

Bliss
POOL BAR

MENU



Fish Finger



Fish n' Chip with Chef's Secret Sauce



Fritto Misto

Appetizers

Fritto Misto

Deep fried squid | mussel | shrimp | garlic aioli sauce | lemon wedge

L 245 kcal **D** 1.90 kg CO₂e **S** 190 kcal **C** 1.09 kg CO₂e

Onion Rings

Fried onion rings | garlic aioli sauce | lemon wedge

L 510 kcal **C** 0.46 kg CO₂e **S** 360 kcal **C** 0.31 kg CO₂e

Chicken Satay

5 or 10 sticks of grilled chicken satay | peanut sauce

L 445 kcal **C** 1.43 kg CO₂e **S** 295 kcal **C** 0.76 kg CO₂e

Crispy Fried Chicken

Boneless chicken | spicy Gochujang sauce | pickled vegetable.

685 kcal **C** 1.49 kg CO₂e

L 260 **S** 150

L 250 **S** 180

L 290 **S** 190

260



Grilled Chicken



Mövenpick Croque Monsieur



Beef Sliders



Pita Sandwich | Chicken | Avocado

Sandwiches

Pita Sandwich | Chicken | Avocado

Grilled chicken breast | avocado | cucumber | lettuce | tomato | shallot | yoghurt ranch dressing

L 755 kcal **C** 1.88 kg CO₂e **S** 380 kcal **C** 0.94 kg CO₂e

Fish n' Chip with Chef's Secret Sauce

Beer battered locally sourced seabass fillet | Chef's secret sauce | sweet potato fries

L 630 kcal **C** 1.26 kg CO₂e **S** 500 kcal **C** 0.91 kg CO₂e

Beef Sliders

Beetroot bun served | beef patty | French fries

L 780 kcal **E** 7.53 kg CO₂e **S** 520 kcal **E** 5.02 kg CO₂e

Mövenpick Croque Monsieur

Sourdough bread | smoked chicken ham | Brie cheese | truffle Bechamel

1030 kcal **C** 0.84 kg CO₂e

Grilled Vegetables Panini Sandwich

Panini sandwich | grilled eggplant | capsicum | pesto | vegan cheese | grilled mushroom

595 kcal **B** 0.58 kg CO₂e

L 380 **S** 220

L 390 **S** 250

L 320 **S** 250

450

300

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- Contain peanut
- Contain sesame
- Contain lupin
- Contain chili
- Contain celery
- Contain pork
- Contain mustard
- Contain eggs
- Contain fish
- Contain mollusk
- Contain shellfish
- Contain sulphur dioxide
- Contain alcohol
- Vegan
- Vegetarian
- Plant-based
- Sustainable fishing
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- Nourish's Signature
- Chef's Recommended
- Chef's Signature
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- Halal



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Salads

Salad Nicoise 🥗🍷🥚 380
 Tuna | French bean | potato | tomato | red onion | quail egg | anchovies | olives
 740 kcal **B** 0.67 kg CO₂e

Vegan Caesar Salad 🥗🌱🥚🍷 280
 Baby cos romaine | shitake mushroom | multigrain crouton a la minute | vegan Caesar dressing
 Add grilled chicken breast at THB 110
 175 kcal **B** 0.35 kg CO₂e

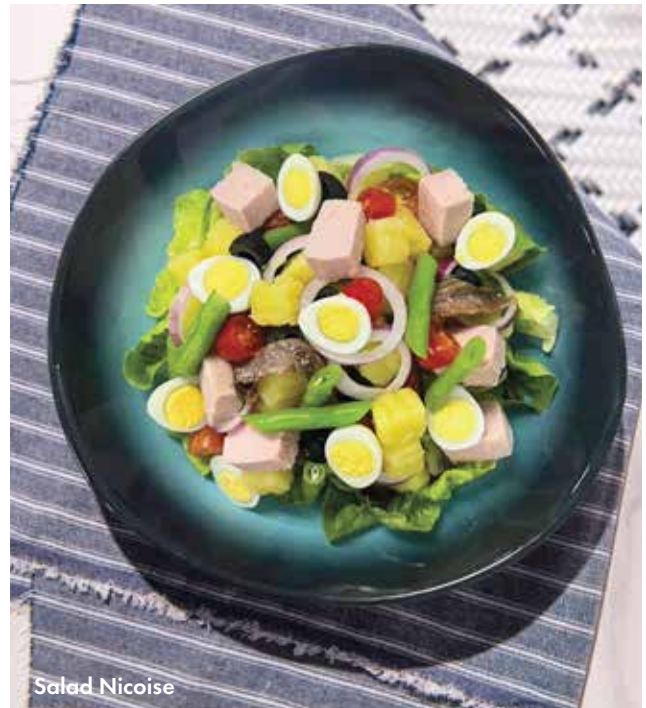
Caesar Salad with Grilled Chicken 🥗🍷🥚🍷🐷 390
 A classic Caesar salad with the addition of signature recipes marinated grilled chicken and poached egg | bacon | garlic crouton
 615 kcal **C** 1.76 kg CO₂e



Caesar Salad with Grilled Chicken



Buddha Bowl with Chicken



Salad Nicoise

Buddha Bowl with Chicken 🥗🌱🥚🍷🍷 320
 Mixed salad leaves with avocado | cucumber | pumpkin seeds | chickpea | edamame | beetroot-hummus | chicken breast | passion fruit dressing
 315 kcal **B** 0.55 kg CO₂e

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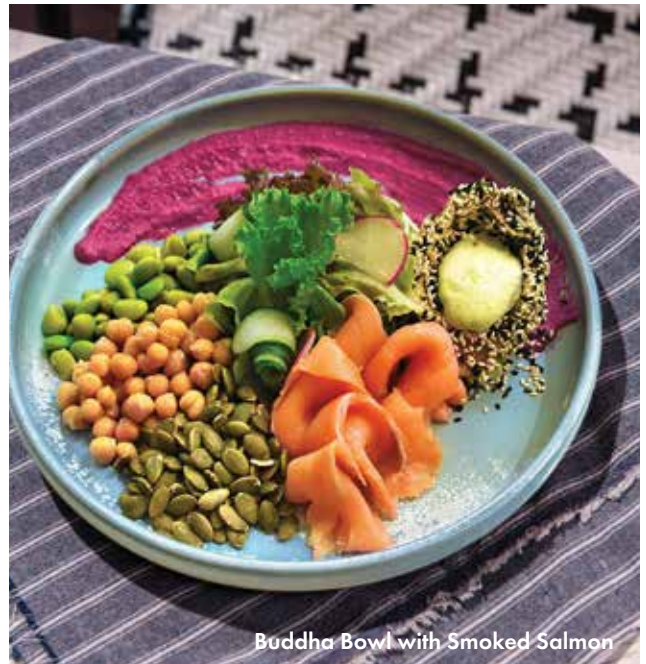
Salads

Quinoa & Avocado Salad 🌱 260
 Quinoa | avocado | lemon dressing
 302 kcal **B** 0.31 kg CO₂e

Quinoa & Avocado Salad with Seared Tuna 🐟 380
 Quinoa | seared tuna | avocado | lemon dressing
 338 kcal **B** 0.51 kg CO₂e

Buddha Bowl with Smoked Salmon 🌱🌱🌱🌱 390
 Mixed salad leaves with avocado | cucumber | pumpkin seeds | chickpea | edamame | beetroot-hummus | smoked salmon | passion fruit dressing
 360 kcal **B** 0.45 kg CO₂e

Greek Salad 🍅🥒🌿 300
 Greek style salad with tomato | cucumber | red onion | bell peppers | olives | feta cheese | oregano | vinegar
 980 kcal **C** 0.81 kg CO₂e



Soup

Gazpacho Soup 🌱🌿🌱 **L** 320 **S** 220
 Chilled vegetables soup | sourdough herbs crouton
L 1020 kcal **B** 0.54 kg CO₂e **S** 525 kcal **B** 0.28 kg CO₂e

Tomato and Basil Soup 🍅🌿🌱 **L** 320 **S** 220
 A savoury soup made with tomatoes | lavash bread | broth | spices
L 445 kcal **A** 0.70 kg CO₂e **S** 225 kcal **A** 0.35 kg CO₂e

Main

Chargrilled Chicken with Olives & Capers 🍗 450
 Grilled chicken | lemon | herbs | grilled vegetables | tomato | olives | capers | citrus sauce
 1,195 kcal **D** 2.32 kg CO₂e

Salmon Fillet en Papillote 🐟🍷 490
 Baked salmon | lemon | onion | potato | tomato | beurre blanc sauce
 1,254 kcal **D** 2.20 kg CO₂e

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Noodles & Pasta

Fusilli Tomato Cream Sauce | 🌾🌿🍅 **L** 260 **S** 180

Fusilli pasta | cream | tomato sauce
L 620 kcal **C** 1.09 kg CO_{2e} **S** 550 kcal **B** 0.96 kg CO_{2e}

Spaghetti Meatball | 🌾🌿🍅 **L** 260 **S** 180

Meatball spaghetti with tomato sauce
L 505 kcal **E** 5.13 kg CO_{2e} **S** 420 kcal **E** 4.13 kg CO_{2e}

Creamy Macaroni Carbonara | 🌾🥚🍳 **L** 320 **S** 200

Macaroni | bacon | cream sauce
L 1,120 kcal **D** 1.86 kg CO_{2e} **S** 950 kcal **C** 1.57 kg CO_{2e}

Phad See Ew Pork | 🌾🥚🐷 **L** 260 **S** 180

Stir fried flat noodle | egg | pork
L 585 kcal **C** 1.35 kg CO_{2e} **S** 330 kcal **C** 0.79 kg CO_{2e}

Phad See Ew Chicken | 🌾🥚🐔 **L** 260 **S** 180

Stir fried flat noodle | egg | chicken
L 565 kcal **C** 1.01 kg CO_{2e} **S** 325 kcal **C** 0.62 kg CO_{2e}

Phad See Ew Prawn | 🌾🥚🦐 **L** 300 **S** 180

Stir fried flat noodle | egg | prawn
L 550 kcal **C** 1.36 kg CO_{2e} **S** 315 kcal **C** 0.79 kg CO_{2e}



Spaghetti Meatball



Phad Thai Goong



Phad See Ew Prawn

Phad See Ew Tofu & Vegetables | 🌾🌿🍅🌱 **L** 260 **S** 160

Stir fried flat noodle | tofu | vegetables
L 435 kcal **B** 0.43 kg CO_{2e} **S** 285 kcal **B** 0.23 kg CO_{2e}

Phad Thai Goong | 🌾🥚🦐🌱 **L** 300 **S** 180

Wok fried rice noodles | sea prawns | tamarind sauce | tofu | sweet pickles | Chinese chive | bean sprouts
L 775 kcal **C** 1.36 kg CO_{2e} **S** 435 kcal **C** 0.80 kg CO_{2e}

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Chef's Recommendation

Mövenpick Tom Yum Seafood Paella    550

Seafood Paella | Tom Yum flavour

1325 kcal  1.98 kg CO₂e

Mövenpick Tom Yum Chicken Paella    500

Chicken Paella | Tom Yum flavours

1335 kcal  1.69 kg CO₂e

Chicken Meaty     L 260  S 180

Fried chicken nuggets | French fries |

 1175 kcal  1.28 kg CO₂e  790 kcal  0.87 kg CO₂e

Fish Finger     L 260  S 180

Fried fish stick | French fries |
tartar sauce | tomato ketchup


 605 kcal  0.92 kg CO₂e  400 kcal  0.61 kg CO₂e

Tropical Fruit Salad Bowl    L 200  S 150

Refreshing seasonal fruits | berries | orange juice

 225 kcal  0.37 kg CO₂e  165 kcal  0.27 kg CO₂e

Sides

French Fries   L 180  S 150

 300 kcal  0.13 kg CO₂e  235 kcal  0.09 kg CO₂e

Curly Fries   L 180  S 150

 300 kcal  0.13 kg CO₂e  235 kcal  0.09 kg CO₂e

Steamed Vegetables   L 180  S 150























 80 kcal  0.19 kg CO₂e  60 kcal  0.16 kg CO₂e


Additional options:




Vegetarian, Vegan, Gluten Free, Kid's Friendly selection

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 **Klimato**      Very low Low Medium High Very high

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MÖVENPICK® Ice-Cream

- Espresso Croquant** 🌱🌿🌱 160
140 kcal **C** 0.28 kg CO₂e
- Mango & Cream** 🌱🌿🌱 160
215 kcal **C** 0.28 kg CO₂e
- Maple Walnut** 🌱🌿🌱 160
150 kcal **C** 0.28 kg CO₂e
- Rum Raisin** 🌱🌿🌱 160
200 kcal **C** 0.28 kg CO₂e
- Strawberry** 🌱🌿🌱 160
105 kcal **C** 0.28 kg CO₂e
- Swiss Chocolate** 🌱🌿🌱 160
160 kcal **C** 0.28 kg CO₂e
- Tiramisu** 🌱🌿🌱 160
145 kcal **C** 0.28 kg CO₂e
- Vanilla Dream** 🌱🌿🌱 160
125 kcal **C** 0.28 kg CO₂e
- Passion Fruit & Mango Sorbet** 🌱🌿🌱 160
130 kcal **B** 0.16 kg CO₂e
- Raspberry & Strawberry Sorbet** 🌱🌿🌱 160
75 kcal **B** 0.16 kg CO₂e
- Caramelita** 🌱🌿 160
175 kcal **C** 0.28 kg CO₂e
- Hazelnut** 🌱🌿 160
165 kcal **C** 0.28 kg CO₂e

Sweet Treat

Swiss Carrot Cake 🌱🌿🌱 350
Classic Swiss Carrot Cake | choice of Mövenpick Ice cream
1200 kcal **C** 1.43 kg CO₂e

Khao Neaw Mamuang - Mango Sticky Rice 🌱🌿🌱 300
Ripe mango | sticky rice | coconut milk
610 kcal **C** 1.17 kg CO₂e



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Signature

Rose Gold Spritzer Rosé wine lychee syrup soda gold flakes	380	Rosé Spritzer Rosé wine soda strawberry purée	380
Cucumber Gin Spritz Gin cucumber sparkling wine soda mint leaves	380	Aperol Spritz Aperol sparkling wine soda orange slice	380
Pink Grapefruit Rosemary Pink grapefruit juice rosé wine soda rosemary sprig	380	Campari Spritz Campari sparkling wine soda orange wedge	380
Peach Bellini Peach puree sparkling wine soda	380	Pink Sunset Spritz Aperol rosé wine grapefruit soda sparkling wine orange zest	380

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Classic Twist

Mojito

Rum | lime | mint | soda | brown sugar

350

Margarita

Tequila | Cointreau | sour mixed

350

Lychee Martini

Vodka | lychee liqueur | lime

350

Gin Collin

Gin | sour mixed | soda

Long Island Iced Tea

Tequila | gin | rum | vodka | triple sec | lime juice | cola

350

Pina Colada

Light rum | Malibu | coconut cream | pineapple juice

350

Blue Hawaii

Rum | blue curacao | pineapple juice | cream de coconut

350



Alcohol Free

Citrus

Orange juice | grapefruit | soda | lemon

200

Lychee

Lychee | soda | Lime | rose petals

200

Ginger & Lime

Ginger ale | lime juice | soda

200

Virgin Mojito

Lime wedge | brown sugar | soda | mint leaves

200

Bliss Punch

Orange | lime | pineapple | grenadine syrup

250



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Wine

White

	Glass	Bottle
Little Thing, Chardonnay, Australia, 2023	420	1,800

Matua, Sauvignon Blanc, Marlborough, New Zealand, 2023	460	2,100
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Rosé

M de Minuty Cotes de Provence, France	480	2,800
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Red

Little Thing, Cabernet Sauvignon, Australia, 2022	420	1,800
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Zonin Ventiterre, Merlot, Nero D'Avola 21, Italy, 2022	420	1,800
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Champagne

Champagne, Veuve Clicquot Brut	850	5,000
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Spirits

Gin

Beefeater, Bombay, Bulldog	290
Hendrick's	360
The Botanist	390

Vodka

Tito's	390
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Rum

Sailor Jerry Spiced	250
Bacardi Light, Captain Morgan	290

Tequila

Jose Cuervo	290
Patron Silver	390

Whisky

Jim Beam, Bourbon	280
John Jameson, Ireland	280
Johnie Walker Black Label, Scotland	320
Jack Daniel, Tennessee	320
Monkey Shoulder	350
Glenmorangie, Scotland	390
Glenfiddich 12 Years	450
Balvenie 12 Years	650
Glenfiddich 15 Years	650
Glenfiddich 18 Years	950

Beer

Chang, Singha	150
Heineken, Heineken Zero, Asahi	170

Frizzy

S. Pellegrino

Aranciata, Lemon, Melograno & Arancia	150
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S. Pellegrino Zero Calorie

Lemon Zest, Tangerine & Wild Strawberry	150
AYA Sparkling Can 250ml.	150

Smoothies

Strawberry, Banana	220
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Fresh Juice

Watermelon, Orange, Pineapple, Coconut	150
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Soft Drinks

Coke, Coke Zero, Sprite, Ginger Ale, Soda, Tonic, Lemon Soda	90
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Bottled Water

Singha Drinking Water	50
S. Pellegrino 500ml, Aqua Panna 500ml	180
S. Pellegrino 750ml, Aqua Panna 750ml	280

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