

## RICE & NOODLES

### 4.1 PAD THAI NOODLES **GF**

Tofu / Vegetable only 24.50 | Prawns 29.00 | Chicken 25.50

Traditional stir-fried soft rice noodles with egg, bean sprout, spring onion and chopped peanuts.

### 4.2 THAI FRIED RICE **Vegetarian** 19.50 | Prawns 27.00 | Chicken 23.00

Thai stir-fried rice with egg and vegetables.

### 4.5 TOM YUM SOUP with NOODLES **GF**

Tofu / Vegetable only 24.50 | Prawns 29.00 | Chicken 25.50

Hot and sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

## MAIN – DUCK SPECIALS

### D1. NOODLE DUCK 30.50

Thai-style stir-fried egg-noodles with roasted duck slices, egg and vegetables (no jasmine rice).

### D2. ROASTED DUCK CURRY 31.50 **GF**

Roasted duck slices in red curry sauce with coconut milk, seasonal vegetables, pineapple and grapes.

### D3. GARLIC DUCK 32.50

Tender slices of roasted duck breast and vegetables topped with special garlic-pepper-coriander sauce.

### D4. PAD KAPAO DUCK 31.50

Stir-fried dish with roasted duck slices, bamboo shoot and seasonal vegetables in spicy chilli-basil paste.

### D5. CRISPY DUCK (PED SAPARROS) 31.50

Crispy battered duck slices with special crispy duck sauce and pineapple (contains dairy).

### D6. DUCKS and CASHEW NUTS 32.50

Stir-fried roasted duck slices with our special blend of sauce, seasonal vegetables and topped with cashew nuts.

### D7. DUCK PALO 31.50

Duck slices with five spice seasoning, cinnamon stick and star anise. Served with boiled egg and vegetables.

## EXPRESS MEALS

### EXPRESS 1- Chicken Satay with Fried Rice 27.00

Chicken satay (3 skewers) with peanut sauce on Thai fried rice.

### EXPRESS 2- Beef Satay with Fried Rice 27.50

Marinated beef satay slices with peanut sauce on Thai fried rice.

"Howick's favourite since 1998"

**Benjarong**  
THAI RESTAURANT

# TAKE-AWAY

Ph: 09-533-9568

87-C Picton St., Howick

Email: [benjaronghowick@hotmail.com](mailto:benjaronghowick@hotmail.com)

### LUNCH

Monday-Saturday 11:30 am to 2:30 pm

### DINNER

Monday-Sunday 4:30 pm onwards

FULLY LICENSED  
& BYO WINE

ORDER  
ONLINE

[www.benjarong.co.nz](http://www.benjarong.co.nz)

## ENTREES

### 1.1 CHICKEN SATAY (3 skewers) 15.00 **GF**

Marinated chicken in skewers with peanut satay sauce.

### 1.2 THAI SPRING ROLLS (4 pieces) **Vegetarian / Chicken** 12.00

Thai spring rolls served with sweet chilli sauce.

### 1.3 CHICKEN ON TOAST (4 pieces) 12.00

Deep-fried marinated chicken with herbs on toast.

### 1.4 CURRY PUFF (3 pieces) 12.50

Puff pastry filled with chicken curry and potatoes.

### 1.5 BEEF SATAY 15.00

Marinated beef slices with peanut satay sauce and crispy deep-fried vegetables on the side.

### 1.6 COMBINATION ENTRÉE 16.50

A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff)

### W1 RICE PAPER WRAPS 16.00 **GF**

Healthy and fresh rice-paper wraps with prawns, fresh vegetables, rice noodles and special sauce (contains peanuts).

### 8.1 ENTRÉE JAE (Vegetarian Entrée) 13.00

Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.

## SOUPS

### 2.1 TOM YUM SOUP **GF**

Warm and sour soup with mushroom, tomatoes, chilli, coconut milk and lemongrass.

### 2.3 TOM KHA SOUP **GF**

Mild galangal soup, with mushrooms, lemongrass and coconut milk.

#### Soup Options

	Entree	Main
<b>Prawns</b>	13.00	30.00
<b>Chicken</b>	13.00	25.00
<b>Tofu / Vege only</b>	13.00	24.00

(Vegan sauce available, request when ordering)

## LIGHT and HEALTHY (Thai Salads)















### 3.1 THAI BEEF SALAD 27.00

Tender beef slices with onion, tomato, cucumber, chilli and lemon juice, topped with crispy noodles.

### 3.2 LARB GAI 25.50 **GF**

Minced chicken cooked in Thai herbs, chilli, red onion, and lemon juice.

## MAIN – THAI CURRIES

- 5.1 THAI GREEN CURRY**   mild **Chicken** 26.00  
**Vegetarian (Tofu or Veg only)** 25.00 | **Prawns** 31.50 | **Beef / Pork** 27.00  
 Original Thai green curry with coconut milk, kaffir lime leaves, bamboo shoot, krachai and seasonal vegetables.
- 5.2 THAI YELLOW CURRY**   very mild **Chicken** 26.00  
**Vegetarian (Tofu or Veg only)** 25.00 | **Prawns** 31.50 | **Beef / Pork** 27.00  
 Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.
- 5.3 PANANG CURRY**   mild **Beef / Pork** 27.00 | **Chicken** 26.00  
 Meaty curry, tender meat slices in panang curry sauce, kaffir lime leaves, coconut milk, coriander and carrots as garnish.
- 5.6 THAI RED CURRY**   mild **Chicken** 26.00  
**Vegetarian (Tofu or Veg only)** 25.00 | **Prawns** 31.50 | **Beef / Pork** 27.00  
 Original Thai red curry with coconut milk, bamboo shoot, kaffir lime leaves and seasonal vegetables.
- 5.8 JUNGLE CURRY**   mild-med **Chicken** 26.00  
**Vegetarian (Tofu or Veg only)** 25.00 | **Prawns** 31.50 | **Beef / Pork** 27.00  
 Classic Thai curry cooked in hot red curry sauce with krachai, kaffir lime leaves, eggplant, bamboo shoot, mushroom and seasonal vegetables (no coconut milk).
- 17. BURMESE CURRY**  mild **Prawns** 30.00 | **Chicken** 27.00  
 Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in cumin-coconut curry sauce. Served with pickled vegetables and crispy noodles.
- 18. HANGLAY CURRY** 29.50   very mild  
 This is a popular Northern Thailand specialty. Pork slices braised in hanglay curry sauce with ginger and pineapple.
- 7.1 MUSSAMUN CURRY**   mild  
**Lamb** 29.00 | **Beef** 27.50 | **Chicken** 26.00  
 Marinated lamb or beef or chicken slices with potatoes in mussamun curry sauce and topped with chopped peanuts.

### Take-away Mains come with Jasmine Rice


We use soya bean oil. And some dishes contains seafood extracts/sauces as essential part of Thai Cuisine.

**If you have any food allergies or dietary requirements, please inform the staff.**

Some dishes may contain traces of allergens due to the nature of our working environment.

**GLUTEN FREE SAUCES** and **VEGAN SAUCE** available for some dishes, request when you order.

## MAIN – THAI STIR FRIES

- 7.2 STIR-FRY with CASHEW NUTS** **Beef / Pork** 27.00 | **Chicken** 26.50  
 Our famous stir-fried dish with our special blend of sauce, seasonal vegetables and topped with cashew nuts.
- 8.4 PAD PAK RUAM (Stir fry with Cashew-vegan sauce)** 24.50  
 Stir-fried seasonal vegetables with soya bean paste and vegan sauce and topped with cashew nuts.
- 7.3 PAD KAPAO (Stir-fry with Basil)**  mild-med **Chicken** 26.00  
**Tofu or Vegetables only** 24.50 | **Prawns** 31.50 | **Beef / Pork** 26.50  
 Stir-fried dish with bamboo shoot and seasonal vegetables in spicy chilli-basil sauce.
- 7.4 STIR-FRY with OYSTER SAUCE** **Beef / Pork** 26.50 | **Chicken** 26.00  
 Stir fried dish with seasonal vegetables sautéed with special oyster-flavoured sauce.
- 7.6 THAI SWEET and SOUR**  **Beef / Pork** 26.50 | **Chicken** 26.00  
**Vegetarian (Tofu or Veg only)** 24.50 | **Fish Fillets** 33.00 | **Prawns** 31.50  
 Stir-fried dish with vegetables and pineapple in traditional Thai sweet and sour sauce.
- 7.9 STIR-FRY with GINGER** **Beef / Pork** 26.50 | **Chicken** 26.00  
**Tofu or Vegetables only** 24.50 | **Fish Fillets** 33.00 | **Prawns** 31.50  
 Simple but delicious stir-fried dish with ginger and seasonal vegetables.

## MAIN – SPECIALS

- 1. FIVE STAR PORK** 32.50  
 Braised pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.
- 5. MOO WAN** 27.00  
 Stir-fried pork slices in sweet dark soy-garlic-ginger sauce and topped with macadamia nuts.
- 6. KATA BENJARONG** **Chicken** 26.50 | **Beef** 27.00  
 Stir-fried chicken or beef slices with sesame seeds and seasonal vegetables. *(Sizzling chicken/ beef on dine-in menu)*
- 10. GAI GARLIC (Garlic Chicken)** 26.50  
 Stir-fried chicken slices with special garlic-pepper-coriander sauce, served with vegetables.
- 14. HONEY HONEY CHICKEN** 28.00  
 Marinated chicken with special honey-soy-ginger sauce, served with pickled vegetables on the side (contains egg).
- 16. PRARAM Tofu or Vege only** 24.50 | **Beef / Pork** 26.50 | **Chicken** 26.00  
 Stir-fried dish with seasonal vegetables topped with peanut satay sauce.

## MAIN – SEAFOOD SPECIALS

- §1 KANG THALAY (Seafood Curry)** 35.00   mild  
 Combination seafood (prawns, calamari, fish fillet and scallops) cooked in panang and red curry sauce with carrots, coriander and coconut milk.
- §2 CHOO CHEE CURRY**   mild  
**Scallop Curry** 32.50 | **Prawn Curry** 31.50  
 King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.
- §3 PRAWNS and CASHEW NUTS** 32.00  
 Stir-fried king prawns and seasonal vegetables sautéed with special blend of sauce and topped with cashew nuts.
- §4 THALAY GRATIEM Garlic Scallops** 32.50 | **Garlic Prawns** 31.50  
 Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce, served with vegetables.
- §5 THALAY JAN RON** 35.00  
 Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) in garlic and chilli sauce.
- §7 PLA SNAPPER (Deep-Fried Snapper) (Market Price)**  
 Deep-fried whole snapper with special sweet-chilli-tamarind sauce.
- §8 SALMON and GINGER (Pla Ayuttaya)** 31.50  
 Pan-fried salmon steak in special ginger sauce topped with sesame seed.
- §9 SALMON and PRAWN CURRY** 38.50   mild  
 Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.

## EXTRAS

Jasmine Rice	3.00	Roti Bread with peanut sauce	5.00
Coconut Rice	6.00	Prawn Crackers with peanut sauce	6.00
Sticky Rice	6.00	Peanut Satay Sauce	7.00
Steamed Vegetables	10.00	Cold Drinks	3.50
Steamed Noodles	7.50	(Sprite, Coke, Coke Zero, Diet Coke)	

### Added in the dish

Extra Vegetables	6.00	Extra Meat (Chicken / Beef / Pork)	10.00
Extra Tofu	5.00	Extra Duck	12.00
Extra Cashew Nuts	4.00	Extra Prawn or Scallop (per piece)	4.00

Please specify your chilli level preference when ordering



Extra chilli on the side -1.00 (Chilli flakes or fresh chilli with soy sauce / fish sauce)