

FAVOURITES

- 1. FIVE STAR PORK** 20
Marinated pork belly cooked with five-spice seasoning, star anise and cinnamon stick, served with vegetables.
- 5. MOO WAN** (Pork with Massaman Sauce) 34
Stir-fried pork belly in sweet, dark, spicy ginger sauce and topped with massaman sauce.
- 6. KATA BENJARONG** 24
Chicken | Beef
Stir-fried chicken or beef slices with seasonal vegetables topped with coconut sauce and served in sizzling hot plate.
- 10. GAI GARLIC** (Garlic Chicken) 28
Stir-fried chicken slices with special garlic pepper-sauce, served with vegetables.
- 14. HONEY HONEY CHICKEN** 28
Marinated chicken with special honey-honey ginger sauce, served with pickled vegetables on the side (vegetarian egg).
- 16. PRARAM** 20
Pork | Chicken | Beef | Pork | Tofu
Stir-fried dish with seasonal vegetables, soy bean paste and topped with peanut satay sauce.



DUCK SPECIALS

- D1. NOODLE DUCK** 32
Thai-style stir-fried egg noodles with roasted duck slices, egg and vegetables.
- D2. ROASTED DUCK CURRY** 28
Roasted duck slices in red curry sauce with coconut milk, seasonal vegetables, pineapple and grapes.
- D3. GARLIC DUCK** 28
Roasted duck in red and vegetables topped with special garlic pepper-sauce.
- D4. PAD KAPAO DUCK** 32
(Duck Stir Fried with Basil)
Stir-fried duck with roasted duck slices, bamboo shoot and seasonal vegetables in spicy chili basil paste.
- D5. CRISPY DUCK** (Red Spiced) 32
Crispy battered duck slices with special spicy duck sauce and pineapple (vegetarian egg).
- D6. DUCKS and CASHEW NUTS** 34
Stir-fried roasted duck slices with the Benjarong's special blend soy-bean sauce, seasonal vegetables and topped with cashew nuts.
- D8. SOM PED** (Orange Duck) 28
Tender slices of roasted duck in red with tangy Thai-style orange sauce served with seasonal vegetables.



For safe food handling, we are unable to pack takeaway food for pets. However, we can provide takeaway containers for you to pack your own. Please ask our staff.

DINNER MENU

Benjarong

THAI RESTAURANT

Howick's
favourite
since 1998



Thai Beef Noodle

Ph: 09 533 9568 | 87 Picton Street, Howick

www.benjarong.co.nz

FULLY LICENSED & BYO WINE

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 cooking environment.

ENTRÉES

- 11. CHICKEN SATAY** (3 skewers) 16
Marinated chicken in skewers with peanut satay sauce.
- 12. THAI SPRING ROLLS** (4 pieces) 12
Chicken | Vegetarian
Thai spring rolls served with sweet chili sauce.
- 13. CHICKEN & PRAWNS ON TOAST** (2 pieces) 18
Deep-fried / marinated chicken with herbs on toast topped with prawns and sliced with sweet chili sauce.
- 14. CURRY PUFF** (2 pieces) 16
Puff pastry filled with chicken curry and potatoes.
- 15. BEEF SATAY** 17
Marinated beef skewers with peanut satay sauce and crispy deep-fried vegetables on the side.
- 16. COMBINATION ENTRÉE** 18
A bit of everything (chicken and beef satay, spring roll, chicken on toast and curry puff).
- W1 RICE PAPER WRAPS** 19
Rice paper wrap with prawns, fresh vegetables, rice noodles, and special sauce (contains peanut).
15
- B.1 ENTRÉE SALAD** (Vegetarian Option) 15
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chili sauce.
- B.2 TEMPURA BROCCOLI** 12
Deep-fried crispy battered broccoli served with sweet chili sauce.



SOUPS

- 21. TOM YUM SOUP** 12
Classic warm and sour soup with Thai aromatics and coconut milk.
Chicken | Prawns | Tofu
- 23. TOM KHA SOUP** 12
Rich and tangy red Thai coconut soup.
Chicken | Prawns | Tofu | Vegetarian | Vegan



	Entrées	Main Size (2-3 servings)	Family Size (4-5 servings)
Prawns	16	25	45
Meat Veg	16	21	42

THAI SALADS

- 31. THAI BEEF SALAD** 16
Tender beef slices with onion, tomato, cucumber, chili and Thai green dressing topped with crispy noodles.
- 32. LARD GAI** 12
Marinated chicken with Thai herbs, chili, red onion and jelly bean dressing.
- 33. THAI PRAWN SALAD** 18
King prawns with cranberry apple salad dressing.



RICE & NOODLES

4.1 PAD THAI NOODLES

Prawns 32 Chicken | Tofu 32

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

4.2 THAI FRIED RICE

Prawns 33 Vegetarian 35 Chicken 39

This stir-fried rice with egg and vegetables.

4.3 PINEAPPLE FRIED RICE

Prawns 35 Chicken | Tofu 32

Special Thai fried rice with chunky pineapple, tomato sauce, egg and vegetables.

4.4 PAD SEE-EW

Prawns 32 Chicken | Tofu 32

Popular Thai street food with soft rice noodles, egg, broccoli and carrots.

4.5 TOM YUM SOUP with NOODLES

Prawns 32 Chicken | Tofu 32

Classic Thai sour soup with rice noodles, chili, coconut milk, vegetables and chopped peanuts.

JASMINE RICE (per person) 3

COCONUT RICE (per serving) 4

STICKY RICE (per serving) 4

STEAMED NOODLES 30



THAI STIR FRIES

7.2 STIR-FRY with CASHEW NUTS

Chicken | Beef | Pork | Tofu 34

Our famous dish with Benja's special soy-based sauce, seasonal vegetables and topped with cashew nuts.

8.4 PAD PAK RUAM (Vegan)

Stir-fried seasonal vegetables with soy bean paste and soy sauce and topped with cashew nuts.

7.3 PAD KAPAO (Stir-fry with Basil)

Prawns 39 Chicken | Beef | Pork | Tofu 33

Seasonal vegetables with green beans and bamboo shoot in spicy chili-based sauce.

7.4 STIR-FRY with OYSTER SAUCE

Prawns 30 Chicken | Beef | Pork | Tofu 33

Seasonal vegetables sautéed with special oyster flavoured sauce.

7.6 THAI SWEET and SOUR

Chicken | Beef | Pork | Tofu (vegetarian) | Vegan 33

Prawns | Fish Fillets 39

Stir-fried dish with seasonal vegetables and pineapple in traditional Thai sweet and sour sauce.

7.9 STIR-FRY with GINGER

Chicken | Beef | Pork | Tofu 33

Prawns | Fish Fillets 39

Stir-fried dish with ginger, soy bean paste and seasonal vegetables.



SEAFOOD SPECIALS

51 KANG THALAY (Seafood Curry)

Combination seafood (prawns, calamari, fish fillet and scallops) cooked in red curry sauce with carrots, coriander and coconut milk.

52 CHOO CHEE CURRY

Scallop Curry | Prawn Curry 39

King prawns or scallops cooked in panang and red curry sauce with coconut milk, carrots, coriander and pineapple.

53 PRAWNS and CASHEW NUTS

Stir-fried king prawns with seasonal vegetables and Benja's special soy-based sauce and topped with cashew nuts.

54 THALAY GRATIEM

Garlic Scallops | Garlic Prawns 39

Stir-fried king prawns or scallops in special garlic-pepper-coriander sauce with vegetables served in sizzling hot plate.

55 THALAY JAN RON

Stir-fried combination seafood (king prawns, fish fillet, scallops and calamari) with vegetables served in sizzling hot plate.

57 PLA SNAPPER (Deep-Fried Snapper)

Deep-fried whole snapper with special sweet-chili-tamarind sauce.

58 SALMON and GINGER (Pla Ayutthaya)

Pan-fried salmon steak in special ginger sauce topped with sesame seed.

59 SALMON and PRAWN CURRY

Pan-fried salmon steak topped with prawns in panang curry sauce with carrots and pineapple.

510 SALMON in BASIL SAUCE

Pan-fried salmon steak in spicy chili-basil sauce served with vegetables in a hot plate.



THAI CURRIES

5.1 THAI GREEN CURRY

Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.

5.2 THAI YELLOW CURRY

Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables.

5.6 THAI RED CURRY

Original Thai red curry with coconut milk, Thai herbs, bamboo shoot and seasonal vegetables.

5.8 JUNGLE CURRY

Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot, and seasonal vegetables (no coconut milk).

Prawns 39 Chicken | Beef | Pork | Tofu (vegetarian) | Vegan 34



5.3 PANANG CURRY

Chicken | Beef | Pork 34

Hearty curry, tender meat slices in panang curry sauce, Thai herbs and carrots as garnish.

17. BURMESE CURRY

Prawns 38 Chicken 35

Burmese style curry with prawns or chicken slices with shrimp-flavoured noodles in curry-coconut sauce. Served with pickled vegetables and topped with crispy noodles.

7.1 MUSSAMUN CURRY

Beef 35 Lamb 34 Chicken 34

Marinated meat slices with potatoes in thick mussamun curry sauce and topped with chopped peanuts.



SIDES & EXTRAS

Hot Bread (5 pieces with peanut sauce) 12

Garlic Broccoli 39

Fresh Salad with sweet chili sauce 39

Steamed Vegetables 30

Prawn Crackers with peanut sauce 30

Peanut Satay Sauce 8

Chips 5

Extra Chili on the side 1

ADDED IN THE DISH

Extra Vegetables 10

Extra Cashew Nuts 5

Extra Tofu 6

Extra Meat 15

Extra Seafood (charge per piece)

Mains does not come with Jasmine Rice

We also have separate Vegetarian & Vegan Menu

1 Mild 2 Medium 3 Medium to Hot 4 Hot 5 Very Hot

Please specify your chili level preference when ordering

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

Some dishes contain seafood extracts / seafood as essential part of this cuisine

We use soy sauce in vegan and non-vegan dishes so deep fried is the same wok.

SPICY THAI FRIED & VEGAN SAUCES available for select dishes, please ask staff.

Vegetarian Menu

- Please Note:**
- These dishes does not contain any seafood extracts / sauces
 - All deep-fried dishes (ENTREES and TOFU) are cooked in the same oil with non-vegan dishes.

Entrees & Soups

- 1.2 THAI SPRING ROLLS** (4 pieces) 13.50 **Vegetarian**
Thai spring rolls served with sweet chilli sauce.
- 8.1 ENTRÉE JAE** (Vegetarian Entrée) 15
Medley of crispy deep-fried vegetables and tofu served with peanut satay sauce and sweet chilli sauce.
- 8.2 TEMPURA BROCCOLI** 12
Deep-fried crispy battered broccoli served with sweet chilli sauce
- 2.1 TOM YUM SOUP** **GF**  mild
Classic warm and sour soup with Thai aromatics and coconut milk
- 2.3 TOM KHA SOUP** **GF**
Rich and tangy mild Thai coconut soup.

Tofu with vegan soup / Vegan Soup

Entrée Size (Single serve)	Main Size (2-3 serving)	Family Size (4-5 serving)
16	33	40

Rice & Noodles

- 4.1 PAD THAI NOODLES** **GF** 32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Traditional stir-fried soft rice noodles with vegetables, egg, bean sprout, spring onion and chopped peanuts.
- 4.2 THAI FRIED RICE** 25
Vegetarian with egg / Vegan
Thai stir-fried rice, mixed vegetables and egg.
- 4.4 PAD SEE-EW** 32
Vegan / Tofu - Vegan Sauce with egg / Tofu - Vegan Sauce no egg
Popular Thai street food with soft-rice noodles, egg, broccoli and carrots.
- 4.5 TOM YUM SOUP with NOODLES** **GF**  mild 25
Tofu with vegan soup / Vegan Soup
Classic Thai sour soup with rice noodles, coconut milk, chilli, vegetables and chopped peanuts.

Please specify your chilli level preference when ordering



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

Mains does not come with rice
If you have any allergy or dietary requirements, please inform the staff

Thai Curries

Vegan / Tofu (Vegetarian)

- 5.1 THAI GREEN CURRY** **GF**  mild 34
Original Thai green curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.
- 5.2 THAI YELLOW CURRY** **GF**  very mild 34
Original Thai yellow curry with coconut milk, onion slices and seasonal vegetables
- 5.6 THAI RED CURRY** **GF**  mild 34
Original Thai red curry with coconut milk, Thai herbs, bamboo shoots and seasonal vegetables.
- 5.8 JUNGLE CURRY** **GF**  mild-med 34
Classic Thai curry cooked in hot red curry sauce with Thai herbs, eggplant, bamboo shoot and seasonal vegetables (no coconut milk).

Thai Stir-fries

Vegan / Tofu with Vegan Sauce

- 7.3 PAD KAPAO** (Stir-fry with Basil)  mild-med 33
Stir-fried seasonal vegetables and bamboo shoots in spicy chilli-basil sauce.
- 7.6 THAI SWEET and SOUR** **GF** 33
Stir-fried vegetables and pineapple in traditional Thai sweet and sour sauce.
- 7.9 STIR-FRY with GINGER** 33
Simple but delicious stir-fried dish with ginger and seasonal vegetables.
- 8.4 PAD PAK RUAM** (Stir fry with Cashew) 33
Stir-fried seasonal vegetables with soya bean paste and vegan sauce and topped with cashew nuts.
- 16. PRARAM** 33
Stir-fried dish with seasonal vegetables, soya bean paste and topped with peanut satay sauce

Sides

Jasmine Rice (per person)	3	Roti Bread (2 pieces)	12
Coconut Rice	6	Steamed Noodles	10
Sticky Rice	6	Steamed Vegetables	10
Chips	11	Fresh Salads	18

Extras added in the dish

Extra Vegetables	10
Extra Tofu	6
Extra Cashew Nuts	5