

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:

**11 a.m. –
6 p.m.**

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



superfood yogurt bowls



THB 300

1. the berry bowl (375 kcal)

p = 8.8g, c = 69g, F = 6.7g

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

2. the cocoa bowl (413 kcal)

p = 9.4g, c = 79.9g, F = 7.2g

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

3. the acai bowl (260 kcal)

p = 7g, c = 64g, F = 5.8g

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

4. the cheat day bowl (475 kcal)

p = 8.4g, c = 82.2g, F = 9.7g

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

make your own bowl

rice milk yogurt (60 kcal)

p = 2.4g, c = 11.2g, F = 0.8g

or

soy milk yogurt (40 kcal)

p = 2.8g, c = 12.8g, F = 1.5g

add on:

- **flax seeds** (13 kcal)
p = 0.4g, c = 0.6g, F = 0.8g
- **pumpkin seeds** (56 kcal)
p = 0.8g, c = 0.3g, F = 1.4g
- **chia seeds** (9 kcal)
p = 0.2g, c = 0.4g, F = 0.3g
- **sunflower seeds** (42 kcal)
p = 1.6g, c = 1.6g, F = 4.2g
- **banana** (52.5 kcal)
p = 0.7g, c = 11.7g, F = 0.2g
- **mango** (175 kcal)
p = 1.4g, c = 34g, F = 0.5g
- **dark chocolate** (54 kcal)
p = 0.6g, c = 2.7g, F = 2.2g



p = protein c = carbohydrate F = Fat

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

poke bowls



THB 300

1. ahi poke (654 kcal)

p = 40g, c = 100g, F = 3.8g

- 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)

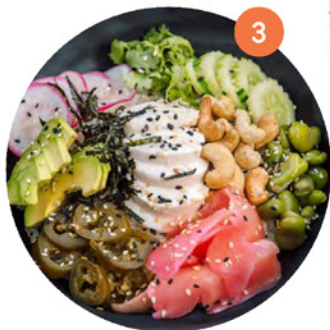
p = 28g, c = 60g, F = 21g

- 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)

p = 38g, c = 100g, F = 9.0g

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



vegetarian dish

p = protein c = carbohydrate F = Fat

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

make your own poke



THB 300



make 1:

- **yellow fin tuna** (124 kcal)
p = 24g, c = 0g, F = 1.4g
- **salmon** (189 kcal)
p = 16g, c = 0g, F = 10.4g
- **teriyaki chicken** (80 kcal)
p = 23g, c = 3.2g, F = 2.9g
- **tempura prawn** (160 kcal)
p = 11g, c = 8.2g, F = 8.3g
- **silk tofu** (23 kcal)
p = 3.4g, c = 0.9g, F = 1.6g

mix 6:

- **jalapeño pepper** (6 kcal)
p = 0.2g, c = 1.3g, F = 0.1g
- **avocado** (92 kcal)
p = 1.2g, c = 6.1g, F = 8.8g
- **coriander** (0 kcal)
p = 0.1g, c = 0.3g, F = 0.1g
- **carrot** (14 kcal)
p = 0.3g, c = 2.9g, F = 0.1g
- **radish** (1 kcal)
p = 0.1g, c = 0.3g, F = 0g
- **pickled ginger** (5 kcal)
p = 1g, c = 1.9g, F = 0g
- **norí sheets** (1 kcal)
p = 2.4g, c = 11.2g, F = 0.8g
- **edamame beans** (95 kcal)
p = 0.6g, c = 2.4g, F = 1.9g

- **sesame** (32 kcal)
p = 0.9g, c = 1.4g, F = 2.9g
- **mango** (50 kcal)
p = 1.4g, c = 3.4g, F = 0.5g
- **spring onion** (8 kcal)
p = 0.2g, c = 2.9g, F = 0g
- **sesame seaweed** (18 kcal)
p = 0.4g, c = 3g, F = 1.2g
- **cherry tomato** (20 kcal)
p = 0.7g, c = 1.5g, F = 0g
- **red cabbage** (11 kcal)
p = 0.6g, c = 2.2g, F = 0g
- **cashew nuts** (118 kcal)
p = 3.6g, c = 6.9g, F = 6.8g
- **cucumber** (11 kcal)
p = 0.1g, c = 0.7g, F = 0g

dress 1:

- **soy sauce** (10 kcal)
p = 0.7g, c = 0.7g, F = 0g
- **ponzu dressing** (15 kcal)
p = 0.4g, c = 0.9g, F = 1.8g
- **tamari dressing** (20 kcal)
p = 0.6g, c = 1.4g, F = 1.6g

- **wasabi mayonnaise** (100 kcal)
p = 0.1g, c = 0g, F = 11.5g
- **miso dressing** (50 kcal)
p = 0.4g, c = 3.7g, F = 4.1g

p = protein c = carbohydrate F = Fat

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

salad bowls



1. mediterranean salad bowl (483 kcal)

p = 23g, c = 72g, F = 14g

organic mixed greens / roasted broccoli / cauliflower / almonds / marinated bell pepper / hummus / egg / tomato / cous cous /honey oregano dressing

350

2. chef pk's indian sprouted salad (693 kcal)

p = 37g, c = 52g, F = 42g

green mung bean sprout / lamb kofta / chick pea / tomato / onion / carrot / cucumber / bell pepper / peanuts / mild indian lemon dressing

450

3. green goddess chicken salad (636 kcal)

p = 24g, c = 62g, F = 38g

romaine lettuce / avocado / cucumber / green bell pepper / sugar snap pea / onion / pistachio / green herb dressing / grilled cajun chicken breast

400



 vegetarian dish

p = protein c = carbohydrate F = Fat

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

signature sandwiches & wraps



1

1. bowls & more signature sandwich (693 kcal)

p = 43g, c = 136g, F = 21g

7 seed country loaf / smoked leg ham / heirloom tomato / cucumber / spanish onion / butter lettuce / shredded carrot / swiss cheese / dijon mayonnaise / taro chips.

400

2. the cheat day sandwich (1,481 kcal)

p = 43g, c = 176g, F = 32g

grilled sour dough / roasted mushrooms / caramelized shallots / brie / gruyere / stout / taro chips

450

3. Falafel pita pocket (796 kcal)

p = 28g, c = 139g, F = 17g

grilled pita / Falafel / tomato / onion / cucumber salad / humus / garlic tahini sauce / taro chips

350

4. smoked salmon chia wrap (848 kcal)

p = 32g, c = 121g, F = 27g

chia wrap / smoked salmon / cream cheese / cucumber / green goddess / capers / taro chips

500



2



3



4

p = protein c = carbohydrate F = Fat

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

BOWLS & MORE

homemade ice cream



THB 100 per scoop

mango sorbet (118 kcal)

p = 0g, c = 29g, F = 0g

strawberry sorbet (115 kcal)

p = 0g, c = 28.9g, F = 0g

coconut ice cream (223 kcal)

p = 2.8g, c = 27g, F = 12g

caramel sea salt ice cream (274 kcal)

p = 2.3g, c = 50g, F = 6.9g

chocolate ice cream (173 kcal)

p = 3g, c = 23g, F = 8.8g

vanilla ice cream (166 kcal)

p = 2.8g, c = 19g, F = 8.8g

p = protein c = carbohydrate F = Fat

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

Frozen smoothies



1

THB 200

1. crazy berry in love (210 kcal)
mixed berries / banana / apple juice / yogurt

2. go banana nuts (198 kcal)
banana / walnuts / ground cinnamon / nutmeg / thai organic honey / yogurt

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) 100++
- * 25 grams protein powder lean muscle vanilla Flavor (128 kcal) 100++
- * thai organic honey (65 kcal) 40++
- * Fresh ginger (65 kcal) 20++
- * Flax seeds (13 kcal) 20++
- * pumpkin seeds (56 kcal) 20++
- * chia seeds (9 kcal) 20++
- * sunflower seeds (42 kcal) 20++
- * dark chocolate (54 kcal) 20++



2



3



4



5

BOWLS & MORE

wine selection



sparkling wine

chandon | rosé brut | australia | yara valley

prosecco | piccini | doc | italy | veneto

by
glass

390

by
bottle

1,900

380

1,800

white wine

sauvignon blanc | babich | new zealand | marlborough

pinot grigio | piccini | italy | veneto

chardonnay | fraser gallop estate | australia |
margaret river

390

1,900

380

1,800

430

2,100

red wine

pinot noir | babich | new zealand | marlborough

shiraz | mr. riggs the truant | australia |
mclaren valley

sangiovese | chianti arancio docg | italy | tuscany

390

1,900

430

2,100

430

2,100

rosé wine

moonlight & roses | france | provence

380

1,800

**“WINE IS BOTTLED
POETRY.**

-robert louis stevenson-

other beverages



bowls & more cocktails

margarita

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

390

premium mojito

captain morgan white rum / lime / brown sugar / mint /
soda water

340

long island iced tea

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

430

piña colada

captain morgan white rum / malibu liqueur /
pineapple juice / coconut milk

340

mai tai

captain morgan white rum / captain morgan dark rum /
orange liqueur / pineapple juice / orange juice /
lime juice / grenadine

340

caipirinha

abelha organic cachaça / lime / brown sugar

320

beverages

0.0% abv



sober spirits

"authentic taste from real spirits"

0.0% alcohol - 0 sugar - glutenFree - vegan

sober spirits gin 0.0%

360

sober spirits rum 0.0%

360

sober spirits bourbon whiskey 0.0%

360

signature non-alcoholic cocktails

"can't taste the difference"

holy cucumber

390

sober spirits gin 0.0%, thai holy basil syrup, lime juice, cucumber and topped up with tonic water

the passionist

390

sober spirits rum 0.0%, passionFruit puree, caramalized mango, organic thai honey, lime juice

sober sour

390

sober spirits bourbon whiskey 0.0%, oven-baked phuket pineapple, roasted coconut, organic canadian maple syrup, lime juice

wine time

dealcoholized wine - no added aromas - low calories

"wine Flies when you are having Fun"

chavin zéro chardonnay

2,550

chavin zéro syrah

2,550

organic bubbly

worlds best non-alcoholic sparkling wine - made in France

"sparkling elegance at its best"

French bloom le blanc

2,900

French bloom le rosé

3,200

non-alcoholic beer

"as refreshing as a real one"

heineken 0.0%

190

other beverages



local beer

singha 170

chang 170

imported beer

heineken 190

corona extra 230

premium chilled juice

orange 240

apple 240

mango 240

pink guava 240

soft drink/water

coca cola/coca cola light 110 evian, still 330ml 170

fanta orange 110 evian, still 750ml 270

sprite 110 evian, sparkling 330ml 190

tonic 110 evian, sparkling 750ml 290

ginger ale 110

soda water 110

other beverages



coffee (hot or iced)

americano	140	cappuccino	160
ristretto	120	latte	160
espresso	120	macchiato	150
double espresso	160	mocha	160

harney & sons tea

earl grey Flavored black tea with natural oil of bergamot	140
english breakfast black tea 100% chinese keemum	140
Paris blend of black tea & oolong tea with black currant, caramel and vanilla	140
organic peppermint herbal caffeine-free herbal with 100% organic peppermint	140
raspberry herbal caffeine-free blend of raspberry, rosehips, hibiscus, spearmint, and peppermint	140
jasmine green tea with jasmine	140
japanese sencha green tea from central shizuoka province	140
chamomile chamomile selected from the finest egyptian chamomile flowers	140