

Sails Restaurant

ALL DAY DINING



EAST & WEST SOUP 东 & 西汤

San Marzano Tomato Bisque 250

Thai Basil & Crème Fraiche

圣马扎诺番茄浓汤：泰式罗勒 & 法式罗勒

Calories: 350 Protein: 20 grams Fat: 30 grams Carbs: 40 grams Fiber: 10 grams

Tom Jeed Tao Hoo Moo Sub 280

แกงจืดเต้าหู้หมูสับ 碎猪肉豆腐清汤

Clear Soup with Soft Tofu and Minced Pork

清汤加豆腐与猪肉 (含有猪肉) 258 Cal | 15g Fat | 15g Carbs | 15g Protein

Tom Kha Gai 320

ต้มข่าไก่ 冬卡椰奶鸡汤

Chicken & Coconut Milk Soup

清汤加豆腐与猪肉 (含有猪肉) 346 Cal | 20g Fat | 20g Carbs | 25g Protein

Tom Yam Goong 500

ต้มยำกุ้ง 冬荫功汤

Thai Hot and Sour Prawns Soup Flavored with Lime, Lemon Grass & Roasted Chili Paste

冬荫功汤加柠檬、香茅、南姜、皱皮柠檬叶、辣椒与泰式辣酱 (含有蟹肉)

395 Cal | 25g Fat | 25g Carbs | 30g Protein

Tom Yam Pla Krapong 380

Thai Hot and Sour Sea Bass Soup with Lime, Lemon Grass, Hot Basil and Chili

冬阴鱼汤：泰式酸辣味海鲈鱼汤配青柠、柠檬草、罗勒和辣椒

Calories: 500 Protein: 40 grams Fat: 20 grams Carb: 40 grams Fiber: 5-10 grams

SMALL BITES 小食

Seared Tuna Tataki 380

Sliced Avocado, Citrus & Soy

烤金枪鱼烧：切片鰹鱼，柑橘和大豆

Calories: 300 Protein: 40 grams Fat: 10-30 grams Carb: 20 grams Fiber: 5-10 grams

Cauliflower Gratin 350

Roasted Garlic, Manchego Cheese & Almond Milk

焗花椰菜：烤大蒜，格乳酪芝士和杏仁奶

350 Calories, 10g Protein, 25g Fat, 20g Carbohydrates

Crispy Vegetable Spring Rolls 300

Thai Chili Sauce

脆皮蔬菜春卷：泰式辣酱

300 Calories, 6-Gram Protein, 15 Grams Fat, 10 Grams Carbohydrates

Goong Chob Pang Thod 300

Fried Shrimp & Thai Herbs with Plum Sauce

脆皮蔬菜春卷：泰式辣酱

300 Calories, 6-Gram Protein, 15 Grams Fat, 10 Grams Carbohydrates

Crispy Calamari 350

Lightly Breaded Andaman Squid with Garlic Aioli and Pomodoro Sauce

脆炸鱿鱼：轻裹麵包屑的安达曼鱿鱼佐大蒜蒜泥蛋黄酱和番茄酱

Calories: 350 Protein: 25 grams Fat: 15-25 Carbohydrates: 30 grams Fiber: less than 1 gram

Crispy Coconut Pop Corn Shrimp 350

Sweet & Sour Passion Fruit Aioli, Macadamia Nuts

脆椰玉米虾：酸甜百香果蛋黄酱，澳洲坚果

Calories: 350 Pro 30g Fat 20g Carb 30g

Loaded Sweet Potato Fries 300

Pickled Jalapeno, Red Onion, Avocado, Scallions, & Aged Cheddar Cheese. Greek Yoghurt Dipping Sauce

甜薯薯条：腌制墨西哥辣椒，红洋葱，鳄梨，大葱，陈年切达奶酪。希腊酸奶蘸酱

Calories: 600 Pro 15g Fat 35g Carb 60g

ORGANIC WHENEVER POSSIBLE 巨有机

A Salad of Organic Super Food 320

Baby Kale, Blueberries, Grapes, Dried Cranberries, Quinoa, Sunflower Seeds, Walnuts, Edamame, Oranges, Baby Greens & Garlic Greek Yoghurt Dressing

超级有机沙拉：小羽衣甘蓝，蓝莓，葡萄，干蔓越莓，藜麦，葵花籽，核桃，毛豆，橙子，菜心 & 大蒜希腊酸奶酱

Estimated 500 calories, 25g fat, 50g carbs, 20g protein

Caesar Salad 300

Local Romain Lettuce, Aged Parmesan, Sour Dough Croutons & Anchovies

凯撒沙拉：本地长叶莴苣，陈年帕尔玛干酪，酸种面包丁和凤尾鱼

Calories: 450 Protein: 15-20 grams Fat: 35 grams Carbohydrates: 30 Fiber: 5-10 grams

Organic Acai Bowl 350

Smooth Amazonian Acai Berries with Greek Yoghurt, Honey, Fresh Berries, Banana & Kiwi

有机巴西莓碗：丝滑亚马逊巴西莓配希腊酸奶，蜂蜜，新鲜浆果，香蕉和猕猴桃

Calories: 350 Protein: 20 grams Fat: 10 grams Carbohydrates: 40 grams Fiber: 5 grams

Baby Arugula Salad 300

Sun Dried Strawberries, Mango, Pickled Onion, Feta Cheese & Lemon Vinaigrette

芝麻菜沙拉：晒干草莓，芒果，腌洋葱，菲达奶酪和柠檬醋

400 calories, 15g fat, 40g carbs, 15g protein

Ocean Trout Salad Niçoise 700

Long Beans, Baby Potato, Tomato, Niçoise Olive, Mixed Field Greens, Quail Egg & Sherry Vinaigrette

海洋鳟鱼尼斯沙拉：长豆，小土豆，番茄，墨西哥橄榄，混合蔬菜，鹌鹑蛋和雪利酒醋汁

550 calories, 30g fat, 40g carbs, 30g protein

ADD TO ANY SALAD 250 EACH

请君任选添沙拉

Grilled Boneless Chicken Breast 烤鸡胸肉

Smoked Scottish Salmon 烟熏苏格兰三文鱼

Grilled Andaman Tiger Prawns 烤安达曼虎虾

Crumbled Lump Crab Meat 碎蟹肉

Grilled Pacific Salmon 烤太平洋鲑鱼

Seared Tuna Loin 烤金枪鱼里脊

Tandoori Chicken Tikka 印度烤鸡

BURGERS, TACOS & SANDWICH 汉堡 & 三明治

2 100% Australian Wagyu Patties Served on Brioche with Fries & Napa Cabbage Slaw

Club Sandwich 450

Multi Grain Bread, Shaved Chicken, Avocado, Lettuce Tomato & white Cheddar Cheese

俱乐部三明治：杂粮面包，烟熏火鸡，牛油果，生菜，西红柿和白切达奶酪

551 Protein: 40-50 grams Fat: 40 grams Carbohydrates: 100 Fiber: 10 grams

Grilled Chicken Sandwich 350

Sour Dough, Pickles, Gouda Cheese, Honey Mustard

烤鸡肉三明治：酸种面包，泡菜，豪达奶酪，蜂蜜芥末

651 Protein: 40-50 grams Fat: 35 grams Carbohydrates: 100 Fiber: 10 grams

Simply the Smashed 500

Wagyu Beef, White Cheddar & Onions, Lettuce & Tomato

简单汉堡：和牛，白切达奶酪，洋葱，生菜和番茄 | Cal 800 Pro 70g Fat 50g Carb 40g

Spicy Smasher 500

Chili Aioli, Pickled Jalapeno, Portobello Mushroom & White Cheddar Cheese

辣堡：辣椒蒜泥蛋黄酱，腌墨西哥辣椒，波多贝罗蘑菇和白切达奶酪

Cal 900 Pro 70g Fat 60g Carb 45g

Still Fancy After Smashed 500

Avocado, Fried Egg, Tomato, Bibb Lettuce & Truffle Camembert

死而后生堡：牛油果，煎蛋，番茄，莴苣和松露卡门培尔奶酪 | Cal -850 Pro 65g Fat 50g Carb 50g

Vegetarian Shellfish Fish Nut Pork Spicy Gluten Free Signature Celery Seafood

Contains Dairy Eggs Healthy Lactose Free Mustard Alcohol Local Product Vegan Sustainably Farmed

Please let us know if you have any allergies or dietary requirements | Prices are in Thai Baht and exclude 7% VAT and 10% service charge.

Sails Restaurant

ALL DAY DINING



BURGERS, TACOS & SANDWICH 汉堡 & 三明治

2 100% Australian Wagyu Patties Served on Brioche with Fries & Napa Cabbage Slaw

A Bit Messy BBQ Bacon & Blue 500

Hydroponic Tomatoes Bib Lettuce & Danish Blue Cheese

烤培根BBQ和蓝芝士堡: 水培番茄、生菜和丹麦蓝纹奶酪 | Cal 950 Pro 75g Fat 65g Carb 40g

Impossible Burger 450

Avocado, Spicy Tomato Jam, French Fries

不可能汉堡: 牛油果, 辣味番茄酱, 薯条

Calories: 800 Protein: 30-40 grams Fat: 30-50 grams Carbohydrates: 80 grams Fiber: 10-15 grams

Croque Monsieur 280

French Toast Style Ham & Gruyere Sandwich

with Pineapple Mostarda, Served with French Fries

火腿芝士三明治: 法式土司火腿格鲁耶尔三明治配菠萝莫斯塔达, 配炸薯条

Calories: 500 Protein: 30 Fat: 20-30 grams Carbohydrates: 50 grams Fiber: 5-10

OVEN BAKED PIZZA 烤箱制烤披萨

Phuket Seafood 600

Prawn, Squid, Mussels, San Marzano Tomato & Fresh Basil

普吉岛海鲜披萨: 对虾, 鱿鱼, 贻贝, 圣马扎诺番茄和新鲜罗勒

Calories: 500 Protein: 30 Fat: 20-30 grams Carbohydrates: 50 grams Fiber: 5-10

Diavola 550

Dry Cured Salami, Black Olives, Thai Chili Flakes

帝沃拉猪肉披萨: 干熏腊肠, 黑橄榄, 泰国辣椒片

Calories: 350 Protein: 20 grams Fat: 30 grams Carbs: 40 grams Fiber: 10 grams

Margherita 450

Mozzarella, Tomato & Basil

玛格丽塔披萨: 马苏里拉奶酪, 番茄和罗勒

Calories: 600 Protein: 20 Fat: 25 grams Carbohydrates: 50 grams Fiber: 10 grams

Quattro Formaggi 600

Gorgonzola, Fresh Milk Mozzarella, Fontina Aged Parmesan

芝士披萨: 戈尔根佐拉干酪, 新鲜牛奶马苏里拉干酪, Fontina陈年帕尔马干酪

Calories: 700 Protein: 50 grams Fat: 40 grams Carbohydrates: 50 grams Fiber: 5-10 grams

Pizza Capricciosa 550

Mozzarella c, Italian Ham, Mushroom,

Artichoke & San Marzano tomato

卡布里乔莎披萨: 马苏里拉奶酪, 意大利火腿, 蘑菇, 洋蓟和圣马萨诺番茄

Calories: 800 Protein: 50 grams Fat: 40 grams Carbohydrates: 50 grams Fiber: 5-10 grams

PASTA 意面

Spaghetti Alla Puttanesca 350

Black Olives, Sundried Tomatoes, Capers & Extra Virgin Olive Oil

普塔内斯卡鳀鱼茄酱意面: 黑橄榄, 干番茄, 刺山柑和特级初榨橄榄油

Calories: 600 Protein: 20 grams Fat: 20-30 grams Carbohydrates: 70 grams Fiber: 10 grams

Island Seafood Linguini 650

Baby Scallop, Tiger Prawn, Spinach, Cherry Tomato & Vodka Lemon Crema

海鲜意大利扁面: 小扇贝, 虎虾, 菠菜, 樱桃番茄, 伏特加柠檬奶油

Calories: 700 Protein: 40 grams Fat: 30 grams Carbohydrates: 50 grams Fiber: 5-10 grams

Spaghetti Bolognese 550

Beef Ragu with San Marzano Tomatoes & Parmesan Cheese

意大利肉酱米娜面: 牛肉酱配圣马萨诺番茄和帕玛森奶酪

Calories: 400-600 Cal, Protein: 20-30 g, Fat: 15-25 g Saturated Fat: 5-10 g, Carbohydrates: 40-60 g

Spinach & Ricotta Ravioli 450

Pomodoro, Basil & Shaved Reggiano Parmesan

菠菜干酪意大利小方饺: 番茄, 罗勒和雷吉亚诺帕尔马干酪

Calories: 300-400, Cal Protein: 15-20 g, Fat: 10-15 g, Saturated Fat: 5-7 g, Carbohydrates: 30-40 g

Maine Lobster Fettuccine 650

Roasted Coldwater Lobster, Fettuccini Pasta, Baby Spinach,

Lobster Velouté

缅因州龙虾意式宽面: 烤冷水龙虾, 意大利宽面, 小菠菜, 龙虾

Calories: 650 Protein: 40 grams Fat: 35 grams Carbohydrates: 50 grams Fiber: 5 grams

SIGNATURE CUISINE FROM THAILAND

泰国特色美食

The Journey Begins

Goong Tod Kratiem Prik Thai 380

กุ้งทอดกระเทียมพริกไทย 蒜椒对虾

Stir fried prawns with garlic & pepper 大蒜和胡椒炒虾

375 Cal | 20g Fat | 30g Carbs | 20g Protein | 2g Fiber

Chor Muang ช่อม่วง 花朵甜食 250

Rice flour dumpling stuffed with preserved radish and peanut

米粉、萝卜与花生馅 (含有花生) 250 Cal | 18g Fat | 22g Carbs | 10 gm Protein | 6g Fiber

Goong Sarong 420

กุ้งโรตัง 虾肉纱笼

Deep-fried Prawns Wrapped in Egg Noodles

炸虾肉与蛋面 (含有虾肉与蟹肉) 483 Cal | 20g Fat | 30g Carbs | 20g Protein | 2g Fiber

Traditional & Light

Yam Woon Sen Thalay 400

ยำวุ้นเส้นทะเล 凉拌粉丝海鲜

Spicy Glass Noodle Salad with Seafood & Chili Lime

Sauce 凉拌粉丝加海鲜与柠檬辣椒酱 (含有蟹肉) 297 Cal | 15g Fat | 20g Carbs | 20g Protein

Som Tum Thai Gub Kor Moo Yang 320

ส้มตำไทย หมูย่างและเส้นหมี่ขาว

泰式木瓜沙拉配烤猪肉与米粉

Tradition Thai Style Papaya Salad Served with Grilled

Pork Neck & Rice Vermicelli 泰式木瓜沙拉配烤猪肉与米粉 (含有猪肉)

402 Cal | 20g Fat | 30g Carbs | 20 gm Protein

Traditional Thai

Geang Kiew Wan Gai 350

แกงเขียวหวานไก่ 绿咖喱鸡

Green Curry with Cage-Free Chicken

绿咖喱加鸡肉 398 Cal | 25g Fat | 15g Carbs | 25g Protein

Goong Ma Kham กุ้งมะขาม 罗望子酱炸虾 1,400

Fried Tiger Prawn with Tamarind Sauce

& Fried Shallot 炸大虎虾加罗望子酱与红葱熬板油 (含有蟹肉)

598 Cal | 30g Fat | 40g Carbs | 30g Protein

Pla Krapong Thord Sauce Preaw Wan 650

Rue Sauce Sam Ros

ปลากระพงทอดซอสเปรี้ยวหวาน หรือ ซอสสามรส

酸甜酱或酸甜咸酱炸鲈鱼

Deep-fried Wild Caught Sea Bass with Sweet & Sour

Sauce or Sam Ros Sauce

炸鲈鱼加酸甜酱或酸甜咸酱 (含有大黄与鱼肉) 497 Cal | 20g Fat | 30g Carbs | 30g Protein

Paneang Gai พะแนงไก่ 帕能咖喱鸡 450

Chicken with Red Thick Curry

红咖喱加鸡肉 452 Cal | 30g Fat | 20g Carbs | 25g Protein

Gai Phad Med Mamuang 400

ไก่ผัดเม็ดมะม่วงหิมพานต์ 腰果炒鸡

Fried Chicken with Bell Pepper,

Onion & Cashew Nut

炸鸡肉炒青、椒洋葱与腰果 (含有坚果) 495 Cal | 25g Fat | 30g Carbs | 30g Protein

Brown Rice is available 糙米饭 120

ข้าวกล้อง 112 Cal

Vegetarian Shellfish Fish Nut Pork Spicy Gluten Free Signature Celery Seafood

Contains Dairy Eggs Healthy Lactose Free Mustard Alcohol Local Product Vegan Sustainably Farmed

Sails Restaurant ALL DAY DINING



SOUTHERN THAILAND RICE & NOODLE

Phad Thai Goong Sod 480
ผัดไทยกุ้งสด 泰式炒河粉
Traditional Thai Style Fried Noodles, Local Shrimp, Bean Curd, Sprouts, Preserved Radish & Crusted Peanut
泰式古口味炒河粉加鲜虾、豆腐、豆芽、菜脯与炒花生 (含有蟹肉、坚果与麸质)
548 Cal | 30g Fat | 50g Carbs | 25 gm Protein | 5g Fiber

Phad See EW Moo 350
ผัดซีอิ๊วหมู 泰式酱油炒面 (猪肉)
Stir-fried Flat Noodle with Pork, Kale & Black Soy Sauce 炒面加黑酱油、猪肉与芥蓝 (含有大黄、猪肉与麸质)
500 Cal | 25g Fat | 50g Carbs | 35 gm Protein | 4g Fiber

Khao Phad Goong Rue Poo 480/550
ข้าวผัดกุ้งหรือปู 炒饭
Fried Rice with Prawns or Crabmeat
炒饭加虾肉 / 炒饭加蟹肉
550 Cal, 30g Fat, 50-60g Carbs, 30-40g Protein, 2-3g Fiber

Khao Phad Sapparos 500
ข้าวผัดสับปะรด 泰式姜黄
Fried Rice with Pineapple, Andaman Shrimp
姜黄米饭, 炒青葱, 黄瓜搭配甜辣酱
502 Cal, 25g Fat, 50g Carbs, 35g Protein, 4g Fiber

Brown Rice is available 糙米饭 120
ข้าวกล้อง 112 Cal

THE STYLE OF PHUKET

Sen Mee Geang Poo 550
เส้นหมี่แกงปู 蟹汤配米粉
Rice Vermicelli Served with Crab Curry Phuket Style, Local Vegetables & Boiled Egg
米粉配普吉式蟹肉汤、新鲜菜与水煮 (含有蟹肉)
552 Cal | 30g Fat | 60g Carbs | 35g Protein | 4g Fiber

Moo Hong 420
หมูฮ้อง 扣肉
Braised Pork Belly Phuket Style
普吉岛风味红烧肉
494 Cal, 35g Fat, 20g Carbs, 40g Protein, 3g Fiber

Nam Prik Goong Seab 420
น้ำพริกกุ้งเสียบ 干虾辣酱
Phuket Dried Smoked Shrimp, Garlic, Chili, Shrimp Paste, Garden Vegetables & Boiled Egg
干虾辣酱有普吉干虾、大蒜、辣椒、虾酱配新鲜菜与水煮 (含有蟹肉)
397 Cal, 25g Fat, 20g Carbs, 30g Protein, 4g Fiber

Pla Nueng Manao 550
ปลานึ่งมะนาว 青柠大蒜蒸鱼
Steamed Andaman Seabass Fillet with Thai Herbs, Lime & Garlic
清蒸安达曼海鲷鱼搭配泰国香草、青柠和大蒜
380 Cal, 5g Fat, 20g Carbs, 40g Protein, 2g Fiber

Phad Thai Jae 400
ผัดไทยจาว 泰式炒粿条
Fried Rice Noodle with Tamarind Sauce & Tofu
米粉炒罗望子酱与豆腐 (含有麸质) | 350 Cal, -20g Fat, 35g Carbs, 25g Protein, 6g Fiber

Brown Rice is available 糙米饭 120
ข้าวกล้อง 112 Cal

TASTES FROM CHINA 中国味道

Kung Pao Chicken 350
Crispy Chicken with Capsicum and Hot & Sour Sauce, Served with Steamed Rice 宫保鸡丁: 辣炒香脆鸡
425 calories, 25g fat, 40g carbs, 30g protein

Ma Po Tofu 300
Hot and Spicy Tofu, Bean Paste, Chili Oil & Sichuan Peppercorns, Served with Steamed Rice 麻辣豆腐: 麻辣豆腐、豆瓣酱、辣椒油、花椒
325 calories, 15g fat, 25g carbs, 35g protein

5 Spiced Pork Spare Ribs 380
Hoisin, Oyster Sauce & Dark Soy, Served with Steamed Rice 五香猪排骨: 海鲜酱, 蚝油和老抽
425 calories, 35g fat, 30g carbs, 25g protein

Vegetable Chow Mein 300
Stir Fry Noodles with Boc Choy, Broccoli, Ginger, Soy & Sesame 蔬菜炒面: 白菜、花椰菜、姜、酱油、芝麻炒面
375 calories, 20g fat, 45g carbs, 10g protein

Add Chicken 添加鸡肉 180

Add Beef 添加牛肉 250

Add Tiger Prawn 添加虎虾 280

STEAKS & CHOPS 牛排 & 排骨

SAILS RESTAURANT SPECIALIZES IN HUMANLY RAISED, ORGANIC & CERTIFIED BLACK ANGUS FARMED HERE IN THAILAND. SERVES PRIME QUALITY STEAKS THAT HAVE BEEN GRAIN FED FOR A MINIMUM OF 280 DAYS & FROM OUR PARTNERS AT KHUN TA FARMS BLACK ANGUS.

ALL STEAKS ARE SERVED WITH CRYING TIGER AND HICKORY BBQ SAUCES. SERVED WITH GRILLED ASPARAGUS & TUFFLE FRIES
所有海洋海滩俱乐部的牛排均配有哭泣的老虎和山核桃烧烤酱, 可选择烤芦笋、糙米或松露薯条

Center Cut New York Strip Steak 990
220 Gram 中切纽约牛排220克

Black Angus Beef Tenderloin (M-5) 1,900
200 Gram 黑安格斯牛里脊 (M-5) 200克

New Zealand Lamb Rack 4 Chops 2,000
新西兰羊排 4排

Grain Fed Beef Prime Ribeye 2,200
250 Gram 谷物饲养牛肉250克

FRESH & HEALTHY CATCH

新鲜健康的渔获

WE SUPPORT FISHMONGERS THAT PROMOTE SUSTAINABLE FISHING PRACTICES

我们支持推广可持续捕鱼方法的鱼贩

Pan-seared Black Cod 650
Crushed Edamame, Gai Lan, Ginger & Citrus
煎黑鳕鱼: 毛豆碎、盖兰碎、姜碎、柑橘碎
450 calories, 30g fat, 20g carbs, 30g protein

Fish & Chips 500
Wild Cod, Lemon, French Fries & Tartare Sauce
儿童炸鱼薯条 鸡蛋: 野鳕鱼, 柠檬, 炸薯条和鞑靼酱
Calories: 350 Protein 20 grams Fat: 20 grams Carbohydrates 20-Fiber: 5 grams

Vegetarian
 Shellfish
 Fish
 Nut
 Pork
 Spicy
 Gluten Free
 Signature
 Celery
 Seafood
 Contains Dairy
 Eggs
 Healthy
 Lactose Free
 Mustard
 Alcohol
 Local Product
 Vegan
 Sustainably Farmed

Please let us know if you have any allergies or dietary requirements | Prices are in Thai Baht and exclude 7% VAT and 10% service charge.

Sails Restaurant ALL DAY DINING



TASTE OF INDIA – NORTH TO SOUTH

印度味道 - 从北到南

VEGETARIAN STARTERS 素食开胃菜

Served With Coriander & Mint Chutney, Tamarind Sauce And Mango Chutney
配香菜薄荷酸辣酱、罗望子酱和芒果酸辣酱

Hara Bara Kebab 280

Spinach, Potato Patties Filled With Bursts Of Indian Flavors
哈拉巴拉饼：菠菜，土豆馅印度风味加满

Calories: 240-260 per 150g Serving Pro Around 10-12g Fat: 10-12g Carb: Around 30-35g

Pani Puri – 8 pcs 280

Immensely Popular Indian Street Food of Crispy, Hollow, Fried Dough Balls (Puri) Stuffed With Boiled Potatoes

空心炸球 8个：印度人气街头小吃，煮熟的土豆塞进酥脆中空的油炸面团球

Cal 240-260 Pro 4-6g Fat: 12-14g Carb30-35g

NON-VEGETARIAN STARTERS 荤食开胃菜

Achari Murgh Tikka 300

Boneless Chicken Marinated in A Blend of Yogurt & Tangy Achari Masala Spices.

阿查里默烤鸡：用酸奶和浓郁的阿查里马沙拉香料腌制的无骨鸡肉

Moderate - 20g, moderate fat 15 gm, yogurt marinade, low carbs.

Tandoori Chicken 3pcs/6pcs 300/550

Chicken drumstick marinated in yogurt, and Indian spices & roasted in our tandoor oven.

印度烤鸡 全/半只：在厨师的炉中烤炙浸泡在酸奶及印度香料的鸡肉

300/550 cal. - 25g/50g est. moderate fat from marinade, low carbs.

VEGETARIAN MAINS 素食主菜

Served with Basmati Rice and Buttered Naan 配印度香米和黄油馕饼

Dal Makhani 280

Lack Lentils Slow-Cooked with Cream and Butter, Enriched with Aromatic Spices.

印度咖喱豆：小扁豆和奶油与黄油一起慢煮，富含芳香香料。

280 cal, High carbs - 40g, high fat from cream & butter 20g., moderate protein lentils 10g

Dal Tadka 280

Yellow Lentils Tempered with Ghee and Spices

印度黄扁豆：用酥油和香料调和的黄扁豆

280 Cal: High carbs 40g, moderate fat from ghee 15g est., moderate protein lentils - 10g

Sabzi Handi 280

Fresh Vegetables Cooked with Garlic, Onions, Tomatoes, and Traditional Indian Spices in A Savory Gravy.

印度蔬菜烩饼：新鲜蔬菜与大蒜、洋葱、西红柿和传统的印度香料一起煮成美味结合

280 Cal, Moderate carbs 25g, moderate fat 10g., low protein (minimal from vegetables)

Paneer Lababdar 320

Creamy Paneer Cooked in A Spicy Cashew, Tomato, and Onion Gravy.

印度奶酪咖喱：用辛辣的腰果、番茄和洋葱肉汁烹制的奶油奶酪。

320 Cal Moderate protein from paneer 25g, high fat from cream & cashews 20g, moderate carbs 20g

NON-VEGETARIAN MAINS 非素食主菜

All Served with Basmati Rice and Buttered Naan 配印度香米和黄油馕饼

Keema Mattar 450

Lamb Mince & English Pea Kabab

咖喱炖菜：羊肉及英式豌豆烤肉

450 Cal High protein from lamb 30g fat15g, moderate carbs rice - 30g

Butter Chicken 400

Succulent Chicken Simmered in a Spiced Tomato and Butter Gravy

黄油鸡：多汁鸡肉炖与加了香料的西红柿和黄油肉汁

380 Cal Moderate protein from chicken 25g, high fat from butter 20g moderate carbs, rice - 30g

DESSERTS 甜点

Traditional Tiramisu 280

Classic Tiramisu with Coffee Glace, lady Finger & Organic Cocoa Powder

传统提拉米苏：经典提拉米苏搭配咖啡糖霜，手指饼干和有机可可粉

Calories: 410 Protein:10 grams Fat: 20 grams Carbs: 20 grams Fiber:10 grams

Phuket Lemon Mille Feuille 280

Crispy Filo Pastry, Lemon Curd, Madagascar Vanilla Ice Cream

普吉岛柠檬千层：脆皮酥皮，柠檬凝乳，马达加斯加香草冰淇淋

Calories: 548 Protein:10 grams Fat: 20 grams Carbs: 20 grams Fiber:10 grams

Blueberry Cheese Cake 300

Blueberry Filled & Fresh Blue Berries

蓝莓奶酪蛋糕：蓝莓馅及新鲜蓝莓

Calories: 581 Protein:20 grams Fat: 20 grams Carbs: 20 grams Fiber:10 grams

Mango Sticky Rice 250

Fresh Mango, Sticky Rice, Sweet Coconut Milk, Sesame

芒果糯米饭：鲜芒果，糯米，甜椰浆，芝麻

Calories: 429 Protein:20 grams Fat: 20 grams Carbs: 20 grams Fiber:10 grams

Tropical Fruit Montage 250

热带水果蒙太奇

Ice Cream 冰淇淋 150

Madagascar Vanilla Beans 马达加斯加香草兰豆

Dark 72% Belgian Chocolate 比利时72% 黑巧克力

Strawberry 草莓

"Nam Dok Mai" Mango 水仙芒果

Thai Tea 泰式奶茶

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Please let us know if you have any allergies or dietary requirements | Prices are in Thai Baht and exclude 7% VAT and 10% service charge.

Sails Restaurant ALL DAY DINING



KIDS CUISINE 儿童菜单

Breaded Chicken Nuggets 250

Hickory BBQ Sauce & French Fries 炸鸡块：山胡桃烧烤酱&炸薯条

Calories: 250 Protein: 15 grams. Fat: High 15 Carbohydrates: 25 Fiber: 10 grams

Kids Cheese Burger 280

Cheddar Cheese, Lettuce & Tomato. Comes with a Choice of Salad or French Fries

儿童芝士汉堡：切达奶酪，生菜和西红柿。可选择沙拉或炸薯条

Calories: 280 Protein 20 grams Fat 10 Carbohydrates: 25 Fiber 5 grams

Poached Pink Snapper 400

Brown Rice, Steamed Asparagus & Citrus Vinaigrette 清蒸粉红鲷鱼 健康食品：糙米，蒸芦笋和柑橘油沙司

Calories: 250 Protein: 30 grams Fat 5 grams Carbohydrates: 20 Fiber 5 grams

Cheesy Ravioli 260

Parmesan Cheese, Basil Tomato Sauce 意大利芝士水饺 麸质 鸡蛋：帕尔马干酪，罗勒番茄酱

Calories 260 Protein 15 grams. Fat: 15 grams Carbohydrates: 30 grams Fiber: 5 grams

Classic Spaghetti Bolognese 280

Premium Ground Beef in Tomato Sauce, Basil & Parmesan Cheese 经典肉酱面：优质碎牛肉配番茄酱，罗勒和帕尔马干酪

Calories 280 Protein 20 grams. Fat: 15 grams. Carbohydrates: 30 grams. Fiber: 5 grams

Kids Fish & Chips 450

Wild Cod, Lemon, French Fries & Tartare Sauce 儿童炸鱼薯条麸质：野鲮鱼，柠檬，炸薯条和鞣靶酱

Calories: 350 Protein 20 grams Fat: 20 grams. Carbohydrates 20 Fiber: 5 grams

Margherita Pizza 300

Mozzarella Cheese Basil & Tomato Sauce 玛格丽塔披萨：马苏里拉芝士罗勒和番茄酱

Calories 300 Protein: 15 grams Fat: Moderate 15 grams Carbohydrates: 30 grams Fiber: 5 grams

Garden Vegetable Fried Rice 250

Kids-Friendly Vegetables with Crispy Local Rice 园蔬炒饭：适合儿童的蔬菜配脆脆的本地风味大米

Calories: 250 Protein 10 grams Fat: 10 grams

Kid Pad Thai 300

Chicken & Baby Shrimp, Tamarind, Bean Sprouts & Peanuts 炒河粉：鸡肉&小虾，罗望子，豆芽&花生

Calories 300 Protein 15 grams Fat 10 grams. Carbohydrates: 30 grams Fiber: 5 grams

