



BURMA (MYANMAR)

Burma is a South East Asian nation which shares land borders with India, Bangladesh, China, Laos and Thailand. The peoples of Burma are of Mongoloid stock having entered the country from the north, east and west in a series of migrations through the river valleys. Some settled in the hills of the north while others moved to the fertile south. The population of over 50 million comprises a number of ethnic groups with languages and cultures of their own. Predominantly Buddhist the country is aptly called the Golden Land for many reasons. The pagodas, or temples, are of gold, the paddy is golden, the sun shines golden throughout the better part of the year, and the warm and friendly people of Burma have hearts of gold!

Archaeologically there is evidence that a civilisation flourished in the Irrawaddy valley, Burma's main artery, as early as the 1st Century B.C. There followed a millennium abounding in legend and folklore. Burma's official history begins only in the 11th Century A.D. when Ming Anawrahta welded the many existing principalities into one kingdom extending from the capital Pagan to almost all of central and lower Burma.

In the 13th Century the Tartars, under Kublai Khan, sacked Pagan, and after that the country fragmented with new dynasties ruling from different capitals. The last capital was in Mandalay which fell to the British in 1885 and Burma's last king, Thibaw, was exiled to India. Britain ruled Burma from then until the Second World War when the Japanese invaded in 1941 and were subsequently ousted in 1945.

Burma won her independence from Britain in 1948, enjoyed a semblance of parliamentary democracy until 1962 when it came under military dictatorship. A major political upheaval took place in 1988 which led to thousands fleeing the country. It is only now under the leadership of a civilian government that the country is starting to rebuild.

The Burmese enjoy their food and a familiar greeting is "Have you eaten???" Followed by an invitation to partake. Burmese cuisine can be delicious and is unique. It has influences from neighbouring India and China but has developed a distinctly Burmese flavour, neither too spicy nor too bland. Burma's rich soil provides an abundance of fruits and vegetables and the Burmese diet is balanced, appetising and healthy.

Bon Appetit!

Note: Burma was renamed Myanmar in 1989 and a number of the old spellings of town were changed, e.g. Pagan is now Bagan.



Entrée

Start off with a delicious traditional Myanmar snack.



FRIED BATTERED GOURD - ဗူးသီးကြော် (Vegetarian) **8.50**
Deep-fried crispy gourd fritters served with our special tangy sauce, a popular Myanmar snack.

FRIED SHRIMPS & ONION - ပုစွန်ခွက်ကြော် **9.00**
Lightly battered thinly sliced onion & shrimp, deep-fried till golden and crispy, served with our special tangy sauce.

FRIED PORK CHITTERLINGS - ဝက်အူကြော် **9.50**
A delicious Burmese dish with tender and juicy fried pork intestines served with our special chilli sauce.

FRIED TOFU - တိုဟူးပြန်ကြော် (Vegetarian) **8.50**
Homemade crispy fried yellow tofu, made with chickpea powder served with our special tangy sauce.

POTATO SAMOSAS - အာလူးစမူဆာ (Vegetarian) **8.50**
Hand-wrapped patties filled with potatoes, onion & spices, served with our special tangy sauce.

MANDALAY FRIED BEANS - မန္တလေးပဲကြော် (Vegetarian) **8.50**
Crispy fried kidney beans & sticky rice powder, served with our special tangy sauce.

SPRING ROLLS - ကော်ပြန်ကြော် (Vegetarian) **8.50**
Crispy fried vegetarian spring rolls, served with our tangy sauce.

MIXED ENTREE - အကြော်စုံ (Vegetarian) **10.00**
A taste of everything; fried battered gourd, tofu, spring rolls, samosas & Mandalay fried beans served with our special tangy sauce.



Our Favourite



SUN'S CHICKEN DANBAUK Dine in **14.00**, Take away **13.00**

ဆန်းကြက်သားဒန်ပေါက်

Try our famous Sun's Chicken Danbawk, a Burmese adaptation of Indian Biryani.



KYAY-O NOODLES SOUP - ကြေးအိုး **12.00**

Traditional Burmese soup with rice noodles, pork ball, quail egg & intestines, served with our special chilli sauce.



KYAY-O NOODLES DRY - ကြေးအိုးဆီချက် **12.50**
Kyay-O Noodles without soup, with garlic oil.

CLAY POT MEE SHAY - မြေအိုးမြီးရှည် **12.50**

Pork and pickled mustard leaf thick rice noodles with soup and vegetables.



PAN THAY KHAUKSWE - ပန်းသေးခေါက်ဆွဲ **12.50**
Hot and spicy Burmese fried noodles with dry chicken curry.

FRIED NOODLES - ခေါက်ဆွဲကြော် **12.50**, Seafood **13.50**
Burmese style fried egg noodles available in pork, chicken, seafood.



FRIED FLAT RICE NOODLES **Chicken 12.50**, Seafood **13.50**
မြိတ်ကပ်ကြေးကိုက်
Burmese style fried flat rice noodles available in pork, chicken or seafood.

FRIED RICE - ထမင်းကြော် **Pork/Chicken 12.50**, Seafood **13.00**
Burmese style fried rice available in pork, chicken or seafood.



Traditional Noodles & Soup



MOHINGA - မုန့်ဟင်းခါး **8.50**
Traditional Burmese fish soup with rice noodles, egg, beans, crispy lentils, fresh herbs & lime.



OHN-NO KHAUKSWE - အုန်းနို့ခေါက်ဆွဲ **8.50**
Coconut chicken soup with noodles, a popular Burmese dish.

MANDALAY MONE TI - မန္တလေးမုန့်တီ/နန်းကြီးသုတ် **8.50**
Chicken curry & thick rice noodles.



NAN PYA THOKE SALAD - နန်းပြားသုတ် **8.50**
Chicken curry & flat rice noodles.



MANDALAY MEE SHAY SALAD - မန္တလေးမြီးရှည် **9.00**
Pork with tapioca jelly, pickled mustard, black beans & thick rice noodles.



SHWEDAUNG KHAUKSWE - ရွှေတောင်ခေါက်ဆွဲ **8.50**
Coconut cream, chicken curry and flat rice noodles.



HSI GYET KHAUKSWE - ဆီချက်ခေါက်ဆွဲ **9.00**
Yellow flat egg noodles dressed with garlic, served with chicken.

SHAN KHAUKSWE SALAD - ရှမ်းခေါက်ဆွဲ **9.00**
Rice noodles with tomato chicken curry, topped with crunchy pork crackers.



RAKHINE MONE TI - ရခိုင်မုန့်တီ **8.50**
Chilli and pepper Hot Galangal fish soup with thin rice noodles.

Salads



LAHPET THOKE - လက်ဖက်သုတ်

9.50

Traditional Burmese salad with pickled tea leaf, crispy mixed nuts and lentils, dried shrimp, garlic, chilli and tomatoes.



GINGER SALAD - ဂျင်းသုတ်

9.50

Pickled ginger, fried garlic, sesame seeds, split yellow peas and dried shrimp.



TOMATO SALAD - ခရမ်းချဉ်သီးသုတ်

9.50

Diced tomatoes mixed with fresh onions, ground shrimp, coriander and fried onions.



SHREDDED FEATHER-BACK FISH SALAD - ငါးဖယ်သုတ်

10.00

Shredded homemade fish cake, crispy garlic chips, coriander with lime dressing.



TOFU SALAD - တိုဟူးသုတ်

9.50

Homemade tofu made with chickpea powder, fried onion, dried ground shrimp & tamarind dressing.



PENNYWORT SALAD - မြင်းခွရွက်သုတ်

9.50

Traditional seasonal salad made with pennywort leaves, onions and fried onions.



Side Dishes

Add a little extra to complete your meal



SPICY GRAM SOUP

ကြက်/ဆိတ်/သီးစုံပဲကုလားဟင်း

Spicy Burmese bean soup available in chicken, goat or vegetarian.

12.00/12.50/11.50

(CHICKEN/ GOAT/ VEGE)



PORK & PICKLED BAMBOO SHOOT CURRY

ဝက်သားမျှစ်ချဉ်ဟင်း

Pickled bamboo soup with pork curry.

12.50

PORK & MARIAN PLUM CURRY

ဝက်သားမရမ်းပြား

Marian plum with pork curry.

12.50



PORK WITH PICKLED MUSTARD SOUP - ဝက်သားကြိမ်ဆိုင်

Tender pork ribs with pickled mustard soup.

12.50

FRIED MIXED VEGETABLES - အစိမ်းကြော်

Assorted stir-fried seasonal vegetables.

11.50



FRIED PORK ROLLS - ဝက်သားလိပ်ကြော်

Delicious homemade rolls filled with pork mince, onion & spices, deep fried in a golden batter and served with our special chilli sauce.

10.00

CRISPY SHRIMP RELISH - ငါးပိကြော်

Ground dried shrimp fried in shrimp paste, onion, chili flakes and fried shallots. (Burmese Balachaung)

3.50 Small, 6.00 Large



BOILED FISH PASTE AND GREENS - ငါးပိရည်တို့စရာ

Traditional Burmese condiment of fermented fish paste served with fresh greens.

5.00

STEAMED RICE

2.50



Deserts & Drinks

Finish your meal with a refreshing Burmese drink or desert.



GRASS JELLY - ကျောက်ကျော 4.00
Black grass jelly with sugar syrup and a hint of lime.

FALUDA ဖာလူဒါ 6.00
Traditional Burmese treat, milk with rose syrup, sago, pudding, ice cream & green jelly.

KULFI ICE CREAM - ကူဖီ 5.00
Homemade kulfi ice cream, with a hint of spice.

ICE SALAD - ရေခဲသုတ် (With or without peanuts) 6.00
Shaved ice mixed with pineapple jam, grass jelly, sweet winter melon, condensed milk, sprinkled with roasted peanuts and other items.

MONT LOK SAUNG - မုန့်လုပ်ဆောင်း 6.00
Rice flower droplets swirled in sweet coconut milk.

SHWE YIN AYE - ရွှေရင်အေး 6.00
Coconut milk, sherbet with assorted ingredients.

ICE CREAM - ရေခဲမုန့် 5.00
Vanilla with or without chocolate topping.

BURMESE TEA - လွှက်ရည် 4.00
A sweet traditional milk tea.

COLD DRINKS 2.50

ENERGY DRINKS 3.00

No outside drink to be consumed on the premises.
If you're allergic to peanuts please let us know.

Dine In and Take Away.

P: 9676 2837

Address: 10 Tulloch Street, Blacktown, NSW 2148

Trading Hours

MONDAY & TUESDAY:	CLOSED
WEDNESDAY - FRIDAY:	5PM - 9PM
SATURDAY:	10AM - 3PM / 5PM - 9PM
SUNDAY:	10AM - 3PM / 5PM - 9PM

Kitchen closes at 8:30 daily and we are closed on the first Sunday of each month.

