



# 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:

**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)

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 / toberone 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)



# 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



# 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)

## dress 1:

- soy sauce (10 kcal)
- ponzu dressing (15 kcal)
- tamari dressing (20 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)

- wasabi mayonnaise (100 kcal)
- miso dressing (50 kcal)

# salad bowls



### 1. mediterranean salad bowl

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

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

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

400



vegetarian dish

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

# signature sandwiches & wraps



## 1. bowls & more signature sandwich

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

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

450

## 3. Falafel pita pocket

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

350

## 4. smoked salmon chia wrap

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

500



BOWLS & MORE

# 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)

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

# 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

430

### 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

# 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

# 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 keemum	140
organic peppermint herbal caffeine-free herbal with 100% organic peppermint	140
jasmine green tea with jasmine	140
japanese sencha green tea from central shizuoka province	140
lemon herbal caffeine-free herbal with 100% organic lemon	140
chamomile chamomile selected from the finest egyptian chamomile flowers	140