Soi Map

Point & Order

The Bangkok food cheat sheet. Show the Thai to the cook — then smile.

Spice — mild · 🌶 gentle · 🌶🌶 hot · 🌶🌶🌶 very hot
฿ typical street price

Noodles

Pad Thai ⭐ Stir-fried rice noodles with tamarind, egg and peanuts	ผัดไทย	—	฿60–120
Pad See Ew ⭐ Wide noodles stir-fried with soy sauce and Chinese broccoli	ผัดซีอิ๊ว	—	฿60–100
Rad Na Wide noodles in thick, glossy gravy	ราดหน้า	—	฿60–100
Boat noodles Small bowls of rich, spiced beef or pork noodle soup	ก๋วยเตี๋ยวเรือ	🌶🌶	฿15–25
Khao Soi Northern coconut-curry noodle soup with crispy noodles on top	ข้าวซอย	🌶	฿70–130
Ba Mee Moo Daeng ⭐ Egg noodles with red roast pork	บะหมี่หมูแดง	—	฿50–80
Kuay Jab Rolled rice noodles in peppery pork broth	ก๋วยจั๊บ	🌶	฿50–90
Yen Ta Fo Pink noodle soup with fishballs and tofu	เย็นตาโฟ	🌶	฿50–80

Rice dishes

Khao Man Gai ⭐ Poached chicken on rice cooked in chicken fat, with ginger sauce	ข้าวมันไก่	—	฿50–80
Pad Kaphrao Holy basil stir-fry with minced meat, on rice	ผัดกะเพรา	🌶🌶🌶	฿50–90
Khao Pad ⭐ Thai fried rice	ข้าวผัด	—	฿50–90
Khao Kha Moo Slow-braised pork leg on rice	ข้าวขาหมู	—	฿50–80
Khao Moo Daeng Red roast pork and crispy pork on rice with sweet gravy	ข้าวหมูแดง	—	฿50–80
Jok Smooth rice porridge with pork and egg	โจ๊ก	—	฿40–70

Curries & soups

Tom Yum Goong Hot and sour prawn soup with lemongrass and lime leaf	ต้มยำกุ้ง	🌶🌶	฿120–300
Tom Kha Gai ⭐ Coconut soup with chicken and galangal	ต้มข่าไก่	🌶	฿100–250
Green curry Coconut curry with green chilli, Thai basil and aubergine	แกงเขียวหวาน	🌶🌶	฿60–200
Massaman curry ⭐ Mild, sweet curry with potato, peanuts and warm spices	แกงมัสมั่น	🌶	฿80–250
Panang curry Thick, rich red curry with kaffir lime leaf	พะแนง	🌶	฿80–220

Salads

Som Tam Pounded green papaya salad	ส้มตำ	🌶🌶🌶	฿40–80
Larb Minced meat salad with lime, chilli, mint and toasted rice	ลาบ	🌶🌶	฿60–120
Yum Woon Sen Glass noodle salad with seafood or pork	ยำวุ้นเส้น	🌶🌶	฿60–150

Grills & snacks

Moo Ping ⭐ Sweet grilled pork skewers	หมูปิ้ง	—	฿10–15
Gai Yang ⭐ Isan-style grilled chicken	ไก่ย่าง	—	฿60–150
Hoy Tod Crispy oyster or mussel omelette	หอยทอด	—	฿80–150
Pla Pao Salt-crusted grilled fish stuffed with lemongrass	ปลาเผา	—	฿150–300

Sweets & drinks

Mango sticky rice ⭐ Sweet sticky rice with ripe mango and coconut cream	ข้าวเหนียวมะม่วง	—	฿100–150
Roti Pan-fried flatbread with banana, egg and condensed milk	โรตี	—	฿30–60
Khanom Krok Little coconut pancakes, crispy outside and custardy inside	ขนมครก	—	฿20–40
Cha Yen ⭐ Thai iced tea with condensed milk	ชาเย็น	—	฿25–60

⭐ = great first-timer pick

Read the menu

Thai dish names are built like Lego: cooking method + main ingredient. **Pad kaphrao gai** = stir-fried holy basil + chicken.

หมู **moo** Pork	ไก่ **gai** Chicken	เนื้อ **neua** Beef	กุ้ง **goong** Shrimp
ปลา **pla** Fish	ทะเล **talay** Seafood	ไข่ / ไข่ดาว **kai / kai dao** Egg / fried egg	ผัก **pak** Vegetables
เจ **jay** Vegan (Thai-Chinese)	ผัด **pad** Stir-fried	ทอด **tod** Deep-fried	ย่าง / ปิ้ง **yang / ping** Grilled
น้ำ **nam** Soup / with broth	แห้ง **haeng** Dry (no broth)	เผ็ด **phet** Spicy	ข้าวเหนียว **khao niao** Sticky rice

Say it, or point at it

Not spicy, please	**mai phet**	ไม่เผ็ด
A little spicy	**phet nit noi**	เผ็ดนิดหน่อย
No coriander	**mai sai pak chee**	ไม่ใส่ผักชี
No meat, please	**mai sai neua sat**	ไม่ใส่เนื้อสัตว์
I'm allergic to peanuts	**pom/chan pae tua lisong**	แพ้ถั่วลิสง
Less sweet	**wan noi**	หวานน้อย
To take away	**sai toong**	ใส่ถุง
The bill, please	**check bin**	เช็คบิล

Add **khrap** (men) or **kha** (women) to the end to be polite.

Street-food rules

Follow the queue
A line of office workers beats any review site.

Season it yourself
Sugar, fish sauce, chilli flakes and vinegar chillies are on every table.

Spoon, not fork
Eat from the spoon; the fork just pushes food onto it.

Ice is fine
Tube ice with a hole in the middle is factory-made and safe.

Go early or late
Lunch stalls sell out by 2pm; night markets start around 5pm.

No "++" on the street
Restaurants add 10% service + 7% VAT; stalls never do.