



MALAENGPOR

Klimato X



pullman
HOTELS AND RESORTS

PHUKET KARON BEACH RESORT

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%.



ALL DAY DINING

EAST & WEST SOUP 东 & 西汤

- B** 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
- B** 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
- B** 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
- B** 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
- B** Tom Yam Pla Krapong 380
Thai Hot and Sour Sea Bass Soup with Lime, Lemon Grass, Hot Basil and Chili
冬阴鱼汤：泰式酸辣味海鲷鱼汤配青柠、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

- 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 Carb: 20 grams Fiber: 5-10 grams
- C** 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
- C** Crispy Vegetable Spring Rolls 300
With Plum Sauce
脆皮蔬菜春卷：搭配梅子酱
300 Calories, 6-Gram Protein, 15 Grams Fat, 10 Grams Carbohydrates
- C** Goong Chob Pang Thod 300
Fried Shrimp & Thai Herbs with Plum Sauce
炸虾：炸虾 & 泰式草本搭配梅子酱
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
- C** 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
- C** 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** 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** 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
- 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
- C** 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

- 2 100% Australian Wagyu Patties Served on Brioche with Fries & Napa Cabbage Slaw
- C** Club Sandwich 450
Multi Grain Bread, Smoked chicken Avocado, Lettuce Tomato & white Cheddar Cheese
俱乐部三明治：杂粮面包，熏鸡，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
- C** 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
- C** 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
- C** Still Fancy After Smashed 500
Avocado, Fried Egg, Tomato, Bibb Lettuce & Truffle Camembert
死后生堡：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.

ALL DAY DINING

BURGERS, TACOS & SANDWICH 汉堡 & 三明治

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

B A Bit Messy BBQ Bacon & Blue 500

Hydroponic Tomatoes Bib Lettuce & Danish Blue Cheese

烤培根BBQ&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

C 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 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

D 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

D 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

D 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

D Quattro Formaggi 600

Gorgonzola, Fresh Milk Mozzarella, Fontina Aged Parmesan

芝士披萨: 戈罗根佐拉干酪, 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

D 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, 洋蓟和圣马扎诺番茄

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, 龙虾, 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 550

Beef Ragu with San Marzano Tomatoes & Parmesan Cheese

意大利肉酱米娜面: 牛肉酱配圣马扎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玛干酪

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

B 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

B 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

B 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

B 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

SOUTHERN THAILAND RICE & NOODLE

B 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

泰式古口味炒裸条加鲜虾、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

B 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 (含有大芥、猪肉与麸质) 500 Cal | 25g Fat | 50g Carbs | 35 gm Protein | 4g Fiber

B 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

B Phad Kra Pao Gai Rue Moo 300

ผัดกระเพราไก่หรือหมู 泰式罗勒鸡肉或猪肉炒饭

Fried Chicken or Pork with Chili, garlic and hot basil leave

辣椒蒜蓉九层塔炒鸡肉或猪肉配米饭 483 Cal, 30g Fat, 50-60g Carbs, 30-40g Protein, 2-3g Fiber

B Phad Kra Pao Talay 320

ผัดกระเพราทะเล 泰式罗勒炒海鲜

Fried Seafood with Chili, garlic and hot basil leave

serve with rice 辣椒蒜蓉九层塔炒海鲜配米饭

385 Cal, 30g Fat, 50-60g Carbs, 30-40g Protein, 2-3g Fiber

B Khao Phad Sapparos 500

ข้าวผัดส้มมะขาม 泰式姜黄

Fried Rice with Pineapple, Andaman Shrimp

姜黄米饭, 炒青葱, 黄岛搭配甜辣酱 502 Cal, 25g Fat, 50g Carbs, 35g Protein, 4g Fiber

THE STYLE OF PHUKET

B Pla Nueng Manao 550

ปลาึ่งมะนาว 青柠大蒜蒸鱼

Steamed Andaman Seabass Fillet with Thai Herbs, Lime & Garlic

清蒸安达曼海鲈鱼搭配泰国香草、青柠和大蒜 380 Cal, 5g Fat, 20g Carbs, 40g Protein, 2g Fiber

B Phad Thai Joe ผัดไทย 泰式炒粿条 400

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

🌿 Vegetarian 🐚 Shellfish 🐟 Fish 🥜 Nut 🐷 Pork 🌶️ Spicy 🚫 Gluten Free 🍷 Signature 🌱 Celery 🐠 Seafood

🥛 Contains Dairy 🥚 Eggs 🥗 Healthy 🚫 Lactose Free 🌶️ Mustard 🍷 Alcohol 🍷 Local Product 🌱 Vegan 🌱 Sustainably Farmed

ALL DAY DINING

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 麻婆豆腐: 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

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

- D** Center Cut New York Strip Steak 990
220 Gram 中切纽约牛排220克
- D** Black Angus Beef Tenderloin (M-5) 1,900
200 Gram 黑安格斯牛里脊 (M-5) 200克
- D** New Zealand Lamb Rack 4 Chops 2,000
新西兰羊排 4排
- D** 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** Steam Black Cod 650
Crushed Edamame, Gai Lan, Ginger & Citrus
蒸黑鳕鱼: 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

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的油炸面团球
Cal 240-260 Pro 4-6g Fat: 12-14g Carb 30-35g

NON-VEGETARIAN STARTERS 荤食开胃菜

- C** 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萨拉香料腌制的无骨鸡肉
Moderate - 20g, moderate fat 15 gm, yogurt marinade, low carbs.
- C** Tandoori Chicken Drumstick 3pcs/6pcs 300/550
Chicken drumstick marinated in yogurt, and Indian spices & roasted in our tandoor oven.
印度烤鸡腿 鸡腿3个/6个: 用酸奶和印度香料腌制的鸡腿, 在大厨的唐杜烤箱内烤制。
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

- C** 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
- C** 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
- C** 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)
- C** 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 20gt, 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

- C** Keema Mattar 450
Lamb Mince & English Pea Kabab
咖喱炖菜: 羊肉&英式豌豆烤肉
450 Cal High protein from lamb 30g fat 15g, moderate carbs rice - 30g
- C** 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.

ALL DAY DINING

DESSERTS 甜点

B 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

B 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

B Blueberry Cheese Cake   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  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

B 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

KIDS CUISINE 儿童菜单





C 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

C 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

B 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

B 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

B 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

C Kids Fish & Chips  450

Wild Cod, Lemon, French Fries & Tartare Sauce
儿童炸鱼薯条 麸质：野鲑鱼，柠檬，炸薯条和鞑靼酱
Calories: 350 Protein 20 grams Fat: 20 grams Carbohydrates 20 Fiber: 5 grams

D 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

B 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

B 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

WINE LIST

WINES BY THE GLASS

SPARKLING

Belleville Brut

Australia



345



1,500

Bottega Prosecco DOC Rosé

Veneto, Italy

395

1,850

WHITE

Belleville

Chardonnay, Viognier – Rhone Valley, France

345

1,500

Wither Hill

Sauvignon Blanc – Marlborough, New Zealand

385

1,800

Paolo E Noemia D'amico

Seiano Bianco Lazio I.g.p. 2021, Italy

395

1,900

Bottega

Pinot Grigio – Venezia, Italy

385

1,875

ROSÉ

Le Rosé de la Chapelle

Shiraz, Grenache, Mourvedre – Pays d'Oc, France

385

1,800

RED

Belleville

Grenache, Shiraz – Rhone Valley, France

345

1,500

Hardys

Shiraz – South-Eastern, Australia

355

1,690

Luccarelli Primitivo

Primitivo – Puglia, Italy

395

1,900

Velenosi Montepulciano d'Abruzzo Prope

Montepulciano – Abruzzo, Italy

395

1,900

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
Taittinger Prestige Brut France	5,990
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

WINE LIST

WINES BY THE BOTTLE



WHITE WINE

Trebbiano, Grechto 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
Velenosi Passo Adagio Trebbiano D’abruzzo Doc ,Abruzzo Italy	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

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
Rocca Di Frassinello Poggio Alla Guardia, Toscana Italy	2,290
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	5,590

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

280

THE LATIN WAY

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 No1, Campari

▼30ml

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

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

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
Bundaberg Ginger Beer	170
Bundaberg Root Beer	170

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	

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DRINK LIST

NON-ALCOHOLIC

SIGNATURE PULLMAN KARON NON-ALCOHOLIC COCKTAILS

Signature Sober Yupa's Gin & Tonic	350
Sober Thai's Mojito	350
Sober Whiskey sour	350
Sober Rum Old Fashioned	350
Silver Collins	350
Coconut pearl	350
Green Caipirinha	350

NON-ALCOHOLIC SPIRITS

Choose Your Mixer: Tonic, Soda, Coke, or Ginger Ale.

Sober Gin 0.0%	320
Sober Rum 0.0%	320
Sober Whiskey 0.0%	320

IT'S NOT WINE O'CLOCK!

Alcohol-free Sparkling Wine French Bloom Le Blanc	3,500
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
Bach Brewing All day Original IPA	320
Bach Brewing All day Original Pilsner	320
Say Play Nano IPA 0.52%	320