



外
卖
菜
单

Delivery
Menu



山水菜鱼泰国餐

VEG FISH FARM THAI RESTAURANT

- SINCE 2001 -

泰国菜

泰国菜

THAI CUISINE

อาหารไทย



分行 BRANCH

Ampang

Tel : +60 16 398 6493 ; 016 293 6493

Veg Fish Farm Thai Restaurant

Km4, Jalan Ampang Hulu Langat 68000 Ampang, Selangor

www.vegfishfarm.com

fb : veg fish farm thai restaurant

Sungai Long

Tel : +60 16 398 6493 ; 016 293 6493

Mama Thai Restaurant

No1, Jalan Seri Sungai Long 13,

Seri Sungai Long, 43200 Kajang, Selangor, Malaysia.

www.mamathai.com.my

fb : mama thai restaurant at sungai long



INTRODUCTION

Fresh Veggie & Natural Chicken

Step into a world of authentic Thai cuisine and delicacies that will leave you wanting for more. From our mouth-watering spicy tom-yum soup to the selection of freshest seafood, welcome to the heart of a fantastic selection of Thai dishes. All our dishes are pork-free, delicately prepared and cooked by our experienced Thai chefs. Get set for an gastronomic adventure with us.

Veg Fish Farm Thai Restaurant cultivates its own vegetables, grown in a safe, responsible and pesticide free environment. Our very own supply of organic vegetables makes our dishes extraordinary and different. This is where the freshest vegetables are harvested, expertly cooked and consumed by our discerning customers. This is our passion to promote a healthier lifestyle through the consumption of quality food.

Veg Fish Farm Thai Restaurant also rears free-ranging chickens which are active, healthy and best of all, taste great! Free-ranging chickens are fed with vegetables as opposed to commercial chicken feed which contains growth hormones. Veg Fish Farm Thai Restaurant's free-ranging chickens produces meat that are succulent, tasty and firm. The eggs are smaller with richer coloured egg yolks.

Our organic vegetables and free-ranging chickens are also available to be purchased at the restaurant. Bring home some great tasting vegetables and healthy chickens for your own consumption!

In addition to authentic Thai cooking, we also provide a selection of western food as well as local-favourite steamboat dinners. Come visit us for a wide selection of food that is suitable for people of all ages and preferences. See you soon!

FISH 鱼

Veg Fish Farm Thai Restaurant is proud to serve a finest selection of fishes in a variety of tasty styles. Our fishes are freshly kept in well oxygenated aquariums before cooking. This ensures the texture of the fish meat is firm yet tender. Choose from a wide array of cooking style, from deep-fried to tangy Thai-steamed. Whatever your choice may be, a sensational dining experience awaits you!

泰式炸龙虎斑
AB6 Thai Style Bo-lan Fried Grouper

RM **13.00** / 100g



Grouper Dragon Fish 龙虎斑 RM 13.00/ 100g

- AB1 Steam HomeMade SoySauce with Grouper Dragon 泰式酱炸龙虎斑
- AB2 Taucu Steam Grouper Dragon 豆瓣酱蒸龙虎斑
- AB3 Thai Steamed Grouper Dragon with Lime Sauce 泰式柠檬酱蒸龙虎斑
- AB4 Red TomYam Steam with Grouper Dragon 红东炎龙虎斑
- AB6 Thai Style Bo-lan Fried with Grouper Dragon 泰式炸龙虎斑
- AB7 Mango Slice Salad Fried with Grouper Dragon 芒果切片沙拉炸龙虎斑
- AB9 Grouper DragonFried with Garlic 蒜米龙虎斑
- AB10 Grouper Dragon Fried with SoySauce 酱油龙虎斑
- AB11 White TomYam Grouper Dragon 白东炎龙虎斑

Pak Sow Kong Fish 白须公 RM 9.80/ 100g

- IP1 Homemade Soy Sauce Steam with Pak Sow Kong 酱油清蒸白须公
- IP2 Taucu Sauce Steam Pak Sow Kong 豆瓣酱蒸白须公
- IP3 Pak Sow Kong Steamed with Lime Sauce 泰式柠檬酱蒸白须公
- IP4 Red TomYam Steamed with Pak Sow Kong 红东炎白须公
- IP6 Thai Style Bo-lan Fried with Pak Sow Kong 泰式炸白须公
- IP11 White TomYam Pak Sow Kong 白东炎白须公
- IP7 Mango Slice Salad Fried with Pak Sow Kong 芒果切片沙拉炸白须公
- IP9 Pak Sow Kong Fried Garlic 蒜米白须公
- IP10 Pak Sow Kong Fried Sou Sauce 酱油白须公

Soon Hock Fish 笋壳鱼 RM 18.80/ 100g

- SHF1 Homemade Soy Sauce Steam with Soon Hock Fish 酱油清蒸笋壳鱼
- SHF2 Taucu Sauce Steam Soon Hock 豆瓣酱蒸笋壳鱼
- SHF3 Soon Hock Steamed with Lime Sauce 泰式柠檬酱蒸笋壳鱼
- SFP4 Red TomYam Steamed with Soon Hock 红东炎笋壳鱼
- SHF6 Thai Style Bo-lan Fried with Soon Hock 泰式炸笋壳鱼
- SHF7 Mango Slice Salad Fried with Soon Hock 芒果切片沙拉炸笋壳鱼
- SHF9 Soon Hock Fried with Garlic 蒜米笋壳鱼
- SHF10 Soon Hock Fried with Soy Sauce 酱油笋壳鱼
- SHF11 White TomYam Soon Hock 白东炎笋壳鱼

鱼 FISH



IT1

酱油清蒸金凤鱼 RM 4.20/100g
Steamed homemade Soy Sauce with Talapia



IT9

蒜米金凤鱼 RM 4.20/100g
Talapia Fried with Garlic



IT6

泰式炸金凤鱼 RM 4.20/100g
Thai Style Bo-lan Fried with Talapia



AB3

泰式柠檬酱蒸龙虎斑 RM 13.00/100g
Steam Limau Thai Style Grouper Dragon



AB7

芒果切片沙拉炸龙虎斑 RM 13.00/100g
Mango Slice Salad With Grouper Dragon



AB3

Steam Limau Thai Style Grouper Dragon RM 13.00/100g
泰式柠檬酱蒸龙虎斑

ISK

Siakap Fish 石斑鱼 RM 6.80/100g

IT

Talapia Fish 金凤鱼 RM 4.20/100g

COOKING STYLE 烹饪式

- 1 Steam HomeMade SoySauce
泰式酱
- 2 Taucu Steam
豆瓣酱蒸
- 3 Thai Steamed with Lime Sauce
泰式柠檬酱蒸
- 4 Red TomYam Steam
红东炎
- 6 Thai Style Bo-lan Fried
泰式炸
- 7 Mango Slice Salad Fried
芒果切片沙拉
- 8 BBQ
烧烤式
- 9 Fried with Garlic
蒜米
- 10 Fried with SoySauce
酱油
- 11 White TomYam
白东炎



烧烤

BARBEQUE SPECIALS



Q1 烧烤金凤鱼
Bbq Talapia

RM 4.20/100g



Q4 烧烤羊肉
Bbq Lamb

(S)RM 24.00/碟
(B)RM 30.00/碟



Q2 烧烤虾
Bbq Prawn

8pc(S)RM 35.00/碟
16pc(B)RM 59.00/碟



Q6 烧烤大蚶
Bbq Big Cockles

(S)RM 18.00/碟
(B)RM 36.00/碟



Q5 烧烤蚶
Bbq Cockles

(S)RM 12.00/碟
(B)RM 16.00/碟



ST3 烧烤茄子
Egg Plant

(S)RM 10.00/碟
(B)RM 18.00/碟

烧烤

BARBEQUE SPECIALS



Q8 烧烤苏东
Bbq Squid

RM 36.00/碟



Q9 泰式小蚶煮沸

(S)RM 13.00/碟

Thai Style Small Size Cockles (boiled) (B)RM 19.00/碟



Q10 泰式大蚶煮沸

(S)RM 18.00/碟

Thai Style big Size Cockles (boiled) (B)RM 36.00/碟

鸡肉 CHICKEN



A1 柠檬叶炸香鸡
Lime leave fried
with marinated chicken

(S)RM 18.00/碟
(B)RM 25.00/碟



A4 辣鸡肉
Spicy Chicken

(S)RM 20.00/碟
(B)RM 40.00/碟



A2 蒸甘榜鸡
Steam Kampung Chicken

(S)RM 42.00/半只
(B)RM 80.00/一只



AP1 班兰叶炸香鸡
Pandan Leaf Chicken

7pc(S)RM 21.00/碟
12pc(B)RM 32.00/碟



A3 炸甘榜鸡
Fried Kampung Chicken

(S)RM 42.00/半只
(B)RM 80.00/一只



澳大利亚蓝蟹

AUSTRALIA BLUE CRAB RM Seasonal Price/ 100g

- | | |
|------------------------------|--------------------------------------|
| G1 BBQ
烧烤澳大利亚蓝蟹 | G5 Belacan Sauce
马来栈炒澳大利亚蓝蟹 |
| G2 Curry Powder
咖喱粉澳大利亚蓝蟹 | G6 Black Peper
黑胡椒澳大利亚蓝蟹 |
| G3 Butter
奶油澳大利亚蓝蟹 | G7 Fried with Thai Egg
泰式蛋炒澳大利亚蓝蟹 |
| G4 Steam
清蒸澳大利亚蓝蟹 | |



法国螃蟹 FRANCE CRAB

RM Seasonal Price/ 100g

Z1 BBQ
烧烤法国螃蟹

Z2 Curry Powder
咖喱粉炒法国螃蟹

Z3 Butter
奶油法国螃蟹

Z4 Steam
清蒸法国螃蟹

Z5 Belacan Sauce
马来栈炒法国螃蟹

Z6 Black Peper
黑胡椒法国螃蟹

Z7 Fried with Thai Egg
泰式蛋炒法国螃蟹

螃蟹 CRAB

RM Seasonal Price/ 100g

- | | |
|---------------------------|----------------------------------|
| C1 BBQ
烧烤螃蟹 | C5 Belacan Sauce
马来栈炒螃蟹 |
| C2 Curry Powder
咖喱粉炒螃蟹 | C6 Black Peper
黑胡椒螃蟹 |
| C3 Butter
奶油螃蟹 | C7 Fried with Thai Egg
泰式蛋炒螃蟹 |
| C4 Steam
清蒸螃蟹 | |

苏东

SOTONG/SQUID



S1 椰汁辣椒苏东 (S)RM 20.00/碟
Squid Spicy with Coconut Milk (B)RM 30.00/碟



S4 咸蛋苏东 (S)RM 23.00/碟
Squid Salted Egg (B)RM 33.00/碟



S2 蒜米炸苏东 (S)RM 20.00/碟
Squid Fried Chili White Garlic (B)RM 30.00/碟



S5 汕芭炒苏东 (S)RM 23.00/碟
Squid Sambal Petai (B)RM 33.00/碟



S3 咖喱粉炒苏东 (S)RM 20.00/碟
Squid Cooked with Curry Powder (B)RM 30.00/碟



S6 青柠蒸苏东 RM 36.00/碟
Squid Steam with Lime Sauce

啦啦 LALA



L1

辣椒炒啦啦

Lala Fried Chili Sauce

(S)RM 16.00/碟
(B)RM 21.00/碟

L4

虾米炒啦啦

Lala Fried Dried Shrimp

(S)RM 16.00/碟
(B)RM 21.00/碟

L2

豆瓣酱炒啦啦

Lala Fried Taucu Sauce

(S)RM 16.00/碟
(B)RM 21.00/碟

L11

清蒸珍珠蚌

Big Pearl Mussel Steam

RM 30.00/碟



L3

蒜米炒啦啦

Lala Fried White Garlic

(S)RM 16.00/碟
(B)RM 21.00/碟

L5

泰式柠檬酱蒸啦啦

Lala Thai Steamed With Lime Sauce

RM 30.00/碟

虾 PRAWN



U1

汕芭炒鲜虾

(S)RM 25.00/碟

Sambal Petai with Prawn (B)RM 45.00/碟



U4

咸蛋炒鲜虾

8pc(S)RM 28.00/碟

Salted Egg Fried Prawn 12pc(B)RM 50.00/碟



U2

椰汁辣椒炒鲜虾

(S)RM 25.00/碟

Thai Coconut Milk Prawn (B)RM 45.00/碟



U5

奶油鲜虾

(S)RM 28.00/碟

Butter Prawn (B)RM 54.00/碟



U3

蒜米炒鲜虾

8pc(S)RM 25.00/碟

Garlic Fried with Prawn 12pc(B)RM 45.00/碟



U7

白雀鲜虾

(S)RM 35.00/碟

Pak Chik Prawn (B)RM 59.00/碟

虾 PRAWN



U8

泰式鲜虾生

Thai Raw Shrimp Sashimi

8pc(S)RM 35.00/碟
12pc(B)RM 59.00/碟

KP3

奶油大头虾

King Prawn Butter

RM 16.80/100g



KP1

泰式自制蒸大头虾

King Prawn Thai Style

RM 16.80/100g

螳螂虾

MANTIS PRAWN

RM **Seasonal Price** / 100g
minimum order 500g



WA1

清蒸螳螂虾

Steam Mantis Prawn



WA2

烧烤螳螂虾

BBQ Mantis Prawn



WA3

盐烧螳螂虾

Salted Fried Mantis Prawn

琵琶虾 SLIPPER LOBSTER



SL1

奶油琵琶虾

RM 42.00/8pcs

Slipper Lobster with Butter



SL2

蒜米琵琶虾

RM 39.00/8pcs

Slipper Lobster Fried White Garlic



LS1B

龙虾沙拉

Lobster Salad

Seasonal Price/100g

minimum order 500g

蛋 EGG



T1

虾仁煎蛋

Fried Egg with Prawn

(S)RM 12.00/碟

(B)RM 16.00/碟



T4

煎鸡蛋

Fried Egg

3pc(S)RM 8.00/碟

4pc(B)RM 10.00/碟



T2

洋葱炒蛋

Onion Egg

(S)RM 10.00/碟

(B)RM 12.00/碟



T3

杂菜炒鸡蛋

Mixed Vege Fried Egg

(S)RM 10.00/碟

(B)RM 12.00/碟

生蚝

OYSTER

RM 15.00/ pcs



OY1

烧烤生蚝

Bbq Oyster



OY2

新鲜生蚝

Fresh Oyster

泰式沙拉

THAI SALAD / KERABU



K2 炸鱼与芒果沙拉混合 (S)RM 12.00/碟
Fried Fish Thai Mango Salad (B)RM 18.00/碟



K5 江鱼仔泰国沙拉 (S)RM 12.00/碟
Anchovies Thai Salad (B)RM 18.00/碟



K3 冬粉泰国沙拉 (S)RM 18.00/碟
So-Hoon noodle Salad (B)RM 23.00/碟



K6 鱿鱼泰国沙拉 (S)RM 18.00/碟
Squid Thai Salad (B)RM 23.00/碟



K4 海鲜泰国沙拉 (S)RM 18.00/碟
Seafood Thai Salad (B)RM 23.00/碟



K7 鸡脚皮泰国沙拉 (S)RM 18.00/碟
Chicken Feet Thai Salad (B)RM 23.00/碟

泰式沙拉

SOMTOM/THAI SALAD



PPY1 泰式青木瓜沙拉
Som Tam

(S)RM 15.00/碟
(B)RM 20.00/碟



FC1 泰式鱼饼
Fish Cake

8pc(S)RM 12.00/碟
14pc(B)RM 21.00/碟



PPY2 泰式青木瓜沙拉
Som Tom Poo Pala

(S)RM 17.00/碟
(B)RM 22.00/碟



PPY3 泰式青木瓜沙拉
Seafood Som Tam

(S)RM 17.00/碟
(B)RM 22.00/碟

炒饭

FRIED RICE

(S) 1 pax
(M) 2 - 3 pax
(L) 4 - 5 pax

N5

白米 White Rice
RM 2.50/pax



N1

海鲜炒饭
Seafood Fried Rice

(S) RM 10.00/碟
(M) RM 17.00/碟
(B) RM 27.00/碟



N4

泰国甘榜风味炒饭
Thai Kampung Style Fried Rice

(S) RM 8.00/碟
(M) RM 15.00/碟
(B) RM 25.00/碟



N2

螃蟹肉炒饭
Crab Meat Fried Rice

(S) RM 15.00/碟
(M) RM 25.00/碟
(B) RM 35.00/碟



N6

杂菜炒炒饭
Mixed Vege Fried Rice

(S) RM 8.00/碟
(M) RM 15.00/碟
(B) RM 25.00/碟



N3

东炎炒饭
Tomyam Fried Rice

(S) RM 8.00/碟
(M) RM 15.00/碟
(B) RM 25.00/碟



N7

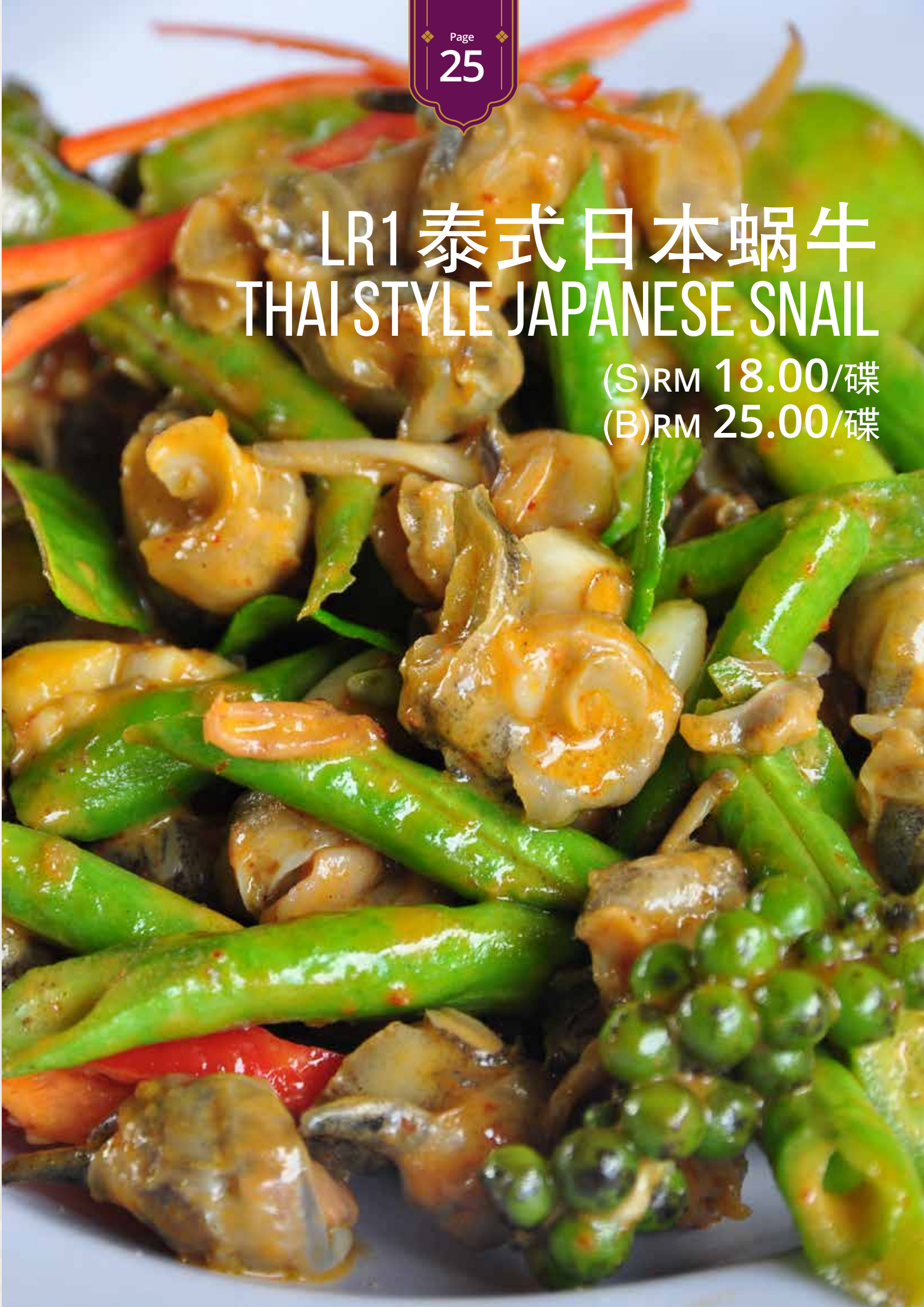
菠萝炒饭
Pineapple Fried Rice

(S) RM 8.00/碟
(M) RM 15.00/碟
(B) RM 25.00/碟

LR1 泰式日本蜗牛 THAI STYLE JAPANESE SNAIL

(S)RM 18.00/碟

(B)RM 25.00/碟



菜

VEGETABLES



CF1

清炒野心菜

(S)RM 15.00/碟

Garlic Fried with Coconut Flower (B)RM 20.00/碟



SB3

炸元菜

(S)RM 10.00/碟

Fried Spinach (B)RM 15.00/碟



SB1

蒜米元菜

(S)RM 10.00/碟

Garlic Fried with Spinach (B)RM 15.00/碟



SK1

辣椒翁菜

(S)RM 10.00/碟

Belacan Kangkong (B)RM 15.00/碟



SB2

上汤元菜

RM 15.00/碗

Spinach Soup



SK2

豆瓣酱翁菜

(S)RM 10.00/碟

Taucu Sauce Kangkong (B)RM 15.00/碟

菜

VEGETABLES



SK3

蒜米翁菜

Garlic Kangkong

(S)RM 10.00/碟
(B)RM 15.00/碟

SKB3

虾米四念豆

Dried Shrimp Winged Bean

(S)RM 10.00/碟
(B)RM 15.00/碟

SKB1

马来栈炒四念豆

Belacan Winged Bean

(S)RM 10.00/碟
(B)RM 15.00/碟

SKP1

马来栈炒豆角

Belacan Long Bean

(S)RM 10.00/碟
(B)RM 15.00/碟

SKB2

蒜米四念豆

Garlic Winged Bean

(S)RM 10.00/碟
(B)RM 15.00/碟

SKP2

虾米豆角

Dried Shrimp Long Bean

(S)RM 10.00/碟
(B)RM 15.00/碟

菜

VEGETABLES



SKP3

蒜米豆角

Garlic Fried Long Bean

(S)RM 10.00/碟

(B)RM 15.00/碟



SR2

马来栈炒羊角豆

Belacan Ladyfinger/Bendi

(S)RM 15.00/碟

(B)RM 20.00/碟



SKP4

江鱼子豆角

Anchovies Fried Long Bean

(S)RM 10.00/碟

(B)RM 15.00/碟



SR3

蒜米羊角豆

Ladyfinger/Bendi Garlic

(S)RM 15.00/碟

(B)RM 20.00/碟



SR1

羊角豆

Steam Ladyfinger/Bendi

(S)RM 15.00/碟

(B)RM 20.00/碟



SS1

蒜米菜心

Choy Sum

(S)RM 10.00/碟

(B)RM 15.00/碟

菜

VEGETABLES



ST1 马来栈炒矮瓜
Belacan Eggplant

(S)RM 10.00/碟
(B)RM 15.00/碟



SE2 马来栈炒四大天王
Belacan Fried 4 Vege

(S)RM 15.00/碟
(B)RM 20.00/碟



ST2 蒜米矮瓜
Garlic Fried Eggplant

(S)RM 10.00/碟
(B)RM 15.00/碟



SP1 马来栈巴鼓菜
Belacan Paku Vege

(S)RM 15.00/碟
(B)RM 20.00/碟



SE1 蒜米炒四大天王
Garlic Fried 4 Vege

(S)RM 15.00/碟
(B)RM 20.00/碟



SE3 香炸6杂菜
Fried 6 Vege

(S)RM 15.00/碟
(B)RM 20.00/碟

菜

VEGETABLES



SP2

蒜米巴鼓菜

(S)RM 15.00/碟

Garlic Stir Fried Paku Vege (B)RM 20.00/碟



P2

蒜米臭豆

(S)RM 16.00/碟

Garlic Stir fried Petai (B)RM 20.00/碟



SC1

蒜米包菜

(S)RM 10.00/碟

Garlic Cabbage (B)RM 15.00/碟



TH1

豆腐

(S)RM 12.00/碟

Tofu (B)RM 18.00/碟



P1

马来栈炒臭豆

(S)RM 16.00/碟

Belacan Petai (B)RM 20.00/碟



RM **40.00**
Red Tom Yam

汤 TOMYAM



RM **40.00**
White Tom Yam

F1 Seafood Tomyam (Red)
冬荫功海鲜 (红)

F2 Seafood Tomyam (White)
冬荫功海鲜 (白)

F3 Prawn Tomyam (Red)
东炎虾 (红)

F4 Prawn Tomyam (White)
东炎虾 (白)

F5 Squid Tomyam (Red)
苏东东炎 (红)

F6 Squid Tomyam (White)
苏东东炎 (白)

F11 Vegetable Tomyam (Red) RM 20.00/碟
蔬菜东炎 (红)

F12 Vegetable Tomyam (White) RM 20.00/碟
蔬菜东炎 (白)

泰国甜品 THAI DESSERT



W1 Tub Tib Krob

RM 5.00/碟



W4 Sago Thai

RM 8.00/碟



W2 Mango Sticky Rice

(S)RM 10.00/碟
(B)RM 20.00/碟



W5 Yam Pudding

RM 5.00/碟



W3 Cendol

RM 5.00/碟



W6 Tako

RM 5.00/碟

泰国甜品

THAI DESSERT



W7 Steam Tapioca

RM 5.00/碟



W10 Luk Chup

RM 8.00/碟



W8 Manggo Pudding

RM 5.00/碟

W11 新鲜芒果
Fresh Mango Only(S)RM 10.00/碟
(B)RM 20.00/碟

W9 Sai Sai

RM 5.00/碟

W12 南瓜
Pumpkin Custard

RM 5.00/碟

泰国甜品

THAI DESSERT



W13 Green Tea Jelly

RM 5.00/碟



W16 层果冻
Layer Jelly

RM 5.00/碟



W14 Jack Fruit Stick Rice

RM 8.00/碟



W17 Mango Coconut Milk

RM 5.00/碟



W15 Layer Pancake

RM 5.00/碟



W18 甜品拼盘
Dessert Platter

(S)RM 20.00/碟

(B)RM 30.00/碟

泰国甜品

THAI DESSERT



W19

彩虹色龙眼果冻

RM 5.00/碟

Colourful Longan Jelly

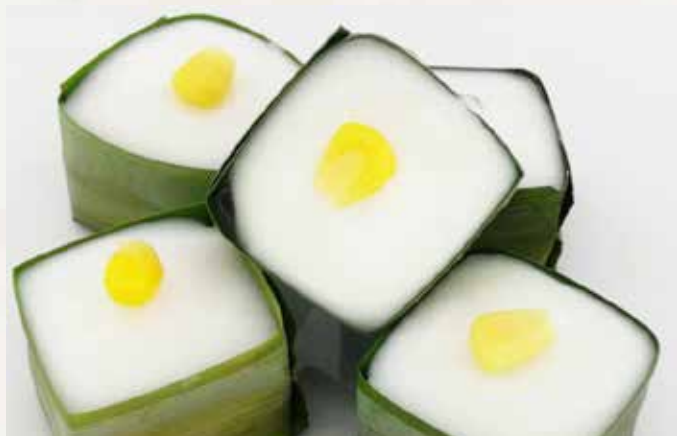


W22

椰子冰淇淋

RM 8.00/碟

Ice Cream Coconut



W20

Tako Corn

RM 5.00/碟



B3

混合水果拼盘

(S)RM 8.00/碟

Mixed Fruit Platter

(B)RM 12.00/碟

饮料

BEVERAGES

Tea 茶

D1	PuEr 普洱	Rm 7
D2	HeongPin 香片	Rm 7
D21	Tie Guan Yin 铁观音	Rm 7
D16	Mineral Water(B) 矿泉水大	Rm 2
D15	Mineral Water(S) 矿泉水小	Rm 1
D17	Hot Water (Pot) 热水一壶	Rm 2
D8	Coconut 椰子	Rm 6
D9	100 Plus 100号	Rm 2.5
D10	Vita Milk 维他奶	Rm 3.5
D11	Coke 可乐	Rm 2.5
D20	Ice 冰	Rm 1

Alcohol 酒精

WINE

WW1 Red Wine (bottle)	
红酒一瓶	Rm -
WW2 White Wine (bottle)	
白葡萄酒一瓶	Rm -
WW4 Yallel (Red Wine)	
红酒一瓶	Rm -

SMALL BOTTLE

D3 Tody Small 椰花酒	Rm 8
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BIG BOTTLE

D3B Tody 椰花酒	Rm 16
D4B Tiger 虎牌啤酒	Rm 20
D5B Calsberg 嘉士伯啤酒	Rm 20
D6B Heinekken 喜力啤酒	Rm 21
D7B Guinness 黑狗	Rm 22.10
D18 Singha Beer 泰星哈啤酒	Rm 17
D19 Chang Beer 泰张啤酒	Rm 17



