

For my @gracious



"To create stand-out Thai food, you need intuition and creativity. You need a sense of curiosity, and a passion for the flavours you can create using fresh produce as your palette. And of course, you need a real understanding of the Thai culture, and how to bring this spirit to a local neighbourhood in just the right way.

These are the ingredients that have fuelled and inspired me in my career as a chef and host and manager. Over the last twenty years, I've created a string of popular Thai restaurants across Sydney (and had a lot of fun along the way). Now, the time has come to distil all my knowledge and ideas into a Thai restaurant of my own, in my own local community. Welcome to my new domain: 40 Grains Summer Hill.

Step inside 40 Grains, and you'll quickly see it's not your average Thai eatery. The menu is bold, inventive and ever-changing – with crowd-pleasing favourites sitting alongside signature dishes you've probably never heard of. And of course, there's the atmosphere we've worked hard to create – a relaxed vibe that (we hope!) makes you feel both transported, and completely at home.

40 Grains has been created for the Summer Hill community. It's your place – somewhere to be nourished, inspired, and connected with new and old friends. I can't wait to share it with you."

- Josh Atchasuwan, Head Chef & Owner

FOOD INTOLERANCE NOTES:
Most of our dishes contain gluten.
Please ask our staff for gluten-free options.

Peanuts, cashew nuts & mushrooms are used in some of our dishes. Please let us know of any nuts & mushroom allergies before ordering.

We do not use any dairy products in our kitchen but it is recommended to inform of any lactose allergies before ordering.

GFOR GLUTEN FREE
ON REQUEST

GF GLUTEN FREE



MAGIC
CARPET

STARTERS

อาหารเริ่มต้น มื้อค่ำ

VEGE SPRING ROLL (4) \$9.9

Super crispy spring rolls filled with carrot, cabbage, black fungi and crystal noodles with flavourful tri-mix seasoning.

PRAWN PATTIES (4) \$10.9

Delicacy nibbles of minced prawn coated with bread crumbs and deep-fried to golden perfection. Dip-in plum sauce to shoot up the flavour.

SATAY CHICK STICK (4) \$10.9

Tender chicken tenderloins marinated in flavourful turmeric spice and coconut cream, grilled and served with creamy peanut sauce.

VEGE CURRY PUFF (4) \$10.9

Oozing creamy puff pastry filled with mixed veggies, potato, corn, peas and carrots. A very satisfying flavour.

MONEY BAGS (4) \$9.9

Bag up that delicious seasoned minced chicken, crushed peanuts, corn and peas then deep fry, served with sweet plum sauce.

CORNY ISLAND (2 PCS EACH) \$8.9

Deep-fried corn fritters and tofu, served with tangy chilli peanut relish. Great choice for our vegan friends.

VEGE CAKE (3) \$10.9

Julienne of zucchini, carrot and potato, battered and fried to golden brown.

Served with crushed chilli, garlic, peanut relish.

MAGIC CARPET (3) **GF** \$11.9

Betel Leaf Salmon –bite-sized salmon sashimi with cucumber, shallots, kaffir lime leaves, shredded coconut and peanuts, dressed with chilli jam dressing designed to launch your taste buds to space.

FRESH SUMMER ROLL PRAWN (2) **GF** \$8.9

Vietnamese rolls get upgraded! Rice paper wraps the mixed leaf salad, carrot, cucumber, mint, coriander, tofu and prawn. Dip them in chilli-lime relish for a flavour explosion.

NIBBLING / SALAD

SALT 'N' PEPPER SQUID \$16.9

Seasoned and battered squid then deep fried to crunchy perfection on the outside, tender on the inside. Add a touch of salt and pepper, spice it up with chilli mayo paste sauce.

SOFT SHELL CRAB \$17.9

You can eat the whole crab! Battered baby crab deep-fried till crispy, topped with Japanese seaweed salad.

PEARL OF THE SOUTH SEA (6) \$18.9

A mouthwatering dish of marinated seared scallops - delicately seasoned with tri-mix seasoning. Don't forget to dip it in our Thai style seafood spicy dipping sauce - pearlflect!

PAPAYA SALAD GF \$16.9

Don't pass up on Thailand's legendary street food salad!

Shredded green paw paw, dried shrimps, long bean, cheery tomatoes and peanuts - all pounded together and dressed with chilli-garlic-tamarind sauce. Zoom-zoom!

BEEF SALAD \$18.9

Looking for a healthy protein dish without compromising on flavour? Look no further!

Grilled rump steak massaged with a combination of mint, kaffir lime leaves, lemongrass, shallots, coriander and cheery tomato, then tossed in chilli-lime dressing.

LAARB MINCED CHICKEN GF

\$18.9

Nothing packs more flavour than laarb -minced chicken mixed with fragrant herbs and spices - kaffir lime leaves, mint, coriander, lemongrass, shallots with dry chilli and toasted rice. Chase it with some crisp iceberg lettuce leaves to cool off the heat!

DUCK SALAD GF \$19.9

Chinese-influenced roast duck mixed with a range of Thai herbs; mint, shallot, coriander and cherry tomatoes spiced up with creamy coconut-chilli- jam dressing.

YOUR SOULMATE MIGHT JUST BE DUCK SALAD.

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ที่เราคอยมองหา





SMO KIN' GRILL

ปิ้งย่างย่างๆ ครี๊ว

CRYING TIGER \$18.9

Even the tiger cries!

Lightly marinated beef rump char-grilled to your desired doneness before cutting into stripes. The key is to dip the smoky meat into the spicy tamarind sauce mixed with crushed aromatic toasted rice, served with sticky rice to complete the task.

SMOKY 40 GRILLED CHICKEN \$18.9

Juicy succulent bites of chicken thigh bathed in turmeric marinade before hitting the red-hot grill. Served with sticky rice and Thai sweet chilli sauce.

OCEAN PLATER

GF \$28.9

Nothing beats the pure clean flavour of grilled king prawns, scallops, mussels and squid, served with Thai seafood sauce – it's spicy, salty, sour and sweet all at once!

SMOKY 40
GRILLED
CHICKEN

SOUP ZIP

จิ๊บตั๊ก

GF TOM YUM PRAWN \$16.9
FROM HIGH END RESTAURANTS TO SIDE STREET EATERIES, YOU CAN'T MISS THE SMELL OF AROMATIC GALANGAL, LEMONGRASS, KAFFIR LIME LEAVES AND CHILLI IN SIMMERING IN A BROTH OF PRAWNS, MUSHROOMS AND GREEN CORIANDER. HAVE A GOOD ZIP!

GF TOM KAR CHICKEN \$13.9
THIS SPICY COCONUT SOUP IS INFUSED WITH GALANGAL, LEMONGRASS, KAFFIR LIME LEAVES & MUSHROOMS. A LITTLE HEAT FROM TOASTED DRIED CHILLI BUT THIS CREAMY CREATION IS PERFECT WITH CHICKEN. VERY TASTY!

VEGAN OPTIONS
AVAILABLE

HAVE IT YOUR WAY

YOUR OWN FEAST FROM WOK & POT.

อยากกินแบบนี้

WOK IT
CURRY SIMMER
FLIP THE RICE
WOK-A-NOODLE

ALL WOK FIRED & CURRY
COME WITH SEASONAL
VEGETABLES

**WHAT DO
YOU FANCY?**

VEG & TOFU	\$18.9
CHICKEN	\$18.9
BEEF	\$18.9
DUCK	\$20.9
PRAWN	\$20.9
FISH	\$19.9
SEAFOOD	\$19.9

**VEGETARIAN OPTIONS
AVAILABLE JUST LET
US KNOW!**

GF GLUTEN FREE
GFOR GLUTEN FREE
ON REQUEST

Wok It!

OYSTER BASIC **GFOR**

Simple but irresistible, the right choice of sauce that works every time - It's a great stir-fry with mixed vegetables.

GARLIC 'N' PEPPER **GFOR**

Fragrant garlic and ground white pepper are the foundations of the dish, great with green vegetables, onion and baby corn.

CHILLI JAM CASHEW NUTS

Thai traditional chilli jam paste, roasted dried chillies, cashew nuts, water chestnuts tossed in the hot wok to pair with your selection.

CHILLI BASIL **GFOR**

One of the must have street dish of Thailand. Fresh chilli, garlic and basil with mixed vegetables - Let's add your selection in.

GINGER HERB **GFOR**

Shredded fresh ginger, onion, black fungi and mixed vegetables - wok fried with your pick. Simple yet warming to the tummy!

CHILLI MIX SPICES (PAD CHA) **GFOR**

Beware of the heat. Wok up your choice with chilli, garlic, finger root, kaffir lime leaves, green peppercorn and vegetables.

CREAMY SPICE (PAD PED) **GF**

Red chilli paste and coconut cream based sauce stir fried with herbs - apple eggplant, basil, kaffir lime leaves and finger root - creamy, spicy goodness!

CREAMY SATAY

Rich creamy peanut sauce infused with Thai chilli paste is the perfect accompaniment with vegetables.

WHAT DO YOU FANCY?

VEG & TOFU	\$18.9
CHICKEN	\$18.9
BEEF	\$18.9
DUCK	\$20.9
PRAWN	\$20.9
FISH	\$19.9
SEAFOOD	\$19.9

VEGETARIAN OPTIONS
AVAILABLE JUST LET
US KNOW!

Flip the Rice

STREET FRIED RICE **GFOR**

Fried rice with eggs, tomato, onion and Chinese broccoli quickly stir-fried over high heat and finished with a perfect fried egg.

DRUNKEN FRIED RICE **GFOR**

The ultimate spicy chilli basil fried rice – fragrant Thai basil, garlic and chilli vigorously stir fried with onions, bamboo shoot and green beans.

TOM YUM FRIED RICE **GFOR** **NEW**

Yep. You read it right! It's all here – fragrant lemongrass, galangal, kaffir lime leaves and mushroom – with your choice of protein.

PINEAPPLE FRIED RICE W/PRAWNS **GF** \$21.9

Refreshing pineapple pieces, stir-fried with prawns, rice, onion, tomato, mixed vegetables and turmeric seasoning.

curry simmer

GREEN CURRY **GF**

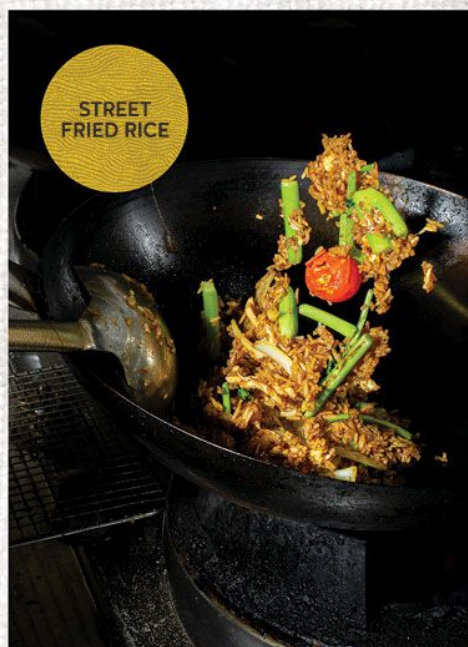
Traditionally pounded herbs with green chilli and coconut milk, simmered with Thai basil, apple eggplant, finger root, kaffir lime leaves, bamboo shoots and red chilli. Another must-order!

RED CURRY **GF**

A wonderful curry made with creamy coconut flavoured with fiery red chilli paste, Thai basil, kaffir lime leaves and vegetables. Add meat or go vegetarian – it's warm and comforting either way.

BEEF MASSAMAN (BEEF ONLY) \$20.9

The Sydney-sider's favourite – slow cooked beef, onions and potatoes in creamy coconut milk – rich, tender and warmth from cinnamon, anise and roasted peanuts. Served with Roti on the side.



Wok-a-noodle

PAD THAI **GF**

You know the name! Sweet, savoury & sour – a combination of thin rice noodles, bean sprouts, egg, dried shrimps, chives, crushed peanuts and tofu stir fried to perfection. Make it your own with condiments of crushed peanuts, dried chilli and sugar.

PAD SE EW

Translates to “stir fried soya sauce noodles”. Taste the smoky fragrance of the fiery wok as hits the egg, flat rice noodles, Chinese broccoli with sweet soy sauce and white pepper.

DRUNKEN NOODLE **GFOR**

Packed of fragrance and spice, this rice noodles and egg stir-fry with garlic, chilli, peppercorn, Thai basil and veggies is the perfect balance of Thai taste.

SATAY NOODLE

Lightly spiced peanut sauce base with flat rice noodles and vegetables, tossed in the wok to release a delicious coconut and nutty fragrance for the whole dish.

CHILLI JAM CASHEW NUT NOODLE

It's a must try! Sweet and spicy – chilli jam and dried toasted chilli gives the dish its distinctive aroma and flavour. Stir-fried with egg, flat rice noodles, cashew nuts and vegetables.

STREET NOODLE

The humble yet sensational taste of real Thai street food – flat rice noodles, egg, bean sprouts and vegetables. Add a protein – then you are ready!

LAKSA *noodle soup* **GF**

Spicy creamy coconut broth with layers of aromatic herbs, served with thin rice noodles & coriander. Goes well with any meat, seafood or simply vegetables.

PAD THAI



LAKSA



\$35

per person
Min 4 people

STARTERS

VEGE SPRING ROLL

Super crispy spring rolls filled with carrot, cabbage, black fungi and crystal noodles with flavourful tri-mix seasoning. .

SATAY STICKS

Tender chicken tenderloins marinated in flavourful turmeric spice and coconut cream, grilled and served with creamy peanut sauce.

MONEY BAG

Bag up that delicious seasoned minced chicken, crushed peanuts, corn and peas then deep fry, served with sweet plum sauce.

MAINS

OYSTER WITH VEG AND TOFU

Simple but irresistible, the right choice of sauce that works every time - It's a great stir-fry with mixed vegetables.

RED CURRY CHICKEN

A wonderful curry made with creamy coconut flavoured with fiery red chilli paste, Thai basil, kaffir lime leaves and vegetables.

PAD THAI WITH PRAWN

You know the name! Sweet, savoury and sour - a combination of thin rice noodles, bean sprouts, egg, dried shrimps, chives, crushed peanuts and tofu stir fried to perfection.

SERVED WITH STEAMED JASMINE RICE

\$45

per person
Min 4 people

STARTERS

VEGE CURRY PUFF

Oozing creamy puff pastry filled with mixed veggies, potato, corn, peas and carrots. A very satisfying flavour.

PRAWN PATTIES

Delicacy nibbles of minced prawn coated with bread crumbs and deep-fried to golden perfection. Dip-in plum sauce to shoot up the flavour.

SATAY STICKS

Tender chicken tenderloins marinated in flavourful turmeric spice and coconut cream, grilled and served with creamy peanut sauce.

MAINS

CHILLI BASIL BEEF / CHICKEN

One of the must have street dish of Thailand. Fresh chilli, garlic and basil with mixed vegetables.

MASSAMAN BEEF

The Sydney-sider's favourite - slow cooked beef, onions and potatoes in creamy coconut milk - rich, tender and warmth from cinnamon, anise and roasted peanuts.

STREET NOODLE PRAWN

The humble yet sensational taste of real Thai street food - flat rice noodles, egg, bean sprouts and vegetables.

SELECT A DISH FROM CHEF JOSH'S SPECIAL MENU

SERVED WITH STEAMED JASMINE RICE

DESSERT

BANQUET 42G

อันนี้จัดพิเศษ

BANQUET 32G

จัดให้เลยครับ

SIDES

ด้านข้าง

JASMINE RICE \$3 / SERVING

COCONUT RICE \$4 / SERVING

*RICEBERRY \$4 / SERVING

ROTI \$3 / SERVING

PEANUT SAUCE \$5

PRAWN CRACKER \$6

STEAMED VEGETABLES \$8



*LET'S TRY THIS : RICEBERRY

what is it?

Riceberry is a hybrid Thai rice that's nutrient dense and yet it cooks just like regular Jasmine rice. With a stunning purple hue and savory flavor, it's being billed as the next superfood.

Riceberry is a cultivar of rice that was created by hybridizing Hom Nil (black jasmine rice) with Khao Dok Mali 105 (another type of jasmine rice). It's a long grain rice that has a reddish black color when raw, that turns purplish black when cooked. Because Riceberry is a whole grain rice, the bran and germ have not been milled off; however, unlike brown rice, it cooks in the same amount of time as white rice.

Credit : <https://norecipes.com/healthy-riceberry-recipe/>

40 Grains
YOUR LOCAL THAI FEAST

SHOP 2 /11-13 LACKEY STREET,
SUMMER HILL NSW 2031
T 8054 7888

40GRAINS.COM.AU

open 7 days :

Sunday - Thursday
11am - 9.30pm

Friday - Saturday
11am - 10pm

RESTAURANT
TAKEAWAY
HOME DELIVERY
CATERING

