

# THE TROPICAL

## RESTAURANT & BAR

Welcome to The Tropical! If this is your first time with us please be sure to ask your server to help explain the menu. Here at The Tropical we pride ourselves on making all of our ingredients pop with flavor. As you'll learn many dishes can be customized to suit your palate. We keep a constant flowing inventory to keep everything as fresh as possible, we apologize if something is out of stock. As you pull up, you may see some of our kitchen staff in the surrounding gardens. We utilize ingredients from our gardens whenever possible. Be sure to walk around outside after your meal during the spring & summer seasons. Voted Tulsa's Top Ten best new restaurants in 2011 by the Tulsa World, Voted Tulsa's Best Vegetarian Restaurant by Urban Tulsa and listed for Best Business Meal Spot by UrbanSpoon in 2013. Many thanks for joining us today.

### *Tropical Starters*

#### 🌱 **The Tropical Lettuce Wrap, our signature starter**

Crispy rice w/ fresh herbs (green onions, red onions, cilantro, carrots and fresh mint), glass noodles, peanuts, and a twist of lime. A dish not to be missed. 9

#### 🌱 **Garlic Edamame**

steamed and tossed with roasted garlic and salt. 6

#### 🌱 **Corn Cakes**

fresh herbs and green beans mixed with corn batter then deep-fried. Served w/ a sweet peanut sauce. 6

#### 🌱 **Thai Tofu**

lightly fried soft tofu served w/ a sweet and sour lime herb salad (mint, cilantro, carrots, green apple) and sauce. 8

#### **Rambutan Chicken**

chicken dumplings individually wrapped with rice noodles and deep-fried to a golden brown. 7

#### **Fried Calamari**

lightly breaded in Japanese bread crumbs. Served w/ tropical hot sauce and peanut sauce. 10

#### 🌶️ **New Grilled Street Cart Skewers**

Grilled shrimp or scallops on a skewer.  
Served with our spicy garlic sauce and Som Tum (Papaya Salad). 12

### *Starter Soups and Salad*

#### 🌶️ **A cup of Tom Kha Soup.**

A spicy chicken soup with galangal, kaffir lime leaves, lemon grass, Enoki mushrooms, tomatoes, lime juice and coconut milk. Topped with green onions and cilantro. 8 (🌱Tofu)

#### 🌶️ **New A cup of Tom Yum soup.**

A clear spicy chicken soup with galangal, kaffir lime leaves, lemon grass, mushrooms, tomatoes, lime juice. Topped with green onions and cilantro. 8 (🌱Tofu)

#### 🌱 **A cup of 3-kind Mushroom Soup.**

A savory and healthy Enoki, White Beech, and Shitake mushroom soup. 8

#### 🌱 **Thai Salad.**

Fresh mixed greens, julienned green apples, grapes, carrots, red onions, ginger, and our house-made lime dressing. 8

\*consuming raw or undercooked meats, shellfish or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

\*Please make your server aware of any allergies or desired spice level. \*Some ingredients are seasonal. We reserve the right to replace with others.

\*Extra Jasmine Rice \$2.00 / Extra egg \$2.00 / Extra chicken, pork, or beef \$3.00 / Extra shrimps \$4.00 / Extra side \$2.00 / Extra asparagus \$4.00

\*18% Gratuity Will Be Added To Parties Of 8 Or More.

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## Flavors off the Grill

Delivered fresh daily. Fish prices and choices are seasonal. Each dish comes with your choice of one of our original house-made sauce, topping, and side. Accompanied with Jasmine Rice

Butterfly Rainbow Trout 18

Atlantic Salmon 19

Jumbo Sea Scallop 21

Swordfish 22

Chilean Sea Bass 26

Classic Lobster Tail 32

### House-made Sauces

1. Thai Garlic (Tangy & Spicy)
2. E-San Styled (Spicy)
3. Tamarind Delight (Sweet)
4. Triple Tastes (Sweet, Sour, Spicy)

### Toppings

- T1. Rainbow Herb
- T2. Lemon Butter
- T3. Som Tum (Thai Papaya Salad)
- T4. Sweet Pepper Mango
- T5. KaPrao
- T6. Red/Green Curry

### Sides

- S1. Corn Cakes
- S2. Steamed Asparagus (+\$2.00)
- S3. Steamed Vegetables
- S4. Fresh Fruit

## Flavors off the Wok

### Choose your protein

Chicken, Beef, Pork, or Tofu ☺

**Substitute:** Shrimp (+\$4.00) / Salmon (+\$7.00) / Tuna (+\$7.00)

Seafood Medley (Shrimp, Scallops, Squid, & Salmon) (+\$7.00), Sea Bass (+\$14.00)

### Red Gang Curry or Green Gang Curry

red curry or green curry with bamboo shoot, green & red bell peppers, sweet peas, basil, and your protein.

Served w/ jasmine rice. 12

### Panang

your protein, bell peppers, kaffir lime leaves, and sweet basil, simmered in red curry with coconut milk.

Served w/ jasmine rice. 12

### Gang Pah

your selected protein simmered in a red curry paste with sweet peas, bamboo shoots, bell peppers, basil, and Enoki mushrooms.

Served with jasmine rice. 12

### Kaprao

stir-fried. Your protein, chili, garlic, bell peppers, green onions, yellow onions, fresh basil in our signature Kaprao sauce.

Served w/ jasmine rice. 12

### Garlic Pepper

your protein stir-fried in a garlic pepper sauce. Topped with cilantro, home-made crispy garlic and served w/ broccoli and tomatoes on the side.

Served w/ jasmine rice. 12

### Prikking

your protein, sweet peas cooked in a red curry paste.

Garnished with ginger & crispy basil,

served w/ jasmine rice. 12

### Stir-fried Vegetables

your protein and stir-fried fresh veggies (seasonal).

Served w/ jasmine rice. 11

### Tom Kha Soup Entrée

A spicy soup with your protein, galangal, kaffir lime leaves, lime juice, lemon grass, Enoki mushrooms, tomatoes, and coconut milk.

Topped with green onions and cilantro.

Served w/ jasmine rice. 12

### New Tom Yum Soup Entrée

A spicy clear soup with your protein, galangal, kaffir lime leaves, lime juice, lemon grass, Enoki mushrooms, tomatoes. Topped with green onions and cilantro.

Served with jasmine rice. 12

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## Thai Classic Entrées

### Choose your protein

Chicken, Beef, Pork, or Tofu ☺

**Substitute:** Shrimp (+\$4.00) / Salmon (+\$7.00) / Tuna (+\$7.00)  
Seafood Medley (Shrimp, Scallops, Squid, & Salmon) (+\$7.00), Sea Bass (+\$14.00)

### Pad See Yu

stir-fried. Your protein, rice noodles with broccoli, carrots, and eggs, in a sweet soy sauce. 11

### Tropical Pad Thai

stir-fried. Your protein with rice noodles in a sweet Pad Thai sauce with bean sprouts, green onions, peanuts, and eggs. 12

### Mee Siam

stir-fried. Your protein, vermicelli rice noodles, bean sprouts, eggs, and green onions stir-fried in a sweet Tropical sauce. 11

### 🔪 Thai Styled Sweet and Sour Macaroni

stir-fried. Your protein with Thai macaroni pasta in a traditional Thai sweet and sour sauce w/ green and red bell peppers, tomatoes, yellow onions, and green onions. 12

### 🔪 Chick Noodles

stir-fried Thai spaghetti with your protein, chili pepper, tomatoes, yellow onions, bell peppers, basil, in our garlic sauce. 12

### 🔪 Penne Keow Wahn

stir-fried. Your protein and penne with basil, sugar snap peas, bamboo shoots, bell peppers, and avocado in a light & spicy green curry sauce. 12

### Mee Lad Na

stir-fried. Your protein, broccoli, carrots, tomatoes, with crispy rice vermicelli in a savory sauce. 12

### Tropical Fried Rice

traditional Thai fried rice with your protein, eggs, tomatoes, carrots, and yellow and green onions. Topped with fried egg. 11

### 🔪 Yellow Curry Fried Rice

fried rice with your protein, eggs, pineapples, carrots, tomatoes, yellow onions and yellow curry. Topped with fried egg and green onions. 11

### 🔪 Nam Prik-Pao Fried Rice

our special nam prik-pao fried rice w/ egg topped with your selected protein, glazed with sweet-ginger sauce. Topped with julienned green apples, carrots, red onions, and cilantro and a sliced omelet. 12

## Tropical Signature Entrées

### New Thai Styled Certified Angus Steak 10oz



grilled and served with steamed vegetables, corn cakes, jasmine rice, and 🔪 traditional Thai steak sauce.

10oz NY Strip 24

10oz Ribeye 27

### New Thai Styled Pork Chop

grilled 16oz center cut pork chop, marinated in a special Thai sauce. Served w/ steamed vegetables, jasmine rice and 🔪 house-made Thai Garlic sauce. 17

### 🔪 Trout Pad Ped

crispy trout fillet coated with a special sweet and spicy red curry sauce and kefir lime leaves w/ jasmine rice. 18

### Crab Fried Rice

traditional Thai fried rice with tomatoes, yellow onions, green onions, and crab meat. Topped with a fried egg. 18

### 🍄 Mushroom Pita

stir-fried mushrooms, onions, carrots, basil, cucumber, tomatoes, red onions, and sesame seeds in our light herb sauce. Light and filling. 11

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### Lunch Specials

All Lunch Specials are \$7.95 (11am to 3pm only).

**Choose your protein**

Chicken, Beef, Pork, or Tofu ☺

**Substitute:** Shrimp (+\$4.00) / Salmon (+\$7.00) / Tuna (+\$7.00)  
Seafood Medley (Shrimp, Scallops, Squid, & Salmon) (+\$7.00)

 **L1. Green Gang Curry**

green curry with bamboo shoot, green & red bell peppers, sugar snap peas and your protein. Served w/ jasmine rice.

 **L2. Garlic Pepper**

stir-fried. Your protein in a special garlic pepper sauce. Topped with cilantro and served w/ broccoli and tomatoes on the side. Accompanied w/ jasmine rice.

 **L3. Kaprao**

stir-fried. Your protein, chili, garlic, bell peppers, green onions, and sweet basil in our signature Kaprao sauce, comes w/ jasmine rice.

☺ **L4. Stir-fried Vegetables**

fresh veggies stir-fried w/ your protein served with jasmine rice.

**L5. Tropical Pad Thai,**

stir-fried. Your protein with rice noodles in a sweet Pad Thai sauce with bean sprouts, green onions, peanuts, and eggs.

**L6. Mee Siam**

stir-fried. Your protein with rice vermicelli, eggs, bean sprouts, and green onions.

**L7. Pad See Yu**

stir-fried. Your protein, rice noodles with broccoli, carrots, and eggs, in a sweet soy sauce.

 **L8. Nam Prik-Pao Fried Rice**

our special nam prik-pao fried rice topped with your selected protein, glazed with sweet-ginger sauce. Topped with julienned green apples, carrots, red onions, and cilantro and a sliced omelet.

 **L9. Yellow Curry Fried Rice**

fried rice with your protein, pineapples, carrots, yellow onions, and yellow curry.

 **L10. Thai Styled Sweet & Sour Macaroni**

stir-fried. Your protein w/ Thai macaroni pasta in a traditional sweet and sour sauce w/ green and red bell peppers, tomatoes, yellow onions, and green onions.

 **L11. Chick Noodles**

stir-fried Thai spaghetti with your protein, chili pepper, tomatoes, yellow onions, bell peppers, basil, in our garlic sauce.

**L12. Mee Lad Na**

stir-fried. Your protein, broccoli, carrots, tomatoes, w crispy rice vermicelli in a savory sauce.

 **New L13. Som-Tum (Papaya Salad)**

green-papaya mixed with tomato, chili, garlic and lime. Served with fried marinated chicken wings.

 **L14. Red Gang Curry**

red curry w/ your protein, bamboo shoots, green & red bell peppers, sweet peas to smother over jasmine rice.

**L15. Tropic Fried Rice**

traditional Thai fried rice with your protein, eggs, tomatoes, carrots, and yellow and green onions.

### Kids Menu

**Kid Popcorn Chicken**, deep-fried chicken bites with lemongrass.

Served w/ jasmine rice and our sweet & sour sauce. 6

**New Kid Fried Rice**, fried rice with carrots, onions, egg, and chicken. 6

**New Kid Chicken Wings**, deep-fried chicken wings, marinated in tropical sauce. Served w/ jasmine rice. 6

### Beverages

Pepsi, Diet Pepsi, Mountain Dew, Diet Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Sierra Mist. 2.95

Raspberry Iced Tea, Iced Tea 2.95

Freshly ground whole bean Colombian Coffee 3.25

A selection of premium Farmers Brothers hot teas 2.95

Natural Fruit Juice, Lemonade 3.50

Whole Coconut (seasonal) 7.00

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