

RISE AND SHINE

Organic Eggs Scrambled With Mozzarella - 221 (V)

On two pieces of homemade multigrain bread

Creamy Peanut Butter Overnight Oats - 266 (VG)

Soaked in almond milk topped with banana and chocolate pieces

Breakfast Sandwich - 239

Packed with bacon and egg

Coconut & Hemp Smoothie Bowl - 248 (VG)

Topped with seasonal fruit

Banana Protein Pancakes - 240 (V)

Topped with berries and honey

Sumalee Stacked 'Toast' - 286 (VG)

Sweet potato 'toast' topped with avocado, tomato & kale

Salmon & Kale Omelet - 291

Four egg omelet on a bed of brown rice

Smashed Avocado, Egg And Tomato Bagel - 302 (V) (60)

Topped with parmesan cheese

Hearty Full English - 310 (95)

1 Sausage, bacon, eggs, beans and tomato served with two pieces of toast

Cinnamon Porridge - 183

Topped with banana and nuts (Vegan Option Available)

Banana & Peanut Butter Homemade Bagel - 269 (VG) (60)

Topped with chopped almonds

Refuel & Replenish

Green Kefir Smoothie - 137 (V)

High in probiotics!

Mixed Berry Protein Smoothie - 186

Muscle nourishing whey protein

Banana Chia Split - 215 (VG)

Omega 3 boost!

Mango Freeze - 82 (VG)

Refreshing icy blend

Chocolate & Banana - 167

Whey protein & milk mix

Coffee Galore - 157 (VG)

Almond milk, coffee, dates & frozen banana blended to perfection

Please refer to our juice board for a choice of freshly pressed juice.

Hot Drinks

Americano - 80

Espresso - 70

Matcha Latte - 120 (VG)

Caffeine free

Peppermint Tea - 90

Ginger Tea - 50

English Breakfast Tea - 90

With milk

At the Ringside Restaurant, we strive to provide high quality, nutritionally dense food at an affordable price. We only use organic eggs, and homemade bread. Where possible, fruit & vegetables are sourced locally.

Please make any allergies/ dietary requirements known to management. We are happy to adapt dishes in accordance to our client's nutritional needs.

Meal plan, prep & delivery service available

 sumaleeringside.com

 sumaleeboxinggym.com

 Sumalee Ringside Restaurant

 @sumaleeringside

 Ringside@sumaleeboxinggym.com



RINGSIDE
RESTAURANT

THAI STYLE

Beef Massaman Curry - 235

Succulent beef & potato in a nutty red curry served with Pilau rice

Tofu Massaman Curry - 217 (V)

Diced tofu & sweet potato pieces in a nutty red curry served with Pilau rice

Zesty Papaya Salad - 161 (V)

Shredded young papaya with crushed cashew nut in a spicy, sweet sauce

Chicken & Cashew Nuts - 214

Diced chicken breast stir fried with fresh vegetables & heart healthy cashew nuts

Thai Green Curry - 218

Fragrant, creamy & slightly spicy with chicken breast pieces & local vegetables

White Snapper - 240

In a lime and chili dressing

Atlantic Salmon Penang - 304

With vegetables in a red curry coconut sauce

Refreshing Tuna Larb - 230

Spicy & Sour with a hint of coriander & mint

Prawn Pad Thai - 194

Authentic peanut Thai rice noodle and fresh prawn dish

Garlic & Pepper Pork - 260

Tenderloin pieces in a garlic & cracked black pepper sauce

Pumpkin Curry - 223 (VG)

With a hint of ginger & lemongrass

Cashew Crusted Chicken Strips - 320

Air fried and served with a spicy wild rice salad

Spicy Pork & Thai Basil - 223

Stir fried with baby corn & long beans

Pineapple Fried Rice - 263

Authentically spiced fried rice with raisins, cashew nuts and fresh prawns

All Thai dishes are served with a choice of brown, sticky, jasmine or wild rice.

INTERNATIONAL

Peanut Butter Noodles - 299

Chicken, kale & lightly spiced egg noodles stirfried with a dollop of homemade peanut butter

Homemade Pork & Apple Burger - 402 (Please allow 20 minutes)

Bunless air fried burger, topped with feta cheese salsa, served with a side of sweet potato fries

Homemade Bolognese - 282

On a bed of spaghetti, sprinkled with shaved parmesan

Loaded Chili Fries - 612 (Please allow 30 minutes) (200)

Mound of airfried sweet potato fries topped with beef chili, sour cream & cheese

Stuffed Sweet Potato Cups - 317

Diced chicken & kale covered with shaven parmesan

Chana Masala - 289 (VG)

Chickpeas in an Indian style curry (coconut milk instead of cream), served with Pilau rice

Avocado, Pomegranate & Quinoa - 317 (VG)

On a bed of crispy greens

Chicken Pesto - 213

Pasta salad with all the trimmings

Breaded Chicken Breast - 293

Served with baked beans & crunchy fries

Protein Packed Tuna Steak - 412

With pesto asparagus & creamy mash

Spicy Tuna - 301

Topped with Greek yogurt on a baked sweet potato with a side of mixed veg

Sweet Potato & Squash Patties - 312 (VG)

With mustard & honey dressing

Salmon Penne - 400

Tender salmon & kale on a mint infused creamy yogurt sauce

SUPER SALADS

Watermelon, Feta & Flax Seed - 304 (V)

In a balsamic dressing

Roasted Pumpkin Salad - 291 (VG)

With cherry tomato's, shallots and chopped almonds

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