

# BANGKOK \$1 MENU

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

**50 Lip-Licking Thai Dishes for a Buck!**

An [EatingThaiFood.com](http://EatingThaiFood.com) Guide

# Introduction

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

Get ready for flash cooked plates of sizzling stir fried chicken with basil, piping hot curry noodles, and plates of crispy green papaya salads that are prepared fresh before your eyes.

The endless presence of tasty \$1 meals in Thailand will have you massaging your stomach and desiring more delicious Thai food!

## Enjoy!

# About the Bangkok \$1 Menu

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

**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.

Finally:

[All text in RED are links](#) - be sure to click them for more information.



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.

But I immediately started learning about Thai food as fast as my growing stomach would allow, sometimes justifying the 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.

Hey, Mark Wiens!

Any questions? Send me a message:  
[migrationology@gmail.com](mailto:migrationology@gmail.com)

# One thing you need to know before we start:

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 **gàp kâao** (dish and rice served on separate plates).



**râat kâao**



**gàp kâao**

Now almost all dishes served **râat kâao** will cost in the 30 - 40 THB (\$1 - \$1.30) range, while ordering **gàp 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 of options.



**25 THB (\$0.85)**

**Kuay Teow Gai**

Chicken Noodle Soup

(gǔay dtĕəw 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 or [Doy Kuay Teow Reua](#) (ต๋อยกวยเตี๋ยวเรือ).

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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.

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**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).



**30 THB (\$1)**

**Gai Pad Kee Mao Sen Yai**

Drunken Fried Noodles

(gàì pàt kĕe maọ 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.

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**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.

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**30 THB (\$1)**

**Kuay Jab Nam Kon**

Noodle Rolls in Soup

(gǔay-jáp nam kôn)

กวยจับน้ำขน

**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 Jae-daeng](#) near Victory Monument.

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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.

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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.

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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 can be found all over Bangkok on the side of the street and also in sit down restaurants. The most famous restaurant in Bangkok is [Pad Thai Thip Samai](#).

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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. I really like the version at [Rod Ded Restaurant](#) on Rang Nam.

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**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.

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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. If you can see a wok, they should have it.

16



30 THB (\$1)

### Suki

Mixed Vegetables Suki

(sù-gêe)

สุกี้ยากี้

**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). You can try it at [Saw Nah Wang](#) (ร้าน ส.หน้าวัง) near Democracy Monument.



**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 good.

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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](#).

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30 THB (\$1)

### Khao Man Gai

Boiled Chicken w/ Rice

(kâao man gàì)

ข้าวมันไก่

**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. There's a famous place in Pratunam called [Kaiton Pratunam](#) (Ko-Ang) ไก่ตอนประตุน้ำ (โกอ่าง).



20

40 THB (\$)

### **Khao Tom Talay**

Rice Soup w/ Seafood

(kâa<sub>o</sub> 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! [Hia Wan Khao Tom Pla](#) (ร้านเฮียหวานข้าวต้มปลา) is amazing.

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.

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35 THB (\$1.17)

**Pad Ga Pao Gai Kai Dao**

Chicken Stir Fried with Basil and Chilis + Fried Egg  
(pàt gà pao gàì + kài 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. Available everywhere!

23



30 THB (\$1)

### **Khao Na Bpet**

Duck w/ Rice

(kâao nâa bpèt)

ข้าวหนาเบ็ด

**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 or [Soi 6 Pochana](#).



**30 THB (\$1)**

**Khao Kluk Kapi**

Fragrant Shrimp Rice w/ Mixed Toppings

(kâao klúk gâbpì)

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.



**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.



**30 THB (\$1)**

**Khao Ka Moo**

Slow Boiled Pork Leg w/ Rice  
(k̄hao k̄aa m̄oo)

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.

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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 rèe)  
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.

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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. One of my favorites in Bangkok is at [Nai Mong Hoy Tod](#).

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. For an impressive display try [Dee Moo Satay](#) near Wong Wian Yai.

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**50 THB (\$1.58)**

**Gai Yang**

Grilled Chicken

(gài yâang)

ไถย่าง

**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.



## 10 THBs (3 for \$1)

### **Moo Ping**

Grilled Pork Stick

(ม้อ ping)

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**

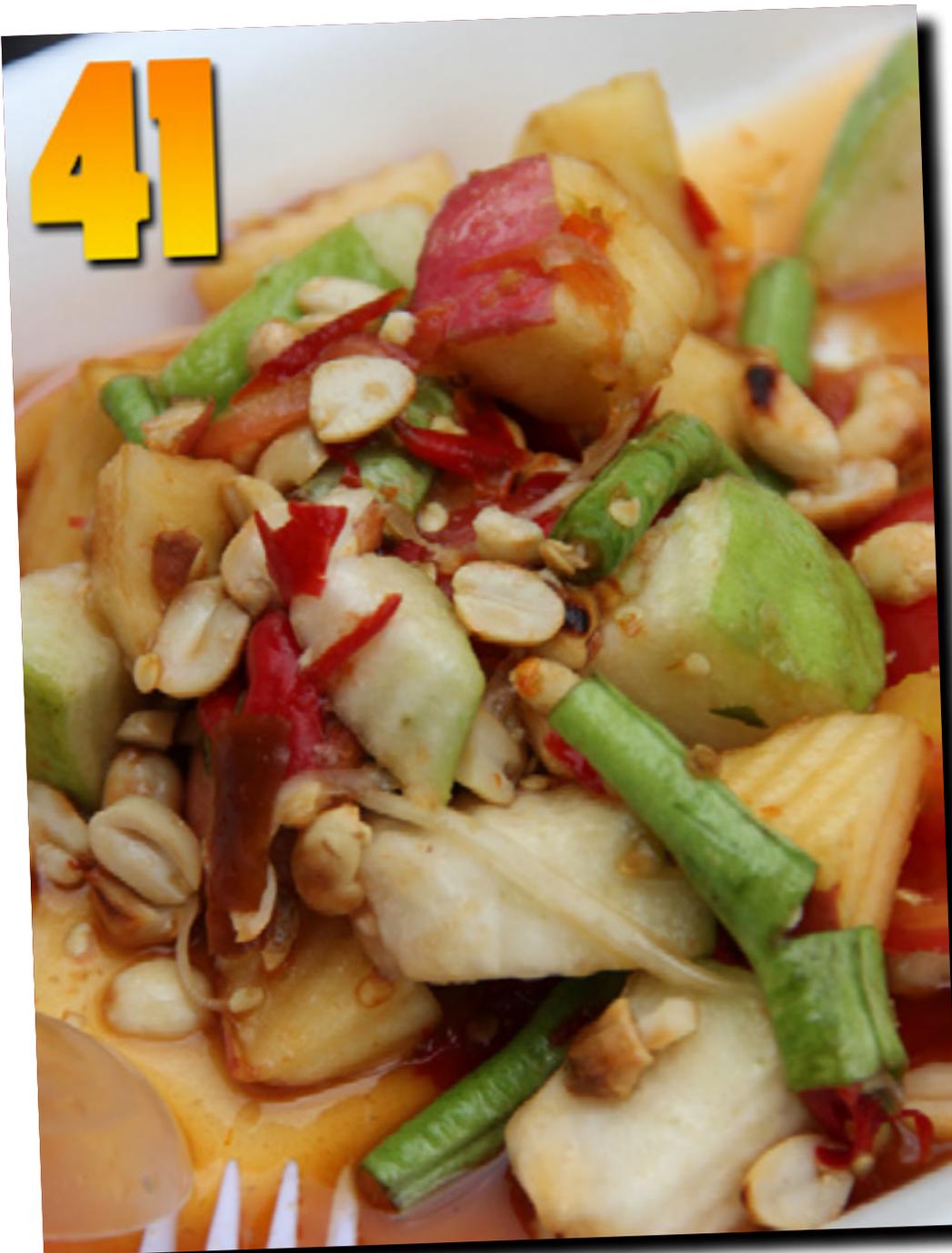
Minced Pork Salad  
(laap mǎo)

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.

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. You can try [Hai Som Tam Convent](#) or [Soi Polo](#).

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).

44



30 THB (\$1)

### Tam Sua

Som Tam w/ Rice Noodles  
(dtam sua)

ตำซั่ว

**Ingredients:** green papaya, chillies, soft rice noodles, peanuts

**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](#).



**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.



**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  
(k̄aaŋ neow dam s̄aŋ-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.

# Here are a few useful links:

- [16 Bangkok Street Food Sanctuaries](#)
- [100 Thai Dishes to Eat in Bangkok](#)
- [Thai Desserts: The Ultimate Thai Sweets Guide](#)
- [Vegetarian Thai Food resource page](#)
- [Eating Thai Food Guide](#) (\$17)
- [Vegetarian Thai Food Guide](#) (\$7)

YouTube: <https://www.youtube.com/user/migrationology>

Facebook: <https://www.facebook.com/eatingthaifood>

Twitter: <https://twitter.com/#!/eatingthaifood>

Instagram: [@migrationology](#)

# Thank you!

Thank you for downloading and reading 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 for more vegetarian options, the [Vegetarian Thai Food Guide](#).

Thank you again and have a fun time eating,

- Mark Wiens



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

# Are you ready to take your Thai dining experience to the next level?

If you're ready to learn more about Thai food, and be able to order and eat authentic Thai food when you're, grab a copy of the Eating Thai Food Guide today for just \$17!

[Click here for more details.](#)

*"An essential guide to expanding your eating repertoire beyond the usual pad Thai and green curry."*

– CNNTravel.com

