

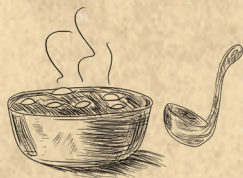


ครัวเย็นอากาศ  
**the kitchen**  
at yenakat

**the soul of Isan  
in the heart of Bangkok**

ต้นตำหรับอาหารอีสานพื้นบ้าน ในใจกลางเมือง กรุงเทพมหานคร

## SOUP



### tom yum soup with chicken, fish or seafood

a classic you'll never get bored of, spicy and sour 220

### tom yum soup with smoked fish

a different take with a smokey roasted fish taste 220

### clear soup with minced pork

light soup with creamy egg tofu 190

### rice soup with seafood, chicken, pork or fish

the national comfort soup; for whenever you feel lousy! 190

### tom kha kai soup

coconut milk with chicken and banana flower 200

## SOUP - ONLY VEGGIES

### vegetable tumeric soup

herbs and the yellow of fresh tumeric - not to be missed 180

### tom yum with mushrooms

the classic soup - great sour and spicy flavors - plant-based 180

### tom kha mushrooms

coconut milk with mushrooms and banana flower 180

### clear soup with egg tofu & mixed vegetables

light soup with creamy egg tofu 180

### banana flower salad with seafood 220



The flower is possibly the best part of the banana tree! Dressed with spicy, creamy coconut dressing.

### pork salad with fresh shallot on a bed of kale 220



A sour and spicy combo of meat and kale, for the lovers of good strong Thai flavors.

## VEGETABLE SALADS

### mushroom laab

our vegan mushroom version, served with raw vegetables 200

### glass noodle salad with mushrooms

thin glass noodles, vegetables and a spicy dressing 200

### wing bean salad

sliced wing beans, veggies and creamy coconut dressing 200

### roasted mushroom dip served with steamed vegetables

roasted and minced black forest mushrooms - delicious 200

### roasted egg plant salad

smoked and burned, mashed and mixed - a favorite! 200

### banana flower & mushroom salad in coconut dressing

one of our vegan friends' "Most Wanted"! 200

### Myanmar tomato salad

burmese style sliced tomato salad - lots of peanuts & onions 200

### pennyworth salad

crispy salad, raw garlic, deep fried onion - very fresh 200

## SALADS

### glass noodle salad with seafood

squid, prawn, vegetables and noodles in a spicy dressing 200

### wing bean salad with seafood

thinly sliced wingbeans, herbs, creamy coconut and seafood 200

### fried egg salad with fresh shallot & lime-chili dressing

free range eggs, celery, onion, sour dressing with a sweet note 180

### grilled pork neck salad with shallots

add grilled meat to this dressing and you have a feast! 200

### Myanmar fermented tea leaf salad 200



If you've ever visited Myanmar, you'll know this dish. Fermented tealeaf with juicy vegetables, garlic and lots of crispy beans.

## ISAN CURRY / SOUP

omm Isan:

### traditional Isan mixed vegetable curry with chicken, pork or beef

strong in taste with lots of vegetables - how the farmers  
have their soup! 200

### Isan style sour chicken soup with tamarind leaves

the tamarind leaves give a sour and tart flavor, intense! 200

### sour black pearl - tilapia soup

Isan style soup - boneless fish, fresh turmeric, herbs and broth  
from natural cool water ponds in South Thailand 250



## LAAB / MEAT SALAD

### chicken, pork, beef laab

cooked minced meat salad with crispy sticky rice powder 190

### grilled beef or grilled pork neck laab

the grilled meat adds a different dimension, need to try 200

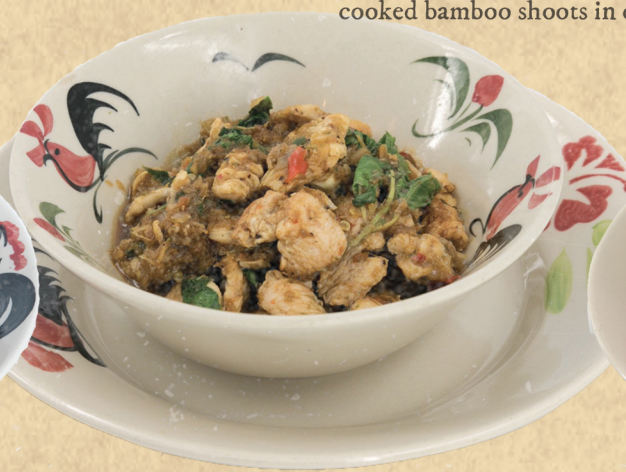
### grilled catfish laab

shredded cat fish salad 190



sweet & sour prawn curry 280

The combination of sweet & sour is forever a favorite. Combined with prawns and vegetables, we're sure you'll love it!



traditional Isan herb curry  
with chicken, pork or beef 220

This curry has a lot of very strong flavored ingredients; roughly chopped, simmered with your choice of meat, bursting with flavor!



Isan omm curry  
with vegetables 200

For vegetable lovers this is a great curry; a combination of bitter, sweet and a bit of sour.

## CURRY

### green curry with chicken, pork, beef or prawns

this dish never gets boring, green deliciousness! 220

### paneang curry with chicken, pork, beef or prawns

nutty, sweet, salty, spicy and sometimes bitter 220

### coconut curry with mackerel & lotus stem

tender sweet lotus stems and fish in coconut soup 220

### spicy southern curry with chicken or pork

the name says it all; spicy - from the south of Thailand 220

## CURRY - NO MEAT

### green mushroom curry and mixed vegetables

fully plant-based curry - literally green! 200

### paneang curry with tofu

tofu and some lentils to add some body to this dish 200

### Isan mushroom curry

all the earthy, herbal and vegetable tastes of Isan 200

### coconut curry with betel leaves (seasonal)

peppery taste of betel leaves in a creamy coconut sauce 200

### Isan bamboo curry

cooked bamboo shoots in curry, a real Isan speciality 200

## STIR FRIED

### stir-fried broccoli with prawns

a simple and tasty combination 200

### stir-fried chicken or pork with cashew nut

always popular! 200

### stir-fried chicken, pork, beef & fresh ginger

thinly sliced ginger, quick fried with meat 190

### stir-fried sweet & sour chicken or pork

for lovers of classic Asian tastes 190

### stir-fried kale in oyster sauce

add some green to your meal! 180

### stir-fried kale with crispy pork

and add some crispy pork 200

### stir-fried morning glory in oyster sauce

quickly fried in a super hot wok - crispy, a little spicy 180

### stir-fried mixed vegetables

vegetables of the day 180

### stir-fried hot basil leaves with chicken, pork, crispy pork or beef

classic "Krapoaw" - strong basil flavors 190

### wok - your own choice with rice

for a quick meal - plate of rice & any of the above 180

### fried free-range eggs

for an extra shot of protein 30



## STIR FRIED - VEGETABLES

### stir-fried mushrooms, tofu & hot basil leaves

very nutritious plant-based alternative "Krapoaw" 180

### stir-fried tofu with cashew nut

crispy cashews and soft fried tofu 190

### stir-fried ginger with mushrooms

strong ginger flavor with tender mushrooms 180

### stir-fried sweet and sour mushrooms

who does not like sweet and sour every now and then? 180

### stir-fried kale in dark soy sauce

keep it plant-based, we use dark soy sauce - salty 180

### stir-fried morning glory

no oyster sauce - but soy sauce does the trick 180

### stir-fried black beans with hot basil leaves

The Kitchen's alternative meat; a black bean "Krapoaw" 200

## SOM TAM

### som tam Thai papaya salad

Thailand's salad - papaya, lime, peanuts: healthy! 90

### papaya salad with salty freshwater crab

what's there to say about Isan's number one dish? 90

### Isan long bean salad with fermented fish

the beans make this a tangy and bitter, crispy salad 90

### Isan cucumber salad with fermented fish

very famous Isan dish with a strong fermented fish taste 90

### Isan som tam salad mixed with rice noodles

add some more nutrition to your salad! 90

### som tam salad with preserved salty egg

for lovers of preserved egg 90

### green mango salad

spicy and very tangy shredded green mango 90

### the grand som tam salad platter

ask our team what's included - som tam with "the works" 260

## PORK & BEEF

### grilled minced pork wrapped in betel leaves

grilled in a pouch of leaves - smokey 220

### grilled pork liver with sea salt

succulent liver, grilled with sea salt 200

### grilled pork neck

who said fat isn't good? the best part is the neck! 200

### slow-baked pork knuckle - a Thai-German classic!

Thailand adopted this treasure, lots of succulent pork meat 425

### grilled beef in sticky rice powder

the way it is done in Isan - simple and tasty 220

### grilled chicken with deep-fried coconut sticky rice

crispy, sweet, smokey, spicy - all Isan tastes on one plate 250



### roasted sour fish with steamed vegetables and chili dip

fermented fish - served with tons of steamed vegetables 200



### tilapia fish steamed with vegetables and roasted chili sauce 450

Lean and healthy steamed whole fish. Served with steamed vegetables and a roasted chilli dip.



### roasted mushrooms in banana leaf 190

Great meat alternative! Mushrooms mixed with spicy herbs, roasted in an envelope of banan leaf.



### deep fried laab balls with chicken, pork or vegetables 220

Our signature dish. A deep fried spicy meat salad - the favorite of our regular guests!



## FISH & SEAFOOD

### quick stir-fried squid with shrimp paste

the shrimp paste ensures strong flavors 200

### chili shrimp paste, vegetables, deep-fried "pla tuu"

healthy vegetables, strong shrimp paste, an Isan original 200

### deep-fried seabass with mango salad

served at your table on a stove, in its own soup 500

### steamed seabass

### with salted chinese plums or sour shallots and lime

served at your table on a stove, in its own soup 500

### tilapia fish deep-fried with sea salt and garlic

tender & crispy deep fried fish 500

## CHICKEN IN THE POT

Organic free-range chicken from Khao Yai.

Slow-grilled in a traditional charcoal pot oven

large chicken - whole (1 kg) 500 / half (500 gr) 260

## EGGS DISHES

### stir-fried cowslip flowers with egg (seasonal)

seasonal flowers - creamy 200

### stir-fried green papaya with egg

it sounds simple, and it is. Super delicious! 200

### omelet with minced pork & vegetables

Thai style fluffy omelet, stuffed with meat 180



## NOODLES

### **phad thai, stir-fried noodles with vegetables and chicken, pork or prawns**

Thailand's essential noodle dish by traditional recipe 220

### **pad see ew rice noodles in dark soy sauce with chicken, pork or prawns**

sumptuous big flat noodles 200

### **stir-fried rice noodles with chicken or pork**

white noodles, egg and vegetables 200

### **sukiyaki with chicken, pork or seafood**

a little Japanese influence in our Isan kitchen 200

### **spaghetti with tomato sauce and chicken, pork, beef or prawns**

for those who really don't like Thai food! 200

### **spaghetti with green curry chicken, pork, beef or prawns**

East meets West: this combination works! 220

### **rice noodles with chicken, pork or seafood in a thick gravy sauce**

comforting noodle dish 200

## NOODLES - NO MEAT

### **phad thai noodles with vegetables & tofu** great dish for a meat-free day 180

### **sukiyaki with vegetables**

Japanese style noodles - lots of vegetables 180

### **pad see ew noodles with vegetables**

dark soy sauce with big flat noodles and vegetables 180

### **rice noodles with vegetables and thick gravy**

good old comfort food 180

all above dishes are available with or without egg

## RICE

### **steamed rice**

### **sticky rice**

### **rice noodles**

we carefully select the best rice for you to enjoy! 30

### **big bowl of rice 120**

### **fried rice with chicken, pork, prawns or crab 190**

### **garlic or vegetable fried rice 120**



### **spicy rice noodle salad with shrimp paste 200**

Khanom Jin - famous noodles mixed with shrimp paste, shallots, macarel and vegetables. This dish is hard-core: know what you order: no refund!



### **rice noodles with creamy coconut sauce - chicken or pork 220**

This dish signifies a 'celebration' for any party - large or small. A bowl of "Mee-Kha-Ti" brings happiness to all!



### **The Kitchen's invention sushi rice with shrimp paste 250**

We invented this dish in 2015 and it has been a best seller ever since. It brings together the best of Isan cuisine in Japanese style, for fish paste lovers.