







*The taste I once knew so well feels faded, distant, almost like a dream. As I try to recall every detail, the smell, the texture, the sounds of the street, they seem both familiar and strangely new.*

*Being so far away from home has made me cherish these memories more deeply, as the everyday sensations I once took for granted become treasured pieces of my past. Conversations with people from across the globe— those from home, those who have visited, and those who have yet to experience Bangkok— have shown me how much street food connects us. These exchanges brought me joy and a new appreciation of home, the things that I might never have fully noticed had I stayed.*

*This book offers a glimpse of Bangkok's vibrant street food scene for those who call it home and those eager to experience its culture for the first time. Memories, shared stories, and a longing for home bring a piece of Bangkok closer, inviting everyone to savor its flavor, no matter who they are or where they come from.*





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Solid Wood Furniture

21W 7891





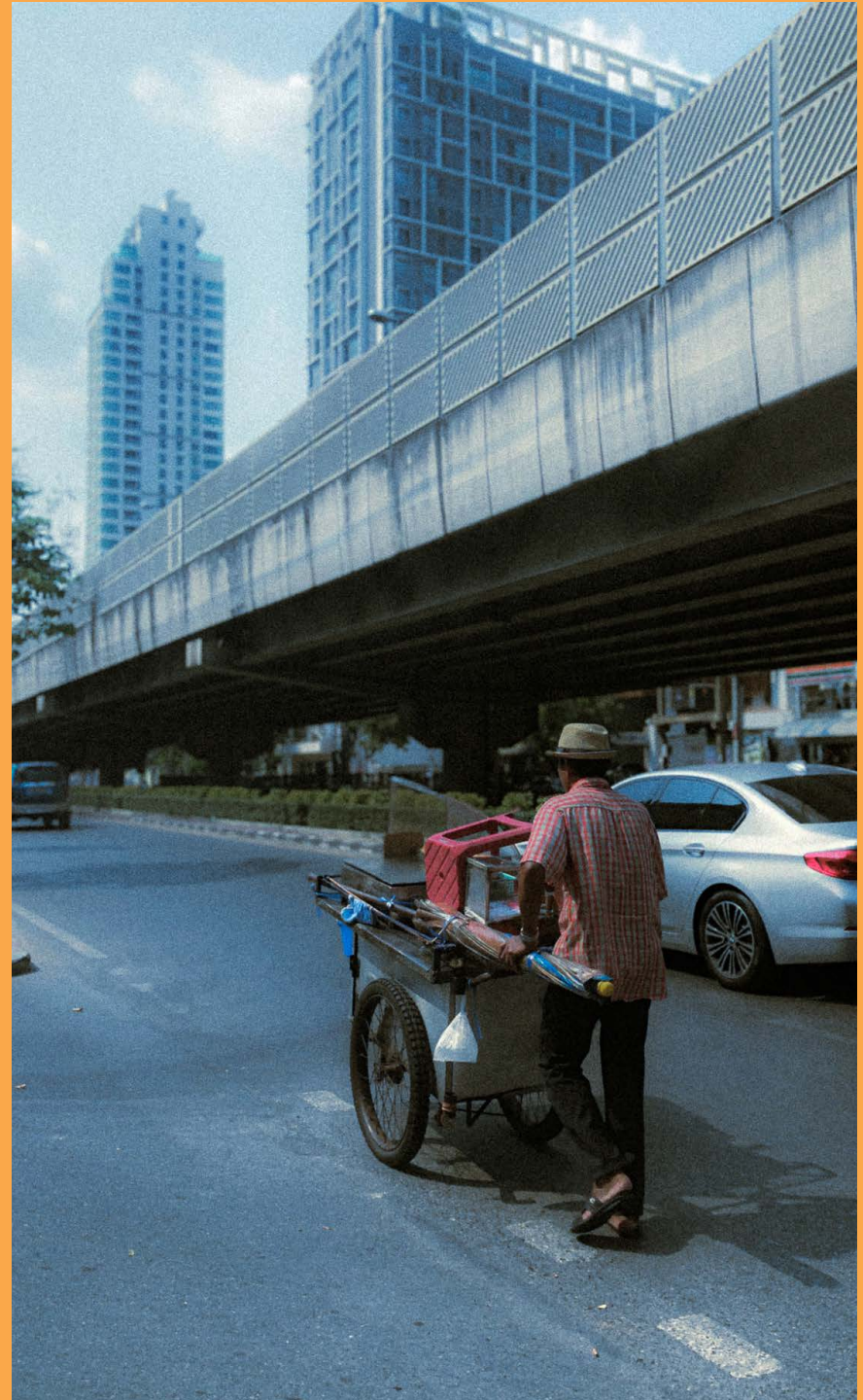
Street food vending in Bangkok is a form of self-employment where vendors use small spaces like pavements or alleys to sell food. The practice dates back to the period between 1782 and 1851, when vendors operated both in canals and on land. Its popularity grew significantly after road construction began during the reign of King Rama IV (1851-1868), making street vending more accessible. By the mid-20th century, street vending had become a common occupation, particularly among rural migrants to Bangkok, with an estimated 37,800 individuals migrating to the city each year between 1947 and 1954. Street vending offered an accessible “survival strategy” for many, especially women who faced limited access to higher-paying jobs. Although it is often associated with low-income groups, street food quickly became popular across various social classes <sup>1</sup>.

Initially, vendors sold mostly fresh and semi-processed foods, with cooked items largely limited to those heading to floating markets early in the day. Over time, food preparation shifted from a household activity to a market-oriented trade, supported by a division of labor. Factors like migration, smaller living spaces, and changing gender roles contributed to this evolution, shaping street food into a core aspect of urban life. The availability of local ingredients encouraged creativity, helping street food develop into a vibrant culinary culture <sup>1</sup>.

Today, food vendors play an essential role in the daily lives of Bangkok’s residents, providing affordable yet nutritious meals that have become vital to urban life. For the city’s low-income population, these vendors serve as a critical source of income and offer accessible food options, especially for those who lack the time to cook due to long working hours. The proliferation of food stalls reflects a deep-rooted tradition of eating out, and as such, street food has become a core component of Bangkok’s cultural identity. Urbanization has further solidified street food as a convenient choice, catering to locals and tourists alike who seek authentic flavors <sup>2</sup>.

<sup>1</sup> Bhowmik, Sharit K. *Street Vendors in the Global Urban Economy*. New Delhi: Routledge India, 2010. <https://0-search-ebscohost.com.librarycat.risd.edu/login.aspx?direct=true&db=nlebk&AN=452459&site=ehost-live&scope=site>.

<sup>2</sup> Bhowmik, Sharit K. *Street Vendors in Asia: A Review*. Women in Informal Employment: Globalizing and Organizing (WIEGO), 2005. <https://www.wiego.org/wp-content/uploads/2019/09/Bhowmik-Street-Vendors-Asia.pdf>.











# intro

*If you are holding this book, whether it was a thoughtful gift from me, or an eBay find of a second-hand book titled Bangkok's Best Foodie Travelogue by Palm Paramee Panchaphalasom, I am glad it found its way to you. I am sure you are comfortable sitting on a couch at home, perhaps with a lit candle, flipping through these pages. And chances are, you fall into one of these categories: you are a fan of Thai food and curious about the vibrant world of street food, you're planning a visit to Bangkok this winter, you have been to Bangkok before and long for the energy of its street scenes, you are Thai but currently living outside of the country and misses the taste of home, and finally, you are a local deciding what you should eat for lunch today.*

*By the time you reach the end of this book, I promise that you will want to get up and start cooking rice, growing basil, scrolling through Uber Eats, or booking your next flight. Wherever you land, this book will bring a taste of Bangkok to you. To get started, let me briefly introduce my background as a way to welcome you all to the taste of my home.*









## yaowarat

Growing up, my mom would take me and my siblings to my grandmother's house almost every day. Her house was located in the bustling heart of Chinatown —we called it เยาวราช (Yaowarat)—surrounded by the most vibrant streets you could imagine. Just a short walk away was a street market called สำเพ็ง (Sampeng), a place where everything you could possibly need is being sold here. The air is filled with the scent of street food, incense, and the hustle of daily life. As vendors are shouting out their offerings, this narrow alleyway buzzes with crowds of people squeezing their way in search of something they need. My childhood is filled with memories of walking down those lively streets to hunt for all kinds of things especially costumes for Halloween and my favorite grilled bananas.









A small street next to my grandma's is where my favorite pork congee vendor sets up. It's a modest mobile stall run by a middle-aged woman who also does the cooking. She starts selling at 7 PM, catering to late-night workers and locals. She has known our family for years since we've been ordering her congee for as long as I can remember. My mom used to bring a metal container specifically to get the congee to-go, and we'd enjoy it as a late-night meal or as breakfast the next morning.

While Chinatown is always bustling with people at night, my favorite thing about nighttime street food is discovering those hidden spots that only you and your family know—places that offer a quiet escape from the crowds and hold a special place in your memories.

Although Chinatown is famous for its street food, living so close to it meant I never really saw it the way tourists do. I never dedicated time to explore the food stalls or visit the popular spots everyone shares on TikTok. Instead, there was one special thing I would ask my mom to get them from there, the roasted chestnuts in a red box. The golden-brown, soft yet firm texture, with a nutty, mildly sweet flavor that is subtly smoky from the roasting process is what I always craved for.

For us, Chinatown was more of a place to avoid at night, with its overwhelming vibrant scene from vendors setting up stalls overflowing onto the street itself, to the crazy crowds of people lining up for food or pausing to take photos. Meanwhile, the continuous arrival of people from all over the place, cars, taxis, and motorbikes competing intensely for the limited parking spaces, often led to traffic that barely moved. But now, if anyone asks me where to get the best street food in Bangkok, I would say Chinatown without hesitation. A someone who once saw the area as a chaotic hassle, I now realized that I may have overlooked its charm. The diversity of food and the lively chaos makes the experience memorable for many locals and tourists. This makes me wonder if I missed out on the thrill of that food-hunting adventure, even though it was right at my doorstep.









## first stop

As I step out of the car, we settle right by the roadside, where the restaurant is a simple stall and the seating spills onto the street, with food served almost as soon as I sit down. We pull the metal chairs together to make room for everyone—my dad, my mom, and sometimes my siblings if they would come along to pick me up from the airport. Surrounded by these familiar sights and sounds, I realize just how deeply food is tied to my sense of home.

Every trip back home is incomplete without this first stop for real street food. Without even asking, my dad knows exactly where to take me. The best spot for ข้าวหมูแดงหมูกรอบ (Khao Moo Daeng Moo Krob) Red and Crispy Pork with Rice, where each bite feels like a taste of home and an instant reconnection with everything I've missed. The crunch of the crispy pork, the tenderness of the red pork, the soft creaminess of the just-boiled egg, all topped with a sweet red sauce over warm rice, the perfect combination anyone could ask for.









*From living across the globe, I've found that the thing I miss most —apart from my family—is the food. But it's not just the usual Thai food you can find in restaurants here. It is the authentic flavors, the bustling street scenes, the aromas, and the chaotic energy of people wandering around.*

*Looking back now, I realize how much the energy of those streets life became a part of who I am.*







g	50B		ROTI with Banana+Nutella	60B
nana	50B		ROTI with Banana+Vanilla	28 60B









# Street Food Categories

## Meal styles

rice  
noodle soup  
side - dish  
stir - fried noodle

## Flavors

sweet  
sour  
spicy  
savory

## Food Types

made - to - order  
one - dish  
noodle  
breakfast  
grilled and skewered  
fried snacks  
dessert and sweets

## Vendor Types

small cart  
food stall  
mobile vendor  
open air market



## Food Type: Made - To - Order



## Food Type: Made - To - Order

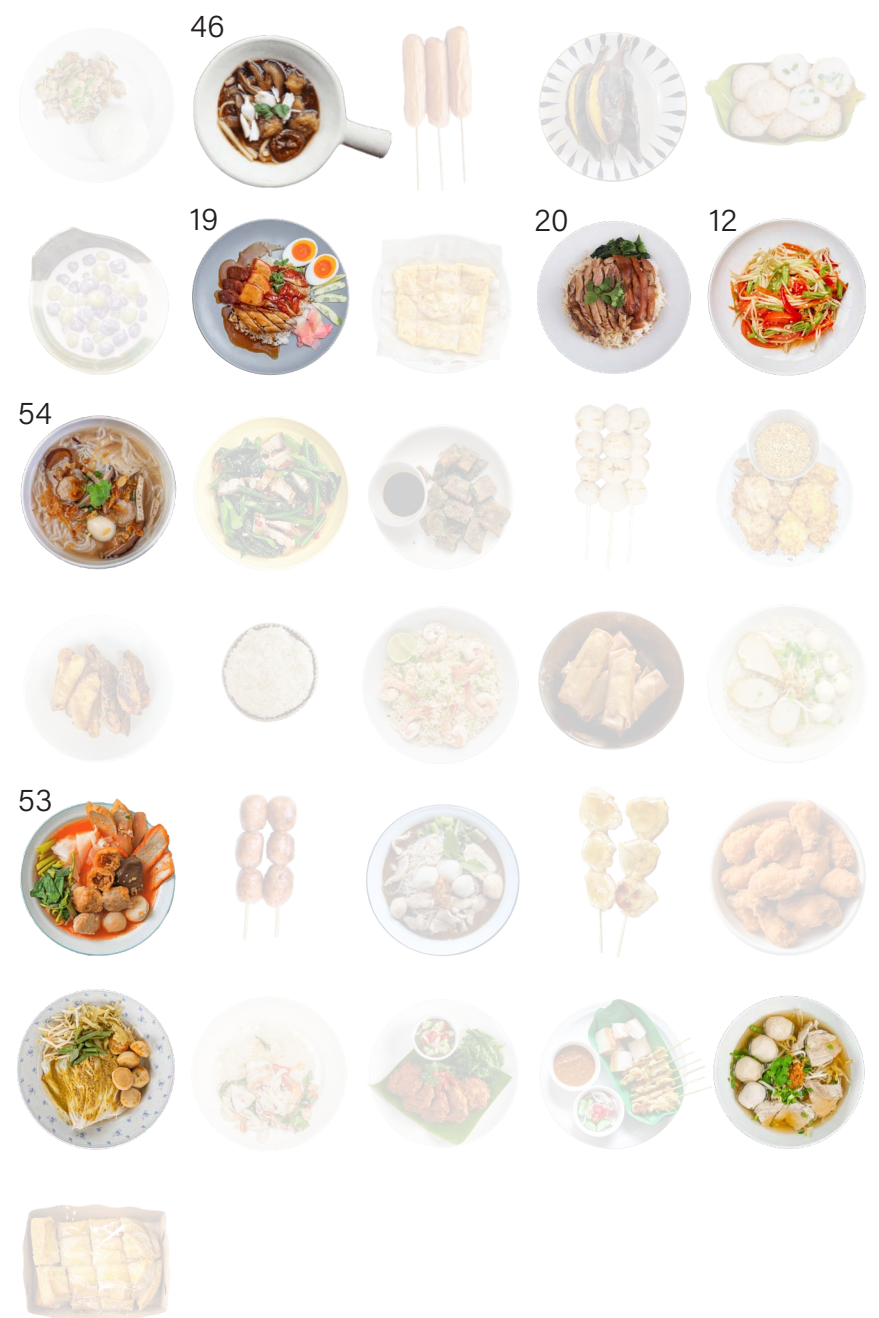




## Food Type: One - Dish



## Food Type: One - Dish





## Food Type: Noodle



## Food Type: Noodle





## Food Type: Breakfast



## Food Type: Breakfast

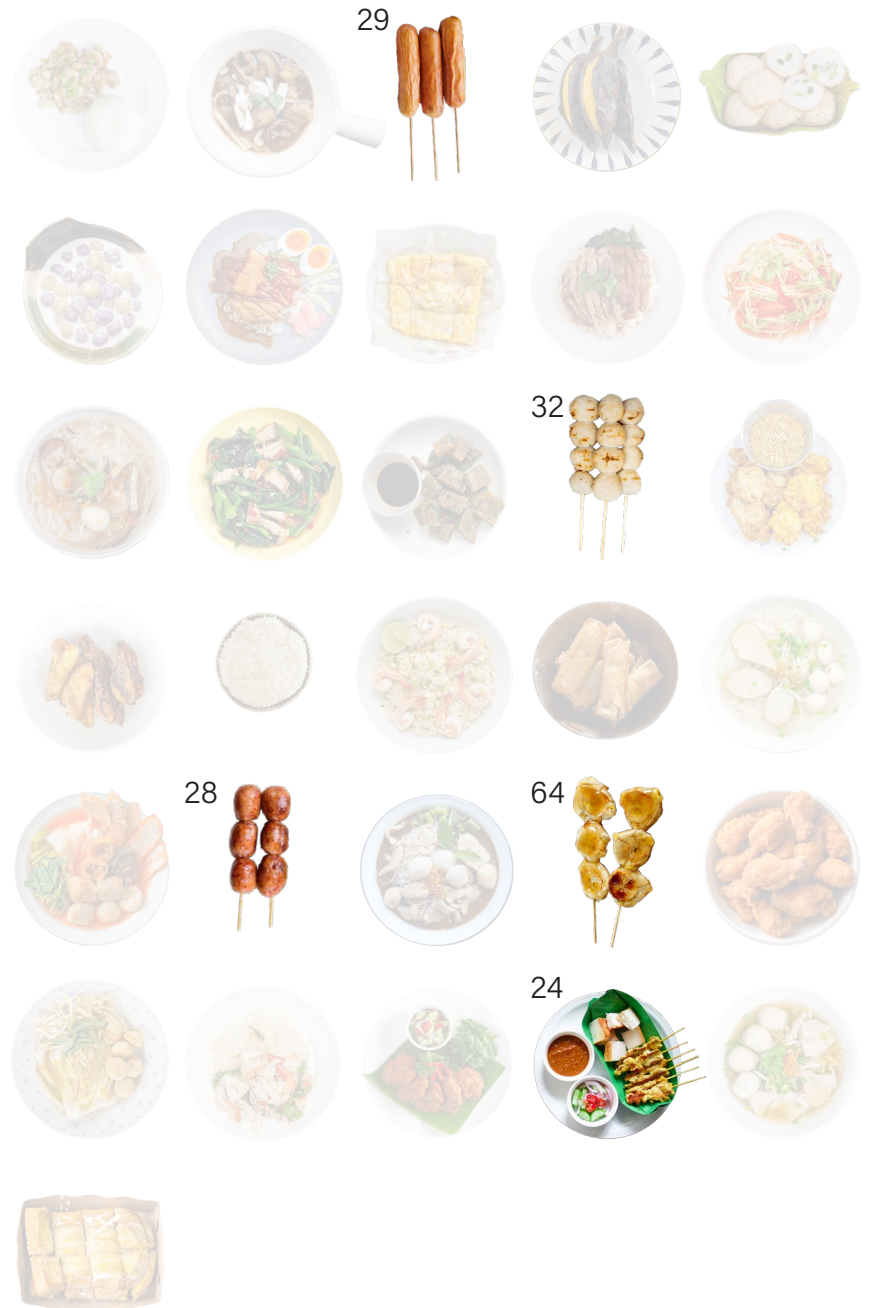




## Food Type: Grilled and Skewers



## Food Type: Grilled and Skewers





Food Type: Fried Snacks



## Food Type: Fried Snacks

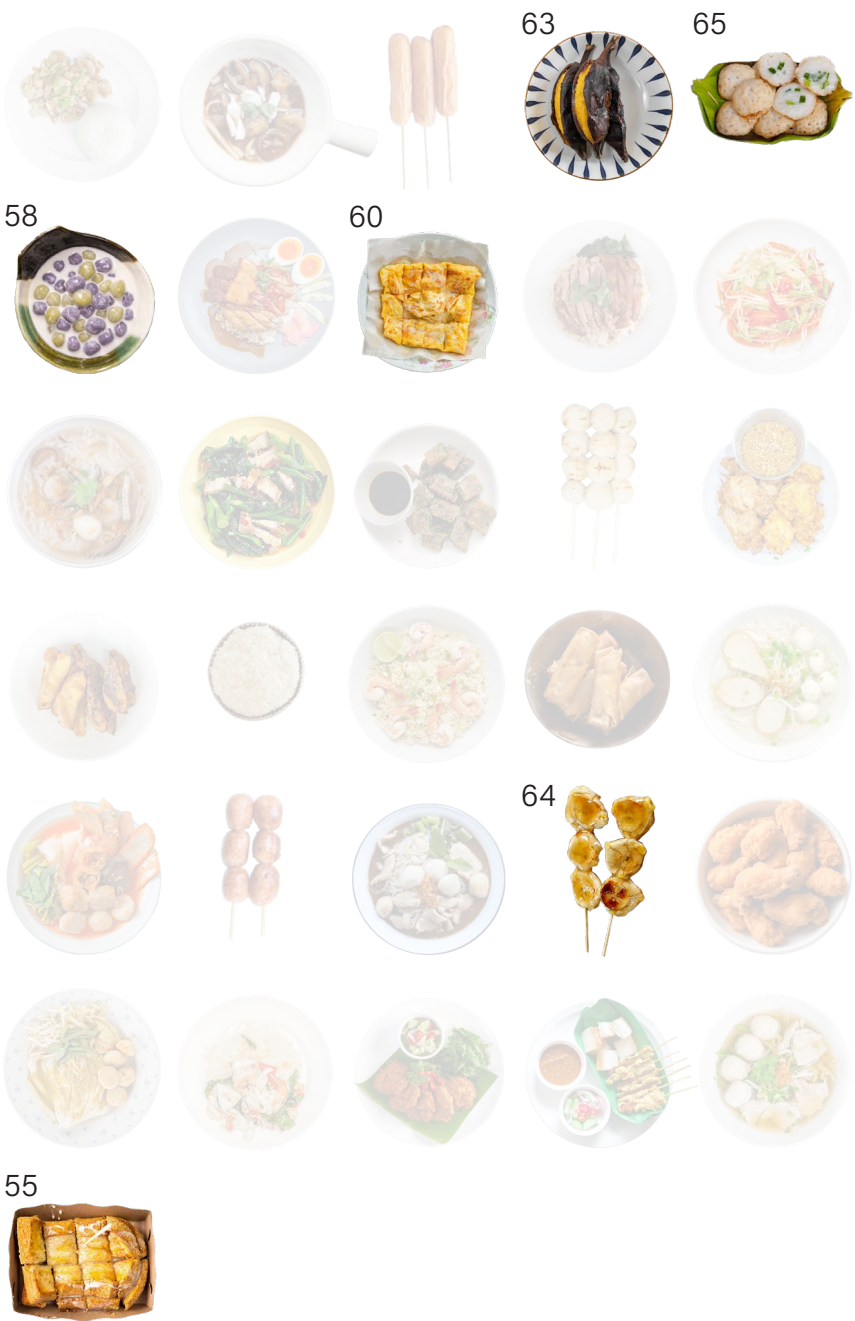




Food Type: Dessert and Sweets

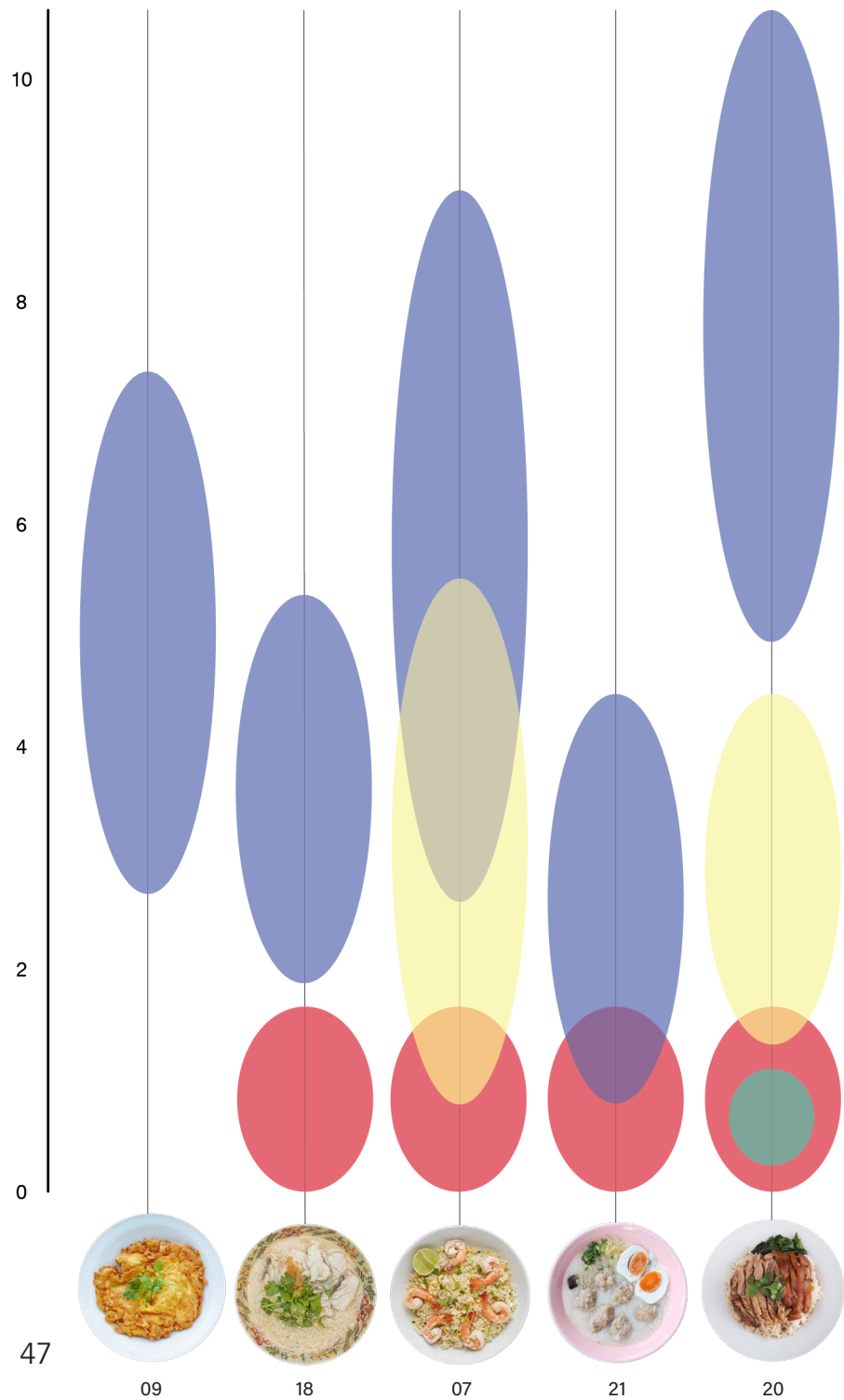


Food Type: Dessert and Sweets



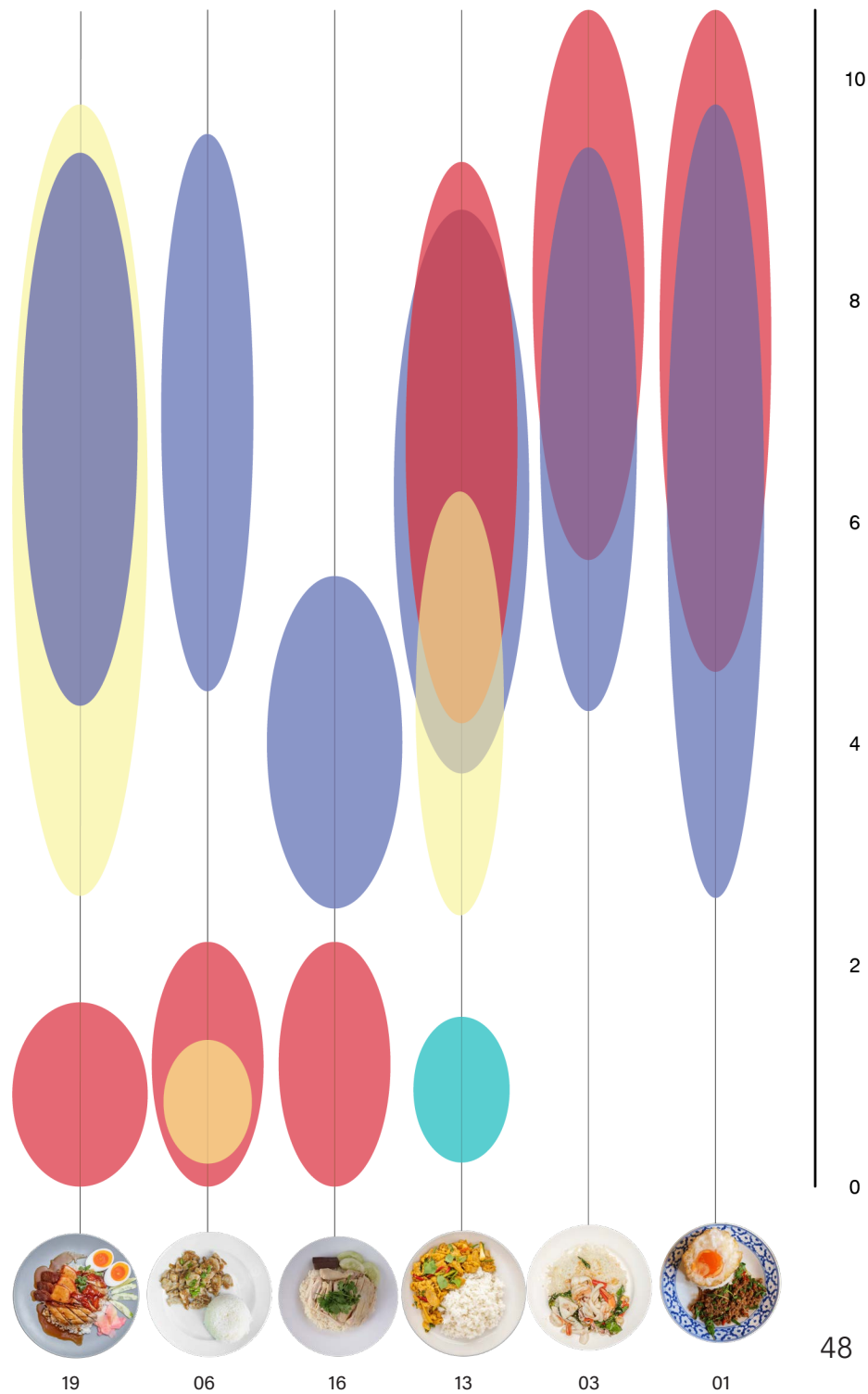


## Meal Style: Rice



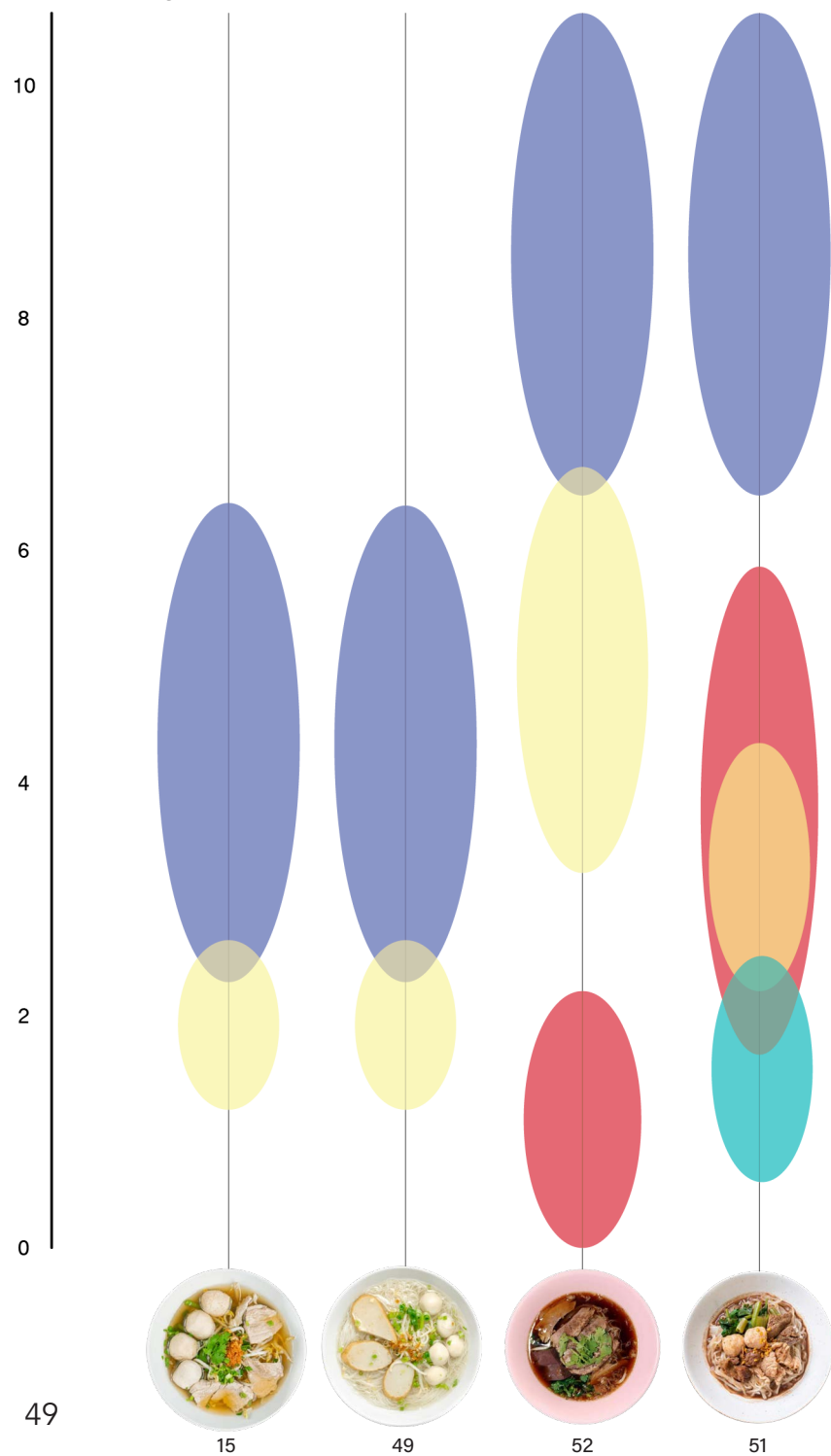
## Flavors:

● sweet
 ● sour
 ● spicy
 ● savory



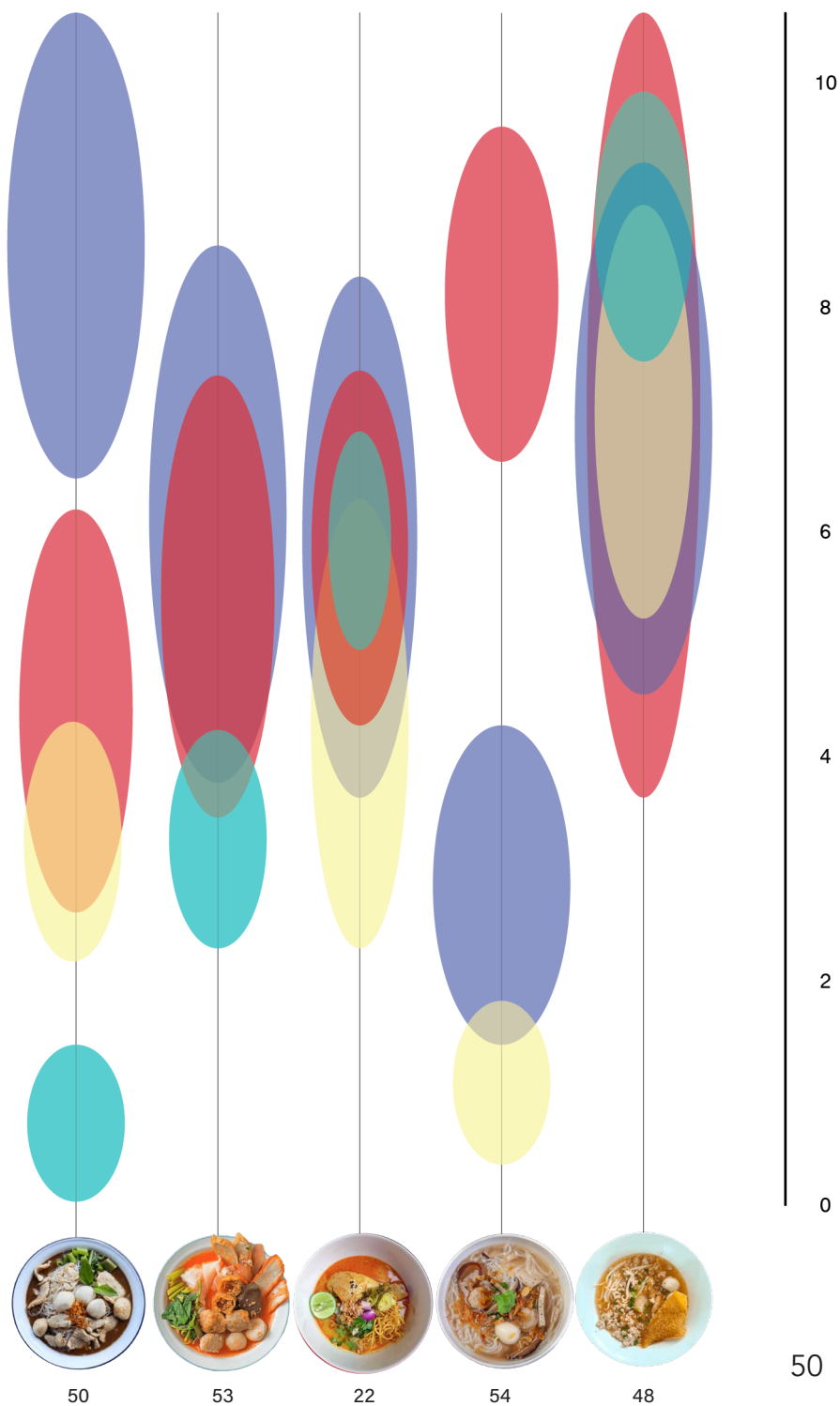


## Meal Style: Noodle Soup



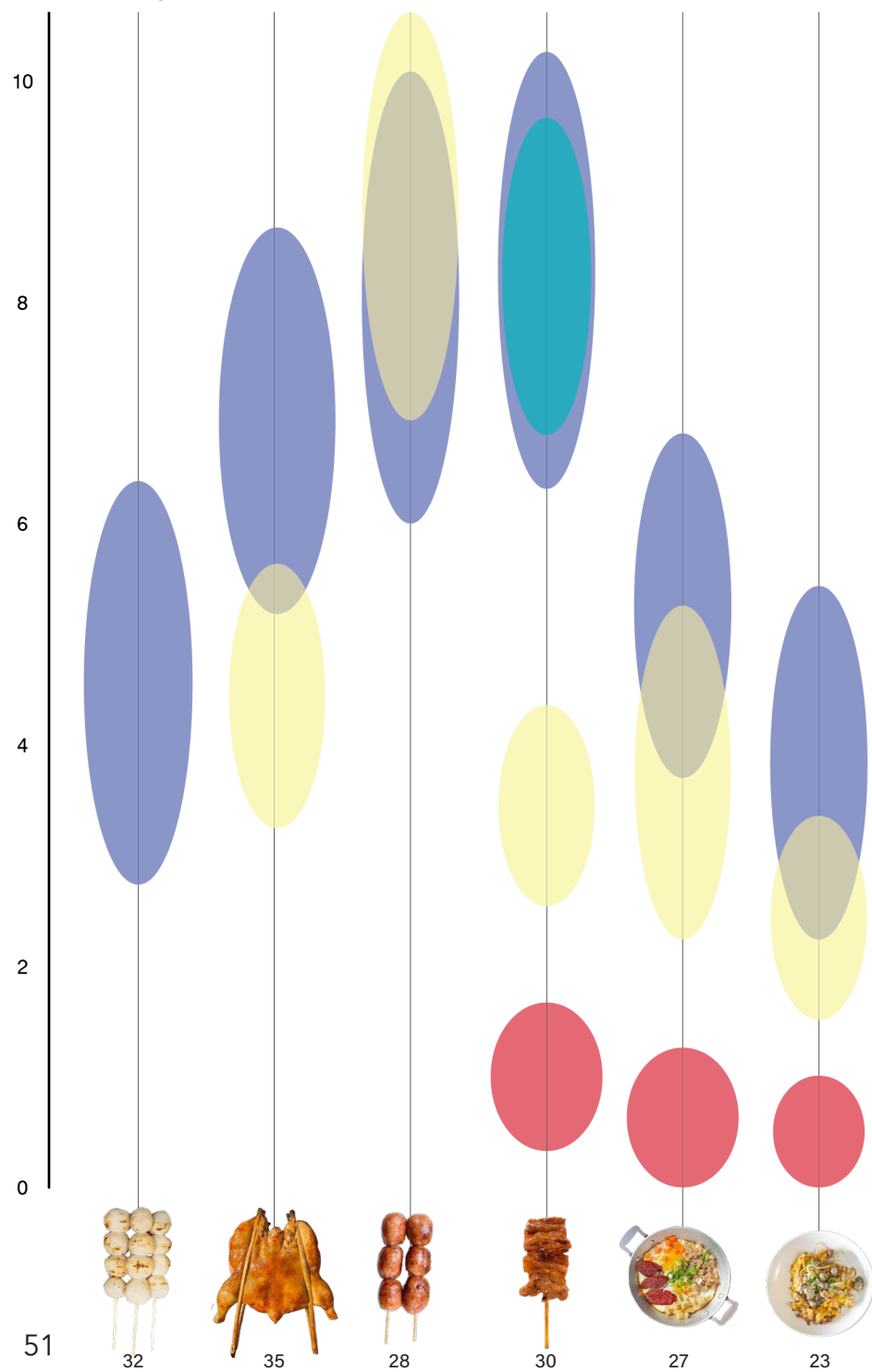
## Flavors:

● sweet
 ● sour
 ● spicy
 ● savory



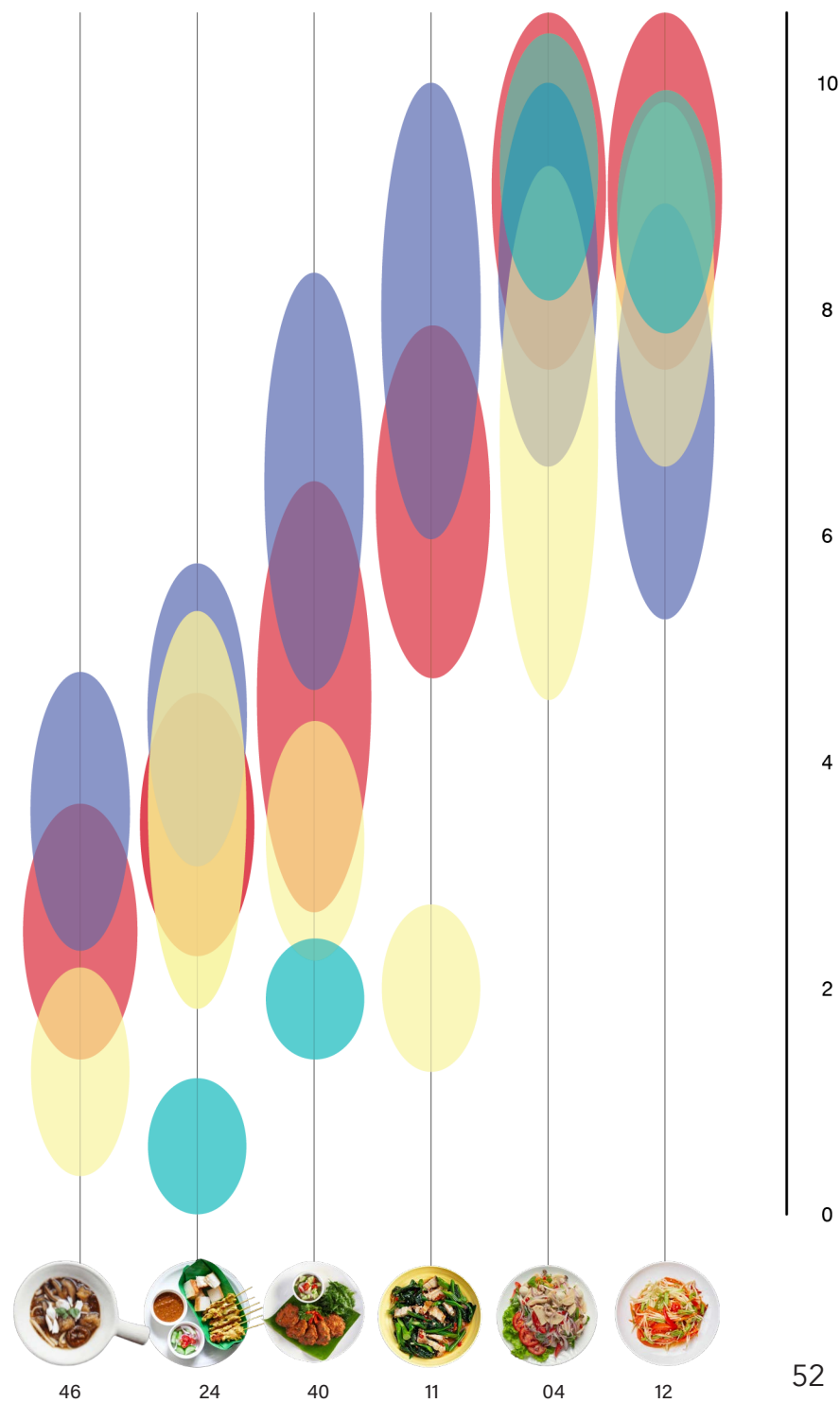


## Meal Style: Side - Dish



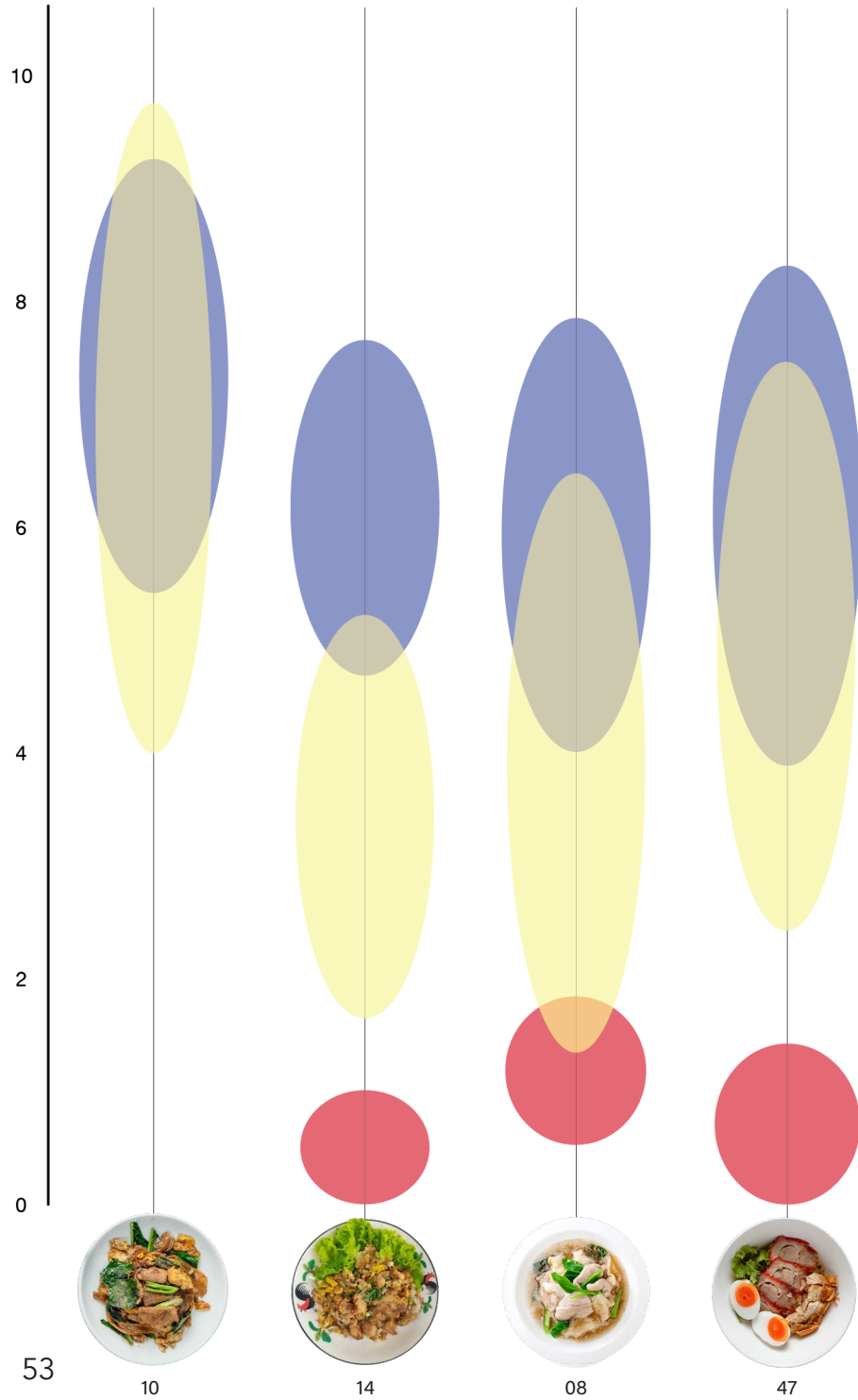
## Flavors:

● sweet
 ● sour
 ● spicy
 ● savory



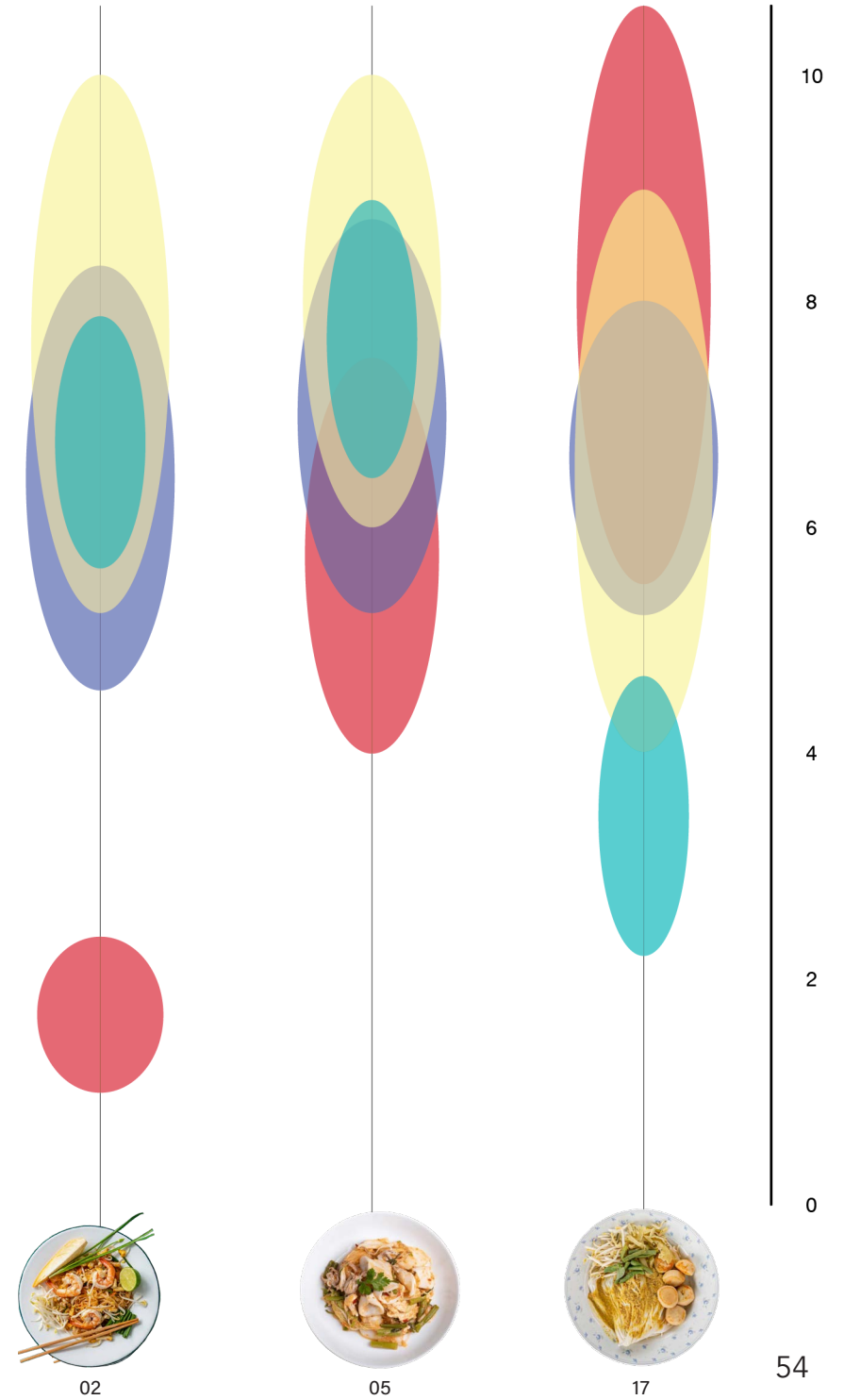


## Meal Style: Stir - Fried Noosle

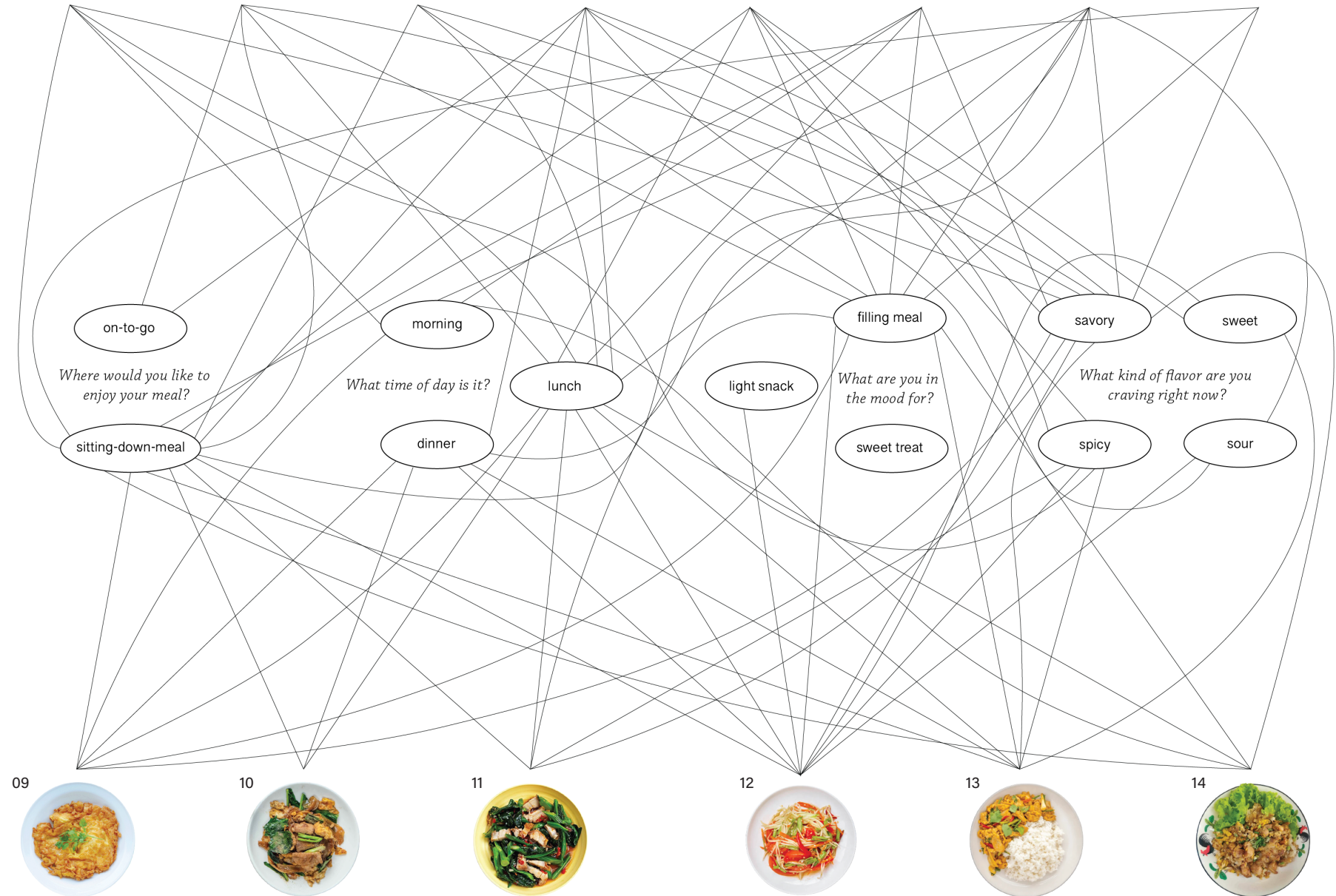


## Flavors:

● sweet
 ● sour
 ● spicy
 ● savory









01



ผัดกะเพรา  
**Pad Krapow**  
Stir-Fried Basil

02



ผัดไท  
**Pad Thai**  
Thai Stir-Fried Noodle

07



ข้าวผัด  
**Khao Pad**  
Fried Rice

08



ราดหน้า  
**Rad Na**  
Stir-Fried Rice Noodle

03



ผัดซีเม่า  
**Pad Kee Mao**  
"Drunken" Stir-Fried

04



ยำ  
**Yam**  
Thai Salad with Herbs

09



ข้าวไข่เจียว  
**Khao Khai Jiew**  
Fried Egg and Rice

10



ผัดซีอิ้ว  
**Pad See Ew**  
Stir-Fried Soy Sauce Noodle

05



สุกี้แห้ง  
**Suki Haeng**  
Dry Hot Pot Dish

06



ข้าวหมูกระเทียม  
**Khao Moo Kratiem**  
Garlic Pork Rice

11



คะน้าหมูกรอบ  
**Khanah Moo Krob**  
Stir-Fried Crispy Pork with Chinese Broccoli

12



ส้มตำ  
**Som Tam**  
Papaya Salad



13



ข้าวราดแกง  
**Khao Rad Kaeng**  
Rice Topped with Curry

14



ก๋วยเตี๋ยวคั่วไก่  
**Guay Tiew Kua Gai**  
Stir-Fried Noodles with Chicken

19



ข้าวหมูแดงหมูกรอบ  
**Khao Moo Daeng Moo Krob**  
Red Pork and Crispy Pork with Rice

20



ข้าวขาหมู  
**Khao Kha Moo**  
Stewed Pork leg with Rice

15



ก๋วยเตี๋ยว  
**Guay Tiew**  
Noodle

16



ข้าวมันไก่  
**Khao Man Gai**  
Chicken with Rice

21



โจ๊ก  
**Jok**  
Congee

22



ข้าวซอย  
**Khao Soi**  
Northern Thai Curry Noodle

17



ขนมจีน  
**Khanom Jeen**  
Rice Noodle with Curry

18



ข้าวต้ม  
**Khao Tom**  
Rice Soup

23



หอยทอด  
**Hoi Thod**  
Fried Oyster Omelet

24



หมูสะเต๊ะ  
**Moo Satay**  
Pork Satay



25



ปาต๋องโก  
**Pa Thong Ko**  
Fried Dough Sticks

26



น้ำเต้าหู้  
**Nam Tao Hu**  
Soy Milk

30



หมูปิ้ง  
**Moo Ping**  
Grilled Pork Skewers

31



ข้าวเหนียว  
**Khao Niew**  
Sticky Rice

27



ไข่กะทะ  
**Khai Kata**  
Pan Fried Eggs

28



ไส้กรอกอีสาน  
**Sai Krog Isan**  
North Eastern Fermented Sausages

32



ลูกชิ้นปิ้ง  
**Luk Chin Ping**  
Grilled Meatballs

33



ลูกชิ้นทอด  
**Sai Krog Isan**  
Fried Meatballs

29



ไส้กรอกทอด  
**Sai Krog Tod**  
Fried Sausages

30



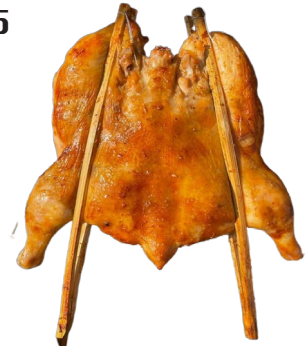
เนื้อย่าง  
**Nuer Yang**  
Roasted/Grilled Beef Skewers

34



ปลาหมึกย่าง  
**Pla Muek Yang**  
Grilled Squid

35



ไก่ย่าง  
**Gai Yang**  
Grilled Chicken



36



เต้าหู้ทอด  
Tao Hoo Tod  
Fried Tofu

37



มันทอด  
Mun Tod  
Fried Sweet Potato

42



กล้วยแขก  
Kluay Khaek  
Fried Banana

43



เต้าหู้ทอด  
Tao Hoo Tod  
Fried Tofu

38



หมูทอด  
Moo Tod  
Fried Pork

39



ปอเปี๊ยะทอด  
Poh Pia Tod  
Fried Spring Rolls

44



ไก่ทอด  
Gai Tod  
Fried Chicken

45



เผือก/ข้าวโพดทอด  
Phuak/Khao Pod Tod  
Fried Taro/Corn

40



ทอดมันปลา  
Tod Mun Pla  
Fried Fish Cakes

41



กุยช่ายทอด  
Gui Chai Tod  
Fried Garlic Chives

46



กะเพราปลา  
Ka Poh Pla  
Fish Maw Soup

47



บะหมี่หมูแดง  
Ba-Mee Moo Daeng  
Red Pork Noodle



48



ก๋วยเตี๋ยวต้มยำ  
**Guay Tiew Tom Yum**  
Spicy and Sour Noodle

49



ก๋วยเตี๋ยวลูกชิ้น  
**Guay Tiew Luk Chin**  
Meatball Noodle Soup

54



ก๋วยจั๊บญวน  
**Guay Jab Yuan**  
Vietnamese-Style Noodle Soup

55



ขนมปังปิ้ง  
**Khanom Pang Ping**  
Toasted Bread with Toppings

50



ก๋วยเตี๋ยวน้ำเรือ  
**Guay Tiew Ruea**  
Boat Noodle

51



ก๋วยเตี๋ยวน้ำตก  
**Guay Tiew Nam Tok**  
Nam Tok Noodle

56



ข้าวเหนียวมะม่วง  
**Khao Niew Mamuang**  
Mango Sticky Rice

57



ขนมเบื้อง  
**Khanom Buang**  
Crispy Thai Crepes

52



ก๋วยเตี๋ยวน้ำเป็ด  
**Guay Tiew Ped**  
Duck Noodle Soup

53



ก๋วยเตี๋ยวน้ำเตาไฟ  
**Guay Tiew Yen Ta Fo**  
Pinkish-Red Broth Noodle

58



บัวลอย  
**Bua Loy**  
Sweet Rice Balls

59



น้ำแข็งไส  
**Nam Kaeng Sai**  
Thai Shaved Ice with Toppings

65

66



60



**โรตีส**  
**Roti**  
Crispy Flat Bread

61



**ขนมบ้าบิ่น**  
**Khanom Ba Bin**  
Ba Bin Coconut Cake

62



**ขนมโตเกียว**  
**Khanom Tokyo**  
Tokyo Pancake

63



**กล้วยเผา**  
**กล้วยไฟ ญฟน**  
Grilled Banana

64



**กล้วยปิ้ง**  
**Gluay Ping**  
Grilled Banana

65



**ขนมครก**  
**Khanom Krok**  
Coconut Pancake



# Palm's Pick

choice 1

breakfast



**ข้าวเหนียวหมูปิ้ง**  
**Khao Niew Moo Ping**  
Sticky Rice and Grilled Pork  
Skewers

lunch



**ข้าวหมูแดงหมูกรอบ**  
**Khao Moo Daeng Moo Krob**  
Red Pork and Crispy Pork with  
Rice

dinner



**คะน้าหมูกรอบ**  
**Khanah Moo Krob**  
Stir-Fried Crispy Pork with  
Chinese Broccoli

dessert



**โรตีส**  
**Roti**  
Crispy Flat Bread

# Palm's Pick

choice 2

breakfast



**ผัดกะเพรา**  
**Pad Krapow**  
Stir-Fried Basil

lunch



**ก๋วยเตี๋ยวเรือ**  
**Guay Tiew Ruea**  
Boat Noodle

dinner



**ผัดซีอิ้ว**  
**Pad See Ew**  
Stir-Fried Soy Sauce Noodle

dessert



**ขนมเบื้อง**  
**Khanom Buang**  
Crispy Thai Crepes

# Your Pick

## Breakfast

Name: \_\_\_\_\_

Date: \_\_ / \_\_ / \_\_

What are you in the mood for?

☐ rice      ☐ side - dish      ☐ noodle soup      ☐ stir-fried noodle

Where would you like to enjoy your meal?

☐ on - to - go      ☐ sitting down meal

Which type of food are you looking for?

☐ made - to -order    ☐ one- dish    ☐ noodle    ☐ breakfast

☐ grilled and skewers    ☐ fried snacks    ☐ dessert and sweets

What kind of flavor are you craving?

Flavor	Craving Level
spicy	10
savory	10
sweet	10
sour	10

What is your final dish?

no.      food name:

# Your Pick

Lunch

Name: \_\_\_\_\_

Date: \_\_ / \_\_ / \_\_

What are you in the mood for?

☐ rice      ☐ side - dish      ☐ noodle soup      ☐ stir-fried noodle

Where would you like to enjoy your meal?

☐ on - to - go      ☐ sitting down meal

Which type of food are you looking for?

☐ made - to -order    ☐ one- dish    ☐ noodle    ☐ breakfast

☐ grilled and skewers    ☐ fried snacks    ☐dessert and sweets

What kind of flavor are you craving?

0 5 10

spicy

savory

sweet

sour

What is your final dish?

no.	food name:
<input type="text"/>	<input type="text"/>



# Your Pick

## Dinner

Name: \_\_\_\_\_

Date: \_\_ / \_\_ / \_\_

What are you in the mood for?

☐ rice      ☐ side - dish      ☐ noodle soup      ☐ stir-fried noodle

Where would you like to enjoy your meal?

☐ on - to - go      ☐ sitting down meal

Which type of food are you looking for?

☐ made - to -order    ☐ one- dish    ☐ noodle    ☐ breakfast

☐ grilled and skewers    ☐ fried snacks    ☐dessert and sweets

What kind of flavor are you craving?

Flavor	Craving Level
spicy	10
savory	10
sweet	10
sour	10

What is your final dish?

no.      food name:

# Your Pick

## Dessert/Snacks

Name: \_\_\_\_\_

Date: \_\_ / \_\_ / \_\_

What are you in the mood for?

☐ dessert      ☐ skewers      ☐ fried      ☐ fruits

Where would you like to enjoy your meal?

☐ on - to - go      ☐ sitting down meal

Which type of food are you looking for?

☐ made - to -order    ☐ one- dish    ☐ noodle    ☐ breakfast

☐ grilled and skewers    ☐ fried snacks    ☐dessert and sweets

What kind of flavor are you craving?

Flavor	Count
spicy	10
savory	10
sweet	10
sour	10

What is your final dish?

no.	food name:
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## Image Cited

01 <https://www.foodpanda.co.th/restaurant/cxkf/good-thai-food>

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