

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 restaurant 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. 10

🌱 Garlic Edamame

steamed and tossed with roasted garlic and salt. 7

🌱 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 lime sweet and sour herb salad (mint, cilantro, carrots, green apple) and sauce. 9

Rambutan Chicken

chicken dumplings individually wrapped with 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 🌱 Fried Tofu

Fried fresh tofu served with our sweet and sour cucumber salad topped with crushed roasted peanuts. 7

New Chicken Curry Puff

deep-fried pastry stuffed with chicken, potato, curry powder & savory ingredients. Served with sweet and sour cucumber salad. 10

New Hoy Jow

deep-fried dumpling stuffed with shrimp, pork, yellow onion. Served w/ tropical hot sauce & plum sauce. 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, tamarind juice and coconut milk. Topped with green onions and cilantro. (🌱 Tofu)

Appetizer 8 / Entrée - Served with Jasmine rice 12

🌶️ *New* A cup of Tom Yam soup,

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

Appetizer 8 / Entrée - Served with Jasmine rice 12

🌱 A cup of 3-kind Mushroom Soup.

A savory and healthy Enoki, White Beech, and Shitake mushroom soup. 9

🌱 Thai Salad.

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

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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 19

Atlantic Salmon 20

Jumbo Sea Scallop 23

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 (+\$3.00)
- S3. Steamed Vegetables

Flavors off the Wck

Choose your protein

Chicken, Beef, Pork, or Tofu 🍷

Substitute: Shrimp (+\$5.00) / Salmon (+\$9.00)

Seafood Medley (Shrimp, Scallops, Calamari, & Salmon) (+\$11.00), Sea Bass (+\$15.00)

🔪 Red Gang Curry or Green Gang Curry

red curry or green curry with bamboo shoot, green & red bell peppers, sugar snap 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 w/ 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 fresh veggies (seasonal).

Served w/ jasmine rice. 12

Pad Ma-Khuer

Stir fried oriental eggplant with your protein, bell peppers, tomatoes, and sweet basil in fresh garlic soybean sauce. Served w/ Jasmin rice. 12

New Pad Whun Sen

Stir fried clear noodles with your choice of protien, egg, broccoli, carrot, napa cabbage, green and yellow onions.

Served w/ jasmine rice. 12

*consuming raw or undercooked meats, shellfish or eggs may increase you 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/beef \$3.00/ Extra shrimps \$4.00/ Extra side \$3.00 / Extra asparagus \$4.00

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Thai Classic Entrées

Choose your protein

Chicken, Beef, Pork, or Tofu

Substitute: Shrimp (+\$5.00) / Salmon (+\$9.00)

Seafood Medley (Shrimp, Scallops, Calamari, & Salmon) (+\$11.00), Sea Bass (+\$15.00)

Pad See Yu

stir-fried. Your protein, rice noodles with broccoli, carrots, and eggs, in a sweet soy sauce. 12

Tropical Pad Thai

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

Mee Siam

stir-fried. Your protein, vermicelli noodle, eggs, bean sprouts & green onions stir-fried in a sweet Tropical sauce. 12

Thai Styled Sweet and Sour Macaroni

stir-fried. Your protein with 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 w/ your protein, chili pepper, tomatoes, yellow onions, bell peppers, basil and garlic sauce. 12

Penne Keow Whan

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

Yellow Curry Fried Rice

fried rice with your protein, eggs, pineapples, carrots, tomatoes, yellow onions, yellow curry. Topped with green onions. 12

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 sliced omelet. 12

Tropical Signature Entrées

Thai Styled Certified Angus New York Strip 10oz

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

10oz NY Strip 24

10oz Ribeye 27



New Trout Triple-Taste

deep-fried trout, top with Thai Triple-Taste sauce and tomato, yellow onion, green and red bell peppers, ginger, green onion. Served w/ jasmine rice. 20

Crabs Fried Rice

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

Trout Pad Ped

crispy trout fillet coated with a special sweet and spicy red curry sauce and kefir lime leaves w/ jasmine rice. 20

New Seafood Salad

Boiled scallops, calamari, shrimp and salmon tossed with carrots, red & green onions, cilantro, kefir lime leaves, lemon grass in a fresh lime dressing. Served w/ jasmine rice. 21

Plah Goong

Cooked jumbo shrimp, thinly sliced lemon grass, green onions and sweet basil tossed in a fresh lime juice dressing. Served with lettuce, tomato and cucumber on the side. Served w/ Jasmine rice. 17

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Lunch Specials

All Lunch Specials are served from 11am to 3pm only.

Choose your protein

Chicken, Beef, Pork, or Tofu

Substitute: Shrimp (+\$5.00) / Salmon (+\$9.00)

Seafood Medley (Shrimp, Scallops, Calamari, & Salmon) (+\$11.00)

L1. Green Gang Curry

green curry with bamboo shoot, green & red bell peppers, sugar snap peas and your protein. Served w/ jasmine rice. \$8.95

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. \$8.95

L3. Kaprao

stir-fried your protein, chili, garlic, bell peppers, green onions, and sweet basil in our signature Kaprao sauce, comes w/ jasmine rice. \$8.95

L4. Stir-fried Vegetables

fresh veggies served with your protein served with jasmine rice. \$8.95

L5. Tropical Pad Thai,

stir-fried your protein w/ rice noodles in a sweet pad Thai sauce with bean sprouts, green onions, peanuts, and eggs. \$8.95

L6. Mee Siam

stir-fried. Your selected protein with rice vermicelli, eggs, bean sprouts, and green onions. \$8.95

L7. Pad See Yu

stir-fried. Your protein, rice noodles with broccoli, carrots, and eggs, in a sweet soy sauce. \$8.95

L8. Nam Prik-Pao Fried Rice

our special nam prik-pao fried rice w/ egg, topped with your selected protein, glazed w/ sweet-ginger sauce. Topped with julienned green apples, carrots, red onions, and cilantro, and sliced omelet. \$8.95

L9. Yellow Curry Fried Rice

fried rice with your protein, eggs, pineapples, carrots, tomatoes, yellow onions, yellow curry. Topped with green onions. \$8.95

L10. Thai Styled Sweet & Sour Macaroni

stir-fried. Your protein with macaroni pasta in a traditional Thai sweet and sour sauce w/ green and red bell peppers, tomatoes, yellow onions, and green onions. \$8.95

L11. Chick Noodles

stir-fried Thai spaghetti with your protein, chili pepper, tomatoes, yellow onions, bell peppers, basil, in our garlic sauce. \$8.95

L12. Mee Lad Na

stir-fried. Your protein, broccoli, carrots, tomatoes, with crispy rice vermicelli in a savory sauce. \$8.95

New L13. Som-Tum (papaya salad)

green-papaya mixed with tomato, chili, garlic and lime. Served with fried marinated chicken wings & jasmine rice. \$8.95

L14. Red Gang Curry

red curry w/ your protein, bamboo shoot, green & red bell peppers, sugar snap peas and your protein to smother over jasmine rice. \$8.95

L15. Topical Fried Rice

traditional Thai fried rice with your protein, eggs, tomatoes, carrots, and yellow and green onions. \$8.95

Kids Menu

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

Served w/ jasmine rice and our sweet & sour sauce. 8

Kid Fried Rice, fried rice with carrots, onions, egg, and chicken. 8

Kid Chicken Wings, deep-fried chicken wings, marinated in tropical sauce. Served w/ jasmine rice. 8

Beverages

Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Sierra Mist. 2.75

Raspberry Iced Tea, Iced Tea 3

Freshly ground whole bean Colombian Coffee 3

A selection of premium Farmers Brothers hot teas 3

Natural Fruit Juice, Lemonade 3.25

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