

Spirit House



DINNER
MENU





SPIRITHOUSE – A PHILOSOPHY

As the name implies, there's more to SpiritHouse than great food and fine times. SpiritHouse is a place to relax, reflect and recharge.

Our pan-Asian inspired menu is cooked with care and prepared using the finest ingredients – not only to tantalise your tastebuds, but to leave you feeling satisfied and embedded with a sense of peaceful fulfillment.

To understand the art of eating you must know the philosophy of food. Asian food must be fresh, have flavour and possess proper texture. It's this distinct balance that brings a richness to the SpiritHouse eating experience – along with impressive health benefits.

YOU'RE IN EXCELLENT HEALTH

SpiritHouse chefs use less fat, small amounts of meat and a variety of vegetables. Asian herbs help digestion and the gastrointestinal system.

"Eating SpiritHouse style will enhance the body with appropriate nutrients, energy, minerals, vitamins and dietary fibre for preventing coronary heart disease, dyslipidaemia, strokes, obesity, diabetes and some cancers," says Dr. Luecha Wanarantan.

For further health information visit our website: www.spirit.house

SECRET IS OUT ON BEACH

St Clair Beach has been voted one of the best beaches in New Zealand.

Dunedin's sandy drawcard was chosen among the nation's top 10 beaches in an Automobile Association poll. The award came as no surprise to Dunedin locals.

"It's a good thing to get recognition for something that Dunedin people have long known – that we've got some of the best surf beaches in the country," Dunedin City councillor Aaron Hawkins said.

"St Clair Beach has a place in Dunedin's psyche; it's a very strong part of our community spirit."

More than 600,000 votes were cast for 200 popular New Zealand beaches in the

month-long competition. The Dunedin City Council was presented with two AA road signs acknowledging St Clair's award.

DCC tourism development adviser Sophie Barker said one would be put in the iSite office and the other might be given to the St Clair Surf Life Saving club.

"A lot of people live in Dunedin for the surf," she said.

Three other South Island beaches made the top 10 – Bruce Bay, on the West Coast, Caroline Bay in South Canterbury, and Kaiteriteri Beach, in Tasman.

The winner was Ohope Beach in the eastern Bay of Plenty.

From Otago Daily Times, by Nigel Benson

YOU'RE IN CAPABLE HANDS

SpiritHouse chefs have some impressive work experience.

All our chefs are qualified in the art of pan-Asian cuisine and have years of experience in cooking and training throughout Asia. Many have worked in some of the best restaurants throughout South East Asia.





A BEACH WITH A HISTORY

There is known to have been Māori settlement in the area close to what is now St Clair Esplanade in pre-European times, with artefacts having been discovered close to the western end of the Esplanade and also occasionally uncovered in the dunes which lie to the east.

It is believed that there was also a burial site close to Cargill's Castle. A major pre-European track led along the length of the dunes and from there over Forbury Hill to connect with the land to the south.

The name Whakaherekau was used by Māori for the coastal strip encompassing parts of what are now St Kilda and St Clair. This has been translated as meaning either "To make a conciliatory present" or "A prepared snare which caught nothing".

EUROPEAN SETTLEMENT

Early European settlement in the area was led by William Henry Valpy (1793 – 1852). Valpy and his family arrived in New Zealand in 1849, setting up a 48 ha farm property centred on what are now Valpy Street and Norfolk Street. The property was named "The Forbury" after Forbury Gardens, a public gardens in Reading, Berkshire. Valpy was born in Reading, where his father Richard Valpy had been a schoolmaster. Valpy was reputedly the wealthiest man in New Zealand.

CHINESE SETTLEMENT

Chinese settlers were notable among early residents in the St Clair area, and largely through their effort the swampy land inland from the beach was drained and converted into market gardens. Much of the young city's vegetable production was centred on Chinese allotments in an area close to what is now Macandrew Road, Forbury. Habitation remained sparse until the early twentieth century, but rapid growth immediately prior to World War I saw the population expand.

A GROWING SUBURB

The St Clair Beach has been a popular attraction for Dunedinites since the early days of the city. In 1912 a grandiose two-storeyed pavilion was erected on the esplanade, which was a popular if short-lived structure, burning to the ground in 1915. The site of the pavilion was later used for a band rotunda, though it too has long gone.

The cliffs above Second Beach were the site of a gun battery – part of a coastal defence system – from the 1880s until the end of World War I. Nothing now remains of the battery, the site of which was later subdivided for residential use.



CUT AND ABOUT IN DUNEDIN

Explore Dunedin and find out why it's so special.

ARCHITECTURE AND HERITAGE

Dunedin lives with and values its heritage. It has fine examples of working heritage like Speight's Brewery, the Gasworks Museum and the Taieri Gorge Railway.

BEACHES

As well as St Clair, Dunedin has a spectacular array of beaches. Other gems include Tunnel Beach (private, moody and dramatic – the most romantic spot in Dunedin), Long Beach (a Mecca for rock climbers and cave dwellers, reached via Port Chalmers) and Brighton (a family-friendly South Coast beach, popular with swimmers and surfers and destination of the Dunedin to Brighton Veteran Car Rally).

ENTERTAINMENT

There are many fabulous ways to recharge your batteries with Dunedin's extensive entertainment offerings.

Kids will love the Otago Museum with its exotic Tropical Rainforest and Butterfly House, and Mum and Dad can relax in the excellent Museum Café. Try your luck at Dunedin's boutique casino or visit one of the picturesque golf clubs the city's host to.

FREE ATTRACTIONS

Relax at the gardens, visit the galleries and museums, catch some waves, drive or cycle the Otago Peninsula, or take some spring water at the Speight's tap – it's free and there are no chemicals added to it.

OUTDOORS

Lovers of the outdoors are spoilt for choice in Dunedin. Such easy access to the remarkable landscapes, renowned native wildlife and facilities that promote our flora and fauna, allows you and your family to explore and enjoy.

WILDLIFE

Otago Peninsula is home to New Zealand Fur Seals, rare Hooker's Sea Lions, Yellow-Eyed Penguins, and the only mainland Royal Albatross colony anywhere. It is also home to award-winning tour operators such as Monarch Wildlife Cruises and Tours, Elm Wildlife Tours, Penguin Place, and Nature Guides Otago. Get up close and personal with our internationally renowned wildlife.

To find out more, visit www.dunedinnz.com



ONLY THE BEST WILL DO

Here at SpiritHouse we follow top class Health and Safety standards.

You can be assured you're in safe hands. SpiritHouse has its own in-house Food and Safety training programme, with comprehensive training manual covering temperature checking, stock rotation schedules, food labelling and personal hygiene checklists.

SpiritHouse also gains very high marks when it comes to meeting local authority Food Safety standards – and tops the class with a Grade A food safety rating. After all, you deserve only the very best.

MENU

ENTREES

E1. VIETNAMESE FRESH SPRING ROLLS **GF** \$9.50

Freshly made rice paper rolls, stuffed full of minced pork, blanched bean sprouts, fresh mint and udon-style noodles.

E2. VIETNAMESE CRISPY SPRING ROLLS **GF** \$8.90

Tasty sautéed vegetables, prawn and pork mixed with vermicelli noodles, rolled in rice paper then deep fried, served with nuoc cham dipping sauce.

E3. KOREAN DUMPLINGS \$8.00

Dumplings filled with leek, onion, garlic and ginger, served with light soy sauce.

E4. GURI PUFF \$8.90

Sweet potatoes and vegetables wrapped in fluffy pastry served with dipping sauces.

E5. COMBINATION \$22.90

Combination of 2x Vietnamese fresh spring rolls, 3x spring rolls, 4x Korean dumplings and 3x guri puffs.

E6. BALINESE SATAY CHICKEN STICKS **GF** \$9.50

Dipped in a mixture of spices grilled and covered with our own peanut topping served on a bed of steamed rice.

E7. CRISPY PRAWNS **GF** \$10.50

Prawn cutlets coated in crushed dried rice and served with Vietnamese dipping sauce.

E8. ROTI & PEANUT SAUCE \$8.00

ASIAN SPICY SOUPS

SERVED WITH STEAMED JASMINE RICE

SPICY HOT & SOUR SOUP **GF**

Hot and spicy yet refreshing soup. Spice, kaffir lime leaf, lemongrass and galanga, fresh lime juice topped with coriander.

	E10. ENTREE	AS1. MAIN
Chicken or Vegetarian	\$14.50	\$20.00
Seafood	\$15.50	\$21.50
Prawn	\$16.00	\$22.00

COCONUT CREAM SOUP **GF**

Spicy yet smooth and tantalising to the taste buds – similar to Tom Yum but with added coconut cream, distinct flavours of lime and coriander.

	E11. ENTREE	AS2. MAIN
Chicken or Vegetarian	\$14.50	\$20.00
Seafood	\$15.50	\$21.50
Prawn	\$16.00	\$22.00

SPICY ASIAN SALADS

SERVED WITH STEAMED JASMINE RICE

Y1. THAI BEEF SALAD **GF** \$22.90

Beef slices grilled in the wok, then mixed with our special roasted rice powder, fresh coriander, lime juice, shallot and chilli powder.

Y2. THAI CHICKEN SALAD **GF** \$22.90

Chicken mixed with special roasted rice powder, shallots, fresh spring onions, lemongrass, coriander, chilli and lime juice.

Y3. VIETNAMESE SALAD **GF**

Mint, lime juice, fish sauce and fresh coriander flavours mixed with lettuce, chopped cucumber, carrots, red onion and tomato.

Chicken	\$22.90
Prawn	\$24.00

FRIED RICE

F1. NASI GORENG *****

A traditional Indonesian favourite cooked with quality jasmine rice, fresh seasonal vegetables and pineapple.

Chicken, Pork or Vegetarian	\$20.90
Seafood or Combination	\$22.50
Prawn	\$23.50

F2. SPICY KIMCHI FRIED RICE **GF**

Fried rice cooked with kimchi special curry paste, spices blended to enhance the traditional favourites.

Chicken, Pork or Vegetarian	\$20.90
Seafood or Combination	\$22.50
Prawn	\$23.50

F3. CASHEW NUT FRIED RICE *****

Fried rice stir fried with ginger and fresh vegetables, topped with a sweet soy sauce and roasted cashew nuts.

Chicken, Beef, Pork or Vegetarian	\$22.50
Seafood	\$23.00
Prawn	\$24.00

NOODLES

N1. PAD THAI **GF**

White rice noodles cooked with bean sprouts, spring onion and crushed peanuts in our special pad Thai sauce, served with fresh lemon and sprouts.

Chicken, Pork, Beef or Vegetarian	\$22.50
Seafood	\$23.00
Prawn	\$24.50

N2. BEIJING EGG NOODLES

Egg noodles and seasonal vegetables stir fried in the wok.

Chicken, Beef, Pork or Vegetarian	\$21.90
Seafood	\$22.00
Prawn	\$23.50

N3. VIETNAMESE SPICY FRIED NOODLE WITH BASIL *****

Flat white rice noodles stir fried with seasonal vegetables, fresh basil, and fresh chilli on the side.

Chicken, Beef, Pork or Vegetarian	\$21.50
Seafood	\$22.00
Prawn	\$23.50

STIR Frys

S1. KUNG PAO CHICKEN STIR FRY \$22.90

Spicy stir fried battered chicken, peanuts, vegetables and chilli peppers cooked in Sichuan sauce.

S2. GARLIC HOT PLATE *****

Fresh garlic fried in the wok with a selection of vegetables – a must for garlic lovers. Served on a steamy hot plate.

Chicken, Beef, Pork or Vegetarian	\$22.90
Seafood	\$23.50
Prawn	\$24.50

S3. FRESH BASIL AND CHILLI *****

Fresh basil and hot chilli cooked traditional Thai style with green vegetables.

Pork, Chicken or Vegetarian	\$22.00
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S4. CHICKEN AND CASHEW NUT ***** \$23.50

Chang Mai style fresh vegetables and cashew nuts stir fried with soy sauce base.

S5. BATTERED CHICKEN AND CASHEWS \$24.50

Sweet chilli jam sauce cooked with battered chicken and vegetables.

S6. GINGER STIR FRY ★

Fresh ginger root fried in the wok with fresh vegetables and mushrooms.

Chicken, Beef, Pork or Vegetarian	\$22.00
Seafood	\$22.50
Prawn	\$23.50

S7. CANTONESE SWEET AND SOUR ★

A tasty special sweet and sour sauce cooked with pineapple and tomato.

Chicken, Beef, Pork or Vegetarian	\$22.00
Seafood	\$22.50
Prawn	\$23.50
Fish	\$25.00

S8. SINGAPORE SATAY GF

Our own roasted spiced peanut sauce combined with a selection of seasonal vegetables, rich, sweet and satisfying.

Chicken, Beef, Pork or Vegetarian	\$24.50
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S9. OYSTER SAUCE AND MUSHROOMS ★

Fresh broccoli and vegetables stir fried with added mushrooms and oyster sauce.

Chicken, Beef, Pork or Vegetarian	\$22.00
Seafood	\$22.50
Prawn	\$23.50

S10. BLACK PEPPER HOT PLATE ★

Fresh vegetables stir fried with cracked black pepper and garlic sauce.

Chicken, Beef, Pork or Vegetarian	\$22.90
Seafood	\$23.50
Prawn	\$24.50

S11. VIETNAMESE LEMONGRASS STIR FRY ★

Stir fried with fresh lemongrass and fresh seasonal vegetables.

Chicken, Beef, Pork or Vegetarian	\$22.00
Seafood	\$22.50
Prawn	\$23.50

S12. SPICY HERBS ★

This dish is flavoured with a wonderful variety of Asian flavours, including lemongrass, fresh basil, garlic and green peppercorns. This is a hot and very flavoursome meal with stir fried fresh vegetables, and bamboo shoots.

Chicken, Beef, Pork or Vegetarian	\$22.00
Seafood	\$22.50
Prawn	\$23.50

S13. HONEY LEMON CHICKEN \$23.90

Crispy chicken pieces stir fried with a tangy lemon and sweet honey sauce. Served with fresh salad and a bowl of jasmine rice.

S14. VIETNAMESE FRIED FISH \$25.00

Fish fillets dipped in tempura batter and deep fried, placed on a hot plate with stir fried tomatoes, red onion, mushrooms and covered in a mild garlic, chilli and black pepper sauce.

CURRIES

SERVED WITH STEAMED JASMINE RICE

Curries come to you in mild spiciness. If you want it hotter, please let your wait staff know for complimentary chilli.

C1. GREEN CURRY GF

Green chilli curry paste, slow cooked with coconut cream, spices, an array of selected vegetables and fresh basil.

Chicken, Beef, Pork or Vegetarian	\$23.50
Seafood	\$24.00
Prawn	\$25.50

C2. VEGAN RED DUCK CURRY GF

\$23.50

A soy based duck flavoured curry specially created for the monks of South East Asia, with seasonal vegetables.

C3. MASSAMAN CURRY GF

A mild curry cooked in coconut cream, potatoes, ginger and peanuts.

Chicken, Beef or Vegetarian	\$23.50
Prawn	\$25.50

C4. PANANG BEEF CHEEK CURRY GF

\$25.00

A mild curry cooked with coconut cream, kaffir leaves and vegetables. Popular curry with a slight lime tang.

C5. KUNG FU CURRY WITH FRESH BASIL AND FRESH CHILLI GF

Red based curry cooked with vegetables, lime leaves and fresh basil herb. (This is a hot curry).

Chicken, Beef, Pork or Vegetarian	\$23.50
Seafood	\$24.00
Prawn	\$25.50

C6. LAMB SHANKS IN SOUTH EAST ASIAN CURRY SAUCE GF

Quality lamb shanks slow-cooked in curry paste and coconut cream, with chunky potato, onion and peanuts.

One Shank	\$23.50
Two Shanks	\$33.00

C7. VIETNAMESE LAKSA GF

Fresh vegetables cooked in Laksa paste and coconut cream, served on a bed of rice vermicelli noodles and topped with thin rashers of omelette, fresh coriander and fried shallot.

Chicken, Beef, Pork or Vegetarian	\$24.00
Seafood	\$24.50
Prawn	\$25.00

C8. VIETNAMESE SEAFOOD BOAT GF

\$26.50

Mixture of fresh mussels, squid, fish, prawns and lemongrass in an Asian coconut cream, served with rice.

EXTRAS

Chicken, Beef, Pork, Vegetables	
Peanut Sauce, Jasmine Rice	\$4.00
Seafood, Mussel, Squid,	
Prawn, Fish, Tofu, Cashew Nuts	\$5.00
Roti Bread	\$5.00
Fried Chunky Chips	\$6.50
Side of Stir Fry Vegetables	\$10.50

SEE OUR SHARING MENUS
ON THE BACK PAGE



To ensure your meal arrives to you fresh and hot off the wok, meals are brought out immediately as they are cooked. There may be a small time delay between meals.

GF Gluten free ★ Can be made gluten free

Standard vegetarian meals contain tofu and may also contain fish sauce, oyster sauce or egg. NO MSG ADDED.

Please note: a 15% surcharge DOES NOT apply on Public Holidays.

Spirit House

RECIPES

TRY SOME OF OUR MOST POPULAR DISHES AT HOME



GREEN CURRY

SERVES 1 – 2

INGREDIENTS

180ml stock
90ml coconut cream
30ml fish sauce
20g sugar
20ml green curry paste
150g meat (chicken, beef, pork, seafood)
150g mixed vegetables

RECIPE

Heat a fry pan or wok. Add stock, coconut cream, fish sauce, sugar and curry paste. Heat until it is just about to boil, stirring constantly. Add the meat, stir into the sauce and just as it is about to boil again, add the vegetables. Keep stirring until it is just about to boil, leave on the heat for another 30 seconds. Serve with rice.



CHICKEN AND CASHEW STIR FRY

SERVES 1 – 2

INGREDIENTS

100g roasted cashew nuts
150g thinly sliced chicken breast
50ml Thai rapeseed oil (canola)
30ml oyster sauce
30ml soy sauce
10ml fish sauce
50ml chicken stock or water
250g mixed vegetables

RECIPE

Heat a fry pan or wok and add 50ml of Thai rapeseed oil. Wait until the oil is hot and add chicken just before oil starts to smoke. The chicken should be cooked just as the oil has evaporated. Add vegetables at the same time as 10 – 15ml of the chicken stock. Stir fry and add extra stock a little at a time so the wok stays hot and veges stay crisp and don't stew. After 2 – 3 minutes and no excess stock is left in the wok, add the oyster sauce, soy sauce and fish sauce and cook for approximately 1 minute. Serve and enjoy.

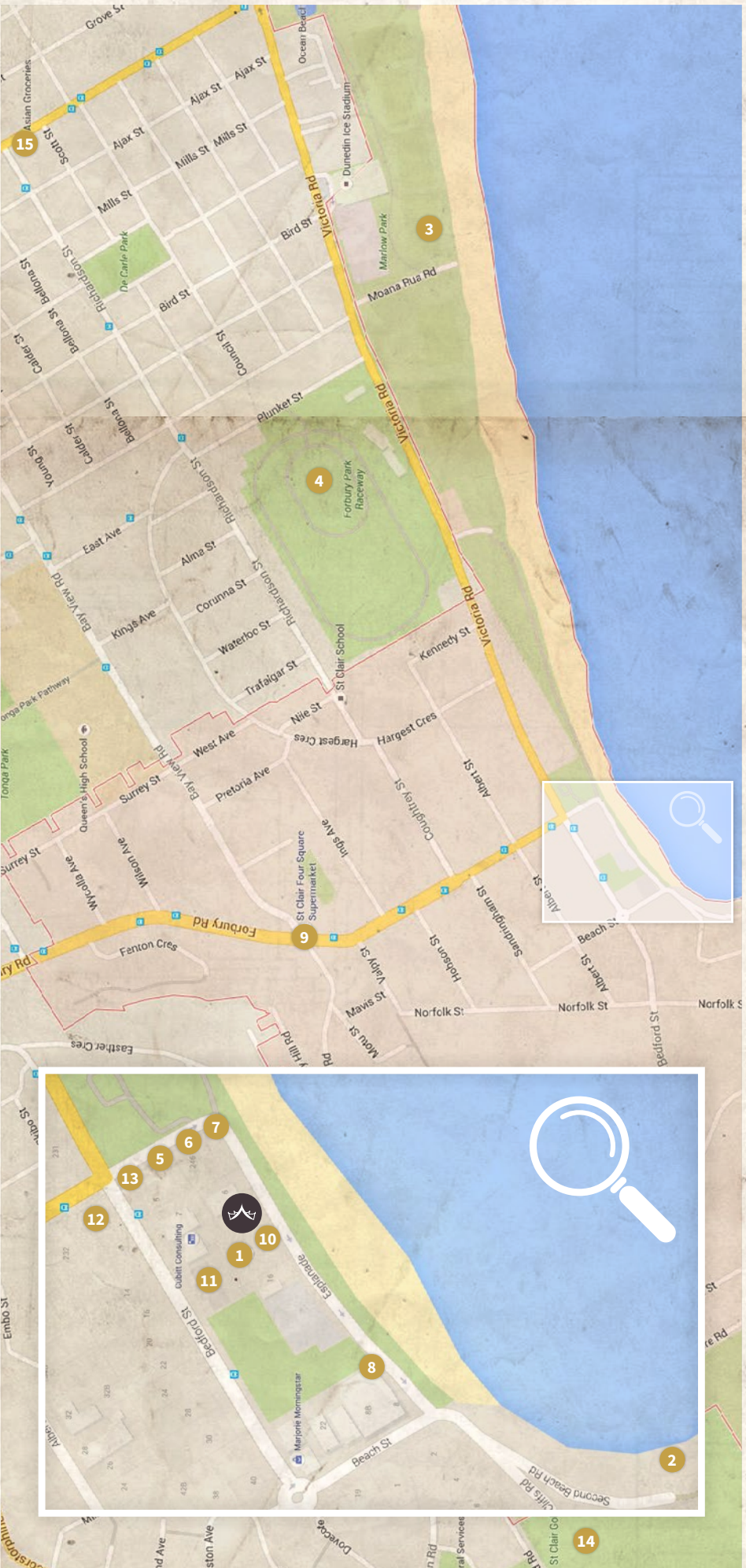


AT THE HEART OF ST CLAIR



Spirithouse

1. Esplanade Motel
2. St Clair Hot Salt Water Pool
3. Dunedin Ice Stadium
4. Forbury Park Raceway
5. Salt Restaurant
6. Star Fish Cafe & Bar
7. The Esplanade
8. Hotel St Clair & Pier 24 Restaurant
9. St Clair Four Square Supermarket
10. St Clair Surf Club
11. Apartments at St Clair
12. Spa St Clair
13. Zaibatsu Hair Art
14. St Clair Golf Club
15. Asian Groceries



SHARING MENUS

\$32.00 PER PERSON

SHARING MENU 1

Combination Entrée • Beijing Stir Fried Egg Noodles – Beef • Chicken Pad Thai •
Chicken Cashew Nut Fried Rice • Massaman Curry – Pork • Garlic Prawn Hot Plate •
Steamed Jasmine Rice

SHARING MENU 2

Combination Entrée • Coconut Cream Chicken Soup • Thai Beef Salad •
Vietnamese Spicy Fried Noodles With Basil • Singapore Satay Stir Fry – Pork •
Vietnamese Fried Fish Steak • Steamed Jasmine Rice

SHARING MENU 3

Combination Entrée • Black Pepper Hotplate – Beef • Vietnamese Laksa – Chicken •
Sweet and Sour Pork • Spicy Singapore Fried Rice – Seafood • Green Curry – Chicken •
Steamed Jasmine Rice



asian garden cooking school

LOVE OUR FOOD? LEARN TO COOK IT FOR YOURSELF!

Learn what it takes to create restaurant quality Asian tastes for your own home, at our purpose-built facility (and deli!) in Harewood, Christchurch. If you enjoy cooking, you'll love unlocking the secrets of fresh ingredients, many of which are grown in our own market garden onsite.

End the day by sitting down and enjoying your own cooked meal with a glass of wine or beer with new friends and admire your new skills.

BOOK ONLINE NOW!

www.asiancookscool.co.nz



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