

Rices

Vegetable & Tofu Option 12.95

- *v 20. Nasi Goreng 13.95
Malaysian fried rice with fresh chilli, prawn & chicken, finely chopped vegetables. (Contains; 1,2,3,4,6,14)
- *v 21. Khao Pad 13.95
Wok fried rice with beef and finely chopped vegetables in homemade Thai paste. (Contains; 1,2,3,6,14)
- *v 22. Lana Special Fried Rice 13.95
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 7.00
with your choice of meat, mushroom, cherry tomato. (Contains; 2,4,6) **GLUTEN FREE**



Kids

- 43. Crispy Chicken Pieces 8.50
With steamed rice or chips, Mild sweet sour sauce. (Contains; 3) **GLUTEN FREE**
- *v 44. Kids Fried Rice 8.50
Fried rice with chicken and chopped vegetables. (Contains; 1,3,6,14)
- *v 45. Superhero Noodles 8.50
Stir-fried yellow 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) **GLUTEN FREE**

Allergens

1) Gluten [wheat, barley] 2) Crustaceans 3) Eggs 4) Fish 5) Peanuts 6) Soybeans 7) Milk 8) Tree Nuts [Cashewnut] 9) Celery 10) Mustard 11) Sesame 12) Sulphur Dioxide 13) Lupin 14) Molluscs

All of our dishes are made in a kitchen that also handling ingredients contains gluten. As with any kitchen there is a chance of cross contamination.



Sides

- Thai Prawn Crackers (Contains; 1,2) 3.50
- Steamed Jasmine Rice **GLUTEN FREE** 3.50
- Brown Rice **GLUTEN FREE** 3.50
- Egg Fried Rice (Contains; 1,3,6,7,11) 4.00
- Stir Fried Yellow Noodle (Contains; 1,3,6,11,14) 4.50
- *v Stir Fried Rice Noodle (Contains; 3,6,11,14) **GLUTEN FREE** 4.50
- Chips **GLUTEN FREE** 3.50
- Sweet Potato Fries **GLUTEN FREE** 4.50
- *v Asian Greens (Contains; 1,6,14) 4.50
- Japanese Edamame (Contains; 6) **GLUTEN FREE** 5.00
- Portion of Curry Sauce (Contains; 2,4) 4.50

Drinks

- Coke / Diet Coke / Coke Zero 2.50
- Fanta / 7 up 2.50
- San Pellegrino Orange / Lemon 2.50
- Apple / Orange Juice 3.00
- Still / Sparkling Water 2.50
- All drinks +€0.15 Re-turn

Non-Gluten Option

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

Wok; Dishes number 29, 32, 35 - 39, 41, 44-45
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 15 - 19
Rices: Dishes Number 20 - 22
Wok; Dishes number 29-30, 36-39, 41

Look For;



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Asian Bites

- 1. Poh Pia Rolls** 7.50
With glass noodles, shredded carrot, cabbage and plum dipping sauce. (Contains; 1,3,6,7,11,14)
- 2. Hoisin Duck Rolls** 8
Shredded duck with Veg served with Homemade Hoisin sauce. (Contains; 1,3,6,7,11,14)
- 3. Char Grilled Chicken Skewers** 8
Tender Irish chicken skewers with satay dipping sauce. (Contains; 2,4,5) **GLUTEN FREE**
- 4. Crispy Wonton** 8.50
Deep fried shrimp & chicken wrapped in wonton. (Contains; 1,2,3,6,14)
- 5. Bangkok Chicken Wings** 8
Chicken Wings tossed in Thai dressing. (Contains; 1,2,4,6,11,14)
- 6. BBQ Pork Ribs** 8.50
Tender marinated pork ribs in homemade BBQ sauce. (Contains; 1,6,11,14)
- 7. Crispy Calamari** 8.50
In Peppered breadcrumbs with lime chili sauce. (Contains; 1,3,4,14)
- 8. King Prawn Rolls** 8.50
Marinated King Prawn wrapped in filo pastry with sweet chili sauce. (Contains; 1,2,3,6,7,14)
- 9. Crispy Peppered Chicken** 8.50
Tossed with salt,pepper,chili, garlic & onion. (Contains; 3,7) **GLUTEN FREE**
- 10b. Lana Spice Box** 8.95
Crispy Chicken tossed with salt, pepper, chilli and chips. (Contains; 3,7) **GLUTEN FREE**
- 10c. Lana Vegetarian Spice Box** 7.95
Crispy tofu fried chips mixed pepper onion tossed with salt, pepper, chilli and chips. (Contains; 6,7) **GLUTEN FREE**
- 10a. Gyoza** 8
Chicken dumpling served with Japanese soy Sauce. (Contains; 1,6,11)

Salads

- 11c. Thai Spicy Duck Salad** 9.00 *A Little Spicy*
Roast duck served with mixed salad and Thai chilli & lime dressing. (Contains; 4) **GLUTEN FREE**

Wok

- | | | |
|--|------------------|-------|
| | Vegetable & Tofu | 12.95 |
| | Chicken or Beef | 13.95 |
| | Prawn or Duck | 14.50 |
- *v 29. Crispy Sweet Chilli Chicken** 13.95
Crispy chicken with onion, mixed pepper and carrot in Thai sweet chili sauce. (Contains; 1,3,6,14)
- v 30. Thai Sweet Sour Chicken** 13.95
Crispy Chicken with pineapple, onion, mixed peppers and carrot in sweet and sour sauce. (Contains; 3) **GLUTEN FREE**
- * 32. Crispy Roast Duck** 14.95
Roast Duck Served with Asian vegetables and Plum sauce. (Contains; 1,6,14)
- * 35. Chilli & Cashew Nut**
With Mixed vegetable and cashew nuts, dry Chilli. (Contains; 1,2,4,6,8,14)
- *v 36. Phad Kha Pao**
With fresh garlic, chilli, onion, mushroom and sweet basil. (Contains; 1,6,14)
- *v 37. Pad Prik**
Pepper, onion, carrot and mushroom with blackbean sauce. (Contains; 1,6,14)
- *v 38. Pad King**
Ginger, peppers, onion, carrot and spring onion fried in seasoning sauce. (Contains; 1,6,14)
- *v 39. Thai Garlic & Chilli**
With onion, peppers, broccoli, homemade garlic chilli sauce. (Contains; 1,6,14)
- 40. Malay BBQ Honey**
Stir fried pepper, onion, carrot with Malaysian style BBQ sauce. (Contains; 1,6,11,14)
- *v 41. Chilli & Thai Herbs**
Stir fried chilli, Thai herbs with fine beans and basil leaves. (Contains; 1,2,6,14)
- 42. Crispy Chicken Chilli Satay Sauce** 13.95
Stirred onion, mixed peppers peanut in Malaysian satay sauce. (Contains; 1,2,3,4,5,6,14)

Sides

Add a side to your Wok, Curry or Kids meal.
Boiled rice +€1, Chips +€1, Egg fried rice +€1.50,
Brown rice +€1.50, Noodles +€2

Curries

- | | | |
|--|------------------|-------|
| | Vegetable & Tofu | 12.95 |
| | Chicken or Beef | 13.95 |
| | Prawn or Duck | 14.50 |
- 23. Indonesian Lamb Rendang** 14.50
Slow cooked lamb curry with potato, lemongrass, galangal, kaffir leaf. (Contains; 2,4) **GLUTEN FREE**
- 24. Slow Cooked Beef Massaman Curry** 14.50
Slow Cooked Beef in Southern style massaman curry with potato, cashewnut and onion. (Contains; 2,4,8) **GLUTEN FREE**
- 25. Thai Green Curry**
Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains; 2,4) **GLUTEN FREE**
- 26. Thai Red Curry**
Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains; 2,4) **GLUTEN FREE**
- 27. Massaman Curry**
Southern style curry with onion, potato, cinnamon, cashew nuts. (Contains; 2,4,8) **GLUTEN FREE**
- 28. Thai Panang Curry**
A rich creamy curry with coconut milk, mixed peppers, lime leaves and fresh basil. (Contains; 2,4) **GLUTEN FREE**

Sides

Add a side to your Wok, Curry or Kids meal.
Boiled rice +€1, Chips +€1, Egg fried rice +€1.50,
Brown rice +€1.50, Noodles +€2

Noodles

- *v 15. Pad Thai** 13.95
Flat rice noodles with chicken & prawn, vegetables and crushed peanut on the side. (Contains; 1,2,3,4,5,6,14)
- *v 16. Singapore Noodles** 13.95
Vermicelli noodles, chicken & prawn and fresh vegetables fried in chilli peanut paste. (Contains; 1,2,3,4,5,6,11,14)
- *v 17. Phad Kee Mao** 13.95
Flat rice noodle with chicken & prawn, chilli paste, basil leaf and vegetable. (Contains; 1,2,3,6,14)
- *v 18b. Chicken Chow Mein** 13.95
Wok fried yellow noodles with chicken, fresh chilli, chinese leaf in homemade seasoning sauce. (Contains; 1,3,6,11,14)
- *v 19. Lana Special Noodle** 13.95
Udon noodles with chicken & prawn, shallots, mixed vegetables in homemade spicy sauce. (Contains; 1,2,3,6,11,14)