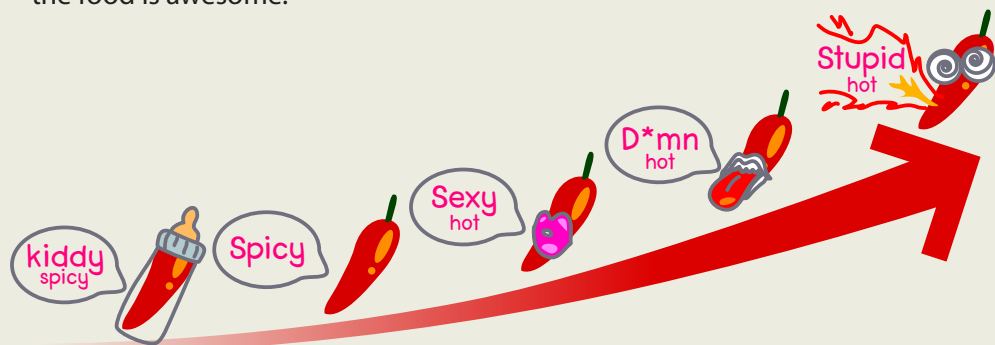


One of the best parts about dive trips (for us at least) is sampling local food. If you're planning a trip to Phuket and want to try some local fare, here's 10 suggestions from the FiNS Team.

Remember—these are local venues, not big touristy places. There's not much English spoken and there's minimal fanfare, but all you have to do is point to what you want...and the food is awesome.

To find the shops, just show the maps to someone who knows their way around. We've included photos of the shop signs, as well as indicative prices for some of our favourite dishes.

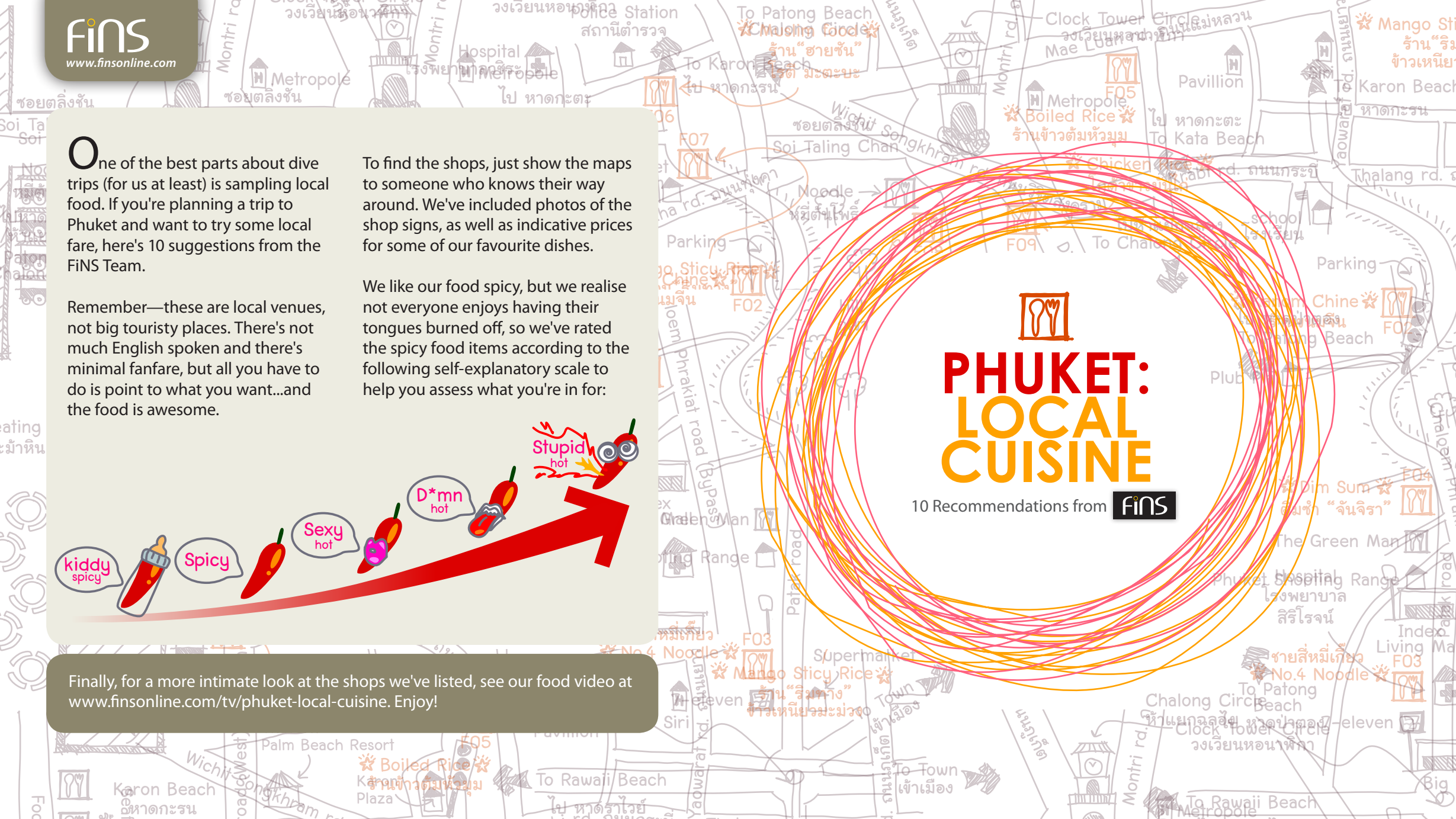
We like our food spicy, but we realise not everyone enjoys having their tongues burned off, so we've rated the spicy food items according to the following self-explanatory scale to help you assess what you're in for:



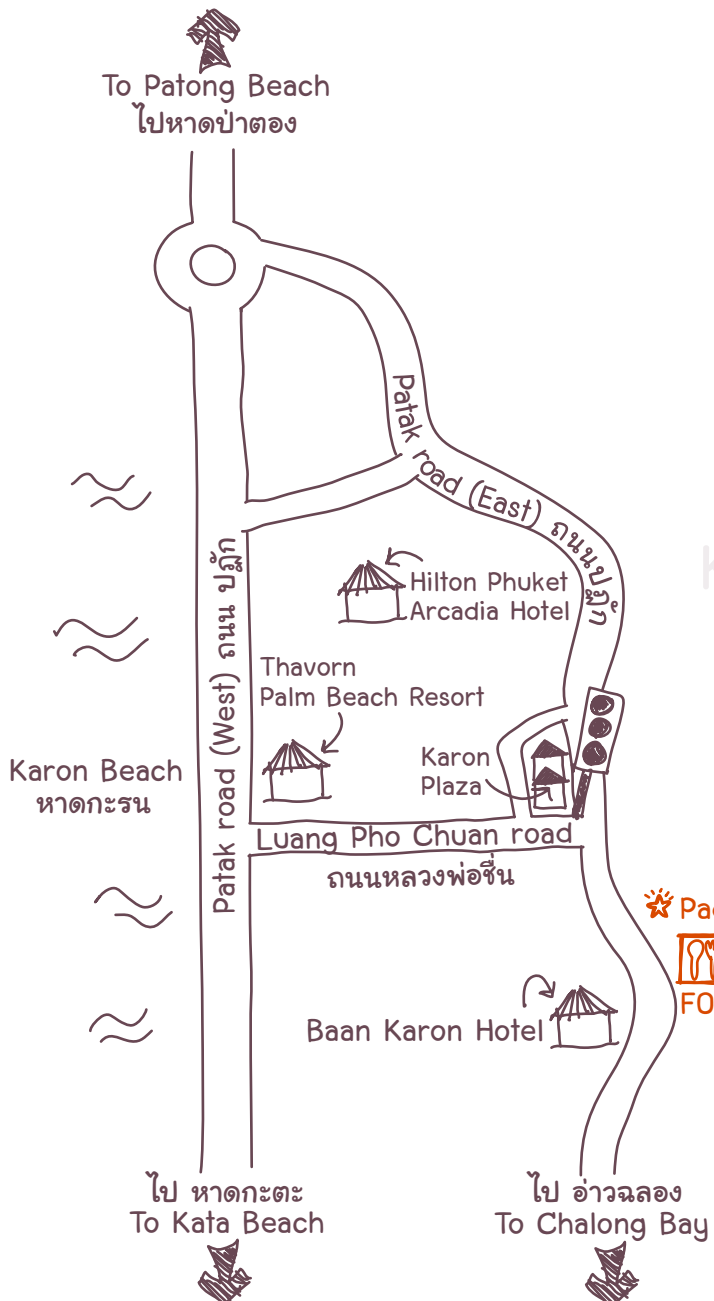
Finally, for a more intimate look at the shops we've listed, see our food video at www.finsonline.com/tv/phuket-local-cuisine. Enjoy!

PHUKET: LOCAL CUISINE

10 Recommendations from **fiNS**



Phuket food video at www.finsonline.com/tv/phuket-local-cuisine



F01: Pad Thai / Other Noodles / Beef Stew / Pork Stew

Best time to visit: Lunch 'til late afternoon



Beef Stew [เนื้อตุ๋น]



40 Baht

Pad Thai [ผัดไทย] 



40 Baht



ร้านผัดไทย
❖ Pad Thai Shop ❖
F01

Baan Karon Hotel

Spicy Level

F02: Rice Noodle (Kanom Chine)

Best time to visit: Morning

Hoh Mok
[ห่อหมก]

Spicy



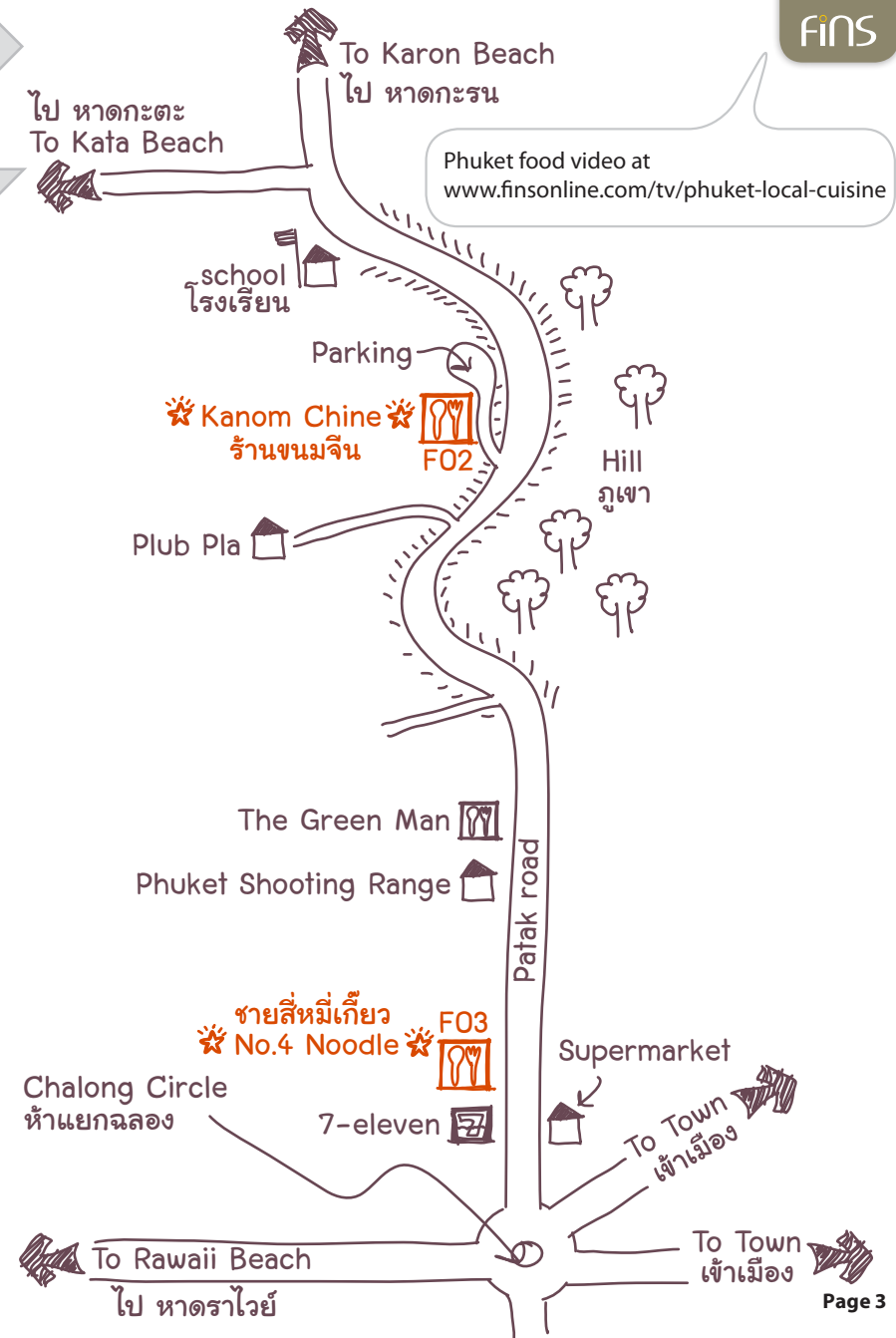
15 Baht

Kanom Chine
Keang Tai Pla
[ขนมจีนแกงไตปลา]

Sexy
hot



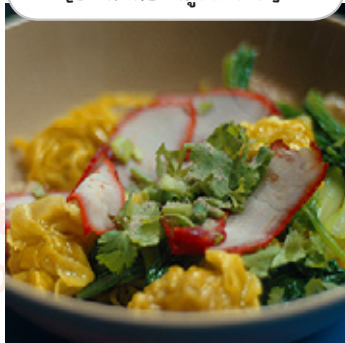
20 Baht



F03: Pork Noodle "No.4 Noodle"

Best time to visit: Dinner

Dry Pork Noodle with
Dumplings
[ปะหมี่เกี๊ยวหมูแดงแห้ง]



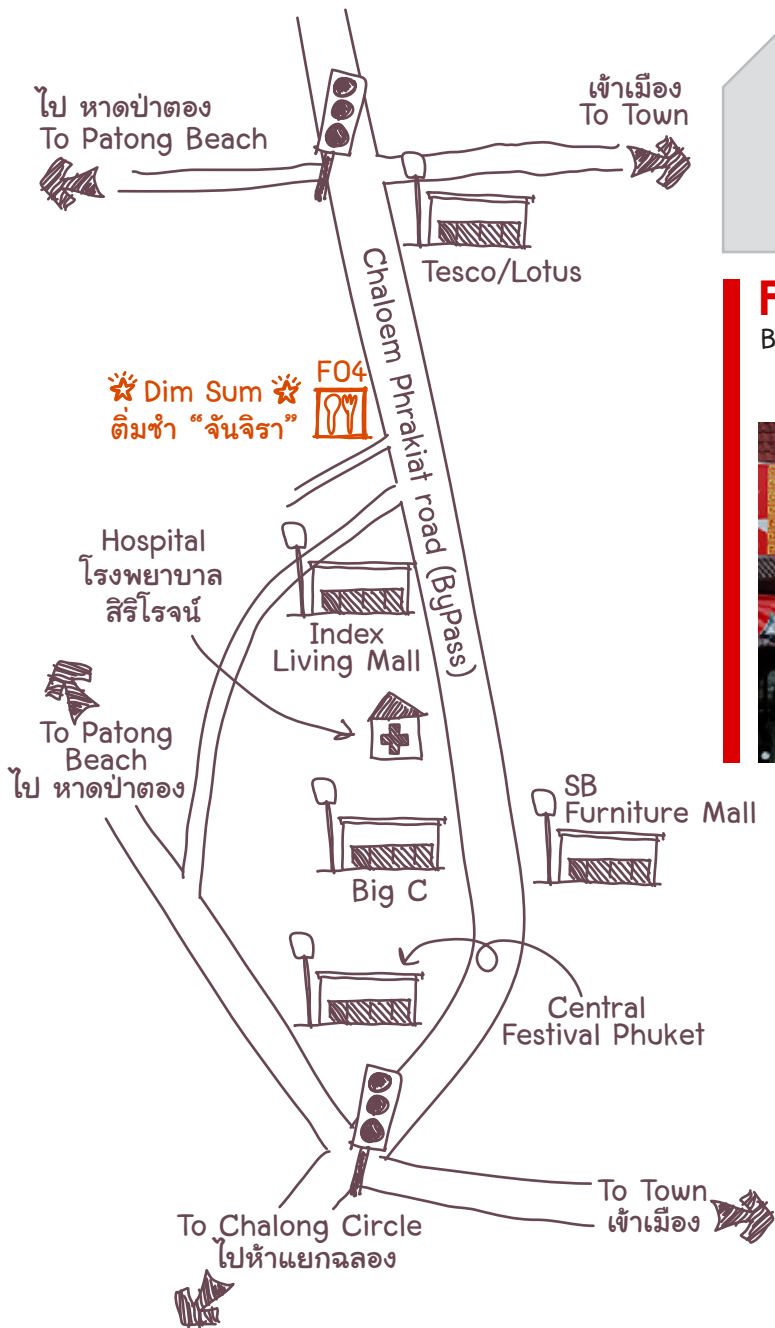
35 Baht



Spicy Level



Phuket food video at
www.finsonline.com/tv/phuket-local-cuisine



F04: Dim Sum "Janjira"

Best time to visit: Morning



Kai Kata [ไข่กระทะ]



30 Baht

Dim Sum [ต้มซ่า]



8 Baht/Dish

Mee Sua [หมี่ซั่ว]



35 Baht

Spicy Level



F05: Boiled Rice @ Corner

Best time to visit: Dinner 'til late at night

Boiled Rice with Side Dishes



There are lots of side dishes you can pick from.

F06: Muslim Food "Hai Son"

Best time to visit: Lunch/Dinner

Khao Mhok Kai
[ข้าวหมกไก่]



Roti with
Chicken Curry
[โรตีสานไก่]



Phuket food video at
www.finonline.com/tv/phuket-local-cuisine



35 Baht

20 Baht

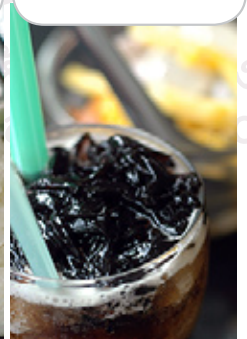


F07: Mango Sticky Rice "Rim Tang"

Best time to visit: Anytime

Mango Sticky Rice
[ข้าวเหนียวมะม่วง]

Frozen Grass Jelly
[เจลาตินวุ้น]



60 Baht

30 Baht



F08: Hokkien Noodle Soup "Somchit"

Best time to visit: Lunch



Mee Hokkien Dry
[หมี่ฮกเกี้ยนแห้ง]



40 Baht

Mee Hokkien Soup
[หมี่ฮกเกี้ยนน้ำ]

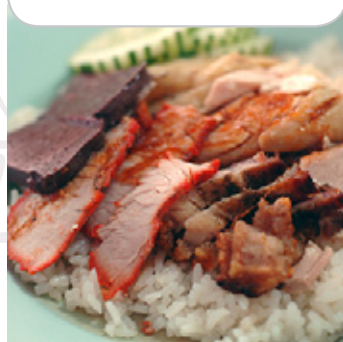


40 Baht

F09: Chicken Rice "Kota"

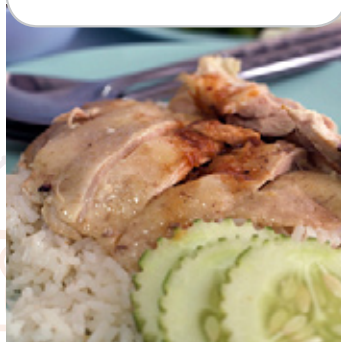
Best time to visit: Lunch

Khao Ruam Mit
[ข้าวรวมมิตร]



35 Baht

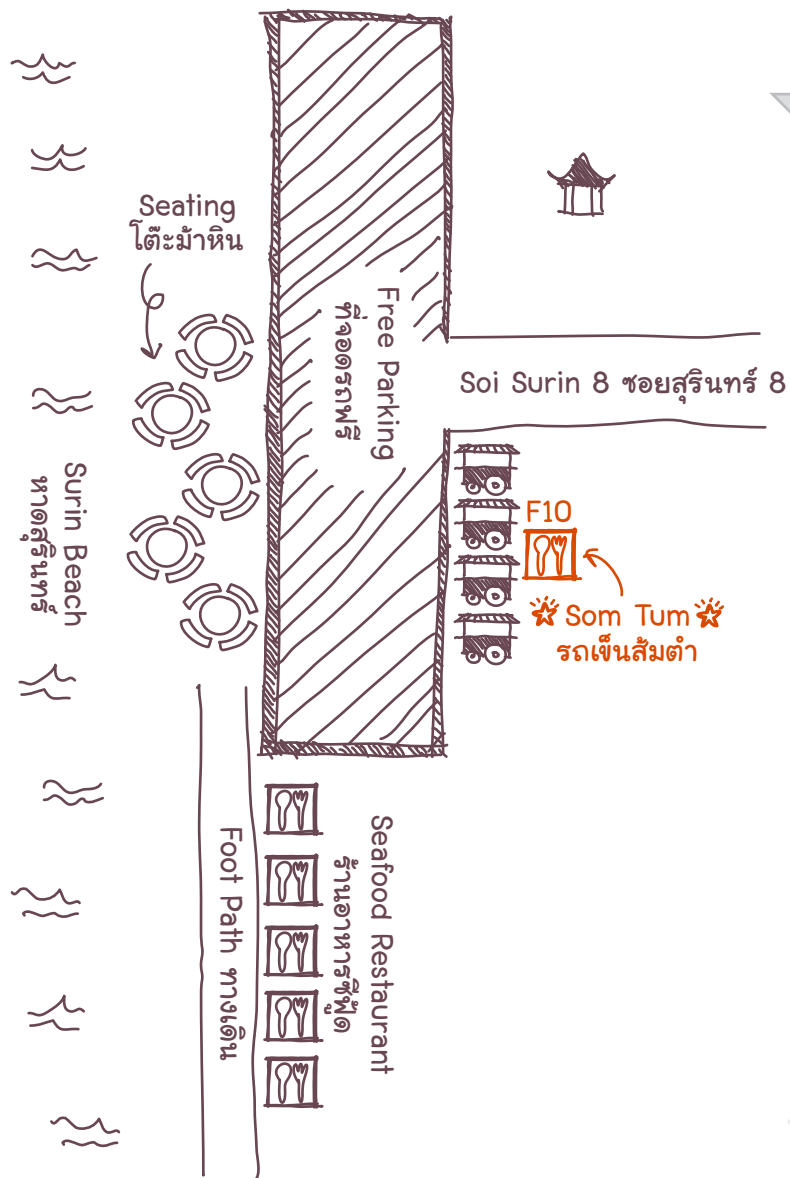
Khao Mun Kai
[ข้าวมันไก่]



35 Baht



Phuket food video at
www.finonline.com/tv/phuket-local-cuisine



F10: Som Tum (Papaya Salad)

Best time to visit: Lunch

Som Tum
[ส้มตำ]



30 Baht

Num Tok Nuea
[น้ำตกเนื้อ]



50 Baht

Lap Kai
[ลาบไก่]



50 Baht

Kai Yang
[ไก่ย่าง]



40 Baht



F10



☆ Som Tum ☆
รถเข็นส้มตำ

Spicy Level

