THE MANGO TREE

creative Thai cuisine

AN ELYSIUM RESTAURANT

Menu

THERME
BUCUREȘTI

SOUPS

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Tom Yum Soup ..... 270g || 41

Spicy, sweet and sour vegan soup with intense Thai flavours.

Ingredients: water 120ml, sweet chili 60g, coconut milk, red Thai curry, lime juice 30ml, black mushrooms 30g, **EDAMAME*** 24g (**SOY** beans), carrot 20g, ginger, lemongrass, garlic, vegetable flavourings, spring onion, coriander, **SESAME** seeds.

Allergens – SOY, SESAME

Nutritional information per serving: 193.5 Kcal/ 808.7 KJ, Salt 1.3g, Fats 3.3g, Saturated fats 0.2g, Proteins 6.7g, Sugars 14g.

Tom Kha Soup ..... 280g || 61

Creamy coconut and lime infused seafood broth with poached shrimps, scallops and butterfish, with coriander and chili oil.

Ingredients: Water 80ml, coconut milk 40ml, 16/20 **SHRIMPS*** 30g, **BUTTERFISH*** 30g, **SCALLOPS*** 20g, **FISH** stock **(WHEAT, SOY), FISH** sauce, ginger, lemongrass, onion, fresh coriander, sunflower oil, chili flakes.

Allergens – CRUSTACEANS, MOLLUSKS, FISH, GLUTEN, SOY

Nutritional information per serving: 376.8 Kcal/1574.8 KJ, Salt 3.1g, Fats 20.9g, Saturated fats 17.5g, Proteins 31.8g, Sugars 10.4g.

Ying Duck Noodle Soup ..... 290g || 52

Ramen-style soup with duck breast, rice noodles, boiled egg, edamame, kale cabbage.

Ingredients: Water 80ml, duck breast* 70g, rice noodles 30g, boiled **EGG** 30g, kale cabbage, **SOY** sauce, teriyaki sauce, kimchi sauce **(FISH, SOY), EDAMAME*** (**SOY** beans), spring onion, cilantro, **SESAME** seeds.

Allergens – EGG, SOY, FISH, GLUTEN, SESAME

Nutritional information per serving: 368 Kcal/ 1538.4 KJ, Salt 2.3g, Fats 0.8g, Saturated fats 1.1g, Proteins 25.3g, Sugars 20.1g.

* Product / From frozen product

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STARTERS

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Beef Bao Buns ..... 240g || 64

Steamed Asian Bao buns with tempura beef ribeye and citrus drizzled vegetables, spicy mayonnaise.

Ingredients: Bao buns* 90g **(GLUTEN)**, Uruguay beef ribeye 35g, carrot 20g, cucumber 20g, onion, mayonnaise 40g **(EGG)**, sriracha sauce, kimchi sauce **(FISH, SOY)**, lime juice, **SESAME** seeds, flour **(GLUTEN)**, **MILK**.

Allergens – EGG, FISH, SOY, SESAME, GLUTEN, MILK

Nutritional information per serving: 703.3 Kcal/2939.7 KJ, Salt 2.5g, Fats 35.6g, Saturated fats 2.9g, Proteins 9.2g, Sugars 2.6g.

Dao Crispy Shrimps ..... 200g || 57

Crunchy bites of shrimp tempura in a rice basket with pineapple chutney.

Ingredients: 16/20 **PRAWNS*** 100g, rice sheet, nori seaweed, flour 30g **(GLUTEN)**, pineapple 25g, sweet chili, **SESAME** seeds.

Allergens – CRUSTACEANS, GLUTEN, SESAME

Nutritional information per serving: 487.1 Kcal/2036 KJ, Salt 2.3g, Fats 9.6g, Saturated fats 0.1g, Proteins 37.6g, Sugars 44.4g.

Khao Smokey Satay ..... 190g || 56

Delicious black tiger shrimp and chicken Thai skewers served on a smokey bowl with our homemade spicy dip.

Ingredients: Black Tiger **PRAWNS*** 80g, chicken breast* 70g, spicy sauce 40g, chicken marinade (**SESAME** oil, **SOY** sauce, **WHEAT**).

Allergens – CRUSTACEANS, SOY, SESAME, GLUTEN

Nutritional information per serving: 271.9 Kcal/1136.3 KJ, Salt 2g, Fats 4.7g, Saturated fats 2.5g, Proteins 44.4g, Sugars 6.8g.

Pakpao Shrimps in Coconut Sauce ..... 210g || 55

Shrimps in coconut sauce, chili and herbs served with fried slices of garlic bread.

Ingredients: 16/20 **PRAWNS*** 120g, coconut milk 60g, bread **(GLUTEN)** 60g, butter **(MILK)**, fresh coriander, garlic, thyme, pepperoncini, salt.

Allergens – CRUSTACEANS, GLUTEN, MILK

Nutritional information per serving: 570.6 Kcal/2385.1 KJ, Salt 2.4g, Fats 41.2g, Saturated fats 25g, Proteins 36.8g, Sugars 6.7g.

Yotin Black Tiger Poached Prawns ..... 190g || 55

Poached Black Tiger prawns served with a bisque sauce and basil pesto.

Ingredients: Black Tiger 16/20 PRAWNS* 100g, onion, carrot, **CELERY**, tomato paste, cream (**MILK**), butter (**MILK**), basil, cashew nuts (**CASHEW**), garlic, parmesan (**MILK**), sweet chili.

Allergens – CRUSTACEANS, CELERY, MILK, TREE NUTS (CASHEW)

Nutritional information per serving: 289.8 Kcal/ 1212.5 KJ, Salt 1.4g, Fats 19g, Saturated fats 6.5g, Proteins 21.5g, Sugars 3.2g.

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Kai Yang Chicken Salad ..... 310g || 72

Tender roasted marinated chicken strips with papaya, avocado, fresh cucumber, cherry tomatoes and cashew nuts.

Ingredients: chicken breast* 90g, mix of arugula and mangold leaves 50g, chicken marinade (**SESAME** oil, **SOY** sauce, **WHEAT**), avocado 30g, papaya 20g, cherry tomatoes 30g, cucumbers 20g, **CASHEW**, salt, extra virgin olive oil, dressing 40g **(SULFITES)**.

Allergens – SESAME, SOY, GLUTEN, TREE NUTS (CASHEW), SULFITES

Nutritional information per serving: 695 Kcal/2905 KJ, Salt 1.6g, Fats 40.5g, Saturated fats 5g, Proteins 34g, Sugars 12.7g.

Phuket Salad ..... 260g || 84

Grilled black tiger prawns, mango, cherry tomatoes, rocket and chard leaves drizzled with lime and basil vinaigrette.

Ingredients: Black Tiger **PRAWNS*** 120g, mix of arugula and mangold leaves 50g, dressing 40g (**SULFITES)**, cherry tomatoes 30g, mango 20g, baby spinach, salt, extra virgin olive oil.

Allergens – CRUSTACEANS, SULFITES

Nutritional information per serving: 490 Kcal/2048 KJ, Salt 0.9g, Fats 30g, Saturated fats 5.8g, Proteins 30.8g, Sugars 7g.

Sai Yok Vegan Salad ..... 250g || 64

Joyful colours with rocket and chard leaves, papaya, cucumber, tofu tempura and lime vinaigrette.

Ingredients: mix of arugula and mangold leaves 50g, dressing 40g (extra virgin olive oil, oranges, lemons, white wine vinegar **(SULFITES)**, sugar, fresh basil, fresh coriander), papaya 30g, cucumbers 30g, tofu **(SOY)**, flour **(GLUTEN)**, salt, extra virgin olive oil, **SESAME** seeds.

Allergens – SOY, SESAME, GLUTEN, SULFITES

Nutritional information per serving: 477.1 Kcal/ 1994.2 KJ, Salt 1.1g, Fats 28.9g, Saturated fats 4.1g, Proteins 3.9g, Sugars 12.9g.

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MAIN

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Pad Thai

The famous Thai stir-fry with rice noodles and tamarind sauce with the Asian sweet, sour, salty and spicy umami taste. You can choose between chicken, beef, shrimp or vegan.

Chicken Pad Thai ..... 390g || **79**

Ingredients: rice noodles 140g, chicken breast* 80g, red pepper 20g, yellow pepper 20g, zucchini, black wood ear mushrooms 20g, **CASHEW, SESAME** oil, **EGGS**, tofu **(SOY), SOY** sauce **(SOY, WHEAT)**, sweet chili sauce, tamarind, ginger, fried onion **(WHEAT)**, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Nutritional information per serving: 857.6 Kcal/ 3584.9 KJ, Salt 3.4g, Fats 16.4g, Saturated fats 4.4g, Proteins 46.5g, Sugars 18.9g

Beef Pad Thai ..... 380g || **94**

Ingredients: rice noodles 140g, Uruguay beef ribeye 80g, red pepper 20g, yellow pepper 20g, zucchini, black wood ear mushrooms 20g, **CASHEW, SESAME** oil, **EGGS**, tofu **(SOY), SOY** sauce **(SOY, WHEAT)**, sweet chili sauce, tamarind, ginger, fried onion **(WHEAT)**, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Nutritional information per serving: 868.4 Kcal/ 3630.1 KJ, Salt 3.4g, Fats 20.6g, Saturated fats 6.7g, Proteins 44.9g, Sugars 18.7g.

Shrimp Pad Thai ..... 390g || **86**

Ingredients: rice noodles 140g, 16/20 **SHRIMPS*** 80g, red pepper 20g, yellow pepper 20g, zucchini, black wood ear mushrooms 20g, **CASHEW, SESAME** oil, **EGGS**, tofu **(SOY), SOY** sauce **(SOY, WHEAT)**, sweet chili sauce, tamarind, ginger, fried onion **(WHEAT)**, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Nutritional information per serving: 879.5 Kcal/ 3676.3 KJ, Salt 1.5g, Fats 29.8g, Saturated fats 7.9g, Proteins 46g, Sugars 6.2g.

Vegan Pad Thai ..... 380g || **66**

Ingredients: rice noodles 160g, red pepper, yellow pepper, zucchini, black wood ear mushrooms, **CASHEW, SESAME** oil, tofu **(SOY), SOY** sauce **(SOY, WHEAT)**, sweet chili sauce, tamarind, ginger, fried onion **(WHEAT)**, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Nutritional information per serving: 692.5 Kcal/ 2894.6 KJ, Salt 3.1g, Fats 9.2g, Saturated fats 2.9g, Proteins 12.2g, Sugars 18.7g.

Allergens – SESAME, CRUSTACEANS, EGG, SOY, GLUTEN, TREE NUTS (CASHEW)

Hathai Sticky Ginger Beef ... 330g || 126

Sticky ginger beef strips, shimeji mushrooms, egg and truffle fried rice.

Ingredients: beef 110g, jasmine rice 80g, shimeji mushrooms 30g, black wood ear mushrooms, **EGG**, sweet chili, soy sauce **(SOY, GLUTEN)**, ginger, tamarind, spring onion, cilantro, salt, sunflower oil.

Allergens – EGG, SOY, GLUTEN

Nutritional information per serving: 617 Kcal/ 2579.2 KJ, Salt 3.9g, Fats 17.8g, Saturated fats 5.1g, Proteins 41.3g, Sugars 16.8g.

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Ko Mak Red Curry

Appealing colors and intense taste, the red Thai curry is served with pesto rice and mango salsa on the side.

Chicken Ko Mak Red Curry ..... 470g || **75**

Ingredients: jasmine rice 120g, chicken breast* 100g, coconut milk 100g, Thai red curry 20g, tomato paste, baby spinach, pesto, salsa **(SULFITES)**, sunflower oil, fried onion **(WHEAT)**, fresh coriander, spring onion, salt.

Nutritional information per serving: 893.4 Kcal/ 3734.5 KJ, Salt 1.9g, Fats 32.1g, Saturated fats 22.7g, Proteins 37.9g, Sugars 8.2g.

Shrimp Ko Mak Red Curry ..... 470g || **85**

Ingredients: jasmine rice 120g, 16/20 **SHRIMP*** 100g, coconut milk 100g, Thai red curry 20g, tomato paste, baby spinach, pesto, salsa **(SULFITES)**, sunflower oil, fried onion **(WHEAT)**, fresh coriander, spring onion, salt.

Nutritional information per serving: 885.8 Kcal/3702.5 KJ, Salt 1.8g, Fats 37.9g, Saturated fats 21.7g, Proteins 40.6g, Sugars 8.4g.

Vegan Ko Mak Red Curry ..... 460g || **71**

Ingredients: jasmine rice 120g, coconut milk 100g, bell pepper 50g, salsa 40g **(SULFITE)**, black wood ear mushrooms 20g, Romanesco* 20g, Thai red curry 20g, tomato paste, baby spinach, pesto, sunflower oil, fried onion **(WHEAT)**, fresh coriander, spring onion, salt.

Nutritional information per serving: 812.2 Kcal/ 3395.1 KJ, Salt 1.8g, Fats 29.5g, Saturated fats 21.7g, Proteins 13.5g, Sugars 9g.

Allergens – CRUSTACEANS, GLUTEN, SULPHITES

Thani Sweet and Sour Chicken ..... 420g || 79

Jasmine rice with pesto, baby spinach and wok tossed chicken strips, sweet and sour sauce, peppers, black wood ear mushrooms, mango, bamboo and cashew nuts.

Ingredients: jasmine rice 120g, chicken breast* 100g, red pepper 25g, yellow pepper 25g, black wood ear mushrooms 20g, mango 20g, bamboo, **CASHEW**, lime, **SESAME** oil, **SOY** sauce **(SOY, WHEAT)**, sweet chili sauce, tamarind, ginger, baby spinach, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Allergens – SESAME, SOY, TREE NUTS (CASHEW), GLUTEN

Nutritional information per serving: 782.1 Kcal/ 3269.3 KJ, Salt 1.3g, Fats 10g, Saturated fats 2.7g, Proteins 41.4g, Sugars 16.5g.

Nonthaburi Duck ..... 390g || 94

A wonderful dish of wok marinated duck with spicy red curry, bell pepper, bamboo, black wood ear mushrooms and rice noodles, sesame seeds and fresh coriander.

Ingredients: duck breast* 120g, rice noodles 100g, coconut milk 40ml, duck marinade, lime, **SESAME** oil, **FISH** sauce, red pepper, yellow pepper, black wood ear mushrooms, bamboo, spring onion, fresh coriander, salt, sunflower oil, **SESAME** seeds.

Allergens – SESAME, FISH

Nutritional information per serving: 878.6 Kcal/ 3672.6 KJ, Salt 2.1g, Fats 29.1g, Saturated fats 9.4g, Proteins 47.5g, Sugars 8.7g.

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MAIN

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Phailin Pineapple Shrimp and Chicken ..... 900g || 89

Sauteed shrimp and chicken, vegetables, jasmine rice and sweet and sour sauce served in a pineapple bowl.

Ingredients: chicken breast* 90g, 16/20 **SHRIMP*** 80g, jasmine rice 100g, bell pepper 35g, zucchini 25g, pineapple, sweet chili, soy sauce **(SOY, GLUTEN)**, tamarind, spring onion, cilantro, salt, sunflower oil, **SESAME** seeds.

Allergens – CRUSTACEANS, SOY, GLUTEN, SESAME

Nutritional information per serving: 506.9 Kcal/ 2118.8 KJ, Salt 3.5g, Fats 4.5g, Saturated fats 0.7g, Proteins 39.7g, Sugars 17.5g.

Ratana Octopus ..... 320g || 149

Grilled octopus tentacles marinated with red Thai curry served with lettuce, mango cubes, cherry tomatoes and citrus sauce.

Ingredients: OCTOPUS tentacles* 180g, marinade (**SESAME** oil, **FISH** sauce), lettuce mix 40g, cherry tomatoes 20g, mango 20g, citrus sauce (**SULFITES**), **SESAME** seeds, salt, sunflower oil.

Allergens – MOLLUSKS, SESAME, FISH, SULFITES

Nutritional information per serving: 432.1Kcal/ 1806.2 KJ, Salt 3.5g, Fats 21g, Saturated fats 10.4g, Proteins 16.6g, Sugars 6.9g.

Niran Tuna and Butterfish Mosaic ..... 390g || 149

Tuna and butterfish mosaic wrapped in nori seaweed, sweet potato puree and coconut sauce.

Ingredients: TUNA* 86g, **BUTTERFISH*** 86g, sweet potato 80g, coconut milk 55g, **MILK** 35g, nori seaweed, butter (**MILK**), chives.

Allergens – FISH, MILK

Nutritional information per serving: 476.8 Kcal/1995 KJ, Salt 0.7g, Fats 21.4g, Saturated fats 12.3g, Proteins 42.5g, Sugars 7.7g.

Sanit Black Cod ..... 380g || 159

Black Cod filet served with roasted bok choy, baby carrots and a Thai green curry sauce.

Ingredients: Black **COD*** 185g, bok choy 80g, baby carrots 39g, coconut milk 55g, butter 31g (**MILK**), thai green curry paste, baby spinach, basil, lemon.

Allergens – FISH, MILK

Nutritional information per serving: 563 Kcal/2355.8 KJ, Salt 2.4g, Fats 43.1g, Saturated fats 29.8g, Proteins 36.7g, Sugars 3.8g.

Talay Seafood Grill ..... 420g || 144

Grilled black tiger prawns, calamari tubes and octopus tentacles along with a beautiful pesto and baby spinach jasmine rice and our homemade spicy sauce.

Ingredients: Black Tiger **PRAWNS** 120g, **OCTOPUS** tentacles* 100g, tube **SQUID*** 80g, jasmine rice 60g, spicy sauce 40g, salt, sunflower oil, pesto, baby spinach, lemon, citrus **(SULFITE)**.

Allergens – CRUSTACEANS, MOLLUSKS, SULFITES

Nutritional information per serving: 554.5 Kcal/ 2317.6 KJ, Salt 4.1g, Fats 8.8g, Saturated fats 3.1g, Proteins 51.6g, Sugars 11.3g.

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Dok Mai Jumbo Shrimp Risotto ..... 415g || 199

Creamy risotto with butterfish cubes crowned with a tender jumbo shrimp.

Ingredients: carnaroli rice 180g, 2/4 Jumbo **SHRIMP*** 180g, **BUTTERFISH*** 30g, onion, **FISH** sauce, red Thai curry paste, salt, extra virgin olive oil, garlic, fresh cilantro, thyme, parmesan **(MILK)**.

Allergens – CRUSTACEANS, FISH, MILK

Nutritional information per serving: 971.1 Kcal/4059 KJ, Salt 3.2g, Fats 38.4g, Saturated fats 13g, Proteins 52.4g, Sugars 5.7g.

Kanok Vegan Risotto ..... 375g || 76

Creamy risotto with black wood ear mushrooms, shimeji mushrooms, truffle cream and coconut milk.

Ingredients: carnaroli rice 180g, black wood ear mushrooms, shimeji 40g, onion 22g, truffle cream 25g **(GLUTEN)**, coconut milk 80g, garlic, extra virgin olive oil, vegetable flavourings, salt, fresh cilantro, thyme.

Allergens – GLUTEN

Nutritional information per serving: 858.6 Kcal/3588.8 KJ, Salt 0.7g, Fats 42.4g, Saturated fats 16g, Proteins 31.4g, Sugars 6.1g.

Thammarat Beef Ribeye ..... 490g || 299

USA Prime ribeye steak, mashed potatoes with truffle oil, butter sauteed asparagus and Crying Tiger sauce.

Ingredients: USA Prime ribeye 250g, potatoes 80g, asparagus 60g, sauce 40g (**SOY** sauce, **FISH** sauce), butter **(MILK), MILK**, mushroom and truffle cream **(WHEAT)**, salt.

Allergens – SOY, FISH, MILK, GLUTEN

Nutritional information per serving: 671 Kcal/ 2804.8 KJ, Salt 3.6g, Fats 42.3 g, Saturated fats 21.9g, Proteins 31.8g, Sugars 16.7g.

Khaji Surf & Turf ..... 415g || 336

From water and earth – herbs and garlic sauteed giant shrimp and USA Prime ribeye steak, mashed potato puree with truffle cream.

Ingredients: USA Prime ribeye steak 130g, 2/4 jumbo **SHRIMP*** 150g, potatoes 80g, mushroom and truffle cream **(GLUTEN)**, butter **(MILK), MILK**, chili flakes, garlic, thyme, mango gel, sweet chili.

Allergens – CRUSTACEANS, GLUTEN, MILK

Nutritional information per serving: 906.3 Kcal/ 3788.5 KJ, Salt 2.2g, Fats 48.7 g, Saturated fats 35.2g, Proteins 57g, Sugars 15.1g.

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SIDES

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Khao Fried Rice ..... 140g || 34

With egg, truffle and mushroom oil.

Ingredients: jasmine rice 100g, **EGG**, mushroom and truffle cream **(WHEAT)**, sunflower oil, fried onion **(WHEAT)**, salt.

Allergens – EGG, GLUTEN

Nutritional information per serving: 443 Kcal/ 1851.7 KJ, Salt 2.5g, Fats 10.1g, Saturated fats 3g, Proteins 14.4g, Sugars 1.1g.

Panang Edamame beans ..... 120g || 38

Soy sauce sauteed edamame beans.

Ingredients: EDAMAME* 100g, **SOY** sauce **(SOY, WHEAT),** sunflower oil.

Allergens – SOY, GLUTEN

Nutritional information per serving: 176.5 Kcal/ 737.8 KJ, Salt 0.9g, Fats 5.7g, Saturated fats 0.4g, Proteins 12.5g, Sugars 8g.

Ang Thong Asparagus ..... 100g || 42

Butter sauteed fresh asparagus.

Ingredients: asparagus 90g, butter **(MILK)**, salt, **SESAME**.

Allergens – MILK, SESAME

Nutritional information per serving: 97.9 Kcal/409.2 KJ, Salt 2g, Fats 16.6g, Saturated fats 13.5g, Proteins 2.2g, Sugars 0.1g.

Pa Tong Mashed Potatoes ..... 240g || 31

Mashed potatoes with butter and truffle mushroom oil.

Ingredients: potatoes 110g, butter **(MILK), MILK**, truffle and mushroom cream **(WHEAT)**, spring onion, salt.

Allergens – MILK, GLUTEN

Nutritional information per serving: 289 Kcal/1207.9 KJ, Salt 2.5g, Fats 18.1g, Saturated fats 11g, Proteins 4.3g, Sugars 3.2g.

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SIDES

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Tak Fries ..... 140g || 16

Ingredients: potatoes 110g, smoked paprika, salt, palm oil.

No Allergens.

Nutritional information per serving: 132.6 Kcal/ 554.2 KJ, Salt 1g, Fats 19.1g, Saturated fats 5.5g, Proteins 4.1g, Sugars 1.5g.

*Optional parmesan, garlic and thyme ..... 15g || 9

Ingredients: parmesan **(MILK)**, garlic, thyme

Allergens – MILK

Nutritional information per serving: 111.9 Kcal/ 467.7 KJ, Salt 0.7g, Fats 4.4g, Saturated fats 3.3g, Proteins 5.1g, Sugars 1g.

Optional Black Tiger prawns ..... 110g || 39

Allergens – CRUSTACEANS

Nutritional information per serving: 153.6 Kcal/ 642 KJ, Salt 1g, Fats 2.7g, Saturated fats 1.8g, Proteins 32.8g, Sugars 0g.

Optional extra chicken ..... 100g || 19

Nutritional information per serving: 109 Kcal/ 458 KJ, Salt 0.1g, Fats 2.5g, Saturated fats 0.7g, Proteins 21.5g, Sugars 0g.

Ketchup ..... 40g || 9

Nutritional information per serving: 44 Kcal/ 183.9 KJ, Salt 0.7g, Fats 0g, Saturated fats 0g, Proteins 0.4g, Sugars 10g

Mayonnaise ..... 40g || 9

Allergens – EGG

Nutritional information per serving: 288 Kcal/ 1203.8 KJ, Salt 0.5g, Fats 31.6g, Saturated fats 2.4g, Proteins 0.4g, Sugars 0.6g.

Spicy homemade TMT sauce ..... 40g || 11

Allergens – SULPHITES

Nutritional information per serving: 35.7 Kcal/ 149 KJ, Salt 0.5g, Fats 0.5g, Saturated fats 0.1g, Proteins 0.6g, Sugars 6.6g.

Mini-baguette* ..... 60g || 8

Allergens – GLUTEN

Nutritional information per serving: 156 Kcal/ 660.6 KJ, Salt 0.8g, Fats 0.6g, Saturated fats 0.1g, Proteins 5.3g, Sugars 0.6g.

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SWEETS

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Sago Mango Pudding ..... 220g || 49

Lemongrass and star anise infused tapioca pearls in coconut milk, fresh mango and mango puree.

Ingredients: water 60ml, coconut milk 60ml, tapioca 22g, lemongrass, anise, mango, vanilla sugar, coconut flakes, red currants, mint, chocolate chips **(SOY)**.

Allergens – SOY

Nutritional information per serving: 502.6 Kcal/ 2100.9 KJ, Salt 0.7g, Fats 15.3g, Saturated fats 14.7g, Proteins 2.4g, Sugars 41.3g.

Thai Mani Pavlova ..... 190g || 49

Crispy meringue, smooth mascarpone cream, fresh fruits.

Ingredients: berries jelly 45g, mascarpone cream 28g **(MILK)**, meringue **(EGG)**, vanilla sugar, red currants, blueberries, passion fruit, chocolate chip **(SOY)**.

Allergens – MILK, EGG, SOY

Nutritional information per serving: 524.9 Kcal/ 2194.2 KJ, Salt 0.2g, Fats 12.4g, Saturated fats 4.5g, Proteins 2g, Sugars 57.5g.

Mango Sticky Rice ..... 300g || 49

Creamy coconut sauce and syrup soaked mango with a fine coconut rice infused with lemongrass.

Ingredients: glutinous rice 120g, coconut milk 90g, mango in syrup 73g, lemongrass, vanilla sugar, chocolate chip (**SOY**).

Allergens – SOY

Nutritional information per serving: 630 Kcal/2635.9 KJ, Salt 0g, Fats 22.6g, Saturated fats 19.2g, Proteins 7.9g, Sugars 33.4g.

Siam Poached Pear ..... 250g || 49

Star anese poached pear, coconut crumble and salted caramel icecream.

Ingredients: pear 60g, salted caramel icecream 50g (**MILK**), vanilla sugar 38g, flour 20g (**GLUTEN**), butter (**MILK**), coconut flakes, basil, chocolate chip (**SOY**).

Allergens – MILK, GLUTEN, SOY

Nutritional information per serving: 665.1 Kcal/2782.8 KJ, Salt 0.4g, Fats 23.7g, Saturated fats 13.5g, Proteins 3.9g, Sugars 81g.

Sing Buri Chocolate Lava Cake ..... 210g || 49

Crisp on the outside and liquid on the inside, delicate chocolate volcano served with vanilla ice cream, coconut biscuit, passion fruit and kumquats.

Ingredients: dark chocolate 72% 60g **(MILK), EGGS** 30g, vanilla ice cream 30g, biscuit 30g **(WHEAT, MILK)**, caramel sauce 20g **(MILK)**, butter **(MILK)**, vanilla sugar, **WHEAT** flour, passion fruit, kumquats, coconut flakes, mint, chocolate chips **(SOY)**.

Allergens – MILK, EGG, GLUTEN, SOY

Nutritional information per serving: 951.1 Kcal/3975.8 KJ, Salt 0.4g, Fats 60.8g, Saturated fats 28.4g, Proteins 19g, Sugars 55.5g.

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LIST OF ALLERGENS:

1. Cereals containing gluten (ie wheat, rye, barley, oats, spelled wheat, buckwheat or their hybrids);
2. Crustaceans and derived products;
3. Eggs and derived products;
4. Fish and derived products;
5. Peanuts and derived products;
6. Soy and derived products;
7. Milk and derived products (including lactose);
8. Nuts, i.e. almonds (Amygdalus Communis L.), hazelnuts (Corylus Avellana), walnuts (Juglans Regia), cashews (Anacardium Occidentale), pecans (Carya Illinoiesis (Wangenh.) K. Koch), walnuts of Brazil (Bertholletia Excelsa), pistachio (Pistacia Vera), Macadamia nuts and Oueens Land nuts (Macadamia Ternifolia) and derived products;
9. Celery and derived products;
10. Mustard and derived products;
11. Sesame seeds and derived products;
12. Sulfur dioxide and sulfites in concentrations over 10 mg/liter;
13. Lupine and derived products;
14. Mollusks and derived products.

For your safety please check all the ingredients on the menu.

Some Therme București dishes are made from frozen products.

Our products may contain sugar/sweetener/sugar products.

If you want you can take the rest of the food to go, no extra costs.
Please specify so at the end of the meal.

THE MANGO TREE

creative Thai cuisine

AN ELYSIUM RESTAURANT

Drinks Menu

THERME
BUCUREȘTI

DRINKS

Soft Drinks

		Lei
Coca Cola, Coca Cola Zero, Sprite / Fanta / Schweppes Tonic Water	330ml	**16**
Santal (apple, pomegranate, peach)	250ml	**15**
Still water / Sparkling water	500ml	**13**
Fresh squeezed orange juice	250ml	**30**
Fresh squeezed grapefruit juice	250ml	**30**
Fresh squeezed mix grapefruit/ orange juice	250ml	**30**
Therme Lemonade	400ml	**32**

Lemons, Mint, Limes, Elderflower Syrup

Elderflower Syrup: water, sugar, elderflower extract, natural flavors, acidifier: citric acid (E330), antioxidant: ascorbic acid (E300).

No allergens.

Passion Fruit & Mango Lemonade	400ml	**36**

Lemons, Mint, Passion Fruit, Limes, Passion Fruit Purée, Mango Purée

Passion fruit purée: concentrated passion fruit purée, sugar, acidifier: citric acid, antioxidant: ascorbic acid, preservative: potassium sorbate, pectin, xanthan gum.

Mango purée: concentrated mango purée, sugar, acidifier: malic acid, flavors, thickener: pectin, antioxidant: ascorbic acid, preservative: potassium sorbate.

No allergens.

Omija Bliss Lemonade	400ml	**36**

Lemons, Mint, Omija, Elderflower Syrup, Yuzu Purée

Elderflower syrup: water, sugar, elderflower extract, natural flavors, acidifier: citric acid (E330), antioxidant: ascorbic acid (E300). **Yuzu purée:** sugar, water, yuzu juice, lemon juice concentrate, thickener: pectin, antioxidant: ascorbic acid (E300), preservative: potassium sorbate (E202), acidifier: citric acid (E330). **Omija syrup:** Extract from dried Omija fruit 50% (including solid content 1.5%, anhydrous citric acid 0.4%, vitamin C 0.1%, trisodium citrate 0.05%, unrefined sugar 50%).

The product may contain traces of walnuts and hazelnuts.

Vitamin Aqua (Ca, C+, Zn, Mg, B+, Ca Zero, B+ Zero, Mg Zero, C+ Zero)	600ml	**23**

Monster Energy Drinks ... 500 ml

	Lei
Ultra White, Mango Loco, Green ZERO	**23**

All prices are in Lei. || All prices include VAT.

Spirits ..... 40 ml

	Lei
Absolut Vodka	30
Vodka Beluga Noble Silver	68
Beefeater 24 Dry Gin	36
Havana Club Selection De Maestros	57
Tequila Olmeca Altos Reposado	36
Balvenie 12 YO	78
Aberlour Double Cask Matured 12 YO	43
Powers Gold Label	36
Johnnie Walker Blue Label	176
Martell VSOP	57
Martell XO	200
Amaretto Disaronno	30
Jagermeister	30
Fernet Branca Menta	30
Vecchio Amaro del Capo	30

Non Alcoholic Cocktails 300 ml

	Lei
Green Apple	33

Limes, Apples, Cinnamon, Blue Curaçao Syrup, Green Apple Syrup, Apple Juice

Green apple syrup: cane sugar, water, apple juice from concentrate, citric acid, flavors, coloring: E102 (may have adverse effects on |children's activity and attention).

Blue Curaçao syrup: cane sugar, water, orange extract, flavors, bitter orange, coloring E133. **Apple juice**: no added sugar, no preservatives, no colorants.

No allergens.

Virgin Strawberry Mojito	32

Strawberries, Mint, Sprite, Limes, Strawberry Purée

Strawberry purée: concentrated strawberry juice and purée, sugar, acidifier: citric acid (E330), flavors, thickener: xanthan gum, antioxidant: ascorbic acid, preservative: potassium sorbate, coloring: E129 (may have negative effects on children's development).

No allergens.

Beer 500ml

	Lei
Ursus Premium	20
Peroni Nastro Azzurro	21
Peroni 0%	21

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The Mango Tree Cocktails

330ml

Lei

Mai Tai 41

Limes, Pineapple, Triple Sec Liqueur, Havana Añejo 7YO Rum, Pineapple Juice

Pineapple juice: water, pineapple juice from concentrate (50%), sugar, ascorbic acid (E300), antioxidant. **No allergens.**

Mojito 39

Havana Club 3YO Rum, Limes, Mint, Brown Sugar, Mojito Syrup, Sparkling Water

Mojito syrup: cane sugar, water, lime juice concentrate, natural mint, lime, and lemon flavors, acidifier: citric acid (E330). **No allergens.**

Strawberry Mojito 42

Strawberries, Havana Club 3YO Rum, Mint, Sprite, Limes, Strawberry Purée

Strawberry purée: concentrated strawberry juice and purée, sugar, acidifier: citric acid (E330), flavors, thickener: xanthan gum, antioxidant: ascorbic acid, preservative: potassium sorbate, coloring: E129 (may negatively affect children's development).

Aperitivo Spritz 49

Prosecco Terra Serena, Oranges, Villa Cardea Aperitif, Sparkling Water

Allergens: SULPHITES

Hugo 49

Prosecco Terra Serena, Mint, Limes, Elderflower Syrup

Elderflower syrup: water, sugar, elderflower extract, natural flavors, acidifier: citric acid (E330), antioxidant: ascorbic acid (E300).

Allergens: SULPHITES.

Omija Sunset 49

Prosecco Terra Serena, Amaretto Caffo Liqueur, Rosemary, Kumquats, Yuzu Purée, Omija

Yuzu purée: sugar, water, yuzu juice, lemon juice concentrate, thickener: pectin, antioxidant: ascorbic acid (E300), preservative: potassium sorbate (E202), acidifier: citric acid (E330).

Omija syrup: extract from dried Omija fruit 50% (including solid content 1.5%, anhydrous citric acid 0.4%, vitamin C 0.1%, trisodium citrate 0.05%, unrefined sugar 50%). **Allergens: SULPHITES. The product may contain traces of walnuts and hazelnuts**

Blue Lagoon 41

Sprite, Limes, Absolut Blue Vodka, Blue Curaçao Syrup

Blue Curaçao syrup: cane sugar, water, orange extract, flavors, bitter orange, coloring E133. **No allergens.**

The Mango Tree Tropical 41

Limes, Mango, Triple Sec Liqueur, Beefeater London Dry Gin, Mango Purée, Pineapple Juice

Mango purée: concentrated mango purée, sugar, acidifier: malic acid, flavors, thickener: pectin, antioxidant: ascorbic acid, preservative: potassium sorbate.

Pineapple juice: water, pineapple juice from concentrate (50%), sugar, ascorbic acid (E300), antioxidant. **No allergens.**

Cuba Libre 39

Coca Cola, Havana Club 3YO Rum, Limes

No allergens.

Jalapeno Margarita 200ml 41

Olmeca Tequila, Chilli Flakes, Lemons, Limes, Elderflower Syrup, Mango Pulp, Red Chilli Pepper

Elderflower syrup: water, sugar, elderflower extract, natural flavors, acidifier: citric acid (E330), antioxidant: ascorbic acid (E300).

Mango purée: concentrated mango purée, sugar, acidifier: malic acid, flavors, thickener: pectin, antioxidant: ascorbic acid, preservative: potassium sorbate. **No allergens.**

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WINES

White Wines

	150ml	750ml
Frescobaldi Remole Toscana	47	211
La Plage, Rasova, Murfatlar	41	195
Avincis Crâmpoșie Selecționată	48	232
Tămâioasă Românească, La Cetate, Crama Oprișor		207
Sauvignon Blanc, Sole, Recaș	48	228
Mysterium - Traminer, Sauvignon Blanc, Jidvei		253
Solo Quinta, Recaș		270
Sauvignon Blanc, Primordial, Domeniul Bogdan, Murfatlar BIO	59	261
Anima Chardonnay, Aurelia Vișinescu		370
Caii de la Letea, Sauvignon Blanc VOL II		244
Ana Sauvignon Blanc, Jidvei	70	329
Cantine di Marzo Greco di Tufo DOCG		445
Rusalcă Albă, white blend, Crama Oprișor	61	261

Rose Wines

	150ml	750ml
Muse Night, Recaș		266
Remole Rose Frescobaldi, Toscana, Italia	54	239
La Plage, Rose, Rasova, Murfatlar	42	195
Bulgarini - Chiaretto Riviera del Garda Classico Rose, DOC		334
Rose, Primordial, Domeniile Bogdan, Murfatlar BIO		239
Caii de la Letea, VOL. II		243
Mysterium Rose, Jidvei	54	237
Jiana Rose, Oprișor	48	208

Wines and prosecco may contain SULPHITES.

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WINES

Red Wines

	150ml	750ml
Remole, Frescobaldi, Toscana, Italia	54	239
La Plage, Murfatlar	42	195
Fetească Neagră, Artisan, Aurelia Vișinescu	52	239
Drăgaică Roșie Dry Red Blend, Oprișor	70	296
Merlot, Prince Mircea		250
Cuvée Überland, Recaș		402
San Marzano Talo Primitivo di Manduria DOP		375
Caii de la Letea, VOL II – Fetească Neagră		244
Fetească Neagră, Primordial, Domeniile Bogdan, Murfatlar BIO	81	364
Tenuta Luce - Lucente 2019, Luce Della Vita, IGT		699

Sparkling & Champagne

	150ml	750ml
Serena Prosecco White, Brut DOC, Italia	46	233
Serena Prosecco Rose, Brut, Millesimato, DOC	52	253
Moët Et Chandon Brut		763
Moët Et Chandon Rose		816
Piper-Heidsieck Champagne Cuvée Brut		763

Wines and prosecco may contain SULPHITES.

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Coffee & Tea

Lei

ESPRESSO 30ml 15

Coffee - 8 gr, Water - 30 ml

Nutritional information per serving (30 ml) – Energy (kJ/kcal):
0.7 / 0.2, Fats (g): 0 from which: Saturated fats (g) 0, Carbohydrates (g): 0 from which: Sugars (g): 0, Proteins (g): 0, Salt (g): 0

RISTRETTO ..... 25 ml 15

Coffee - 8 gr, Water - 25 ml

Nutritional information per serving (25 ml) – Energy (kJ/kcal):
0.7 / 0.2, Fats (g): 0 from which: Saturated fats (g) 0, Carbohydrates (g): 0 from which: Sugars (g): 0, Proteins (g): 0, Salt (g): 0

DOUBLE ESPRESSO 60ml 21

Coffee - 16 gr, Water - 60 ml

Nutritional information per serving (60 ml) – Energy (kJ/kcal):
1.5 / 0.4, Fats (g): 0 from which: Saturated fats (g) 0, Carbohydrates (g): 0 from which: Sugars (g): 0, Proteins (g): 0, Salt (g): 0

AMERICANO – coffee with water 120ml 17

Water - 120ml, Coffee - 8g

Nutritional information per serving (120 ml) – Energy (kJ/kcal):
0.7 / 0.2, Fats (g): 0 from which: Saturated fats (g) 0, Carbohydrates (g): 0 from which: Sugars (g): 0, Proteins (g): 0, Salt (g): 0

CAPPUCCINO – coffee with milk foam 160ml 18

MILK - 120 ml, Water - 30 ml, Coffee - 8g

Nutritional information per serving (160 ml) – Energy (kJ/kcal):
237.4 / 56.8, Fats (g): 3.2 from which: Saturated fats (g) 2.1, arbohydrates (g): 4.2 from which: Sugars (g): 4.2, Proteins (g): 2.9, Salt (g): 0.1.
Allergens: MILK

CAFFÉ LATTE – coffee with milk 200ml 18

MILK - 160 ml, Water - 30 ml, Coffe - 8g

Nutritional information per serving (200 ml) – Energy (kJ/kcal):
395.2 / 94.5, Fats (g): 5.3 from which: Saturated fats (g) 3.5, arbohydrates (g): 7 from which: Sugars (g): 7, Proteins (g): 4.8, Salt (g): 0.2
Allergens: MILK

FLAVORED CAFFÉ LATTE

vanilla, caramel, almonds

Coffee with milk and syrup 200ml **28**

Milk - 160 ml, Water - 30 ml, Coffee - 8g, Syrup - 21 ml

Nutritional information per serving (200 ml) – Energy (kJ/kcal):
395.2 / 94.5, Fats (g): 5.3 from which: Saturated fats (g) 3.5, Carbohydrates (g): 7 from which: Sugars (g): 7, Proteins (g): 4.8, Salt (g): 0.2. **Allergens: MILK**, **ALMONDS**

BIO – Teas Various Assortments 200ml 15

Alcoholic coffee

Irish Coffee 200ml 43

Brown Sugar, Espresso, Cream, Cocoa, Jameson Irish Whiskey

UHT dairy product: cow's **MILK** cream, 28% glucose syrup, gas propellant: nitrous oxide, emulsifiers: mono- and diglycerides of fatty acids, stabilizers: carrageenan, flavor: vanillin. **Allergens: MILK**

Amaretto Coffee 200ml 42

Amaretto Caffo Liqueur, Brown Sugar, Espresso, Cream, Cocoa

UHT dairy product: cow's **MILK** cream, 28% glucose syrup, gas propellant: nitrous oxide, emulsifiers: mono- and diglycerides of fatty acids, stabilizers: carrageenan, flavor: vanillin. **Allergens: MILK**

Espresso Martini 150ml 41

Espresso, Absolut Blue vodka, Carolans Irish Cream

Carolans Irish Cream: water, liquid cream, sugar, alcohol, maltodextrin, **MILK** proteins, flavors, caramel coloring E150a, annatto coloring E150b, emulsifier E481, honey, emulsifier: E471, acidity regulator: E331.
Allergens: MILK

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THERME
BUCUREȘTI