



Menu

Pelican Food Company,
st. 282 no. 52, BKK I, Phnom Penh
For orders and delivery call
070436703 or 095498212
E-mail: hello@pelicanfoodcompany.com

Beverages

Coffee

We use coffee beans from the amazing Rumblefish Specialty Roasters in Kampot.

Add fresh milk, sweet milk, or soy milk for \$0.50 extra

French Press.....	\$1.95
French Press w/ turmeric and ginger....	\$2.50
“Christmas coffee”.....	\$2.50
French Press w/ our signature spice (<i>Cinnamon, ginger and more!</i>)	
French Press w/ coconut oil.....	\$2.50
Iced Coffee.....	\$2.25

Ask for sweet milk, fresh milk, or soy milk in advance.

Lemonades

Classic Lemonade.....	\$1.50
Passion Fruit Lemonade.....	\$2.00
Ginger-Honey-Turmeric Lemonade.....	\$2.00

Canned Drinks

Coca-Cola Fanta Sprite.....	\$1.00
Soda Water.....	\$1.00
Diet Coke.....	\$1.50
Orange Juice Apple Juice.....	\$1.25
Beer Angkor Cambodia.....	\$1.25
Beer Anchor.....	\$1.50
ABC Stout.....	\$2.00

Hot or Iced tea

\$1.50

- Black Tea
- Ginger Brew with Honey
- Green Tea

Organic Herbal Teas

\$2.50

Peppermint

Improves digestion, reduces pain, helps eliminate inflammation, relaxes the body and mind.

Chamomile

Helps relieve stomach discomfort or symptoms including anxiety, menstrual cramps, and insomnia.

Lemon Balm (Melissa)

Helps improve cognitive function and reduces stress and anxiety. It is said to calm the nerves and relax the body.

Stinging Nettle

Helps relieve muscle and joint pain, eczema, arthritis, gout, and even anemia.

Calendula

Reported to help heal gastric ulcers, congested lymph nodes and sore throat.

Sage

A stimulant and a diuretic, it has anti-inflammatory and antimicrobial properties. Serves as an appetite enhancer.

Cistus Incanus

Amazing cleansing, anti-inflammatory, antiviral and antibacterial / antifungal properties. A true super-herb!

Breakfast

Served until 11:30. Every breakfast comes with your choice of coffee, tea, or organic herbal tea.

Please ask server if you wish to swap regular bread for gluten free bread for no extra charge.

Big Breakfast (GF) \$6.00

2 eggs your way (**fried, scrambled, hard/soft boiled**), Kampot pepper ham, cheddar cheese, tomato, butter, jam, honey and a basket of bread.

Small Breakfast (V) (GF) \$4.00

2 eggs your way (**fried, scrambled, hard/soft boiled**), tomato, butter, jam, honey and a basket of bread.

Omelette (V) (GF) \$3.75

Omelette made of 2 eggs with your choice of **cheddar or feta cheese** and tomato. Served with bread and butter.

French Toast (V) (GF) \$3.75

Made of our challah bread, with a hint of cinnamon served with butter, your choice of **honey or jam** and bananas.

Add cashew or peanut butter (+\$1.00).

Immune Boosting Oatmeal (V) \$4.25

Oats cooked with raisins, bananas, apples, cinnamon, fresh ginger and turmeric served with honey.

Ask for extra milk or sour cream on the side.

Add cashew or peanut butter (+\$1.00).

Breakfast Pie (V) \$4.75

Tomatoes and Onions with your choice of **bacon or cheese and egg** – all wrapped in a Pelican Pie.

Extras

Tomatoes | Lettuce | Honey | Jam |

Bread (3 slices)..... \$0.50

Egg | Ham | Cheddar Cheese | Feta Cheese | Butter

Gluten Free Bread | Cashew/Peanut butter..... \$1.00

(V) vegetarian or can be made vegetarian
(GF) can be made with gluten-free bread **but please ask!**

Lunch & Dinner

Pies

\$3.85

Our pies are shortcrust pastry filled with delicious meats, veggies and spices. Rolls are made with buttery puff pastry filled with meat or vegetables. All hand made and baked on premises.

Chunky Beef

Delicious chunks of beef in a full bodied beef gravy. World's bestselling pie.

Chilli Beef

Premium beef mince combined with fresh Cambodian chilli. Just enough spice to delight your palate.

Chicken Curry

Mild chicken curry with carrots, green peas and a dice of onion.

Mediterranean Veggies (V)

Something for vegetarians: fresh zucchini, eggplant, bell pepper and tomatoes with a hint of rosemary and oregano. Delicious alternative to a meat pie

Beef and Green Peppercorns

We decided to add a Cambodian touch to a minced beef pie – fresh, green peppercorns. Spicy and refreshing!

Breakfast Pie (V)

With bacon for meat lovers or with cheese for vegetarians. Perfect mix of tomatos, spinach, onions, egg and bacon or cheese. Your ideal breakfast in a pie!

Pie Of The Day

Varies between:

*Chicken & Leek | Chicken & Mushroom |
Steak & Onion | Steak & Mushroom | Pepper Steak |
Chicken & Mushroom | Steak & Kidney |
Steak & Bacon and others!*

Rolls

\$2.75

Sausage

Some say that there is nothing better in life than a good sausage roll. Enjoy fresh, herbal sausage filling seasoned with Cambodian pepper, wrapped in crispy puff pastry.

Spinach (V)

Delicious spinach with garlic and feta cheese wrapped in flaky, buttery puff pastry makes a perfect snack for any time of the day. Black sesame on top.

Pierogis | Dumplings

\$3.85

Pierogi (pronounced pi-ROH-ghee) are traditional Polish (or Eastern European) dumplings. They are made by wrapping pockets of unleavened dough around a savory or sweet filling and cooking them in boiling water.

10 pieces per serving, boiled, and served with freshly made sour cream and fried onion or honey.

Ruskie Cheese & Potato (V)

Very common Polish dumplings, for some reason called 'Ruskie' although they are not Russian!

Minced Pork

Seasoned with fresh herbs and spices, with a dice of onion

Spinach & Feta Cheese (V)

Fresh spinach fried with garlic and feta cheese

Sauerkraut (V)

Eastern European style cabbage filling, with mushrooms and a bit of carrot

Mushroom & Parsley (V)

Fresh Cambodian mushrooms fried with real butter and parsley

Chicken, Spinach & Sundried Tomato

Chicken breast combined with sundried tomato and some fresh spinach

Blueberries (V)

Sweet ones. Taste amazing with sour cream and brown sugar or honey!

Half-Half

pick 2 flavors and get 5 of each

Frozen pierogis available for take-away

Extra Sides \$1.50

Chips

French fries :)

Side salad

Fresh greens and tomato with olive oil dressing

Mashed potatoes

Creamy potatoes with garlic, salt and pepper

Green peas

add some veggies to your pie!

Gravy \$0.75

Lunch & Dinner

Sandwiches

Add extra meat or cheese for \$1.00.

- Pick baguette, sourdough or gluten free bread -
- Brie & Sundried Tomatoes (V)\$4.50**
Butter, brie, sundried tomatoes, lettuce
- Grilled Chicken.....\$3.50**
Grilled chicken breast, tomatoes, lettuce, mayonnaise
- Kampot Pepper Ham.....\$3.85**
Kampot pepper ham, tomatoes, lettuce
- Feta Cheese & Grilled Veggies (V)\$3.85**
Panini, feta, grilled eggplant, zucchini, bell pepper
- Turkey Ham & Cranberry Sauce.....\$4.50**
Turkey ham, lettuce, cranberry sauce, horseradish
- On toast (change for baguette, sourdough or gluten free bread for + \$1.00) -
- Cheese (V)\$2.00**
Cheddar cheese, lettuce, tomato, mayonnaise
- Peppered Ham.....\$2.75**
Peppered ham, lettuce, tomato, mayonnaise
- Egg Salad (V)\$2.00**
Eggs, chives, mayonnaise
- BLT.....\$2.75**
Bacon, lettuce, tomato, mayonnaise
- Tuna Salad.....\$2.75**
Tuna, corn, mayonnaise

Salads

\$4.50

Green lettuce, fresh tomato, grilled zucchini, sunflower seeds, sundried tomatoes, and walnuts in light olive oil & lime dressing. Served with our sourdough or gluten-free bread. Add your choice of:

- Grilled Chicken Breast**
- Chunks of Tuna**
- Feta Cheese (V)**
- Hard Boiled Egg (V)**

Soups

\$3.50

Ask for today's selection! Made with fresh vegetables and a hint of love. Served with our sourdough or gluten-free bread.

- Tomato Cream Soup (V)**
- Pumpkin Soup (V)**
- Cauliflower and Bacon**

Pizza

\$2.75 per slice | \$4.95 whole pizza

- Pepperoni**
- Mushroom & Green Bell Peppers (V)**
- Cheesy Cheese (V)**

Gluten free bread available

Dessert

Muffins

\$1.50

Ask for the daily selection. Flavors available:

- Banana Nut
- Chocolate-Chocolate Chip
- Carrot (*gluten-free option*)
- Blueberry
- Pumpkin
- Apple - Oatmeal
- & more!

Cookies

\$1.25

- Oatmeal Raisin
- Chocolate Chip
- Peanut Butter Chocolate Chip

(V) vegetarian or can be made vegetarian

Cakes

Ask for the daily selection.

Looking for a perfect cake for a special occasion? Order a cake, we can decorate it the way you want or write on it for you! Ask for gluten free options.

	per slice	whole cake
Cheesecake.....	\$3.85	 \$23.00
<i>Ask for homemade blueberry sauce</i>		
Pecan Pie.....	\$3.85	 \$23.00
Carrot Cake.....	\$2.75	 \$18.00
Rum-Raisin Chocolate.....	\$2.75	 \$18.00
Apple Pie.....	\$3.50	 \$20.00
Coconut Tart.....	\$2.75	 \$18.00
Pumpkin Pie.....	\$2.75	 \$18.00
Lime Pie.....	\$2.75	 \$18.00
Brownie with Walnuts.....	\$1.75	 \$12.00

Bread

Our breads are all hand made and contain NO artificial flavours or preservatives

- Available only by pre-order. Please order at least one day in advance. Free delivery from \$10.00 -

Plain Wheat Sourdough Bread (round or square)	\$3.75
Sourdough Bread with Sunflower (square)	\$4.00
Sourdough Bread with Oats, Walnuts, Raisins, Sunflowers, and Sesame (square)	\$4.95
Rye Bread with Sunflower	\$4.95
Gluten Free Bread with Seeds	\$4.75 (small) \$7.50 (big)
Challah (slightly sweet bread sprinkled with sesame)	\$2.50

10 reasons we love sourdough bread

Just about everyone has an affinity for some kind of bread. Sourdough made from your own unique starter of wild yeast and bacteria often defies the negativity, and it does so purely by its nature.

How was it created? Most likely by accident – thousands of years ago somebody left flour and water mixed together in an open container in a warm, humid spot and boom! It absorbed the yeast from the air and quite by accident a sourdough bread culture was made.

Sourdough bread making is truly an ancient art that is crafted in harmony with nature. Don't you love nature?

- 1 The preparation process is more lengthy (soaking, rinsing, etc.) and results in the protein gluten being broken down into amino acids. This translates to easier and more pleasant digestion.
- 2 Sourdough often has a lower glycemic index than that of other breads – meaning it doesn't spike blood sugar as dramatically.
- 3 Sourdough bread contains *lactobacillus* bacteria, which means easier digestion!
- 4 Yeast & bacteria combo = predigestion of starches = less digestion for you.
- 5 Sourdough naturally preserves itself.
- 6 The fermentation process increases the content of beneficial bacteria in the bread AND the gut. Healthy gut bacteria = happy body.
- 7 Bacteria control yeast population in the gut, so yeast overgrowth and infection is less likely to occur.
- 8 Sourdough contains a host of goodness in terms of nutrients as vitamins B1-B6, B12, folate, thiamin, niacin, riboflavin, vitamin E, selenium, iron, manganese, calcium, magnesium, phosphorus, zinc and potassium.
- 9 The inulin and oligosaccharides found in wheat sourdough (as well as human milk and many fruits and veggies, barley and rye) are excellent sources of fuel for good bacteria in the gut (aka prebiotics).
- 10 But the best reason - the FLAVOR. Tangy and distinctive, it will undoubtedly leave you wanting another bite.

What is your favourite reason to eat sourdough?

JOYFULLY
nutty **Homemade Nut Butters (175g)**

- Dazed & Cashewed..... \$7.00
- Better than Nutella.....\$7.00
- Glorified Peanut Butter.....\$5.00