



POY THAI & SUSHI

Mon: Closed | Tues-Thurs: 11AM-2:30PM, 4-9PM | Fri: 11AM-2:30PM, 4-10PM | Sat-Sun: 12-9PM

615-851-7500 | 919 CONFERENCE DR, GOODLETTSVILLE, TN 37072 | WWW.POYTHAIANDSUSHI.COM

Appetizers

- CHICKEN SATAY** \$9.5
Grilled Marinated Chicken On Skewers Served With Peanut Sauce And Cucumber.
- POY WING SAP** \$15
Crispy Chicken Wing With Spicy Powder
- CRAB RANGOON** \$7
Deep Fried Wonton Skin Stuff With Imitation Crab, Cheese, Cream Cheese, Onion Served With Plum Sauce.
- CRISPY PORK** \$12
Tender Marinated Pork Served With House Special Sauce And Sticky Rice.
- FRESH ROLLS** \$6.5
Fresh Mixed Vegetables, Shrimp And Noodles Wrapped In Soft Rice Paper Served With Hoisin Peanut Sauce And Crushed Peanuts.
- FRIED TOFU** \$6
Crispy Fried Tofu Served With Sweet Chili Sauce And Crushed Peanuts.
- GYOZA** \$8
Ground Pork And Onion, Wrapped In Wonton Skin Served With Gyoza Sauce.
- SPRING ROLLS** \$4
Deep Fried Roll Stuffed With Carrot, Cabbage, Bean Thread Noodle, Celery Served With Plum Sauce.
- STEAMED DUMPLING** \$7
Chicken, Shrimp, Onion, Wrapped In Wonton Skin Served With Dumpling Sauce.
- EDAMAME WITH GARLIC SAUCE** \$7
- EDAMAME WITH SALT** \$5
- SHRIMP SHUMAI** \$8



Salad

- BEEF SALAD** \$12
Thinly Sliced Grilled Steak, Mixed With Red Onion, Green Onion, Thai Parsley, Ground Rice, And Thai Salad Sauce.
- THAI CHICKEN SALAD (LARB GAI)** \$12
Minced Chicken With Thai Herbs, Ground Rice, Red Onion, Green Onion, Thai Parsley, Mint With Salad Sauce.
- SEAFOOD SALAD** \$14
Shrimp, Squid, Mussel, Red Onion, Shredded Carrot, Green Onion, Celery, Cilantro And Lime Sauce.
- SEAWEED SALAD** \$6.95
Wakame Seaweed On A Bed Of Cucumbers, Topped With Sesame Seeds.
- IKA SANSAI** \$7
Seasoned Squid, Cucumber, Seaweed Served With Spicy Mayo.
- HOUSE SALAD** \$3

Soup

- MISO** \$2.5
Bean Paste, Soft Tofu, Green Onion And Seaweed.
- VEGETABLE SOUP** \$4.5
Broccoli, Cabbage, Mushroom, And Carrots In A Vegetable Broth Topped With Cilantro, Green Onion, And Fried Garlic.
- WONTON** \$5.5
Stuffed Chicken And Shrimp Wrapped Wonton Skin In Chicken Broth Topped With Green Onion, Cilantro, And Fried Garlic.
- TOM KHA**
Thai Creamy Coconut Soup With Mushroom, Thai Herbs, Green Onion, And Cilantro.
- TOFU** \$4.5
- VEGETABLES** \$4.5
- CHICKEN** \$5.5
- SHRIMP** \$5.5
- TOM YUM**
Thai Hot & Sour Soup With Tomato, Mushroom, Thai Herbs, Green Onion, And Cilantro.
- TOFU** \$4.5
- VEGETABLES** \$4.5
- CHICKEN** \$5.5
- SHRIMP** \$5.5

Noodle Soup

- SUKHOTHAI NOODLES** \$17.5
Rice Noodles With BBQ Pork, Green Beans, Crispy Wonton Skin, Ground Peanuts, Cilantro, And Green Onions.
Choose Your Cooking Style - Soup or Dry
Choose Your Spiciness Level - Mild, Medium, Hot
- PHO BEEF** \$14.5
- PHO CHICKEN** \$13.5

Special

- CHU - CHEE - PLA (TILAPIA)** \$22
- CRISPY DUCK** \$24
Your Choice Of Sauce - Panang Or Sweet Chili Sauce
- PAD GRAPOW (CHICKEN OR PORK)** \$18
Thai Hot Basil Stir Fried With Bell Pepper, Thai Chili, Garlic And Our House Special Sauce. Comes With Fried Egg On Top.
- YAKISOBA**
Stir Fried Yakisoba Noodle With House Sesame Oil Sauce, Cabbage, Carrot, Onion, Green Onion, Mushroom And Bean Sprout.
- CHICKEN** \$15
- BEEF** \$16
- SHRIMP** \$16
- CRISPY CHICKEN** \$18
- PEPPER STEAK** \$20
Stir Fried Steak With Black Pepper Sauce, Onion, Bell Pepper, Mushroom, Carrot, And Green Onion.



Side Order

- BROWN RICE** \$3.5
- JASMINE RICE** \$3
- SIDE FRIED RICE** \$5
(Add Chicken, Pork, Beef, Or Tofu) + \$3
- SIDE LO MEIN** \$5
(Add Chicken, Pork, Beef, Or Tofu) + \$3
- STEAMED NOODLE** \$2.5
- STEAMED VEGETABLES** \$3
- SUSHI RICE** \$3
- STICKY RICE** \$3

** CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESSES.**

GRATUITY WILL BE ADDED TO PARTIES OF 6 OR MORE

Choice Of Meat

TOFU	\$12
VEGETABLE	\$12
CHICKEN	\$13
PORK	\$14
BEEF	\$14

SHRIMP	\$15
COMBINATION	\$18
SEAFOOD	\$20
JUMBO SCALLOPS	\$23

Spicy

🔥🔥🔥	LEVEL 3
🔥🔥🔥🔥	LEVEL 4
🔥🔥🔥🔥🔥	LEVEL 5

Noodles

SERVED WITH YOUR CHOICE OF MEAT OR VEGETABLES

LARD NA

Stir Fried Jumbo Rice Noodle With House Special Gravy Sauce, Chinese Broccoli, And Carrot With Your Choice Of Meat.

PAD KEE MAO 🔥🔥🔥

Stir Fried Jumbo Noodle With House Special Sauce, Bell Pepper, Onion, Young Pepper, Fingerroot, Basil, And Baby Corn With Your Choice Of Meat.

PAD SE-EW

Stir Fried Jumbo Noodle, Egg, Carrot, Chinese Broccoli With House Special Sauce, And Your Choice Of Meat.

PAD THAI

Stir Fried Rice Noodle With Homemade Pad Thai Sauce, Egg, Bean Sprout, Green Onion, And Crushed Peanuts With Your Choice Of Meat.

PAD WOONSEN

Stir Fried Glass Noodle, Egg, Cabbage, Broccoli, Carrot, Green Onion, Mushroom, Cilantro Wood-Ear Mushroom With Your Choice Of Meat.

SPICY MAMA 🔥🔥🔥

Stir Fried instant noodles With House Special Sauce, Bell Pepper, Onion, Young Pepper, Fingerroot, Basil, Tomato And Baby Corn With Your Choice Of Meat.

LO MEIN

Stir Fried Lo Mein Noodle With House Special Sauce, Cabbage, Carrot, And Broccoli With Your Choice Of Meat.



Curry

SERVED WITH YOUR CHOICE OF MEAT OR VEGETABLES

GREEN CURRY 🔥🔥🔥

Basil, Bamboo Strip, Bell Pepper, Eggplant With Green Creamy Coconut Milk And Your Choice Of Meat.

PANANG 🔥🔥🔥

Bell Pepper, Asparagus, Kaffir Lime Leaves With Panang Creamy Coconut Milk And Your Choice Of Meat.

RED CURRY 🔥🔥🔥

Basil, Bamboo Strip, Bell Pepper Broccoli With Red Creamy Coconut Milk And Your Choice Of Meat.

YELLOW CURRY 🔥🔥🔥

Onion, Potato, Carrot With Yellow Creamy Coconut Milk And Your Choice Of Meat.

Fried Rice

SERVED WITH YOUR CHOICE OF MEAT OR VEGETABLES

CURRY FRIED RICE 🔥🔥🔥

Jasmine Rice, Egg, Bell Pepper, Kaffir Lime Leaves With Your Choice Of Meat.

FRIED RICE

Jasmine Rice, Egg, Onion, Peas & Carrot, And Our House Special Sauce Topped With Green Onion, Fried Garlic, Cilantro With Your Choice Of Meat.

PINEAPPLE FRIED RICE

Jasmine Rice, Egg, Pineapple, Onion, Peas Carrot, Curry Powder, Raisin Topped With Fried Onion, Cilantro And Your Choice Of Meat.

THAI BASIL FRIED RICE

Jasmine Rice, Egg, Onion, Basil, Kale, Bell Pepper, House Special Sauce Topped With Green Onion, Fried Garlic And Cilantro With Your Choice Of Meat.

Stir Fried

SERVED WITH YOUR CHOICE OF MEAT OR VEGETABLES

BASIL STIR FRY

Thai Basil, Bell Pepper, Onion, Bamboo Strip, Broccoli, Stir Fried With Garlic Basil Sauce And Your Choice Of Meat.

BROCCOLI STIR FRY

Broccoli, Carrot Stir Fried With House Special Sauce And Your Choice Of Meat.

CASHEW NUT STIR FRY

Cashew, Carrot, Onion, Bell Pepper, Dried Pepper, Green Onion, House Special Sauce With Your Choice Of Meat.

EGGPLANT STIR FRY

Eggplant, Basil, Bell Pepper, Onion, Bamboo Strip, Broccoli Stir Fried With House Special Sauce And Your Choice Of Meat.

GARLIC STIR FRY

Stir Fried Garlic Pepper Sauce With Your Choice Of Meat Topped With Broccoli, Carrot, Cilantro And Cabbage.

MIX VEGETABLE STIR FRY

Broccoli, Carrot, Cabbage, And Chinese Broccoli Stir Fried With House Special Sauce And Your Choice Of Meat.

GINGER STIR FRY

Fresh Ginger, Wood Ear Mushroom, Bell Pepper, Carrot, Onion, Green Onion Stir Fried With House Special Sauce And Your Choice Of Meat.

SWEET & SOUR

Onion, Tomato, Bell Pepper, Carrot, Pineapple, Cucumber, Green Onion, Sweet & Sour Sauce With Your Choice Of Meat.



Teriyaki

SOUP AND SALAD

BEEF TERIYAKI	\$18
CHICKEN TERIYAKI	\$17
SHRIMP TERIYAKI	\$19

Zucchini, Onion, Carrot. Stir Fried With Teriyaki Sauce

Beverage

BOTTLE SODA	\$2.99
FLAVORED HOT TEA	\$4
SWEET ICED TEA	\$2.99
THAI ICED COFFEE	\$3.99
THAI ICED TEA	\$3.99
UNSWEET ICED TEA	\$2.99

Desserts

FLAVORED ICE CREAM	\$4.50
LAVA CAKE	\$7
MANGO STICKY RICE	\$6

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