

ABOUT US

Le Tonlé Tourism Training Center is a not-for-profit organisation providing vocational training to disadvantaged young people from Cambodia's north-eastern provinces.

Le Tonlé was founded by Tourism for Help in 2007. The Cambodian Rural Development Team, a local NGO, took over the project in 2012.

Since its inception, 121 students (63 girls) have graduated from Le Tonlé training program. 95% of them found a job in the hospitality sector in Cambodia.

All the profits of our establishment are allocated to the Training Center.

Volunteers are coming from all around the world to work with our students and perfect their training. Don't hesitate to join us if you have skills to share!



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BREAKFAST SETS

FRENCH SET / 3.00

Baguette with butter & jam
+ Orange or Apple juice
+ Tea or Coffee

ENERGY SET / 3.25

Fried/scrambled eggs with baguette
+ Orange or Apple juice
+ Tea or Coffee

HEALTHY SET / 4.00

Muesli with fresh fruits & yoghurt
+ Orange or Apple juice
+ Tea or Coffee

SWEET SET / 3.00

Crepes with lime & sugar
+ Orange or Apple juice
+ Tea or Coffee

A LA CARTE

MUESLI FRESH FRUITS & YOGHURT / 3.00

CREPES WITH NUTELLA / 3.50

CREPES WITH LIME & SUGAR / 2.00

CREPES WITH BANANA & HONEY / 2.75

CREPES WITH FRESH FRUIT & HONEY / 3.00

BAGUETTE WITH BUTTER & JAM / 2.00

OMELETTE IN BUTTERED BAGUETTE / 2.25

FRIED/SCRAMBLED EGGS & BAGUETTE / 2.25

OMELETTE WITH TOMATO & ONION / 2.25

VEGGIES OMELETTE WITH BAGUETTE / 2.50



LE TONLE

Restaurant & Guesthouse

HAPPY HOUR

FROM 5PM TO 7PM

Buy one cocktail, Get one free

STARTERS

VEGETABLE SPRING ROLLS / 2.50

PORK SPRING ROLLS / 2.75

FRESH VEGGIE SPRING ROLLS / 2.00

 **TOMATO BRUSCHETTA / 2.00**

FRESH POMELO SALAD / 3.50

Served with chicken or pork

SPRING SALAD / 3.50

Carrot, tomato, lettuce, egg, cucumber & vinaigrette

 **SPICY MINCED PORK SALAD / 3.00**

BELL PEPPER SALAD / 3.50

Beef fried in butter & bell pepper mix

SNACKS

FRENCH FRIES / 1.50

 **WEDGE POTATOES / 2.00**

HOMEMADE SANDWICH / 2.50

Chicken & salad sandwich served with french fries

LE TONLÉ TORTILLA / 1.50

Potatoe & onion omelette

FOR THE VEGGIE LOVERS

SESAME VEGGIES STIR-FRY / 3.25

Stir-fried broccoli & black mushrooms in sesame oil

EGG & VEGGIES FRIED RICE / 2.50

COCONUT VEGGIE SOUP / 2.75

Stir-fried carrot, onions, bok choy & Chinese celery in coconut milk

FOR THE MEAT LOVERS

CAMBODIAN LOK LAK / 4.00

Diced pork, beef or chicken served with egg, onions, pepper sauce & fried rice

HOLY BASIL CHICKEN / 3.50

Chicken fried with lemongrass, holy basil, nuts & chili - spicy

 **LE TONLÉ SHEPHERD'S PIE / 4.25**

Baked dish of diced chicken topped with mashed potatoes

HONEY PORK & VEGGIES / 3.75

Pork cooked with vegetables, honey & sesame

BROCCOLI & MUSHROOM STIR-FRY / 3.75

Broccoli & black mushrooms stir-fried along with pork or chicken

SPAGHETTI BOLOGNESE / 4.25

Pasta served with beef, tomato, carrot & onion sauce topped with parmesan cheese

 **PORK CABBAGE ROLLS / 3.50**

Stuffed with seasonal vegetables & pork

KHMER CHICKEN CURRY / 3.50

Chicken cooked with vegetables, coconut milk & spices

BEEF STEAK WITH FRIES / 4.75

Juicy slice of beef served with vegetables & homemade french fries

MEAT & VEGGIES FRIED RICE / 3.50

Egg noodles cooked with sliced pork or beef or chicken & seasonal vegetables

 **CAMBODIAN NOODLES / 3.75**

Egg noodles cooked with sliced pork, beef or chicken & seasonal vegetables

VEGETABLE SOUR SOUP / 3.50

Chicken cooked with coconut milk, vegetables, spices & pineapple



STUDENT'S FAVORITES

FOR THE FISH LOVERS

All dishes come with steamed rice

LIME & CORIANDER FISH / 3.75

Fish pan fried with coriander & lime



TAHITIAN RAW FISH / 3.00

Raw fish & diced vegetables soaked in coconut milk and marinated briefly with lime juice

FISH AMOK / 3.75

A Cambodian dish of curried fish gently seasoned with coconut milk & spices

COCONUT FISH SOUP / 3.50

Diced fish cooked with coconut milk, galangal, lemongrass & lime



FISH FINGERS & TARTAR SAUCE / 4.00

Breaded fish fingers served with homemade tartar sauce along with french fries

FOR THE SWEET TOOTH

FRESH FRUIT SALAD / 2.25



CREPES WITH NUTELLA / 3.50

CREPES WITH SUGAR & HONEY / 2.00

CREPES WITH JAM / 2.25

BANANA SPRING ROLLS / 2.50

Deep fried banana in rice paper, with honey



CREME CAMEL / 3.00

French pudding served with liquid caramel

FRUITY HONEY / 2.75

Banana & pineapple fried in honey

KHMER FRUITY DESSERT / 3.00

Seasonal local fruits served with shaved ice & sweet milk



LE TONLÉ'S CLASSIC