



Welcome to One Thai Restaurant



With over 20 years of experience in hospitality and 5 years running One Thai Café in Ware, we have been working hard to bring to you a balanced Thai cuisine full of authentic flavours suitable for everyone.

Our restaurant in Bishop's Stortford have been open since September 2020. Our skilled kitchen team has been with us since day one, polishing their skills and our menu.

All our dishes and sauces are made in-house from fresh ingredients, often grown in our back-garden. We do not use any flavour enhancer like MSG or Knorr

STARTERS

Thai Prawn Crackers GF	2.95
Perfect nibble while waiting for your starters. Slightly spicy, served with sweet chilli sauce.	
Mixed Platter to Share	price for two £14.00 for each extra person £7.00
A platter to share with all the favourite starters - Spring Rolls, Prawn on Toast, Corn Cake, Song Sa Hai and Chicken Satay. Minimum order for 2 people (£14.00)	
Chicken Satay GF N	6.50
Marinated Chicken breast with Thai herbs on skewers. Served with peanut sauce	
Por Pia (Spring Rolls) V	4.90
Golden fried rice pastry rolls with vermicelli noodles and crunchy vegetables. Served with sweet chilli sauce.	
Song Sa-Hai Rolls	5.90
Prawn and chicken marinated in Thai herbs and wrapped in pastry, deep fried until golden brown.	
Goong Tempura (Prawn)	6.50
Deep fried king prawns in a light batter with panko breadcrumbs. Served with sweet chilli sauce.	
Prawn on Toast	5.90
Deep fried marinated minced prawns with garlic, pepper and coriander on toast.	
Tod Man Pla (Fish cakes) GF N	6.50
Fried marinated white fish with red curry paste, egg, lime leaves and fine beans. Server with sweet chilli sauce and optional peanuts.	
Eagle Wings	5.70
Deep-fried chicken wings flavoured with garlic in a pepper & coriander sauce.	
Spare Ribs	6.30
Marinated Pork spare ribs with honey, cinnamon bark, anistar seed and aromatic Thai herbs.	
Sweetcorn Cakes V	5.20
Fried marinated sweet corn with Thai herbs, flour and a hint of curry paste. Served with sweet chilli sauce.	
Crispy Tofu GF N V	5.20
Fried Tofu , crispy outside and soft inside served with sweet chilli sauce topped with peanuts	

SOUPS

Tom Yum GF 	Chicken £5.90 Prawns £6.50 Mushrooms £4.90
Ideal as starter or a side dish. Hot and sour soup with galangal, lemongrass, lime leaves, chillies, mushrooms, tomatoes and coriander.	
Tom Kha GF 	Chicken £5.90 Prawns £6.50 Mushrooms £4.90
Ideal as starter or a side dish. Take Tom Yum soup, add coconut milk and a few herbs, and you have a delightful Tom Kha soup	
Poh Taek (Fisherman's Soup) GF 	Seafood £7.95
For the seafood fans. Spicy and sour soup with mussels, squid and prawns. Full of fresh flavours like lemon grass, galangal and lime leaves. Great as a lunch dish, starter, or a side dish to share.	



Please let us know if you have food allergies

At One Thai, we cater for a wide range of dietary needs and preferences. Let us know your specific requirements and we will help you pick suitable dishes. Where possible, we will modify our recipes to suit your needs better.

STIR-FRIED NOODLE DISHES

A side dish to share or a meal by itself.

Pad Thai GF N	Chicken £9.50 Pork £9.50 Prawns £10.90 V Veg & Tofu £8.90
The one and only, famous traditional Thai rice noodles stir-fried with home-made sweet and tangy tamarind sauce, chopped pickled sweet raddish, bean sprouts, spring onions, finely cut carrots strips and grated peanuts on the side.	
Pad Mee	Chicken £9.50 Pork £9.50 Prawns £10.90 Veg & Tofu £8.90
Quick egg noodle stir-fry with soya sauce, beansprouts, finely chopped cabbage, carrots strips and spring onions. We can make it spicy on request	
Just Egg Noodles	£3.90
Simple stir-fried egg noodles with beansprouts, thinly cut carrot strips and spring onions. Great as a side to stir fries.	

RICE

Rice to go with your stir fries, curries and specials.

Thai Fragrant Rice GF V	£2.90
Perfect with any stir-fry or curry.	
Egg Fried Rice GF	£3.50
Fragrant rice stir fried with an egg on a wok. Great with curries	
Sticky Rice GF V	£3.90
Famous glutinous rice, very sticky. Server in a plastic pouch to stop it from drying out and to make it easier to serve. Often eaten with your fingers. Works well with most of dishes, but best with our signature Seabass and River King prawns dishes	
Riceberry Rice GF V	£3.90
Healthy unprocessed rice deep purple in colour, slightly sweet. Rich in anthocyanin helps manage cholesterol levels. Great with mild dishes, especially Massaman Curry	

SIDES

Selection of dishes to accompany your main meal. We can make dishes large for extra £3

Side Pad Pak (stir-fried vegetables) V	£5.90
Perfect with any stir-fry or curry.	
Stir-fried Broccoli V	£5.90
Broccoli stir fried with garlic and light soya sauce	
Beansprouts with Tofu V	£5.90
Fried beansprouts with blanched beansprouts in light soya sauce and spring onions	
Stir-fried Courgettes V 	£5.90
Courgettes stir fried with garlic, chilli and basil.	



Go Large!

We can make any make most of main course large for £2.00, or get an extra bowl of sauce for £3.00

STIR-FRIES

Cooked in a traditional wok by our skilled chefs using home-made sauces.
Don't forget to order rice or plain noodles with your stir-fry.

Tod Kratiem

Aromatic combination of garlic and coriander, stir fried with protein of your choice and home-made coriander sauce, served on a bed of lettuce. Seasoned with pepper.

Pad Med Ma Muang

Easy going stir-fry, with a touch of spicyness from dried chillies. Carrots, spring onions and cashew nuts stir-fried with light soya sauce and your choice of protein.

Pad Nam Mun Hoi

Mild stir fry with strong and distinctive flavour. Your choice of protein stir fried with oyster sauce, onions, carrots mushrooms and spring onions. Optional ginger (highly recommended).

Pad Prew Whan

Thai style Sweet and Sour stir fry, one of the healthies options on the menu. Pineapples and tomatoes give this stir fry a tangy flavour. Add to it your preferred protein, onions, cucumbers, carrots and spring onions and you have a well balanced dish with full range of flavours

Pad Kraprow

Chilli and basil is the staple of Thai cuisine, and you can find both of these herbs in this dish. Stir-fried with your choice of protein, fine beans, mixed peppers, onions and our home-made 'Top secret' sauce. Please note this dish cannot be made mild.

Pad Kraprow Talay

If you love spicy seafood, you have to try this dish. Green Mussels, king prawns and squid rings stir fried with our 'Top Secret' garlic&herbs mix, onions, mixed peppers and fresh chillies. Finished with basil giving it a distinctive Thai flavour.

Pad Pak (stir-fried vegetables)

Great side dish or a meal in it's own right. Flash stir-fried broccoli, sliced cabbage, carrot strips, beansprouts, baby corn with light soya sauce. Tofu optional.

Chicken	£9.50
Pork	£9.50
Beef	£10.40
Prawns	£10.90

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Pork	£9.50
Beef	£10.40
Prawns	£10.90
Veg & Tofu	£8.90

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Pork	£9.50
Beef	£10.40
Prawns	£10.90
Veg & Tofu	£8.90

Seafood	£13.90
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Veg & Tofu	£8.90
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Ma Kham

Freshly made sweet&tangy tamarind sauce poured over duck breast or fish fillet, served on a bed of lettuce. Topped with crispy fried shallots and fresh coriander.

Pad Cha

Wild ginger, lemon grass, Thai basil and baby peppercorns. Truly unique and Thai herbs, stir fried with your choice of protein, red chillies and finger chillies

Ped Pad Prix

Spicy, sweet and tangy duck dish. Sliced skinless duck breast stir fried with tamarind sauce, garlic, peppers, onions and chillies, Served on a bed of lettuce

 Duck	£12.50
Seabass	£13.90

Seafood	£13.90
Duck	£12.50
Seabass	£13.90

Duck	£12.50
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CURRIES

Spicy, mild, creamy or light. There is a curry for everyone!
Don't forget to order rice or noodles with your curry.

Green Curry

Sharp-in-flavour with a touch of sweetness. Medium-spicy thin curry cooked with coconut milk, courgettes, bamboo shoots, red peppers and lime leaves.

Red Curry

Boldish and smooth in flavour, medium-spicy thin curry cooked with coconut milk, courgettes, bamboo shoots, red peppers and lime leaves.

Panang Curry

Creamy curry with distinctive lime leaves flavour, cooked with coconut milk, red peppers and finished with chopped fresh lime leaves. Considered by most as medium spicy.

Massaman Curry

Famous mild and creamy Thai curry with nutty overtones. Slowly cooked with star anise amongst other herbs, topped with few potatoes and cashews. Best served with beef.

Kaeng Pa - Jungle Curry

One of a few Thai curries without coconut milk, a great choice if you enjoy spicy food. A quick dish made with any vegetables and herbs that could be found in a jungle. Our take on this healthy curry includes a mix of intense Thai herbs - wild ginger, lime leaves and lemongrass. Cooked with mixed vegetables.

Duck Curry

A bit sweet, slightly tangy, and rather spicy. Skinless roasted duck breast cooked in coconut milk with red curry paste, red peppers, cherry tomatoes, pineapple pieces and Thai basil.

Lamb Shank Massaman Curry

Described by our guest as 'divine'. Slow-cooked large tender lamb falling off the bone, with famous mild and thick nutty curry, few potatoes and cashews. Be aware, the lamb shank is big!

Chicken	£9.50
Prawns	£10.90
Beef	£10.40
Veg & Tofu	£8.90
Pork	£9.50

Chicken	£9.50
Prawns	£10.90
Beef	£10.40
 Veg & Tofu	£8.90
Pork	£9.50

Chicken	£9.50
Prawns	£10.90
Beef	£10.40
Veg & Tofu	£8.90
Pork	£9.50

Chicken	£10.20
Prawns	£11.00
Beef	£10.70
Veg & Tofu	£9.50

Chicken	£10.20
Prawns	£11.00
Beef	£10.70
Veg & Tofu	£9.50

Duck	£11.20
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Lamb	£16.90
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Make it 'Thai Hot'

Our menu is design with all customers in mind. We do not make the dishes too spicy where possible. Let us know if you like your food extra hot. Our skilled chefs can adapt most of the dishes to your requirements.



STORTFORD SIGNATURE DISHES



Unique, rich in flavours and full of Thailand. A must try.
You may have to order rice or noodles on the side for some of dishes, our staff will let you know.

SALAD

Spicy & light

Yum Neua (Spicy Beef Salad) GF 🌶️

Thinly sliced grilled sirloin beef tossed with lettuce, red onions, cucumber, baby tomatoes, garlic and coriander. Mixed with spicy Nam Yum dressing.

£10.90

RIVER KING PRAWNS

Large grilled crunchy king prawns, sweeter than their sea cousins.
Grilled in a shell for extra flavour. Cut in half and open to make easier to eat.

Goong Poa GF 🌶️

Skillfully grilled Fresh Water King Prawns served with choice of sauces: Nam Yum or Nam Jim Jaew*

£14.90

Goong Chuchi GF 🌶️

Grilled Fresh Water King Prawns topped with thick creamy Panang curry and lime leaves, served on a bed of lettuce.

£14.90

Goong Saab GF 🌶️

Grilled Fresh Water King Prawns with mixed herbs, red onions, baby tomatoes, spring onions and chilli. Served with Nam Yum sauce*

£15.90

SIRLOIN

Premium Sirloin beef, marinated with Thai Style sauce

Weeping Tiger Steak GF

Grilled sirloin beef marinated in Thai style sauce, served sliced on a bed of lettuce with Nam Jim Jaew sauce*

£16.50

*SAUCES

Nam Yum GF

Hot & sour chili sauce made from garlic, chillies, fish sauce, coriander and lime juice. Coriander can be removed on request.

Nam Jim Jeaw GF

Sweet, sour, spicy and smoky flavour with chilli flakes, toasted rice gives it a crunchy texture.

Vegan & Vegetarian Dishes V



Please tell staff if you would like a vegan or vegetarian dish. Fish sauce and oyster sauce are popular ingredients in Thai cuisine and can be found in a number of vegetable dishes on our menu. We can substitute above sauces in some of recipes.

SEABASS

Buttery, sweet and tender fillets

Pla Krapong Tod

Lightly battered fried seabass fillet served on a bed of lettuce, topped with one of chef's recommended sauces:

Ma Kham

Tangy and sweet tamarind sauce with crispy shallots and coriander

Rard Prix 🌶️

Spicy and tangy aromatic herbs, garlic, mixed peppers, onions and chili sauce.

Chuchi 🌶️

Rich and creamy Panang curry topped with finely chopped lime leaves

£13.90

Pla Jiean

Lightly battered fried seabass filled topped with cooked minced chicken, ginger, yellow beans, onions, peppers, spring onions and crushed garlic.

£14.90

Laab Pla 🌶️

Fried seabass fillet with Isan Thai style smoky dressing tossed with red onions, baby tomatoes, coriander, chilli flakes and toasted rice powder.

£13.90

STIR-FRIED RICE&NOODLES

Pad Thai Goong Poa GF N

We took our favourite noodles with home-made sweet and tangy sauce made from fresh tamarinds, and made even more special. We have used the sweet and crunchy large sweet water king prawns to create this delight.

£14.90

Kau Pad Supparod N

Centre piece for any table. Special fried rice with pineapple, chicken, prawns, egg, onions, carrots, cabbage, tomatoes, few cashew nuts and a touche of tumeric. Served in a scooped out pineapple half.

£14.90

SUMMER BREEZE

Pla Krapong Nueng Manao GF 🌶️

Steamed seabass fillet topped fresh lime hot & sour sauce, garlic, coriander and chillies. It takes our team about 20 minutes to steam the fish

£14.90

Yum Wonsen Talay (Seafood salad) GF 🌶️

Refreshing seafood salad. King Prawns, squid and green mussels with glass noodles and fresh lime&chilli dressing

£13.90

Laab Weeping Tiger Steak GF 🌶️

Grilled marinated sirloin steak with Isan Thai style smoky dressing tossed with red onions, baby tomatoes, coriander, chilli flakes and toasted rice powder

£16.50

Thai Style Surf & Turf GF 🌶️

Three large grilled River King Prawns and 7 oz Sirloin Steak served with Nam Jim Jeaw and Nam Yum sauces. A delightful combo to share accompanied by Thai Style Cucumber salad.

£24.90