



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

325

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, edamme, soy sauce, sesame seeds

Total kcal: 390.0

WESTERN

360

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, edamme, 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)

265

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

288

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

280

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 120

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

FRUITS AND CEREALS 145

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 90

PLAIN OR LOW-FAT

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

FRESHLY SQUEEZED JUICES 110

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 175

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

SMOKED SALMON 195

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

SMASHED AVOCADO 175

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

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BREAKFAST A LA CARTE

SWEET SPECIALITIES

PANCAKE STACK Fresh cream, maple syrup, strawberries, powdered sugar	135
CHOCOLATE BRIOCHE FRENCH TOAST Hazelnut chocolate sauce, banana, fresh cream, powdered sugar	135
WAFFLES Blueberry cheesecake sauce, vanilla ice cream, powdered sugar	135

BREAKFAST EGGS

THREE EGG OMELETTE Choice of mushrooms, ham, onions, cheese, or capsicums cherry tomatoes and roasted baby potatoes *Egg White option available	145
EGGS ANY STYLE Two eggs cooked your way, cherry tomatoes, and roasted baby potatoes	135

SIDES

PORK BACON BEEF BACON CHICKEN SAUSAGES MUSHROOMS SPINACH	70
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INDONESIAN BREAKFAST SPECIALITIES

LONTONG SAYUR White chicken curry, rice cake, vegetable coconut gravy, shrimp cracker, potato chips, sambal, and acar	190
BUBUR AYAM Chicken rice porridge, fried shallots, spring onions, egg, chili soy, fried soy beans, tongcay, and cak kwe	160
NASI GORENG Stir fried rice, chicken and shrimp, fried egg, and prawn crackers	220
MIE GORENG Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables and prawn crackers	220

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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 115
Thyme, asparagus, potato, peas, onion, lemon, yogurt, milk

APPETIZERS

TUNA CRUDO - 250 kcal 150
Yellow fin tuna, edamame, lemon zest, shallots, pistachios, green olives, radish,
wild baby rocket

CORIANDER SALAD - 72 kcal  120
Coriander, bean sprouts, daikon radish, toasted peanuts and sesame seeds, shoyu
dressing

MAIN COURSE

GRILLED BARRAMUNDI 245 kcal  325
Barramundi, lemon, olives, garlic, broccoli, salsa rosa sauce

DIJON CHICKEN - 399 kcal  295
Dijon roasted chicken breast, pesto zucchini pasta, mushrooms, oven dried cherry
tomatoes

DESSERT

ORGANIC CHOCOLATE MOUSSE - 115 kcal   110
Dark chocolate and avocado, yogurt foam

FRUITS - 168 kcal  95
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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SOUPS

SPICED ROASTED PUMPKIN AND COCONUT Chilli, lemongrass, garlic, ginger, split peas, coconut, and coriander pesto	140
CHICKEN AND SWEET CORN Chicken, garlic, sweetcorn, spring onions, soy sauce	115
SUP KARANGASEM Turmeric spiced seafood broth with chayote, tomato & cabbage	115

SALADS

CAESAR SALAD Romaine lettuce, anchovy, garlic and herb croutons, parmesan, Caesar dressing	155
LIME POACHED CHICKEN Romaine lettuce, bean sprouts, coriander, mint, red peppers, chilies, roasted peanuts, and lime ginger peanut butter milk dressing	200
GADO GADO Mixed steam vegetables, fried tofu, bean curd, emping cracker, peanut sauce	145
SLAW SALAD Shredded chicken, purple and green cabbage, edamame, carrot, apple, mint, coriander, chili, cashew nuts, lime soy, and sesame dressing	175

ENTRÉE

CALAMARI Crisp salt and pepper, parsley, garlic, lime, chili, spring onions, lime aioli	215
TUNA POKE BOWL Yellow fin, shallots, chilli, tempura coriander, radish, ginger avocado, sesame soy dressing	200
CRISPY DUCK SPRING ROLLS Duck, chili, zesty spring rolls, coriander salad, sesame and cayenne barbeque sauce	200
KOREAN FRIED CHICKEN WINGS Coriander and sesame salad, spicy sauce	225
SATE CAMPUR Chargrilled Indonesian satays, chicken, seafood, beef, peanut sauce, vegetable pickles fried shallot, rice cake	175
SINGARAJA PORK SATE Rice cake, crackers, chili relish	140
CHICKEN OR PORK GYOZA soy vinegar, pickled ginger & sesame seeds	145

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MAINS

BEEF BURGER Beef patty, romaine lettuce, tomato, fried egg, Swiss cheese, beetroot and onion relish, Dijon mustard, onion rings	265
CHICKEN BURGER Chicken patty, romaine lettuce, tomato, fried egg, Swiss cheese, cornichon relish, onion rings	185
CLUB SANDWICH Chicken, beef bacon, romaine lettuce, tomato, fried egg, mayonnaise, toast bread	210
BARRAMUNDI Steamed barramundi, chili, fennel, and mushroom broth	325
TUNA Sesame seared tuna, tofu, mixed mushrooms and vegetables, miso broth	255
PRAWNS Thai style red prawn curry, rice noodles, red onion, green chili, peanuts	325
SIRLOIN BEEF Sliced marinated sirloin, black pepper sauce, potato wedges, Asian greens	415
LAMB Sake marinated lamb rack, miso and eggplant puree, steamed bok choy, crispy sesame soba noodles, ginger sauce	470
HAINANESE CHICKEN RICE Poached or roasted chicken, chicken broth, fragrant rice, soya, ginger, chili garlic dipping sauce	235
PORK BELLY Crispy pork belly, sweet chili, apple slaw, steamed rice, fish lime sauce,	335
NASI GORENG Stir fried rice, chicken and shrimp, fried egg, prawn crackers	215
MIE GORENG Stir fried noodles, scrambled eggs, chicken and shrimp, vegetables,	215

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SIGNATURE DISH



AYAM GULING

INDONESIAN TRADITIONAL FOOD

IDR 390 NET

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

IDR 450 NET

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	75
POACHED ROMAINE LETTUCE, GINGER AND SOY	75
SOY POACHED EGGS AND BEAN CURD	75
SCALLION AND EGG FRIED RICE	75
ASSORTED VEGETABLES, BLACK WOOD FUNGUS, AND WILD MUSHROOMS	75
HAINANESE RICE	75
CRISPY EGGPLANT FRIES AND CHILI GARLIC AND LIME AIOLI	75
SPICED POTATO FRIES AND TOMATO CHILI COMPOTE	75

DESSERTS

ICE CAMPUR Jackfruit, kolang kaling, basil seeds, cincau, fresh young coconut, fermented cassava, coconut granita	85
PURPLE RICE Chilled, coconut gelato, jackfruit chips	85
DADAR GULUNG Chilled pandan crepes, desiccated coconut, kahlua palm sugar sauce	85
COCOA CAKE Flourless, sundried fruits, berry coulis, honey and milk gelato	85
PANDAN MOUSSE Pandan and coconut mousse cylinder, pandan and coconut anglaise, green apple jelly, caramalised rice, lemongrass sorbet	85
FRUIT PLATTER Sweet rujak dipping sauce, spicy plum infused salt	85
LUPIS Balinese glutinous rice, ginger flower, grated coconut warm chocolate palm sugar,	85
CASSAVA Palm sugar filled fried cassava, raspberry and mango coulis, turmeric coconut sorbet	85

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