Thai Bowl

Premium Chinese & Thai Food To Takeaway

High Quality Takeaway Food Prepared to Restaurant Standard

Telephone Orders Welcome

01777 703 887

15 Grove Street, Retford DN22 6JP

Cash only in Shop

Card Payment Please Order Online

Scan to order or visit
www.thaibowl.co.uk

OPENING HOURS

Open 6 Days a Week
Sun - Sat: 5pm-10:30pm
Closed Tuesday

HOME DELIVERY

£1.50 Delivery Charge within 2 Miles Radius
Then £1 per mile for over 2 miles

We can no longer offer Free Prawn Crackers with Meals, They are available to order for a subsidised price of £1.50

FOOD HYGIENE RATING 5

April 2024

Appetisers & Starters

1 Thai Bowl Selection (Minimum For 2 Persons) £11.20
(Spare Ribs in BBQ Sauce, Prawn on Toast, G E 5 Spring Rolls G D 5 1, Chicken Skewers N D 11)
2 Spare Ribs in BBQ Sauce £6.60
3 Spare Ribs in Honey Sauce £6.60
4 Spare Ribs in Sweet Sour Sauce £6.60
5 Deep Fried Spare Ribs with Lemon £6.60
6 Spare Ribs in Peking Style £6.60
7 Salt & Pepper Spare Ribs £6.60
8 Spring Rolls (2) G D 5 1 ..... £3.40
9 Duck Spring Rolls (4) (Hoi Sin Sauce) G D £4.80
10 Vegetarian Mini Rolls (10) G £3.40
11 Crispy Won Tons (10) G E D £4.80
(Sweet & Sour Sauce) (Contains Prawn & Chicken)
12 Deep Fried Crispy Seaweed N
(With Ground Fish & Cashew Nuts) £4.00
13 Prawn on Toast (4) G E 5 ..... £3.80
(Contains Prawn & Chicken)
14 Salt & Pepper Squid G E £6.30
15 Thai Fish Cake (Thai Sweet Chilli Sauce) (7) E 1 ..... £4.60
16 Chicken on Skewer in Satay Sauce (3) N D 11 ..... £4.90
17 Salt & Pepper Chicken E £5.80
18 Crispy Chicken Nuggets
(Thai Sweet Chilli Sauce) (7) G E £5.50
19 Five Spicy Crispy Chicken Fillets (7) E £5.50
20 Salt & Pepper King Prawns G E £6.50
21 Salt & Pepper Chips £4.00
21A Crispy Shredded Chicken in Honey Chilli Sauce 5 E £6.00
21B Crispy Shredded Beef in Honey Chilli Sauce 5 E £6.00
21C Chicken Pieces in Honey Chilli Sauce 5 E £6.00
21D King Prawn in Honey Chilli Sauce 5 E G £6.50
21E Squid in Honey Chilli Sauce 5 E G £6.30
22 Vietnam Prawn Crackers 1 ..... £1.50
23 Mixed Vietnam & Spicy Thai Prawn Crackers 1 ..... £2.50
24 Aromatic Crispy Duck G
(Served with Pancakes, Spring Onions, Cucumber & Hoi Sin Sauce)
A Quarter (6 Pancakes) G £10.30
B Half (12 Pancakes) G £19.60

Thai Soups

(Classic Lemon Grass, Galangal Lime Leaf Soup)

25 Tom Yum King Prawn Soup 1 ..... £4.60
26 Tom Yum Chicken Soup 1 ..... £4.40
27 Tom Yum Mushroom Soup 1 ..... £4.00
28 Tom Kar King Prawn (Coconut Soup) 1 ..... £4.60
29 Tom Kar Chicken (Coconut Soup) 1 ..... £4.40
30 Tom Kar Mushroom (Coconut Soup) 1 ..... £4.00
31 Po Tang (Mixed Seafood Tom Yum Soup) 1 ..... £4.70

1 = Contain Shrimp Paste

Chinese Soup

32 Chicken & Sweetcorn Soup E £3.40
33 Crab Meat & Sweetcorn Soup E £3.40
34 Chicken Noodle Soup G E £3.40
35 Chicken & Mushroom Soup £3.40
36 Hot & Sour Soup E 1 ..... £3.60

House Speciality Dishes

37 Mini Steak in Cantonese Style £7.80
38 Mini Steak with Green Pepper in Black Bean Sauce £7.80
39 Mini Steak in Satay Sauce N D 11 ..... £7.80
40 Mini Steak in Black Pepper Sauce G D £7.80
41 Mini Steak with Ginger & Spring Onion £7.80
42 Mini Steak in Rainbow Sauce £7.80
43 Crispy Pork in Sweet Chilli Sauce £6.00
44 Double Cooked Roast Pork £5.80
45 Deep Fried Sliced Chicken in Garlic Sauce G E £5.80
46 Deep Fried King Prawn in Garlic Sauce G E £6.50

Chilli Basil Dishes

(Garlic, Basil & Chilli Sauce)

47 King Prawn with Chilli & Basil £6.70
48 Mixed Meat with Chilli & Basil (Contains Prawn) £6.70
49 Chicken with Chilli & Basil £6.00
50 Beef with Chilli & Basil £6.00
51 Roast Pork with Chilli & Basil £6.00
52 Mixed Seafood with Chilli & Basil (Contains Prawn) £6.70

Chilli Oil Dishes

(Garlic, Lemon Grass & Chilli Oil)

53 King Prawn with Chilli Oil 1 ..... £6.70
54 Mixed Meat with Chilli Oil (Contains Prawn) 1 ..... £6.70
55 Chicken with Chilli Oil 1 ..... £6.00
56 Beef with Chilli Oil 1 ..... £6.00
57 Roast Pork with Chilli Oil 1 ..... £6.00
58 Mixed Seafood with Chilli Oil 1 ..... £6.70

Thai Green Curry Dishes **(Creamy Coconut)**

59 King Prawn Green Curry 1 ..... £6.70
60 Mixed Meat Green Curry (Contains Prawn) 1 ..... £6.70
61 Chicken Green Curry 1 ..... £6.00
62 Beef Green Curry 1 ..... £6.00
63 Roast Pork Green Curry 1 ..... £6.00
64 Roast Duck Green Curry 1 ..... £6.80
65 Mixed Vegetable Green Curry 1 ..... £4.90

1 = Contains shrimp paste. Please notify us if vegan paste is preferred

Thai Red Curry Dishes **(Creamy Coconut)**

66 King Prawn Red Curry 1 ..... £6.70
67 Mixed Meat Red Curry (Contains Prawn) 1 ..... £6.70
68 Chicken Red Curry 1 ..... £6.00
69 Beef Red Curry 1 ..... £6.00
70 Roast Pork Red Curry 1 ..... £6.00
71 Roast Duck Red Curry 1 ..... £6.80
72 Mixed Vegetable Red Curry 1 ..... £4.90

Panang Curry Dishes **(Creamy Coconut Lime)**

73 King Prawn Panang Curry 1 ..... £6.70
74 Mixed Meat Panang Curry (Contains Prawn) 1 ..... £6.70
75 Chicken Panang Curry 1 ..... £6.00
76 Beef Panang Curry 1 ..... £6.00
77 Roast Pork Panang Curry 1 ..... £6.00
78 Roast Duck Panang Curry 1 ..... £6.80
79 Mixed Vegetable Panang Curry 1 ..... £4.90

Chinese Curry Dishes

(Onion, Peas, Mushrooms in Yellow Curry)

80 King Prawn Curry G £6.50
81 Mixed Meat Curry (Contains Prawn) G £6.50
82 Chicken Curry G £5.80
83 Beef Curry G £5.80
84 Roast Pork Curry G £5.80
85 Roast Duck Curry G £6.00
86 Crispy Pork Curry G £5.70
87 Mushroom Curry G £4.70
88 Mixed Vegetable Curry G £4.70

1C Munchy Box (Salt & Pepper Share Box) £15.00
Only Available Sunday - Thursday
(Salt & Pepper Chicken,
2 Chicken Balls,
2 Chicken Fillets,
6 Veg Mini Rolls, Spare Ribs,
Shredded Beef, Chips & Curry Sauce)

Sweet & Sour Dishes

89 King Prawn Balls in Batter (8) (Sauce Separate) G £6.50
90 Chicken Balls in Batter (8) (Sauce Separate) G £5.80
91 Pork Balls in Batter (8) (Sauce Separate) G £5.80
92 Sweet & Sour King Prawn Hong Kong Style G E £6.50
93 Sweet & Sour Chicken Hong Kong Style E £5.80
94 Sweet & Sour Pork Hong Kong Style E £5.80

Kung Po & Szechuan Dishes

95 Kung Po King Prawn G N E £6.50
96 Kung Po Chicken N E £5.90
97 Kung Po Pork N E £5.90
98 Szechuan King Prawn £6.50
99 Szechuan Chicken £5.90
100 Szechuan Beef £5.90

Chicken Breast Dishes

(Deep Fried Slice Chicken in Thin Batter)

101 Slice Chicken in Lemon Sauce E G £5.90
102 Slice Chicken in Orange Sauce E G £5.90
103 Slice Chicken in Sweet Chilli Sauce E G £5.90
104 Slice Chicken in Sweet Sour Sauce E G £5.90

Crispy Shredded Dishes

105 Crispy Shredded Beef in Sweet Chilli Sauce E £6.00
106 Crispy Shredded Beef in Peking Sauce E £6.00
107 Crispy Shredded Beef in Sweet & Sour Sauce E £6.00
108 Crispy Shredded Chicken in Sweet Chilli Sauce E £5.90
109 Crispy Shredded Chicken in Sweet & Sour Sauce E £5.90
110 Crispy Shredded Chicken in Peking Sauce E £5.90

Chinese & Cantonese Style Dishes

111 Chicken Cantonese Style
(Onions with Peking Sauce) £5.90
112 Beef Cantonese Style (Onions with Peking Sauce) £5.90
113 BBQ Pork Chinese Style (on a Bed of Beansprouts) £5.90
114 Roast Duck Chinese Style (on a Bed of Beansprouts) G £6.80

Roast Duck Dishes

115 Roast Duck in Plum Sauce £6.90
116 Roast Duck in Orange Sauce £6.90
117 Roast Duck in Honey Sauce £6.90
118 Roast Duck with Pineapple & Lemon Sauce £6.90

Black Bean Dishes

119 King Prawn in Black Bean Sauce £6.50
120 Mixed Meat in Black Bean Sauce £6.50
(Contains Prawn)
121 Chicken in Black Bean Sauce £5.90
122 Beef in Black Bean Sauce £5.90
123 Roast Pork in Black Bean Sauce £5.90
124 Roast Duck in Black Bean Sauce £6.70
125 Squid in Black Bean Sauce £6.70
126 Mixed Seafood in Black Bean Sauce £6.70

Black Pepper Dishes

127 King Prawn in Black Pepper Sauce G D £6.50
128 Mixed Meat in Black Pepper Sauce G D £6.50
(Contains Prawn)
129 Chicken in Black Pepper Sauce G D £5.90
130 Beef in Black Pepper Sauce G D £5.90
131 Roast Pork in Black Pepper Sauce G D £5.90
132 Roast Duck in Black Pepper Sauce G D £6.70
133 Mixed Seafood in Black Pepper Sauce G D £6.70

G=Containing Gluten N=Nuts E=Egg D=Dairy Milk
1 = Contain Shrimp Paste 5 = Sesame Seeds = Hot

Rainbow Dishes

(Ginger, Pepper, Onion in Creamy Coconut Sauce)

134 King Prawn in Rainbow Sauce £6.50
135 Mixed Meat in Rainbow Sauce
(Contains Prawn) £6.50
136 Chicken in Rainbow Sauce £5.90
137 Beef in Rainbow Sauce £5.90
138 Roast Pork in Rainbow Sauce £5.90
139 Roast Duck in Rainbow Sauce £6.70

Mushroom Dishes

140 King Prawn with White Mushroom £6.50
141 Mixed Meat with White Mushroom (Contains Prawn) £6.50
142 Chicken with White Mushroom £5.90
143 Beef with White Mushroom £5.90
144 Roast Pork with White Mushroom £5.90
145 Roast Duck with White Mushroom £6.70

Cashew Nuts Dishes N

146 King Prawn with Cashew Nuts N £6.50
147 Chicken with Cashew Nuts N £5.90
148 Beef with Cashew Nuts N £5.90
149 Roast Pork with Cashew Nuts N £5.90

Oyster Sauce Dishes

150 King Prawn in Oyster Sauce £6.50
151 Chicken in Oyster Sauce £5.90
152 Beef in Oyster Sauce £5.90
153 Roast Pork in Oyster Sauce £5.90

Ginger & Spring Onion Dishes

154 King Prawn with Ginger & Spring Onions £6.50
155 Chicken with Ginger & Spring Onions £5.90
156 Beef with Ginger & Spring Onions £5.90
157 Roast Pork with Ginger & Spring Onions £5.90
158 Roast Duck with Ginger & Spring Onions £6.70
159 Mixed Seafood with Ginger & Spring Onions £6.70

Chop Suey Dishes

(Beansprouts in Gravy Sauce)

160 King Prawn Chop Suey £6.50
161 Chicken Chop Suey £5.90
162 Beef Chop Suey £5.90
163 Roast Pork Chop Suey £5.90
164 Mixed Meat Chop Suey
(Contains Prawn) £6.50
165 Roast Duck Chop Suey £6.70

Pineapple & Tomato Dishes

166 King Prawn with Pineapple £6.50
167 Chicken with Pineapple £5.90
168 Beef with Ginger & Pineapple £5.90
169 Roast Duck with Ginger & Pineapple £6.70
170 King Prawn with Fresh Tomato £6.50
171 Chicken with Fresh Tomato £5.90
172 Beef with Fresh Tomato £5.90

Mixed Meat = Prawns, Pork, Beef & Chicken
Mixed Seafood = Prawns, Squid & Mussel Meat
Mixed Vegetables = Peppers, Onions, Bamboo, Mushrooms, Carrot, Chinese Leaf, Broccoli, Mange Tout, Courgettes Beansprout, Baby Corn

All prices do not include Rice or Chips.

Mixed Vegetable Dishes

173 King Prawn with Mixed Vegetable £6.50
174 Chicken with Mixed Vegetable £5.90
175 Beef with Mixed Vegetable £5.90
176 Roast Pork with Mixed Vegetable £5.90
177 Mixed Meat with Mixed Vegetable £6.50
(Contains Prawn)
178 King Prawn with Mixed Vegetable in Chilli Bean Sauce £6.50
179 Chicken with Mixed Vegetable in Chilli Bean Sauce £5.90
180 Beef with Mixed Vegetable in Chilli Bean Sauce £5.90
181 Roast Pork with Mixed Vegetable in Chilli Bean Sauce £5.90
182 Mixed Meat with Mixed Vegetable in Chilli Bean Sauce (Contains Prawn) £6.50

Satay Dishes (Peanuts) N D 11

183 King Prawn Satay N D 11 ..... £6.50
184 Mixed Meat Satay (Contains Prawn) N D 11 ..... £6.50
185 Chicken Satay N D 11 ..... £5.90
186 Beef Satay N D 11 ..... £5.90
187 Roast Pork Satay N D 11 ..... £5.90
188 Mixed Seafood Satay N D 11 ..... £6.70

NOODLE DISHES

Chow Mein (Egg Noodles)

189 King Prawn Chow Mein G E £6.50
190 Special Chow Mein (Chicken, Pork & Shrimp) G E £5.80
191 Chicken Chow Mein G E £5.60
192 Beef Chow Mein G E £5.60
193 Roast Pork Chow Mein G E £5.60
194 Shrimp Chow Mein G E £5.60
195 Mixed Vegetable Chow Mein G E £5.10
196 Mushroom Chow Mein G E £5.40
197 Bean Sprout Chow Mein G E £4.60
197a Plain Chow Mein G E ..... (Small) £3.60 (Regular) £4.60
198 Singapore Chow Mein G E
(Chicken, Pork & Shrimp) £6.00

Pad Thai Dishes (Flat Rice Stick)

199 King Prawn Pad Thai E £6.60
200 Special Pad Thai E (Chicken, Pork & Shrimp) £5.90
201 Chicken Pad Thai E £5.70
202 Beef Pad Thai E £5.70
203 Roast Pork Pad Thai E £5.70
204 Shrimp Pad Thai E £5.70
205 Mixed Vegetable Pad Thai E £5.10
206 Beansprouts & Egg Pad Thai E £4.90

Singapore Vermicelli (Thin Rice Noodles)

207 Special Singapore Vermicelli E £5.90
(Chicken, Pork & Shrimp)
208 Chicken Singapore Vermicelli E £5.80
209 Roast Pork Singapore Vermicelli E £5.80
210 Mixed Seafood Singapore Vermicelli E £6.10
211 Beansprout & Egg Singapore Vermicelli E £5.10

Special Contain = Chicken, Pork & Shrimps

Rice Dishes

212 House Fried Rice E £6.30
(Fried Egg, Chicken & Pork in BBQ Sauce on a Bed of Egg Fried Rice)
213 Chinese House Special Fried Rice E ..... (Regular) £6.30
(Mixed Meat, Prawn & Vegetable Cooked in Sauce on a Bed of Egg Fried Rice) ..... (Large) £7.50
214 King Prawn Fried Rice E £6.60
215 Special Fried Rice (Young Chow Fried Rice) (Dry) £5.70
216 Chicken Fried Rice E £5.60
217 Beef Fried Rice E £5.60
218 Roast Pork Fried Rice E £5.60
219 Shrimp Fried Rice E £5.60
220 Mixed Vegetable Fried Rice E £5.10
221 Mushroom Fried Rice E £5.10
222 Pineapple & Raisins Fried Rice E £5.10
223 Coconuts Rice £3.60
224 Steamed Fragrant Rice 1 ..... £3.60
225 Egg Fried Rice E £3.40
226 Plain Boiled Rice £3.20
227 Singapore Special Fried Rice E £5.90
228 Singapore Mixed Seafood Fried Rice E £6.00

Vegetables & Extras

229 Stir Fried Mixed Vegetables £4.40
230 Sweet & Sour Mixed Vegetables £4.40
231 Mixed Vegetables in Hot Bean Sauce £4.40
232 Mixed Vegetables in Satay Sauce N D £4.40
233 Mixed Vegetables in Black Bean Sauce £4.40
234 Stir Fried Broccoli & Baby Corn £4.40
235 Fried Mushroom £4.20
236 Stewed Mushroom & Onion in Gravy £4.20
237 Stir Fried Beansprouts £4.20
238 Chips £3.00
239 Curry Sauce G £2.20
240 Sweet & Sour Sauce £2.20
241 Gravy Sauce G £2.20
242 Sweet & Chilli Sauce £2.20
243 Barbecue Sauce £2.20
244 Satay Peanut Sauce N D 11 ..... £2.30
245 Peking Sauce £2.30
246 Bottle Soya Sauce £2.30

Foo Yung Dishes (Egg, Onions & Peas)

247 King Prawn Foo Yung E £6.50
248 Special Foo Yung (Chicken, Pork & Shrimp) E £5.60
249 Chicken Foo Yung E £5.60
250 Roast Pork Foo Yung E £5.60
251 Shrimp Foo Yung E £5.60
252 Mushroom Foo Yung E £5.00

English Dishes & Omelette

(Served with Chips & Peas)

253 Sirloin Steak (Mushrooms, Onions & Gravy) G £10.20
254 Sirloin Steak in Black Pepper Sauce (Mushrooms) G D £10.20
255 Chicken Breast (Mushrooms, Onions & Gravy) G £6.10
256 Roast Chicken (Mushrooms, Onions & Gravy) G £6.10
257 King Prawn Omelette E £6.90
258 Special Omelette (Chicken, Pork & Shrimp) E £6.10
259 Shrimp Omelette E £6.10
260 Chicken Omelette E £6.10
261 Roast Pork Omelette E £6.10
262 Mushroom Omelette E £5.60
263 Plain Omelette (Small) E £5.20

CAN DRINKS £1.30
Coke, Diet Coke, Fanta - Orange, Sprite, Pepsi, Rio - Tropical, Rubicon - Mango, Dr Pepper & Bottle Still Water

Recommended Set Meals

A For One Person £10.20
Spring Roll (1) G D 5 1
Sweet & Sour Chicken Balls in Batter (3) G
Beef with Mushroom on a Bed of Egg Fried Rice (One Container) E

B Minimum For Two People..... £22.60 (or More at £11.30 Per Person)
Prawn on Toast (Contain Chicken) G E 5
Beef in Black Bean Sauce
Sweet & Sour Chicken Balls in Batter (8) G
Stir Fried Beansprouts
Special Fried Rice E
Prawn Crackers

C Minimum For Two People..... £23.60 (or More at £11.80 Per Person)
Spare Ribs in BBQ Sauce
Beef with Mushroom
Mixed Meat in Green Curry (Contain Prawn) 1
Sweet & Sour Chicken Hong Kong Style E
Special Fried Rice E
Prawn Crackers

D Minimum For Four People..... £51.20 (or More at £12.80 Per Person)
Spare Ribs in BBQ Sauce
Deep Fried Crispy Seaweed with Ground Fish N
Prawn on Toast (Contains Chicken) G E 5
Spring Rolls G D 5 1
Beef Chop Suey
Slice Chicken in Lemon Sauce E G
Roast Pork in Black Pepper Sauce G D
Mixed Meat Red Curry (Contains Prawn) 1
Special Fried Rice E
Prawn Crackers

E Minimum For Four People..... £55.60 (or More at £13.90 Per Person)
Spare Ribs in BBQ Sauce
Deep Fried Crispy Seaweed with Ground Fish N
Prawn on Toast (Contains Chicken) G E 5
Spring Rolls G D 5 1
Mini Steak Cantonese Style
Sweet & Sour Chicken Hong Kong Style E
King Prawn in Black Bean Sauce
Roast Duck with Mushroom
Crispy Pork in Sweet Chilli Sauce
Special Fried Rice E
Prawn Crackers

14 Major Allergens Alert

Most of our dishes contain
GARLIC, SOYA, GLUTEN, COOKING WINE & SESAME OIL
Some of our dishes may contain these 14 allergens as follows:

Crustacean 1, Molluscs 2, Mustard 3, Milk 4, Sesame Seeds 5, Fish 6, Mustard 7, Eggs 8, Soya 9, Cereal Containing Gluten 10, Celery 11, Sulphur Dioxide 12, Lupin 13, Peanuts 14

If you have any allergies to these products please inform us before ordering. We will do our best to advise you