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



E1 Kickstarter Acai — 320THB

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

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)

E3 Scrambled Eggs — 200THB

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

E4 Shakshuka — 200THB

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

E5 Bircher Muesli — 200THB

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

E6 Vegan Pancakes — 220THB

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

E7 Power Acai — 320THB

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

E8 Peanut Butter Power Ciabatta — 150THB

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

E9 Scrambled Egg & Avocado Toast — 270THB

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

E11 Fruit Platter w/ Yoghurt — 200THB

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

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

SMOOTHIES & COFFEE



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)

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)

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)

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

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

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 & FRUIT LASSI'S/JUICES



Whey/Pea Protein — 75THB

I scoop of whey or pea protein mixed with mineral water. (V/VE)

S7 Grenade Bars — 150THB

Low-carb protein bars in a variety of flavours.

S8 Cookie Energy Balls — 100THB

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

S9 Banana & Mango Pot — 100THB

Banana and granola contain higher levels of carbohydrate, which will fuel performance (N, V)

Fruit Platter — 160THB

An assortment of fresh locally sourced fruit (VE)

S10 Banana & Blueberry Lassi — 180THB

Fresh banana & blueberries blended with Greek style yoghurt, milk, and honey. (D, V)

S11 Mango Lassi — 180THB

Frozen mango blended with Greek style yogurt and almond milk (D, V)

S12 Banana & Strawberry Lassi — 180THB

Frozen banana & strawberry blended with Greek style yogurt and almond milk (D, V)

S13 Banana, Pineapple & Blue Spirulina — 190THB

Banana, pineapple, and blue spirulina mixed with an almond milk base (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

350THB

PICK 1 RECOVER - 1 FUEL -
UP TO 10 HEALTH - AND 1 FLAVOUR



P1 Teriyaki Salmon

P2 Sous Vide Chicken

P3 Paprika Shrimp

P4 Crispy Tofu

P5 Hard Boiled Egg

P6 Sushi Rice

P7 Brown Rice

P8 Quinoa

P9 Healthy Greens

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 & THAI FOOD

POWER BOWLS



THAI FOOD



ALL POWER BOWLS: 350THB

B1 Chicken Power Bowl

A delicious mix of tri-color quinoa, grilled chicken, creamy avocado, roasted pumpkin, and cherry tomatoes, finished with tahini dressing.

B2 Mediterranean Chickpea Bowl

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

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.

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.

ALL THAI FOOD: 350THB

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 Pao 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.

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.

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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 **Breakfast Wrap** - 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

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WEEK A

LUNCH/DINNER

PICK 1 RECOVER & 2-3 FUEL/HEALTH

A1 Chicken Fajita Strips — 120THB
Air fried tender chicken strips with fajita seasoning. 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.

A3 Thai Fish Cakes — 120THB
Traditional Thai fish cakes in a red curry paste. Served hot.

A4 Crispy Falafel — 120THB
Delicious, crispy balls of chickpea and herb goodness (VE)

A5 Thai Rice Noodles — 100THB
Asian inspired flat rice noodles with diced fresh veggies. Served cold. (VE)

A6 Red Curry Rice — 100THB
Steamed wild rice infused with spring onions, coconut milk, and red curry paste. Served hot. (VE)

A7 Asian Soba Noodles — 100THB
A fresh, Asian style soba noodle salad with a soy, honey, and ginger dressing. Served cold.(V)

A8 Paprika Spiced Squash — 100THB
Butternut squash cubes air fried with olive oil and paprika. Served Hot (VE)

A9 Black Bean & Pineapple Salad — 100THB
A tropical-tasting zingy salad with pineapples, fibre-rich black beans and avocado. Served cold. (VE, N)

A10 Lemon Garlic Brocolli — 100THB
A zingy, healthy, and fibrous dish to compliment your meal. Served cold (VE)

A11 Salted Tomato Salad — 100THB
Cherry tomatoes salted and marinated with fresh basil. 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

B1 Pulled BBQ Chicken — 120THB
Slow cooked chicken marinaded 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 got.

B4 Thai Style 'Chicken' — 120THB
Vegan Plant-based meat in a Pad Kra Prao Gai sauce. Served hot. (VE)

B5 Coconut Ginger Rice — 100THB
Coconut ginger dressing stirred into steamed white rice. Served hot. (VE)

B6 Curried Chickpeas — 100THB
Chickpeas with a refreshing yoghurt and masala dressing. Served cold. (V, D)

B7 Srirarcha 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)

B9 Asian Edamame Salad — 100THB
Crunchy Asian inspire 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)

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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