

Sala Thai

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In Thailand, when the sun gets hot, or the monsoon too heavy, farmers and travellers retreat to the shade of a Sala, a place to pause, to relax, and sometimes a place to eat and drink. At Sala Thai we offer you a choice of some of Thailand's most interesting cuisine. Most people in Canada are familiar with the complexities of central Thai cooking, but in addition to this, at Sala Thai you can choose also to experiment with the distinctive food of the Esan region, Thailand's northeast, where the Thai and Laotian cultures meet. Esan food, the staple of 17 million people in the northeast, is eaten with sticky rice. If you are not already familiar with the food of north-eastern Thailand, our Esan staff can show you how much casual enjoyment you can take with their food. Our Staff take pride in the care and genuine Thai ingredients with which they prepare the food of central and north-eastern Thailand, and they appreciate the fact that you may want to share an important part of their culture. Feel free to ask about the different dishes on our menu, and please feel at home, in Sala Thai.

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