

Food Menu

המרכז

AMBA

SAUNA | BAR | KITCHEN

Breakfast

Extras - Breakfast

Egg	30
Avocado	85
Bacon	100
Smoked Salmon	125
Cheese	50
Grilled Mushrooms	50
Grilled Tomatoes	50
Tempeh	50




Smashed Avocado & Poached Egg 280

Smashed creamy avocado on a thick slice of toasted sourdough bread topped with poached egg, leafy spring leaves, grilled mushrooms and cherry tomatoes


9g
PROTEIN


39g
CARBS


22g
FATS


380
CALORIES

7% VAT and 10% Service Charge are already included



Eggs Florentine V
300

A classic eggs Florentine made with two poached eggs on a toasted English muffin with cooked spinach and homemade hollandaise sauce

20g PROTEIN 28g CARBS 25g FATS 400 CALORIES



Eggs Benedict V
420

Two poached eggs served on a buttery toasted English muffin with smoked salmon, covered in hollandaise sauce served with grilled asparagus and mushrooms

28g PROTEIN 39g CARBS 26g FATS 475 CALORIES



Egg Muffin V
200

A poached egg inside a toasted English muffin with melted cheddar cheese
 Add Bacon + 100

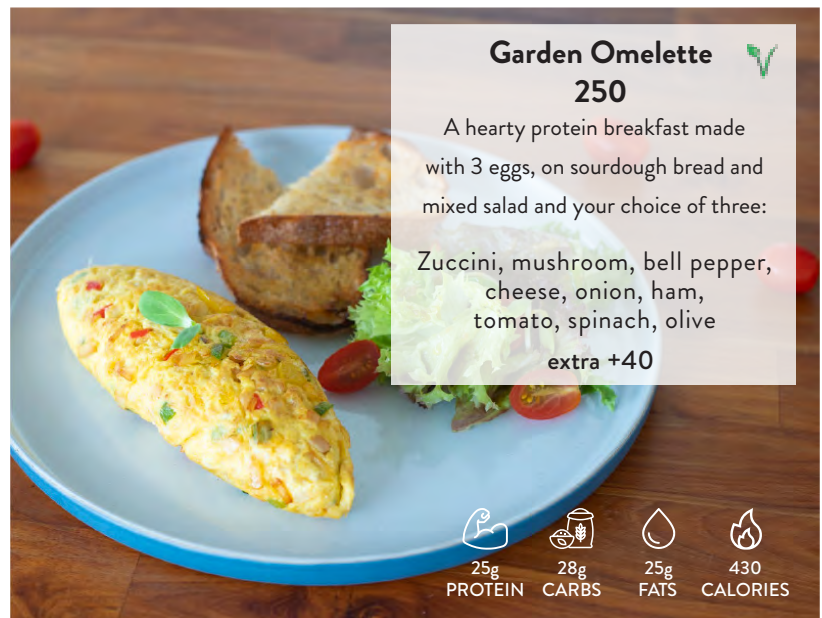
15g PROTEIN 25g CARBS 12g FATS 260 CALORIES



Scrambled Eggs V
200

The best scrambled egg on top of toasted sourdough topped with fresh grilled asparagus and cherry tomatoes

30g PROTEIN 38g CARBS 14g FATS 380 CALORIES



Garden Omelette V
250

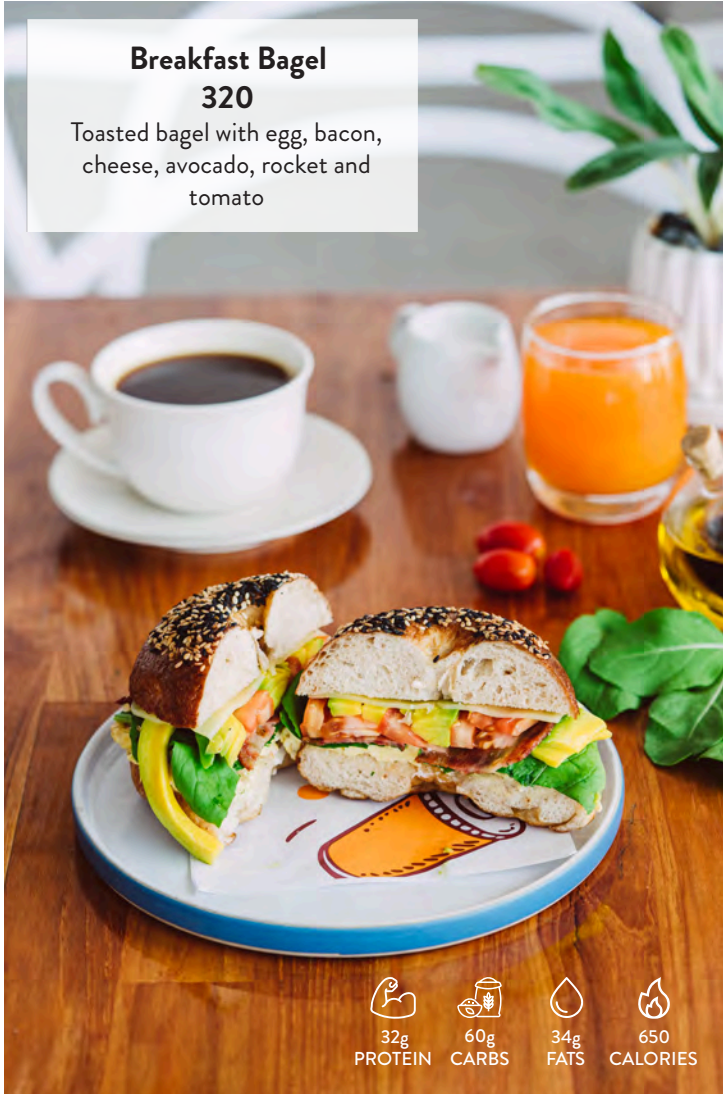
A hearty protein breakfast made with 3 eggs, on sourdough bread and mixed salad and your choice of three:
 Zucchini, mushroom, bell pepper, cheese, onion, ham, tomato, spinach, olive
 extra +40


25g PROTEIN 28g CARBS 25g FATS 430 CALORIES

Breakfast Bagel

320

Toasted bagel with egg, bacon, cheese, avocado, rocket and tomato

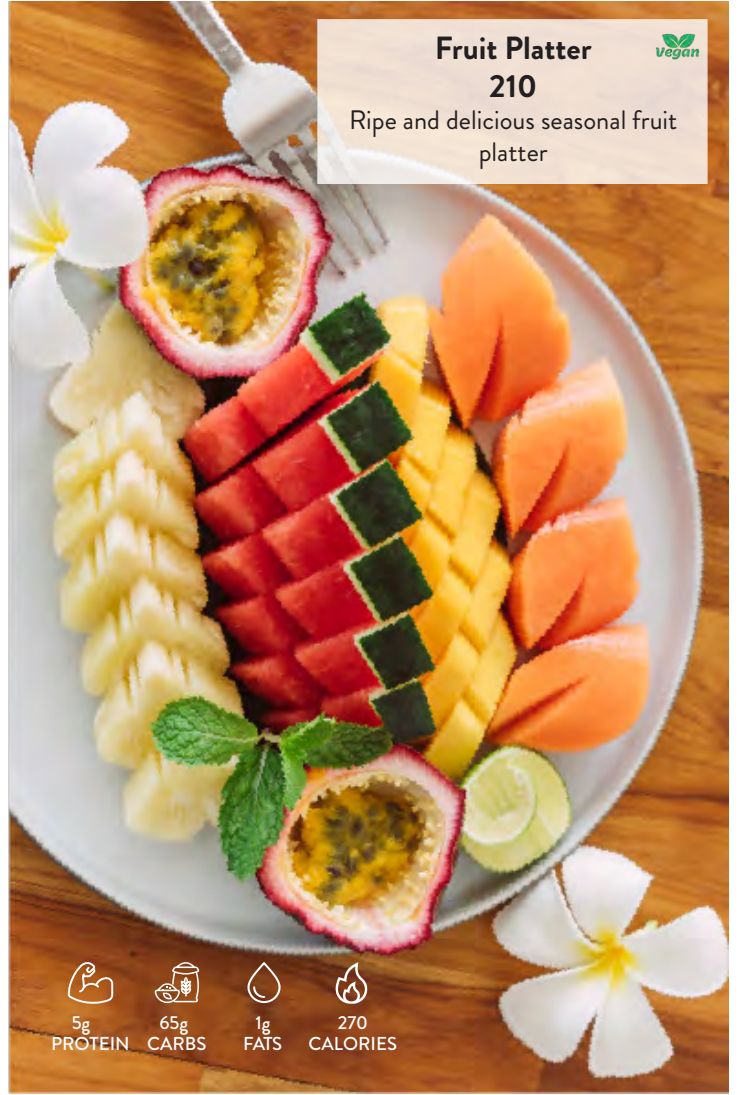


 32g PROTEIN  60g CARBS  34g FATS  650 CALORIES

Fruit Platter

210

Ripe and delicious seasonal fruit platter



 5g PROTEIN  65g CARBS  1g FATS  270 CALORIES

Amba's Pancakes

250

Homemade stacked pancakes served with seasonal fruit, coconut yogurt and maple syrup



 22g PROTEIN  120g CARBS  20g FATS  700 CALORIES

 9g PROTEIN  60g CARBS  6g FATS  300 CALORIES



Yoghurt Granola


240

Homemade crunchy granola served with fresh fruit and your choice of creamy yogurt (Coconut Yoghurt or Dairy Yoghurt)









Superfood Quinoa Porridge
260
 Packed with goodness, oats, quinoa, flax's seed and chia seeds then topped with fresh blueberries, flaked almonds and banana

 18g PROTEIN
 80g CARBS
 20g FATS
 550 CALORIES



Fresh Smoothie Bowls
300
 Mango & Passionfruit Chocolate Berries
 All made with fresh fruit and topped with seasonal fruits, granola and shredded coconut

 10g PROTEIN
 80g CARBS
 6g FATS
 380 CALORIES



Full English Breakfast
420
 Crispy bacon, free-range eggs prepared to your liking, succulent sausage, baked beans, grilled tomato, sautéed mushrooms, hash browns and toast. Includes a coffee of your choice

Small Bites

Prawn Sambal 250

Spicy prawns in roasted chili Sambal sauce served with cucumber and lettuce wraps

 12g
PROTEIN

 1g
CARBS

 2g
FATS

 100
CALORIES

7% VAT and 10% Service Charge are already included



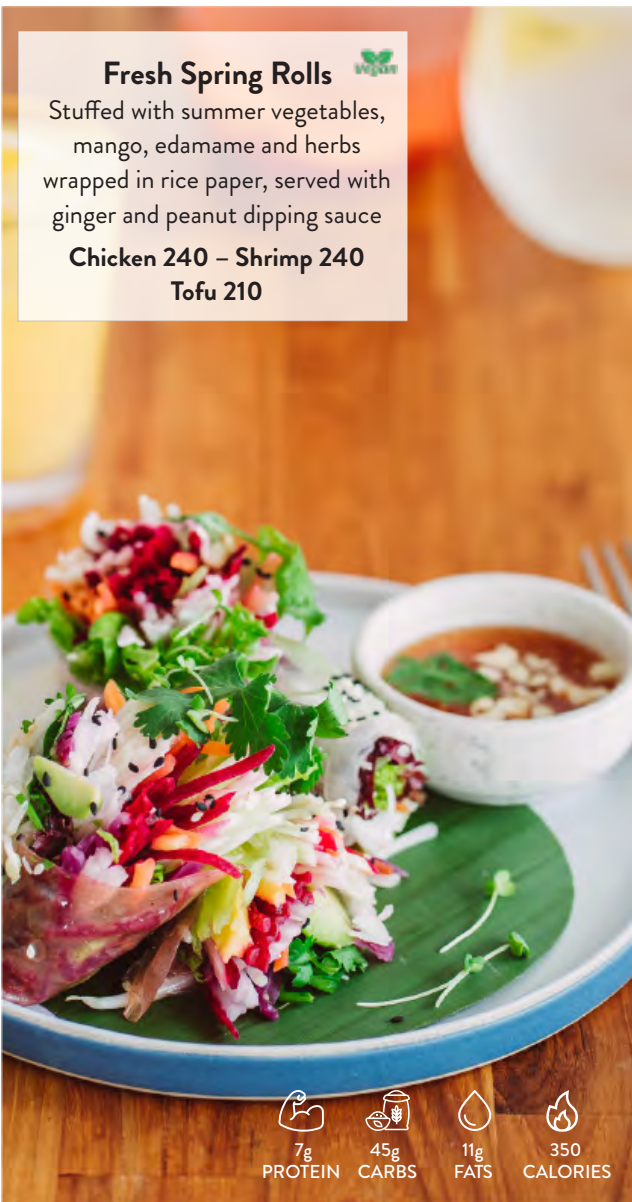
Corn Ribs
230
 Seasoned sweetcorn riblets with Cajun spices and paprika seasoning

10g PROTEIN 55g CARBS 4g FATS 250 CALORIES



13g PROTEIN 26g CARBS 13g FATS 264 CALORIES

Falafel Bites
220
 Homemade falafel with Tahini dip



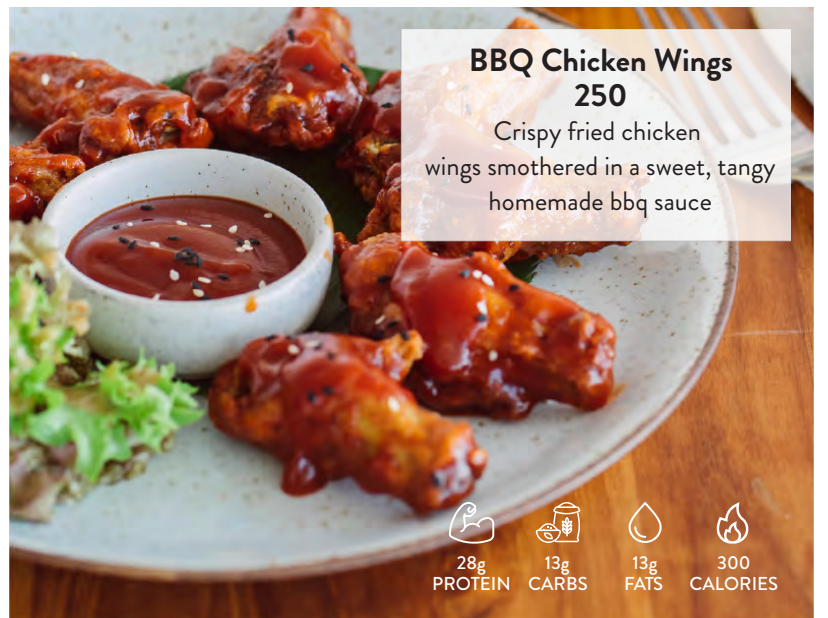
Fresh Spring Rolls
 Stuffed with summer vegetables, mango, edamame and herbs wrapped in rice paper, served with ginger and peanut dipping sauce
Chicken 240 – Shrimp 240
Tofu 210

7g PROTEIN 45g CARBS 11g FATS 350 CALORIES



48g PROTEIN 26g CARBS 81g FATS 530 CALORIES

Deep Fried Chicken Wings
250
 Mouthwatering fried chicken wings served with sweet chili dipping sauce



BBQ Chicken Wings
250
 Crispy fried chicken wings smothered in a sweet, tangy homemade bbq sauce

28g PROTEIN 13g CARBS 13g FATS 300 CALORIES

Hummus and Dips Vegan

220

Mixed vegetable sticks, with tasty homemade hummus and Tzatziki served with warm pita bread



9g PROTEIN 40g CARBS 10g FATS 280 CALORIES

Skin on Fries Vegan

170

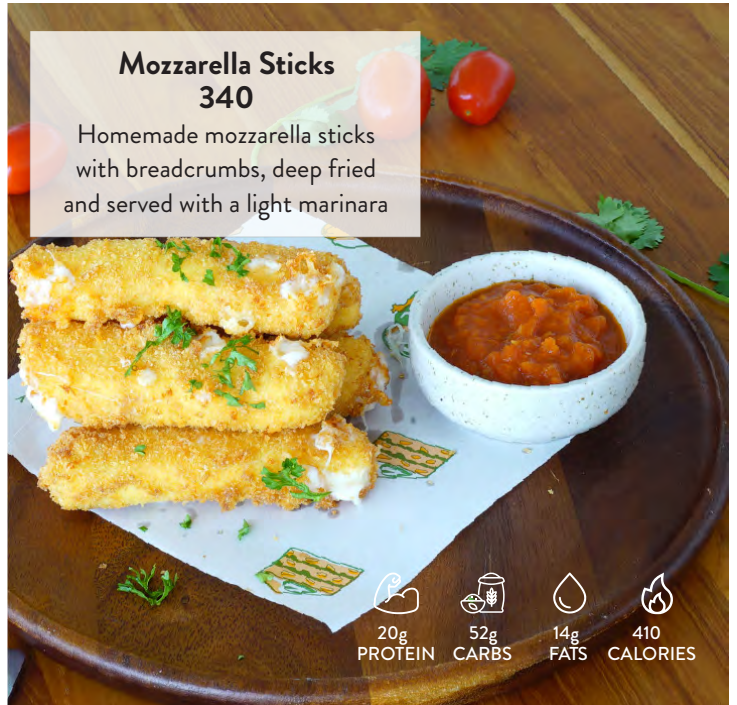
Twice cooked rustic skin on fries served with garlic aioli



8g PROTEIN 67g CARBS 16g FATS 430 CALORIES

Mozzarella Sticks **340**

Homemade mozzarella sticks with breadcrumbs, deep fried and served with a light marinara



20g PROTEIN 52g CARBS 14g FATS 410 CALORIES

Seabass Ceviche **280**

Freshly cured sea bass, green and yellow mango, cucumber, tomato, pomegranate, lime juice and fresh spring onion



30g PROTEIN 9g CARBS 14g FATS 280 CALORIES

Cauliflower Wings Vegan

220

Light and delicious cauliflower wings with a plant based raita





Klong Phai Farm's free-range chickens and eggs are raised in the countryside of Thailand by caring farmers under strict observance of international procedures.

Our chicken and eggs used at Amba samui are free from antibiotics and hormones, organic and free range.
and we wouldnt have it any other way.

No MSG, No added preservatives, No Palm oil, No added sugar, Low salt

Only oils we use are extra virgin olive oil, canola oil and coconut oil



Salads

Roasted Pumpkin Salad 250

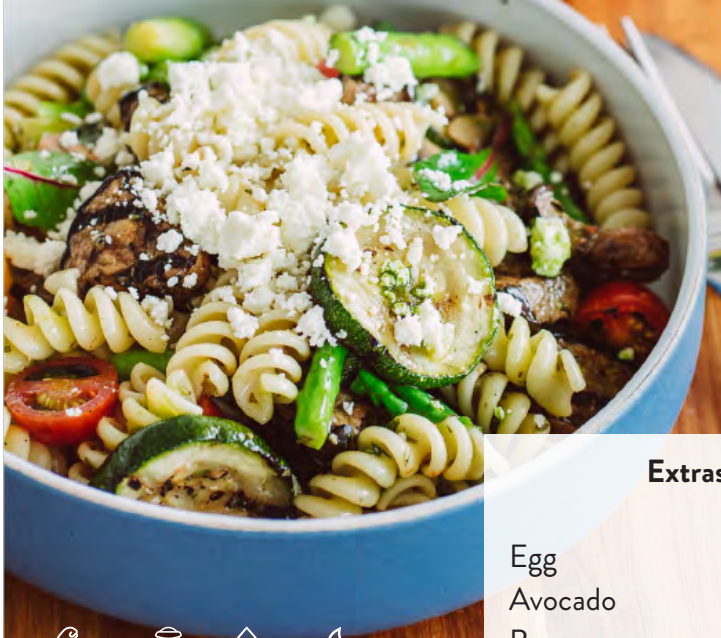
Spice roasted chickpeas and pumpkin mixed with quinoa, fresh leafy salad, pumpkin seeds, tossed together in a lime and coriander dressing

 16g PROTEIN
 58g CARBS
 32g FATS
 570 CALORIES

7% VAT and 10% Service Charge are already included

Roasted Mediterranean Pasta Salad
280

This pasta salad is loaded with marinated roasted veggies, fusilli pasta then tossed with a garlic and herb dressing mixed with rocket



13g PROTEIN 38g CARBS 32g FATS 515 CALORIES

Falafel Salad
280

Homemade crispy falafel balls, with mixed leafy greens, radish, tomatoes, cucumber and homemade tahini dip



16g PROTEIN 38g CARBS 28g FATS 450 CALORIES

Extras – Salads

Egg	30
Avocado	85
Bacon	105
Smoked Salmon	125
Chicken	90
Shrimp	55
Hummus	55
Feta Cheese	50
Falafel (3 pcs)	120
Tempeh	50

11g PROTEIN 42g CARBS 15g FATS 340 CALORIES

11g PROTEIN 20g CARBS 16g FATS 240 CALORIES

Carrot & Harissa Salad
250

Quinoa with baby spinach, crispy mixed veggies, pomegranate seeds, kalamata olives, homemade hummus with a spicy harissa dressing



Avocado, Mango & Prawn Salad
250

Zesty Prawns with Avocado and Mango, spring onion, lettuce, lime and coriander dressing



Buddha Bowl 320

Mixed rice, marinated tofu, avocado, tomato salsa, red cabbage, carrot, edamame, crispy fried onion and with a homemade cashew cream and red pepper tahini

24g PROTEIN 60g CARBS 13g FATS 450 CALORIES

Creamy Greeky Protein Powerball 300

Crisp rocket with cucumber, onion, Kalamata olives, chicken/tempheh, cherry tomatoes and feta cheese with a creamy yogurt homemade dressing

43g PROTEIN 19g CARBS 32g FATS 420 CALORIES

Chicken Caesar Salad 300

A fresh crisp green salad with chicken, crunchy croutons, lardons and parmesan shavings mixed with our signature Caesar dressing

5g PROTEIN 10g CARBS 14g FATS 200 CALORIES

Bigger Bites



Mexican Bowl

Delicious chicken breast served with black beans, avocado, spicy jalapeño, brown rice, corn, pico de gallo and crisp tortilla chips.


Salmon / Chicken / Tofu / Tempeh

400

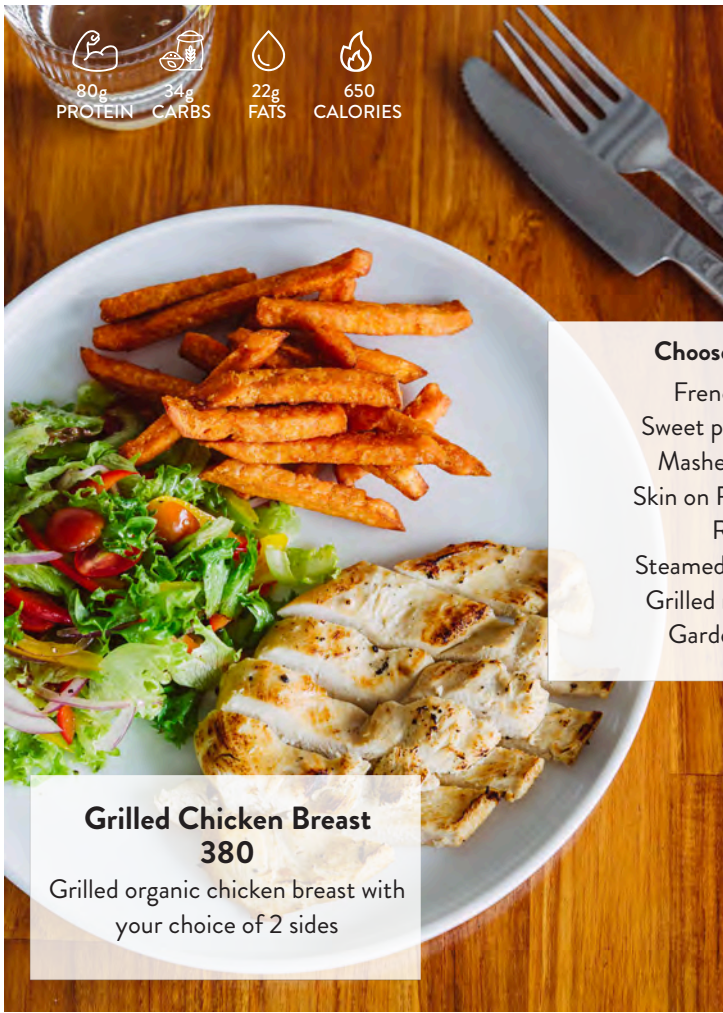

38g
PROTEIN


33g
CARBS


22g
FATS


480
CALORIES

7% VAT and 10% Service Charge are already included



80g PROTEIN 34g CARBS 22g FATS 650 CALORIES

Grilled Chicken Breast 380
Grilled organic chicken breast with your choice of 2 sides

Choose 2 sides:
French fries
Sweet potato fries
Mashed potato
Skin on Rustic Fries
Rice
Steamed mixed veg
Grilled mixed veg
Garden salad



Salmon Fillet 450
Grilled Atlantic salmon fillet with your choice of 2 sides

80g PROTEIN 34g CARBS 22g FATS 650 CALORIES



56g PROTEIN 37g CARBS 8g FATS 460 CALORIES

Tandoori Chicken Skewers 380
Grilled organic chicken breast with marinated with Tandoori spices served with homemade mint raita, mixed salad and pita



Chickpea & Spinach Curry 250
A homemade chickpea and spinach curry on a bed of rice, topped with sliced avocado

58g PROTEIN 58g CARBS 13g FATS 400 CALORIES

Wraps

Falafel Wrap **280**

Homemade falafel and hummus,
mixed with fresh salad and
tzatziki dressing

Spicy Buffalo Wrap **300**

Marinated chicken/tofu, mixed
with crisp salad, topped with
Sriracha, Greek yogurt, garlic
and lemon dressing

Salmon Wrap **300**

Atlantic grilled salmon, fresh
salad with dill and cream cheese



Burgers

Black Angus Beef Burger **450**

Tender beef burger served with melted cheddar cheese, homemade pickles, salad and our signature onion jam.
Served with fries

Peri Peri Chicken Burger **420**

A spicy marinated chicken breast with juicy grilled pineapple, tomato and crispy lettuce. Served with fries and paprika mayo

Plant Based Burger **400**



Plant Based Omni Meat burger with vegan cheese. Pickles, salad and caramelised onion jam.
Served with fries



Thai Food

Massaman Chicken Curry 300

Succulent on the bone chicken thigh in a slow cooked signature Massaman sauce. Served with steamed rice.



30g
PROTEIN



30g
CARBS



35g
FATS



560
CALORIES

7% VAT and 10% Service Charge are already included



Green Curry

Thick and creamy aromatic Thai spicy curry with kaffir lime, green chili, lemongrass, limes and cumin.

Served with steamed rice

Chicken / Shrimp / Tofu

250



28g
PROTEIN



20g
CARBS



8g
FATS



250
CALORIES



Red Curry

This sweet and spicy dish is rich in flavor with shallots, galangal, pineapple and red grapes. Served with steamed rice

Chicken / Shrimp / Tofu

250



26g
PROTEIN



26g
CARBS



8g
FATS



270
CALORIES



36g
PROTEIN



67g
CARBS



21g
FATS



600
CALORIES



13g
PROTEIN



26g
CARBS



13g
FATS



264
CALORIES



Fried Rice

Wok stir fried rice with egg and mixed vegetables

Chicken / Shrimp / Tofu

240



Gai Satay 180

Succulent chicken sticks served with peanut sauce and pickles



Pad Thai 
Stir fried rice noodles with
scrambled egg, peanuts, sprouts
and mixed vegetables
Chicken / Shrimp / Tofu
250

 41g
PROTEIN  54g
CARBS  8g
FATS  460
CALORIES



Pad Kapow 
Spicy stir fried Thai basil with
chilies and garlic, served with rice
and topped with a fried egg
Mushroom / Chicken / Shrimp
250

 35g
PROTEIN  61g
CARBS  7g
FATS  470
CALORIES





 16g
PROTEIN  5g
CARBS  2g
FATS  100
CALORIES

Tom Yam Goong/Gai
300
Thai spicy and sour soup with
prawns or chicken, cooked with
spices and herbs



Spring Rolls 
150
Deep fried vegetable spring rolls
served with a sweet chili dipping
sauce

 35g
PROTEIN  61g
CARBS  7g
FATS  470
CALORIES



Vegetable Noodle Soup



180

A flavorful broth with Thai spices, mixed veggies, and rice noodles. Finished with cilantro, and a squeeze of lime

Som Tam



180

Crisp green papaya, tangy lime, chili, peanuts, shrimp and fresh herbs—a burst of Thai flavors in every bite!

Pizza

Margherita *Cheese and Tomato* 250

Fungi *Mushroom* 280

Fiorentina *Spinach, Olive and Egg* 320

American Hot *Pepperoni and Chilli* 340

Cajun Pollo *Spiced Chicken, Roasted Pepper and Onion* 320

American *Pepperoni* 320

Regina *Ham, Olive and Mushroom* 320



Pasta

Mac N' Cheese 380

Macaroni covered in a velvety cheese sauce, baked to golden perfection. A comforting classic that never fails to satisfy.

Mushroom Alfredo 300

A creamy homemade sauce with your choice of bacon or mushrooms

Pomodoro 300

A delicious rich tomato based sauce with cherry tomatoes, ask your server if you'd like some spice

Pesto Pasta 300

Tender pasta tossed in a rich basil pesto sauce, sprinkled with garlic, pine nuts, and Parmesan cheese

Desserts



Sticky Toffee Pudding 300

A moist sponge cake made with dates, covered in a hot toffee sauce and served with vanilla ice cream

Chocolate Brownie Sundae 260



Crème Brûlée 300

Smooth vanilla custard topped with a caramelized sugar crust. A delightful indulgence in every bite



Mango Sticky Rice 220





WE THINK GREEN



WE HELP THE ENVIRONMENT BY REDUCING
SINGLE USE PLASTIC, RECYCLING AND USING
ORGANIC AND LOCAL FRUIT AND VEGETABLES
WHEREVER POSSIBLE.

