

## Appetizers

### Edamame \$4.50 **V GF**

Steamed soy beans seasoned with sea salt

### Samosas (3) \$7.50 **V**

Flaky pastry shells stuffed with potatoes, peas and a medley of Indian spices. Served with mango or mint chutney.

### Chicken Satay (3) \$7.50

Chicken marinated with garlic, ginger, cumin and fresh lime.

Grilled and served with our homemade peanut sauce

### Summer Rolls (2) \$7.50 **GF**

Shrimp, cucumber, bean sprouts, carrots and fresh mint wrapped in a thin rice paper with sweet chili sauce for dipping

### Tempura Prawns (4) \$8.50

Four prawns in a light and crispy batter, topped with house mayo

### Gyoza (6) \$8.50

Pork and chicken filled Japanese dumplings, pan fried and served with citrus & garlic infused soy

### Fire Prawns \$11 (2 Peppers)

Twelve spicy tiger prawns served with homemade mango salsa

## Lighter Fare

### Spicy Thai Mussels \$14 **GF (1 Pepper)**

A pound of fresh mussels steamed in a creamy red curry sauce

### Pepper Crusted Ahi \$12

Lightly seared Ahi tuna crusted with crushed peppercorns and served on a bed of greens with ponzu sauce.

### Bamboo Garden Salad \$8 **V**

A blend of lettuce topped with crunchy noodles, a medley of veggies, mango, cashews and a sweet yet tangy sesame dressing  
Add chicken for \$2

### Sweet Chili Tandoori Salad \$12

A blend of lettuce topped with avocado, peppers, red cabbage, cucumber, green onions and prawns. Served with our very own tangy and refreshing sweet chili based dressing

### Thai Chicken Salad \$12

A blend of lettuce topped with fresh cucumber, red peppers, cabbage, green onions, udon noodles and sliced chicken breast served with an addictive sesame peanut dressing

### Tangerine & Ahi Salad \$16.50

4 oz of rare tuna steak atop a bed of mixed lettuce, fresh veggies and mango chunks all topped with tangerine dressing

### Seaweed Salad \$5 **V**

Marinated seaweed with sesame and mushrooms.

### Miso Soup \$5 **V GF**

a brothy, traditional Japanese soup with tofu and scallions

### Tom Kha Gai \$9 **GF**

Sliced chicken simmered in a creamy coconut milk based curry with mushrooms, green onion, cilantro, lemon grass and chilis.

## Rice & Noodle Dishes

### Nirvana Bowl \$18 (3 Peppers)

Thick udon noodles simmered with a medley of vegetables, chicken and prawns in a creamy, spicy curry sauce. If you like spicy food - you need to try this!

### Hot Noodle \$17 (2 Peppers)

Thick rice noodles stir fried with thin strips of beef, tomatoes, peppers, broccoli and onions. Seasoned with garlic, chilies and a variety of Asian spices.

### Pad Thai \$18.50

A Thai Classic! Thick rice noodles, beef, chicken, prawns and egg stir fried with a light sauce and topped with bean sprouts, green onion and peanuts.

Try it with a side of peanut sauce!

### Pineapple Fried Rice \$16 **GF**

Stir fried, steamed rice with tender chicken, red peppers, onions, pineapple and green onions seasoned with garlic, ginger and a light aromatic sauce.

### Nashi Goreng \$17.50

Indonesian fried rice seasoned with garlic and chilis. Chock full of thinly sliced beef, chicken, prawns, egg and a medley of veggies.

### Beef Udon \$16.50

Thinly sliced beef, broccoli, peppers and sweet green peas steamed in a flavour infused oyster based sauce all served on a bed of Japanese udon noodles and topped with fresh bean sprouts

## Stir Fry Dishes

*All stir fry dishes come with a side of rice*

### Teriyaki Buddha Bowl \$17

Sliced chicken breast stir fried with veggies and pineapple then tossed in a mouth watering teriyaki sauce.

### Peppered Beef \$16

Thinly sliced beef stir fried with fresh cut peppers, onions and an oriental pepper sauce.

### Cashew Chicken \$17

Chicken cooked with onions, red and green peppers, pineapple chunks and cashews all tossed with a sweet and sour sauce.

### Prawn Stir Fry \$17.50

Tiger prawns, peppers, snap peas, red and white onions seasoned with garlic, cilantro and a light Asian inspired sauce.

### Beef & Broccoli \$16

Thin sliced beef stir fried with onions and broccoli tossed in a light oyster based sauce.

### Mongolian Beef \$17

Broccoli, onions, red cabbage, red and green peppers cooked with thinly sliced beef and tossed in a savoury, yet slightly spicy sauce.

## Curries

All curry dishes come with a side of rice

### Peanut Curry \$17 **GF**

Your choice of chicken or prawns (add \$1), simmered with red peppers, broccoli and snap peas in a creamy peanut curry.

### Red Curry \$16 **GF**

Thai red curry with bamboo shoots and red peppers. Your choice of chicken, beef or shrimp (add \$1) slowly simmered to perfection.

### Green Curry \$16 (2 Peppers) **GF**

Thai green curry simmered with eggplant, sweet green peas and a touch of basil. Your choice of chicken, beef or shrimp (add \$1).

### Coconut Lime Curry \$16 **GF**

Your choice of chicken, prawns (add \$1) or a blend of seafood (add \$1.50) simmered in a coconut and lime based curry sauce with bamboo shoots and red peppers.

### Volcano Chicken \$17.50 (2 Peppers)

Red based Thai curry kicked up a notch with our own chili sauce and whiskey! Cooked with chicken, cauliflower and red peppers.

### Mango Curry \$16 (1 Pepper)

This sweet Indian curry has rich deep flavours, slowly simmered with chicken or prawns (add \$1), onions and green peppers.

### Butter Chicken \$17 (1 Pepper) **GF**

Tender chicken breast marinated in tandoori spices and cooked with onions in a creamy tomato based curry sauce.

### Chick Pea Curry \$15 **V GF**

A hearty curry rich with Indian spices, chick peas, cauliflower, tomato and cilantro

## Add Ons

**Peanut Sauce \$2 - Mango Chutney \$1**

**Extra Veggies \$1 - Extra Meat \$3**

**Side of Rice \$2 - Ghost Chili \$1**

## Take Out Specials

### Family Feast \$80

*feeds 5 - 7 people*

Comes with an order of each of our most popular dishes:  
Pad Thai - Cashew Chicken - Beef & Broccoli, Volcano Chicken and Dynamite Rolls (2 orders)

### Fit for Two \$36

*feeds 2 - 3 people*

An order of our Samosas served with mango chutney and your choice of two of the following:  
Cashew Chicken, Mongolian Beef, Red or Green Curry, Hot Noodle, Pineapple Fried Rice or Mango Curry.

## Sushi Rolls

*These rolls are made with seaweed on the outside*

### Garden Roll \$7 V GF

Red peppers, scallion and avocado

### Crowsnest Roll \$8

Steak, red onions, red pepper and BBQ sauce

### Surf & Turf Roll \$10

Steak, prawns, red peppers and sweet chili sauce

### Teriyaki Chicken Roll \$9

Chicken, green onion and red peppers topped with teriyaki sauce

### New Yorker Roll \$9

Smoked salmon, red onions, cream cheese and capers

### Tandoori Prawn \$10

Prawns, cucumber, green onion and Tandoori mayo

### Bamboo Dynamite Roll \$11

Tempura prawns, avocado and green onions topped with wasabi infused mayo and tobiko

### Chinook Roll \$11

Smoked salmon, tempura prawns and avocado all topped with sweet chili sauce

### Crispy Curry Roll \$10

Tempura prawns, fresh mango, red peppers and our homemade curried mayo

### Black Widow \$11 (1 Pepper) R GF

Fresh Ahi tuna and avocado topped with sriracha sauce and wasabi infused tobiko

### Firecracker Roll \$10 (1 Pepper)

Tempura prawns, avocado and sriracha sauce

### Spicy Tuna \$10 (1 Pepper) R GF

Fresh albacore or ahi tuna, cucumber, mint and sriracha sauce

### Sushi Sampler \$22

For when you can't decide! The sampler comes with a few pieces of the following rolls: Chinook, Crispy Curry, New Yorker and Crowsnest.

## Sashimi

*Slices of fresh ocean fish served with ginger and wasabi*

### Ahi Tuna R GF

2 Slices \$5.00      6 Slices \$14.00

### Shiro (Albacore) Tuna R GF

2 Slices \$3.50      6 Slices \$10.00

### Sake (Salmon) R GF

2 Slices \$3.50      6 Slices \$10.00

### Smoked Albacore R

2 Slices \$5.00      6 Slices \$14.00

## Sushi Rolls

*These rolls are made with rice on the outside and are served with ginger and wasabi*

### Veggie Roll \$6 VGF

Keep it simple with your choice of cucumber or avocado

### California Roll \$9

Cucumber, avocado and imitation crab sprinkled with sesame seeds

### Eel Appeal \$11

Unagi, red peppers, scallion and sesame seeds

### Cloud Nine \$11 R GF

Fresh Ahi tuna, avocado and sweet peas drizzled with sweet chili sauce

### Sakemake \$10 R GF

Fresh salmon, cucumber and sprouts topped with citrus infused tobiko

### Atsui Roll \$11 (2 Peppers)

Kaibashira (spicy scallops), cream cheese, scallion and red thai chilis

### Seashell Roll \$11 R

Prawns, fresh salmon, cucumber and our homemade wasabi infused mayo

### Pacifico Roll \$11 R

Cold smoked tuna, cream cheese and scallions with a light and crunchy panko coating

### Tuna Twist \$12 (1 Pepper) R

Mango, avocado and Ahi tuna with sriracha and curry mayo

### Samurai Platter \$46 R

6 pieces of assorted sashimi, two each of unagi, sake and ahi tuna nigiri, a dynamite roll, spicy tuna roll and a small seaweed salad.

## Nigiri

*Slices of fresh ocean fish served on rice with a side of ginger and wasabi*

### Ahi Tuna R GF

2 Pieces \$5.00      6 Pieces \$14.00

### Shiro (Albacore) Tuna R GF

2 Slices \$3.50      6 Slices \$10.00

### Sake (Salmon) R GF

2 Slices \$3.50      6 Slices \$10.00

### Smoked Albacore R

2 Slices \$5.00      6 Slices \$14.00

### Unagi (Roasted BBQ Eel)

2 Slices \$5.00      6 Slices \$14.00

*Prices subject to change without notice*



# Bamboo Bistro

12817-A 21 Avenue Blairmore Est. 2011

. Dine-In . Take-Out . Delivery .



Fulfilling your cravings

Tuesday - Friday

11 am - 9 pm

Saturday & Sunday

4 pm - 9 pm

Closed Mondays

*Bringing Asian flare to the  
Crowsnest Pass*

**403.753.2223**



