

# BREEZE

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BY ANANTARA

## THE BEACH BAR

Breeze, where sand  
and sea join  
Bring everything but time  
to Breeze by  
Anantara  
Seaside comfort  
with a stylish bite

## WELLNESS

We highlight 'wellness cuisine' for items that feature synergistic combinations of notably nutrient dense ingredients that have been prepared with cooking methods that retain and enhance nutrient bio-availability whilst being eco-friendly

# SUSHI & SEAFOOD BAR

## Rolled sushi

- o California roll, crab meat, avocado, cucumber, tobiko 700
- o Spicy seafood roll, tuna, salmon, crab, tabasco, piquillo pepper 800
- o Tempura roll, tiger prawns, avocado, asparagus, lemon zest, salmon roe 800
- o Beach house roll, salmon teriyaki, salmon roe, guacamole, cholula sauce 800
- W o Vegan roll, shiitake mushroom, tofu, kimchi, padron pepper 600  
 Shiitake is well known as both a culinary medicinal mushroom, due to its vast array of health benefits. Enjoy it alongside protein-rich organic tofu, Our house-made kimchi which is brimming with pre- and probiotics, And a vitamin C kick from padron pepper
- o Caviar roll, avocado, cucumber, burrata, oscietra caviar 3500

## Nigiri sushi

- o Today's selection ; salmon, tuna, yellow tail, shrimp (2 each) 700

## Chirashi sushi

- o Sushi rice, topped with salmon, tuna tartare, avocado, edamame Shrimp, salmon roe, lotus chips 650

## Sashimi

- o New style sashimi of yellow tail, yuzu, soy, cress 600

## Ceviche, tiradito, poké

- W o **White snapper ceviche – passion fruit, ginger, chili, lotus chips, coriander** 600  
 Snapper is a great source of healthy fats including omega-3, Which can protect against inflammation and supports brain function. Zesty ginger aids in digestion, and provides unique plant compounds Along with passion fruit, coriander, chili and ginger.
- W o **Seared peruvian scallops - tiger milk, orange zest, sweet corn Piquillo pepper, pink peppercorn** 700  
 Scallops offer a delicious source of selenium, zinc, magnesium, protein And omega 3 fatty acids, plus a healthy dose of vitamin B12. Orange zest contains the beneficial essential oil, limonene, known for its Anti-inflammatory benefits
- W o **Roasted octopus ceviche – red onion, avocado, cherry tomato, lime Roasted chili** 700  
 A refreshing synergy of tender octopus, a great source of omega 3 fatty Acids and protein combined with fresh vegetables providing and Highly nourishing mélange of phytonutrients, fiber and vitamins whilst Offering also a great amount of fiber
- o **Salmon tiradito – tiger milk, coriander, jalapeño, radish, crispy shallot** 600
- o **Tuna poké bowl – tuna fillet, avocado, edamame, seaweed, ginger, spicy Soy – wasabi dressing** 600

W : Beach house wellness cuisine

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Oyster & caviar	<i>Half Dozen</i>	<i>Dozen</i>
o Fine de claire no. 1 Lodine rich, crispy and delicate, nutty and light-colored	1200	2300
o Tsarskaya no. 2 Mineral, firm with a hint of acidity	1350	2600
o Muirgen Irish no. 2 Sweet, meaty and delicate	1400	2700
o Beach house oscietra caviar Blini and condiments of: egg white and egg yolk Spring onion, sour cream, french butter, lemon wedges (Sustainable farming)	3500 30 g	5500 50 g

## SALADS, SOUP

o Classic niçoise - greens, new potatoes, seared tuna, quail eggs Green beans, cherry tomato, anchovy, preserved lemon vinaigrette		500
W o Reformed greek salad – quinoa, buckwheat, grilled onion, peppers feta, Kalamata olive (vegan without feta) Quinoa and buckwheat are each a complete source of plant protein, As they contain all nine essential amino acids, and are synergistically Combined with antioxidant rich vegetables, particularly kalamata olive Which cotain significant amounts of iron, calcium, copper, And vitamins A and E		500
W o Green goddess bowl – rice berry, charred broccoli, edamame, greens Purple carrot, cashew cheese, avocado, kimchi (vegan) Enjoy the benefits of a rainbow of plant pigments, plant protein, Probiotics and prebiotics soluble and insoluble fiber and that provide A storehouse of phytonutrients that combat inflammation And free radicals, leaving you refreshed and nourished		500
W o Mezze – hummus, moutthabal, tarator, foul modamas, dolmades Vegetable crudité, zaatar bread (vegan) This Mezza plate will delight both your senses and your microbome. With an enriching range prebiotic fiber found in the chickpeas and Fava beans combined with a complex range of beneficial plant Compounds from the diverse range of potent herbs and spices, This dish is sure to support overall health and longevity		650
W o Superfood bowl – avocado, quinoa, chickpea, almonds, orange fillet Sprouts, tempeh, hummus (vegan) Boost your mind and body with this potent bowl of superfoods, Providing you with essential nutrients, fiber, antioxidants, and protein. Tempeh is an Indonesian delicacy, made by a natural fermentation Process that binds soybeans into a cake form, resulring in an excellent Source of probiotics, whilst also being a prebiotic		530
o Caesar salad – baby cos, anchovies, crispy pancetta Poached egg, parmesan vinaigrette		440
• with crispy soft shells crab		720
• with grilled tiger prawns		620
• with grilled chicken		520

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## SALADS, SOUP

- |   |   |     |
|---|---|-----|
| W | <ul style="list-style-type: none"> <li>o Beach house gazpacho - avocado, poached shrimp, quail egg<br/>Croutons garnish (vegan without shrimp + egg)</li> </ul> <p style="margin-left: 20px;">This refreshing and alkalizing soup is made of the freshest of vegetables<br/>In order to retain the full nutritional profile. Avocado is truly a favourite<br/>Superfood, as it provides an unusually high quantity of nutrients<br/>And plant compounds and healthy fats</p>                                | 380 |
| W | <ul style="list-style-type: none"> <li>o Caprese – burrata, heirloom cherry tomato, basil, extra virgin olive oil<br/>Sicilian oregano, sea salt</li> </ul> <p style="margin-left: 20px;">This classic Italian dish offers a burst of nutrient dense flavour.<br/>Burrata provides probiotics, calcium and protein. Olive oil aids in the body's<br/>Absorption of vitamin A, E and K, whilst providing potent antioxidant<br/>Properties. Oregano is highly beneficial for boosting the immune system.</p> | 600 |

## PIZZA, PASTA

- |   |   |      |
|---|---|------|
|   | <ul style="list-style-type: none"> <li>o Focaccia marinara – tomato, chili, garlic, oregano (vegan)</li> </ul>  | 420  |
|   | <ul style="list-style-type: none"> <li>o Margherita – tomato passata, mozzarella, pecorino, oregano, basil</li> </ul>   | 500  |
|   | <ul style="list-style-type: none"> <li>o Diavola – tomato passata, mozzarella, spicy chorizo, nduja sausage<br/>Oregano</li> </ul>  | 540  |
|   | <ul style="list-style-type: none"> <li>o Frutti di mare – tomato passata, mozzarella, garlic, seafood<br/>Virgin oil</li> </ul>   | 590  |
|   | <ul style="list-style-type: none"> <li>o Carbonara – tomato passata, mozzarella, guanciale ham, onion<br/>Egg, pecorino, black pepper</li> </ul>  | 560  |
|   | <ul style="list-style-type: none"> <li>o Cheeses – tomato passata, mozzarella, four cheeses</li> </ul>  | 540  |
|   | <ul style="list-style-type: none"> <li>o Burrata – tomato passata, mozzarella, burrata, jamon joselito<br/>Wild rocket, truffle puree</li> </ul>  | 1200 |
|   | <ul style="list-style-type: none"> <li>o Spaghetti - 'cacio e pepe', pecorino romano, black pepper<br/>Lemon zest</li> </ul>  | 500  |
| W | <ul style="list-style-type: none"> <li>o Zucchini ribbons - 'pesto trapanese' , sundried tomato pesto<br/>Black olive, pine nut, nutritional yeast (raw, vegan and gluten free)<br/>A wonderful low-carb alternative to traditional pasta, high in fibers acting<br/>As probiotic supporting the good bacteria in the gut.<br/>Rich in antioxidant and polyphenolics given by the extra virgin olive oil,<br/>The nutritional yeast offer essential amino acids and healthy proteins</li> </ul> | 550  |
|   | <ul style="list-style-type: none"> <li>o Rigatoni - 'amatriciana' , guanciale ham, dried chili, onion, tomato<br/>Pecorino romano</li> </ul>  | 500  |
|   | <ul style="list-style-type: none"> <li>o Linguine – 'vongole', garlic, chili, cherry tomato, clams<br/>White wine, parsley</li> </ul>   | 580  |
|   | <ul style="list-style-type: none"> <li>o Penne – 'bolognese', beef ragu, butter, parmigiano cheese</li> </ul>   | 580  |
|   | <ul style="list-style-type: none"> <li>o Fettuccine – 'frutti di mare', andaman seafood, garlic, chili, fresh<br/>Tomato sauce</li> </ul>   | 700  |
|   | <ul style="list-style-type: none"> <li>o Lasagna – 'pesto e besciamella', basil pesto lasagna, provolone</li> </ul>   | 500  |

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## BURGERS, MAINS

- o **Beach house signature burger** - wagyu pattie, caramelized onion 720  
Back bacon, aged cheddar, jalapeño, romaine  
Tomato on brioche bun with fries
- o **Classic cheeseburger sliders** - four mini burgers, juicy angus beef 620  
Aged cheddar, lettuce, pickled cucumber, fries
- o **Buttermilk fried chicken burger** – cajun seasoned chicken thigh 520  
Avocado guacamole, lettuce, tomato, slaw, fries
- o **Beach house vegan burger** – vegan pattie, guacamole 520  
Tomato, cilantro, greens on a grains crusted brioche bun  
Vegan house dressing, fries (vegan)
- o **Steak frites** – wagyu striploin, shoestring potato, maître d'hotel 1900  
Butter (dry aged, 2 GR full blood australian wagyu)
- o **Roasted Chicken** - rotisserie young chicken burnt black pepper- paprika 600  
New potato, roasting jus
- W o **Poached seabass** – fennel ,vegetable ratatouille, saffron 720  
**Burred blanc (with sauce vierge in the W version)**  
An highly balanced nourishing dish, with healthy omega 3 fatty acids,  
Easy to metabolize proteins and a wide range of spices, herbs  
And vegetables that will promote an healthy digestion  
Whilst supporting and optimal health, refreshing sauce vierge is rich  
In vitamins and polyphenolics
- o **Breaded veal 'milanese'** - rocket, radish, salpicon, lemon 1400
- W o **Falafel tajine** - tangy tomato sauce, olives, capers, moroccan spices 500  
**Herbs (vegan)**  
Falafel are an exceptional source of plant protein, alongside potent herbs  
And spices that offer unique nutritional benefits including antioxidant  
Effects and essential vitamins and minerals
- W o **Tiger prawns** - simply grilled jumbo prawns, citrus zest, evoo, garden 1350  
**Salad, avocado**  
Enjoy freshly grilled prawns, brimming with B vitamins to help the body  
Produce energy, as well as trace minerals such as iodine, zinc  
And selenium. Zesty avocado salad with fresh greens give a healthy dose  
Of minerals, vitamins and healthy fats

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# THAI FAVORITES

- o Poh phia puu thod - crispy fried crab spring rolls 430
- o Khao tang nha tang - crispy rice cracker with minced prawns 490  
And chicken in coconut cream
- W o Thai poh phia sot phuket - rice paper roll with avocado, prawns, carrot 450  
Cucumber, crispy shallot, orange, tamarind sauce (vegan without prawns)  
Refreshing, alkalizing and nourishing - this dish provides a wide range  
Of fibre, nutrients and antioxidant plant pigments. The tangy flavours  
Of tamarind stimulate digestion, whilst providing significant proportion  
Of magnesium and calcium
- o Satay ruam - grilled chicken, beef, pork, prawns satay with spicy peanut 400  
Sauce
- W o Tom yam goong - spicy and sour prawns soup with lemongrass 510  
Galangal and kaffir lime  
A Thai classic, this nourishing soup is brimming with a potent range  
Of medicinal herbs to support the immune system and overall vitality.  
Lemongrass and kaffir lime give this tonic-soup its intense signature  
Aroma and flavour, which provides potent immune boosting properties
- o Laab salmon - grilled salmon fillet flaked over thai herbs 680  
Toasted ground rice, spicy lime dressing
- W o Somtum goong yang - green papaya salad, garlic, chili, peanuts, lime 520  
Grilled tiger prawns (vegan without prawns)  
Green papaya is an excellent source of fiber, whilst providing digestive  
Enzymes to enhance the extraction and body's assimilation of nutrients.  
Enjoy with zesty beneficial flavours of garlic, lime and mineral-rich  
Prawns
- o Yum woonsen thalay - spicy seafood salad, glass noodles, celery leaf 520  
Nam yam dressing
- o Peek gai rod larb - fried chicken wings, spicy 'larb' flavors 450  
Spicy tamarind sauce
- o Phad ka-praw gai khai dao - stir-fried chicken with chili and basil leaves 430  
With a thai style fried egg
- o Phad thai goong - fried rice noodles, white prawns, bean sprout, tofu 620  
Egg, tamarind sauce (vegan with tofu)
- o Phad see ew gai rue taowho - stir fried rice noodles with chicken or tofu 580  
And kale in dark soy sauce
- o Kaow phad - egg, vegetables, spring onion, fish sauce 520
  - chicken or pork 620
  - prawns or crab meat

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|---|---|-----|
| W | <ul style="list-style-type: none"> <li>o Gaeng keaw wan gai - green curry of chicken or tofu in coconut milk<br/>With sweet basil (vegan with tofu)</li> </ul> <p style="margin-left: 20px;">Thai green curries offer a guilt-free satiating comfort food – with deeply Nourishing aromatics, herbs and spices and coconut milk, rich in healthy Fats including medium chain triglycerides (MTCs), which prolong the Feeling of satiety, and are easily converted to energy by the body</p> | 570 |
| W | <ul style="list-style-type: none"> <li>o Pla neung manao - steamed fillet of local seabass with thai herbs, lime<br/>And black garlic, steamed brown rice</li> </ul> <p style="margin-left: 20px;">Fresh seabass provides an excellent source of protein and essential omega 3 Fatty acids. The fermentation and aging process of black garlic enhances its Many health properties, especially its antioxidant and detoxifying properties</p>   | 680 |

## DESSERTS

- |   |   |   |
|---|---|---|
|    | <ul style="list-style-type: none"> <li>o The pastry chef basket – today's selection of our petit desserts<br/>For two people or more</li> </ul>   | 600   |
|    | <ul style="list-style-type: none"> <li>o Tiramisu - mascarpone cream, espresso, sponge, cocoa</li> <li>o Coconut crème brulée passion fruit granità</li> </ul>  | 350<br>350  |
|  | <ul style="list-style-type: none"> <li>o Tartelletta al limone – table side lemon tart, burnt meringue, lemon zests<br/>For two people or more</li> <li>o Pavlova, exotic fruit passion fruit sauce, meringue garnish</li> <li>o Churros, cinnamon sugar, valrhona araguani chocolate sauce</li> </ul>  | 600<br>350<br>450   |
| W   | <ul style="list-style-type: none"> <li>o Phuket pineapple carpaccio, coconut sorbet, kaffir leaf (vegan)<br/>A vitamins and minerals packed healthy dessert, with Potassium &amp; magnesium helps to restore essential Minerals lost due to perspiration whilst boosting the immune System thanks to the high vitamin C contents<br/>The coconut sorbet offers healthy fats whilst supplying Iron and magnesium</li> <li>o Ice-cream – vanilla / chocolate / strawberry / rum raisin<br/>Cookie cream / midnight brownie</li> <li>o Sorbet- mango/ passionfruit/ coconut / lychee / lime</li> </ul> | 350<br><br><br><i>per scoop</i> 230<br><br><i>per scoop</i> 230 |

 Chef Aroon signature dessert

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