



# 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)

## HOT

**Espresso** 80THB  
**Double Espresso** 80THB  
**Espresso Macchiato** 100THB  
**Americano** 100THB  
**Caffe Latte** 120THB  
**Cappuccino** 120THB

## ICED

**Americano** 100THB  
**Caffe Latte** 120THB  
**Cappuccino** 120THB  
**Orange Coffee** 120THB  
**Coconut Coffee** 120THB

## OTHER

**Fresh Coconut** 100THB  
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 are served with whey protein unless otherwise requested

All of our coffees are served with regular milk 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 Grenade Bars

150THB

Low-carb protein bars in a variety of flavours.

#### 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 Crispy 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)

### 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!

## 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.

### 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.

## 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 diced chicken, brown rice, a touch of pineapple and mango, red pepper, and a hint of flaked and desiccated coconut. Drizzled with a refreshing lime and honey dressing.

### 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.

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# COMFORT FOOD

LUNCH/DINNER



## QUESADILLAS

|                                              |        |
|----------------------------------------------|--------|
| C1 Pad Kra Pao Chicken Quesadillas           | 250THB |
| C2 Vegetarian Quesadillas (Meat Zero) (V, D) | 250THB |
| C3 Chicken Panang Curry Quesadillas          | 250THB |
| Served with side salad                       |        |

## WRAPS

|                                                                                                                   |        |
|-------------------------------------------------------------------------------------------------------------------|--------|
| C4 <b>Breakfast Wrap</b> - 3 Scrambled Eggs, Avocado, Cheddar Cheese, Spiced Paprika Diced Onion & Pepper. (V, D) | 250THB |
| C5 Chicken Shawarma (D)                                                                                           | 250THB |
| C6 Falafel Shawarma (V, D)                                                                                        | 250THB |
| Served with side salad                                                                                            |        |

## SIDES

|                               |        |
|-------------------------------|--------|
| C7 French Fries (V, VE)       | 150THB |
| C8 Cheesy French Fries (V, D) | 200THB |

# 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.

##### A3 Thai Fish Cakes

120THB

Traditional Thai fish cakes in a red curry paste. Served hot.

##### A2 Larb Moo

120THB

A zesty Thai minced pork salad tossed with fresh herbs, roasted rice powder, lime, fish sauce, and chili. Served hot.

##### A4 Crispy Falafel

120THB

Delicious, crispy balls of chickpea and herb goodness (VE)

#### FUEL

##### A5 Thai Rice Noodles

100THB

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

##### A7 Asian Soba Noodles

100THB

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

##### A6 Red Curry Rice

100THB

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

##### A8 Paprika Spiced Squash 100THB

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

#### HEALTH

##### A9 Black Bean & Pineapple Salad

100THB

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

##### A11 Salted Tomato Salad

100THB

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

##### A10 Lemon Garlic Broccoli

100THB

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

##### A12 Oven Baked Veggies

100THB

Get your daily dose of fibre with this delicious and filling healthful dish. Served hot. (VE)

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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.

##### B3 Air Fried Salmon

120THB

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

##### B2 Air Fried Meatballs

120THB

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

##### B7 Sriracha Potato Salad

100THB

Cold served sriracha and lime potato salad (V)

##### B6 Curried Chickpeas

100THB

Chickpeas with a refreshing yoghurt and masala dressing. Served cold. (V, D)

##### 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)

##### 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)

##### B10 Passion Fruit Green Beans

100THB

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

##### B12 Papaya & Cucumber Salad

100THB

A refreshing papaya based salad with a tangy olive oil, lime, and honey dressing. Served cold. (V)

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