



SAILS

Menu



CHEF RECOMMENDED
Signature Dishes



**SIGN UP
FOR FREE
NOW!**
Reservations
All-inclusive Dining

All
ACCOR - LIVE LIMITLESS



@pullmankaronbeach



pullman
HOTELS AND RESORTS
PHUKET KAKON BEACH RESORT

CHEF RECOMMENDED

Signature Dishes



Organic Acai Bowl

THB 350

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

有机巴西莓碗：以原产亚马逊莓果调配的，蜂蜜、希腊乳酪、香蕉及猕猴桃



Seared Tuna Tataki

THB 380

Sliced Avocado, Citrus & Soy

切片鮪鱼、切片鳄梨、柑橘和豆豉



Phuket Seafood

THB 600

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

普吉海鲜披萨：鲜虾、鱿鱼、贻贝、圣马利诺番茄和新鲜罗勒



Croque Monsieur

THB 280

French Toast Style Ham & Gruyere Sandwich with Pineapple Mostarda, Served with French Fries

火腿芝士法式吐司：法式吐司夹火腿和瑞士奶酪，配以菠萝芥末酱，配炸薯条

CHEF RECOMMENDED
Signature Dishes



**Grain Fed
Beef Prime Ribeye**

THB 2,200

200 Gram Grain Fed Beef Prime Ribeye



**Black Angus
Beef Tenderloin (M-5)**

THB 1,900

200 Gram Black Angus Beef Tenderloin (M-5)

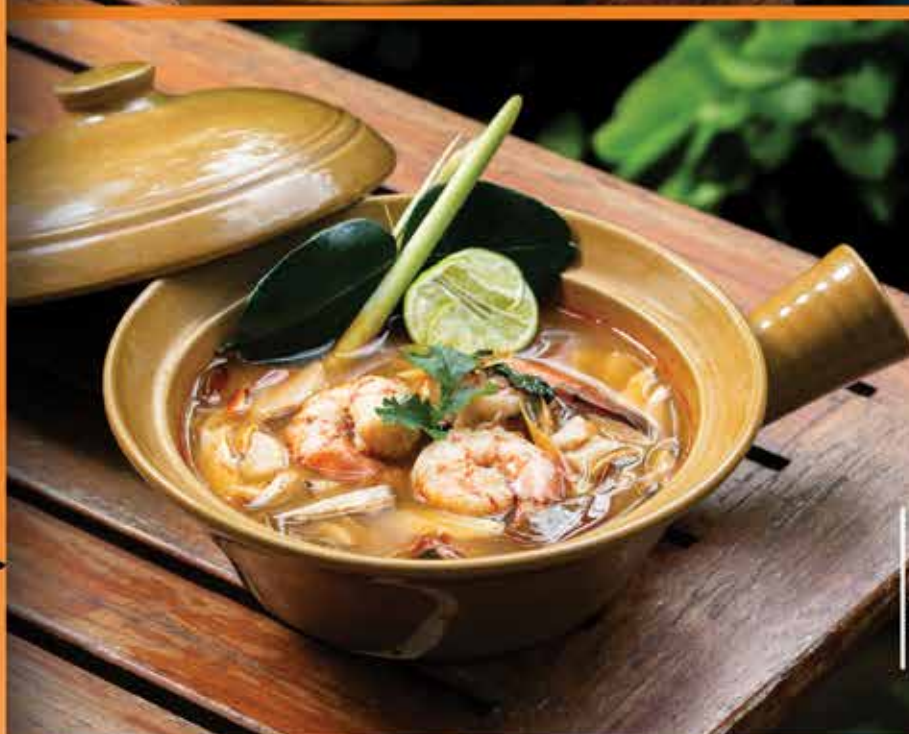
CHEF RECOMMENDED

Signature Dishes



Butter Chicken

THB 400
Succulent Chicken Simmered
in a Spiced Tomato and Butter Gravy
雞塊肉：半只雞塊肉與加了香料的西红柿醬和牛油



Tom Yam Goong

THB 500
Thai Hot & Sour Shrimp Soup,
Lime, Lemongrass, Chili
冬菇肉：蝦子配辣椒湯、青檸、檸檬草、紅蔥



Mango Sticky Rice

THB 250
Fresh Mango, Sticky Rice,
Sweet Coconut Milk, Sesame
芒果糯米飯：鮮芒果、糯米、甜椰奶、芝麻

Klimato X



TOGETHER FOR SUSTAINABILITY

To start **a conversation on sustainability with our customers** and to tackle carbon emissions from food, we have added the carbon footprint of all the dishes on our menus. We are working with Klimato to implement **scientifically proven, data-backed carbon labels** that will help our guests understand the climate impact of their chosen dishes.



Very low

In line with the Paris Agreement goal to limit temperature increase to well below 2°C above pre-industrial levels.



Low

In line with the targets set for 2030. This puts us on a good path for 2050. **Aligned with the Cool Food, a WRI initiative.**



Medium

Associated with a **temperature increase of 2.5°C** above pre-industrial levels.



High

Associated with a **temperature increase of 3°C**, above pre-industrial levels.



Very high

Associated with a **temperature increase higher than 3°C** above pre-industrial levels.

The Klimato carbon labels indicate the carbon footprint of a dish. The thresholds are based on targets set forth by the **Paris Agreement**. Klimato's tool was created **by scientists** and it uses the **most up to date climate data** from **lifecycle assessments** to calculate the carbon footprint of each meal. The carbon footprint of a meal is the total amount of greenhouse gas emissions (CO2e) that stem from the ingredients through each production stage.

Klimato

Klimato is a sustainability partner for any business with a F&B offering to calculate, report and reduce the carbon emissions from food and beverage. So far the solution is **used by more than 500 companies** in more than 15 markets. During only 1 year, over 10 million meals were reported with Klimato and the average emission reduction per meal was 23%.



Sails Restaurant

ALL DAY DINING



(B) EAST & WEST SOUP 东&西汤

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 Carbs: 40 grams Fiber: 5-10 grams

(B) San Marzano Tomato Bisque 250

Thai Basil & Crème Fraîche

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

SMALL BITES 小食

(C) Marinated Thai Chicken Satay 250

Lemon Grass, Spicy Peanut Sauce

泰式鸡肉沙爹 坚果：柠檬草，辣味花生酱

Calories: 400 Protein: 40 grams Fat: 40 grams Carbs: 20 grams Fiber: 5-10

(B) Seared Tuna Tataki 380

Sliced Avocado, Citrus & Soy

烤金枪鱼烧：切片鳄梨，柑橘和大豆

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

(B) 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

(B) 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

(B) Goong Hob 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

(C) Crispy Calamari 350

Lightly Breaded Andaman Squid with Garlic Aioli and Pomodoro Sauce

脆炸鱿鱼：轻裹麵包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

ORGANIC WHENEVER POSSIBLE 巨有机

(A) 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

(A) Som Tam Salad 400

Phuket Blue Crab Meat, Bean Sprout, Green Papaya, Sweet & Sour Sauce

青木瓜沙拉：普吉岛青蟹肉，豆芽，青木瓜，甜酸酱

Calories: 250 Protein: 30 grams Fat: 15 grams Carbs 30 grams Sugar: 5-10 grams Fiber: 5-10 grams

(B) 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

(A) 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

ORGANIC WHENEVER POSSIBLE 巨有机

(A) 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

(B) 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 & SANDWICH 汉堡 & 三明治

(B) 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

(C) 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

(E) Wagyu Beef Burger & Fries 450

Brioche Bun, Smoked Bacon, Tomato & Onion Jam & White Cheddar Cheese

和牛汉堡和薯条：奶油面包，烟熏培根，番茄洋葱酱，白切达芝士

Calories: 1200 Protein: 40-50 grams Fat: 40-60 grams Carbohydrates: 100 Fiber: 10 grams

(B) 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

(C) Smoked Salmon Panini 550

Multi-grain Bread, Cucumber, Tomato & Lemon Caper Cream Cheese

烟熏三文鱼帕尼尼：杂粮面包，黄瓜，番茄和柠檬酸豆奶油芝士

450 calories, 20g fat, 40g carbs, 20g protein

(B) Croque Monsieur 280

French Toast Style Ham & Gruyere Sandwich

with Pineapple Mostarda, Served with French Fries

火腿芝士三明治：法式吐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

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@pullmankaronbeach

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



OVEN BAKED PIZZA 烤箱制烤披萨

- (C) 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
- (C) 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
- (C) 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
- (C) 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
- (C) 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

- (B) 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
- (B) 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-Fiber: 5-10 grams
- (B) Spaghetti Bolognese** 500
Beef Ragù 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
- (B) 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
- (B) Maine Lobster Fettuccine** 650
Roasted Coldwater Lobster, Fettuccini Pasta, Baby Spinach, Lobster Velouté
缅因州龙虾意大利宽面：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

- (B) Gang Kaew Wan Gai** 300
Thai Green Curry with Eggplant & Chicken
绿咖喱鸡：泰式绿咖喱配茄子和鸡肉
340 calories, 20g fat, 20g carbs, 22g protein
- (B) Gaeng Phed Ped Yang** 320
Red Curry Roasted Duck with Phuket Pineapple & Coconut Milk
红咖喱烤鸭：红咖喱烤鸭配普吉岛菠萝和椰奶
400 calories, 20g fat, 20g carbs, 26g protein
- (B) Pla Murk Pad Prik Pow** 350
Stir-fried Andaman Squid with Vegetables & Thai Chili
泰式炒鱿鱼：蔬菜&泰国辣椒炒安达曼鱿鱼
320 calories, 25g fat, 20g carbs, 20g protein
- (B) Phad Thai Goong Sod** 450
Traditional Thai Style Fried Noodles, Local Shrimp, Bean Curd, Sprouts, Preserved Radish & Crusted Peanut
虾炒河粉：传统泰式炒面，本地虾，豆腐，豆芽，菜脯和花生碎
Calories 700 Protein 40 grams Fat: 20-30 grams Carbohydrates: 50-60 grams Fiber: 5-10 grams
- (B) Phad Thai Jae** 350
Fried Rice Noodle with Tamarind Sauce & Tofu
素炒河粉：罗望子酱&豆腐炒米粉
Calories 600 Protein: 30 grams Fat: 25 grams oi Carbohydrates: 60 grams Fiber: 10 grams
- (B) Phad Pak Ruam Mirt** 330
Stir-fried Mixed Vegetables in Soya Sauce 炒什锦：红烧什锦菜
Calories: 200 Protein: 10 grams Fat: 10-15 grams Carbohydrates: 30 grams Fiber: 5-10 grams

TASTES FROM CHINA 中国味道

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



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Vegetarian
 Shellfish
 Fish
 Nut
 Pork
 Spicy
 Gluten Free
 Signature
 Calory
 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



STEAKS & CHOPS 牛排 & 排骨

WE WORK WITH SMALL FARMS THAT PRODUCE M5 GRADE GRAIN FED PREMIUM CUTS OF BEEF AND LAMB

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

- C** Center Cut New York Strip Steak 990
220 Gram 中切纽约牛排220克
- C** Black Angus Beef Tenderloin (M-5) 1,900
200 Gram 黑安格斯牛里脊 (M-5) 200克
- C** New Zealand Lamb Rack 4 Chops 2,000
新西兰羊排 4排
- C** 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

- B** 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
- C** 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

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f **@pullmankaronbeach**

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

- C** 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 10-12Fat: 10-12g Carb: Around 30-35g
- C** 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油炸面团球
Cal 240-260 Pro 4-6g Fat: 12-14g Carb30-35g

NON-VEGETARIAN STARTERS 荤食开胃菜

- B** 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.
- B** Tandoori Chicken Half/Full 300/550
Chicken marinated in yogurt, and Indian spices & roasted in our tandoor oven.
印度烤鸡 全/半只: 在厨师的焗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

- B** 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
- B** Dal Tadka 280
Yellow Lentils Tempered with Ghee and Spices
印度黄扁豆: 用酥油和香料调制的黄扁豆
280 Cal: High carbs 40g, moderate fat from ghee 15g est., moderate protein lentils - 10g
- B** 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)
- B** 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

- B** 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 fat 15g, moderate carbs rice - 30g
- B** 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



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



FLAVORS FROM THE MIDDLE EAST 齋东风瓶

Small Plates 风瓶 | All Accompanied with warm pita Bread 迷徯热躡鯨饼

- (B) Hummus**    280

Chickpeas, Tahini, Lemon, Baby Tomatoes
芒果糯米饭: 鲜芒果, 糯米, 甜椰浆, 芝麻
- (B) Mouhammara**    280

A Mash Blended from Crushed Walnuts, Capsicum, Pomegranate and Olive Oil
穆哈马拉: 由碎核桃、辣椒、石榴济橄榄油混合而成的蘸酱
- (B) Lebneh**   280

Fresh Made Whole Milk Yoghurt with Garden Vegetables
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜
- (B) Baba Ghanoush**   280

Eggplant, Capsicum, Onion Extra Virgin Olive
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜

ENTRÉE 颯齋

- (B) Falafel Wrap**   320

Chick Pea, Tahini, Herbs, Hummus, Garden Salad
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜
- (B) Farrush Makinah** 380

Whole Roasted Baby Chicken with Herbs, Lemon and & Sea Salt Served with Garlic Sauce
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜
- (B) Bahmiya Saluna**   250

Tender Okras Cooked Egyptian Style with Saffron Rice
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜
- (B) Samak Harra**   380

Andaman Silver Snapper with braised Capsicum & Chili
脱乳清酸奶: 新鲜的全脂酸奶与田园蔬菜

Sails Restaurant

ALL DAY DINING



DESSERTS 甜点

- (B) Traditional Tiramisu** ①② 280
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
- (B) Phuket Lemon Mille Feuille** ①② 280
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
- (B) Blueberry Cheese Cake** ①② 300
Blueberry Filled & Fresh Blue Berries
蓝莓奶酪蛋糕：蓝莓馅&新鲜蓝莓
Calories: 581 Protein: 20 grams Fat: 20 grams Carbs: 20 grams Fiber: 10 grams
- (B) Mango Sticky Rice** ③ 250
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
- (A) Tropical Fruit Montage** 250
热带水果蒙太奇
- (C) Ice Cream 冰淇淋** 150
Madagascar Vanilla Beans 马达加斯加香子兰豆
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



Sails Restaurant ALL DAY DINING



KIDS CUISINE

儿童菜单



- | | |
|--|-----|
| <p>(C) Breaded Chicken Nuggets </p> <p>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</p> | 250 |
| <p>(C) Kids Cheese Burger </p> <p>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</p> | 280 |
| <p>(B) Poached Pink Snapper </p> <p>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</p> | 400 |
| <p>(B) Cheesy Ravioli  </p> <p>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</p> | 260 |
| <p>(B) Classic Spaghetti Bolognese </p> <p>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</p> | 280 |
| <p>(C) Kids Fish & Chips  </p> <p>Wild Cod, Lemon, French Fries & Tartare Sauce 儿童炸鱼薯条麸质：野鲮鱼，柠檬，炸薯条和鞣艸酱
Calories: 350 Protein 20 grams Fat: 20 grams. Carbohydrates 20 Fiber: 5 grams</p> | 450 |
| <p>(C) Margherita Pizza </p> <p>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</p> | 300 |
| <p>(B) Garden Vegetable Fried Rice</p> <p>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</p> | 250 |
| <p>(B) Kid Pad Thai </p> <p>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</p> | 300 |



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

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Sails Restaurant

WINE LIST



WINES BY THE GLASS



SPARKLING

Belleville Brut
Australia

325

1,450

Bottega Prosecco DOC Rosé
Veneto, Italy

375

1,800

WHITE

Belleville
Chardonnay, Viognier – Rhone Valley, France

325

1,450

Wither Hill
Sauvignon Blanc – Marlborough, New Zealand

375

1,725

Paolo E Noemia D'amico
Seiano Bianco Lazio I.g.p. 2021, Italy

395

1,825

Bottega
Pinot Grigio – Venezia, Italy

395

1,825

ROSÉ

Le Rosé de la Chapelle
Shiraz, Grenache, Mourvedre – Pays d'Oc, France

395

1,695

RED

Belleville
Grenache, Shiraz – Rhone Valley, France

325

1,450

Hardys
Shiraz – South-Eastern, Australia

350

1,575

Luccarelli Primitivo
Primitivo – Puglia, Italy

375

1,750

Velenosi Montepulciano d'Abruzzo Prope
Montepulciano – Abruzzo, Italy

395

1,895



Sails Restaurant

WINE LIST



WINES BY THE BOTTLE



CHAMPAGNE & SPARKLING

Bottega Brut Prosecco Doc - Lombardia, Italy	1,700
Torresella Prosecco Extra Dry Glera, Pinot Nero - Veneto, Italy	1,890
Chandon Brut Pinot Noir, Pinot Meunier – Victoria, Australia	1,990
Breton & Fils Traditon Brut Champagne, France	3,590
Lombard Extra Brut Champagne, France	4,290
Lombard Extra Brut, Premier Cru Rose Champagne, France	4,590
G.H. Mumm Cordon Rouge Pinot Noir, Pinot Meunier, Chardonnay – Champagne, France	5,900
G.H. Mumm Cordon Rosé Pinot Noir, Pinot Meunier, Chardonnay – Champagne, France	5,900
Bollinger Special Cuvee Brut France	5,900
Moet Chandon Imperial Brut France	7,900
Dom Perignon – NV France	19,000

ROSÉ WINE

L'Ostal Rosé - Domaines Cazes France	1,750
Jacob's Creek Le Petit Rosé Pinot Noir, Mataro, Grenache - South-Eastern, Australia	1,790
Domaine Tropez Crazy Rose France	1,850
Whispering Angel Rosé, 750ml France	2,625
Whispering Angel Rosé, 1.5 L Magnum France	4,995
Whispering Angel Rosé 3l, Double Magnum Jeroboam France	10,195

Sails Restaurant

WINE LIST



WINES BY THE BOTTLE

WHITE WINE

Trebbiano, Grechtto Orvieto Classico Doc La Piuma, Italy	1,550
Verdicchio Dei Castelli Verdicchio - Staffolo, Italy	1,650
Hardys Chardonnay – South-Eastern, Australia	1,690
San Pedro Gato Negro Sauvignon Blanc – Central Valley, Chile	1,690
Michel Lynch Sauv Blanc Bordeaux France	1,750
Reservado Chardonnay – Central Valley, Chile	1,790
PunTi Ferrer Sauvignon Blanc – Central Valley, Chile	1,890
Costamolino Vermentino di Sardegna Vermentino - Sardinia, Italy	1,990
Montes Classic Chardonnay – Central Valley, Chile	1,990
Cape Mentelle Georgiana Sauvignon Blanc – Margaret River, Australia	2,090
Pa Road Sauvignon Blanc - Marlborough, New Zealand	2,090
Pighin Collio Pinot Grigio Doc Italy	2,390
Paolo E Noemia D'amico Calanchi Di Vaiano Lazio I.g.p. 2018 Italy	2,525
Gavi Di Gavi Doc Monchiero Carbone, Italy	2,525
D.DU Pre Semele Sancerre Blanc, France	2,525
Jean Marc Brocard Petit Chablis 2022 Organic, France	2,775
Gustave Lorentz Gewurztraminer Evidence Organic France	2,875
Arneis Langhe Doc Cordero Di Montezemolo, Italy	2,890
Domaine Tinel-blondelet Pouilly Fume-genetin France	2,890
Domaine Tinel-blondelet Sancerre France	2,990
Domaine Natalie Fevre Chablis France	3,295

Sails Restaurant

WINE LIST



WINES BY THE BOTTLE



RED WINE

Chianti, La Piuma Sangiovese – Toscana, Italy	1,650
San Pedro Gato Negro Cabernet Sauvignon – Central Valley, Chile	1,690
Renmano, Chairman's Selection Shiraz – Sout-Eastern, Australia	1,890
Cape Mentelle Cabernet, Shiraz - Margaret River, Australia	1,990
Costera Cannonau di Sardegna Cannonau – Sardinia, Italy	2,090
Montes Merlot – Valle de Colchagua, Chile	2,090
Pa Road Pinot Noir - Marlborough, New Zealand	2,090
PunTi Ferrer Cabernet Sauvignon– Central Valley, Chile	2,090
Amarone Farina 2020 Veneto France	2,695
Chianti Classico Brolio Docg Ricasoli, Italy	2,890
Barbera D'alba Doc Cordero Di Montezemolo, Italy	3,390
Chateau Fonroque Cote De Fonroque Bordeaux Saint - Emilion Bio, France	3,590
Paolo E Noemia D'amico Notturmo Dei Calanchi Umbria I.g.p, Italy	4,290
Amarone Della Valpolicella Doc Bottega, Italy	4,890
Bruello Di Montalcino La Mannella Cortonesi, Italy	5,090
Domaine De Senechaux Chateauneuf - Du - Pape, France	5,590

Sails Restaurant

DRINK LIST



SIGNATURE COCKTAILS

280

OBC Sangria

Red Wine, Mekhong Rum, Orange Juice and Sliced Fruits

Arcadia Twilight

Absolut Vodka, Lemonade, Cranberry Juice, Lime Juice, Fresh Lime, Soda

Karon Beach House

Mekhong Thai Rum, Fresh Mangoes, Fresh Lime, Syrup, Topped with Soda

Andaman Wave

Mekhong Thai Rum, Blue Curacao, Pineapple Juice, Apple Juice, Lime Juice, Fresh Lemon

Phuket Smile

Absolut Vodka, Chalong Bay Rum, Passion Fruit Juice, Syrup, and Fresh Lime Juice, Topped with Soda

CLASSIC COCKTAILS THE LATIN WAY

280

Piña Colada

Havana Club 3YRS, Malibu, Coconut Milk & Pineapple Juice

Mai Tai

Havana Club 3YRS, Captain Morgan Rum, Orange Curacao, Pineapple Juice, Grenadine & Orange, Lemon Juice

Mojito

Havana Club 3YRS, Peppermint Leaves, Lemon Twist & Soda

Strawberry or Mango Daiquiri

Havana Club 3YRS, Triple Sec, Lemon Juice, Strawberry Syrup

AND IF YOU'RE BRITISH

280

Singapore Sling

Beefeater Dry Gin, Cherry Herring, Grenadine, Sweet & Sour, Topped With Soda

Gin Fizz

Beefeater Dry Gin, Lemon Juice, Sugar & Soda

Long Island Ice Tea

Beefeater Dry Gin, Absolute Vodka, Rum, Triple Sec, Lemon Juice Topped With Coke

SOME MEXICAN FAVORITES

280

Margarita

Tequila, Triple Sec, Lemon Juice & Salt

Tequila Sunrise

Tequila, Orange Juice, Grenadine & Lemon Juice

Strawberry Margarita

Tequila, Strawberry Monin Syrup

MOCKTAILS

150

Virgin Mojito

Mint Leaves, Raw Sugar, Lime Juice, Topped with Ginger Ale

Safe Sex on the Beach

Cranberry Juice, Grapefruit Juice & Peach Juice

Virgin Piña Colada

Pineapple Juice, Coconut Milk, Lemon Juice & Syrup

SHOOT'EM!

280

B-52

Kahlua, Baileys, Cointreau

Tequilazo

Tequila, Lemon Soda

Lemon Drop

Absolut Citron Vodka, Fresh Lemon

BEERS

Singha / Tiger / Chang

170

Heineken

175

Menabrea Bionda, Italy

290

Corona Extra, Mexico

290

APERITIFS

Pimm's No 1, Campari

190

Campari

190

Martini Bianco

190

Martini Rosso

190

GINS

Beefeater

30ml

190 1,900

Gordon's

190 1,990

Beefeater Pink

190 2,100

Bombay Sapphire

210 2,900

Tanqueray

210 2,900

Beefeater 24

220 3,000



Sails Restaurant DRINK LIST



VODKAS

	30ml	
Smirnoff	190	1,800
Absolut	190	1,900
Absolut Raspberry	190	2,200
Absolut Citron	190	2,200
Absolut Vanilla	190	2,200
Absolut Mandarin	190	2,200
Absolut Berri Açai	190	2,200
Cîroc	190	4,200
Ketel One	250	3,700
Belvedere	250	4,200
Absolut Elyx Single Estate Handcrafted	280	4,500

RUMS

	30ml	
Meakhong Thai Rum	120	1,200
Havana Club 3YRS Blond	190	1,900
Bacardi Bianco	190	2,100
Chalong Bay Craft 'Pure'	190	2,200
Captain Morgan Dark	190	2,500
Chalong Bay Craft	190	2,700
Havana Club 7YRS	210	2,700

TEQUILAS

	30ml	
OSierra Bianco or Gold	190	1,900
Olmecca Reposado	210	2,500
Don Julio	295	4,500

COGNACS

	30ml	
Martell VSOP	295	3,500
Hennessy VSOP	295	3,500
Martell XO	650	15,000
Martell Cordon Bleu	650	15,000
Hennessy XO	650	15,000

PORT & SHERRY

	30ml	
Tio Pepe Sherry	190	2,100
Fine Tawny Port	190	3,200

WHISKEYS

	30ml	
Ballantines	190	1,900
Johnnie Walker Red Label	190	1,900
Jim Beam	190	2,200
Canadian Club	190	2,700
Southern Comfort	190	2,700
John Jameson	190	2,900
Jack Daniels	210	2,900
Chivas Regal 12YRS	190	3,500
Johnnie Walker Black Label	210	3,500
Glenfiddich 12YRS Single Malt	255	3,800
Singleton 12YRS Single Malt	235	4,200
Glenmorangie 10YRS Single Malt	190	4,500
Johnnie Walker Gold Label	250	4,500
Glenlivet Founders Reserve Single Malt	320	5,000
Glenlivet 15YRS Single Malt	380	5,500
Chivas Regal 18YRS	390	5,700
Glenlivet 18YRS Single Malt	520	12,000
Royal Salute 21YRS	600	15,000
Johnnie Walker Blue Label	600	15,000
Macallan 12YRS Single Malt	690	14,500
Chivas Regal 25YRS	750	17,000

LIQUEURS

	30ml	
D.O.M. Benedictine	170	2,700
Malibu	190	2,100
Kahlua	190	2,700
Grand Marnier	190	2,700
Cointreau	190	2,700
Grappa	190	2,700
Amaretto	190	2,700
Baileys Irish Cream	190	2,700
Sambucca	190	2,700
Tia Maria	190	2,700
Drambuie	200	3,200

DIGESTIVES

	30ml	
Pernod	190	
Ricard	190	
Fernet Branca	190	2,700
Jagermeister	190	2,700



Sails Restaurant DRINK LIST



FRESH FRUIT SHAKES

		With Yoghurt
Raspberry	130	150
Mixed Berry	130	150
Strawberry	130	150
Orange	130	150
Blueberry	130	150
Peach	130	150
Mango	130	150
Lychee	130	150
Watermelon	130	
Lemon	130	
Pineapple	130	
Banana Oreo	130	
Banana Choco	130	
Fresh Organic Coconut	180	

FRUIT JUICES

Chilled Orange Juice	105
Chilled Pineapple Juice	105
Chilled Lemon Juice	105
Chilled Mango Juice	105
Chilled Apple Juice	105
Fresh Organic Coconut	150
Fresh Orange Juice	180

SOFT DRINKS

Red Bull	200
Krating Daeng (Thai Original Red Bull)	80
Coke, Coke Light, Coke Zero, Fanta, Sprite	80
Tonic, Bitter Lemon, Ginger Ale	80

MINERAL WATERS

Soda Water	80
Aqua Panna Still 500 ml	190
San Pellegrino Sparkling 500 ml	190
Aqua Panna Still 1000ml	295
San Pellegrino Sparkling 1000 ml	295

COFFEES

	Hot	Iced
Espresso	115	
Americano	115	125
Cappuccino	115	135
Tea	115	125
Café Latte	125	135
Mocha	125	135
Chocolate	125	135
Irish Coffee	290	

DILMAH GOURMET TEAS

115

Black Tea | English Breakfast | Darjeeling
Oolong | Flavoured Black Tea | Peach
Earl Grey Tea | Lemon | Strawberry
Green Tea | Green Tea with Jasmine
Sencha Green | Herbal Infusion Tea
Chamomile Flowers | Peppermint Leaves

RYNN WATER

Rynn: A Pullman Innovation

Sip sustainably with Rynn—mineral-rich still and sparkling water designed to refresh your senses and elevate your dining experience.

With our Nano-Filter tech, Rynn keeps the natural minerals for a crisp, fresh taste that's pure perfection.

Zero Waste, Full Taste.

Stay eco-friendly and stylish with Rynn—because at Pullman, we make sustainability effortlessly cool.

Options:

- **Carafe (600ML)** THB **80**
Rynn Still or Sparkling
- **Unlimited Rynn (Still & Sparkling)** THB **100**/person
(all adults at the table must choose this option)

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FOR FREE
NOW!**



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Sails Restaurant

DRINK LIST

NON-ALCOHOLIC



SIGNATURE PULLMAN KARON NON- ALCOHOLIC COCKTAILS

• Rebels Aperol & Tonic Spritz	350
• Signature Sober Yupa's Gin & Tonic	350
• Rebels Classic Amaretto Sour	350
• Rebels Old Fashioned	350
• Sober Thai's Mojito	350

NON-ALCOHOLIC SPIRITS

• Sober Gin 0.0%	320
• Sober Rum 0.0%	320
• Rebels Malt Blend Whiskey 0.0%	250
• Rebels Amaretto 0.0%	250

IT'S NOT WINE O'CLOCK!

• Alcohol-Free Sparkling Wine Rimuss Bianco Dry, Switzerland	1,990
• Alcohol-Free White Wine Chavin Chardonnay, France	2,850
• Alcohol-Free Red Wine Chavin Syrah, France	2,850

NON-ALCOHOLIC BEERS

• Heineken 0.0%	170
• Bundaberg Root Beer	170
• Bundaberg Ginger Beer	170

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Sign up for free now and receive a scoop of ice cream or a cup of coffee on the house!



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