



SOUTH EAST ASIA & THAI

EXPERIENCE AUTHENTIC THAI CUISINE

WHERE TRADITION MEETS FLAVOR





Reflecting our background, traditional Asian recipes and we have adapted them to a new home by using local flavors utilizing the abundance & freshest premium product. With a strong Asian original basis and subtle modern twists, our food is colorful and fragrant to stimulate the senses and a flavorsome.

Evidencing throughout the menu.

Serving Style:

Our traditional Thai style, we love all dishes to be served slightly all at once so we can share & enjoy all dishes together.

Please tell our staff, what style would you like for today?

Sharing or individually whether all slightly at once or in courses.

Most dishes can be made:

Very Mild 🌶️

Mild 🌶️

Medium 🌶️🌶️

Hot 🌶️🌶️🌶️

Super Hot 🌶️🌶️🌶️🌶️

Gluten Free Originally = 🟡GF Vegetarian = 🟢V Chef recommended = 👍

(Special gluten free & vegetarian dishes are available by request.)

Please notify allergies prior to ordering!



1. Spring Rolls V — — — (2) \$6.5 / (4) \$12.5

Crispy golden pastry filled with carrots, vermicelli & Chinese cabbage w sweet chilli sauce.

2. Curry Puffs V — — — (2) \$6.5 / (4) \$12.5

Delicate puff pastry filled with tasty potato & diced vegetables, braised in fragrant curry spices w cucumber relish.



3. Thai Fish Cakes GF 🌶️ (2) \$6.0 / (4) \$11.9

Freshly ground fish fillet, touch of chilli paste, jujienned snake bean & lime leaf w sweet peanut dip.

4. Satay Chicken — — — (2) \$7.9 / (4) \$14.5

Grilled marinated chicken breast tenderloin in Malasian style coconut & curry spices w peanut sauce.

Entree's

5. SEAT's Golden Bags — — — — (2) \$7.9 / (4) \$14.9

Crispy pastry bags filled with prawns, minced chicken sautéed with sweet corn, water chestnut, sea salt & peanut.

6. Classic Entree Platter — — — — — — — — (4) \$14.9

Satay chicken, Spring roll, Curry puff & Thai fish cake (1 of each), served with their own sauces.

7. Steamed Dim Sim or Fried Dim Sim — — — — — — — — — — (4) \$12.9

Minced chicken & cabbage wrapped in wonton pastry w fried garlic & shallot.

8. Steam Duo Buns (BBQ Pork & Chicken) — — — — — — — — (2) \$8.9

*Thai-Chinese healthy style!
The SEAT's steamed hot BBQ pork bun & chicken bun*

9. Steamed Summer Rolls V GF — — — — (4) \$10.9

Steamed Vietnamese rice paper rolls w shitake, carrot, cucumber, shiso leaf & marinated bean curd in soy w sweet chilli.

10. Salt & Pepper Eggplant V 🌶️ — — — — — — — — \$10.9

Salt & pepper tempura eggplant tossed w fresh chilli, shallots & spices.





11. Peking Duck Wraps — — — — (3) \$10.9
 Roasted duck fillet, cucumber & spring onion
 Wrapped in Mandarin style peking duck pastry
 w hoisin sauce.

12. Duck Roll — — — — — — — — (3) \$10.9
 Parcels of crispy pastry filled with roasted
 duck, shitake mushroom, vermicelli & five
 spices w plum sauce.



13. Tempura Coconut King Prawns — — — — — — — — (3) \$11.9
 Tempura king prawns, coconut crumbed
 w leaf salad, wasabi mayonnaise & sweet chilli.

14. SEAT's Deluxe Entree Platter — — \$15.9
 The SEAT deluxe entree - Tempura coconut prawn,
 Golden bag, Fried dim sim & Duck roll
 (one of each) w their own sauces.

Entree's

15. Roti Beef Matabah 🌶️ — — — — — — — — — — \$14.9
 Our signature chunky beef mince in mild curry
 spices, stuffed w roti bread served w cucumber
 relish.

16. Thai Char Kway Teow — — — — — — — — — — \$15.5
 Wok fried Thai rice noodle in soya-sesame sauce
 w egg, shrimps & chicken, crispy bean shoot,
 chive & Asian leave. (Main size w prawns \$18.9)



17. Seafood Net Rolls — — — — — — — — — — (4) \$8.9
 Crispy rice net rolls filled with crab meat, prawns
 chestnut & shitake w leaf salad & sweet-sour
 sauce.

18. Thai Prawn Crackers w Sweet Chilli Dip — — — — — — — — — — \$5.5
 Premium crispy prawn chips (cooked to order)
 w sweet chilli dip.



19. Tom Yum 🌶️

Authentic Zesty Thai soup w lemongrass, kaffir lime, galangal, lime juice, chilli paste & mushroom.

20. Coconut Soup

Healthy coconut milk w galangal, lime, eschallot, lemongrass, mushroom & chilli jam.



Soup's

	(Entree Size) (650 ml)	(Main Size) (1000 ml)
Vegetables & Tofu / Chicken	\$11.9	\$20.9
Prawns / Seafood	\$14.9	\$25.9
<i>(Prawns, Scallop, Mussel, Squid & Fish Fillet)</i>		

21. Seafood Soups (Poh Tak) 🌶️🌶️🌶️

Tangy, hot & sour clear tom yum soup version. Choice of fresh seafood combo or king prawns w lemongrass, lime leaf, herbs & Thai basil.

22. Prawn Wonton Soup

Premium king prawns in handmade wontons in a vegetable broth w shitake, bok choy & spring onion

Crispy Salt & Pepper

Light tempura batter coating for your selected ingredient then wok tossed w fresh chilli, spring onion, SEAT's salt & pepper mix served on crispy noodle

23. Soft Shell Crab 🌶️ _ _ _ _ _ **\$26.5**
w tobiko, honey soy, mayonnaise & garden salad.

24. Squid 🌶️ _ _ _ _ _ **\$23.9**
w Seaweed sweet chilli & lemon & garden salad.

25. Tofu & Eggplant 🌶️ _ _ _ _ _ **\$17.5**
Tossed w star aniseed, rice wine & mayonnaise



Grilled & Salad

26. Crying Tiger (BBQ Aug Wagyu Beef) **GF** _ _ _ _ _ \$23.9

SEAT's succulent Thai style marinated prime wagyu steak (Approx. 200g) shredded w vegetables, tamarind & roasted glutinous rice chilli dip.

27. Thai BBQ Chicken _ _ _ _ _ \$20.5

Char-grilled tender chicken bites, marinated in traditional herbs w grilled vegetables, leaf salad & sweet chilli dip.



28. Heavenly Wagyu Beef (Thai Beef Salad) **GF** 🌶️ _ _ _ _ _ \$22.0

Seared AUG wagyu steak, sliced & tossed with eschallot, coriender, mint, cucumber, cherry tomato w chilli jam & lime dressing.

29. Thai BBQ Chicken Salad 🌶️ _ _ \$21.5

SEAT's marinated BBQ chicken tossed w Thai style salad, mint, cherry tomatoes & fried shallot served w chilli jam, lime & coco-milk dressing.

30. Larb Chicken **GF** 🌶️🌶️ _ _ _ _ _ \$22.0

Authentic north eastern Thailand dish, minced chicken tossed w red onion, mints, coriander, sundried chilli, w tamarind, ground roasted glutinous rice & kaffir leaves

31. Banana Blossom w Grilled Chicken & King Prawns 🌶️ _ _ _ _ _ \$25.5

Fresh Banana Bell w Grilled Chicken Breast & King Prawns in chilli jam & coconut dressing w lemongrass, mint, peanut & fried shallot.



32. Roasted Duck Salad w Grilled Pineapple & Lychee 🌶️ _ _ _ _ _ \$26.5

Sliced boneless BBQ duck w green papaya, pineapple, Lychee, cherry tomato, cashew nuts & mint drizzled w lime, coconut & chilli jam

33. Green Papaya Salad (Som Tum) **GF** 🌶️🌶️

Crunchy green papaya pounded in clay mortar & pestle w lime, snake bean, peanut, cherry tomato & sundried shrimp,
Let's feel the Bangkok sidewalk w your perfect choice of:

- **Original Som Tum (plain)** **\$18.50**
- **King Prawns (best match)** **\$23.90**



Meat & Poultry

34. Crispy Chicken w Cashews - Basil Sauce _ _ _ \$23.9

Tender chicken lightly battered & tossed w Thai holy basil & chilli jam sauce, roasted cashews, garlic & chilli w fried basil, crispy noodle & leaf salad.

35. Pad Graproat Gai Subh _ \$22.9

Real Thai taste of Chicken minced & breast fillet, Wok fried w Thai holy basil, hot chilli & garlic w snake bean, onion & bamboo. This is a must for all Thai food lovers!



36. Sizzling Sesame Beef (AUG Wagyu Sliced) _ _ _ \$23.9

Stir-fried vegetables in SEAT's sesame sauce & cashew nut served on sizzling hot plate

37. Sizzling Mongolian Lamb (NZ) _ _ _ _ _ \$23.9

Tender NZ lamb fillets, Mongolian sauce, yellow bean & vegetables on sizzling hot plate.

38. Prik Khing Mhu Grob _ _ _ _ _ \$25.9

Must try! crispy pork belly & minced pork, chilli paste, snake beans w fragrant julienned lime leaves.

39. Kana Mhu Grob _ _ _ _ _ \$24.9

Thai stir fried Kai-lan, Asian green leaf w twice-cooked pork belly in oyster & black bean sauce with a touch of fresh chilli & garlic



40. Crispy Pork Belly w Green Pepper Sauce _ _ _ _ _ \$25.9

Twice-cooked Pork Belly, wok tossed w green peppercorns, herbs & Thai eggplant in a creamy red chilli sauce.

41. Roasted Duck w Grilled Pineapple _ _ \$27.9

Roasted Duck Fillet braised in red curry, Thai eggplant bamboo, grilled pineapple, cherry tomato & lychee

42. Braised Roast Duck in Plum Sauce _ _ _ \$35.9

Five Spices BBQ duck fillet (half) w cinnamon, star aniseed, shitake & stir-fried green leaves, dressed w gourmet sweet plum broth.

Meat & Poultry



from the Sea

43. Massaman Beef 🌶️ _ _ _ _ _ \$22.9

"Melt in the Mouth" tender beef simmered 5 hours in coconut milk, massaman curry paste, cinnamon & star aniseed tossed w baby potatoes, cashews & fried onion

44. Lamb Shank in Massamun Curry Broth 🌶️ _ _ _ \$34.9

2 Australian lamb shanks braised for 5 hours in Thai flavoured massaman curry & coconut milk, star aniseed, peanuts, eschallots & cashews. {Served on hot pot (Dine-in)}

45. Thai Omelet (Khao Jeaw Gai Subh) GF

Most loved Thai omelette - pan fried, served on a bed of crisp bean shoots, leaf salad & Thai chilli sauce w your choice of:

- **Original** (with Minced Chicken) \$18.50
- **Srimps & Minced Chicken** \$21.90

46. Pad Thai Chicken & King Prawns _ _ _ _ _ \$25.9

Authentic thin rice noodle w combination tiger prawns & chicken breast, egg & peanut in flavoursome pad Thai, tamarind & cane sugar sauce

47. Creamy Sweet Basil Prawns 🌶️🌶️ _ _ _ _ _ \$28.9

Braised king prawns in aromatic coconut cream & curry spices w Thai basil & vegetables, sprinkled w fried basil.

48. Sizzling Sesame Prawn (Crunchy Tiger Prawns) GF _ _ _ _ _ \$27.9

Stir-fried vegetables in SEAT's sesame sauce, vegetables & cashew nuts. (served on sizzling hot plate for dine in)





from the Sea

49. The Seat Thai Tom Yum Seafood 🌶️🌶️ — — — \$29.9

Authentic Thai Taste - thick tom yum soup with tiger prawns, fish fillets, calamari, NZ mussels, scallop & mushroom.
{Served on flamed pot (Dine-in)}

50. Asparagus & Snow Pea w Prawns & Scallops 🍃 — — — \$29.9

Crispy stir-fried tiger king prawns & scallops w asparagus, snow peas & shitake mushroom in light soya bean oyster sauce

51. Soft Shell Crab Dishes 🌶️ — — — — — — — — \$30.9

SEAT's light tempura battered soft shell crab cooked in your chosen style

- **Creamy Spices** - Always a SEAT favourite w creamy coconut, curry spices, vegetables & morsels of egg.
- **Black Pepper Sauce** - With a new SEAT creation, tasty Thai-Chinese Stir fried vegetables in black pepper sauce.
- **Thai Papaya salad w Salt & Pepper Soft Shell Crab**
The best match!

52. Choo Chee Curry Dishes 🌶️

Special gourmet paste, thick red chilli curry sauce w a rich blend of herbs, coconut cream, julienned lime leaves, cabbage & Thai snake beans served with your choice:

- **Tiger King Prawns** — — — — — — — — \$27.50
- **Atlantic Salmon Fillet (250g.)** — — — — — — — — \$31.90



fish

- **Whole Fish (Boneless, Approx, 700g.)** \$43.9
- **Atlantic Salmon Fillet (Approx. 250g.)** \$31.9

53. Steamed Salmon w Ginger & Shallot

Fresh atlantic salmon fillet steamed in soya, yellow bean, sesame, ginger & shallots w crispy wok tossed green leaves.



In 1 Plate (Dinner Specials) **\$25**

54. Larb Salmon Salad **GF** 🌶️

A fusion of favourite north-eastern Thailand w/ grilled atlantic salmon cubed, tossed w/ tamarind-chilli dressing, cashews, red onion, mints, lime leaf & ground roasted rice

55. Whole Barramundi in Three Flavours Sauce 🌶️

Whole crispy butterflyed barramundi served w/ a flavoursome sweet sour & spicy broth w/ delicate vegetables



56. Golden Snapper w Green Mango Salad 🌶️

Deep-fried boneless whole snapper w a special dressing of chilli & lime w green mango salad, sundried shrimp, cashews & fried herbs.

57. Kao Gra Prao Gai w Fried Egg 🌶️

Thai's most famous pad graprao
gai subh on rice w fried egg

58. Cashew Nut Chicken on Steamed Rice w Fried Egg

59. Coconut Rice w Thai BBQ Chicken & Mixed Salad

60. Steamed Vegetables & Tofu w Peanut Sauce on Coconut Rice

61. Chicken Green Curry w Egg Fried Rice & Salad 🌶️

62. Crispy Basil Chicken w Egg Fried Rice & Mixed Salad 🌶️



Authentic Thai

Be Your Own (Stir fried & Curries)

All dishes come with fresh seasonal assorted vegetables.

- **Vegetable and/or Tofu** \$20.5
- **Sliced Chicken** *(Breast Fillet)* \$20.5
- **Beef** *(Rump)* \$20.5
- **Pork Loin** \$20.5
- **NZ Lamb Sirloin** \$21.5
- **Duck** *(Quarter, Sliced Roasted Duck Fillets)* \$25.0
- **Prawns** *(Tiger King Prawns)* \$25.0
- **Seafood** *(Prawns, scallop, fish, squid & mussels)* \$25.0

Stir-fried

63. Cashew Nut in Chilli Jam Sauce 🌶️
 Our tasty chilli jam & cashew nut sauce is our most popular at SEAT! comes w crunchy roasted cashews, sundried chilli & spring onions

64. Peanut Sauce (Satay Sauce) 🌶️
 Richly fragrant & delicate, our creamy satay sauce is full of crushed peanuts highlighted with aromatic herbs & spices.

65. Oyster Sauce GF
 A classic Thai stir-fried oyster sauce w shitake mushroom, vegetables and green leaves.

66. Black Pepper & Garlic Sauce GF
 Our stir-fried Sauce - soy & oyster highlighted by fragrant sautéed fresh chopped garlic & adding heat w black pepper.

67. Ginger & Shallots Sauce GF
 Tantalize your tastebuds w healthy young ginger & Shallot, fragrant chopped garlic topped w julienned fresh ginger.

68. Pad Hoisin Sauce
 Our Thai-Chinese fusion wok fried deliciously tasty hoisin sauce. Only at SEAT!

69. Fresh Chilli Sauce GF 🌶️🌶️
 Medium hot, fresh red chilli stir-fried w oyster & yellow bean sauce, shallot, onion & vegetable.

70. Pad Prik Gang 🌶️🌶️
 Stir-fried creamy red chilli paste & coconut milk w green peppercorn sauce tossed w bamboo, Thai basil & lime leaf.

71. Jungle Herbs Stir Fried (Pad Chaa!) 🌶️🌶️🌶️🌶️
 The hottest wok fried! Hot chilli & garlic, fragrant lime leaf, lemongrass, green peppercorn & Thai hot basil.

72. Chilli & Holy Thai Basil Sauce GF 🌶️🌶️
 Full flavoured Thai holy basil, hot & spicy sauce w ground red chilli, garlic, onion & fresh bamboo.



73. Green Curry GF 🌶️🌶️

SEAT's green chilli paste in coconut milk, kaffir leaf, kra-chai & basil, simmered w Thai eggplant, vegetables & baby bamboo.

74. Red Curry GF 🌶️🌶️

Thai classic curry simmered in coconut milk w basil leaves, kaffir lime, apple eggplant & fresh bamboo.

Curry

Chef's recommendation

"Butter Roti Bread is good to go with all curries!"

75. Panang Curry GF 🌶️🌶️

Distinctive red chilli & coconut cream curry. This warm curry is rich with ground peanuts & fragrant julienned lime leaves.

76. Jungle Herbs Curry (Without Coconut Milk) 🌶️🌶️🌶️🌶️

Aromatic zesty & spicy, non coconut milk curry! blazing hot w green peppercorn, kra-chai, fresh red chilli paste & Thai basil.



Authentic Thai

(Noodles & Fried Rice)

All dishes come with EGG, Seasonal & assorted vegetables.

- **Vegetable and/or Tofu** \$19.9
- **Sliced Chicken** (Breast Fillet) \$19.9
- **Beef** (Rump) \$19.9
- **Pork Loin** \$19.9
- **Duck** (Quarter, roasted duck fillets) \$25.0
- **Prawns** (Tiger King Prawns) \$25.0
- **Seafood Combo** \$25.0



77. Pad Thai

A must! Thai rice noodles in SEAT tasty tamarind & palm sugar (Real Pad Thai) w fresh tofu, egg, crisp bean sprouts & roasted peanuts.

78. Paf See Ew

Famous street food, softest flat rice noodles in sweet soya sauce, egg & kai-lan fragranced w wok heat & soya bean.



79. Cashew Nut Noodle

Velvety flat rice noodles, wok tossed in SEAT favourite cashew nut, egg & chilli jam sauce w onion & shallot

80. Satay Noodle

Rich flavour of creamy peanut sauce, wok fried w soft flat rice noodles, egg & splashed chilli jam

Noodles

81. Chilli & Basil Noodle GF 🌶️🌶️🌶️

Blazing heat of fresh chilli & garlic, stir fried w flat rice noodle, egg w fragrant thai basil.

82. Hokkien Noodle in Black Bean Sause

Thai-Chinese stir-fried Hokkien egg noodles in light soy sauce w touch of black bean, egg & shitake.

83. Khao-San Rd. Fried Noodle GF _ _ _ _ \$23.9

Bangkok street food, fried soft rice noodles in light soy sauce w chicken & king prawns, egg, bean shoots & peanuts with special dipping sauce & leaf salad.

84. Mee Grob Lard Naah _ _ _ _ _ \$25.0

House special, crispy egg noodles w light soya bean gravy broth w shitake, kai-lan egg, chicken & king prawns combo

85. Laksa Noodle Soup 🌶️

Rich flavoured milk curry noodle, coconut & milk soup, w fragrant lemongrass, lime leaf, bean curd, egg noodle & green leaf

86. Prawn Wonton & Egg Noodle Soup _ _ _ \$23.9

Clear noodle soup w steamed prawn wontons add your selected meat, in simmered chicken stock w egg noodles, shallots & fried garlic.

87. Tom Yum Noodle Soup 🌶️🌶️

Our popular thin rice noodles in zesty & sour tom yum soup w roasted chilli paste, mushroom, lemongrass & green leaves.



88. Thai Fried Rice

Thai home style Fried Rice w tasty morsels of egg, onion, tomato & Asian greens. Find out why this simple dish is so popular!

89. Spicy Chilli & Basil Fried Rice 🌶️

Blazing your Fried Rice w Thai hot basil, hot chilli & garlic, egg, bean & bamboo. Flavoursome w our popular original recipe.



90. Cashew Nuts Fried Rice 🌶️

Thai Fried Rice in our favourite cashew nuts & chilli jam sauce w egg & assorted vegetables.

Freid Rice

91. Green Curry Fried Rice GF 🌶️🌶️🌶️

Our creation! Popular Thai style fried rice w tasty green curry essence w egg, beans, Thai eggplant & young bamboo.

92. Kao Pad Tom Yum 🌶️🌶️ ----- \$26.5

A MUST! Special fried rice, chicken & king prawn in tom yum flavour & chilli jam w Thai herbs, egg, eschallot, mushroom & coriander.



93. Pineapple Fried Rice ----- \$28.5

A must! Fried Rice w sweet & sour fresh pineapple, chicken & king prawns w colorful vegetables, egg, cashews & cherry tomato. (served in its own pineapple shell)

94. The SEAT Fried Rice ----- \$28.5

SEAT Signature fried rice. Combination king prawns, crab meat, mussel, Chinese sausage & chicken w vegetables, egg, onion & fried garlic. (seasoned & perfumed in a broil cray pot)

Side Dishes

- Jasmine Rice steam S \$3.9 / L \$5.5
- Brown Rice w Organic Quinoa \$5.5
- Buttered Roti Bread \$3.5
- Sticky Rice steamed \$4.5
- Young Coconut Rice \$7.1
- Steamed Rice with Peanut Sauce \$7.1
- Fried Rice with Egg S \$8.9 / L \$11.9
- Steamed Vegetables or Greens \$10.5
- Steamed Vegetables or Greens w Peanut Sauce \$14.0
- Peanut Sauce S \$2.9 / L \$6.5





Desserts

- D1. Black Sticky Rice Pudding
(Young palm & longan) GF** **\$11.9**
*w Thai Custard & Coconut Milk
Vanilla ice-cream & Waffle Stick*
- D2. Baked Palm Cake GF** **\$10.9**
*w Pandan Flavour, steamed in Banana
Leaf Roasted Coconut, Vanilla
Ice-cream & Waffle Stick*
- D3. Banana Roti Bread with Honey Syrup** **\$11.9**
w Ice-cream, Chocolate Waffle Stick
- D4. Mango Sorbet or
Coconut Ice-cream GF** **\$6.0**





Banquet Deal

(Minimum of 4 persons) Dine-in only

Smart Deal \$40 per person

\$160
Only

- | | |
|---|---------------|
| 1. SEAT's Classic Entrée Platters | \$59.6 |
| <i>(\$14.90 per person)</i> | |
| <i>(Spring Rolls, Curry Puffs, Fish Cakes, Salay Chicken)</i> | |
| 2. Sizzling Sesame Beef | \$23.9 |
| 3. Crispy Chicken Cashews - Basil sauce | \$23.9 |
| 4. Red Curry with King prawn | \$25.0 |
| 5. Pad Thai Noodle with Chicken | \$19.9 |
| 6. Steamed Rice <i>(3.90 per Person)</i> | \$15.6 |
| 7. Soft drink or Juice <i>(4)</i> | \$19.6 |

Value ~~\$181.50~~

Awesome Deal \$45 per person

\$180
Only

- | | |
|---|---------------|
| 1. SEAT's Deluxe Entrée Platter <i>(\$15.90 per person)</i> | \$63.6 |
| <i>(Golden Bags, Duck Rolls, Coconut King Prawns, Fried dimsim)</i> | |
| 2. Pad Thai with Chicken | \$19.9 |
| 3. Stir fried Vegetable & Tofu in oyster sauce | \$20.5 |
| 4. Crispy Salt & Pepper Squid | \$23.9 |
| 5. Creamy Sweet Basil with King Prawns | \$31.9 |
| 6. Special Chu Chee Curry w Salmon fillet | \$28.9 |
| 7. Steamed Jasmine Rice <i>(3.50 per Person)</i> | \$15.6 |
| 8. Soft Drinks or juice <i>(4)</i> | \$19.6 |

Value ~~\$223.90~~

"Group booking from 8 people MUST choose Banquet Deal
Changes can be requested at the time of booking"