



SALADS & APPETIZERS

沙拉和开胃菜

- Green Papaya & Mango Salad** 12
青木瓜和芒果沙拉
Chili and Cashew Nut 辣椒和腰果
Add Smoked Fish from Tonle Sap 加洞里萨湖熏鱼 +1
- Khmer Pomelo “GI” Salad** 10
高棉柚子“地理标志”沙拉
Chili and Khmer Herbs 辣椒和高棉草药
Add Poached Prawns 加白灼虾 +1
- Khmer Banana Flower Salad** 10
高棉香蕉花沙拉
Cucumber and Tomato 黄瓜和番茄
Add Chicken Breast 加鸡胸肉 +1
- Fresh Vegetable Spring Rolls** 9
新鲜蔬菜春卷
Lettuce, Carrot, Cucumber, Sour Sauce
生菜、胡萝卜、黄瓜、酸酱
Add Poached Prawns 加白灼虾 +2
- Deep-Fried Spring Rolls** 11
炸春卷
Bean Vermicelli, Vegetable, Chicken and Organic Palm Sugar Sauce
粉丝、蔬菜、鸡肉和有机棕榈糖酱
- Vegetable & Lentil Samosa** 9
蔬菜和扁豆馅印度咖喱饺
Mint Chutney 薄荷酸辣酱
- Beef Satay** 沙嗲牛肉 10
Peanut Sauce or Vegetables 花生酱或蔬菜

SOUPS 汤

- Tom Yam Goong** 冬阴功 11
spicy sour prawns and lemongrass 酸辣虾和香茅
- Chicken Won Ton** 鸡肉馄饨 10
vegetable and roasted garlic 面条、蔬菜和烤大蒜
- Rice Noodle** 米粉 11
thinly sliced beef, vegetable and Khmer herbs
薄切澳洲牛肉、蔬菜和高棉香料草

MAINS 主菜

- Stir-Fried Khmer Egg Noodles with Beef** 12
牛肉炒高棉鸡蛋面
- Market fresh Vegetable Curry** 13
时令蔬菜咖喱
yellow dhal and Tadka spice
- Amok** 阿莫克鱼 13.5
Traditional Cambodian Fish, Coconut, Khmer Spices and Jasmine Rice 传统柬埔寨鱼、椰浆、高棉香料和茉莉香米饭
- Signature Steamed Sea Bass** 13.5
招牌清蒸海鲈鱼
Sustainable Fishing Sea Bass Cooked in Clay Pot with Spring Onions, Celery, Soy, Ginger
可持续捕捞海鲈鱼于陶罐中与青葱、芹菜、大豆、生姜同烹饪
- Royal Pad Thai** 13
皇家泰式炒河粉
Rice Noodles, Prawns, Tamarind Juice and Peanut
河粉、虾、酸角汁和花生
- Chicken Tikka Masalas** 13
香料烤鸡咖喱
Yogurt, Curry Sauce, Tomato and Jasmine Rice
酸奶、咖喱酱、番茄和茉莉香米饭
- Khmer Duck Curry** 13.5
高棉鸭肉咖喱
Coconut, Vegetable and Jasmine Rice
椰浆、蔬菜和茉莉香米饭
- Australian Beef “Lok Lak”** 16.5
澳洲牛肉“炒牛柳粒”
Sautéed Beef, Lime & Kampot Pepper Sauce, Fried Egg and Jasmine Rice
炒牛肉、酸橙和柬埔寨辣酱、煎蛋和茉莉香米饭
- Thai Style Phad Kraphao Moo** 13
泰式炒猪肉
Stir-Fried Minced Pork with Hot Basil, Chili Fried Egg and Jasmine Rice
泰国罗勒、辣椒、煎蛋炒猪肉碎配和茉莉香米饭
- Cambodia Pork Fried Rice** 11
柬埔寨猪肉炒饭
Vegetable and Khmer Sausage 蔬菜和高棉香肠

DESSERTS 甜点

- Market Fresh Fruits** 时令蔬菜 8
- Selected Khmer Pastries** 精选高棉糕点 8
- Black Sticky Rice Pudding** 芒果糯米饭 8
Coconut and taro root 椰子芋头根
- Banana Flambéed** 火焰香蕉 9
with Cashew Nut Ice Cream 配腰果冰淇淋



Vegetarian
素食



Gluten Free
不含麸质



Nuts
坚果



Pork
猪肉



Vegan
纯素食

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- Burrata Quinoa Salad** 13.5
布拉塔藜麦沙拉
Siem Reap Burrata Cheese, Organic Pesto Quinoa Salad
暹粒布拉塔奶酪、有机藜麦香蒜酱沙拉
- Citadel Caesar Salad** 城堡凯撒沙拉 12
Romaine Lettuce, Capers, Croutons, Parmesan
罗马生菜、刺山柑、油炸面包丁、巴马干酪
Add Chicken, Anchovies or Crispy Bacon +1
加鸡肉、凤尾鱼或脆皮培根
- Mixed Green Farmer Salad** 15
农场混合蔬菜沙
Poached Egg, Smoked Salmon, Dressing
水波蛋、烟熏三文鱼、沙拉酱
- Dried Cured Italian Ham** 干腌意式火腿 14.5
Gherkins, Radish, Olives and Rocket Leaves
小黄瓜、萝卜、橄榄和芝麻菜叶
- Parisian Salad** 巴黎沙拉 13
Emmental Cheese, Paris Ham, Tomato, Boiled Egg and Mixed Salad
埃曼塔尔干酪、巴黎火腿、番茄、水煮蛋和什锦沙拉

MAINS 主菜

- Pumpkin Risotto** 意大利南瓜炖饭 14
Crispy Pumpkin Tuile 南瓜薄脆饼
- Sea Bass Fish** 海鲈鱼 17
Puttanesca Sauce, Olives, Crispy Onions
烟花女意面酱、橄榄、脆洋葱
- Sustainable Fishing Seared Salmon** 21
烤三文鱼
Sautéed Spinach, Chardonnay Wine Sauce
炒菠菜、霞多丽葡萄酒酱
- Duck Leg Comfit** 油封鸭腿 17
Sautéed Garlic Potatoes
蒜炒土豆
- Seared Australian Beef Tenderloin** 25
烤澳洲牛里脊
Kampot Pepper Sauce 柬埔寨辣酱
- Braised Lamb Shank** 红烧羊腿 26
Creamy Polenta, Aromatic Vegetables 奶油玉米粥、芬香蔬菜

SOUPS 汤

- French Onion Soup** (20mn of Preparation) 10
法式洋葱汤 (烹制时间20分钟)
Puff Pastry - Khun Winai's Favorite 松饼——Khun Winai的最爱
- Vegetable Purée** 蔬菜泥 9
Herbed Garlic Croutons 蒜香香草面包丁

SNACKS 小吃

- Club Sandwich** 俱乐部三明治 13
Chicken Breast, Bacon, Fried Egg and French Fries
White Toast Bread or Brown Toast Bread
鸡胸、培根、煎蛋和炸薯条、白吐司或黑吐司
- Panini** 帕尼尼 13
Tomato, Mozzarella, Pesto and French Fries
番茄、马苏里拉奶酪、香蒜酱和炸薯条
- Hamburger or Cheeseburger** 14
汉堡包或芝士汉堡
BBQ Sauce or Thousand Island Sauce, Tomato, Pickles and French Fries
烧烤酱或千岛酱、烧烤酱、番茄、泡菜和炸薯条
- Spaghetti Carbonara** 培根蛋酱意面 11
Bacon, Onion and Parmesan Sauce
培根、洋葱和巴马干酪酱
- Penne Napolitano** 那不勒斯直通粉 11
Tomato And Basil 番茄和罗勒
- Seafood Pasta** 海鲜意面 14.5
Spaghetti, Clams, Mussels, Squid, Prawns
Cherry Tomato, Chili
意面、蛤蜊、贻贝、鱿鱼、虾、樱桃番茄、辣椒
- Tuna Pizza** 金枪鱼比萨饼 12
Caper Berry, Black Olive and Tomato
刺山柑果、黑橄榄和番茄
- Parma Ham Pizza** 帕马尔火腿比萨饼 15
Cherry Tomato and Shaved Parmesan
樱桃番茄和巴马干酪
- Croque Monsieur** 火腿干酪三明治 13
Baked Ham & Cheese Sandwich, Béchamel Sauce
烤火腿和芝士三明治、白汁
- Baguette** 法棍 10.5
Ham, Cheese, Lettuce, Tomato and Mustard
火腿、奶酪、生菜、番茄和芥末酱

EXTRA INGREDIENTS

可添加食材

- Beef, Chicken, Fish, Pork, Cheese** 3
Cooked Ham, Fried Egg, Vegetable
Steamed Rice
- 牛肉、鸡肉、鱼肉、猪肉、奶酪、熟火腿
煎蛋、蔬菜、蒸米饭
- Parma Ham** 帕马尔火腿 4
- Prawn** 虾 4.5

DESSERTS 甜点

- Fine Ripened Cheese Board** 23
精选上等奶酪拼盘
- Crème Brûlée** 法式炖蛋 9
Vanilla 香草
- 70% Dark Chilled Chocolate Fondant** 9
冰镇熔岩70%黑巧蛋糕
Kulen Vanilla Bean Ice Cream 库伦香草豆冰淇淋
- À-La-Minute Paris-Brest** 9
现场制作巴黎·布雷斯特车轮泡芙
Classic French Dessert Choux Pastry Hazelnut Cream
Roasted Hazelnut 经典法式泡芙派皮、榛子奶油、烤榛果
- Vanilla Panna Cotta** 意式香草奶冻 8
Raspberry Coulis 覆盆子酱



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DELICIOUS LOW-CALORIE GASTRONOMY

INVENTIVE, FLAVORFUL, EXCITING: DE-LIGHT BY SOFITEL QUIBERON THALASSA SEA & SPA MEANS MAXIMUM PLEASURE AND MINIMUM CALORIES.

Give into the temptation of gourmet cuisine without compromising your healthy lifestyle goals. De-Light was developed by Sofitel Quiberon Thalassa sea & spa, an expert in nutrition and wellness located on France's invigorating Atlantic coast. Inspired low-calorie dishes have been created through innovative culinary techniques and an unwavering commitment to refined tastes and textures. Sofitel chefs worldwide are applying these principles and spreading De-Light, allowing you to dine healthily while enjoying Magnifique blends of fine French and local culinary traditions.

SALADS & APPETIZERS

沙拉和开胃菜

- Burrata Quinoa Salad 面康** 13.5
布拉塔藜麦沙拉
Siem Reap Burrata Cheese, Organic Pesto Quinoa Salad
暹粒布拉塔奶酪、有机藜麦香蒜酱沙拉
389 CAL 389卡路里
- Shrimp, Avocado & Pomelo Salad** 11
虾、牛油果和柚子沙拉
183 CAL 183卡路里

MAINS 主菜

- Stir-Fried Khmer Rice Noodles** 13.5
高棉炒米粉
Chicken Breast and Broccoli 鸡胸和西兰花
399 CAL 399卡路里
- Grilled Australian Lamb Chops** 27
烤澳洲羔羊排
Grilled Vegetable 烤蔬菜
408 CAL 408卡路里

DESSERTS 甜点

- Tapioca & coconut pudding** 8
西米椰子布丁
fresh mango 新鲜芒果
290 CAL 290卡路里
- Vanilla Panna Cotta** 8
西米椰子布丁
Raspberry Coulis 覆盆子酱
175 CAL 175卡路里



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APPETIZERS 开胃菜

- Miang Kham 面康** 8
Grated Coconut, Ginger, Fresh Betel Leaf, Peanut Dried Shrimp, Shallot, Lime, Chili and Miang Kham Sauce
椰子碎、生姜、新鲜槟榔叶、花生、干虾、青葱、酸橙、辣酱和面康酱
- Hrum 鸡蛋虾肉卷** 9
Egg Thread Roll, Crispy Prawn
蛋丝卷、脆皮虾
- Kra Tong Thong 金莲花** 8
Crispy Golden Pastry Cup, Ground Chicken, Sweet Corn
金色酥脆糕托、鸡肉碎、甜玉米

MAINS 主菜

- Pla Kapong Tod Yum Ma Muang** 28
酥炸海鲈鱼
Deep Fried Sea Bass with Herbs, Mango Salad, Seafood Sauce
香料草酥炸海鲈鱼、芒果沙拉、海鲜酱
- Panang Gai 帕能咖喱** 14
Authentic Thai Panang Curry with Chicken
正宗泰式帕能鸡肉咖喱

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DRINKS 饮料

WINE & CHAMPAGNE

葡萄酒和香槟
BY THE GLASS 按杯

6 EME Sens Gerard Bertrand - Chardonnay 六感白葡萄酒 - 霞多丽	8
Cuvée Sofitel - Merlot 索菲特窖藏——梅洛	8
Champagne Taittinger 泰廷格香槟	25

BEER 啤酒

Angkor 吴哥	5
Cambodian Beer 柬埔寨啤酒	5
Hanuman 哈努曼	5
Tiger 虎牌	5
Heineken 喜力	6

APERITIF 开胃饮品

Campari 金巴利	7
Martini Blanco 比安科马提尼	7
Martini Rosso 马提尼罗索	7
Ricard 里卡德	7

VODKA 伏特加

Tried and True 久经考验的伏特加	8
Absolut 绝对	8

RUM 朗姆酒

Bacardi 百加得	8
Saint James 圣詹姆斯	8

TEQUILA 龙舌兰酒

Sauza Sliver 陈年索查	7
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COCKTAIL 鸡尾酒

Bloody Mary 金巴利	9
Daiquiri 代基里酒	9
Mojito 莫吉托	9
Manhattan 曼哈顿	9
Margarita 玛格丽塔	9
Screwdriver 螺丝刀	9
Tequila Sunrise 龙舌兰日出	9
Caipirinha 凯匹林纳鸡尾酒	9
Pina Colada 冰镇果汁朗姆酒	9

MOCKTAIL 鸡尾酒

Indochine 印度支那	7
Virgin Caipirinha 无酒精凯匹林纳	7
Virgin Mojito 莫吉托	7

FRUIT JUICE 果汁

Orange 橙汁	5
Lime 柠檬水	5
Watermelon 西瓜汁	5
Pineapple 菠萝汁	5
Apple 苹果汁	5
Banana 香蕉汁	5
Coconut 椰汁	5

SHAKE 奶昔

Mango 芒果	7
Pineapple 菠萝	7
Banana 香蕉	7
Watermelon 西瓜	7
Four Seasons 四季	7
Coconut 椰汁	7
Papaya 木瓜	7
Mixed Fruit Juice or Shake 混合果汁或奶昔	7

SOFT DRINK 汽水

Coke, Coke Zero 可乐、零度可乐	4
Sprite 雪碧	4
Tonic Schweppes 史威士牌汤力水	4
Soda Water 苏打水	4
Ginger Ale 姜汁汽水	4.5

WATER 水

Still Water 蒸馏水	
Kulen 500ml 库伦500毫升	3.5
Kulen 1500ml 库伦1,500毫升	6.5
Acqua Panna 1000ml 普娜1,000毫升	8
Sparkling Water 气泡水	
Perrier 330ml 巴黎水330毫升	5.5
Perrier 750ml 巴黎水750毫升	8
San Pellegrino 500ml 圣沛黎洛500毫升	7

COFFEE & TEA

咖啡和茶

Espresso 意式特浓	4
Double Espresso 双份意式特浓	5
Cappuccino 卡布奇诺	5
Coffee 咖啡	5
Coffee Latte 咖啡拿铁	5
Hot Chocolate 热巧克力	5
Tea or Infusion 茶	5
Iced Coffee 冰咖啡	5
Iced Chocolate 冰巧克力	5



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