

### Appetizers

- 1. Aaliyah's Favorite - Fresh spring rolls (chicken & shrimp) (2) with peanut sauce \$8.99
- 2. Fried vegetable, pork, or chicken eggrolls (4) \$6.99
- 3. Chicken satay\*(4 skewers) \$9.99
- 4. Jurn kai - Chicken wing dings (6) \$10.99
- 5. SouLao'd wings (2 skewers) \$7.99
- 6. Beef meatball glazed sweet chili sauce (4 skewers) \$11.99
- 7. Sticky rice\* \$3.50
- 8. Jasmine white rice\* \$3.00

### Entrees

Chicken/Beef/Tofu & Vegetable \$14.99 Shrimp \$16.99  
Trio - chicken beef and shrimp \$19.99

- 9. Pad Thai\*
- 10. Kua Mee - Lao stir-fry noodles
- 11. Kua Khao - fried rice

Chicken/Beef/Tofu & Vegetable \$16.99 Shrimp \$18.99  
Trio - chicken beef and shrimp \$21.99

- 12. Pad Kee Mao - Drunken stir-fry noodles  
Spicy noodles with basil, vegetables, peanuts & chili
- 13. Ladna  
Wide rice noodles with assorted vegetables in savory Lao sauce

### Soups

Add extra beef, chicken, tofu \$3.00 or shrimp for \$4.00

- 14. Pho\*
  - Beef or Chicken Large \$14.99
  - Shrimp Large \$16.99
  - Seafood with shrimp, scallop, crabmeat Large \$19.99
- 15. Ariella's Favorite Khao Piak\*
  - Chicken Rice Soup Large \$13.99
  - Chicken Homemade Noodle Soup Large \$14.99
- 16. Mee Mama Noodles Large \$13.99  
with sliced beef, egg, chinese vegetables and herbs

- 17. Spicy Lemongrass  
Glass noodle soup with chicken, herbs, and chili Large \$13.99

- 18. Tom Yum Koong or Kai (chicken or shrimp) \$7.99  
Hot and Sour Soup (chicken and shrimp) \$9.99

### Salads

- 19. Thum Mak Hoong (Papaya Salad)\* \$12.99  
Add beef/chicken/tofu \$15.99 Add shrimp \$16.99

Please choose spice level

 mild  hot  crybaby

- 20. Lao Salad \$9.99  
with chicken breast, red onion, carrots, lettuce, tomatoes and Lao house dressing

### Daily Specials

- 21. Beef jerky with sticky rice \$13.99
- 22. Chicken wing dings with Jasmine white rice \$12.50  
\* substitute for sticky rice \$14.50
- 23. Phouvah's Favorite\* \$9.99  
Lao omelette with scallions and Jasmine white rice  
Add chicken \$13.99 or shrimp \$14.99

### Lunch Only Specials - Available from 11am-3pm

- 24. Combo 1: Chicken fried rice, chicken satay (1), and vegetable eggrolls (2) \$14.99
- 25. Combo 2: Chicken fried rice, chicken kua mee (Lao stir-fry noodles) vegetable eggrolls (2), and chicken satay (2) or \*substitute wing dings (3) \$16.99 \$17.99

### Tofu and Vegetable

- 26. Fried Tofu \$6.59
- 27. Vegetable and/or Tofu Pho \$13.99
- 28. Tofu and vegetable stir-fry & Jasmine white rice \$14.99
- 29. Vegetable Pad Thai \$14.99
- 30. Vegetable Kua Mee - Lao stir-fry noodles \$14.99
- 31. Vegetable Kua Khao - Fried rice \$14.99

Taste of Soul  
Currently unavailable

**\*Gluten Free**

**\*Important Food Allergy Notice\***

Please be advised that food prepared here may contain the following ingredients: eggs, soy/soybean, wheat, peanut, tree nuts, coconut, fish & shellfish. If you have a **food** allergy or a special dietary requirement, please inform a member of our staff **before** you order.

### *Fun Facts*

- Lao is the ethnicity, Laos is the country, Laotian is all things from Laos
- The Lao are truly 'people of the heart'. They believe the heart is the source of intelligence as well as emotion, and that ideas are the sounds or voices of the heart. There are so many common Lao expressions which include the word jai – 'heart' in this sense. Credit: "Culture Shock! Laos from Amazon UK
- "Sabaidee" means "Hello, how are you?"
- When departing we say, "Sok dee" which means "Good luck" or "Yoo dee mee haeng" which means "Live well, have strength"
- Laos is known as **"The Land of a Million Elephants"**

*Don't Pho'get to like and follow us*



*Kop Jai Lai Lai*

*Thank you very much!*

**606 Page Boulevard, Springfield, MA 01104 (413) 316-3202**

©SouLao'd Kitchen 01/17/2024



**Southeast Asian Comfort Food**

**606 Page Boulevard, Springfield, MA 01104**

**(413) 316-3202**

**Hours of Operation - Call Us!**

**Monday-Friday: Lunch 11:00 a.m.-3:00 p.m.**

**Dinner 4:00 p.m.-8:00p.m.**

**Saturday: 11:00 a.m. - 8:00 p.m.**

**Sunday: CLOSED**

**Menu prices subject to change without notice due to unforeseen cost increases of imported products, raw materials, or currency fluctuation**

We strive to provide the best Lao comfort food from our table to yours. It is the ultimate fusion of Southeast Asian cuisine boasting a masterful mix of herbs and spices.

Our goal is to educate you on our history, our journey, and what it means to be a proud soulful Lao American family. We invite you to take this journey with your palate here at SouLao'd Kitchen.

#### **Lao-American History**

During the U.S. Secret War in Laos, from 1964 to 1973, the U.S. dropped more than two million tons of ordnance in Laos. During 580,000 bombing missions - equal to a planeload of bombs every 8 minutes 24-hours a day,

for 9 years - making Laos the most heavily bombed country per capita in history. Credit: "2019 Legacies of War"

**Who are we?**



### SouLao'd Specialty Dishes

Note\* Specialty dishes are upon availability and specially prepared and take time. We thank you in advance for your patience.

- Laab Sein (Beef Salad) \$23.99
- Laab Kai (Chicken Salad) \$18.99  
(Laab is minced meat salad, roasted rice, chili and fresh Lao herbs)
- Sein Nam Tok \$20.99  
(Sliced steak with spicy dipping sauce)
- Nam Khao (Crispy Fried Rice) \$23.99
- \*Pre-order 1 Hour ahead only\***
- Peeng Lein (Grilled Beef Tongue) \$23.99
- Peeng Tap (Grilled Beef Liver) \$18.99
- Yum Yum Seafood \$18.99  
(served cold, seafood salad with shrimp and crabmeat fresh herbs, vegetables in mild sweet chili sauce)
- Glazed Ginger Salmon \$14.99  
(Sauteed fresh vegetables with jasmine rice)
- Vegetable/Beef/Chicken Curry \$14.99

Our SouLao'd family is one of hundreds of thousands of refugees who sought asylum here in the United States. We are first generation Lao-Americans.



Shrimp Curry

\$16.99

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(Sauteed fresh vegetables served with jasmine rice)

Vegetable/Beef/Chicken Curry	\$14.99
Shrimp Curry	\$16.99

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