

BANGKOK \$1 MENU

A close-up photograph of a pink plate of Thai food. The plate contains a serving of white rice, a sunny-side-up fried egg, and a stir-fry of green beans, shrimp, and vegetables. A metal spoon is placed on the right side of the plate. The background is a green table.

50 Lip-Licking Thai Dishes for a Buck!

An EatingThaiFood.com Guide

Introduction

Thai food delivers the ultimate in culinary luxury: Delicious food at affordable prices.

Shove aside those mushy Jr. cheeseburgers oozing with noxious juices and make way for flash cooked plates of sizzling stir fried chicken with basil, piping hot curry noodles and crispy green papaya salads that are prepared fresh before your eyes!

The endless presence of lip-licking \$1 meals will have you massaging your stomach and desiring more.

Enjoy!

About the Bangkok \$1 Menu

This is what is included for each of the 50 \$1 dishes.

Price: An average street price (prices may vary depending on neighborhood and location).

Ingredients: What's in the dish

Tip: Suggestions on where to find it. Keep in mind that many of the cheapest dishes are available from mobile street carts that move around Bangkok at their own will.

All text in **RED** are links - be sure to click them for more information!



Mark Wiens

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migrationology@gmail.com

Bangkok's sizzling street food culture is intoxicating!

When I first came to Thailand in 2009, sticky rice and green curry was the extent of my Thai food knowledge.

I immediately started learning about Thai food as fast as my growing stomach would allow, often justifying the excessive feasts for the sake of learning more about the cuisine.

My Thai food attraction paired with my obsessive food photography eventually led to the launch of the [Eating Thai Food Guide](#) - a compilation of useful tips, meal plans and a mega Thai dish encyclopedia.

I love Thai food so much, I get excited about the next meal, before finishing the one I'm on!

Thanks for downloading this guide and have a great time eating!

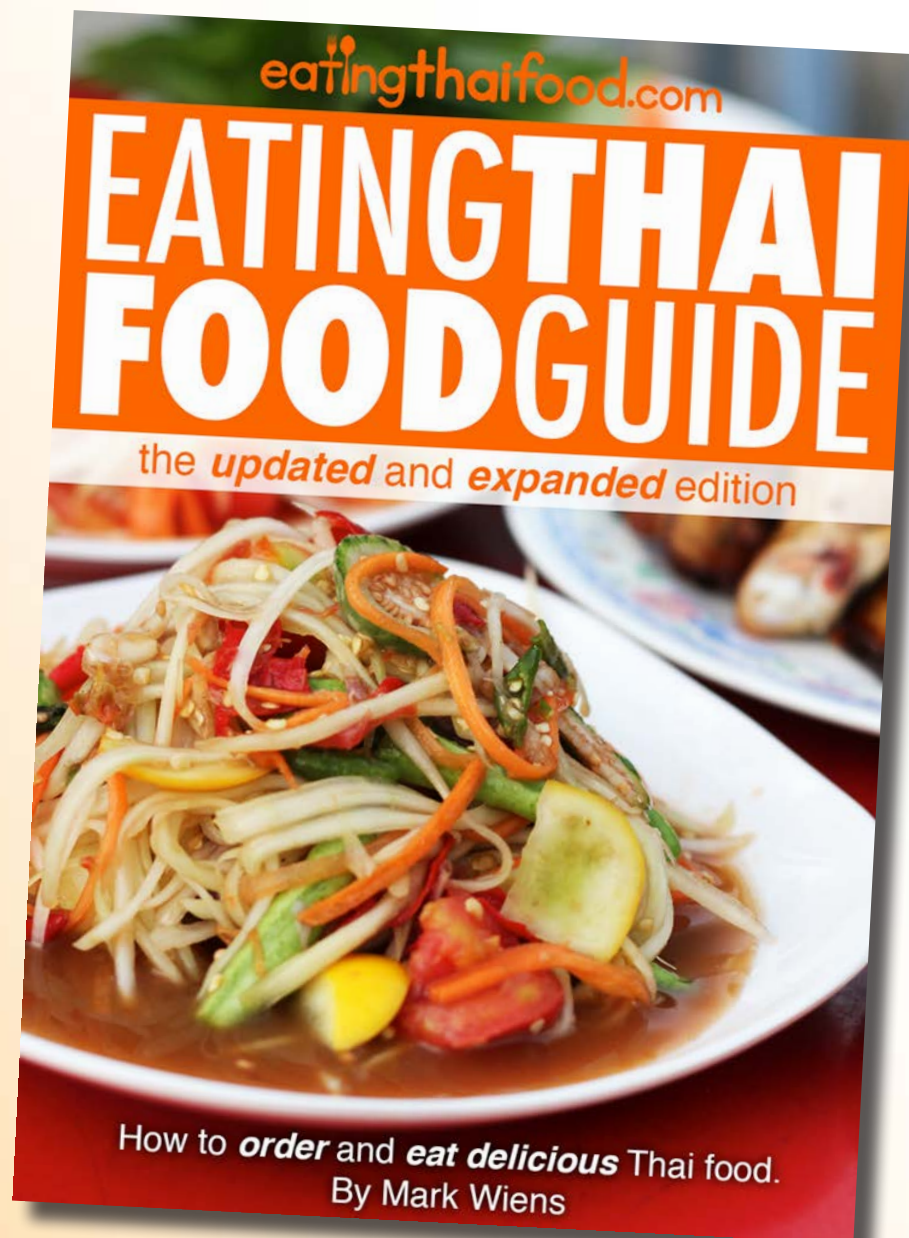
Are you interested in taking your Thai dining experience to the next level?

The Eating Thai Food Guide (Updated and Expanded) is the research and photos of years of eating Thai food bundled into 148 pages of food information.

You'll learn exactly how to order the best Thai food in Thailand!

The guide is on sale now for just \$17, so **grab your own copy right here!**

“A definite must for the adventurous Thai food eater”
– Travelfish.com



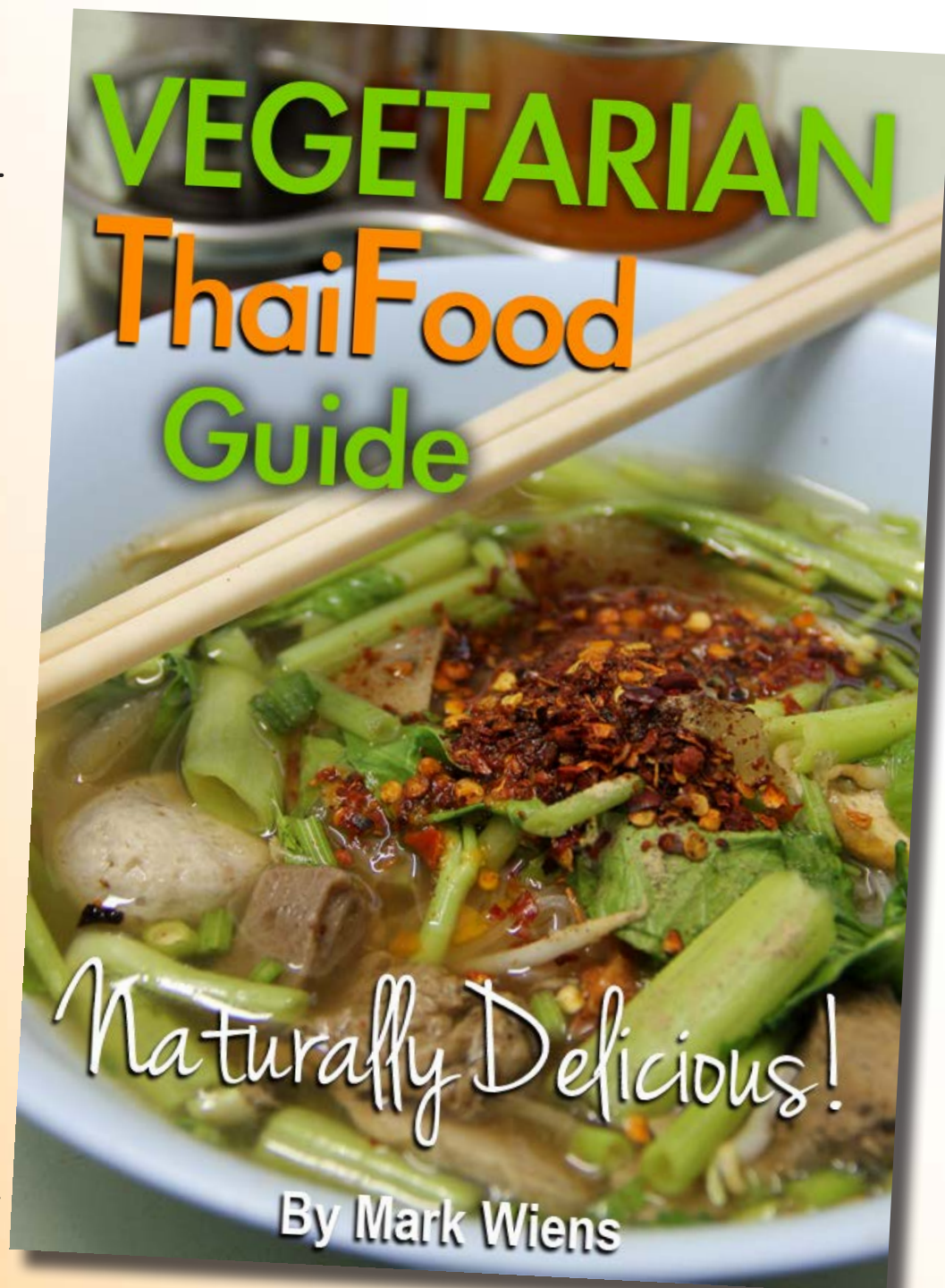
Are you Vegetarian?

The ultimate guide for vegetarians is available now for just \$7.

Now you can take advantage of the most delicious vegetarian Thai food!

Click here now to read more about the Vegetarian Thai Food Guide!

“Clean, concise, and complete. The Vegetarian Thai Food Guide lacks nothing when it comes to vegetarian Thai dining.” - **Joel Bruner** (Vegetarian Expat in Thailand)



Here's one thing you need to know before we get started:

When it comes to stir fried Thai food there are 2 main ways to order: **râat kâao** (dish served over a plate of rice) and **gâp kâao** (dish and rice served on separate plates).



râat kâao



gâp kâao

Now almost all dishes served **râat kâao** will cost in the 30 - 40 THB (\$1 - \$1.30) range, while ordering **gâp kâao** will run you more in the 50 THB (\$1.70) range. Ordering your Thai food **râat kâao** will present you with a never ending Bangkok \$1 Menu!



25 THB (\$0.85)

Kuay Teow Gai

Chicken Noodle Soup

(gǔay dtǐəow gài)

กวยเตี๋ยวไก่

Ingredients: Noodles, chicken, cilantro, bean sprouts, garnishing vegetables

Tip: Find it at street carts where boiled chickens are hanging in the glass cabinet along with a selection of rice noodles below.



10 THB (3 for \$1)

Kuay Teow Reua

Boat Noodle Soup

(gǔay dtĕow reua)

กวยเตี๋ยวเรือ

Ingredients: Noodles, blood soup, morning glory, pork / beef, pork balls

Tip: I like to eat boat noodles at the bustling Sud Yod Kuay Teow Reua restaurant at Victory Monument.

3



30 THB (\$1)

Sen Lek Tom Yum

Noodles w/ Spicy Soup

(sên lék dtôm yam)

เส้นเล็กต้มยำ

Ingredients: noodles, red pork, spicy soup, peanuts, herb garnish

Tip: Sen Lek Tom Yum is available in every nook and cranny of Bangkok. Head to [Victory Monument](#) for lots of choices.

4

30 THB (\$1)

Kuay Teow Kua Gai

Wide Rice Noodles w/ Chicken and Eggs

(gǔay dtĕow kûa gàì)

กวยเตี๋ยวคั่วไก่

Ingredients: wide rice noodles, chicken, eggs, spring onions, parsley, black pepper, oil, oyster sauce, soy sauce, fish sauce

Tip: Find it at many street carts throughout Bangkok. Check out the famous Kuay Teow Kua Gai on the side of the street in Yaowarat.



35 THB (\$1.17)

Sen Yai Rad Na

Wide Rice Noodles w/ Gravy
(sên yài rât-nâa)
เส้นใหญ่ราดหนา

Ingredients: wide rice noodles, pork, Chinese kale, fermented soybean sauce, flour, gravy, soy sauce, fish sauce, sugar

Tip: Find it at most general Thai restaurants, but also try [Ma Yodpak Radna](#) (though a bit more expensive - 50 THB).

6



30 THB (\$1)

Gai Pad Kee Mao Sen Yai

Drunken Fried Noodles

(gài pàt kĕe mao sĕn yài)

ไก่ผัดซีเม่าเส้นใหญ่

Ingredients: rice noodles, assortment of veggies, chicken, basil

Tip: Find it at many general Thai restaurants or neighborhood eateries that serve stir fried dishes.

7



30 THB (\$1)

Pad See Ew

Fried Wide Rice Noodles

(pàt-see-íw)

ผัดซีอิ้ว

Ingredients: wide rice noodles, kale, soy sauce, egg, salt, sugar

Tip: Find it at many general Thai restaurants throughout Bangkok.

8



30 THB (\$1)

Kuay Jab Nam Kon

Noodle Rolls in Soup

(gŭay-jáp nam kôn)

กวยจั๊บน้ำขน

Ingredients: rice noodle rolls, boiled eggs, pork and parts

Tip: There are a few famous stalls serving kuay jab in Yaowarat (Chinatown) and another place called Kuay Jab Jaedaeng near Victory Monument.

9



30 THB (\$1)

Ba Mee Moo Daeng

Egg Noodles w/ Red Pork
(bà-mèe mǎo daeng)

บะหมี่หมูแดง

Ingredients: egg noodles, red pork, crispy pork, peanuts, sugar, cilantro, optional soup broth

Tip: Order this from Bangkok's fastest street food stall located near Victory Monument.

10



30 THB (\$1)

Yen Ta Fo

Pink Noodle Soup

(yen dtaa fo)

เย็นตาโฟ

Ingredients: wide rice noodles, fermented tofu, squid, fried fish balls, morning glory

Tip: It's a bit of a sweet bowl of noodles, but Yen Ta Fo is quite popular with local Thais.

11



25 THB (\$0.84)

Kanom Jeen Nam Ya Kati

Coconut Curry w/ Rice Noodles

(kà-nǒm jeen náam yaa gà-tí)

ขนมจีนน้ำยากะทิ

Ingredients: soft rice noodles, coconut cream, fish balls, mixed vegetables

Tip: Makeshift street carts all over Bangkok serve plates of Kanom Jeen with curry and communal plates of herbs and vegetable toppings. Often located in crowded markets for a quick meal / snack.

12



30 THB (\$1)

Pad Thai

Thai Fried Noodles

(pàt tai)

ผัดไทย

Ingredients: rice noodles, tofu, dried shrimp, peanuts, eggs, chili flakes, sugar, fish sauce, garnish vegetables, oil

Tip: Pad Thai fried noodles can be found all over Bangkok on the side of the street and also in sit down restaurants.

13



35 THB (\$1.17)

Yam Woon Sen

Mungbean Noodle Salad

(yam wún-sên)

ยำวุ้นเส้น

Ingredients: mungbean noodles, shrimp, squid, tomatoes, onions, lime juice, chili peppers, fish sauce

Tip: Most general Thai restaurants will offer a version of Yam Woon Sen. Try it at [Lan Loong Lui](#) near Thammasat University.

14



35 THB (\$1.17)

Kuay Teow Lui Suan

Fresh Spring Rolls

(gǔay dtĕow lui sǔan)

กวยเตี๋ยวลุยสวน

Ingredients: rice noodle sheets, ground pork, carrots, lettuce, peanuts, basil, herbs, eaten with garlic lime chili sauce

Tip: Usually made for take-away on the side of the street or available in markets. The area of Tha Phra Chan has a few good stalls.

15



30 THB (\$1)

Pad Pak Bung Fai Daeng

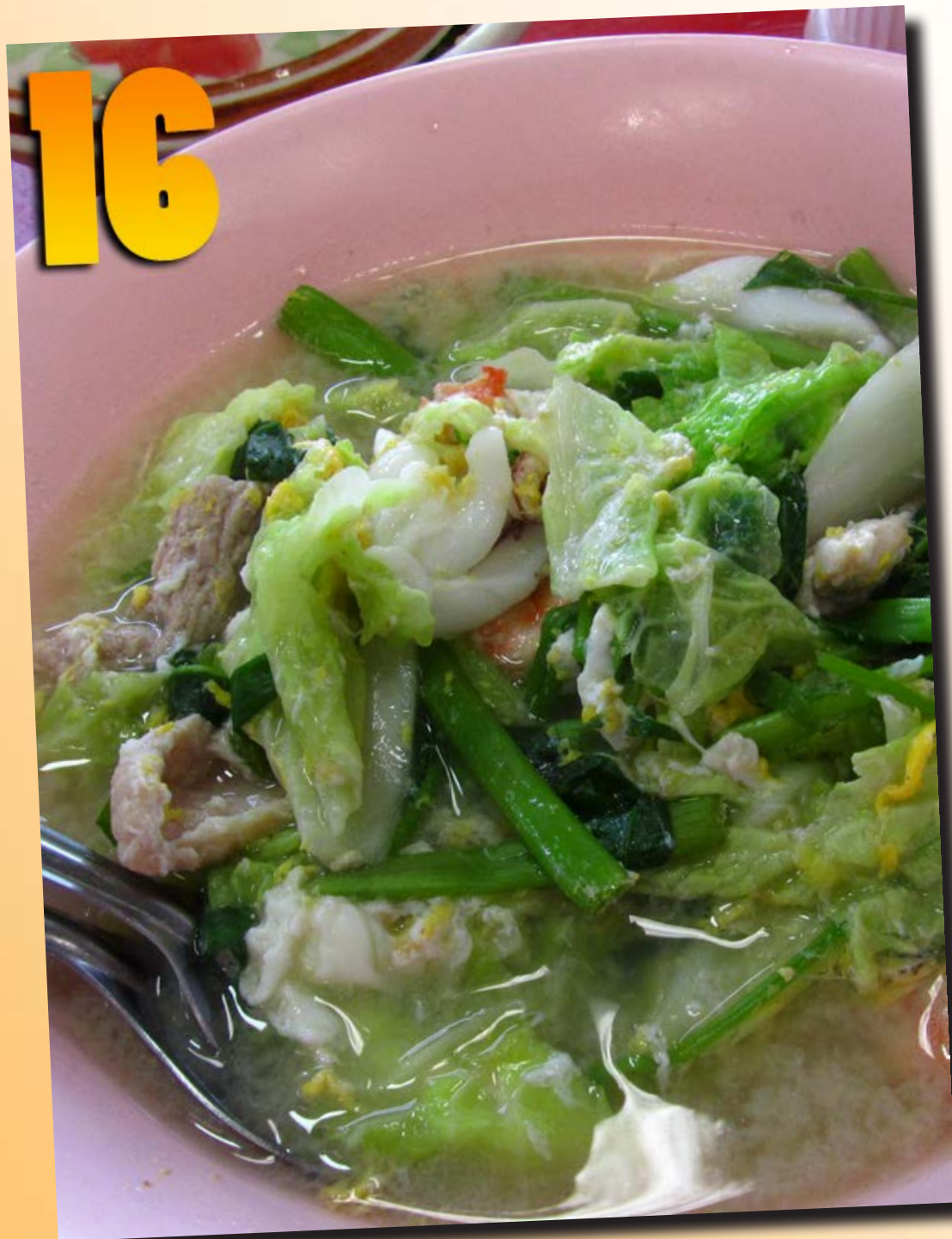
Stir Fried Morning Glory
(pàt pàk-bûng fai daeng)

ผัดผักบุ้งไฟแดง

Ingredients: morning glory vegetable, garlic, chili, oyster sauce, bean paste, oil

Tip: It's one of the most standard vegetables served at all general Thai restaurants. Check out [Lan Loong Lui](#) near Thammasat University.

16



30 THB (\$1)

Suki

Mixed Vegetables Suki

(sù-gêe)

สุกี้

Ingredients: mixed vegetables, mung bean noodles, garlic, sugar, lime juice, Chinese tofu

Tip: At most general Thai restaurants you'll be able to order Suki in its dry form (suki haeng) or with soup (suki nam). Don't forget extra sauce!

17



35 THB (\$1.17)

Pad Pak Gachet

Stir Fried Water Mimosa
(pàt pàk gà-chàyt)

ผัดผักกะฉาด

Ingredients: water mimosa, garlic, chili peppers, oyster sauce, soy sauce, sugar, oil

Tip: Pad Pak Gachet is available at most general Thai food restaurants on the street. At [Kuang Seafoods](#) it's more expensive, but worth it!

18



30 THB (\$1)

Khao Moo Daeng

Rice w/ Red Pork
(kâao mǎo daeng)

ข้าวหมูแดง

Ingredients: red roasted pork, crispy pork, sausage, rice, boiled egg, vegetable garnishes, red sauce

Tip: This pork lovers delight is available all over. It's a bit far, but my favorite is from [this little spot in southern Bangkok](#).

19



30 THB (\$1)

Khao Man Gai

Boiled Chicken w/ Rice

(kâao man gàì)

ขาวมันไก่

Ingredients: rice, chicken, chili sauce, cucumber

Tip: This dish is available in abundance throughout Bangkok. Be on the look out for hanging boiled (white) chickens in a the front glass cabinet in the restaurant.

20



40 THB (\$)

Khao Tom Talay

Rice Soup w/ Seafood

(kâao dtôm tá-lay)

ข้าวต้มทะเล

Ingredients: rice porridge,
mixed seafood

Tip: Khao Tom is a rice soupy porridge dish and I especially like it when it's topped with seafood!

21



30 THB (\$1)

Khao Pad Goong

Shrimp Fried Rice

(khao pad goong)

ข้าวผัดกุ้ง

Ingredients: Rice, shrimp, small vegetables, cucumber, garnish

Tip: All general Thai restaurants will serve Khao Pad. Fried rice in Thailand is often drizzled with chilies and fish sauce. Try the neighborhood [Poisien Restaurant](#) (aka Pumpkin Lady).

22



35 THB (\$1.17)

Pad Ga Pao Gai Kai Dao

Chicken Stir Fried with Basil
and Chilis + Fried Egg
(pàt gà pao gàì + kái dao)
ผัดกระเพราไก่ + ไข่ดาว

Ingredients: chicken / pork,
Thai basil, chili peppers,
green beans, oyster sauce,
soy sauce, fish sauce, sugar,
garlic, oil, optional fried egg

Tip: Eat Pad Ga Pao at any
general Thai restaurant
throughout Bangkok. Avail-
able everywhere!

23



30 THB (\$1)

Khao Na Bpet

Duck w/ Rice

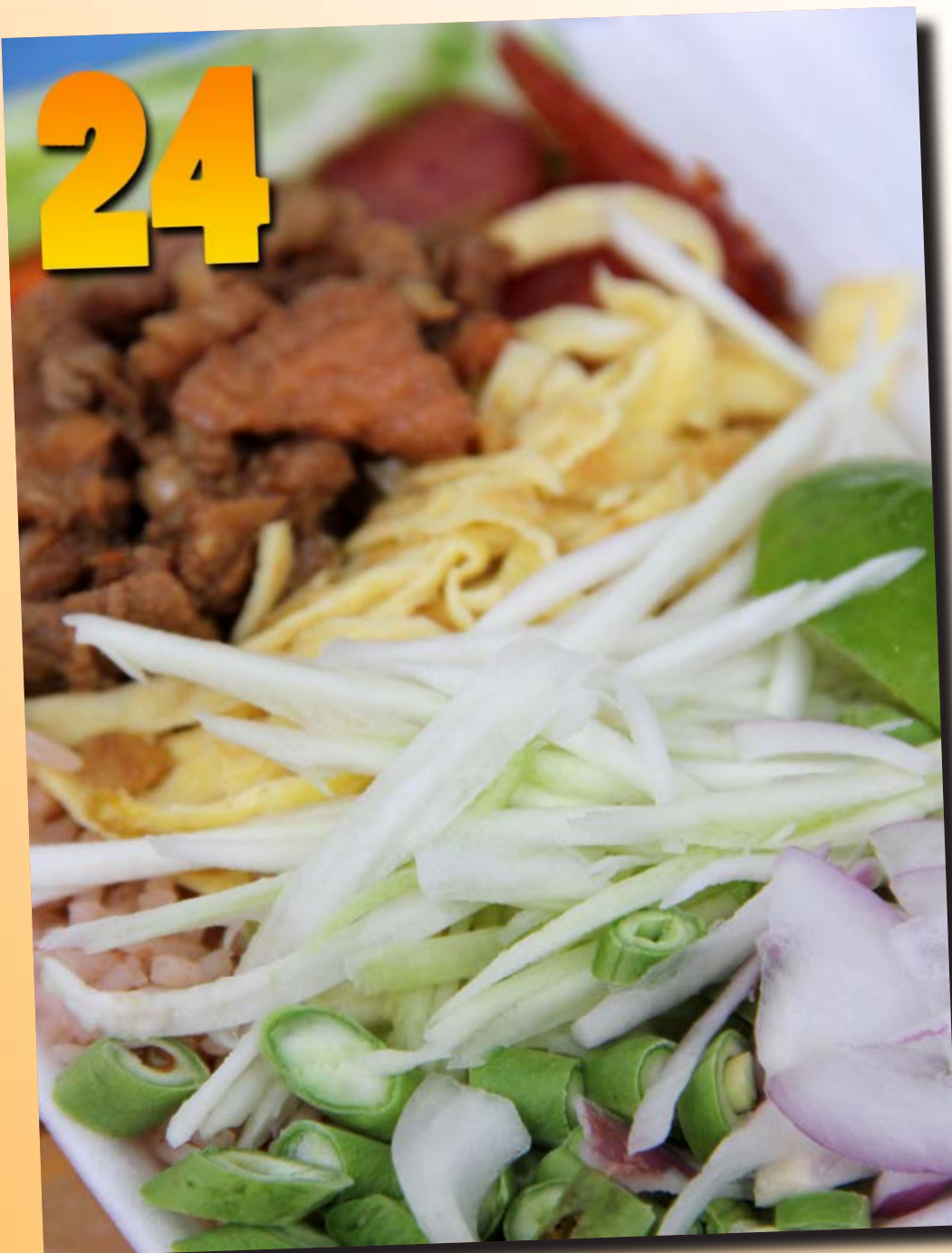
(kâao nâa bpèt)

ข้าวหนาเป็ด

Ingredients: duck, rice, soup, sweet soy sauce, small vegetables, pickled ginger

Tip: The indicator is the roasted ducks hanging in the glass cabinet. Try Rawanstar Restaurant at the Ratchawat Market.

24



30 THB (\$1)

Khao Kluk Kapi

Fragrant Shrimp Rice w/
Mixed Toppings
(kâao klúk gàbpì)
ข้าวคลุกกะปิ

Ingredients: rice, shrimp paste, sugar, green mango, egg, string beans, onions, chili peppers, lime, sweet pork

Tip: This dish is often served in markets to-go. You can find it at the [Silom Soi 20](#) market in the early morning.

25



40 THB (\$1.34)

Khao Mok Gai

Rice and Chicken Biryani

(kâao mòk gàì)

ข้าวหมกไก่

Ingredients: rice, chicken, oil, turmeric, cardamom, variety of spices, cucumber pickle

Tip: Try the hidden [Areesaa Lote Dee](#) restaurant located near Khao San Road for excellent chicken and beef biryani.

26



30 THB (\$1)

Khao Ka Moo

Slow Boiled Pork Leg w/ Rice
(kâao kăa mǎo))

ข้าวขาหมู

Ingredients: pork, rice, vegetable garnish, soup

Tip: To find it, look for the giant pots of boiling brown colored pork legs on the streets throughout Bangkok. It's not the healthiest dish, but the tender pork leg over rice sure is tasty!

27



30 THB (\$1)

Pad Pak Ruam

Mixed Vegetables and Rice
(pàt pàk ruam)

ผัดผักรวม

Ingredients: mixed vegetables, rice, chillies

Tip: You can order this dish at all general Thai restaurants and they will be glad to serve it directly over a plate of rice for just a single buck.

28



30 THB (\$1)

Gai Pad Prik Gaeng

Chicken w/ Chili Paste

(gàì pàt prík gaeng)

ไก่ผัดพริกแกง

Ingredients: chicken, red chili paste, green beans, chili peppers, kaffir lime leaves, garlic, soy sauce, oil, sugar

Tip: Order this great tasting Thai dish at any stir fry general Thai restaurant throughout Bangkok.

This is probably one of my favorite quick meals!

29



30 THB (\$1)

Gai Pad Pongali

Yellow Chicken Egg Curry

(gài pàt pǒng gà rɛ̀)

ไก่ผัดผงกะหรี่

Ingredients: chicken, yellow curry, onions, chillies, egg

Tip: A mild yet flavorful curry that is excellent over rice. Get it at all general Thai stir fry restaurants.

30



30 THB (\$1)

Khao Kai Jeow Moo Saap

Omelet w/ Pork over Rice

(kâao kài jieow mǎo sàp)

ข้าวไข่เจียวหมูสับ

Ingredients: eggs, minced pork, rice, soy sauce

Tip: It's Thai comfort food at its finest and should be available at just about every restaurant in Thailand.

31



30 THB (\$1)

Pad Kana Pla Kem

Chinese Kale w/ Salt Fish
(pàt ká náa bplaa kem)

ผัดคะน้าปลาเค็ม

Ingredients: Chinese kale, salted fish, soy sauce, oyster sauce

Tip: The salted fish really flavors the leafy kale well. This dish is available at many general Thai street food stalls throughout Bangkok.

32



40 THB (\$1.30)

Hoy Tod

Oyster Omelet
(hỏi tột)

หอยทอด

Ingredients: oysters / mussels, flour, oil, bean sprouts

Tip: It is only available at designated street stalls and sometimes at Pad Thai stalls as well.

33



30 THB (\$1)

Pad Kanaeng Goong

Brussels Sprouts w/ Shrimp
(pàt kà-nǎeng gûng)

ผัดขैनงกุ้ง

Ingredients: brussels sprouts, shrimp, soy sauce, fish sauce, oyster sauce

Tip: Ask for this dish at general Thai street restaurants, they may or may not have it, all depends if they have brussels sprouts.

34



35 THB (\$1.17)

Mungsawirat

Mixed Vegetarian Plate

Ingredients: Plate of rice topped with 2 side vegetarian dishes.

Tip: Yes, it's vegetarian, but it's extremely delicious food! Head to Ari BTS station and eat it at [Baan Suan Pi](#).

Are you vegetarian? The [Vegetarian Thai Food Guide](#) is now available!



35 THB (\$1.17)

Khao Yam

Spicy Rice Salad

(kâao yam)

ข้าวยำ

Ingredients: rice, dried shrimp, coconut, chili peppers, lemongrass, kaffir lime leaves, mango, green beans, lime, bean sprouts, spicy sauce

Tip: A beautiful version of this southern Thai speciality is available at [Lan Puk Tai Dao](#) near Siriraj Hospital.



30 THB (\$1)

Nam Prik Makam

Tamarind Chili Sauce w/ Vegetables

น้ำพริกมะขาม

Ingredients: Tamarind, garlic, chilies, mix of spices, raw vegetables

Tip: My favorite place to eat Nam Prik Makam is at [Lan Luam Dtai](#) southern Thai restaurant near Siriraj Hospital.

37



30 THB (\$1)

Moo Satay

Pork Satay
(mǎo sà-dté)
หมูสะเต๊ะ

Ingredients: pork, peanut sauce, cucumber pickles

Tip: There are specific moo satay stalls set up all over Bangkok.

38



50 THB (\$1.58)

Gai Yang

Grilled Chicken

(gài yâang)

ไกย่าง

Ingredients: grilled chicken

Tip: This is one of the more expensive items on the Bangkok \$1 Menu, but a giant piece of chicken for just **50 THB**? That's still a pretty good deal!

39



10 THB (3 for \$1)

Moo Ping

Grilled Pork Stick

(mǎo bpîng)

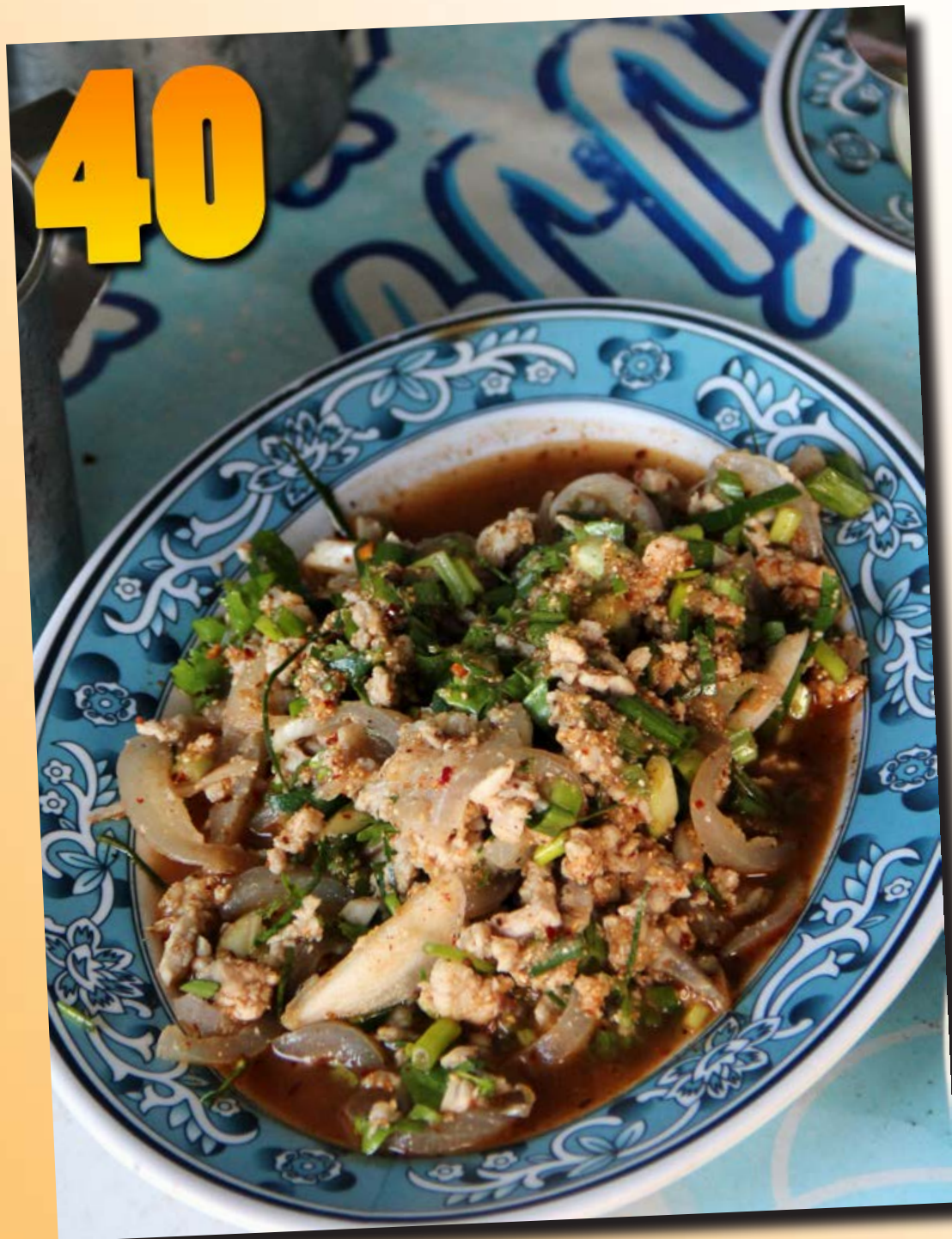
หมูปิ้ง

Ingredients: grilled pork

Tip: Moo Ping is one of the most common on-the-go snacks in Bangkok. A few sticks of pork and a bag of sticky rice makes a tasty snack! Siam area is full of freshly grilled skewers.

Prices really range depending on size of meat on stick.

40



30 THB (\$1)

Larb Moo

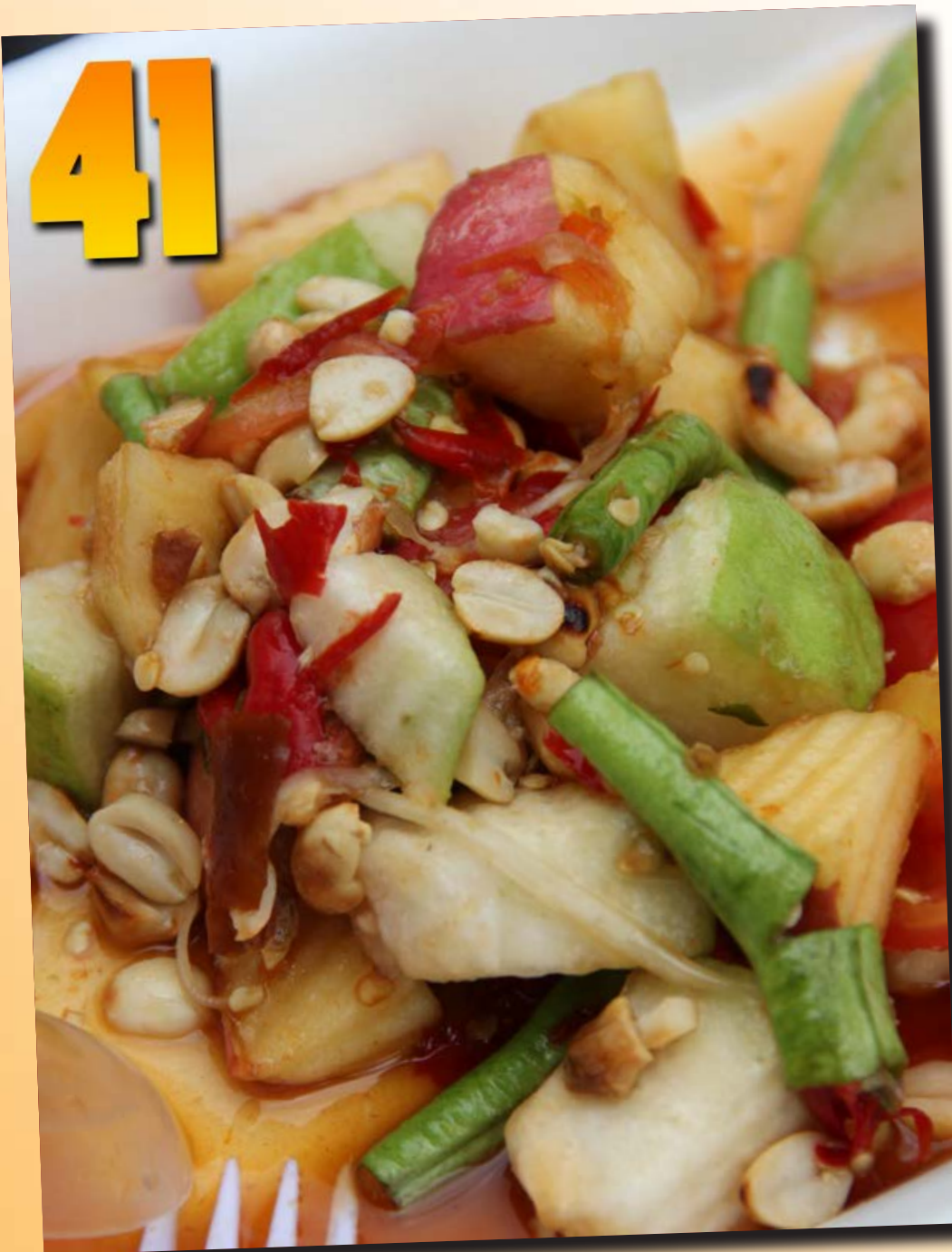
Minced Pork Salad
(laap mǎo)

ลาบหมู

Ingredients: minced pork, onions, chili flakes, mint, toasted rice flakes, lime juice, fish sauce, sugar

Tip: Larb Moo is a popular Thai dish available at all Isaan food restaurants throughout Bangkok. It's often eaten with sticky rice and accompanied by Som Tam (green papaya salad).

41



20 THB (\$0.67)

Som Tam Ponlamai

Thai Fruit Salad

(sôm dtam pŏn-lá-máai)

ส้มตำผลไม้

Ingredients: Mixed fruit, string beans, chilies, fish sauce, lime juice, peanuts

Tip: The best Som Tam Ponlamai I've ever had was at the [Chamlong's Asoke vegetarian food court](#) near the Chatuchak weekend market. Make sure you order it spicy!

42



30 THB (\$1)

Som Tam Thai

Thai Green Papaya Salad

(sôm dtam tai)

ส้มตำไทย

Ingredients: green papaya, tomato, dried shrimp, lime juice, peanuts, cane sugar, tamarind juice, fish sauce, garlic, chili peppers

Tip: Som tam is one of the most abundant dishes in all of Thailand. Try the fiery Som Tam at [Som Tam Boo Maa](#), or at the thousands of mobile street carts throughout Thailand.

43



30 THB (\$1)

Yam Mamuang

Green Mango Salad
(yam má-mûang)

ยำมะม่วง

Ingredients: green mango, chillies, dried shrimp, lime juice, fish sauce, sugar

Tip: Should be available at most Isaan style Thai restaurants throughout Bangkok. It offers a nice twist to the common som tam recipe (made with green papaya). You can easily order it at [Lan Isaan Lom Yen](#).

44



30 THB (\$1)

Tam Sua

Som Tam w/ Rice Noodles
(dtam sua)

ตำซั่ว

Ingredients: green papaya,
chillies, soft rice noodles, pea-
nuts

Tip: Available at many normal
Isaan som tam restaurants,
just ask for “tam sua” instead
of som tam!

45



30 THB (\$1)

Nam Kang Sai

Mixed Ice w/ Toppings
(nam kǎeng sǎi)

น้ำแข็งใส

Ingredients: ice, syrup, various toppings

Tip: You can get this refreshing dessert all over Bangkok, but they make a delicious one over at [Param 9 Kai Yang](#).

46



30 THB (\$1)

Nam Ponlamai Ban

Mixed Fruit Shake

(nam pŏn-lá-máai bpàn)

น้ำผลไม้ปั่น

Ingredients: mixed fruit shake

Tip: Head over to the entrance of Nang Loeng market to get a dose of Bangkok's best mixed fruit shake!

47



10 THB (3 for \$1)

Itim Kanom Pang

Ice Cream Sandwich
(ai-dtim kà-nǒm bpang)
ไอติมขนมปัง

Ingredients: Coconut ice cream, sticky rice, peanuts, sweet bread

Tip: Small pushcarts throughout Bangkok serve street ice cream straight outta-the-bun!

48



30 THB (\$1)

Bua Loy Nam King

Mochi Rice and Sesame Balls in
Ginger Water

(bua-loi náam kǐng)

บัวลอยน้ำขิง

Ingredients: Mochi rice flour,
ginger water, sugar, black sesa-
me seeds

Tip: There is a great stall sell-
ing [Bua Loy on Yaowarat](#) (Chi-
natown) Road, opposite from
White Orchid Hotel.

49

10 THB (3 for \$1)

Khao Neow Dam Sang Kaya

Black Sticky Rice w/ Custard
(kaao neow dam sǎng-kà-yǎa)

ข้าวเหนียวดำสังขยา

Ingredients: black sticky rice, egg custard, coconut cream sauce

Tip: Get it for a sweet little breakfast treat from a famous stall on Silom Soi 20 in the morning.

50

20 THB (\$0.63)

Gluay Tap

Roasted Bananas in Syrup
(gluay táp)
กล้วยทับ

Ingredients: bananas, sweet sugary syrup

Tip: Get an entire bag of roasted bananas covered in caramel like sugar sauce for just 20 THB!

Thank you for downloading and reading your copy of the **Bangkok \$1 Menu!**

I hope this helps you discover a few tasty Thai dishes in Bangkok for a great price!

Also, if you want to take your Thai dining experience to the next level be sure to check out the [Eating Thai Food Guide](#), or if you are vegetarian take a look at the [Vegetarian Thai Food Guide](#)!

Thanks again and have a fun time eating!

- Mark Wiens



That's me, grilling "moo satay" at the market!

Here are a few Thai food useful links:

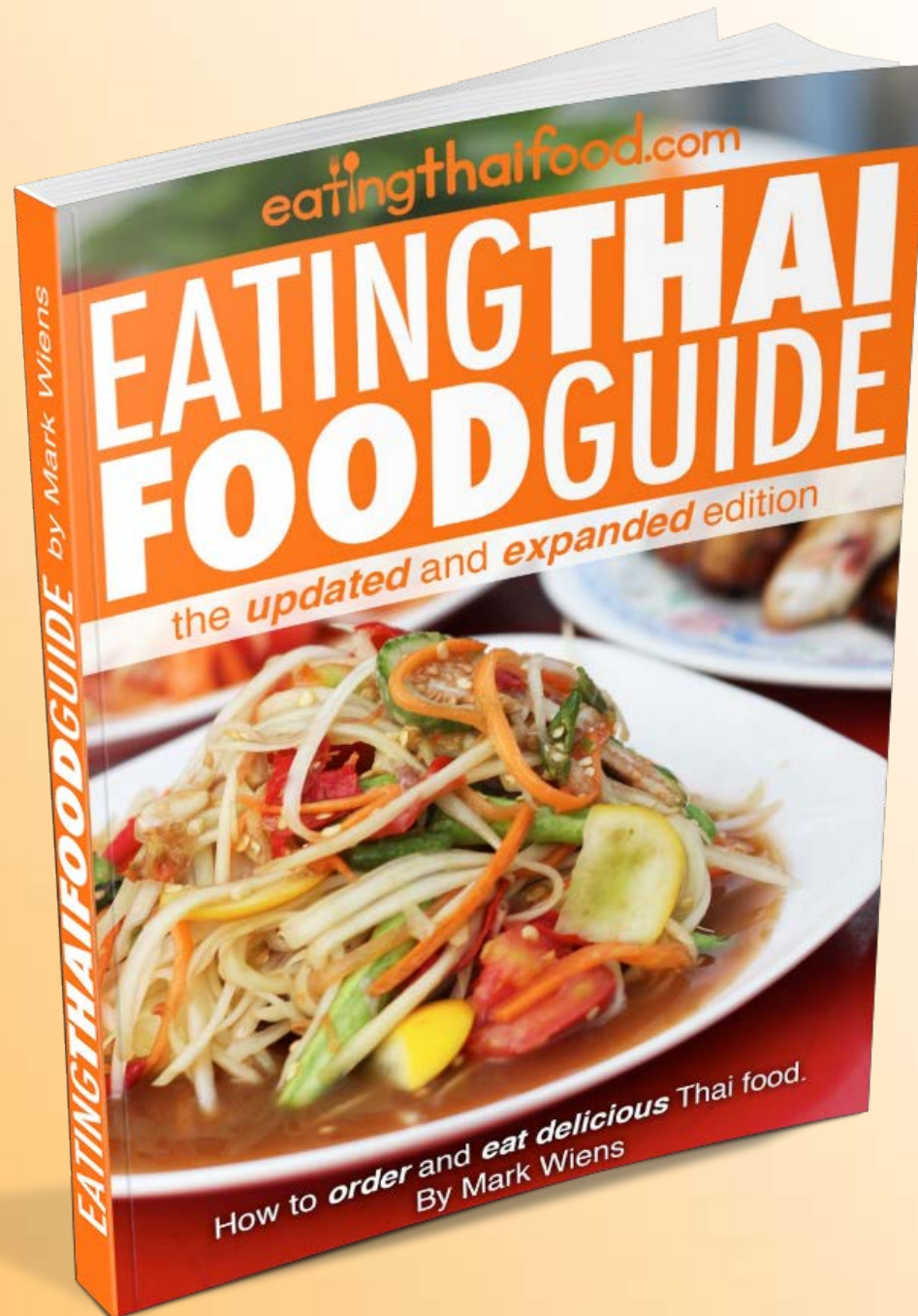
- [16 Bangkok Street Food Sanctuaries](#)
- [100 Thai Dishes to Eat in Bangkok](#)
- [Thai Desserts: The Ultimate Thai Sweets Guide](#)
- [Vegetarian Thai Food](#)
- [The ultimate Eating Thai Food Guide](#)
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Eating Thai Food

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– **CNN.com**

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