

Lao meals don't follow the Western pattern. Dishes are served simultaneously, and shared by all. Sticky rice is the heart of the meal, and accompanies each mouthful. Our taster plates give small samples of popular Lao flavours, condiments or snacks, others are stand-alone dishes. Our staff are here to help you design your meal. Feel free to ask for advice or assistance!

TASTER PLATES

Dipping Sampler: an introduction to local flavours ດືບປຶ້ງເລວ 100,000

Dip sticky rice into these 'jeows' or dips:

- Luang Prabang spicy sweet chilli paste with or without buffalo skin (*Jeow Bong*)
- Mild tomato salsa (*Jeow Mak Len*)
- Smoky eggplant dip (*Jeow Mak Keua*)
- Blend of coriander, chilli and garlic (*Jeow Pak Hom*)

Accompanied by:

Dried river vegetable sheets with tomato, garlic & sesame, (*Khai Pene*)

Vegan Dipping Sampler ດືບປຶ້ງເຈ 95,000

As above, with *som pak gat*, a pickled green vegetable (instead of *jeow bong*, which contains fish sauce)

Five Bites ຝາຍບາຍ 120,000

Sticky rice with five popular Lao snacks:

- Luang Prabang pork sausage (*Sai Oua*)
- Leafy green vegetable pickle (*Som Pak Gat*)
- 'Heavenly' dried buffalo meat, sweetly flavoured (*Sinh Savanh*)
- Salad of minced pork, eggplant, banana flower with bamboo and sesame seeds (*Sa Mak Keua*)
- Lettuce wraps with paste, noodles, nuts and herbs (*Miang Kham*)

Luang Prabang Tasting Platter

ອາຫານຫລວງພະບາງ 170,000

Share with a friend to explore these very local specialities.

Entrée for two, or main for one. Be ready for some unusual flavours:

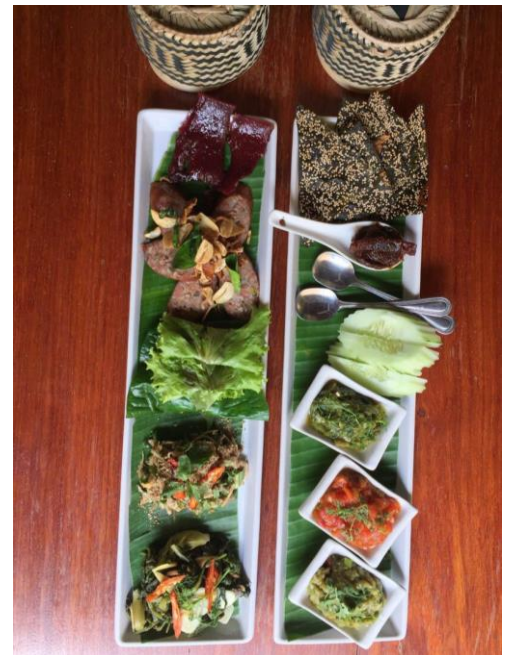
- Dried river vegetable snacks (*Khai pene*)
- Luang Prabang spicy sweet chilli paste with buffalo skin (*Jeow Bong*)
- Local 'thick soup' with chicken, eggplant, chilli wood and local vegetables (*Orlarm*)
- Luang Prabang pork sausage (*Sai Oua*)
- Steamed local veg with sesame seeds & herbs (*Soop Pak*)

All served with sticky rice

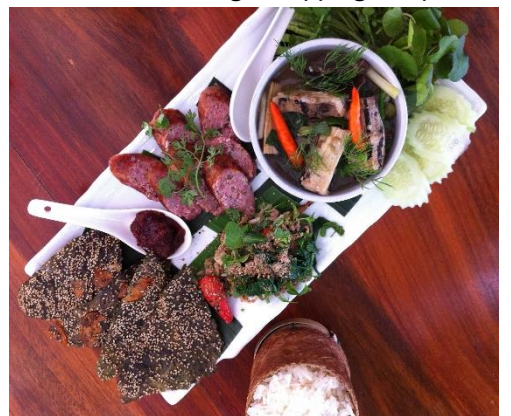
Trio of Salads ອໍາສະລັດ3ສວນ 115,000

Choose three from the following for a taste. Let us know if you're seriously vegetarian:

- Chopped fish and herbs (*Koy Pa*)
- Chopped tofu and herbs (*Tofu Laap*)
- Minced pork, eggplant, banana flower with bamboo & sesame seeds (*Sa Mak Keua*)
- Green Papaya Salad (*Tam Mak Hoong*)
- Steamed local greens with sesame seeds and herbs, best for an adventurous palate (*Soop Pak*)
- Luang Prabang Salad (the popular local garden salad with egg)



Left: Five Bites Right: Dipping Sampler



Luang Prabang Tasting Platter

LAO DISHES

Stuffed Lemon Grass (*Oua Si Khai*) ອົ່ວສີໄຄ 125,000

Fragrant lemongrass stuffed with chicken, kaffir lime and coriander; With lime-peanut side dipping sauce

Fish in Banana Leaf (*Mok Pa*) ມົກປາ 105,000

Fish in a delicate dill & basil sauce, steamed in a banana leaf parcel. Eat it Lao style, biting into plain steamed vegetables or fresh chilli after each mouthful!

Tofu Laap (*Laap Taohoo*) ລາບຕົ້າຮູ່ 80,000

Our vegetarian version of this national favourite. Fresh herbs, bean shoots & lime. With fresh greens to wrap and chillies for spice

Buffalo Laap (*Laap Kwai*) ລາບຊີ້ນຄວາຍ 120,000

Finely chopped buffalo meat laced with fresh herbs. Fresh whole chillies on the side, spice it to your taste.

Choose: seriously Lao (tripe for texture & buffalo bile for the bitter accent Lao people love) OR: hold back the tripe and buffalo bile

Duck Laap (*Laap Ped*) ລາບເປັດ 110,000

Minced duck meat with fresh herbs and banana flower. Fresh chillies on the side, so you control the spice.

Fish 'Salad' (*Koy Pa*) ກ້ອຍປາ 90,000

Finely chopped fish laced with fresh herbs, incorporating *padaek*, the pungent Lao fish sauce (optional). Laced with chopped chillies, so let us know if you don't want it spicy.

Barbecued Cured Pork (*Ping Som Moo*)

ປີ້ງສົ້ມຫມູ 140,000

Skewers of soured pork bites wrapped in lemongrass with tamarind ginger dipping sauce & sticky rice. Yes, the pork is sour! Please allow a little longer preparation time.

Stir Fried Frog with Chilli & Basil (*Pad Sapao Gop*)

ພັດສະເພົາກົບ 100,000

Our chef's favourite: crunch on pieces of bony frog with the spiciness of chilli & aniseed kick from purple 'holy' basil. Please don't expect French-style frog! These are smaller & less meaty.



Stuffed Lemongrass



Barbecued Cured Pork



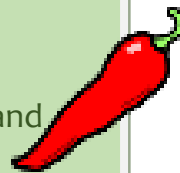
Stir Fried Frog

How SPICY do you like it? Please let us know!

Most items can be adapted to your taste: mild/medium/very spicy/Lao spicy.

To spice it up, Lao people like to bite into fresh chillies which are served on the side. Steamed and fresh vegetables are also important, to wrap the food and balance flavours.

Take a bite and cleanse your palate!



LAO DISHES

Aromatic Pork ‘Stew’ with Egg (Or Padaek)

ເອາະປາແດກ 90,000

Strong flavours of lemongrass, whole garlic cloves, chillies & galangal with a touch of pungent local fermented fish (*padaek*). With plain steamed vegetables to cleanse your palate.



Or padaek

Luang Prabang ‘Stew’ (Orlarm Sin Haeng)

ເອາະຫລາມຊີ້ນແຫ້ງ 95,000

For those with an adventurous palate! A local staple eaten almost daily in Luang Prabang homes, this eggplant based dish with smoked pork, local greens and ‘chilli wood’ is difficult to describe. Unusual flavours but essential tasting if you really want to understand Lao cuisine.

Pun Pa ພັນປາ 220,000

Barbecued marinated fish, with herbs, vegetables, noodles, sauce and green leaves for wrapping small bundles. Perfect to share, but please allow a little extra time – the fish is barbecued slowly over charcoal.



- Pun Pa

Barbecued Marinated Buffalo (Ping Sin Kwai)

ປິ້ງຊີ້ນຄວາຍ 160,000

Marinated with herbs and spices; barbecued over a slow fire for maximum taste and tenderness. Strongly flavoured, chewier than beef! Served with a sweet-sour sauce and fresh green leaves to wrap. Please allow a little longer preparation time.

SOUPS

Bamboo Shoot Soup (Gaeng Nor Mai)

ແກງຫນ່ວ້ 65,000

A hearty local speciality. Chunks of young bamboo shoots combined with a medley of local vegetables. Definitely worth trying for earthy flavours you won’t get back home.



Bamboo Shoot Soup

Young Pumpkin Soup (Gaeng Som)

ແກງຫມາກຝັກອ່ອນ 60,000

A clear broth with chunks of young pumpkin, pea eggplant, and local mushrooms. Seasoned with *somporn*, a local leaf with a sour flavour, fresh basil, and spring onion.

Gaeng Pak Gat ແກງຜັກກາດ 60,000

A clear broth with green leaves, ginger and dill. Traditionally with pork bones but we can supply a vegan version on request.

Do you want to explore how the Lao palate differs from other nationalities?'

Some Lao dishes can really put your taste buds to the test, and we don’t mean just spicy.

If you want your food to taste the way the Lao like it, discuss the options with your waiter.

SMALL PLATES, GREAT FOR SHARING

Some of the 'vegetarian' dishes contain fish sauce, shrimp paste or oyster sauce. Please let us know when you order if you are a strict vegetarian & would like them without. Sticky rice and most of our dishes are naturally gluten-free, but please let us know if you are coeliac!

Sticky Rice ເຂົ້າຫນຽວ 25,000

Served in traditional bamboo basket

'Salad' of Steamed Local Greens with Sesame

(Soop Pak) ສຸບຜັກ 50,000

Seasonally available local greens and vegetables, sometimes with a slightly bitter edge; tossed with ginger, galangal, herbs and sesame seeds. Please let us know if you don't want either fish sauce or pungent *padaek*. Very different and healthy, we suggest this for those with quite an adventurous palate.



Soop Pak

Stir Fried Young Pumpkin (Seasonal)

ຂົ່ວຫມາກຝັກອອ່ນ 50,000

Kaffir lime and ginger flavours sweet young pumpkin in a savoury sauce.

Warm Long Beans (*Tua Fai Daeng*) ຖົ່ວໄຟແດງ 50,000

Stir-fried, with garlic, oyster sauce and just a hint of chilli

Stir Fried Mushrooms with Betel Leaf (*Tua Fai Daeng*) ຂົ່ວເຫັດ 65,000

A speciality from the Tai Lue ethnic group, seasonal mushrooms with pea eggplant, herbs and betel leaf.

Warm Noodles (*Cua Khao Poun*) ຈົ່ວເຂົ້າບຸ້ນ 60,000 add chicken 80,000

Light and uncomplicated rice noodles, slightly sweet and seasoned with plenty of herbs. Great for kids.

Sour Spicy Green Papaya Salad (*Tam Mak Hoong*) ຕຳຫມາກຮຸ່ງ 40,000

A fine balance of sour, sweet and spicy, this popular local speciality is fresh and invigorating. We love it with tamarind and peanuts, 'Nafa' Village-style. Locals have it with a strong fish-sauce flavour. Let us know how YOU want it; ask for advice if you're not sure!

Make Your Own Miang ພັນຫມ້ງງ 75,000

Assemble your own bite-size wraps: aubergine and rice pastes, noodles, lemongrass, nuts and coriander with a plate of fresh green leaves. Wrap the leaves around your mix of fillings. (Vegan)



Make your own Miang

Want us to choose for you?

Set Dinner – An introduction to Lao flavours

- Welcome drink: infused lao lao shot
- Chunky bamboo and vegetable soup
- Platter of Lao specialities, accompanied by sticky rice. Includes Luang Prabang sausage, dips, relishes (*jeow*) other local favourites: a selection of Tamarind's most popular menu items. Accompanied by detailed explanations of what the foods are & how to eat them
- Stir fried young pumpkin with kaffir lime and ginger
- Herbed fish steamed in banana leaf
- Fragrant lemongrass stuffed with chicken
- Purple sticky rice dessert in coconut milk with tamarind sauce
- Lao sweet confections
- Lao coffee or tea.

Price: 400,000 kip. Serves 2 people



Lao Cuisine Explorer Set – Flavours to further challenge your palate

- Welcome drink: infused lao lao shot
- Platter of Lao specialities, accompanied by sticky rice. Includes *sa mak pi*, spiced buffalo sausage, *jeow mak khok* (seasonal) and deep fried eggplant chips
- *Orlarm Gai*, local 'stew' with chicken, eggplant, chilli wood and local greens. Unusual
- Barbecue cured pork, skewers of soured pork wrapped in lemongrass
- *Koy Pa*, finely chopped fish laced with herbs
- *Soop pak*, a 'salad' of steamed local greens tossed with sesame seeds, ginger and chillies
- Dessert Degustation Platter including purple rice pudding, steamed pumpkin slice with coconut custard and a selection of Lao sweet treats
- Lao coffee or tea.

Price: 500,000kip. Serves 2 people



Vegan Set

- Welcome drink: star fruit liqueur
- Make your own *miang* plate
- Young pumpkin soup with *somporn* (a local leaf) for sourness, pea eggplants, basil and spring onion
- Tofu *laap*
- Rice paper rolls with peanut dipping sauce
- *Tam mak tua*, Spicy green bean salad with ginger
- Purple sticky rice with tamarind sauce and fresh fruit
- Lao coffee or tea.

Price: 350,000 kip. Serves 2 people



Left: Tofu Laap Right: Young Pumpkin Soup

Tamarind's Specialty Food-Based Feasts and Activities

Please consult our staff for more extensive information

Countryside Farmer's Set

A farmer's meal after a day's work in the rice fields. An everyday meal with a rustic, country vibe. All dishes are served simultaneously, for Lao style sharing and dipping.

- Welcome drink: infused lao lao shot.
- Your choice of relish (jeow) – eggplant, coriander, or pungent jeow padaek.
- Sinh toup, barbecued dried buffalo meat
- Fresh vegetables to cleanse the palate between bites
- Gaeng pak gat, clear broth with greens, ginger, dill and pork on the bone
- Mok pa, fish in banana leaf
- Sticky rice, essential for eating with your fingers, country style
- Fresh fruit plate with chilli sugar for dipping.

Price: 350,000 kip, serves 2 people



Market tour

Adventurous Lao Gourmet – Foraged ingredients, unusual tastes

A degustation-style menu showcasing more unusual Lao foods: those served in local homes, from foods found only in local markets or foraged from the jungle. Small servings of each dish & clear explanations of what they are and how Lao people would eat it will ensure a wide variety of tastes & textures, without a sore stomach. Tell us how game you are & we will adapt the experience to your taste. Only for the most adventurous and inquisitive: not all dishes may be to your taste! (Add a market tour: see below.)

Price: 800,000 kip, serves 2 people (please book one day in advance)

Adventuring Gourmet Market Tour

Add a market tour the morning of your Adventurous Lao Gourmet meal. Join Joy at dawn to pick your ingredients, choose cooking techniques & get to know what else is in the Morning Market.

Additional usd \$50 on top of Adventurous Lao Gourmet meal, above, for 1-4 people

In-depth Guided Tour of the Main Local Market

Get to know Phosy Market as the locals enjoy it. Tour with one of our chefs, who will introduce you to the different sections and comprehensively explain the uses and flavours of intriguing Lao ingredients.

Total cost usd \$60, for 1-6 people

Cooking Classes

Daytime/Evening Hands-on Cooking Classes – Join-in

Our teacher will guide you through cooking your own Lao feast. Sit down to eat on your creations in our open air 'sala' at Tamarind Gardens, 20 minutes outside of town. Morning class includes market tour and an extra dish.

Price: Morning usd\$38 per person, Evening usd\$32 per person

Family Cooking Class

A private cooking class suited to families with kids of a range of ages. Dishes to please a variety of palates, with fun teachers to guide you.

(Not suitable for under three years old.)

Price: usd\$50 per person, minimum 4 people, maximum 8 people

Tamarind's Master Class

A custom designed private cooking class suited to those with extensive cooking know-how, or wishing for a private cooking experience a cut above.

Total cost: set price usd\$300, for 1-4 people



DESSERTS

To tell the truth, in Laos sweet dishes are mostly eaten as snacks in-between meals, not after a meal. But go ahead anyway, no one minds!

Purple Sticky Rice Dessert (Khao Gam) ເຂົ້າກຳ 65,000
Nutty texture and taste: purple sticky rice with coconut, sesame & banana.

Chilled Coconut 'Soup' (Nam Waan) ນ້ຳຫວານ 55,000
Seasonal fruits and jellies in sweet, creamy coconut milk.

Pumpkin & Custard Slice (Mak Fahk Sangkhanya) ຫມາກພັກສັງຂະຫຍາ 60,000
Egg and coconut custard steamed in a sweet pumpkin wedge. A local favourite, but be prepared: it's unusual.

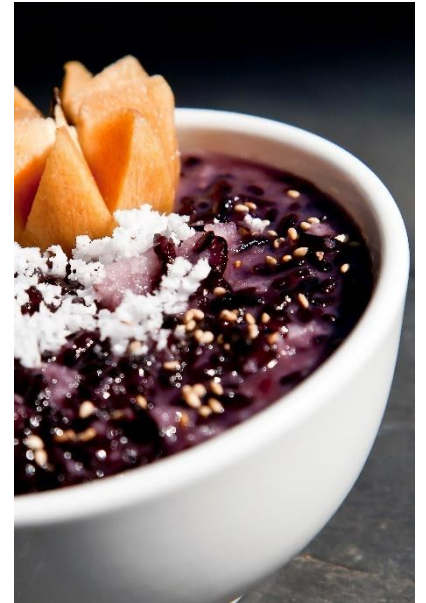
Dessert Degustation (Khanom Chan Yai) 90,000
Taste a range of Lao sweets, including our popular purple sticky rice, and steamed pumpkin slice. Perfect for two to share.

Sweet Treat (Khanom Chan Noi) 50,000
A trio of local sweet nibbles, great with your coffee.

Fruit Plate with Chilli Sugar ຫມາກໄມ້ລວມ 65,000
Seasonal fruit as locals eat it, with a spicy dip to try on the side.

Watermelon and Chilli Granita ຫມາກໂມແຊ່ແຂງໃສ່ຫມາກເພັດ 45,000
Sweet and icy with a hint of heat. A palate cleanser with a difference.

Iced Lao Coffee ກາເຟລາວ 35,000
Strong, rich and milky sweet, Lao style



Purple Sticky Rice



Watermelon Chilli Granita

NOW READ ON.....

The following pages in our menu are for you to read and enjoy, with a wealth of information about Laos, its food, its traditions and produce.

And you'll find lots of other information as well; including Tamarind's story and the answers to the questions we are most frequently asked.

Keep the Lao food information coming: Facebook & Instagram @tamarindlaos