

ຮ້ານອາຫານແບມບູເລົາຈ໌



Espresso | Woodfired Pizza | Cocktails

# MENU

Breakfast, Lunch & Dinner

[www.bambooloungelaos.com](http://www.bambooloungelaos.com)

# The Bamboo Lounge Story

Welcome and thank you for supporting our training restaurant. Bamboo Lounge was founded by our mentors, kiwis Andrej and Karen Brummer and is now locally owned and managed by our original staff member; Koly Bokor from the Sida tribe.

All our staff are local ethnic minority people with a desire to learn and no prior knowledge of English language, making western food or drinks, or customer service.

They become our trainees, learning our in-house curriculum which begins with how to wash hands, dishes and naming ingredients in English, and progresses to making drinks, cooking and serving customers.

When you place your order, please speak slowly and clearly, pointing at the item you wish to order. Remember all the English your server knows was learned here at Bamboo Lounge, and all staff are at different stages of learning.

Our food and drinks are comprised mostly of homemade locally sourced products, combined with some other goodies imported from our nearest supermarket; 7 hours and an international border crossing away.

Bamboo Lounge Training Restaurant's profit supports Luang Namtha's 'Books in Schools' program. Most schools here only have 1 textbook per 3 students. So far we've donated over 2,800 textbooks to local students, and in time we hope to help massively improve the resources available in our local schools.

Thanks for helping us support the community here in Luang Namtha!

**Menu Key:**

**GF:** Gluten Free, **V:** Vegan

## All Day Breakfast

- |   |                        |
|---|------------------------|
| <b>1. Big Breakfast</b>   | <b>40,000</b>          |
| Homemade toast, mushrooms, tomatoes and homemade baked beans plus<br>Bacon: bacon and two eggs<br>Vegetarian: chat potatoes and two eggs<br>Vegan: chat potatoes and seasonal vegetables with herbs ✓ |                        |
| <b>2. Bacon and eggs</b>  | <b>25,000</b>          |
| Toast, bacon and two eggs (fried or scrambled)  |                        |
| <b>3. Eggs with toast</b>   | <b>15,000</b>          |
| Toast, two eggs (fried, boiled, poached or scrambled)   |                        |
| <b>4. Cheesy Omelette</b>   | <b>30,000</b>          |
| Toast, two egg omelette with cheddar cheese, oven roasted tomato, mushroom, spring onion and dill   |                        |
| <b>5. Breakfast Burrito / with Pork Belly</b>   | <b>30,000 / 35,000</b> |
| Homemade flour tortilla with scrambled egg, spicy beans, homemade salsa, cheddar and mozzarella   |                        |
| <b>6. Pancake</b> <i>GF</i>   | <b>20,000</b>          |
| European style crepe made from rice and tapioca flour with your choice of 2 fillings:<br>fresh fruit / nutella / banana / peanut butter / fresh lime / sugar / honey / homemade jam                   |                        |
| <b>7. Fruit salad</b> <i>GF, V</i>  | <b>20,000</b>          |
| Chopped fresh fruit from the daily market   |                        |
| <b>8. Fruit with muesli, yoghurt and honey</b>  | <b>30,000</b>          |
| Fresh fruit salad with homemade yoghurt, muesli and honey   |                        |
| <b>9. Porridge</b> <i>GF, V</i>   | <b>20,000</b>          |
| "Local Oatmeal" made with rice, coconut & cinnamon, banana on top and coconut milk & sugar on the side  |                        |
| <b>10. Toast with homemade jam</b> ✓  | <b>10,000</b>          |
| Choose from mango, pineapple, apple, raspberry, jungle berry (all available seasonally)   |                        |

## Sandwiches

Served with salad vegetables on homemade bread *(GF available, please ask)*

**11. BLT** 25,000

Bacon, lettuce, tomato and mayo

**12. Cheesy Chicken Pesto** 30,000

Spit roasted chicken with homemade basil pesto and melted cheddar

**13. Tofu, Mushroom, Hummus** ✓ 25,000

Fried tofu (marinated with fresh ginger and soy sauce) with mushroom and homemade hummus

## Burritos

Served on a homemade flour tortilla *(GF available, please ask)*

**14. Pork** 40,000

Cheddar, mozzarella, pork belly, rice, beans, fresh salsa and sour cream

**15. Chicken** 40,000

Cheddar, mozzarella, spit roasted chicken, rice, beans, fresh salsa and sour cream

**16. Cheese** 30,000

Cheddar, mozzarella, rice, beans, fresh salsa and sour cream

**17. Rice & Bean** ✓ 20,000

Rice, beans and fresh salsa

## Snacks

**18. Peanuts / Cashew nuts** 10,000 / 15,000

Slow roasted peanuts or cashew nuts

**19. Chat Potatoes** *GF* 25,000

Fried potatoes with onions, herbs and spices, (✓) served with homemade sour cream on the side

**20. Wood fired garlic bread** ✓ 20,000

Homemade bread with olive oil and garlic

**21. Homemade bread and dips** ✓ 30,000

Choose two from our homemade dips: hummus, pesto, eggplant or spicy bean

## Salads

<b>22. Garden</b> GF, V	20,000
Fresh seasonal vegetables and herbs with balsamic dressing	
<b>23. Chicken</b> GF	35,000
Fresh salad with spit roasted chicken, wood oven roasted tomato, cashew nuts and coriander	
<b>24. Caprese</b> GF	40,000
Mozzarella, tomato, basil, olive oil	
<b>25. Roast vegetable</b> GF, V	30,000
Eggplant, zucchini and seasonal vegetables with herbs and wood oven roasted tomatoes	
<b>26. Hearty vegetable</b> GF, V	30,000
Fresh salad with warm pumpkin, potato, sweet potato, peanuts, onion and dill	
<b>27. Caesar</b>	35,000
Fresh salad with bacon, homemade croutons, cheddar, egg, tomato and creamy dressing	

## Homemade Soup

*Our soups are all gluten free, but the bread on the side is not.*

<b>28. Tomato</b> V	25,000
Fresh tomato soup served with homemade bread	
<b>29. Mushroom</b> V	35,000
Seasonal selection of varied mushrooms with herbs served with homemade bread	
<b>30. Pumpkin</b> V	30,000
Pumpkin, ginger and coriander served with homemade bread	

## Risotto

<b>31. Mushroom &amp; Basil</b> GF	35,000
Rice, homemade vegetable stock and herbs with mushrooms and basil and cheddar	
<b>32. Mixed Vegetable</b> GF	35,000
Rice, homemade vegetable stock and herbs with seasonal mixed vegetables and cheddar	
<b>33. Chicken</b> GF	40,000
Rice, homemade vegetable stock and herbs with chicken and cheddar	

## Pasta

<b>34. Carbonara</b>	<b>45,000</b>
Spaghetti with white sauce from eggs, cheese and crispy bacon	
<b>35. Chicken Carbonara</b>	<b>45,000</b>
Spaghetti with white sauce from eggs and cheese, with chicken and mushrooms	
<b>36. Vegetarian Carbonara</b>	<b>40,000</b>
Spaghetti with white sauce from eggs and cheese, with fresh seasonal vegetables	
<b>37. Pomodoro Olive</b> ✓	<b>40,000</b>
Penne with fresh homemade tomato sauce with herbs, black olives, mushroom and eggplant	
<b>38. Arrabbiata</b> ✓	<b>40,000</b>
Penne with fresh homemade tomato sauce, chilli, garlic, eggplant, oven roasted tomato, fresh basil	
<b>39. Pepperoni</b>	<b>45,000</b>
Penne with fresh homemade tomato sauce, Luang Namtha sausage, vegetables and herbs	
<b>40. Pesto</b> ✓	<b>40,000</b>
Penne with homemade basil pesto and fresh seasonal vegetables	
<b>41. Cheese</b>	<b>+15,000</b>
Add mozzarella or cheddar on top of your pasta	
<b>42. Gluten Free</b>	<b>+10,000</b>
All pasta can be made with gluten free, vegan rice fettuccini	

## Pizza

Available from our wood fired oven after 5pm.

<b>43. Margherita</b>	<b>60,000</b>
Mozzarella, homemade tomato sauce, basil	
<b>44. Proscuitto Fungi</b>	<b>75,000</b>
Mozzarella, homemade tomato sauce, ham, mushroom	
<b>45. Bianco</b>	<b>60,000</b>
Mozzarella, onion, garlic, oregano	

<b>46. Marinara</b> ✓	40,000
Homemade tomato sauce, garlic, oregano, olive oil	
<b>47. Luang Namtha</b>	80,000
Mozzarella, homemade tomato sauce, onion, Luang Namtha sausage	
<b>48. Wild Boar</b>	85,000
Mozzarella, homemade tomato sauce, Luang Namtha wild boar pork belly, wood oven roasted tomato	
<b>49. Fire Breather</b>	80,000
Mozzarella, homemade tomato sauce, bacon, mushroom, chilli	
<b>50. Hawaiian</b>	80,000
Mozzarella, homemade tomato sauce, ham, pineapple	
<b>51. Cock-a-doodle-do</b>	70,000
Mozzarella, homemade tomato sauce, oregano, spit roasted chicken	
<b>52. Flying Pig</b>	80,000
Mozzarella, homemade tomato sauce, spit roasted chicken, bacon	
<b>53. Mexicana</b>	80,000
Mozzarella, homemade tomato sauce, homemade spicy beans, spring onion, coriander and sour cream	
<b>54. Karma</b>	80,000
Mozzarella, homemade tomato sauce, pumpkin, slow cooked red onion, mushroom, olives	
<b>55. Vegetariana</b>	75,000
Mozzarella, homemade tomato sauce, wood-oven roasted vegetables	
<b>56. Pure</b> ✓	60,000
Homemade tomato sauce, eggplant, mushroom, wood oven roasted tomato, olives	
<b>57. Any pizza on a Gluten Free base</b>	+10,000
<b>58. Add to your pizza:</b>	
a) mushroom / b) wood oven roasted tomato / c) chilli	5,000
d) olives / e) bacon / f) ham / g) chicken / h) Luang Namtha sausage	10,000
i) mozzarella	20,000

## Coffee

All our coffees are made with freshly roasted and ground coffee beans

### **D1. Espresso 15,000**

Short black espresso

### **D2. Lungo 15,000**

Stretched black espresso

### **D3. Americano 15,000**

Short black espresso topped up with hot water

### **D4. Plunger (French Press) 15,000**

Plunger full of fresh ground coffee

### **D5. Flat White 20,000**

Espresso with hot, frothed milk

### **D6. Cappuccino 20,000**

Espresso with hot, frothed milk topped with foam

### **D7. Mochaccino 20,000**

Espresso with hot, frothed chocolate milk

### **D8. Latte 20,000**

Short black espresso with hot, frothed milk in a mug

### **D9. Iced Coffee 20,000**

Espresso with milk, ice and sugar

### **D10. Lao Coffee 20,000**

Espresso with sweetened condensed milk

### **D11. Milk 5,000**

Small jug of cold milk

## Hot drinks

### **D12. Cup / Teapot of tea 5,000 / 10,000**

Lipton, green, herbal (mint, ginger, lime, lemongrass)

### **D13. Hot chocolate 20,000**

Mug of hot chocolate, made with real cocoa

### **D14. Mug of hot milk 10,000**

## Cold drinks

No water or sugar added, unless specified

### **D15. Yoghurt Smoothie 20,000**

Homemade yoghurt and fresh seasonal fruit

### **D16. Coconut Banana Smoothie 20,000**

Coconut milk, fresh banana and cinnamon

### **D17. Zinger juice 20,000**

Carrot, ginger and apple

### **D18. Green juice 20,000**

Cucumber, pear, lime and mint

### **D19. Freshly squeezed fruit juice 20,000**

Mixed seasonal fresh fruit

### **D20. Milkshake 20,000**

Milk & sugar with chocolate, caramel or fresh banana

### **D21. Bamboo Lounge soda 20,000**

Muddled lime, lemongrass, mint, chilli, sugar & soda

### **D22. Coca Cola 10,000**

### **D23. Sprite 10,000**

### **D24. Homemade Iced Tea 10,000**

### **D25. Soda water 10,000**

\*\*All ice is made from clean water\*\*

## Beer

<b>D26. Namkhong</b> (640ml)	<b>15,000</b>
<b>D27. Namkhong Dark</b> (640ml)	<b>20,000</b>
<b>D28. Tiger</b> (640ml)	<b>15,000</b>
<b>D29. Beerlao</b> (640ml)	<b>15,000</b>
<b>D30. Beerlao Dark</b> (330ml)	<b>15,000</b>
<b>D31. Beerlao Gold</b> (330ml)	<b>20,000</b>
<b>D32. Heineken</b> (330ml can)	<b>20,000</b>

## Lao Shots and Cocktails

Lao Lao is locally made sticky rice whisky

<b>D33. Lao Lao Shot</b>	<b>5,000</b>
Choose from forest herb, rice, orange/star anise, lime/ginger, cinnamon/honey, chilli/black pepper, lemongrass/mint	
<b>D34. Forest Retreat</b>	<b>15,000</b>
Green forest herb Lao Lao, lime, mint, sprite	
<b>D35. Laojito</b>	<b>15,000</b>
Lao Lao, muddled lime, sugar, mint & soda	
<b>D36. Laojuice</b>	<b>15,000</b>
Lao Lao with freshly squeezed fruit juice	
<b>D37. Lao Mule</b>	<b>20,000</b>
Lao Lao, lime, homemade ginger juice & sprite	
<b>D38. Lao Banana Daiquiri</b>	<b>20,000</b>
Lao Lao, sugar syrup, lime juice & fresh banana	
<b>D39. Lao Sour</b>	<b>15,000</b>
Lao Lao, lime juice and a dash of sugar	
<b>D40. Pina CoLaoda</b>	<b>25,000</b>
Lao Lao, pineapple juice and coconut cream	

## Wine

Ask us what wines we have today

<b>D41. Small Bottle of Wine</b> (250ml)	<b>80,000</b>
<b>D42. Bottle of Wine</b> (750ml)	<b>230,000</b>

## Cocktails

<b>D43. Mojito</b>	<b>30,000</b>
Bacardi, muddled lime, sugar, mint & soda	
<b>D44. Bamboo Lounge Mojito</b>	<b>35,000</b>
Mojito plus lemongrass and chilli	
<b>D45. Gin &amp; Tonic</b>	<b>35,000</b>
Gin, Tonic and a twist of lime	
<b>D46. Rum &amp; Coke</b>	<b>25,000</b>
Dark rum topped up with coca cola	
<b>D47. Moscow Mule</b>	<b>30,000</b>
Vodka, lime, homemade ginger juice & sprite	
<b>D48. Cuba Libre</b>	<b>25,000</b>
Bacardi, lime & Coca-Cola	
<b>D49. Daiquiri</b>	<b>25,000</b>
Bacardi, sugar syrup & lime juice	
<b>D50. Bourbon &amp; Coke</b>	<b>30,000</b>
Triple aged Jim Beam Black and coca cola	
<b>D51. Pina Colada</b>	<b>35,000</b>
Bacardi, pineapple juice and coconut cream	
<b>D52. Apple Twist</b>	<b>30,000</b>
Vodka, freshly squeezed apple juice & lime	
<b>D53. Whisky Sour</b>	<b>30,000</b>
Whisky, lime juice and a dash of sugar	