

Rices

Vegetable & Tofu Option 13.50

- *v 18. Nasi Goreng  14.95
Malaysian fried rice with fresh chilli, prawn & chicken, finely chopped vegetables. (Contains; 1,2,3,4,6,14)
- *v 19. Khao Pad  14.95
Wok fried rice with beef and finely chopped vegetables in homemade Thai paste. (Contains; 1,2,3,6,14)
- *v 20. Lana Special Fried Rice  14.95
Fried rice with chicken, fresh chilli, coriander, crispy shallots and vegetables. (Contains; 1,3,6,14)

Soups

Chicken 7.00
Prawn 8.00

- 13. Tom Yum Soup 
With your choice of meat ,mushroom, cherry tomato. (Contains; 2,4,6) 



Kids

- 37. Crispy Chicken Pieces 8.95
With steamed rice or chips , mild sweet sour sauce. (Contains; 3) 
- *v 38. Kids Fried Rice 8.95
Fried rice with chicken and chopped vegetables. (Contains; 1,3,6,14)
- *v 39. Superhero Noodles 8.95
Stir-fried yellow noodles with chicken and chopped vegetables. (Contains; 1,3,6,11,14)
- 40. Super Mild Chicken Curry 8.95
Chicken with massaman curry and steamed rice or chips. (Contains; 2,4) 

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  3.50
- Brown Rice  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)  4.50
- Chips  3.50
- Sweet Potato Fries  4.50
- *v 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 2.50
- 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 

Non-Gluten Option

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

Wok: Dishes number 26, 29, 30 - 34, 38 - 39
Rices: Dishes Number 18 - 20
Noodles: Dishes Number 14 - 17

Look For;



Vegan Options

The following dishes can be made **Vegan** upon your request.

Noodles: Dishes number 14 - 17
Rices: Dishes Number 18 - 20
Wok: Dishes number 26 - 27, 31 - 34

Look For;



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LANA

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LANATHAI.IE

The Glenville Centre, Dunmore Rd, Waterford
(051) 582 664

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 vegetables 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 chilli sauce. (Contains; 1,2,3,6,7,14)
- 9. Crispy Peppered Chicken** 8.50
Tossed with salt, pepper, chill, garlic & onion. (Contains; 3,7) **GLUTEN FREE**
- 10. Gyoza** 8
Chicken dumpling served with Japanese soy Sauce. (Contains; 1,6,11)
- 11. Lana Spice Box** 8.95
Crispy Chicken tossed with salt, pepper, chilli and chips. (Contains; 3,7) **GLUTEN FREE**
- 11a. Lana Vegetarian Spice Box** 7.95
Crispy tofu fried with mixed peppers, onion, tossed with salt, pepper, chilli and chips. (Contains; 6,7) **GLUTEN FREE**

Salads

- 12. Thai Spicy Duck Salad** 9 *A Little Spicy*
Roast duck served with mixed salad and Thai chilli & lime dressing. (Contains; 4) **GLUTEN FREE**

Wok

- | | | |
|--|------------------|-------|
| | Vegetable & Tofu | 13.50 |
| | Chicken or Beef | 14.50 |
| | Prawn or Duck | 14.95 |
- *v 26. Crispy Sweet Chilli Chicken** 14.50
Crispy chicken with onion, mixed pepper and carrot in Thai sweet chili sauce. (Contains; 1,3,6,14)
- v 27. Thai Sweet Sour Chicken** 14.50
Crispy Chicken with pineapple, onion, mixed peppers and carrot in sweet and sour sauce. (Contains; 3) **GLUTEN FREE**
- 28. Thai Lemon Chicken** 14.50
Lightly coated breaded chicken served in homemade lemon sauce and mixed vegetables. (Contains; 1,3,6,14)
- * 29. Crispy Roast Duck** 14.95
Roast Duck Served with Asian vegetables and Plum sauce. (Contains; 1,6,14)
- * 30. Chilli & Cashew Nut** 14.95
With mixed vegetables and cashew nuts, dry chilli. (Contains; 1,2,4,6,8,14)
- *v 31. Phad Kha Pao** 14.95
With fresh garlic, chilli, onion, mushroom and sweet basil. (Contains; 1,6,14)
- *v 32. Pad Prik** 14.95
Mixed peppers, onion, carrot and mushroom with black bean sauce. (Contains; 1,6,14)
- *v 33. Pad King** 14.95
Ginger, mixed peppers, onion, carrot and spring onion fried in seasoning sauce. (Contains; 1,6,14)
- *v 34. Thai Garlic & Chilli** 14.95
With onion, mixed peppers, broccoli, homemade garlic chilli sauce. (Contains; 1,6,14)
- 35. Malay BBQ Honey** 14.50
Stir fried mixed peppers, onion, carrot in Malaysian style BBQ sauce. (Contains; 1,6,11,14)
- 36. Crispy Chicken Chilli Satay Sauce** 14.50
Stir fried onion, carrot, mixed peppers, peanuts 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 | 13.50 |
| | Chicken or Beef | 14.50 |
| | Prawn or Duck | 14.95 |
- 21. Indonesian Lamb Rendang** 15.50
Slow cooked lamb curry with potato, lemongrass, galangal, kaffir leaf. (Contains; 2,4) **GLUTEN FREE**
- 22. Slow Cooked Beef Massaman Curry** 15.50
Slow cooked beef in southern style massaman curry with potato, peanuts and onion. (Contains; 2,4,5,8) **GLUTEN FREE**
- 23. Thai Green Curry** 15.50
Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains; 2,4) **GLUTEN FREE**
- 24. Thai Red Curry** 15.50
Coconut milk, bamboo shoots, kaffir lime leaf, fresh basil, green beans and mixed peppers. (Contains; 2,4) **GLUTEN FREE**
- 25. Massaman Curry** 15.50
Southern style curry with onion, potato, cinnamon, peanuts. (Contains; 2,4,5,8) **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

- Staff Favorite** →
- *v 14. Pad Thai** 14.95
Flat rice noodles with chicken & prawn, vegetables and crushed peanuts on the side. (Contains; 1,2,3,4,5,6,14)
- *v 15. Singapore Noodles** 14.95
Vermicelli noodles, chicken & prawn and fresh vegetables fried in chilli peanut paste. (Contains; 1,2,3,4,5,6,11,14)
- *v 16 Chicken Chow Mein** 14.95
Wok fried yellow noodles with chicken, fresh chilli, chinese leaf and mixed vegetables in homemade seasoning sauce. (Contains; 1,3,6,11,14)
- *v 17. Lana Special Noodle** 14.95
Udon noodles with chicken & prawn, shallots, mixed vegetables in homemade spicy sauce. (Contains; 1,2,3,6,11,14)



@LanaAsianStreetFood

