

MORNING BOOST

V OVERNIGHT OATS

Linseed, Sunflower Seeds, Almond,
Banana, Chia Seeds, Cloves

V SPIRULINA OAT BAR

Oats, Pumpkin Seeds, Flax Seeds,
Dates, Coconut Oil

V EAT GOOD FEEL GOOD

Dairy Free Coconut Yoghurt,
Dark Chocolate Granola, Banana,
Peanut Butter, Chia Seeds

V PROTINE BAR

Almond, Sunflower & Pumpkin Seeds,
Walnut, Oats, Peanut Butter,
Dried Cranberries, Dark Chocolate

V HOMEMADE RAW NUT MILK

Almond, Cashew, Hazelnut

V POWER BALLS

Banana, Peanut Butter, Chocolate Chips,
Soy Milk, Nuts, Coconut

ELIXIR SHOTS

IMMUNITY

Turmeric, Ginger,
Orange, Black Pepper

ENDURANCE

Beet Root, Celery,
Carrot, Lemon

VITALITY

Wolffia Globosa,
Grapefruit, Peppermint,
Apple Cider Vinegar

PLANT BASED

ARTISAN CHEESE PLATTER, SOFT SEEDS BREAD

Almond & Cashew Nut Based,
Smoked on Hickory, Aged Cumin Gouda, Cheddar, Feta

BREAKFAST SAUSAGES

Lentils, Chickpeas, Oats, Mushrooms, Tomato Sauce

EDAMAME GUACAMOLE CROSTINO

Semi Dried Tomato, Smoked Chilli Peppers,
Parsley, Poppy Seeds, Multi Seeds Bread

HUMMUS RYE BREAD

Sunflowers Seeds, Hemp Seeds, Paprika

VEGGIE SKILLET

Potato, Sweet Potato, Asparagus, Zucchini, Mushrooms,
Kale, Semi Dried Tomato, Avocado Salsa, Sour Dough

MISO SOUP

Wakame, Kombu, Tofu, Soybeans, Soba Noodles, Scallions

THAI

JOKE

Pork or Chicken Congee, Poached Egg, Ginger, Spring Onions

KHAO TOM PLA

Fish Boiled Rice, Fresh Sliced Ginger, Crispy Garlic

BA MEE KIEW MOO DAENG

Egg Noodle Soup, Sliced Pork & Chicken Dumpling

BAK KUT TEH

Double Boiled Pork Ribs, Mushrooms, Spices & Herbal Soup

MOO PING

Thai Marinated Grilled Pork Skewers, Sticky Rice

XIAO BOI

Traditional Phuket Dumplings, Chili Sauce & Chinese Vinegar

PARTNERS IN PROVENANCE

Rosewood's Partners in Provenance commitment is born out of respect for local farmers, indigenous agriculture and a dedication to delivering the highest quality food.

Rosewood Phuket partners with local farms purveyors that provide the guests with fresh seasonal produce throughout the year.

The overall concept places emphasis on maintaining a seasonal and diverse menu featuring local fare.

EGGS

SHAKSHUKA

BAKED EGGS IN TOMATO SAUCE,
RED PEPPER, ONION, CUMIN,
TOASTED PISTACHIO,
FETA CHEESE, RYE BREAD

3 DEVILED EGGS

TOMATO & CRISPY SALAMI,
PARMESAN & POTATO,
CRAB & SPIRULINA

WHITE EGGS SOUFFLE

KING OYSTER MUSHROOM,
KOMBU & TRUFFLE BROTH

TWO EGGS ANY STYLE

SIDES: BAKED BEANS,
BREAKFAST POTATOES, BACON,
PORK OR CHICKEN SAUSAGE,

...MINDFUL EATING...

V VEGAN

VEGETARIAN

GLUTEN FREE

ASAYA

PARTNERS IN PROVENANCE



MORNING BEVERAGES



SMOOTHIE

GREEN SMOOTHIE
Spinach, Banana, Avocado, Apple,
Rice Milk, Almond, Maple Syrup

ANTIOXIDANT SMOOTHIE
Passion Fruit, Orange, Mango, Nuts

BLUEBERRY SMOOTHIE
Blueberry, Peanut Butter, Chia Seeds,
Flax Seeds, Almond Milk

HEALTHY JUICE

DE-TOX
Celery, Apple, Ginger, Pineapple,
Lemon, Mint

REJUVENATION KOLA
Gotu Kola, Green Apple, Guava, Lime



ADAPTOGENES

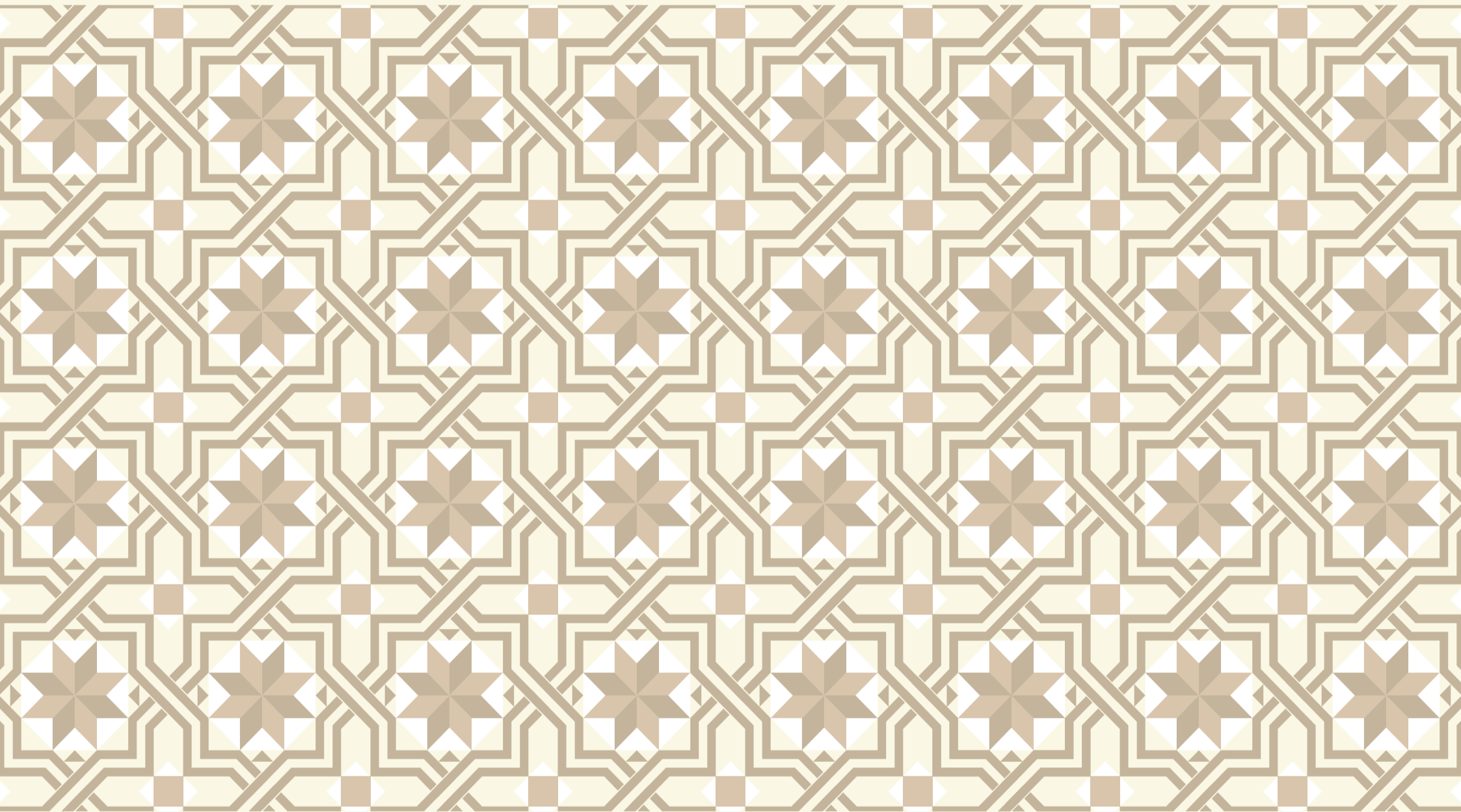
STIMULATING - MACA

BALANCING - ASHWAGANDHA

CALMING - GOTU KOLA

*Adaptogenic herbs help your body adjust to physical,
chemical or biological stress.*

Add one of the above to any of our morning beverages.



RED·SAUCE

· ITALIAN BISTRO ·

