

Welcome to the Mangrove Cafe

18 N Bowdish Road
Spokane Valley, WA 99206
(509)926-2519



Hours of Operation

Tuesday–Thursday

Breakfast/Lunch - 11:00 – 2:00

Dinner - 5:00 – 7:00; **Call to reserve by 1:45**

Friday & Saturday

Breakfast/Lunch – 7:30 – 1:30

Dinner - 5:00 – 7:00; **Call to reserve by 1:15**

Sunday & Monday - Closed



Breakfast/Lunch

(We stop seating 15 minutes before closing)

GF = Gluten Free, V = Vegetarian Option

Crepe – Mixed Fruit

(Mixed fruit: Seasonal) Your choice of chocolate sauce, raspberry sauce, or raspberry balsamic sauce (whipped cream an additional \$.95). **\$16.50**

Crepe – Savory

Ham or bacon, onion, garlic, mushroom, spinach, bok choy, arugula, and Cheddar Jack cheese. **\$16.50**

Dutch Baby – A light, airy pancake with a puffy crust and a tender, custard-like middle.

- a. Lemon, sugar, butter **\$9.45**
- b. Mixed fruit (Seasonal) **\$17.00**
- c. Lemon curd & blueberries **\$18.30**
- d. Peppery pear & cheese, served with sour cream and a drizzle of honey **\$18.30**

Quiche/Slice - A savory French open-faced pastry crust. Includes fruit on the side – cantaloupe, oranges, grapes (Seasonal).

Two options:

- a. Spinach, zucchini, leek, mushrooms, cheese & bacon. **\$12.45**
- b. Broccoli, cauliflower, leek, mushrooms, carrots, tomatoes, zucchini, cheese & bacon. **\$12.45**

Tostada Quiche / Slice

Ground beef, Mexican seasoning mix, onion, and roasted green chilis, jack cheese, topped with quiche mix. Served with a side salad & homemade guacamole. **\$16.50**

Breakfast/Lunch – (Continued)

F = Gluten Free, V = Vegetarian Option

*** Expect longer waiting times for vegetarian & gluten free items.**

Appetizers/Soups/Salads

Fresh Roll(1) Red Pork, Shrimp, or Tofu (GF/V)

Rice noodles, lettuce, celery, carrots, cucumber, green onion, cilantro, avocado, pear, toasted sesame seed, wrapped in rice paper. Served with house dipping sauce (garlic, vinegar, sugar, salt, chili pepper).
\$7.00

Spring Roll (1) - Deep Fried

A savory roll packed with chicken breast, carrots, bean sprouts, onions, shiitake mushrooms, bean thread noodles, green onion and cilantro. Marinated in salt, pepper, fish sauce and egg. Served with homemade sweet & sour sauce. **\$7.00**

Beef Vegetable Soup

Rich vegetable soup with ground beef, cabbage, kale, collard greens, green beans, mushrooms, celery, onions, carrots, tomatoes, zucchini or yellow squash, simmered in a flavorful tomato sauce and served with homemade french bread. **\$8.00**

Kaosoi Soup (Thai Northern Style Noodles) (GF)

A hearty beef or chicken soup with a coconut milk curry-spiced base, egg noodles, Chinese broccoli, carrots, beansprouts, garnished with fried noodles, preserved mustard greens, shallots, cilantro, green onions, & roasted chili oil. Seasoned with salt, pepper and soy sauce/fish sauce.

Chicken \$16.85 / Beef \$18.25

Thai Salad

Mixed greens tossed with tomato, apple or pear, orange, cucumber, celery, dried cranberries, cilantro, & onion, topped with sliced grilled beef or chicken breast strips, sliced almonds, & sesame seeds, & served with house salad dressing (lime juice, crushed garlic, salt, chili pepper, cranberry, sugar, & fish sauce).

Add a savory biscuit- **\$4.30**

Chicken \$16.50 / Beef \$17.00

Cape Cod Salad

A mix of greens (lettuce, arugula, shredded cabbage), ham, sharp cheddar, walnuts, raisins, onions, apple, pear, and strawberries topped with honey mustard apricot dressing. Served with a warm slice of french bread or biscuit. **\$17.80**

Entrees

Drunken Noodles (GF)

Stir-fried rice noodles, seasoned with soy sauce, chili pepper, garlic, tomato sauce, fish sauce, sugar, vinegar, onion, tomatoes, Chinese broccoli, beansprouts, green onion, bell pepper, & Thai basil.

Chicken, Pork or Tofu \$16.75 / Beef or Shrimp \$18.65

Pad See-Ew (Stir Fried Noodles) (GF/V)

Stir-fried rice noodles, egg, broccoli, carrot, Chinese broccoli, cauliflower, bean sprouts, green onion, cilantro sweet soy sauce, vinegar, soy sauce/fish sauce.

Chicken, Pork or Tofu \$16.75 / Beef or Shrimp \$18.65

Rad Nah (Stir Fried Rice Noodle with Gravy)

Stir-fried rice noodle, chicken broth, Chinese broccoli, carrot, shiitake mushroom, broccoli, cauliflower, soybean paste, cornstarch, oyster sauce.

Chicken, Pork or Tofu \$16.75 / Beef or Shrimp \$18.65

Pad Thai (GF/V)

Stir-fried rice noodles with bean sprouts, cabbage, bok choy, cilantro, and green onion; flavored with shallots, red chili pepper tamarind, palm sugar, fish sauce, and salt. Topped with chopped roasted peanuts, sesame seeds, and roasted sliced almonds.

Chicken, Pork or Tofu \$16.75 / Beef or Shrimp \$18.65

Thai Fried Rice (GF/V)

Stir-fried steamed rice mixed with onion, tomato, Chinese broccoli, cauliflower, broccoli cilantro, & green onion, (sauce contains seafood paste, fish sauce & soy sauce). Served with sliced cucumber.

Chicken, Pork or Tofu \$16.75 / Beef or Shrimp \$18.65

Roasted Red Pork over Rice (Fri - Sat)

Sliced marinated red pork on a bed of steamed Thai Jasmine rice with Hoisin sauce, soy sauce, ginger, sesame oil. Served with sliced cucumber and garnished with cilantro, green onion and sesame seeds.

\$16.75

Dinner - 5:00PM – 7:00PM

GF = Gluten Free, V = Vegetarian option

* Expect longer waiting times for vegetarian & gluten free items.

Appetizers

Fresh Roll(1) Red Pork, Shrimp, or Tofu (GF/V)

Rice noodles, lettuce, celery, carrots, cucumber, green onion, cilantro, avocado, pear toasted sesame seed, wrapped in rice paper. Served with house dipping sauce (garlic, vinegar, sugar, salt, pepper).
\$7.00

Satay (4)

Four strips of chicken breast with Thai curry seasoning & coconut milk. Served with homemade peanut sauce & cucumber, onion, jalapeno salad. **\$14.85**

Spring Roll (1) - Deep Fried

A savory roll packed with chicken breast, carrots, bean sprouts, onions, shiitake mushrooms, bean thread noodles, green onion and cilantro. Marinated in salt, pepper, fish sauce and egg. Served with homemade sweet & sour sauce. **\$7.00**

Kai Yang (Grilled Chicken)

Chicken breast marinated with garlic, pepper, chili pepper, lemongrass, oyster sauce, sugar, soy sauce. Served with house dipping sauce. **\$11.85**

Soup

Kaosoï Soup (Thai Northern Style Noodles) (GF)

A hearty beef or chicken soup with a coconut milk curry-spiced base, egg noodles, Chinese broccoli, carrots, beansprouts, garnished with fried noodles, preserved mustard greens, shallots, cilantro, green onions, & roasted chili oil. Seasoned with salt, pepper and soy sauce/fish sauce.

Chicken \$18.35 / Beef \$20.10

Tom Yum (GF/V)

Lemongrass, kaffir lime leaf, galangal, fish sauce, chili paste, tomato, onion, mushroom.

Chicken \$16.75 / Beef or Shrimp \$18.10

Tom Kha (Chicken Galangal) (GF/V)

A creamy coconut soup infused with galangal, lemon grass, kaffir lime, cilantro, green onion, chili pepper, onion, mushroom.

Chicken \$18.55 / or Add Shrimp \$21.00

Salad

Som Tam (Papaya)

A Thai classic salad: grated green papaya/carrot, green bean, tomatoes. Seasoned with lime juice, chili pepper, garlic, peanut, palm sugar, fish sauce. Pairs great with sticky rice, grilled chicken. **\$16.20**

Yum Woon Sen (Glass Noodle Salad)

Glass noodles, ground pork or shrimp, fish sauce, sugar, lime juice, tomato, sweet onion, cabbage, green onion, cilantro, celery, toasted peanuts.

Pork \$17.55/ Shrimp \$19.40

Thai

Mixed greens tossed with tomato, apple, pear, orange, cucumber, celery, cranberry, cilantro & onion, topped with sliced beef or chicken breast strips, sliced almonds, & sesame seeds, & served with a dressing of lime juice, crushed garlic, salt, pepper, sugar, & fish sauce.

Add a savory biscuit for **\$4.30**

Chicken \$17.55 / Beef \$18.90

Larb (Minced Meat)

Shallot and green onion, onion, fish sauce, lime juice, cilantro, chili powder, toasted ground rice.

Chicken or pork \$17.55

Entrees

Drunken Noodles

Stir-fried rice noodles, seasoned with soy sauce, chili pepper, garlic, tomato sauce, fish sauce, sugar, vinegar, onion, tomatoes, Chinese broccoli, beansprouts, green onion, bell pepper, & Thai basil.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Pad Thai (GF/V)

Stir-fried rice noodles with bean sprouts, cabbage, bok choy, cilantro, and green onion; flavored with shallots, red chili pepper tamarind, palm sugar, fish sauce, and salt. Topped with chopped roasted peanuts, sesame seeds, and roasted sliced almonds.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Pad See-Ew (Stir Fried Noodles) (GF/V)

Stir-fried rice noodles, egg, broccoli, carrot, Chinese broccoli, cauliflower, bean sprouts, sweet soy sauce, vinegar, soy sauce/fish sauce.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Rad Nah (Stir Fried Rice Noodle with Gravy)

Stir-fried rice noodle, chicken broth, Chinese broccoli, carrot, shiitake mushroom, broccoli, cauliflower, soy bean paste, corn starch, oyster sauce.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Thai Fried Rice (GF/V)

Stir-fried steamed rice mixed with onion, tomato, Chinese broccoli, broccoli, cauliflower, cilantro, & green onion, (sauce contains seafood paste, fish sauce & soy sauce). Served with sliced cucumber.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Kai Pad Med Ma Mourg (Cashew Chicken) (V)

Stir fried chicken, garlic, dry Thai chili, green onion, onion, celery, carrot, cashew, bell pepper, soy sauce,

oyster sauce, sesame oil. Served with Jasmine rice. **\$17.55**

Pad Preaw Wann (Sweet and Sour Stir Fry) (GF/V)

Tomato, green onion, pineapple, cucumber, bell pepper, garlic, onion, homemade sweet and sour sauce, rice vinegar, sugar. Served with Jasmine rice.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Pad Prik Pow (Stir-Fried Sweet Chili Paste) (GF)

Onion, carrot, green bean or chayote, shiitake mushroom, basil. Stir fried with chili paste, garlic coconut milk, oyster sauce, and soy sauce. Served with Jasmine rice.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Pad Pong Curry (Stir Fried w/ Curry Powder)

Stir fried onion, celery, bell pepper, green onion, egg, coconut milk, soy sauce, and sugar. Served with Jasmine rice.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Green Curry (GF/V)

Green curry paste, coconut milk, palm sugar, fish sauce, kaffir lime leaf.

Choose 3 vegetables: egg plant, green bean, peas, pumpkin, bell pepper.

Served with Jasmine rice.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Red Curry (GF/V)

Red curry paste, coconut milk, palm sugar, Thai basil.

Choose 3 vegetables: bamboo shoot, pumpkin, green bean, bell pepper.

Served with Jasmine rice.

Chicken, Pork or Tofu \$17.55 / Beef or Shrimp \$19.70

Massaman Curry (GF/V)

Massaman curry paste, coconut milk, palm sugar, potato, onion, peanuts. Served with Jasmine rice.

Chicken \$17.55 / Beef \$19.70

* **Curry will take 30 minutes or more to cook.**

* **Expect longer waiting times for vegetarian and/or gluten free.**