

# Six Senses Drinking Water



**Choice of still water or sparkling water  
1 Liter at THB 130 per bottle**

Six Senses Resorts & Spas have replaced imported drinking water (Evian, San Pellegrino, etc.) with an in-house alternative by using a small R.O. (Reverse Osmosis) plant, a special 3 stage filtration, UV light treatment and re-mineralization.

The reason behind this change is to become more environmentally conscious and reduce our carbon footprint on our precious planet. Six Senses Water complies to the highest international standards in terms of treatment methods and hygiene levels.

50% of the revenue from all water sales at our resorts goes to local charities, benefiting the lives of less fortunate.

Six Senses Drinking Water further endorses our commitment to sustainability by

- \* Eliminating waste as no bottles are thrown away
- \* No food miles as the water is produced at source
- \* We are giving our guests healthy water

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# Eat with Six Senses

## APPETIZERS

CARROT SOUP	400
Spicy carrot and ginger soup, toasted almond and coriander Cleanse   Detox   Fitness	DF   VG   SF   GF   CN
SWEET “N” SOUR VEGETABLE SALAD	480
Pickled vegetables, crisp amaranth, fermented cream and pumpkin seed oil Cleanse   Detox   Sleep   Fitness	VG   SF   GF
TZATZIKI	500
Wheat germ and garden vegetables crudité Cleanse   Detox   Sleep   Fitness	VG   SF   GF
BEETROOT AND APPLE	520
Beetroot and apple duo, infused herb oil, local soft goat’s cheese and toasted macadamia Cleanse   Detox   Sleep   Fitness	SF   GF   CN
QUINOA SALAD	500
Roast squash, leek, pumpkin seeds, betel leaf, cilantro and mimosa dressing Cleanse   Detox   Sleep   Fitness	VG   SF   GF

## MAIN COURSES

GLUTEN FREE GNOCCHI	580
Sweet potato, toasted walnuts, parmesan and kale pesto Cleanse   Detox   Fitness	VG   SF   GF   CN
SNOW FISH	900
Ginger infused snow fish, overnight beetroot pickle and grilled bok choi Cleanse   Detox   Fitness	DF   SF   GF
KOMBUCHA CHICKEN	650
Steamed marinated chicken in kombucha and sugar snaps Cleanse   Detox   Fitness	DF   GF
VEGETARIAN PHAD THAI	560
Papaya noodles, been sprout, chives and tamarind sauce Cleanse   Detox   Fitness	DF   VG   GF

## DESSERTS

POLAMAI RUAM	360
Seasonal Thai fruits Cleanse   Detox   Fitness	DF   VG   GF   SF   V
GINGER MUSHI	420
Ginger egg custard, passion fruit salsa and crispy sesame shard Cleanse   Detox   Resilience	DF   GF

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# Taste of Thailand

SATAY GAI	420
Marinated chicken, rustic bread, peanut sauce and cucumber relish	
Resilience	DF   CN
MOO TA-KRAI	450
Marinated minced pork on lemongrass skewers and chilli sauce	
Resilience	DF   GF
GOONG SA-RONG	550
Deep fried prawns wrapped in egg noodles and spicy tamarind sauce	
Cleanse   Fitness	DF
THOD MUN GOONG	480
Prawn cakes, Thai pickles and plum sauce	
Resilience   Cleanse	DF
PLA MEUK CHOOP PAENG THOD	450
Deep fried squid in Thai tempura and chilli sauce	
Resilience	DF
LAAB GAI THOD	420
Thai fried spicy minced chicken, lemon and garlic dip	
Resilience	DF   SF
PHEUAK THOD	380
Crispy taro fritters, plum sauce	
Cleanse	DF
SALAD	
YUM HUA PLEE	460
Banana blossom, boiled duck egg, coconut, chilli and lemon	
Cleanse   Fitness   Detox	DF
TALAY YANG GUB YUM SAMUN PRAI	540
Seafood salad, young celery, tomato and Thai herbs	
Resilience	DF
NAM TOK PED YANG	460
Sliced BBQ duck, toasted rice, shallots and chilli flakes	
Resilience	DF   GF
YUM NUE YANG	520
Grilled Thai-French striploin, and spicy'n'sour organic herbs	
Resilience	DF   GF
YUM MA MUANG GUB PLA TODE KA-MIN	540
Crispy sea bass, green mango salad and dried shrimp	
Cleanse   Fitness   Detox	DF

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GAI YANG SOM TUM 480  
 Grilled marinated chicken, papaya salad and sticky rice  
 Resilience | Cleanse | Fitness DF

YUM SOM-O 420  
 Pomelo salad, red shallots, herbs, toasted coconut and chilli  
 Cleanse | Fitness | Detox DF | GF

## SOUPS

TOM YUM GOONG 560  
 Hot "N" sour prawn soup, lemongrass, tomato, galangal, chilli paste and mushrooms  
 Cleanse | Fitness DF | GF

TOM KHA GAI 420  
 Chicken coconut cream soup, lemongrass, galangal, cabbage, mushroom  
 Cleanse | Fitness DF | GF

GAENG JUED PHAK RUAM 380  
 Silk tofu broth, glass noodles and Chinese cabbage  
 Cleanse | Fitness | Sleep DF | GF

## CURRIES

GAENG PHED PED YANG 560  
 Red duck curry, broccoli, cauliflower and pineapple  
 Resilience DF | GF

GAENG MASSAMAN NUE 580  
 Beef massaman, braised potato, shallots and peanuts  
 Resilience DF | GF | CN

GAENG KIEW WAAN GAI 480  
 Green curry, chicken, Thai eggplant, sweet potato and anise basil  
 Resilience DF | GF

GAENG PANAENG GAI | MOO | NUE 480/500/580  
 Chicken or pork or beef panaeng curry and kaffir lime leaf  
 Resilience DF | GF

PU PHAD PHONG KAREE 600  
 Stir-fried crab in yellow curry and young celery  
 Resilience DF | GF

GAENG KIEW WAAN PHAK 420  
 Green coconut curry, sweet potato and eggplant  
 Resilience | Fitness DF | GF

PHAD PHED GOONG 620  
 Stir fried red curry, prawns, long beans and sweet basil  
 Resilience DF | GF

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## MAIN COURSES

<b>GAI PHAD MED MA MUANG</b>	500
Stir fried chicken, chilli paste, soy and cashew nuts	
Resilience	DF   CN
<b>HOR MOK TALAY</b>	650
Seafood curry, mussels, squid, sea bass and sweet basil	
Resilience	DF   GF   SF
<b>PLA MEUK NEUNG MANAO</b>	600
Steamed Thai squid, chilli, lime, garlic and herb dressing	
Cleanse   Fitness   Sleep	DF   GF
<b>NUE PHAD BAI RA</b>	600
Stir fried Thai-French beef, caraway leave's, garlic and chilli	
Resilience	DF
<b>GOONG THOD SAUCE MA-KHAM</b>	790
Deep fried tiger prawns and sour tamarind sauce	
Resilience	DF
<b>PLA KRA-PONG THOD KA-MIN</b>	960
Deep fried whole sea bass, fresh turmeric and garlic	
Resilience	DF
<b>PHAD SE-EIW NUA</b>	560
Stir fried flat rice noodles, Thai-French beef, vegetables and black soy sauce	
Resilience	DF
<b>PHAD THAI GOONG/GAI/PHAK</b>	580/500/440
Stir fried rice noodles, prawns or chicken or vegetables, egg ribbons and tamarind sauce	
Resilience	DF
<b>PHAD KRA PRAO MOO REU GAI</b>	500
Stir fried pork or chicken, chilli, garlic and hot basil	
Resilience	DF

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## SIDES

THB 280 EACH

### PHAD PHAK BOONG

Stir fried morning glory, garlic, chilli and shrimp paste

Cleanse | Fitness DF

### PHAD TON ON TAN TAWAN

Stir fried sunflower sprouts, garlic and fish sauce

Cleanse | Fitness DF

### BAI LIENG PHAD KAI

Stir fried Malindjo leaves, garlic and egg

Cleanse | Fitness DF

### MA-RA PHAD KAI KEM

Stir fried bitter melon and salted egg

Cleanse | Fitness DF

### TAO HUU PHAD PRIG KLEUA

Stir fried bean curd and chilli

Cleanse | Fitness DF

### HED PHAD TON HOM

Stir fried mixed mushroom and spring onion

Cleanse | Fitness DF

### PHAD PHAK RUAM

Stir fried mixed vegetables

Cleanse | Fitness DF

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# Comfort Food

## TOSSED AND DRESSED

<b>WATERMELON SALAD</b>	500
Thai style watermelon salad, mint and dehydrated salmon Fitness   Sleep	DF
<b>FISH SALAD</b>	520
Turmeric fish, garden leaves, parmesan and pepper dressing Fitness   Sleep	
<b>BURRATA AND BETEL LEAF</b>	620
Burrata, tomato, wild rocket and betel pesto Fitness   Sleep	GF   SF   VG
<b>BBQ CHICKEN SALAD</b>	500
Marinated grilled, chicken, romaine lettuce, cucumber, red onion pickled, crispy tortilla and herb dressing Fitness   Sleep	SF
<b>TABOULEH</b>	440
Betel leaf, crunchy wheat, parsley, tomatoes, mint, onion, olive oil and lemon juice Fitness   Sleep	DF   GF   SF   VG

## STACKED AND WRAPPED

<b>“TASTE OF PORTO”</b>	600
Toasted bread, Australian sirloin, ham, cheese, mustard and hand-cut sweet potato Resilience	SF
<b>MED GRILL</b>	540
Grilled halloumi, red capsicum and hummus Panini Fitness   Resilience	SF   VG
<b>SIX SENSES STACK</b>	580
Toasted bread, avocado, sunflower sprouts, slow roast tomato, poached chicken, bacon and hand cut sweet potato Fitness   Resilience	DF   SF
<b>SALMON WRAP</b>	560
Smoked salmon tortilla wrap, kefir cheese, cucumber and toasted flax seeds Fitness	SF
<b>AVOCADO BRUSCETTA</b>	560
Avocado, slow roasted tomato, olive oil and hot basil Cleanse   Detox   Fitness	DF   SF   VG
<b>AUSTRALIAN BEEF BURGER</b>	600
Sourdough basil bun, caramelized onion, cheddar cheese, bacon and hand cut sweet potato Resilience	

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## FLATS

<b>MARGHERITA</b>	540
Tomato sauce, mozzarella and Thai hot basil	
Resilience	SF   VG
<b>4 STAGIONI</b>	620
Tomato sauce, goat's cheese, and seasonal vegetables	
Fitness   Resilience	SF   VG
<b>PARMA HAM</b>	660
Parma ham, cherry tomatoes, burrata, betel pesto and rocket	
Resilience	SF
<b>TOM YUM SEAFOOD</b>	680
Prawn, squid, mussels, tomato sauce and Thai basil	
Resilience	SF
<b>PHAD KRA PAO</b>	620
Stir fried pork or chicken, chilli, hot basil and mozzarella	
Resilience   Cleanse	SF

## PASTA

<b>FETTU-FUNGHI</b>	580
Homemade egg fettuccine, mushroom ragout and egg yolk	
Resilience   Fitness	VG   SF
<b>PAPPARDELLE</b>	760
Large ribbon noodles, slow cooked lamb ragout local aged dry cheese	
Resilience	SF
<b>THAI-BONARA</b>	620
Pancetta lardons, crispy chilli, aged parmesan and hot basil	
Resilience	SF
<b>3 CHILLIS</b>	600
Penne, chilli tomato ragout, grilled chicken, chorizo and olives	
Resilience	DF   SF
<b>PESTO SPAGHETTI</b>	540
Spaghetti, pesto, parmesan	
Resilience   Fitness   Cleanse	VG   SF

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## DESSERTS

<b>KAO NEAW MA MUANG</b>	420
Sliced mango and coconut sticky rice	
Resilience   Fitness	DF   GF
<b>BAKED MANGO CHEESECAKE</b>	420
Mango salsa, kaffir lime, mint and Chiang Mai strawberry	
Resilience	GF
<b>GINGER MUSHI</b>	420
Ginger egg custard, passion fruit salsa and crispy sesame	
Cleanse   Detox   Resilience	DF   GF
<b>TROPICAL LAYER CAKE</b>	420
Coconut pavlova, caramelized banana, meringue amaretto and mango curd	
Resilience	GF   DF
<b>NEMESIS CAKE</b>	460
Flourless chocolate cake and Samui coconut ice cream	
Resilience	GF
<b>POLAMAI RUAM</b>	360
Seasonal Thai fruits	
Cleanse   Detox   Fitness	DF   VG   GF   SF   V

## ICE CREAM

### THB 130 PER SCOOP

PASSION FRUIT SORBET  
MANGO SORBET  
COCONUT ICE CREAM  
CHOCOLATE ICE CREAM  
MACADAMIA ICE CREAM  
HAZELNUT ICE CREAM  
PISTACHIO ICE CREAM

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