

Salad

Gravlax Salmon Salad

Homemade gravlax salmon, sea prawn, caper, and mixed salad with dill lime mascarpone cream

310 kcal **D** 1.25 kg CO₂e

Grilled Chicken Caesar

A classic Caesar salad with the addition of signature recipes marinated grilled chicken

719 kcal **C** 1.24 kg CO₂e

Yum Woon Sen Bo Ran

Thai-style spicy glass noodle salad with minced pork, prawn, peanut, chili, and shallot

475 kcal **C** 1.07 kg CO₂e

Buddha Bowl

Mixed salad leaves with avocado, cucumber, pumpkin seeds, chickpea, edamame, beetroot-hummus, tofu, and passion fruit dressing

Chicken

385 kcal **C** 0.66 kg CO₂e

Salmon

550 kcal **B** 0.58 kg CO₂e

Nam Dok Mai Smoked Salmon

Butterfly Pea Vermicelli Roll

Fresh Nam Dok Mai mango, smoked salmon, and butterfly pea wrapped with rice paper roll

195 kcal **C** 0.45 kg CO₂e

Soup

Tom Kha Gai

Spicy and sour chicken soup with coconut milk and galangal

775 kcal **C** 1.20 kg CO₂e

Comfort

Tom Yum Goong Bai Ka Prao

Spicy and sour prawn soup with chili, lime, and hot basil

180 kcal **C** 1.38 kg CO₂e

Phad Ka Prao

Wok fried meats with hot basil and dried chili served with mixed brown rice, and organic fried egg

Chicken

975 kcal **C** 1.08 kg CO₂e

Prawns

1085 kcal **C** 1.58 kg CO₂e

Beef

880 kcal **E** 4.30 kg CO₂e

Pork

900 kcal **C** 0.91 kg CO₂e

Stir-fried Meats with Garlic & Black Peppers

Stir fried your choice of meat with garlic, and black pepper served with mixed brown rice, and organic fried egg

Prawns

1115 kcal **C** 1.73 kg CO₂e

Beef

1125 kcal **E** 4.60 kg CO₂e

Pork

1145 kcal **C** 0.91 kg CO₂e

Chicken

1220 kcal **C** 1.33 kg CO₂e

Sukhothai Fried Brown Rice with Your Choice of Meat

Wok fried Sukhothai organic brown rice with your choice of meat

Kurobuta Pork

455 kcal **C** 0.98 kg CO₂e

Beef

405 kcal **E** 4.19 kg CO₂e

Prawn

310 kcal **D** 1.10 kg CO₂e

Chicken

550 kcal **C** 0.98 kg CO₂e

Baked Organic Sukhothai Brown Rice Chicken Breast

Baked Sukhothai brown rice with chicken breast, garlic, coriander, white peppers, ginkgo, green peas, carrot, red bean, and white bean served with spicy mints sauce

410 kcal **C** 1.15 kg CO₂e

Nue Puu Phad Kao

Crab meat with wok fried rice

360 kcal **C** 1.03 kg CO₂e

Phad Thai Goong

Wok fried rice noodles with sea prawns, tamarind sauce, tofu, sweet pickles, Chinese chives, and bean sprouts

985 kcal **C** 1.62 kg CO₂e

Oyako Don

Grilled chicken breast, Japanese sauce, sesame, onion, and spring onion served with mixed brown rice

1030 kcal **C** 2.18 kg CO₂e

Mövenpick Club Sandwich

Multigrain sourdough bread, grilled chicken, smoked ham, fried egg, Cheddar cheese, avocado, tomato, and lettuce served with sweet potato, fries and piccalilli

815 kcal **C** 0.93 kg CO₂e

Main

48 hours Massaman Lamb Shank

48 hours cooked lamb shank, massaman curry paste, potatoes, and peanuts served with mixed brown rice

935 kcal **E** 3.69 kg CO₂e

Pho Noodles Soup

Vietnamese style noodle soup with onion consommé

Pork

605 kcal **B** 0.82 kg CO₂e

Beef

580 kcal **E** 5.06 kg CO₂e

Romesco Chicken

Roasted free-range chicken breast, sun dried tomatoes, red bell pepper flakes served with organic Sukhothai brown rice coconut milk, and quinoa salad

855 kcal **C** 1.56 kg CO₂e

Flat Bread Parma Ham

Parma ham with flat bread, rocket leaves, mozzarella cheese, and truffle mayo

310 kcal **C** 0.61 kg CO₂e

Smash Burger

Double patties beef, Chouron sauce, gherkins, melted Emmental cheese on Kaiser bun served with sweet potato, and fries

900 kcal **E** 10+ kg CO₂e

Roasted Barramundi with Clams

Roasted Barramundi fish fillet served with buttered spinach, roasted guanciale, and sautéed clams

790 kcal **D** 3.26 kg CO₂e

Umami Miso Salmon

Sous vide salmon glazed with house-made miso sauce, roasted Japanese pumpkin, and organic Sukhothai brown rice coconut milk

1095 kcal **C** 1.41 kg CO₂e

Grilled Rib Eye Steak

Grilled Australian rib eye steak served with ratte potato, garlic confit, sautéed broccoli, baby carrot, and red wine jus

919 kcal **E** 10+ kg CO₂e

Chicken Korma

Spiced chicken curry served with basmati rice, and naan bread

700 kcal **C** 1.43 kg CO₂e

Pasta

Choice of

- Spaghetti & Tagliatelle
- Penne & Fusili
- Zucchini pasta

Carbonara

Egg, cream, parmigiana, and air dried guanciale

1775 kcal **C** 2.07 kg CO₂e

Crab Aioli

Crab meat, chili, garlic, olive oil, cherry tomato, capers, kaffir lime leaves, and parmigiana

665 kcal **C** 0.90 kg CO₂e

Scallops Pesto

Seared scallops, pesto sauce pasta, cherry tomato, Ebiko, salmon roll, parmigiana, and rocket leaves

1245 kcal **C** 1.00 kg CO₂e

Dessert

Khao Neaw Mamuang

Ripe mango with sticky rice, and coconut milk

405 kcal **C** 0.72 kg CO₂e

Tiramisu

Classic Italian dessert with coffee, sponge, egg yolks, mascarpone, and cocoa

215 kcal **C** 0.35 kg CO₂e

Passion Fruit Crème Brûlée

Vanilla-infused creamy custard with passion fruit caramelized sugar

627 kcal **C** 5.08 kg CO₂e

Double Chocolate Lava

A warm, rich chocolate cake filled with molten chocolate served with vanilla ice cream

805 kcal **C** 1.13 kg CO₂e

Tropical Fruit Scoops

Seasonal fruit served with Katsubushi

90 kcal **A** 0.15 kg CO₂e

Prices are quoted in Thai Baht, and are subject to a 10% service charge and prevailing VAT.

Please let us know if you have any dietary restrictions, allergies or special considerations.

Mövenpick Ice Cream

Espresso Croquant	160
140 kcal	
Mango & Cream	160
215 kcal	
Maple Walnut	160
150 kcal	
Passion Fruit & Mango Sorbet	160
130 kcal	
Raspberry & Strawberry Sorbet	160
75 kcal	
Rum Raisin	160
200 kcal	
Strawberry	160
105 kcal	
Swiss Chocolate	160
160 kcal	
Tiramisu	160
145 kcal	
Vanilla Dream	160
125 kcal	

Vegan Caesar	280
Baby cos romaine, shitake mushroom organic multigrain crouton with a la minute vegan Caesar dressing	
547 kcal	
Refresh Salad	280
Mixed green leaves, avocado, dried cranberry, walnut, baby potato, and feta cheese with homemade passion fruit dressing	
370 kcal	
Buddha Bowl	300
Mixed salad leaves with avocado, cucumber, pumpkin seeds, chickpea, edamame, beetroot-hummus, tofu, and passion fruit dressing	
300 kcal	

Soup

Coconut Milk Soup with Mushroom	250
Spicy and sour mixed mushroom soup with coconut milk, and galangal	
410 kcal	
Tomato and Basil Soup	220
A savory soup made with tomatoes, broth, and spices	
270 kcal	

Comfort

Plant-based Meat with Chili Basil	200
Stir fried plant-based meat with hot basil, and dried chili served with mixed brown rice	
290 kcal	
Garlic & Black Pepper Seasonal Vegetables	180
Stir fried seasonal vegetables with garlic, and black pepper served with mixed brown rice	
735 kcal	
Sukhothai Fried Brown Rice with Seasonal Vegetables & Mushroom	180
Wok fried brown rice with seasonal vegetables	
420 kcal	

Grilled King Oyster Mushroom Brown Rice and Grains	250
Baked Sukhothai brown rice with grilled marinated king oyster mushroom, garlic, coriander, ginkgo, green peas, carrot, red bean, and white bean	
130 kcal	

Main

Stir-Fried Mixed Vegetables	220
Stir fried seasonal vegetables with garlic, and soy sauce	
650 kcal	
Chickpeas'n Potato Masala	300
Chickpeas and potatoes cooked in spicy tangy tomato served with basmati rice, and naan bread	
930 kcal	

Pasta

Choice of	
• Spaghetti & Tagliatelle	
• Penne & Fusili	
• Zucchini pasta	
Roasted Tomato Pasta	220
Homemade roasted tomato sauce, and basil	
436 kcal	
Plant-based Meatball Pasta	220
Plant-based meatballs with roasted tomato sauce, and basil	
590 kcal	
Mushroom Ragout	220
Pasta with mushroom ragout sauce	
595 kcal	

Dessert

Avocado Chocolate Mousse Tart	300
Avocado, 58% dark chocolate, plain yoghurt, and soft tofu	
408 kcal	

Mövenpick Signature Dish

Zürich-style Veal	750
Veal tenderloin stew with creamy mushroom sauce served with potato rosti	
1150 kcal	
Riz Casimir	550
Creamy curry chicken with tropical fruits served with organic jasmine and brown rice	
1625 kcal	
Swiss Carrot Cake	350
Classic Swiss Carrot Cake served with your choice of Mövenpick Ice cream	
830 kcal	

MÖVENPICK GO HEALTHY
BDMS WELLNESS RESORT
BANGKOK

VEGAN | VEGETARIAN CLIMATE-FRIENDLY

Salad

Grilled Marinated Soybean Curd Salad	250
Marinated soybean curd, fresh coriander leaves, and shallot with lime chili dressing	
155 kcal	
Cauliflower Salad	250
Roasted cauliflower, chickpea, and mixed salad with whole grained mustard dressing	
635 kcal	

Contain dairy Contain gluten Contain nuts Contain soy Contain peanut Contain sesame Contain chili Contain pork Contain fish Contain celery Contain mustard Contain eggs Contain shellfish Contain mollusc Contain sulphite Vegan Vegetarian Plant-based

Contain high fiber: One serving contains ≥ 8 grams of fiber, which provides 28.6% of the Daily Value (DV)* for fiber. The Daily Value for dietary fiber is 28g, which is 100% DV. This means it is recommended that you eat "at least" this amount of fiber everyday. (Based on a 2,000 Calorie Diet)

Sustainable fishing Nourish's Signature Chef's Recommended Chef's Signature Available in Half Portion Halal

Klimato

Very low Low Medium High Very high

"The labels show the CO2e emissions of a food serving (kg CO2e/serving) and a rating (A-E) reflecting its relative climate impact. CO2e data is provided by our sustainability partner Klimato."