



THE BAY TINH STORY ...

Bay Tinh's original chef had a very distinguished career. Before arriving as a refugee from South Viet Nam, Mr. Tinh Tran had been selected to serve as the Chef for Mr. Khiem Thien Tran, the Ambassador to Taiwan. He continued to serve Mr. Khiem Tran when he became Ambassador to the United States of America and when he became the Prime Minister of the Republic of South Viet Nam for more than ten years.

Arriving as a penniless boat person, he initially cooked for restaurants owned by others, until he saved enough to open this restaurant on November 23, 1988. Because of the quality of his food his fame rapidly spread and there were soon long queues at the door.

In 2007 Mr. Tinh Tran retired and Harry Hoang, the current owner and another boat person, took the reins. Harry had cooked at one of Tinh Tran's Kitchen restaurants and so knew the recipes intimately. He set about bringing his own influences to bear, inspiring the kitchen team to improve upon the high standards set by his predecessor. Popular new dishes have been progressively introduced.

Harry's philosophy is to provide a high quality, authentic yet affordable meal in an informal family friendly atmosphere. He believes that you should be able to take a break from cooking and enjoy a high standard of food and service without breaking the family budget.

We thank you for your ongoing support.

The Bay Tinh Team

April 2013

GF - Gluten free | GFO - Gluten free option available
VO - Vegan option available

Please advise us of allergies | dietary requirements | gluten free version on request

BAY TINH A LA CARTE MENU

Bay Tinh Soups

Soup is essential in a formal Vietnamese dinner and it is used to welcome you, warm you and to show off the skills of the chef. The soup has to be clear, tasty and fresh. Our soups are prepared daily with freshly made chicken stock, herbs and vegetables.

- 1 Sweet & Sour Prawn or Chicken Soup – Canh Chua (GF)**
A specialty of Southern Vietnam. Soured with tamarind, fresh tomato, and pineapple; lifted by a wetland herb (unique to Vietnamese food), and finished with okra for colour and texture. S:9 R:15
- 2 Chicken & Sweet Corn Soup – Bap Nau Ga (GF) 9**
- 3 Beef Pho – Pho Bo (GFO)**
It is a national dish. Special family recipe has been popular in Hanoi for three generations. S:10 R:16
- 4 Chicken Pho – Pho Ga (GFO)**
It is a national dish. Special family recipe has been popular in Hanoi for three generations. S:10 R:16
- 5 Combination or Seafood Steamboat – Lau Thap Cam (GF)**
One of the most popular dishes in Vietnamese dining. Cooked in a delicious broth at your table with fresh meats, seafood and vegetables. It is shared by four people as an entrée. S:25 R: 38

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Bay Tinh Entrees

- 1 Spring Rolls – Cha Gio (4 rolls)**
Acclaimed, unique Bay Tinh creation, containing quality meat freshly minced, a special mix of black fungus and ingredients, encased in light, crispy pastry 10.8
- 2 King Prawn Rolls – Tom Cuon Thit (2 rolls)**
Chef's Specialty. A large prawn embedded in an abundant Spring Roll mixture, encased in crispy pastry. 10.8
- 3 Fresh Prawn Rolls – Goi Cuon (2 rolls) (GFO)**
Freshly made to order with prawn, pork (or chicken on request), herbs, lettuce and pickles rolled in rice paper, served with Bay Tinh's special sauce. 9.5
- 4 Crispy Pancake – Banh Xeo (GF)**
Authentic specialty pancake filled with prawns, pork, bean sprouts and served with salad, pickles and fish sauce. The light and crispy pancake makes this a repeat favourite. 16.5
- 5 Little Rice Cakes – Banh Khot (6 cakes) (GF) *Please allow 15 mins cooking time**
This traditional Southern dish is rarely served in Australia. It required a skillful technique to create the velvety texture and creamy taste. 16.5
- 6 Prawn Wrapped Sugar Cane – Chao Tom Banh Hoi (GFO)**
Chef's specialty. Marinated prawn paste, wrapped around sugar cane, served in lettuce, with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. **Ent: 9 (2pcs) | M: 28 (8pcs)**

- 8 Grilled Beef Rolls – Bo Cuon Cha Tom Banh Hoi (GFO)**
Chef's specialty. Marinated tender beef rolled around prawn paste, barbecued to a golden brown, wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. **Ent: 9 (2pcs) | M: 28 (8pcs)**
- 9 Salt & Pepper Calamari – Muc Muoi (GFO)**
Arguably the best in Sydney! Deep-fried to a taste sensation, served with Harry's special spicy lime sauce. **Ent: 15 | M: 20.9**
- 10 Grilled Pork Balls – Nem Nuong (GFO)**

Chef's specialty. Marinated pork balls wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. **Ent: 9 (2pcs) | M: 28 (8pcs)**

11 Grilled Pork Skewer – Heo Nuong (GFO)

Marinated pork slices with Harry's unique recipe, grilled on a skewer, wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. **Ent: 9 (2pcs) | M: 28 (8pcs)**

12 Soft Shell Crab – Cua Lot (GFO) *Please allow 15 mins cooking time

Delicately seasoned, in a very light crispy batter, served with Harry's tamarind sauce. 15.5

13 Vietnamese Fish Cakes – Cha Ca (GF) 13.5

14 Duck with Cumquat & Ginger Sauce (GF)

Harry's luscious sous vide cooked duck with tangy Asian cumquat and ginger sauce to complement and contrast the richness of the duck. 18.5

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15 Tender Beef Cubes – Bo Luc Lac (GF)

Selected yearling grain fed-beef, marinated with the Chef's special recipe and flash seared in high flame to seal in the flavor and juices; served with classic pepper, salt and lemon juice. **Ent: 15.8 | M: 31**

16 Stuffed Chicken Wing - Canh Ga Don Thit (GF)

De-boned and stuffed with quality minced pork, black fungus and vermicelli. Twice cooked to a golden brown, with plum sauce and sesame seeds 10.5

17 Mixed Grilled Platter (For 2) (GFO)

Combination of spring rolls, sugar cane prawn, beef rolls, grilled pork and fish cake, wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce 40

Bay Tinh Salads

- 1 Duck Salad – Goi Vit (GFO)**
Harry signature duck salad. Twice cooked with aromatic spices; dressed with lime juice, kaffir lime and special Vietnamese ingredients, served with lightly pickled salad in lettuce leaves, accompanied by prawn crackers. 16.5
- 2 Beef Salad – Bo Bop Thau (GF)**
Harry's new succulent sous vide cooked beef, with green apple and pickle salad, prawn crackers and fish sauce. 16.5
- 3 Papaya Salad – Goi du du (GF)**
Green papaya, with prawn, pork, roasted shallot, hot mint, basil, pickles, and special French dressing made from four fresh fruits. 17

Bay Tinh Main Courses

Bonfire (GF) Signature main dishes.

Premium meat or seafood cooked at the table in a pot with caramelized onion, flavored with coriander and peanut, served with rice paper, lettuce, herbs, pickles and Harry's special anchovy sauce.

- 1 Bonfire Beef – Bo Quanh Lua Hong 30**
- 2 Bonfire Chicken – Ga Quanh Lua Hong 30**
- 3 Bonfire Prawns – Tom Quanh Lua Hong 32**
- 4 Bonfire Prawns and Beef – Tom Bo Quanh Lua Hong 32**
- 5 Bonfire Prawns and Chicken – Tom Ga Quanh Lua Hong 32**

Bay Tinh Seafood Dishes

- 1 Prawn Wrapped Sugar Cane – Chao Tom Banh Hoi (GFO)**
Chef's specialty. Marinated prawn paste, wrapped around sugar cane, served in lettuce, with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. 28 (8pcs)
- 2 Salt & Pepper Calamari – Muc Muoi (GFO)**

Arguably the best in Sydney! Deep-fried to a taste sensation, served with Harry's special spicy lime sauce. 20.9

- 3 **Stuffed Calamari – Muc Don Thit (GFO)**
Two whole steamed calamaris stuffed with special mixed pork paste, with your choice of sauce – oyster or tamarind sweet & sour. 20.9
- 4 **Prawn Curry – Tom Cari (GFO)**
Braised in Harry's special curry sauce with coconut cream, black fungus and vermicelli. 22.5

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- 5 **Garlic Prawns – Tom Xao Toi (GF)**
Famous Bay Tinh's dish. Garlic, caramelized onion and fish sauce. 22.5
- 6 **Sate Prawns with Mixed Vegetable – Tom Sate Xao Rau (GFO)**
Braised in Harry's special sate sauce, with herbs and spices. 22.5
- 7 **Combination Seafood – Do Bien Thap Cam (GFO)**
King prawns, calamari, stir fried with mixed vegetables and oyster sauce. 24.5
- 8 **Caramelised Fish – Ca Kho To (GF)**
The recipe is from Harry's Mother, from the North of Viet Nam.
Slow-cooked salmon cutlet in a clay pot filled with a rich caramelised sauce – a very traditional Vietnamese dish. 24.5
- 9 **Steamed Fresh Snapper – Ca Hap Gung (GFO) *Please allow 15 mins cooking time**
Garnished with shallots and shredded ginger in oyster sauce. 39
- 10 **Deep Fried Fresh Snapper served with Ginger Fish Sauce – Ca Chien Nuoc Mam Gung (GFO) *Please allow 15 mins cooking time**
Fresh Snapper is flash fried for crispy skin and moist flesh, a tasty and popular dish. 39

Bay Tinh Duck & Chicken Dishes

1 Braised Duck with Mixed Vegetable – Bach Hac Hau Co (GFO)

Twice cooked with aromatic spices, braised with mixed vegetables 21.9

2 Bay Tinh's Famous Ballotine of Chicken - Ga Rut Xuong (GF)

This dish is a house specialty. The recipe and method for creating Ga Rut Xuong remains a secret known only to Bay Tinh's owner who prepares the dish himself. Not even his longest serving cooks know how Harry does it. The chicken is deboned in a very precise way then stuffed with minced pork, eggs, vermicelli and spices, then grilled until golden brown, served with a tasty plum sauce and sesame seeds. **Quarter 19.5 Half 29.5**

3 Red Curry Chicken – Ga Cari (GF)

Aromatic casserole of chicken in tasty Vietnamese style red curry and lemongrass. 19.9

4 Crispy Roast Chicken - Ga Quay Don

Twice cooked with aromatic spices, served with classic salt, pepper and lemon dipping sauce. 19.5

5 Chicken Curry – Ga Xao Lan (GFO)

Chicken fillet braised in Harry's aromatic curry sauce with black fungus, vermicelli and coconut cream (optional hot chili). 19.5

6 Sate Chicken with Mixed Vegetable – Ga Sate Xao Rau (GFO)

Chicken fillet braised in Harry's unique sate sauce (optional hot chili). 19.5

7 Lemongrass Chicken – Ga Xao Xa (GF)

Chicken fillet braised with lemongrass (optional hot chili). 19.5

8 Ginger Chicken – Ga Xao Gung (GFO)

Chicken fillet stir-fried with shredded ginger and onion. 19.5

9 Chicken Cashew Nuts - Ga Xao Hat Dieu (GFO)

Chicken fillet braised with cashew nut (optional hot chilli) 19.5

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- 10 **Chicken with Mixed Vegetable - Ga Xao Rau (GFO)**
Chicken fillet braised with mixed vegetable 19.5

Bay Tinh Beef Dishes

Harry only uses selected, premium grain fed, yearling beef for excellent flavour and tenderness.

- 1 **Grilled Beef Rolls – Bo Cuon Cha Tom Banh Hoi (GFO)**
Chef's specialty. Marinated tender beef rolled around prawn paste, barbecued to a golden brown, wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. 28 (8pcs)
- 2 **Beef Curry – Bo Xao Lan (GFO)**
Tenderly braised in Harry's aromatic curry sauce with black fungus, vermicelli and coconut cream (optional hot chili). 19.5
- 3 **Sate Beef with Mixed Vegetable – Bo Sate Xao Rau (GFO)**
Tenderly braised in Harry's unique sate sauce (optional hot chili). 19.5
- 4 **Ginger Beef – Bo Xao Gung (GFO)**
Tenderly braised with ginger and onion. 19.5
- 5 **Beef with Mixed Vegetables – Bo Xao Rau (GFO)**
Stir-fried beef with mixed vegetables. 19.5
- 6 **Beef Stew - Bo Kho (GF)**
Brisket slow cooked with cinnamon, five spices and lemongrass 19.9

Bay Tinh Pork Dishes

- 1 **Grilled Pork Skewer – Heo Nuong (GFO)**
Marinated pork slices with Harry's unique recipe, grilled on a skewer, wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce 28 (8pcs)
- 2 **Grilled Pork Balls – Nem Nuong (GFO)**

Chef's specialty. Marinated pork balls wrapped in lettuce with special rice noodle cakes, pickles, mint and Bay Tinh's special sauce. 28 (8pcs)

3 Grilled Pork Chop – Suon Nuong (GF)

Pork chop, sliced, marinated with Harry's unique recipe, grilled and served on a salad bed. 22.5

4 Caramelised Pork – Thit Kho Trung (GF)

Slow-cooked pork belly with boiled eggs in a clay pot filled with a rich caramelised sauce – a very traditional Vietnamese dish. 24.5

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Bay Tinh Vegetarian Dishes

The Tofu is pure soybean, specially made for Bay Tinh.

Entrees

1 Sweet & Sour Tofu Soup – Canh Chua Chay (GF)(V)

Tofu, celery, mushroom, pineapple and bean sprouts in a special sweet and sour soup. 9

2 Vegetarian Steamboat – Lau Chay (GF)(VO)

Fresh vegetables and tofu cooked at your table in a delicious broth. 35

- 3 Vegetarian Spring Rolls – Cha Gio Chay (4 pieces) (V)**
House Specialty. 10.8
- 4 Vegetarian Fresh Rolls – Goi Cuon Chay (2 pieces) (GF)(V)**
Tofu, herbs, bean-sprout and rice noodles rolled in rice paper. 9
- 5 Vegetarian Crispy Pancake – Banh Xeo Chay (GF)(V)**
Authentic specialty pancake, filled with tofu, broccoli, bean sprouts and snow peas served with salad, pickles and fish/soy sauce. The light and crispy pancake makes this a repeat favourite. 16.5
- 6 Vegetarian Little Rice Cake - Banh Khot Chay 16.5 (GF)(V)**
**Please allow 15 mins cooking time*
- 7 Grilled Vegetarian Duck - Vit Quay Chay Banh Hoi (2 pieces) (V)**
Grilled vegetarian duck served with rice noodle cakes, pickles, mint. 9
- 8 Vegetarian Duck Salad – Goi Vit Chay (V)**
Harry's signature duck salad, with tofu-based substitute. Cooked with aromatic spices; dressed with lime juice, kaffir lime and special Vietnamese ingredients, served with lightly pickled salad in lettuce leaves, accompanied by crackers. 16.5

Mains

- 9 Bonfire Tofu – Tau Hu Quanh Lua Hong (GFO)(V)**
Tofu and onion, cooked in a pot at the table and served with rice paper, lettuce, herbs, pickles and special Hoisin style sauce. 28.5
- 10 Roast Vegetarian Duck – Vit Quay Chay (VO)**
Roasted Vegetarian Duck served on a bed of Chinese Broccoli with oyster sauce 22.5
- 11 Lemongrass Tofu – Dau Hu Xao Xa (GFO)(VO)**
Braised with lemongrass (optional hot chili). 19.5
- 12 Salt & Pepper Tofu – Tau Hu Muoi (GFO)(V)**
Deep-fried to a taste sensation and served with classic salt, pepper and lemon dipping sauce, or Harry's Spicy Lime Sauce. 19.5
- 13 Tofu Curry – Dau Hu Cari (GFO)(V)**
Tenderly braised in Harry's aromatic curry sauce with black fungus, vermicelli and coconut cream (optional hot chili). 19
- 14 Tofu Sate with Mixed Vegetable – Dau Hu Sate Xao Rau (GFO)(V)**
Tenderly braised in Harry's unique sate sauce (optional hot chili). 19

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- 15 **Basil Eggplant stir- fried with vegetarian duck - Vit chay xao ca tim 19.5 (VO)**
- 16 **Basil Eggplant stir- fried with tofu - Dau hu xao ca tim 19.5 (GFO)(VO)**
- 17 **Mixed Vegetables – Rau Xao Thap Cam (GFO)(VO)**
Stir-fried mixed vegetables with tofu, your choice of soy, oyster or curry sauce 19
- 18 **Chinese Broccoli – Cai Ro Dau Hao (GFO)(VO)**
Steamed with oyster sauce. 14
- 19 **Chinese Broccoli with Garlic – Cai Ro Xao Toi (GFO)(V)**
Stir-fried with garlic sauce. 14
- 20 **Vegetarian Caramelised Fish - Ca Kho Chay 19.5 (V)**
- 21 **Vegetarian Lotus Rice - Com sen chay (VO) 22.5**
An aromatic dish from Hue, a royal city. Rice with mixed tofu and Shitake mushrooms wrapped and cooked in Lotus leaf.

Bay Tinh Noodle Dishes

Design your own delicious noodle dish with choices of noodle and choices of meat, seafood or vegetables, braised in Harry's special oyster sauce with optional chilli. 22.5

- 1 **Crispy Fried Egg Noodles** braised with your choice of:
 - 1 - **combination** (meat, vegetable and seafood)
 - 2 - **seafood**
 - 3 - **vegetables**. Chilli optional.

- 2 **Soft Egg Noodles** braised with your choice of:
 - 1 - **combination** (meat, vegetable and seafood)
 - 2 - **seafood**
 - 3 - **vegetables**. Chilli optional.

- 3 **Rice Noodles (GFO)(VO)** braised with your choice of:
 - 1 - **combination** (meat, vegetable and seafood)
 - 2 - **seafood**
 - 3 - **vegetables**. Chilli optional.

Rice

- 1 **Lotus rice - Com La Sen (VO)**
An aromatic dish from Hue, a royal city. Rice with mixed seafood and Shitake mushrooms wrapped and cooked in Lotus leaf. 22.5

- 2 **Fried Rice – Com Chien Duong Chau (GFO)(VO)**
With prawns (or Chicken), sausage, egg and mixed vegetables 17

- 3 **Garlic Rice – Com Toi (GF)**
R 8.5 | L 10

- 4 **Steamed Rice – Com (GF)**
Per Person 3