

MAIN MENU

Each dish comes with your choice of white rice, brown rice, or steamed vegetables.
(Some items can be made gluten-free 🌾 and vegan 🌱 upon your requests. Please inform your server.)

YOUR CHOICE OF

VEGETABLES, OR MOCK DUCK	\$16.45
FRIED TOFU OR STEAMED TOFU	\$16.45
CHICKEN	\$17.45
BEEF, OR SHRIMP, OR CALAMARI	\$18.45
MIXED SEAFOOD OR SALMON	\$21.95

NOODLES

PHAD THAI

THIN RICE NOODLES SAUTÉED WITH IN-HOUSE SPECIAL PHAD THAI SAUCE, EGG, BEAN SPROUTS, SPRING ONIONS, TOPPED WITH CILANTRO, AND SERVED WITH CRUSHED PEANUTS

ZUCCHINI PHAD THAI (CAN BE MADE VEGAN)

THIN ZUCCHINI NOODLES SAUTÉED WITH IN-HOUSE SPECIAL PHAD THAI SAUCE, EGG, BEAN SPROUTS, SPRING ONIONS, TOPPED WITH CILANTRO, AND SERVED WITH CHICKPEAS

DRUNKEN NOODLES

FLAT RICE NOODLES SAUTÉED WITH ONIONS, BEAN SPROUTS, BELL PEPPERS, AND BASIL IN GARLIC SAUCE

PHAD SEE EW

FLAT RICE NOODLES SAUTÉED WITH EGG, CARROTS, WHITE PEPPER, AND CHINESE BROCCOLI IN SWEET SOY SAUCE

PHAD WOON SEN

GLASS NOODLES SAUTÉED WITH EGG, CARROTS, TOMATOES, ONIONS, CABBAGE, AND GREEN ONIONS

KHAO SOI

(CHOICE OF CHICKEN, BEEF, TOFU, AND VEGETABLES)

A RENOWNED SAVORY NORTHERN THAI CURRY NOODLE BOWL, MADE WITH COCONUT MILK, FRESH EGG NOODLES, CRISPY EGG NOODLES, RED ONIONS, SLICED OF LIMES, CILANTRO



CURRIES

PANANG CURRY

PREPARED WITH COCONUT MILK, KAFFIR LIME LEAVES, GREEN BEAN, BELL PEPPERS, AND THAI BASIL

GREEN CURRY

PREPARED WITH COCONUT MILK, BAMBOO SHOOTS, EGGPLANTS, PEAS & CARROTS, BELL PEPPERS, AND THAI BASIL

RED CURRY

PREPARED WITH COCONUT MILK, GREEN BEANS, BAMBOO SHOOTS, PUMPKIN, BELL PEPPERS, AND THAI BASIL

PINEAPPLE CURRY

LIGHT RED CURRY PREPARED WITH COCONUT MILK, PINEAPPLES, BROCCOLI, CARROTS, AND BELL PEPPERS

YELLOW CURRY

PREPARED WITH COCONUT MILK, POTATOES, ONIONS, CARROTS, AND BELL PEPPERS



RICE DISHES

THAI FRIED RICE

STIR-FRIED WITH EGG, TOMATOES, CHINESE BROCCOLI AND ONIONS

SPICY FRIED RICE

STIR-FRIED WITH ONIONS, BELL PEPPERS, AND BASIL IN GARLIC SAUCE

CURRY FRIED RICE

STIR-FRIED WITH CURRY POWDER, EGG, PEAS, CARROTS, AND ONIONS, SERVED WITH A SIDE OF THAI CUCUMBER RELISH

PINEAPPLE FRIED RICE

STIR-FRIED WITH PINEAPPLES, CASHEW NUTS, EGG, RAISINS, PEAS AND CARROTS



STIR-FRIED

SWEET BASIL

STIR-FRIED WITH CARROTS, GARLIC, MUSHROOMS, ONIONS, BELL PEPPERS, AND THAI BASIL

KHAO KA-POW (THIS IS A RICE DISH WITH CHOICE OF MINCED CHICKEN OR BEEF)

STIR-FRIED WITH BELL PEPPERS, GARLIC, AND THAI BASIL, SERVED WITH A FRIED EGG

CAULIFLOWER

STIR-FRIED WITH CARROTS, GARLIC, ONIONS, BELL PEPPERS, AND CASHEW NUTS

EGGPLANT

STIR-FRIED WITH CARROTS, GARLIC, ONIONS, BELL PEPPERS, CHILI PASTE AND THAI BASIL

BROCCOLI (CAN BE SUBSTITUTED FOR CHINESE BROCCOLI)

STIR-FRIED WITH CARROTS, AND GARLIC

SWEET BASIL PUMPKIN

ROASTED JAPANESE PUMPKIN SAUTÉED WITH SWEET BASIL, GARLIC, AND EGG

BUDDHA DELIGHT (CHOICE OF GARLIC AND SOY BEAN SAUCE OR PEANUT SAUCE)

ASSORTED VEGETABLES INCLUDING CABBAGE, CAULIFLOWER, CARROTS, BROCCOLI, ZUCCHINI, AND GREEN BEANS PREPARED WITH YOUR CHOICE OF SAUCE

GINGER SPICE

FRESH GINGER SAUTÉED WITH SPRING ONIONS, BELL PEPPERS, CARROTS, GARLIC, AND MUSHROOMS



SWEET TREATS

BUA LOY 🌾 🌱 \$6.95

SOFT AND SLIGHTLY CHEWY PUMPKIN BALLS COOKED IN SWEETENED COCONUT MILK, SERVED WARM

COCONUT ICE CREAM 🌾 🌱 \$6.95

THAILAND'S MOST FAMOUS ICE CREAM

MOCHI ICE CREAM 🌾 \$8.95

YOUR CHOICE OF GREEN TEA OR MANGO FLAVOR

MANGO WITH SWEET STICKY RICE 🌾 🌱 \$10.45

SWEETENED COCONUT MILK-FLAVORED STICKY RICE SERVED WITH FRESH MANGO (SEASONAL)



WHAT DE HEALTH THAI



WHATDEHEALTHTHAI@GMAIL.COM

928 FORT STOCKTON DR. UNIT 101, SAN DIEGO, CA 92103



TEL. 619-955-5777



HOUSE SPECIALS

SWEET TAMARIND \$17.45

SWEET TAMARIND SAUCE WITH FRIED SHALLOTS, OVER YOUR CHOICE OF CRISPY TOFU OR CRISPY CAULIFLOWER, SERVED WITH STEAMED BROCCOLI

SOFT SHELL \$22.45

LIGHTLY BATTERED AND FRIED SOFT SHELL CRABS WITH OUR SPECIAL BLENDS OF HERBS, EGG, CELERY, CARROTS, ONIONS, BELL PEPPERS, AND CREAMY CURRY SAUCE (SAUCE CONTAINS DAIRY)

SALMON CURRY \$22.45

GREEN CURRY PREPARED WITH COCONUT MILK, SALMON, AVOCADO, BAMBOO SHOOTS, EGGPLANTS, PEAS, CARROTS, BELL PEPPERS, AND THAI BASIL

RED SNAPPER \$20.95

FRIED WILD RED SNAPPER FILLET, TOPPED WITH GREEN APPLES, RED ONIONS, TOMATOES, AND CILANTRO IN THAI-STYLE LIME DRESSING

KHAO MOK (THIS IS A RICE DISH WITH CHOICE OF CHICKEN \$17.95 OR SALMON \$21.95)

TENDER SLOWLY BRAISED CHICKEN THIGH OR SALMON STEAK, IN CURRY SAUCE SERVED OVER YELLOW CURRY RICE, TOPPED WITH FRIED SHALLOTS, COMES WITH A SIDE OF THAI CUCUMBERS RELISH

MUSSAMAN CURRY \$19.95

A POPULAR SOUTHERN THAILAND DISH OF SLOWLY BRAISED BEEF IN A RICH MILD CURRY SAUCE WITH CARROTS, POTATOES, BELL PEPPERS, CHICKPEAS, AND ONIONS



STARTERS

FRESH ROLLS (TOFU \$9.95 OR SHRIMP \$10.95)

LETTUCE LEAVES, CARROTS, CUCUMBERS, AND PEA SHOOTS, WRAPPED IN RICE PAPER, SERVED WITH PEANUT SAUCE AND PLUM SAUCE

MIENG KHAM (TOFU OR SHRIMP) \$8.95 5 Pcs.

TRADITIONAL THAI SNACK: ORGANIC LACINATO KALE LEAVES FILLED WITH ROASTED CHICKPEAS, COCONUT, DICED LIME, DICED GINGER, DICED RED ONION, SERVED WITH LEMONGRASS SAUCE

SATAY (TOFU \$9.95 OR CHICKEN \$11.95) 4 Pcs.

MARINATED WITH HERBS AND SPICES IN COCONUT MILK, GRILLED ON SKEWERS, SERVED WITH PEANUT SAUCE AND THAI CUCUMBER RELISH

THAI DUMPLINGS (SHRIMP OR CHICKEN) \$9.95 5 Pcs.

STEAMED DUMPLINGS STUFFED WITH CARROTS, AND SPRING ONIONS, SERVED WITH IN-HOUSE DIPPING SAUCE

CHEESY STUFFED \$9.95 5 Pcs.

FRIED WONTONS STUFFED WITH CREAM CHEESE AND HERBS, SERVED WITH PLUM SAUCE

CRISPY ROLLS (VEGETABLES OR CHICKEN) \$9.95 4 Pcs.

DEEP FRIED ROLLS WITH CABBAGE, CARROTS AND GLASS NOODLES, SERVED WITH PLUM SAUCE

EDAMAME \$8.95

STEAMED OR SEASONED EDAMAME TOSSED WITH FRIED GARLIC

POT STICKER (VEGETABLES OR CHICKEN) \$9.95 5 Pcs.

FRIED WONTONS STUFFED WITH CREAM CHEESE AND HERBS, SERVED WITH PLUM SAUCE

STEAMED MUSSELS \$14.95

PREPARED WITH LEMONGRASS, KAFFIR LIME LEAVES, GARLIC, AND THAI BASIL IN WHITE WINE BROTH, SERVED WITH THAI SPICY DIPPING SAUCE

MOO YANG \$11.95 4 Pcs.

THAI-STYLE BBQ PORK MARINATED WITH OUR SPECIAL BLEND OF HERBS, GRILLED ON SKEWERS, SERVED WITH TAMARIND SAUCE

CURRY PUFF (VEGAN OR CHICKEN) \$11.95 2 Pcs.

THE PERFECT SAVORY THAI-STYLE CURRY PUFF. DEEP FRIED PUFF STUFFED WITH POTATOES, ONIONS, CARROTS, AND SPRING ONIONS, SERVED WITH PLUM SAUCE AND THAI CUCUMBER RELISH



SALAD

GINGER CHICKEN SALAD \$12.95

GROUND CHICKEN, RED ONIONS, GINGER, QUINOA & CHICKPEAS WITH LIME DRESSING

THAI SALAD \$10.95

SPRING SALAD GREENS, BOILED EGG AND CRISPY TOFU, SERVED WITH PEANUT DRESSING

CUCUMBER SALAD (Thai Cucumber Relish) \$7.95

SLICED CUCUMBER AND RED ONIONS TOPPED WITH CILANTRO IN SWEET VINEGAR SAUCE

YUM WOON SEN \$13.95

GLASS NOODLE SALAD WITH TOMATOES, ONIONS, CELERY, SPRING ONIONS, MINCED CHICKEN, AND SHRIMPS SEASONED WITH SPICY LIME DRESSING

LARB (TOFU \$11.95, CHICKEN \$13.95, BEEF \$13.95, OR SALMON \$18.95)

THE MOST LOVED THAI COUNTRY-STYLE SALAD WITH LIME DRESSING, RED ONIONS, ROASTED RICE POWDER, MINT LEAVES, SERVED WITH YOUR CHOICE OF PROTEIN

SOM TUM \$11.95

SHREDDED GREEN PAPAYA, CARROTS, GREEN BEANS, TOMATOES, AND PEANUTS TOPPED WITH SHRIMPS (Can be made spicy upon request on a 1-10 scale)



SOUP

SELECT ONE OF THE FOLLOWINGS

VEGETABLES \$8.95

TOFU \$8.95

CHICKEN \$9.95

SHRIMP \$10.95

TOM YUM

THAI SOUR AND SAVORY CLEAR SOUP WITH LEMONGRASS, KAFFIR LIME LEAVES, TOMATOES, ONIONS, MUSHROOMS, LIME JUICE, AND THAI CHILI PASTE TOPPED WITH CILANTRO AND SPRING ONIONS

TOM KHA

THAI COCONUT MILK SOUP WITH GALANGA (WILD GINGER), LEMONGRASS, KAFFIR LIME LEAVES, CABBAGE, MUSHROOMS, LIME JUICE, TOPPED WITH CILANTRO AND SPRING ONIONS

HOUSE SOUP

LIGHT & HEALTHY VEGETABLE BROTH WITH MIXED VEGETABLES, TOPPED WITH CILANTRO AND SPRING ONIONS