

TIGER GRILL

MENU

BREAKFAST

SUNRISE BREAKFAST	200
Two eggs any style served with baked beans, bacon, ham and grilled tomato. Mixed salad Seasonal fresh fruit Selection of fruit juice (Orange or Pineapple Juice) Hot drink : tea or coffee	
PHUKET BREAKFAST	200
Brown rice porridge with shrimp or Phuket rice noodle soup with fish Seasonal fresh fruit Selection of fruit juice (orange or pineapple juice) Hot drink : tea or coffee	
TWO EGGS ANY STYLE	120
Served with baked beans, bacon, ham and grilled tomato.	
POACH EGG AND TOMATOES SALSA WITH WHOLE WHEAT TOAST	120
SCRAMBLE EGG	120
AND SMOKED SALMON WILD ROCKET SALAD AND WHOLE WHEAT TOAST	
THREE EGGS WHITE ANY STYLE	150
Served with mesclun garden salad	
OMLETTES	150
With your own favorite ingredients	
EGG BENEDICT	120
Served with ham, spinach and hollandaise sauce	

PROTIEN PANCAKE AND MIXED BERRY	140
Served with wild honey and chocolate sauce	
PROTIEN WAFFLE	140
Served with mixed berry wild honey and chocolate sauce	
TOAST	
Peanut Butter	60
Peanut Butter and banana	80
French toast with honey	80
Avocado salsa with ham and bacon	140
CROISSANT SANDWICH	
Ham and Cheese	120
Smoked salmon	120
Chicken	120
Veggie	100
A.B.F.	220
Fruit Juice:Choice of orange or pineapple juice Fresh fruit	
Yoghurt : Plain natural or mix fruit	
Cereal : Corn flakes or koko crunch with fresh milk	
From Farm :	
Egg any style cooking served with ham, bacon, chicken sausage and mixed salad	
Hot drink : Coffee or Tea	

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MENU

SOUP

LOBSTER BISQUE SOUP	120
FRENCH ONION SOUP	120
TOMATO SOUP	120
MUSHROOM SOUP	120

SALAD

NICOISE SALAD	150
นิซัวร์สลัด	
Tuna, tomato, bell pepper, green beans, Potato, black olives, boiled egg, Served with Italian dressing	
CAESAR SALAD WITH CHICKEN.....	180
ซีซ่าสลัด	
Romaine crispy bacon, croutons With Anchovy Caesar dressing and parmesan cheese	
CHICKEN SALAD	150
สลัดไก่	
Chicken and pineapple with curry mayonnaise sauce	

TIGER SALAD	150
เซฟสลัด	
A salad of shredded chicken breast, ham, cheese and boiled egg.	
SMOKED SALMON	180
สลัดปลาแซลมอน	
Smoked salmon, potatoes, watercress and sour cream	

FANTASEA SEAFOOD SALAD	150
แฟนตาซีซีฟู้ดสลัด	
Seafood, pineapple, tomato, onion, capsicum, boiled egg with thousand island dressing.	

GREEK SALAD	150
กรีกสลัด	
A salad of onion, cucumber, tomato, black olives and Feta cheese	

SEARED TUNA SALAD	180
ทูน่าสลัด	
Seared Tuna, served with sesame and mango salsa	

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MENU

MAIN DISHES

SURF AND TURF 420

เซิร์ฟ แอนด์ เทีร์ฟ

Grilled beef tenderloin and Tiger prawn

CHICKEN STEAK 300

สเต็กไก่

Grilled chicken breast and barbecue sauce

BEFF STROGANOFF 320

บีฟสโตรกานอฟ

Thin slice of beef fillet in paprika sauce

SALMON STEAK 350

สเต็กปลาแซลมอน

Grilled fillet salmon,
served with lemon cream sauce

PEPPER STEAK 350

สเต็กเนื้อพริกไทย

Grilled of tenderloin steak

T-BONE STEAK 420

สเต็กเนื้อทีโบน

Grilled T-bone steak

PORK CHOP 320

พ็อคชอป

Grilled pork chop and mushroom sauce

SILOIN STEAK 390

สเต็กเนื้อสันนอก

Grilled sirloin with red wine sauce

FILLET OF SEA BASS 320

สเต็กปลากะพง

Grilled fillet of sea bass
with lemon butter sauce

TUNA STEAK 320

สเต็กปลาทูน่า

Seared tuna,
served with sweet potato and boiled vegetable.

ROASTED PORK SPARE RIBS 320

ซี่โครงหมูย่าง

Served with sweet potato,
boiled vegetable and BBQ sauce

LAMB SHANK 420

ขาแกะตุ๋น

Whole lamb shank braised in red wine
and gravy, served with mashed potato.

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SANDWICH & BURGER

- TIGER CLUB SANDWICH 180
ไทเกอร์คลับแซนด์วิช
A toasted triple Decker with chicken, ham, cheese, egg and lettuce, served with French fries
- CHICKEN SANDWICH 160
แซนด์วิชไก่
Grilled chicken, lettuce, tomato, onion, cucumber, served with French fries
- TUNA SANDWICH 160
แซนด์วิชทูน่า
Served with French fries
- GRILLED HAM CHEESE SANDWICH 160
แฮมชีสแซนด์วิช
Served with French fries
- STEAK SANDWICH 220
แซนด์วิชเนื้อย่าง
Grilled beef tenderloin served with French fries
- BEEF BURGER 220
เบอร์เกอร์เนื้อ
Served with French fries
- CHEESE BURGER 230
ชีสเบอร์เกอร์
Served with French fries
- CHICKEN CORDON BLEU 220
อกไก่อบชีส
Chicken breast stuffed cheese and ham, served with French fries
- TIGER CHICKEN SPICY BURGER 220
เบอร์เกอร์ไก่ไทเกอร์
Spicy chicken burger served with French fries
- FRENCH FRIES 60
เฟรนช์ฟราย

PIZZA

- VEGETARIAN PIZZA 250
พิซซ่าผัก
Topped with mixed vegetables and mozzarella cheese
- HAWAIIAN PIZZA 250
พิซซ่าฮาวาย
Topped with pineapple, ham and mozzarella cheese
- MARINARA PIZZA 250
พิซซ่าซีฟู้ด
Topped seafood with bell pepper, onion and mozzarella cheese
- LA GRITTA PIZZA 250
พิซซ่าลากริตต้า
Topped with salami, tomato, bell pepper and mozzarella cheese
- MARGHERITA PIZZA 250
พิซซ่ามารการิตต้า
Topped with tomato and mozzarella cheese
- CAPRICCIOSA PIZZA 250
พิซซ่าพริซิโอซ่า
Topped with tomato, onion, bacon, mushroom, bell pepper and mozzarella cheese

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MENU

PASTA

SPAGHETTI BOLOGNESE 180

สปาเก็ตตี้ซอสเนื้อ

Spaghetti with meat sauce,
served with garlic bread

SPAGHETTI CARBONARA 190

สปาเก็ตตี้คาโบนาร่า

Spaghetti with bacon in cream cheese,
served with garlic bread

PENNE PESTO SAUCE WITH PRAWNS 190

เพนเนกึ่ง ซอสเพสโต

An al dente pasta tube
with prawns, tomato, olives and pesto sauce

SPAGHETTI NAPORITANA 180

สปาเก็ตตี้ซอสมะเขือเทศ

Spaghetti with tomato sauce,
served with garlic bread

SPAGHETTI MARINARA 190

สปาเก็ตตี้ซีฟู้ด

Spaghetti with seafood
and tomato sauce served with garlic bread

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MENU

THAI SOUP

TOM YUM GOONG 180

ต้มยำกุ้ง

The traditional spicy soup
with prawns and Thai herbs

TOM KA GAI 150

ต้มข่าไก่

Chicken and galangal shoots
in coconut milk soup

GAENG JUED TAO HU MOO SUB 150

แกงจืดเต้าหู้หมูสับ

Clear soup with minced pork,
bean curd and vegetables

POR PIA TOD 120

ปอเปี๊ยะทอด

Deep fried vegetables spring roll,
served with plum sauce

TOD MAN GOONG 150

ทอดมันกุ้ง

Deep fried minced shrimp,
served with chili and plum sauce

SATAY GAI 120

เสต๊ะไก่

Chicken skewer, served with peanut sauce

GAI TA KRAI 120

ไก่ตะไคร้

Deep fried minced chicken with lemongrass,
served with sweet chili sauce

THAI SPICY

YUM TALAY 160

ยำทะเล

A combination of seafood
with spicy sauce in Thai style

YUM NUER YANG 160

ยำเนื้อย่าง

Grilled beef salad and spicy sauce Thai style

YUM WOON SEN 160

ยำวุ้นเส้น

Spicy salad glass noodle
with minced chicken, shrimps,
onion and celery

LARB GAI 120

ลาบไก่

Spicy minced chicken salad
with mint and basil

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MENU

THAI MAIN DISHES

GAENG KIEW WAAN GAI 140

แกงเขียวหวานไก่

Green curry with chicken and coconut milk

GAENG KA RI GAI 140

แกงกะหรี่ไก่

Yellow curry with chicken and coconut milk

MASSAMAN GAI 140

มัสมั่นไก่

Massaman curry with chicken
and coconut milk

PAD KRAPRAOW MOO, NUER
RHUR GOONG 140

ผัดกระเพราหมู, เนื้อ หรือ ไก่

Stir fried spicy chicken or pork or beef
with basil leaves, garlic and chili

PAD PRIEW WAAN
MOO RHUR GAI, RHUR GOONG 140

ผัดเปรี้ยวหวานหมู หรือ ไก่ หรือ กุ้ง

Stir-fried sweet and sour pork, chicken
or prawns with vegetables

GAI PAD MED MA-MUANG 140

ไก่ผัดเม็ดมะม่วง

Stir-fried chicken with cashew nut
and dry chili

MOO RHUR GAI PAD PRIK THAI DAM 140

หมู หรือ ไก่ ผัดพริกไทยดำ

Fried pork or chicken with black pepper,
onion, bell pepper and mushroom

NUER PAD NAM MAN HOY 160

เนื้อผัดน้ำมันหอย

Fried slice beef tenderloin with mushroom,
onion and oyster sauce

GOONG, GAI RHUR MOO TOD
KRATIEM PRIKTHAI 160

กุ้ง ไก่ หรือ หมู ทอดกระเทียมพริกไทย

Deep fried chicken or pork or prawns
with garlic and pepper sauce

PAD PAK RAUM MIT 120

ผัดผักรวม

Assorted fried mixed vegetables
with oyster sauce

PLA RAAD PRIK 160

ปลาราดพริก

Deep fried fish with sweet chili sauce

BROCCOLI PAD GOONG 160

บล็อกโคลี่ผัดกุ้ง

Stir-fried broccoli with prawns

PA-NEANG GAI RHUR GOONG 160

พะเนางไก่หรือกุ้ง

Paneang curry with chicken or shrimp

MOO PHAD KHING 140

หมูผัดขิง

Stir-fried pork with fresh ginger and mushroom

SEE KRONG MOO OB NAM PAUNG 140

ซี่โครงหมูอบน้ำผึ้ง

Roasted pork spare rib with honey

GOONG OB WOONSEN 160

กุ้งอบวุ้นเส้น

Roasted prawn with glass noodle

STEAMED RICE 20

ข้าวสวย

TIGER GRILL

MENU

RICE & NOODLES

**KHAO PHAD GOONG, MOO,
POO OR CHICKEN 140**

ข้าวผัดกุ้ง, หมู, ปู หรือ ไก่

Fried rice with your choice of prawns,
pork, crab meat or chicken

KHAO OB SUB PA ROD 140

ข้าวอบสับปะรด

Fried rice with curry, chicken
and vegetables in pineapple

PHAD SI-EEW MOO, GAI RHUE GOONG ... 140

ผัดซีอิ้วหมู, ไก่ หรือ กุ้ง

Stir-fried noodle with soya sauce
on your choice of vegetable, pork,
chicken or prawn

**KUAY TIEW RAD NA MOO, GAI,
RHUE GOONG 140**

ก๋วยเตี๋ยวราดหน้าหมู, ไก่ หรือ กุ้ง

Fried noodle topped with your choice
of pork, chicken or prawn its gravy

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MENU

VEGAN

VEGETABLE SPRING ROLL	120
SPICY SOUP WITH MIXED MUSHROOM AND THAI HERBS	
CLEAR SOUP	120
WITH WHITE LETTUCE CARROT, TOFU AND MUSHROOM	
STIR-FRIED TOFU	120
WITH CASHEW NUT AND DRY CHILI	
STIR-FRIED VEGETABLES	120
WITH HOT BASIL AND CHILI	
RED BEAN STUFFED SWEET POTATOES	120
VEGAN BURGER	120
VEGAN DOUGH WRAP	150
GRILLED VEGETABLE AND HERBS	120
PENNE PESTO VEGGIE	140

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MENU

LOW CARB BREAKFAST MENU

Low carbohydrate meals are a great way to reduce your calorie intake and control your weight. It is recommended that an individual on a weight loss program consume 1-2 low carbohydrate meals a day

- Low Carb Scrambled eggs and smoked Salmon** 180
Egg White, Whole Egg and Smoked Salmon
228cals, 8.2g fat, 2g carbs, 37g protein
- Low carb Egg White Omelets** 180
Egg Whites, Ham, Sweet peppers, Spinach, Onion
176cals, 2g fat, 8g carbs, 33g protein

WEIGHT LOSS BREAKFAST SMALL MENU

- Weight loss Scrambled eggs and smoked Salmon** 200
A combination of egg whites, whole eggs and smoked salmon served with whole wheat toast and sweet potato- high in protein and healthy fats to kick start recovery and improve blood flow after your morning workout
430 cals, 10.2g fat, 40.6g carbs, 44.7g protein
- Weight Lose Egg White Omelet** 180
Egg whites cooked sith spinach, ham, onions and sweet peppers served with whole wheat toast and sweet potato-high in protein and low in cholesterol to kick start recovery after your morning workout
369cals, 4.1g fat, 44.8g carbs, 40.2g protein
- Weight Lose Super muesli bowl** 180
Muesli mixed with chia seeds, coconut flakes, crushed almonds, banana and blueberries a breakfast high in antioxidants, fiber and healthy fats to supply you with sustained energy throughout the day
451cals, 19g fat, 58g carbs, 12g protein
- Weight Lose Pick me up Porridge** 180
Porridge mixed with peanut butter, honey, crushed almonds, blueberries and cinnamon- a breakfast high in healthy fats and a mix of low glycemic carbohydrates with some natural sugars to give you a burst of energy to get you through your daily workouts
472cals, 20g fat, 66g carbs, 15g protein

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MENU

WEIGHT LOSS BREAKFAST MEDIUM MENU

- Weight loss Scrambled eggs and smoked Salmon** 240
A combination of egg whites, whole eggs and smoked salmon served with whole wheat toast and sweet potato- high in protein and healthy fats to kick start recovery and improve blood flow after your morning workout
502 cal, 10.4g fat, 57g carbs, 46g protein
- Weight loss Egg White omelette** 220
Egg whites cooked with spinach, ham, onions and sweet peppers served with whole wheat toast and sweet potato- high in protein and low in cholesterol to kick start recovery after your morning workout
455 cal, 4g fat, 65g carbs, 42g protein
- Weight loss Super muesli bowl** 220
Muesli mixed with chia seeds, coconut flakes, crushed almonds, banana and blueberries- a breakfast high in antioxidants, fibre and healthy fats to supply you with sustained energy throughout the day
543 cal, 20g fat, 74g carbs, 14g protein
- Weight loss Pick me up Porridge** 220
Porridge mixed with peanut butter, honey, crushed almonds, blueberries and cinnamon- a breakfast high in healthy fats and a mix of low glycaemic Carbohydrates with some natural sugars to give you a burst of energy to get you through your daily workouts
567 cal, 22g fat, 85g carbs, 17g protein

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MENU

LOW CARB MENU

Low carbohydrate meals are a great way to reduce your calorie intake and control your weight. It is recommended that an individual on a weight loss program consume 1-2 low carbohydrate meals a day

Low carb 4 bean salad	220
Grilled chicken breast, 4 Beans mix, avocado, onion, Spanish, tomato and balsamic dressing. <i>369 cal, 16g fat, 17g carbs, 34g protein</i>	
Low carb Chicken avocado salad	220
Grilled chicken breast, avocado, onion, tomato, cucumber and French dressing. <i>319 cal, 21g fat, 15g carbs, 30g protein</i>	
Low carb Spaghetti bolognese with Konjac	220
Konjac is a natural Japanese plant that is often used as a substitute of noodles or pasta with minimal calories and carbohydrates <i>304 cal, 10g fat, 22g carbs, 30g protein</i>	
Low carb Grilled Sirloin steak with steamed vegetables	320
<i>423 cal, 20.6 g fat , 20g carb, 42g protein</i>	
Low carb Pepper steak with Steamed Vegetables	300
<i>423 cal, 20.6 g fat , 20g carb, 42g protein</i>	
Low carb Grilled or steamed Chicken Breast with Steamed Vegetables	220
<i>392 cal, 16g fat, 20g carb, 44g protein</i>	
Low carb Grilled or steamed salmon Fillet with Steamed Vegetables	250
<i>437 cal, 26g fat, 20g carbs, 33g protein</i>	
Low carb Grilled or steamed Sea bass with Steamed Vegetables	250
<i>337 cal, 14g fat, 20g carbs, 38g protein</i>	
Low carb Grilled Tiger prawn with Steamed Vegetables	380
<i>274 cal, 11g fat, 20g carbs, 28g protein</i>	

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MENU

WEIGHT LOSS SMALL MENU

Weight Loss Quinoa chicken salad	420
A salad made of quinoa, sweet peppers, olives, tomatoes, olives, red onion, feta cheese and grilled chicken breast- Quinoa is high in protein and full of fibre for sustained energy and to maximise muscle recovery <i>476cals,fat- 19g,carbs- 41g,Protein- 34g</i>	
Weight Loss 4 bean salad	220
Salad made of a bean mix, avocado, cherry tomatoes, Spanish onions and grilled chicken breast, served with a balsamic vinegar- a combination of high fiber and healthy fats as well as high protein content of the beans ensures you have a balance of muscle recovery, slow release energy and a healthy gut <i>491 cal,22g fat,45g carbs,43g protein</i>	
Weight Loss Chicken avocado cous cous salad	220
A cous Cous salad served with avocado, cherry tomatoes, cucumbers, Spanish onions, grilled chicken breast and French dressing- This high fibre, high protein meal is perfect for muscle recovery and consistent energy supply <i>450cals,21g fat,43g carbs,35g protein</i>	
Weight Loss Spaghetti Bolognese with Whole wheat pasta	220
<i>478cals,11g fat,63g carbs,37g protein</i>	
Weight Loss Grilled Sirloin steak with steamed vegetables and sweet potato	320
<i>509 cal, 20.6g fat,40g carbs, 42g protein</i>	
Weight Loss Pepper Steak with steamed vegetables and sweet potato	300
<i>509 cal, 20.6g fat,40g carbs, 42g protein</i>	
Weight Loss Grilled or steamed Chicken Breast with Steamed Vegetables and sweet potato	280
<i>478 cal,16g fat,40g carbs,44g protein</i>	
Weight Loss Grilled or steamed salmon Fillet with Steamed Vegetables and sweet potato	300
<i>523cals,26g fat,40g carbs,33g protein</i>	
Weight Loss Grilled or steamed Seabass with Steamed Vegetables and sweet potato	300
<i>423cals,14g fat,40g carbs,38g protein</i>	
Weight Loss Grilled Tiger prawn with Steamed Vegetables and sweet potato	420
<i>360 cal,11g fat,40g carbs,28g protein</i>	

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MENU

WEIGHT LOSS MEDIUM MENU

- Weight Loss Quinoa chicken salad** 450
A salad made of quinoa, sweet peppers, olives, tomatoes, olives, red onion, feta cheese and grilled chicken breast- Quinoa is high in protein and full of fibre for sustained energy and to maximise muscle recovery
587cals,fat- 21g,carbs- 61g,Protein- 38g
- Weight Loss 4 bean salad** 250
Salad made of a bean mix, avocado, cherry tomatoes, Spanish onions and grilled chicken breast, served with a balsamic vinegar- a combination of high fiber and healthy fats as well as high protein content of the beans ensures you have a balance of muscle recovery, slow release energy and a healthy gut
610 cal,20g fat,61g carbs,52g protein
- Weight Loss Chicken avocado cous cous salad** 250
A Cous Cous salad served with avocado, cherry tomatoes, cucumbers, Spanish onions, grilled chicken breast and French dressing- This high fibre, high protein meal is perfect for muscle recovery and consistent energy supply
550cals,22g fat,62g carbs,38g protein
- Weight Loss Spaghetti Bolognese with Whole wheat pasta** 250
550cals,11g fat,76g carbs,40g protein
- Weight Loss Grilled Sirloin steak with steamed vegetables and sweet potato** 340
595cals, 20.6g fat, 60gcarbs, 42g protein
- Weight Loss Pepper Steak with steamed vegetables and sweet potato** 320
595cals, 20.6g fat, 60gcarbs, 42g protein
- Weight Loss Grilled or steamed Chicken Breast with Steamed Vegetables and sweet potato** 320
564cals, 16gfat,60g carbs, 44g protein
- Weight Loss Grilled or steamed salmon Fillet with Steamed Vegetables and sweet potato** 320
599cals,26g fat,60g carbs,33g protein
- Weight Loss Grilled or steamed Seabass with Steamed Vegetables and sweet potato** 320
499cals,14g fat,20g carbs,38g protein
- Weight Loss Grilled Tiger prawn with Steamed Vegetables and sweet potato** 450
446 cal,11g fat,60g carbs,28g protein

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