



GIVE IN TO THE TEMPTATION OF GOURMET CUISINE

Without compromising your healthy lifestyle goals. Savor exquisite, nutritionally-balanced dishes featuring fresh, seasonal ingredients and offering memorable dining experiences. De-Light was developed by Sofitel Quiberon Thalassa sea & spa, an expert in nutrition and wellness located on France's Invigorating Atlantic coast. Innovative culinary techniques and an unwavering commitment to refined tastes and textures have inspired low-calorie recipes that will enchant your palate and energize your soul.

BREAKFAST

Serving from 06.00 am - 11.00 am

ASIAN

French-pressed coffee, decaffeinated, leaf teas, sweetener – **0 kcal**

Freshly squeezed fruit juice – **110 kcal**

Orange, watermelon, apple, carrot, tomato

Asian pear, natural yogurt, maple syrup, crushed pistachio – **160 kcal**

Frittata – **120 kcal**

Green shallots, peanut oil, garlic, red pepper, egg and egg whites, bean sprouts, edamame, soy sauce, sesame seeds

Total kcal: 390.0

WESTERN

French-pressed coffee, decaffeinated, leaf teas, sweetener – **0 kcal**

Freshly squeezed fruit juice – **110 kcal**

Orange, watermelon, apple, carrot, tomato

Low fat plain yogurt – **160 kcal**

Fresh strawberries

Frittata – **120 kcal**

Green shallots, peanut oil, garlic, red pepper, egg and egg whites, bean sprouts, edamame, soy sauce, sesame seeds

Omelette – **80 kcal**

Spinach, onion, cherry tomatoes

Total kcal: 313.8

Notice:

The consumption of raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

Pork bacon is available upon request

ALLOW US TO BEST FULFILL YOUR DIETARY PREFERENCES - PLEASE LET ONE OF OUR AMBASSADORS KNOW WHETHER YOU HAVE ANY SPECIFIC DIETARY REQUIREMENTS, FOOD INTOLERANCE OR ALLERGIES.

Price are quoted in "000" Rupiah, subject to 21% service charge and government tax.



CONTINENTAL BREAKFAST (24 HOURS)

FRUIT JUICE

Orange, pineapple, apple, guava, or tomato

YOUR CHOICE OF CEREALS

Rice crispies, corn flakes, bran flakes, chocolate flakes, honey nut crunch served with full cream, low fat, or soya milk

THE FRENCH BAKERY

Croissant, chocolate croissant, artisan apple turnover, baguette

YOUR CHOICE OF BEVERAGES

French-pressed coffee, decaffeinated, espresso, leaf teas, hot chocolate, soya milk, butter milk, hot or cold milk

FRENCH BREAKFAST

FRUIT JUICE

Orange, pineapple, apple, guava, or tomato

YOUR CHOICE OF CEREALS

Rice crispies, corn flakes, bran flakes, chocolate flakes, honey nut crunch served with full cream, low fat, or soya milk

THE FRENCH BAKERY

Croissant, chocolate croissant, artisan apple turnover, baguette

TWO EGGS COOKED YOUR WAY

Sunny side up, soft boiled, poached, scrambled or omelette, classic or egg white, caramelised cherry tomatoes, roasted baby potatoes

YOUR CHOICE OF TWO SIDE DISHES

Pork bacon, beef bacon, turkey ham, chicken or pork sausages, sautéed mushrooms, steamed vegetables

YOUR CHOICE OF BEVERAGES

French press coffee, decaffeinated, espresso, leaf teas, hot chocolate, soya milk, butter milk, hot or cold milk

BALINESE

FRUIT JUICE

Orange, pineapple, apple, guava or tomato

NASI KUNING

Balinese yellow coconut rice, ayam sambal pelalah, telur sambal, perkedel kentang, turmeric and dry coconut

YOUR CHOICE OF BEVERAGES

French press coffee, decaffeinated, espresso, leaf teas, hot chocolate, soya milk, butter milk, hot or cold milk

Pork bacon is available upon request

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BREAKFAST A LA CARTE

VIENNOISERIES

Croissant, Pan Au Chocolat, Pain Au Raisins, Fruit Danish, Baguette, served with butter and jam selection

FRUITS AND CEREALS

CEREALS

Your choice of cereal | Cornflakes, Special K, Coco Pops, All Brand, muesli, served with fresh full cream milk, skim milk, or soya milk

HOMEMADE BIRCHER MUESLI

Fresh apple

SEASONAL SLICED FRUITS AND BERRIES

YOGURTS

PLAIN OR LOW-FAT

Your choice of additions: Banana, apple, strawberries, honey, or maple syrup

FRESHLY SQUEEZED JUICES

APPLE, WATERMELON, OR CARROT

DETOX

carrot, papaya, kale, celery, cabbage, ginger, lemon

ANTI-AGING

tomatoes, parsley, spinach, apple, carrots, celery

ENERGY

apple, orange, pineapple, watermelon, lemon, mint

BREAKFAST SPECIALITIES

EGGS BENEDICT

Two poached eggs, muffins, ham, Hollandaise sauce, chives, cherry tomatoes, asparagus

SMOKED SALMON

Two poached eggs, toasted bagel, cream cheese, red onions, capers, cherry tomatoes and asparagus

SMASHED AVOCADO

2 eggs, poached or fried, cherry tomatoes, feta, capers, sourdough

Pork bacon is available upon request

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BREAKFAST A LA CARTE

SWEET SPECIALITIES

PANCAKE STACK

Fresh cream, maple syrup, strawberries, powdered sugar

CHOCOLATE BRIOCHE FRENCH TOAST

Hazelnut chocolate sauce, banana, fresh cream, powdered sugar

WAFFLES

Blueberry cheesecake sauce, vanilla ice cream, powdered sugar

BREAKFAST EGGS

THREE EGG OMELETTE

Choice of mushrooms, ham, onions, cheese, or capsicums
cherry tomatoes and roasted baby potatoes

*Egg White option available

EGGS ANY STYLE

Two eggs cooked your way, cherry tomatoes, and roasted baby potatoes

SIDES

PORK BACON

BEEF BACON

CHICKEN SAUSAGES

MUSHROOMS

SPINACH

INDONESIAN BREAKFAST SPECIALITIES

LONTONG SAYUR

White chicken curry, rice cake, vegetable coconut gravy, shrimp cracker, potato chips, sambal, and acar

BUBUR AYAM

Chicken rice porridge, fried shallots, spring onions, egg, chili soy, fried soy beans, tongcay, and cak kwe

NASI GORENG

Stir fried rice, chicken and shrimp, fried egg, and prawn crackers

MIE GORENG

Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables and prawn crackers

Pork bacon is available upon request

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ENJOY YOUR DINING EXPERIENCE WITH DE-LIGHT BY SOFITEL

A gastronomic adventure in healthy eating,
De-Light by Sofitel is a pleasurable surprise of refined taste
with the freshest ingredients and tempting flavors.

Developed exclusively by Thalassa Sea & Spa, the recognised
nutrition and wellness experts in France for over 40 years,
De-Light by Sofitel reflects the unique skills of our Sofitel
Chefs in creating an innovative array of well-balanced, low-
calorie, portion controlled meals to help you meet your
health and weight goals in delicious style.

LUNCH - DINNER


Serving from 11.00 am - 11.00 pm

SOUP

ASPARAGUS, POTATO AND PEA SOUP - 143 kcal
Thyme, asparagus, potato, peas, onion, lemon, yogurt, milk

APPETIZERS

TUNA CRUDO - 250 kcal
Yellow fin tuna, edamame, lemon zest, shallots, pistachios, green olives, radish,
wild baby rocket

CORIANDER SALAD - 72 kcal 
Coriander, bean sprouts, daikon radish, toasted peanuts and sesame seeds, shoyu
dressing

MAIN COURSE

GRILLED BARRAMUNDI 245 kcal 
Barramundi, lemon, olives, garlic, broccoli, salsa rosa sauce

DIJON CHICKEN - 399 kcal 
Dijon roasted chicken breast, pesto zucchini pasta, mushrooms, oven dried cherry
tomatoes

DESSERT

ORGANIC CHOCOLATE MOUSSE - 115 kcal  
Dark chocolate and avocado, yogurt foam

FRUITS - 168 kcal 
Orange, pear, banana, lemon, cashews, walnuts, dark chocolate cocoa cream

 Gluten-free  Vegetarian  Vegan

Notice:

For lunch or dinner, the recommendation is not to exceed 800 calories per meal. No bread and butter. No alcohol.
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Pork bacon is available upon request

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SOUPS

SPICED ROASTED PUMPKIN AND COCONUT

Chilli, lemongrass, garlic, ginger, split peas, coconut, and coriander pesto

CHICKEN AND SWEET CORN

Chicken, garlic, sweetcorn, spring onions, soy sauce

SUP KARANGASEM

Turmeric spiced seafood broth with chayote, tomato & cabbage

SALADS

CAESAR SALAD

Romaine lettuce, anchovy, garlic and herb croutons, parmesan, Caesar dressing

LIME POACHED CHICKEN

Romaine lettuce, bean sprouts, coriander, mint, red peppers, chillies, roasted peanuts, and lime ginger peanut butter milk dressing

GADO GADO

Mixed steam vegetables, fried tofu, bean curd, emping cracker, peanut sauce

SLAW SALAD

Shredded chicken, purple and green cabbage, edamame, carrot, apple, mint, coriander, chili, cashew nuts, lime soy, and sesame dressing

ENTRÉE

CALAMARI

Crisp salt and pepper, parsley, garlic, lime, chili, spring onions, lime aioli

TUNA POKE BOWL

Yellow fin, shallots, chilli, tempura coriander, radish, ginger avocado, sesame soy dressing

CRISPY DUCK SPRING ROLLS

Duck, chili, zesty spring rolls, coriander salad, sesame and cayenne barbeque sauce

KOREAN FRIED CHICKEN WINGS

Coriander and sesame salad, spicy sauce

SATE CAMPUR

Chargrilled Indonesian satays, chicken, seafood, beef, peanut sauce, vegetable pickles fried shallot, rice cake

SINGARAJA PORK SATE

Rice cake, crackers, chili relish

CHICKEN OR PORK GYOZA

soy vinegar, pickled ginger & sesame seeds

Pork bacon is available upon request

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MAINS

BEEF BURGER

Beef patty, romaine lettuce, tomato, fried egg, Swiss cheese, beetroot and onion relish, Dijon mustard, onion rings

CHICKEN BURGER

Chicken patty, romaine lettuce, tomato, fried egg, Swiss cheese, cornichon relish, onion rings

CLUB SANDWICH

Chicken, beef bacon, romaine lettuce, tomato, fried egg, mayonnaise, toast bread

BARRAMUNDI

Steamed barramundi, chili, fennel, and mushroom broth

TUNA

Sesame seared tuna, tofu, mixed mushrooms and vegetables, miso broth

PRAWNS

Thai style red prawn curry, rice noodles, red onion, green chili, peanuts

SIRLOIN BEEF

Sliced marinated sirloin, black pepper sauce, potato wedges, Asian greens

LAMB

Sake marinated lamb rack, miso and eggplant puree, steamed bok choy, crispy sesame soba noodles, ginger sauce

HAINANESE CHICKEN RICE

Poached or roasted chicken, chicken broth, fragrant rice, soya, ginger, chili garlic dipping sauce

PORK BELLY

Crispy pork belly, sweet chili, apple slaw, steamed rice, fish lime sauce,

NASI GORENG

Stir fried rice, chicken and shrimp, fried egg, prawn crackers

MIE GORENG

Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables,

Pork bacon is available upon request

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SIGNATURE DISH



AYAM GULING

INDONESIAN TRADITIONAL FOOD

serve for 2

One of the most famous dish in Bali. It's used for special Balinese celebrations or occasions such as wedding and baby's third month blessing.

This culture still continues until today, but the most amazing thing about this Island of The Gods is the fact that the culture acculturated as part of Balinese's tolerance.

Moving to the new era and being in the spirit of togetherness with the world and its many cultures, the famous dish can be substituted using chicken as the main meat or ingredient. It's called "Ayam Guling". This new creation of Ayam Guling gives the chance to the world to experience the exquisite local taste of Bali

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SIGNATURE DISH



BEBEK SUNA CEKUH

INDONESIAN TRADITIONAL FOOD

serve for 2

Presenting our signature Balinese dish 'Bebek Suna Cekuh' from the region of Nusa Dua.

Experience the local taste of aromatic braised duck with spices of Suna Cekuh, served with ketupat and ares soup with Balinese traditional sambal matah and sambal embe.

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SIDES

STIR FRIED GARLIC, BOK CHOY

POACHED ROMAINE LETTUCE, GINGER AND SOY

SOY POACHED EGGS AND BEAN CURD

SCALLION AND EGG FRIED RICE

ASSORTED VEGETABLES, BLACK WOOD FUNGUS, AND WILD MUSHROOMS

HAINANESE RICE

CRISPY EGGPLANT FRIES AND CHILI GARLIC AND LIME AIOLI

SPICED POTATO FRIES AND TOMATO CHILI COMPOTE

DESSERTS

ICE CAMPUR

Jackfruit, kolang kaling, basil seeds, cincau, fresh young coconut, fermented cassava, coconut granita

PURPLE RICE

Chilled, coconut gelato, jackfruit chips

DADAR GULUNG

Chilled pandan crepes, desiccated coconut, kahlua palm sugar sauce

COCOA CAKE

Flourless, sundried fruits, berry coulis, honey and milk gelato

PANDAN MOUSSE

Pandan and coconut mousse cylinder, pandan and coconut anglaise, green apple jelly, caramelised rice, lemongrass sorbet

FRUIT PLATTER

Sweet rujak dipping sauce, spicy plum infused salt

LUPIS

Balinese glutinous rice, ginger flower, grated coconut warm chocolate palm sugar,

CASSAVA

Palm sugar filled fried cassava, raspberry and mango coulis, turmeric coconut sorbet

Pork bacon is available upon request

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