PRINTABLE ITINERARY

Suggested food plan for 1, 2 or 3 days: a 3-Day Bangkok Food Itinerary

From our guide **Top 10 Best Places to Eat in Bangkok**. Print it or save it to your phone.



This plan groups the places by area so you spend your time eating rather than sitting in traffic. It doubles as a free printable itinerary. Share plates, eat small portions and keep a day free if a place is closed.

Day 1: The Old City and Dusit

Start late morning at **Thipsamai** for pad thai, which is a short walk from the Giant Swing. Move on to **Raan Jay Fai** on the same road if you have secured a place, or save it for another day if the queue is too long. Finish the afternoon with an early dinner at **Krua Apsorn** on Sam Sen Road, which is a short taxi ride away. Check the closing days for each place before you go.

Day 2: Chinatown

Begin in the afternoon with curry rice at **Khao Gaeng Jek Pui** on Mangkon Road. Walk into Yaowarat for kuay jab at **Nai Ek Roll Noodles**, then find **Nai Mong Hoi Thod** for the oyster omelette. Finish with a group seafood dinner at **T&K Seafood** on Phadung Dao Road. This is a lot of food, so share plates and skip a stop if you are full.

Day 3: Victory Monument, Ekkamai and Thonglor

Go to **Boat Noodle Alley** at Victory Monument for a late morning bowl of boat noodles. Take the BTS to Ekkamai for beef noodles at **Wattana Panich**, then finish in Thonglor with mango sticky rice at **Mae Varee**. This day is easy to do almost entirely by BTS.

The 10 places at a glance

1. Raan Jay Fai

How to get there: MRT to Sam Yot or Sanam Chai, then a short taxi ride or walk to Maha Chai Road.
How long to spend: One to two hours, plus any queue.
Best time to go: Arrive well before the lunch rush, and check the current booking system first.
Tip: Bring cash, order the crab omelette and check the open days before you travel.
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2. Thipsamai

How to get there: MRT to Sam Yot, then a short walk or taxi ride to Maha Chai Road.
How long to spend: One hour.
Best time to go: Late morning or mid-afternoon on a weekday.
Tip: Bring cash, and check the closing day, as one guide lists Tuesday.
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3. Krua Apsorn

How to get there: Taxi or ride-hailing from the Old City, or a longer ride from the BTS network.
How long to spend: One to two hours.
Best time to go: Lunch, before the busiest hour.
Tip: Order the crab omelette, a stir-fried crab dish and a vegetable side, and check which branch you are heading to.
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4. Wattana Panich

How to get there: BTS to Ekkamai, then a short taxi ride or walk along Ekkamai Road.
How long to spend: One hour.
Best time to go: Mid-morning or mid-afternoon, to avoid the lunch rush.
Tip: Start with a standard bowl, then add a side of stew to taste the broth in a different style.
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5. Nai Mong Hoi Thod

How to get there: MRT to Wat Mangkon, then a walk into the Yaowarat area.
How long to spend: 30 to 45 minutes.
Best time to go: Early evening, when the street food area comes alive.
Tip: Check the address and open days before you go, and share a plate if you want to try several stalls.
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6. Nai Ek Roll Noodles

How to get there: MRT to Wat Mangkon, then a short walk to Soi Yaowarat 9.
How long to spend: 30 to 45 minutes.
Best time to go: Late morning or early afternoon.
Tip: Ask for the pork without offal if you prefer a gentler bowl, and check the hours first.
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7. Khao Gaeng Jek Pui

How to get there: MRT to Wat Mangkon, then a very short walk to Mangkon Road.
How long to spend: 30 to 45 minutes.
Best time to go: Mid to late afternoon.
Tip: Point at the dishes you want, and ask for a small amount of chilli if you are not used to Thai heat.
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8. T&K Seafood

How to get there: MRT to Wat Mangkon, then a walk along Yaowarat Road, or a taxi to the corner of Phadung Dao.
How long to spend: One to two hours.
Best time to go: Early evening, when you can get a table before the late rush.
Tip: Ask for the price of fish and prawns by weight before ordering, and check the closing day.
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9. Boat Noodle Alley, Victory Monument

How to get there: BTS to Victory Monument, then the skywalk and steps down to the canal-side alley.
How long to spend: 45 minutes to one hour.
Best time to go: Late morning to mid-afternoon on a weekday.
Tip: Order three or four bowls at first, and try different broths and meats.
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10. Mae Varee

How to get there: BTS to Thong Lo, then a short walk to the shop.
How long to spend: 30 to 45 minutes.
Best time to go: Afternoon or early evening, and in mango season for the best fruit.
Tip: Ask which mango varieties are available, and check the opening hours first.
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Getting around Bangkok

The **BTS Skytrain** and **MRT** are the quickest ways to cross the city, and they avoid the traffic that can make taxi journeys slow. The Old City and Chinatown are less well served by the BTS, so use the MRT, then a short taxi or walk. Taxis and ride-hailing apps are cheap, but check that the meter is used or the fare is agreed in the app. River boats are a pleasant option for some routes, though schedules change. For official visitor information, see the Tourism Authority of Thailand news site. If you are building a longer Thailand trip, our guide to the best Thai islands for a beach stop after the city is a good next read.

Eat early to avoid heat and crowds, carry small notes and some cash for street stalls, and keep hand sanitiser and tissues in your bag, as napkins are not always provided.

Opening times, prices and transport change often, so check with each venue or operator before you go. For the full guide, photos and FAQs, see https://toptravelinsider.com/top-10-best-places-to-eat-in-bangkok/.