |       |
| <b>34. Sambal Sauce</b> <br>Wok fried mixed vegetables in our homemade sambal paste. (Contains: 1,2,6)  |                  |       |
| <b>35. Chilli &amp; Cashew Nut</b><br>With Mixed vegetable and cashew nuts, dry Chilli. (Contains: 1,6,8,14)   |                  |       |
|  <b>36. Phad Kha Pao</b> <br>With fresh garlic, chilli, onion, mushroom and sweet basil. (Contains: 1,6,14)                    |                  |       |
|  <b>37. Pad Prik</b><br>Pepper,onion,carrot and mushroom with blackbean sauce. (Contains: 1,6,14)   |                  |       |
|  <b>38. Pad King</b><br>Ginger, peppers ,onion, carrot and spring onion fried in seasoning sauce. (Contains: 1,6,14)  |                  |       |
|  <b>39. Thai Garlic &amp; Chilli</b> <br>With onion, peppers, broccoli ,homemade garlic chilli sauce. (Contains: 1,6,14)     |                  |       |
| <b>40. Malay BBQ Honey</b><br>Stir fried pepper, onion,carrot with Malaysian style BBQ sauce. (Contains: 1,6,11,14)  |                  |       |
|  <b>41. Chilli &amp; Thai Herbs</b> <br>Stir fried chilli, Thai herbs with fine beans and basil leaves. (Contains: 1,6,14) |                  |       |
| <b>42. Chilli Satay Sauce</b><br>Stired onion, mixed peppers peanut in Malaysian satay sauce. (Contains: 5,6,14)   |                  |       |

**Sides** Wok, Curries and Kids melas include Boiled rice or chips.  
Substitute: Egg fried rice +€1, Brown rice +€1.5, Noodles +€2

## Curries

- |  | Vegetable & Tofu | 11.95 |
|--|------------------|-------|
|  | Chicken or Beef  | 12.95 |
|  | Prawn or Duck    | 13.50 |
| <b>23. Indonesian Lamb Rendang</b>  13.50<br>Slow cooked lamb curry with potato, lemongrass, galangal, kaffir leaf. (Contains: 2,4) <b>GLUTEN FREE</b>        |                  |       |
| <b>24. Slow Cooked Beef Massaman Curry</b> 13.50<br>Slow Cooked Beef in Shouter Style massaman curry with potato, cashewnut, onion. (Contains: 2,4,8) <b>GLUTEN FREE</b>   |                  |       |
| <b>25. Thai Green Curry</b> <br>Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains: 2,4) <b>GLUTEN FREE</b> |                  |       |
| <b>26. Thai Red Curry</b> <br>Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains: 2,4) <b>GLUTEN FREE</b>   |                  |       |
| <b>27. Massaman Curry</b><br>Southern style curry with onion, potato, cinnamon, cashew nuts. (Contains: 2,4,8) <b>GLUTEN FREE</b>  |                  |       |
| <b>28. Thai Panang Curry</b> <br>A rich creamy curry with coconut milk, mixed peppers, lime leaves and fresh basil. (Contains: 2,4) <b>GLUTEN FREE</b>        |                  |       |

**Sides** Wok, Curries and Kids melas include Boiled rice or chips.  
Substitute: Egg fried rice +€1, Brown rice +€1.5, Noodles +€2

## Noodles

- |   | Vegetable & Tofu Option | 11.95 |
|---|-------------------------|-------|
|  <b>15. Pad Thai</b> 12.95<br>Flat rice noodles with chicken & prawn, vegetables and crushed peanut on the side. (Contains: 1,2,3,4,5,6,14)  |                         |       |
|  <b>16. Singapore Noodles</b> 12.95<br>Vermichilli noodles, chicken & prawn and fresh vegetables fried in chili peanut paste. (Contains: 1,2,3,5,6,14)   |                         |       |
|  <b>17. Phad Kee Mao</b>  12.95<br>Flat rice noodle with chicken & prawn, chilli paste, basil leaf and vegetable. (Contains: 1,2,3,6,14)                |                         |       |
|  <b>18b. Chicken Chow Mein</b>  12.95<br>Wok fried egg noodles with chicken fresh chill chinese leaf in homemade seasoning sauce. (Contains: 1,3,6,14)  |                         |       |
|  <b>19. Lana Special Noodle</b>  12.95<br>Udon noodles with chicken & prawn, shallots, mixed vegetables in homemade spicy sauce. (Contains: 1,2,3,6,14) |                         |       |