



## 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

270

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, egg whites, bean sprouts, edamame, soy sauce, sesame seeds

**Total kcal: 390.0**

#### WESTERN

300

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, eggs, bean sprouts, edamame soy sauce sesame seeds

Omelette - **80 kcal**

Spinach, onion, cherry tomatoes

**Total kcal: 313.8**

Gluten-free Vegetarian Vegan Pork Nuts Lactose free

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.

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## CONTINENTAL BREAKFAST

220

### FRUIT JUICE

Orange, pineapple, apple, guava, or tomato

### YOUR CHOICE OF CEREALS

Rice crispies, corn flakes, bran flakes, chocolate flakes, served with full cream or 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, buttermilk, hot or cold milk

## FRENCH BREAKFAST

240

### FRUIT JUICE

Orange, pineapple, apple, guava or tomato

### YOUR CHOICE OF CEREALS

Rice crispies, corn flakes, bran flakes, chocolate flakes, 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, caramelized 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, buttermilk, hot or cold milk

## BALINESE

230

### 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

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## BREAKFAST A LA CARTE

### VIENNOISERIES 100

Croissant, pain au chocolat, pain aux raisins, fruit danish, baguette served with butter and jam selection

### FRUITS AND CEREALS 120

#### 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 65

#### PLAIN OR LOW-FAT

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

### FRESHLY SQUEEZED JUICES 90

#### 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

145

#### SMOKED SALMON

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

160

#### SMASHED AVOCADO

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

145

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## BREAKFAST A LA CARTE

### SWEET SPECIALITIES

<b>PANCAKE STACK</b> Fresh cream, maple syrup, strawberries, powdered sugar	110
<b>CHOCOLATE BRIOCHE FRENCH TOAST</b> 🥜 Hazelnut chocolate sauce, banana, fresh cream, powdered sugar	110
<b>WAFFLES</b> Blueberry cheesecake sauce, vanilla ice cream, powdered sugar	110

### BREAKFAST EGGS

<b>THREE EGG OMELETTE</b> Choice of mushrooms, ham, onions, cheese, or capsicums cherry tomatoes and roasted baby potatoes	120
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\*Egg White option available

<b>EGGS ANY STYLE</b> Two eggs cooked your way, cherry tomatoes and roasted baby potatoes	110
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<b>SIDES</b>	55
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PORK BACON  
BEEF BACON  
CHICKEN SAUSAGES  
MUSHROOMS  
SPINACH

### INDONESIAN BREAKFAST SPECIALITIES

<b>LONTONG SAYUR</b> 🌱 White chicken curry, rice cake, vegetable coconut gravy, shrimp cracker, potato chips, sambal and acar	155
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<b>BUBUR AYAM</b> 🌱 Chicken rice porridge, fried shallots, spring onions, egg, chili soy, fried soy beans, tongcay and cak kwe	130
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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 flavours.



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

### LOCAL FLAVOUR

#### APPETIZERS


**SATE CAMPUR**   **145**  
Mix grilled beef, chicken and fish skewer served with peanut sauce and rice cake

**GADO-GADO**   **125**  
Mixed steamed vegetable salad, boiled egg, soybean cake, peanut sauce

**AYAM PELALAH SALAD**   **145**  
Balinese spicy shredded chicken, melinjo crackers

#### SOUP

**GARANG ASEM IGA**  **185**  
Traditional beef ribs soup, belimbing wuluh, green tomato and chili

**SOTO AYAM**  **170**  
Classic Indonesian aromatic soup, shredded chicken, boiled egg, glass noodle, sambal

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## MAIN COURSE

<b>IGA BAKAR KONRO</b>	<b>225</b>
Grilled beef ribs, sweet soya marination, sambal Ijo, steamed rice	
<b>NASI GORENG BUNTUT</b>	<b>185</b>
Beef oxtail fried rice, green chili, crackers emping	
<b>SOP BUNTUT BATAVIA</b>	<b>185</b>
Classic beef oxtail soup, potatoes, leek, carrot, tomato, sambal ijo, steamed rice	
<b>AYAM BETUTU</b>	<b>170</b>
Balinese marinated chicken, cassava leaf, sambal matah, steamed rice	
<b>BEBEK GORENG MADURA</b>	<b>215</b>
Fried marinated duck, crispy galangal, fresh vegetable, sambal bebek, steamed rice	
<b>PEPES IKAN</b>	<b>170</b>
Grilled Balinese marinated fish in banana leaf, turmeric, chili, steamed rice	
<b>BAKMIE GORENG UDANG NUSA</b>	<b>215</b>
Stirfried Hokkien noodle, jumbo tiger prawn, fresh salad, pickle, sambal, emping	
<b>DESSERT</b>	
<b>BUBUR SUMSUM</b>	<b>95</b>
Sweet coconut rice porridge, palm sugar, pandan	
<b>DADAR GULUNG</b>	<b>95</b>
Coconut stuffed crepes, pandan, caramel, coconut ice cream	
<b>ES CAMPUR</b>	<b>105</b>
Mixed fruit, avocado, jack fruit, young coconut, condensed milk, sugar syrup	
<b>SEASONAL SLICED FRUIT</b>	<b>95</b>
Seasonal sliced tropical fruit, lime	

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## ASIAN FLAVOUR

### APPETIZER


**DIM SUM BASKET** 125  
Assorted steamed dim sum, pao, spicy soya

**PLA GOONG**   145  
Spicy Thai shrimp salad, onion, coriander, nam pla sauce

**CRISPY DUCK SPRING ROLL**  165  
Duck, chili, zesty spring roll, coriander salad, sesame cayenne barbeque sauce

### SOUP


**LOBSTER LAKSA** 245  
Singaporean laksa soup, half lobster, coconut broth, chili

**PHO BO**   165  
Vietnamese rice noodle in beef broth, fresh chili, lettuce, lime

**SWEET CORN SOUP**  125  
Chinese style corn soup, scallion, soy sauce

### MAIN COURSE

**PORK RIBS XO SAUCE**   215  
Wok fried pork ribs, pok coy, crispy garlic, XO sauce, steamed rice





**BARRAMUNDI HONGKONG STYLE**  185  
Steamed barramundi, superior sauce, coriander, lime, steamed rice

**SHANGHAI CHILI GARLIC PRAWN**  245  
Stir fried prawn, spicy garlic sauce, spring onion, chili flakes, steamed rice

**BLACK PEPPER BEEF**  195  
Stir fried beef in black pepper sauce, capsicum, onion, steamed rice

**PAD THAI**   185  
Classic stir fried kwetiaw, prawn, bean sprout, fish sauce, tamarind, crushed nuts

**HAINAN CHICKEN RICE**  195  
Poached or roasted chicken, broth, fragrant rice, soya, ginger, garlic, chili garlic dipping sauce

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## SIDES DISHES




GARLIC POK COY 	55
SAUTEED KAILAN 	55
BUTTERED RICE	55
SCALLION EGG FRIED RICE 	55
STEAMED RICE 	45

## DESSERT

MANGO PUDDING	110
Chinese style mango pudding, vanilla crumb	

## INDIAN FLAVOUR

### APPETIZER

SAMOSA CHAAT  	120
Homemade deep-fried samosa, stuffed with potato green peas, mint chutney, yoghurt	
VEGETABLES KEBAB 	110
Deep fried mixed vegetable, mint chutney	
CHICKEN TIKKA	135
Marinated chicken leg, onion, coriander, chutney	

### SOUP

TOMATO DHANIYA SORBA 	110
Rich aromatic Indian soup	

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## MAIN COURSE

<b>BUTTER CHICKEN</b> 🥜	195
Classic Indian chicken curry, tomato butter gravy, paratha	
<b>LAMB ROGANJOSH</b> 🥜	225
Braised lamb with Indian aromatic spices, jeera rice	
<b>GOAN FISH CURRY</b> 🥜	185
Snapper fillet, onion and tomato gravy, coconut milk, mustard seed rice	
<b>PALAK PANEER</b> 🌱 🥜	155
Indian cottage cheese, smooth spinach gravy	
<b>ALOO GOBI MASALA</b> 🌱 🥜	135
Mixed vegetable curry	
<b>DHAL MAKHANI</b> 🌱	135
Indian black lentil with tomato gravy	
<b>JEERA RICE</b> 🌱	60
Steamed Indian rice	
<b>PARATHA</b> 🌱	60

## WESTERN FLAVOUR

### APPETIZER

<b>CHARCUTERIE PLATTER</b> 🐷	245
Pate, terrine, rillettes, homemade cured beef, bread and condiment	
<b>ORGANIC TOMATO AND RICOTTA</b> 🌱 🥜	165
Bedugul organic tomato, sundried tomato jam, soft ricotta, paprika and hazelnut oil	
<b>SMOCKED SALMON CARPACCIO</b>	195
Inhouse smoked salmon carpaccio, horseradish cream, watercress, crunchy garlic bread	
<b>GRILLED JUMBO PRAWN AND AVOCADO</b> 🌱	165
Tiger prawn, avocado and coriander puree, cherry tomato, confit capsicum, balsamic reduction	

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<b>CRISPY CHICKEN CEASAR SALAD</b> 🐷	<b>130</b>
Breaded chicken breast, romaine salad, slow cooked eggs, bacon crumble, brioche thyme croutons	
<b>GARDEN FRESH SALAD</b> 🌿 Ⓞ	<b>120</b>
Shaved vegetable, asparagus, carrot, celery, beetroot, radish, cauliflower, mixed garden leaf	
<b>SOUP</b>	
<b>WILD MUSHROOM CAPPUCINO</b> 🌿	<b>120</b>
Sautéed mushroom, garlic croutons	
<b>LOBSTER AND SAFFRON BISQUE</b>	<b>185</b>
Lobster fricassee, bisque reduction, saffron cloud, crouton thermidor	
<b>GOURMET SANDWICH</b>	
<b>GOURMET BEEF BURGER</b> 🐷	<b>220</b>
Black Angus beef, crispy bacon, tomato, onion ring, lettuce, aged cheddar and smoked paprika, mayo, fries	
<b>HOMEMADE PASTRAMI SANDWICH</b>	<b>195</b>
Beef pastrami, caramelized onions, sauerkraut, melted cheese, bechamel, toasted sourdough, fries	
<b>CLUB SANDWICH</b> 🐷	<b>185</b>
Marinated grilled chicken, crispy bacon, tomato, Iceberg, cheddar cheese, fries	
<b>MAIN COURSE</b>	
<b>3 HOURS BRAISED LAMB SHANK</b>	<b>350</b>
Seared parmesan polenta, Mediterranean ratatouille, lamb jus	
<b>WAGYU BEEF CHEEKS BOURGUIGNON</b>	<b>275</b>
Stewed beef cheek, carrot, mushroom, truffle mashed potato	
<b>PAN SEARED SALMON STEAK</b>	<b>295</b>
Sour dough, local farm asparagus, Grenobloise	
<b>BUTTERED SAFFRON POACHED BARRAMUNDI</b>	<b>270</b>
Grilled zucchini, zucchini puree, saffron reduction	

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## BUTCHERS SIGNATURE

Selection from dry aged beef (base on availability)




<b>Beef Tenderloin 200g</b>	<b>450</b>
<b>Beef Rib Eye 300g</b>	<b>580</b>
<b>Beef Striploin 250g</b>	<b>425</b>
<b>Chinese Roasted Chicken</b>	
¼ Portion	<b>245</b>
½ Portion	<b>325</b>
<b>Chinese Peking Duck</b>	
¼ Portion	<b>325</b>
½ Portion	<b>450</b>
<b>Pork Rack</b>	
3 rack	<b>290</b>
6 rack	<b>465</b>

## SAUCES

Mushroom truffle cream	
Black pepper jus 	
Natural jus 	
Chimichurri 	
Bearnaise	
Gribiche 	

**35**

## SIDE DISHES

Creamy spinach	
Truffle and parmesan potato steak	
Asparagus and mushroom fricassee 	
Grilled baby carrot 	
Potato gratin cassiolette	
Sauteed broccoli persillade 	
Mac and cheese	

**60**

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## DESSERT

<b>CHOCOLATE THEATRE</b> 🍫	<b>125</b>
Chocolate light mousse, hazelnut cremeux, chocolate biscuit	
<b>CHEESE PASSION</b>	<b>135</b>
Cheese cake, passion fruit puree, Britannia biscuit	
<b>CARMELIA</b> 🍫	<b>125</b>
Chocolate snickers, peanut, caramel	
<b>EXOTIC FRUIT PANNACOTTA</b>	<b>125</b>
Coconut cream, pineapple, papaya	
<b>MANGO PARFAIT</b>	<b>125</b>
Mango coulis, crackers, tuille	
<b>CHEESE PLATER</b>	<b>250</b>
The best selection of cheese from import and local producer condiments, bread and assorted crackers	
<b>GELATO</b>	<b>110</b>
4 Selections of gelato and sorbet	

## VEGETARIAN MENU

### APPETIZER

<b>VEGETABLE SPRING ROLL</b> 🌱	<b>110</b>
Javanese vegetable spring roll, sweet chili sauce	
<b>GADO-GADO</b> 🍫 🌱	<b>120</b>
Assorted mixed vegetable, egg, tofu, peanut sauce, crackers melinjo	
<b>OVEN BAKED BEETROOT SALAD</b>	<b>120</b>
Herbed baked beetroot, pomelo, tomato cherry, seared halloumi, mixed baby Bedugul leaf, lemon dressing	
<b>VEGETARIAN CAESAR SALAD</b>	<b>120</b>
Romaine lettuce, fresh time croutons, caesar dressing, parmesan cup	
<b>GREEK SALAD</b>	<b>120</b>
Cucumber, capsicum, heirloom tomato, red onions, feta cheese and fresh coriander	
<b>ORGANIC TOMATO AND RICOTTA</b> 🌱 🍫	<b>165</b>
Bedugul organic tomato, sundried tomato jam, soft ricotta, paprika and hazelnut oil	

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## MAIN COURSE

### INDIAN SPECIALITY (come with naan bread)

**ALOO GOBI ADRAKI** 🥜 **140**  
Potato curry, cauliflower, ginger flavoured

**PALAK PANEER** 🥜 **155**  
Indian cottage cheese cooked with spinach gravy

**YELLOW DAL TADKA** 🥜 **140**  
Indian traditional lentil curry, topped with dry chili and garlic

### CHINESE SPECIALITY

**TOFU AND MUSHROOM STIR FRIED** 🌱 **140**  
Vegan tofu and mixed Chinese mushroom, sesame sauce, steamed rice

**SAUTEED SPRING VEGETABLES** 🌱 **140**  
Mixed of green beans, soya beans, asparagus, baby carrot, roasted sesame sauce

**SWEET CORN SOUP** 🌱 **125**  
Chinese style sweet corn soup, scallion, soy sauce

### WESTERN SPECIALITY

**MUSHROOM RISOTTO WITH TRUFFLE OIL** **160**  
Rich traditional risotto, mixed wild mushroom, white truffle oil

**BUTTERNUT SQUASH RAVIOLI** 🥜 **160**  
Homemade ravioli, roasted and purred butternut squash, shallot in heavy parmesan cream, hazelnut white wine sauce

**VEGETARIAN HACHI PARMENTIER** **160**  
Mediterranean thin ratatouille, mash potato, oven baked gratin, sourdough tartine

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