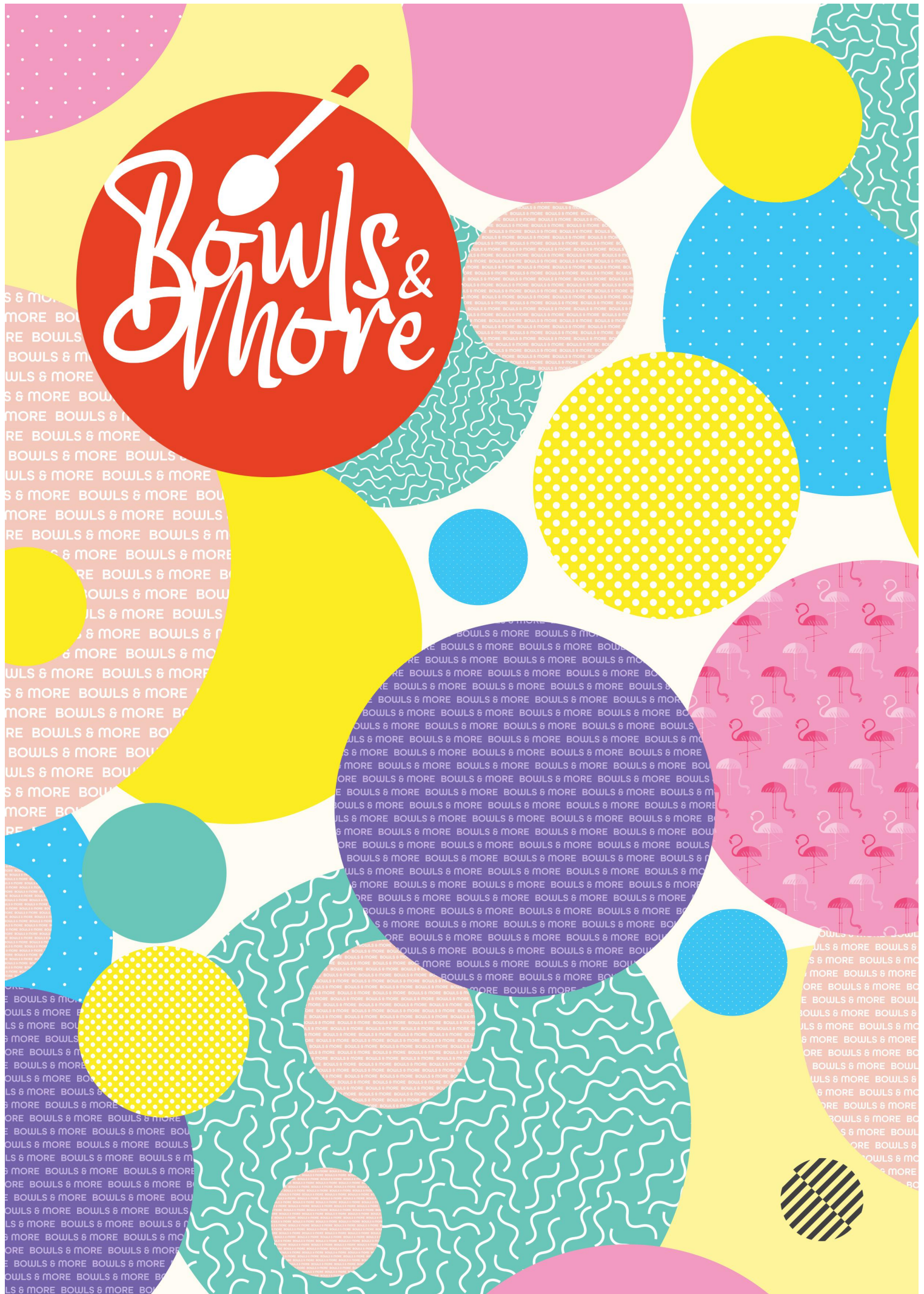




Bowls & More



let the good times bowl at pullman phuket



Bowls & More is Pullman's health hub, where you can fuel your cravings with a delicious selection of nutritious food and drink options. Blend your favorite superfoods into refreshing smoothies and juices. Build your Poke Bowl with a choice of fresh seasonal ingredients. Toss up between a range of vibrant salad Bowls or indulge with Vero signature gelato Bowls.

An ideal selection for a light meal throughout the day. Or grab an afternoon treat to enjoy on your balcony.

Operating Hours:

**10am –
8pm**

**Find Bowls & More in the
courtyard behind
Elements.**



BOWLS & MORE

superfood yogurt bowls



THB 300++

1. the berry bowl (375 kcal)

soy milk yogurt / blueberries / goji berries / mango granola / banana / toasted coconut

2. the cocoa bowl (413 kcal)

rice milk yogurt / cocoa nib / honey papaya granola / blueberries / almond & sunflower seeds

3. the acai bowl (260 kcal)

soy milk yogurt / acai berry / cinnamon raisin granola / green apple / strawberry / chia seed

4. the cheat day bowl (475 kcal)

rice milk yogurt / caramel sauce / banana / toblerone bits / toasted almond

make your own bowl

rice milk yogurt (60 kcal)

or

soy milk yogurt (40 kcal)

add on:

- flax seeds (13 kcal)
- pumpkin seeds (56 kcal)
- chia seeds (9 kcal)
- sunflower seeds (42 kcal)
- banana (52.5 kcal)
- mango (175 kcal)
- dark chocolate (54 kcal)



all prices are quoted in Thai baht, subject to 10% service charge and 7% tax.

BOWLS & MORE

poke bowls



THB 300++

1. ahi poke (654 kcal)

- sushi rice
- yellow fin tuna
- avocado
- radish
- cucumber
- cashew nuts
- sesame seeds
- edamame beans
- sesame seaweed
- jalapeño pepper
- ponzu dressing
- miso dressing
- Japanese wasabi mayonnaise

3. pullman poke (566 kcal)

- sushi rice
- toFu
- pickled ginger
- spring onion
- avocado
- coriander leaves
- nori sheets
- edamame beans
- radish
- cucumber
- cashew nuts
- sesame seeds
- tamari dressing

2. salmon poke (698 kcal)

- sushi rice
- salmon
- mango
- pickled ginger
- spring onion
- avocado
- nori sheets
- red cabbage
- sesame seeds
- coriander leaves



vegetarian dish

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BOWLS & MORE

make your own poke



THB 300++

make 1:

- yellow fin tuna (124 kcal)
- salmon (189 kcal)
- teriyaki chicken (80 kcal)
- tempura prawn (160 kcal)
- silk tofu (23 kcal)



mix 6:

- jalapeño pepper (6 kcal)
- avocado (92 kcal)
- coriander (0 kcal)
- carrot (14 kcal)
- radish (1 kcal)
- pickled ginger (5 kcal)
- nori sheets (1 kcal)
- edamame beans (95 kcal)
- sesame (32 kcal)
- mango (50 kcal)
- spring onion (8 kcal)
- sesame seaweed (18 kcal)
- cherry tomato (20 kcal)
- red cabbage (11 kcal)
- cashew nuts (118 kcal)
- cucumber (11 kcal)

dress 1:

- soy sauce (10 kcal)
- ponzu dressing (15 kcal)
- tamari dressing (20 kcal)
- wasabi mayonnaise (100 kcal)
- miso dressing (50 kcal)

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BOWLS & MORE

salad bowls



THB 250++

 1. mexican quinoa salad (191 kcal)

quinoa / mixed green / red onion / avocado / cherry tomato / cilantro / corn / grilled haloumi / radish / lemon dressing

 2. arcadia green salad (143 kcal)

mixed green / cherry tomato / cucumber / asparagus / radish / bell pepper / onion / balsamic dressing

 3. italian garden salad (396 kcal)

mozzarella / tomato / rocket / radish / pesto sauce / balsamic reduction



 vegetarian dish

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BOWLS & MORE

signature wraps



THB 250++

1. the cobb classic (465 kcal)

chia wrap / romaine lettuce / tomato / crispy bacon / grilled chicken / boiled egg / avocado / sweet corn / blue cheese / dijon vinaigrette

2. chef's special (403 kcal)

chia wrap / grilled chicken / haloumi / quinoa / mixed garden greens

3. the antioxidant (317 kcal)

chia wrap / beetroot / avocado / broccoli / blueberry / carrot / tahini paste

4. indian Flavours (385 kcal)

chia wrap / tandoori chicken / roasted garlic yogurt / mixed vegetables



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homemade ice cream



THB 85++ per scoop

mango sorbet (118 kcal)

strawberry sorbet (115 kcal)

coconut ice cream (135 kcal)

caramel sea salt ice cream (175 kcal)

chocolate ice cream (155 kcal)

vanilla ice cream (145 kcal)

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frozen smoothies



1

THB 200++

1. crazy berry in love (210 kcal)

mixed berries / banana / apple juice / yogurt



2

2. go banana nuts (198 kcal)

banana / walnuts / ground cinnamon / nutmeg / thai organic honey / yogurt



3

3. the mango tango (296 kcal)

mango / green apple / apple juice / pineapple juice

4. greenology (117 kcal)

spinach / celery / green apple / cucumber / kale / lemon juice

5. beet it! (168 kcal)

beetroot / carrot / mixed berries / mint / passion fruit juice

add more:

- * 25 grams protein powder mass gainer vanilla flavor (215 kcal)
- * 25 grams protein powder lean muscle vanilla flavor (128 kcal)
- * thai organic honey (65 kcal)
- * fresh ginger (65 kcal)
- * flax seeds (13 kcal)
- * pumpkin seeds (56 kcal)
- * chia seeds (9 kcal)
- * sunflower seeds (42 kcal)
- * dark chocolate (54 kcal)

100++

100++

40++

20++

20++

20++

20++

20++

20++



4



5

all prices are quoted in Thai baht, subject to 10% service charge and 7% tax.

BOWLS & MORE

other beverages



bowls & more cocktails

margarita

don julio blanco tequila / triple sec / lime juice /
sugar syrup

360++

premium mojito

pampero blanco rum / lime / brown sugar / mint /
soda water

340++

long island iced tea

pampero blanco rum / ketel one vodka / tanqueray gin /
don julio blanco tequila / triple sec / lime juice /
coca cola

490++

piña colada

pampero blanco rum / malibu liqueur / pineapple juice /
coconut milk

340++

mai tai

pampero blanco rum / captain morgan dark rum /
orange liqueur / pineapple juice / orange juice /
lime juice / grenadine

340++

caipirinha

abelha organic cachaça / lime / brown sugar

320++

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BOWLS & MORE

other beverages



local beers

singha

170++

chang

170++

imported beers

asahi

190++

heineken

190++

chilled juice

orange

240++

apple

240++

mango

240++

pink guava

240++

kiwi

240++

soft drinks/water

coca cola/coca cola light

110++

acqua panna still

500ml

220++

fanta orange

110++

acqua panna still

1,000ml

350++

sprite

110++

san pellegrino sparkling

500ml

220++

schweppes tonic

110++

san pellegrino sparkling

1,000ml

350++

schweppes ginger ale

110++

soda water

110++

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BOWLS & MORE

other beverages



coffee (hot or iced)

americano	120++	cappuccino	160++
ristretto	120++	latte	160++
espresso	120++	macchiato	150++
decaffeinated espresso	120++	mocha	160++
lungo	140++		

harney & sons tea

earl grey Flavored black tea with natural oil of bergamot	140++
english breakfast black tea 100% chinese keemun	140++
organic peppermint herbal caffeine-free herbal with 100% organic peppermint	140++
jasmine green tea with jasmine	140++
japanese sencha green tea from centra shizuoka province	140++
lemon herbal caffeine-free herbal with 100% organic lemon	140++
chamomile chamomile selected From the finest egyptian chamomile flowers	140++

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