



BISTRO LAO



To Start

FRESH OYSTERS 3.5ea (*min order of 2*)
Colchester caught, fresh as they come.

MOO BEENG 8
Grilled pork belly marinated with garlic, coriander, palm sugar, soy sauce, fish sauce, & oyster sauce.

YANG HOI 5.5ea (*min order of 2*)
Grilled scallops in the shell with chilli & lime flavours.

SAI GORK ISAN 8.5
Fermented sausage from the Isaan region of North-eastern Thailand, made with pork, glutinous rice, garlic, & salt.

TORD BEEK GAI 8
Deep-fried chicken wings marinated in fish sauce.

GOONG BEENG 12
Grilled shell-on king prawns served with our special seafood sauce.

KOI PLA 12
Laos style tuna tartare, lime, fish sauce, chilli, and herbs - *sharp, savoury, and full of classic kick.*

Salads

TAM MAK HOONG 10
Lao-style papaya salad - *super spicy and addictive!*
Goes well with beef jerky, fried chicken & sticky rice.

LARB MOO 12
Spicy, sour, and savoury minced pork salad with lime juice, fish sauce, herbs & toasted ground rice.
- *Packed with the region's signature heat and crunch.*

YAM TEEN GAI 12
Spicy boneless chicken feet salad. *Not for the faint-hearted.*

NAM TOK NEUA 16
Isaan waterfall beef steak salad balanced with a light, refreshing edge.

Sides

JEAW MAK KHUA 5
Traditional Laotian relish enjoyed with barbecued meat or fish. Made by pounding roasted aubergines & tomatoes with chillies, garlic, herbs, and fish sauce in a pestle & mortar.

NEUR SAWAN 8
Beef jerky marinated, dried and crisped for a bold, satisfying bite.

KHAO NEOW 5.5
A staple of Lao cuisine, sticky rice is central to daily eating steamed in a bamboo basket.

KHAO SUAY 4.5
Fragrant, fluffy jasmine rice.

SOOP NOR MAI 8 *My absolute favourite of mum's cooking!*
Spicy, sour bamboo shoots with yanang leaf extract, fermented fish sauce and a sprinkle of toasted sesame seeds.



GRILLED LAO ISSAN PLATTERS

Fresh grilled meats and fish are always accompanied by sticky rice. Each bite is enhanced by jeaw, a rich aubergine dip perfect for complementing the smoky grilled flavours. Alongside, you'll find soop nor mai - tasty bamboo shoots and tam mak hoong - a refreshing papaya salad.

WHOLE FRESH LOBSTER SP

RIBEYE STEAK 29

MONKFISH 26

HALF CORNFED CHICKEN 22

Served with..

Khao Neow (sticky rice)

Sup Nor Mai (bamboo shoot yanang extract)

Dam Mahung (papaya salad)

Jeaw (vegetables relish)

*Simple, communal, and full of flavour.
This is not just food, but a taste of home.*

Noodles & Mains

SANLAP SEEM 22
Lao tasting platter including beef jerky, beef orm, soop nor mai, pork larb & sticky rice.

KHAO PIEK SEN 15
Old-school noodle soup with soft hand-rolled rice & tapioca noodles in a rich, peppery broth, shredded chicken and yes, the feet too, plus duck blood tofu for extra soul. *Feet and blood optional, no judgement!*

KHAO POON 15
A fragrant coconut curry broth with noodles, minced chicken & fish, rounded by lemongrass, galangal, lime leaves, and garlic.

LAO SOOP PAK 14
Mixed mushrooms and tender greens tossed in a blend of garlic, chilli, shallots, ginger, and fermented fish sauce, finished with toasted sesame seeds and crunchy peanuts.

PLA NEUNG 22
Whole seabass gently steamed, topped with a lively chilli, garlic, and lime dressing.

PAD KA PROW MOO 15
A bold stir-fry of minced pork, fresh basil, and chilli, topped with a sunny fried egg.

KUAY TEOW GOONG 18
Soy-sauce wok-fried flat noodles served with king prawns, vegetables, and a silky egg gravy.

ORM NEUR 16
Beef & mixed veg stew with fermented fish sauce, rich in earthy flavours and full of character.

TOM SAEB 14
A classic Isaan hot & sour broth with herbs & chilli, slowly cooked with pork ribs.



From Joon with Love

Bistro Lao has been inspired by my mum's home cooking. The dishes I've been brought up with where sticky rice, fresh herbs, aromatic spices, and tangy flavours come together in every meal.

From the depth of fermented fish sauce (*Padaek*) to the brightness of lime, tamarind, and chillies, each dish celebrates the fresh, natural ingredients that shaped my childhood. Yanang leaves, often used to add a subtle, earthy flavour to soups and stews, are another essential ingredient in traditional Lao cooking.