



MENU GUIDE

Our goal for this menu was to give the choice and flexibility for our customers to fuel themselves effectively and efficiently for the intense training regime at Sumalee Boxing Gym.

The guide herein is designed to enable you to make informed choices that will help you choose appropriate **meals** for your goals, **recover** between training, **fuel** during training, and cover basic **health** requirements.

RECOVER

Refers to **protein** in your meals. Protein is vital to repairing damaged muscles and assisting training adaptation. Items in green are protein based.

FUEL

Refers to **carbohydrates** in your meals, the main source of fuel your body uses when training Muay Thai. More carbs equals better performance and recovery. Items in yellow are carbohydrate based.

HEALTH

Refers to dietary **fat**, dietary **fibre**, and **micronutrients** in your meals, which are key for overall **health**. Items in red are comprised of fruit, vegetables, and healthy fats.

BREAKFAST

0800-1100

PICK ONE



RECOVER

E1 Kickstarter Acai

320THB

Classic acai base with whey/pea protein, topped w/ dragon fruit, blueberries, desiccated coconut, walnuts, and sunflower seeds. (V, N)

E3 Scrambled Eggs

200THB

Scrambled eggs with diced cherry tomatoes. Seasoned with salt & pepper. Served with Ciabatta. (V)

E2 Berry Coconut Pancakes

200THB

Protein pancakes made with whey or pea protein powder topped with fresh blueberries, Greek yoghurt, walnuts and desiccated coconut (D, V, N)

E4 Shakshuka

200THB

Eggs poached in a spiced tomato sauce, a popular Middle Eastern dish. Served with sliced Ciabatta. (V)

FUEL

E5 Bircher Muesli

200THB

A taste of the alps and the ideal high carb post-training meal (V, VE, N)

E7 Power Acai

320THB

Classic Acai base with whey/pea protein, banana, granola, dragon fruit, pineapple desiccated coconut, and honey. (V)

E6 Vegan Pancakes

220THB

A vegan twist on our popular protein pancakes. Ideal for post-training recovery. (VE)

E8 Peanut Butter Power Ciabatta

150THB

Oven baked Ciabatta topped with peanut butter, banana, and cinnamon. (VE, N)

HEALTH

E9 Scrambled Egg & Avocado Toast

270THB

Avocado smashed into oven baked Ciabatta with scrambled egg. (V)

E11 Fruit Platter w/ Yoghurt

200THB

Fresh fruit platter topped with low fat Greek style yoghurt. (D, V)

E10 Coconut Cashew Chia Pudding

200THB

Creamy coconut milk, chia seeds, honey, and vanilla. Topped with banana, blueberries, muesli, cashews, and a touch of Nutella. (V, N)

E12 Healthy Waffles

200THB

Sweet wholemeal waffles with fresh fruit, Greek yoghurt, and honey. (D, V)

VE = Vegan V = Vegetarian N = Contains Nuts D = Contains Dairy

ALL DAY

PROTEIN
SMOOTHIES



COFFEE
& TEA

RECOVER

S1 Nak Muay Surprise 200THB
Vanilla protein powder with almond milk, frozen blueberries and raspberries. (D, V)

S2 Blue Hawaiian Heaven 200THB
Coconut based protein smoothie featuring frozen banana, mango, pineapple, and blue spirulina (D, V)

FUEL

S3 ChocoNutella 200THB
Pack a punch with this carbohydrate packed chocolate chaser. (D, V)

S4 Banana Oat Smoothie 200THB
Basic banana oat smoothie topped up with high quality protein. (D, V)

HEALTH

S5 Big Clinch Coconut 200THB
Supercharged coconut infused protein smoothie. (D, V)

S6 Peanut Punch 200THB
Pack a punch with this chunky peanut/banana combo. (D, N, V)

Americano 80THB
Classic Americano. (VE)

Espresso 80THB
Espresso boost for training. Time 30 mins before beginning for maximum effect. (VE)

Latte 100THB
Fresh or plant milk available (D or VE)

Cappuccino 100THB
Fresh or plant milk available (D or VE)

Fresh Coconut 70THB
Chilled fresh coconut. Coconut water is rich in potassium whilst the flesh provides a good source of fibre (VE)

Selection of Tea 80THB
English Breakfast, Early Grey, Phuket Mulberry, Jasmine Green. (VE)

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All of our smoothies served with whey protein unless otherwise requested



SNACKS ALL DAY

FRUIT LASSI'S, SMOOTHIES & JUICES

RECOVER

Whey/Pea Protein 75THB
1 scoop of whey or pea protein mixed with mineral water. (V/VE)

S10 Banana & Blueberry Lassi 180THB
Fresh banana & blueberries blended with Greek style yoghurt, milk, and honey. (D, V)

FUEL

S7 Proothie Bars 100THB
Healthy protein and energy bars made with sustainable cricket protein! Variety of flavours available

S11 Mango Lassi 180THB
Frozen mango blended with Greek style yogurt and almond milk (D, V)

S8 Cookie Energy Balls 100THB
3x Energy balls providing you with slow releasing carbohydrates, giving you a sustained release of energy. (N, V)

S12 Banana & Strawberry Lassi 180THB
Frozen banana & strawberry blended with Greek style yogurt and almond milk (D, V)

S9 Banana & Mango Pot 100THB
Banana and granola contain higher levels of carbohydrate, which will fuel performance (N, V)

S13 Banana, Pineapple & Blue Spirulina 190THB
Banana, pineapple, and blue spirulina mixed with an almond milk base (VE)

HEALTH

Fruit Platter 160THB
An assortment of fresh locally sourced fruit (VE)

Watermelon 100THB
Fresh watermelon blended with ice and mineral water (VE)

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All of our smoothies can swap whey for pea protein upon request

POKE BOWL

PICK 1 RECOVER
PICK 1 FUEL
PICK UP TO 10 HEALTH
PICK 1 FLAVOUR
LUNCH/DINNER



350THB

**BUILD YOUR
OWN**

RECOVER

P1 Teriyaki Salmon

P2 Sous Vide Chicken

P3 Paprika Shrimp

P4 Curried Tofu

P5 Hard Boiled Egg

FUEL

P6 Sushi Rice

P7 Brown Rice

P8 Quinoa

P9 Healthy Greens

HEALTH

P10 Avocado Slices

P11 Sesame Seeds

P12 Sliced Cucumbers

P13 Shredded Carrots

P14 Mango

P15 Diced Bell Pepper

P16 Crispy Seaweed

P17 Shredded Red Cabbage

P18 Edamame

P19 Pineapple

FLAVOUR

P20 Ginger Soy Dressing

P21 Soy Sauce

P22 Wasabi Vinaigrette

P23 Sriracha Mayo

P24 Sesame Miso Dressing

P25 Sweet Chilli Sauce

POWER BOWLS 350THB

PICK 1
LUNCH/DINNER



THAI FOOD 220THB

PICK 1
LUNCH/DINNER

RECOVER

B1 Chicken Power Bowl

A wholesome blend of tri-color quinoa, topped with succulent grilled chicken, creamy avocado slices, roasted pumpkin, cherry tomatoes, and finished with a drizzle of tahini dressing.

B2 Mediterranean Chickpea Bowl

A vibrant mix of brown rice, tofu, grilled chickpeas, cucumber, Kalamata olives, and cherry tomatoes, all brought together with an olive oil and balsamic dressing. (VE)

FUEL

B3 Mexican Fiesta Bowl

A fiesta on your plate! Cilantro lime rice forms the base for black beans, corn salsa, diced bell peppers, guacamole, and perfectly grilled pork tenderloin, all harmonized with a tantalizing chipotle-lime cream. (D)

B4 Mango Avocado Bowl

Tropical delight in a bowl! Brown rice serves as the canvas for a masterpiece of mango slices, creamy avocado chunks, black beans, blackened chicken, and a finishing touch of lime vinaigrette.

HEALTH

B5 Lemon Salmon Quinoa Bowl

A nutritional powerhouse! Tri-color quinoa sets the stage for roasted zucchini, cherry tomatoes, red onion, bell peppers, lemon herb grilled salmon, all enhanced by a dill-infused yogurt dressing. (D)

B6 Tropical Paradise Bowl

A tropical treat with a quarter cup of brown rice, a sprinkle of diced pineapple and mango, a touch of red pepper, and a hint of flaked and desiccated coconut. Drizzled with a refreshing lime and honey dressing.

T1 Larb Gai (Chicken)

A zesty Thai minced chicken salad tossed with lime, chili, fresh herbs, and roasted rice powder. Perfectly balanced with heat, tang, and crunch. Vegan version available (VE)

T2 Pad Kra Pau Moo (Pork)

A fiery Thai stir-fry with minced pork, fragrant holy basil, garlic, and chilies, served over steamed rice and topped with a crispy fried egg. A street food favourite packed with bold, spicy flavours!

T3 Pad Thai (Tofu/Chicken)

Thailand's iconic stir-fried noodle dish, featuring rice noodles, tamarind sauce, egg, and your choice of tofu or chicken, topped with peanuts and lime. (N)

T4 Pad See Ew (Tofu/Chicken)

Flat rice noodles stir-fried with tender chicken, egg, and Chinese broccoli in a savory soy sauce blend. A comforting, smoky wok classic.

T5 Green Curry Chicken

A creamy coconut curry with aromatic green chilies, tender vegetables, and your choice of protein, served with steamed jasmine rice.

T6 Penang Curry Chicken

Rich, creamy, and mildly spiced, this curry features a velvety coconut milk base, kaffir lime, and tender meat or tofu, accompanied by jasmine rice.

WEEK A



LUNCH/DINNER

PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

A1 Chicken Fajita Strips 120THB

Air fried tender chicken strips with fajita seasoning. Served hot.

120THB

A3 Cajun Barramundi 120THB

Air fried barramundi strips with a flavourful Cajun spicing. Served hot.

120THB

A2 BBQ Pulled Pork 120THB

Slow cooked pork tenderloin with a rich BBQ marinade. Served hot.

120THB

A4 5 Spice Minced 'Pork' 120THB

Vegan Plant-based meat in a Chinese 5-spice sauce. Served hot. (VE)

120THB

FUEL

A5 Thai Rice Noodles 100THB

Asian inspired flat rice noodles with diced fresh veggies. Served cold. (VE)

100THB

A7 Asian Soba Noodles 100THB

A fresh, Asian style soba noodle salad with a soy, honey, and ginger dressing. Served cold.(V)

100THB

A6 Red Curry Rice 100THB

Steamed wild rice infused with spring onions, coconut milk, and red curry paste. Served hot. (VE)

100THB

A8 Paprika Spiced Squash 100THB

Butternut squash cubes air fried with olive oil and paprika. Served Hot (VE)

100THB

HEALTH

A9 Black Bean & Pineapple Salad 100THB

A tropical-tasting zingy salad with pineapples, fibre-rich black beans and avocado. Served cold. (VE, N)

100THB

A11 Salted Tomato Salad 100THB

Cherry tomatoes salted and marinated with fresh basil. Served cold. (VE)

100THB

A10 Lemon Garlic Broccoli 100THB

A zingy, healthy, and fibrous dish to compliment your meal. Served cold (VE)

100THB

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WEEK B

LUNCH/DINNER



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

B1 Pulled BBQ Chicken 120THB

Slow cooked chicken marinated in a pepper sauce and shredded. Served hot.

B2 Air Fried Meatballs 120THB

Low-fat Italian spiced meatballs in a delicious marinara sauce. Served hot.

B3 Air Fried Salmon 120THB

Crispy air-fried salmon, packed with anti-inflammatory omega 3's. Served hot.

B4 Thai Style 'Chicken' 120THB

Vegan Plant-based meat in a Pad Kra Prao Gai sauce. Served hot. (VE)

FUEL

B5 Coconut Ginger Rice 100THB

Coconut ginger dressing stirred into steamed white rice. Served hot. (VE)

B6 Creamy Cheddar Pasta 100THB

A delicious creamy cheddar pasta salad dish. Served cold. (V)

B7 Sriracha Potato Salad 100THB

Cold served sriracha and lime potato salad (V)

B8 Thai Squash Curry 100THB

Butternut squash cubes cooked in a yellow curry sauce with pineapple chunks. Served hot. (VE)

HEALTH

B9 Asian Edamame Salad 100THB

Crunchy Asian inspired fibre-filled salad packed with goodness. Served cold. (VE)

B10 Passion Fruit Green Beans 100THB

Green beans stir fried with a mango and passion fruit dressing. Served cold. (VE)

B11 Mango Tomato Salad 100THB

A mango and tomato salad with a tangy soy and honey dressing garnished with crushed walnuts. Served cold. (V, N)

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WEEK C



LUNCH/DINNER

PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

C1 Pad Kra Pao Gai Traditional Thai holy basil with minced chicken. Served hot.	120THB	C3 Thai Fish Cakes Traditional Thai fish cakes in a red curry paste. Served hot.	120THB
C2 Garlic & Pepper Pork Stir-fried lean pork tenderloin in a garlic and pepper seasoning. Served hot.	120THB	C4 Vegan Meatballs Italian spiced meatballs in a delicious marinara sauce. Served hot. (VE)	120THB

FUEL

C5 Curried Chickpeas Chickpeas with a refreshing yoghurt and masala dressing. Served cold. (V, D)	100THB	C7 Chipotle Potatoes Air fried diced potato in a garlic and chipotle Tabasco dressing. Served hot. (VE)	100THB
C6 Yellow Curry Sweet Potato 🌶️ Sweet potato cooked with coconut milk and yellow curry paste. Served hot. (VE)	100THB	C8 Red Pesto Pasta Fusilli pasta mixed with sun dried tomato pesto. Served hot. (V)	100THB

HEALTH

C9 Asian Slaw An Asian twist to a classic side dish. Packed with micronutrients and dressed in a peanut soy sauce. Served cold. (VE, N)	100THB	C11 Watermelon Feta Salad A refreshing fruit based salad in a balsamic vinaigrette dressing. Served cold. (V, D)	100THB
C10 Oven Baked Veggies Get your daily dose of fibre with this delicious and filling healthful dish. Served cold. (VE)	100THB		

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WEEK D

LUNCH/DINNER



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

D1 Chinese Chicken 120THB Sticky 5 Spice oven baked chicken breast glazed with honey and sesame oil. Served hot.	D3 Chilli Glazed Salmon 140THB Oven baked Sriracha and sesame oil marinated salmon fillet. Served hot.
D2 Crispy Tofu 80THB Soy glazed pan fried crispy tofu. Served hot. (VE)	D4 Vegan Chilli 120THB A tasty, wholesome high-protein vegan dish with plenty of kick. Served hot. (V)

FUEL

D5 Quinoa Salad 100THB Tri-colour quinoa mixed with fresh diced veg and olive oil vinegar dressing Served cold. (VE)	D7 Lemon Pesto Rice 100THB Steamed rice mixed with green pesto and freshly squeezed lemon juice. Served hot. (V)
D6 Moroccan Couscous 100THB Moroccan inspired couscous cooked in vegetable stock with toasted almonds and raisins. Served hot. (VE)	D8 Air Fried Pumpkin 100THB Super simple air fried pumpkin. No frills, just flavour. Served hot. (VE)

HEALTH

D9 Waldorf Slaw 100THB A fresh take on a classic dish. Crisp and full of flavour. Served cold. (V, N)	D11 Creamy Broccoli Salad 100THB Creamy broccoli salad with red cabbage, raisins and Dijon dressing. Served cold. (V, D)
D10 Classic Greek Salad 100THB Refreshing taste of the Mediterranean with olives, feta, and fresh ingredients. Served cold. (V, D)	

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