



Rising Sun

THAI & PAN-ASIAN

FAMILY OWNED & RUN SINCE 1994

ALLERGY MENU

CELERY ALLERGY

ALL OK OTHER THAN THE SATAY AND THE SINGAPORE NOODLES

EGG ALLERGY

ALL DISHED CONTAINING EGG CAN BE ADJUSTED, PLEASE ASK

FISH ALLERGY

ALL THE STARTERS ARE OK EXCEPT FOR THE STATED FISH DISHES, SOUPS & SATAY CHICKEN

ALL MAIN COURSE DISHES APART FROM CURRIES CAN BE ADAPTED. YOU CAN SWAP THE FISH FOR CHICKEN, PORK

MILK ALLERGY

ALL THE DISHES ARE FINE EXCEPT FOR THE FILLET STEAKS

MOLLUSC & CRUSTACEAN ALLERGY

ALL THE STARTERS ARE OK EXCEPT FOR THE PRAWN TOAST, CHICKEN WINGS AND THE CRAB CROQUETTES

ALL MAIN COURSE DISHES APART FROM CURRIES CAN BE ADAPTED, YOU CAN SWAP THE FISH FOR CHICKEN, PORK

MUSTARD ALLERGY

EVERYTHING EXCEPT FOR CRAB CROQUETTES AND THE SINGAPORE NOODLES

NUT & PEANUT ALLERGY

ONLY THE PAD THAI, MASSAMAN CURRIES & CASHEW STIR FRY'S CONTAIN NUTS & BOTH CAN BE ADJUSTED PLEASE BE AWARE THAT NUTS ARE USED IN THE KITCHEN

WHEN ORDERING YOUR DISHES PLEASE MAKE SURE YOU DOUBLE CHECK WITH A MEMBER OF STAFF SO THAT THEY'RE FULLY AWARE OF YOUR ALLERGY.



GLUTEN FREE

STARTERS

SPICY THAI FISHCAKES

SWEET CHILLI DIP

6.75

TEMPURA VEGETABLES

SWEET CHILLI, SOY & WASABI DIPS

5.95

TEMPURA KING PRAWNS

SWEET CHILLI, SOY & WASABI DIPS

7.75

MAIN COURSES

WOK FRY WITH CASHEW & PINEAPPLE

CARROTS & MIXED PEPPERS

CHICKEN 10.45

KING PRAWN 11.45

WOK FRY WITH BLACKBEAN SAUCE

BROCCOLI & BABY MUSHROOMS

CHICKEN 10.45

KING PRAWN 11.45

WOK FRY WITH GARLIC & PEPPER SAUCE

CHINESE CABBAGE, CORIANDER

CHICKEN 10.45

KING PRAWN 11.45

MASSAMAN CURRY

MIXED POTATO, ONION, PEANUTS & COCONUT MILK

CHICKEN 10.45

KING PRAWN 11.45

RED CURRY

PINEAPPLE, AUBERGINE, ASPARAGUS & COCONUT MILK

CHICKEN 10.45

KING PRAWN 11.45

THAI GREEN CURRY

FRESH CHILLIES, BAMBOO, COURGETTE & COCONUT MILK

CHICKEN 10.45

KING PRAWN 11.45

PAD THAI RICE NOODLES

CHICKEN & KING PRAWNS, TOFU, PEANUTS & BEAN SPROUTS

10.25

SINGAPORE NOODLES

FRESH CHILLIES, MADRAS CURRY, CHICKEN, SHRIMPS, TOFU

9.95

MR POON'S GLUTEN-FREE NOODLES

CHICKEN, KING PRAWNS, BLACKBEAN

10.50

BOILED RICE 2.95

FRAGRANT JASMINE RICE 3.75

VEGETARIAN AND VEGAN MAIN MENU

VEGAN DISHES ARE NOTED BY THE V

**ALL OUR VEGETARIAN AND VEGAN MAIN COURSES
ARE SERVED WITH OPTIONAL TOFU**

THAI & PAN-ASIAN STARTERS

- AUTHENTIC BANGKOK PRAWN CRACKERS** / 3.75
SWEET CHILLI DIP
- THAI VEGETABLE MINI SPRING ROLLS** V 5.95
SWEET PLUM DIP
- VEGETABLE GYOZA DUMPLINGS** / V 5.95
LIGHT SOY & WASABI DIP
- TEMPURA MIXED VEGETABLES** / V 5.95
SWEET CHILLI, LIGHT SOY & WASABI DIPS
- TOM KA GAI VEGETABLE SOUP** / 5.95
GALANGAL, LEMONGRASS, COCONUT MILK
- MR POON'S HOT & SOUR TOM YUM SOUP** // 5.95
PAK-CHOI, LEMONGRASS & CHILLIES

WOK FRIED DISHES

- SIZZLING SWEET & TANGY MIXED VEGETABLES** V 8.95
PINEAPPLE, MANGO, MIXED PEPPERS, THAI BASIL
- WOK FRIED MIXED VEGETABLES & BLACK BEAN** V 8.95
MIXED PEPPERS, COURGETTE, ONIONS & GARLIC
- WOK FRIED MIXED VEGETABLES & BASIL** // V 8.95
LONG BEANS AND A SPICY CHILLI AND THAI BASIL SAUCE
- SIZZLING MIXED VEGETABLES** V 8.95
PAK-CHOI, THAI HERB SAUCE
- SALT & CHILLI BROCCOLI** // V 8.95
LIGHTLY COATED, ON MIXED PEPPERS AND ROCKET
- WOK FRIED VEGETABLES & PINEAPPLE** V 8.95
SPRING ONIONS, CASHEW NUTS, CARROTS, MIXED PEPPERS
- WOK FRIED KUNG-PO VEGETABLES** / V 8.95
MIXED PEPPERS, CASHEW NUTS & HOT BEAN SAUCE

CURRY DISHES - ALL CONTAIN TRACES OF SHRIMP

- JAPANESE KATSU TOFU CURRY** / V 8.95
STEAMED PAK-CHOI MIXED VEGETABLES
- RED CURRY MIXED VEGETABLES** // 8.95
PINEAPPLE, AUBERGINE, ASPARAGUS & COCONUT MILK
- MASSAMAN CURRY MIXED VEGETABLES** / 8.95
MIXED POTATO, ONION, PEANUTS & COCONUT MILK
- PANANG MIXED VEGETABLE CURRY** // 8.95
CHILLIES, LONG BEAN, KAFFIR LIME LEAVES & COCONUT MILK
- THAI GREEN MIXED VEGETABLE CURRY** // 8.95
FRESH CHILLIES, BAMBOO, COURGETTE & COCONUT MILK
- YELLOW CURRY MIXED VEGETABLES** // 8.95
CHILLIES, COURGETTE, BASIL & GREEN PEPPERCORNS

NOODLE DISHES

- MR POON'S SPECIAL NOODLES** V 9.25
BABY MUSHROOMS, MIXED PEPPERS, BROCCOLI, GARLIC & BLACK BEAN SAUCE, ON FRIED NOODLES (RICE NOODLES FOR VEGANS)
- SINGAPORE NOODLES** // V 9.25
FRESH CHILLIES, MADRAS CURRY MIXED VEGETABLES, TOFU
- PAD THAI RICE NOODLES** V 9.25
MIXED VEGETABLES, TOFU, PEANUTS & BEAN SPROUTS

SIDE ORDERS

- BOILED RICE** V 2.95
- EGG FRIED RICE** 3.50
- STICKY FRAGRANT JASMINE RICE** V 3.75
- WOK FRIED NOODLES WITH BEAN SPROUTS** 3.75
- WOK FRIED RICE NOODLES WITH BEAN SPROUTS** V 3.75
- MIXED VEGETABLES WITH SOY AND GARLIC** V 5.95

HOMEMADE DESSERTS

- WARM CHOCOLATE BROWNIE** 5.95
VANILLA POD ICE CREAM
- COCONUT & MANGO ICE CREAM PARFAIT** 5.45
CONFIT OF PINEAPPLE, MINT SYRUP
- SALTED CARAMEL CHEESECAKE** 5.95
DOUBLE CREAM, FRUIT GARNISH
- RISING SUN DESSERT TRIO** 8.95
A SELECTION OF OUR DESSERTS

ICE CREAMS & SORBETS

- NEW FOREST ICE CREAMS** 4.95
3 SCOOPS FROM OUR SELECTION;
VANILLA POD, TRIPLE CHOCOLATE, REAL STRAWBERRY
SPICED GINGER, SALTED CARAMEL
- NEW FOREST SORBETS** V 4.95
3 SCOOPS FROM OUR SELECTION;
MANGO, BLACKCURRANT, BLOOD ORANGE, COCONUT AND LIME

VEGETARIAN OR VEGAN BANQUET

JUST CHOOSE ANY 3 STARTERS AND ANY 3 MAINS
AND ONE OF THE RICE OR NOODLE DISHES
17.95 PER PERSON
(MINIMUM 2 PERSONS)