



# 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 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.**



At Bowls & More, we believe that a greener forest, a bluer ocean and a cleaner future is possible. We give a new life to glasses that complete their lifecycles. Thus, we protect nature, reduce the need for new raw materials, energy consumption and carbon footprint.



**100% recycled**



**Aware Collection**

For those who are aware of every print they leave on mother earth!

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# superfood yogurt bowls



THB 350

## 1. the berry bowl

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

## 2. the cocoa bowl

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

## 3. the acai bowl

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

## 4. the cheat day bowl

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

## make your own bowl

rice milk yogurt

or

soy milk yogurt

### add on:

- Flax seeds
- pumpkin seeds
- chia seeds
- sunflower seeds
- banana
- mango
- dark chocolate



please let our team know if you have any special dietary requirements, Food allergies or Intolerances.  
all prices are quoted in Thai baht, subject to 10% service charge and 7% tax.

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# signature poke bowls



**D** **1. hawaiian poke bowl**

**G**  
**N** pineapple soy marinated salmon, sushi rice, spicy mango salsa, avocado yogurt mousse, salmon skin crisps, fresh seaweed salad, cucumber, edamame, radish

520

**G** **2. bulgogi beef poke bowl**

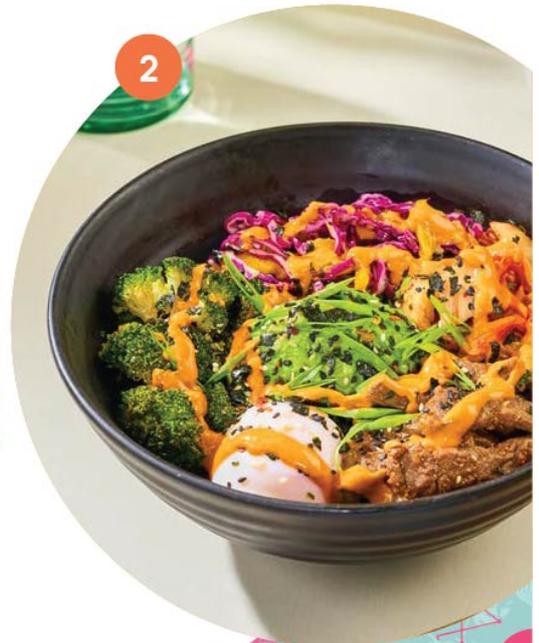
**N** korean bbq sirloin, quinoa sushi rice, red cabbage, sour mango, kimchi, soft boiled egg, roasted broccoli, spring onion, spicy carrot, peanut sauce

520

**G** **3. thai larb tuna poke bowl**

**N** tuna, roasted sesame, shallot, spring onion, mint, rocket, sushi rice, avocado with spicy thai lime vinaigrette

460



**D** contains dairy **G** contain gluten **N** contain nuts **P** contains pork **V** vegetarian

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# healthy bowls & more



1

**D N V** **1. mediterranean buddha bowl**

roasted marinate eggplant, bell peppers, tomato, sweet green peppers with Feta olives, roasted chickpea, continental cucumber, rocket pesto, quinoa, cous cous, humus

520

**G N** **2. hiyashi chuka bowl**

ramen noodle, poached chicken breast, bean sprout, cucumber, tomato, daikon sprouts, prawn, egg, red pickle ginger, sesame dressing

420

**D G N** **3. japanese crab bowl**

shredded surami crab, cucumber, mango, carrot, Furikake, kewpie sriracha dressing, sushi rice

340



3



2

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# healthy bowls & more



4

**D N V** 4. **roast butternut pumpkin, charred onion and smoked burrata bowl**

520

roasted squash, charred onion, smoked burrata cheese, pumpkin seeds, italian parsley, balsamic, olive oil and honey

**D G N V** 5. **middle eastern chickpea bowl**

340

chickpea, bell peppers, tomato, cucumber, spanish onions, fresh herbs, sumac, lemon olive oil dressing, tzatziki and pita chips.

**V** 6. **asparagus, egg, potato with tarragon vinaigrette**

400

thai asparagus, organic egg, baby potato, local heirloom tomato, pickled carrot, baby gem lettuce, tarragon vinaigrette

**add:**

- D** • lebanese marinated chicken +100
- D** • middle eastern lamb kebab +350
- charcoal-grilled salmon belly shio yaki +290
- crispy grilled baby octopus +190
- G H V** • crispy falafel +100



5



6

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# healthy bowls & more



**D N V 7. green goddess bowl**

romaine lettuce, avocado, cucumber, green bell pepper, sugar snap pea, onion, pistachio, green herb dressing

400

**G V 8. cold cucumber & avocado green gazpacho bowl**

lebanese cucumber, avocado, yogurt, jalapeno, garlic, mint and bread sticks

340



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# homemade ice cream



THB 130 per scoop

**mango sorbet**

**strawberry sorbet**

**coconut ice cream**

**caramel sea salt ice cream**

**chocolate ice cream**

**vanilla ice cream**

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# frozen smoothies



1

THB 250

### 1. crazy berry in love

mixed berries / banana / apple juice / yogurt

### 2. go banana nuts

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

### 3. the mango tango

mango / green apple / apple juice / pineapple juice

### 4. greenology

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

### 5. beet it!

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

### add more:

- \* 25 grams protein powder mass gainer vanilla Flavor 170++
- \* 25 grams protein powder lean muscle vanilla Flavor 170++
- \* 25 grams protein powder 100% whey vanilla Flavor 170++
- \* 25 grams high protein powder caramel salted Flavor 170++
- \* 25 grams plant protein powder chocolate Flavor 170++
- \* thai organic honey 40++
- \* fresh ginger 20++
- \* flax seeds 20++
- \* pumpkin seeds 20++
- \* chia seeds 20++
- \* sunflower seeds 20++
- \* dark chocolate 20++



2



3



4



5

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# wine selection



## sparkling wine

prosecco | piccini | doc | italy | veneto

chandon | rosé brut | australia | yara valley

by  
glass

380

390

by  
bottle

1,800

1,900

## white wine

pinot grigio | piccini | italy | veneto

sauvignon blanc | babich | new zealand | marlborough

chardonnay | victoria park | australia | south

380

390

390

1,800

1,900

1,900

## red wine

pinot noir | babich | new zealand | marlborough

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

sangiovese | chianti arancio docg | italy | tuscany

390

430

430

1,900

2,100

2,100

## rosé wine

aix | france | coteaux d'aix en provence

450

2,300

**“WINE IS BOTTLED  
POETRY”**

-robert louis stevenson-



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# 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

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# 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, caramelized 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

world's 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

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# 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

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# 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

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

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