



CLUBHOUSE MENU A LA CARTE



MARALEINA

SPORTS | KOH
RESORT | SAMUI

CLUBHOUSE
MENU
A LA CARTE



Welcome to the Clubhouse at Maraleina Sports Resort, where flavor and fitness come together in every dish. Inspired by our Executive Chef Eddy's dedication to nutrition and authentic, local flavors, as well as our Holistic Consultant Chef Jamie's passion for nourishing cuisine, our menu is designed to fuel your body, delight your taste buds, and support your fitness journey—whether you're gearing up for a workout, recovering after training, or simply enjoying a wholesome meal.

We prioritize sustainability by sourcing seasonal, local ingredients, with as much of our produce harvested fresh from our on-site organic garden. Rooted in balance and mindful nutrition, our offerings range from vibrant, nutrient-dense bowls to protein-packed power meals and thoughtfully crafted plant-based options. Each dish reflects our belief that healthy eating should be both satisfying and exciting, blending bold flavors with nourishing ingredients to create a memorable dining experience.

Enjoy a meal that fuels not just your body, but your passion for movement and well-being. Welcome to a new way of dining—one that's as energizing as it is delicious!



A SPORTS AND LIFESTYLE DESTINATION TO TRAIN, PERFORM, EXPERIENCE, PLAY, AND HOLIDAY

Maraleina Sports Resort offers an inspiring and vibrant environment, surrounded by nature just steps from the beach. Spanning 120 Rai (47 acres), the resort is perfect for athletes and families seeking exciting activities such as football, squash, fitness, and rejuvenation in our plunge pool or sauna.

ABOUT OUR CHEFS

Itthiporn Christ Choungsomboon (Eddy)

EXECUTIVE CHEF

Of half German and half Thai descent Executive Chef Eddy spent a major part of his life in Germany and Hungary. During this time, he trained in Nutritional Science, honing his culinary expertise in various European kitchens. Among these was the Munich Four Seasons, where he served as Executive Sous Chef, specializing in French, Traditional Bavarian, and his unique Fusion cuisine. His passion for crafting healthy menus was furthered by his work at several wellness hotels in Bavaria.

In 2010, Chef Eddy decided to delve into his Thai heritage. He moved to Thailand, where he utilized his vast experience and expertise to fuel his passion for healthy cuisine and dietetics, and the promotion of local plants, cultural diversity, and sustainability. His journey in Thailand allowed him to integrate these principles into his culinary creations, enriching his approach and resulting in innovative and nourishing menus.

Today, Chef Eddy brings his extensive experience and passionate dedication to enhancing healthy dining options at Maraleina Sports Resort, while maintaining an authentic flavor.



Jamie Raftery

HOLISTIC CHEF CONSULTANT

Originally from Galway in the West of Ireland, Chef Jamie began his culinary studies and career there. He later moved to England, where he was invited to Dorset to work alongside Ian Webber in pursuit of gaining a Michelin star. Five years later, Chef Jamie won The Gordon Ramsay Scholarship. Over the next decade, he perfected his craft under the mentorship of renowned chefs Michael Caines, Thomas Keller, Corey Lee, Rasmus Kofoed, and Heston Blumenthal. Following this, Jamie has honed his culinary skills in Michelin-starred kitchens for the majority of his career, including The French Laundry, ranked as the world's number one restaurant. Currently, he lives and cooks between Europe and Asia.

Jamie, our dynamic consultant chef, is the creative force behind the Maraleina Sports Resort menu concept. He brings his extensive expertise in sports, health, and plant-based cuisine to life, passionately training and inspiring our team with his innovative culinary vision. We greatly appreciate your contributions, Jamie.

BREAKFAST

CLUBHOUSE MENU

SERVED FROM 7:00 AM - 11:00 AM



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฿250

ENGLISH BREAKFAST

Experience the hearty flavors of our traditional english breakfast, featuring eggs cooked to your liking, bacon, sausage, grilled tomatoes, mushrooms, baked beans, and toast.



฿200

AVOCADO TOAST

Creamy avocado spread on toasted whole grain bread, topped with a sprinkle of sea salt and a hint of lemon. A simple yet delicious classic.



฿180

SCRAMBLED TOFU (Vegan)

A nutritious dish featuring crumbled tofu sautéed with onions, bell peppers, and a touch of turmeric.



฿160

FRUIT & YOGURT

Start your day with a refreshing combination of fresh, seasonal fruits and cashew nuts with creamy yogurt. A light and nutritious choice.

BREAKFAST

CLUBHOUSE MENU

SERVED FROM 7:00 AM - 11:00 AM



฿180

MUESLI & YOGURT

A blend of crunchy muesli, creamy yogurt, and tropical fruits in our muesli & yogurt bowl. Topped with diced mango and pineapple and with honey.



฿180

BIRCHER MUESLI

A classic Swiss breakfast with our bircher muesli, made with rolled oats, grated apple, yogurt, and a sprinkle of nuts and seeds. A wholesome and satisfying start to your day.



฿180

GRANOLA & YOGURT

Enjoy a delightful combination of crunchy granola and creamy yogurt, topped with seasonal fruits and a drizzle of honey.



฿200

BANANA & OAT PANCAKE

A wholesome breakfast featuring fluffy pancakes made with ripe bananas, oats, and a touch of vanilla, served with a drizzle of honey.

BREAKFAST

SERVED FROM 7:00 AM - 11:00 AM

CLUBHOUSE MENU

CHEF SUGGESTION ✦



฿240

POACHED EGG AVOCADO & SMOKED SALMON

Creamy mashed avocado spread on golden toasted ciabatta, layered with slices of delicate smoked salmon, and topped with a poached egg. Finished with a sprinkle of fresh dill.



฿240

EGGS BENEDICT

The classic eggs benedict, featuring poached eggs and savory ham on a toasted ciabatta, topped with rich hollandaise sauce.



฿180

JASMINE RICE CONGEE WITH CHICKEN & EGG

A comforting bowl of jasmine rice congee; a creamy blend of jasmine rice topped with tender chicken slices, a soft-boiled egg, and garnished with fragrant ginger and green onion.



SALADS & BOWLS

CLUBHOUSE MENU

CHEF SUGGESTION ✦



CEASAR SALAD WITH GRILLED CHICKEN BREAST

Enjoy a classic caesar salad, featuring grilled chicken breast atop crisp romaine lettuce, parmesan cheese, crunchy croutons, anchovies, and our signature caesar dressing.



GREEK SALAD

Savor the mediterranean flavors of our greek salad, a refreshing blend of crisp cucumbers, juicy tomatoes, bell peppers, olives, and creamy feta cheese, tossed in a zesty dressing.



MEXICAN BEAN SALAD

Discover our vibrant mexican bean salad, featuring tender beans mixed with diced cucumber, cherry tomatoes, bell pepper, corn, and fresh coriander.



MIXED GREEN SALAD

Enjoy our colorful mixed green salad, featuring a mix of lettuces, combined with cucumber, cherry tomatoes, carrot, bell pepper, onion, red radish, asparagus, and broccoli.

CHEF SUGGESTION ✦



NICOISE SALAD

A vibrant mix of salad leaves, green beans, potato, cherry tomatoes, and olives, all tossed in a zesty dressing. Topped with grilled tuna saku and sliced hard-boiled egg.

SALADS & BOWLS

CLUBHOUSE MENU



฿280

SHRIMP COBB SALAD

A flavorful combination of grilled shrimp, hard-boiled eggs, avocado, corn, cherry tomatoes, cucumber, and shallots, all beautifully arranged on a bed of crisp oak leaves.



CHEF SUGGESTION ✦

฿320

TUNA POKE BOWL

A vibrant bowl featuring sushi rice topped with fresh diced tuna, avocado, cucumber, edamame, carrot, and radish, drizzled with a flavorful sauce, garnished with green onions, sesame seeds, nori strips, and pickled ginger.



CHEF SUGGESTION ✦

฿300

BUDDHA BOWL (Vegan)

Go vegan with this nutrient dense bowl, loaded with tofu, quinoa, chickpeas, avocado and much more, all tossed in our Asian inspired sesame dressing.

SANDWICHES & WRAPS

CLUBHOUSE MENU



SANDWICHES

CLUBHOUSE MENU

(SERVED WITH YOUR CHOICE OF FRIES OR SALAD)

B.L.T. SANDWICH

Enjoy the classic combination of crispy bacon, fresh lettuce, and juicy tomatoes, layered on toasted bread with a touch of mayonnaise.

CHEF SUGGESTION ✦



฿200



฿260

CLUB SANDWICH

Enjoy our classic club sandwich, stacked high with layers of roasted honey ham, crispy bacon, fresh lettuce, ripe tomato, and creamy mayonnaise, all sandwiched between three slices of toasted bread. A timeless favorite.



฿150

GRILLED HAM & CHEESE TOASTIE

Our grilled ham & cheese toastie features chicken ham, cheddar cheese, and tomato slices grilled between olive oil-brushed bread.



฿240

TUNA BAGUETTE

A delightful combination of tuna, diced vegetables, and a creamy mayonnaise dressing, stuffed into warm pita bread pockets.



฿250

FALAFEL & HUMMUS PITA BREAD

Enjoy the Mediterranean flavors of our falafel & hummus pita bread, featuring crispy falafel balls, creamy hummus, fresh vegetables, and a drizzle of tahini sauce. Served with pita to complete the experience.



฿280

BEEF BURRITO

Explore the flavors of Mexico with our beef burrito, featuring tender beef, seasoned rice, black beans, cheddar cheese, guacamole, sour cream, salsa, and lettuce wrapped in a warm flour tortilla.



฿260

CHICKEN BURRITO

Our chicken burrito features tender chicken, seasoned rice, black beans, cheddar cheese, guacamole, sour cream, salsa, and lettuce wrapped in a warm flour tortilla.



BURGERS

(SERVED WITH YOUR CHOICE OF FRIES OR SALAD)

CLUBHOUSE MENU

CHEF SUGGESTION ✦



฿240

CHICKEN BURGER

Indulge in our succulent chicken burger, featuring a perfectly seasoned chicken patty, topped with crisp lettuce, juicy tomato, creamy mayonnaise, and zesty pickles, all nestled in a soft bun.



฿300

SALMON STEAK BURGER

Juicy salmon steak with cheese, lettuce, tzatziki, orange sauce, and shallots on a toasted bun. Served with ketchup, mustard, lettuce, gherkin.



฿280

HAMBURGER

A juicy burger patty topped with melted cheese, crispy bacon, mushrooms, and onions. Served on a toasted bun with ketchup, mustard, lettuce, and gherkin.



CHEF SUGGESTION ✦

฿240

VEGAN BEETROOT BEAN BURGER

Discover our vibrant vegan beetroot bean burger, a plant-based delight bursting with flavor and nutrition.



PIZZA MARGHERITA

Enjoy the classic flavors of Italy with our pizza margherita. Made with fresh pizza dough, savory sauce, creamy mozzarella, and topped with sliced tomatoes and fresh basil.



฿220



฿280

PIZZA HAWAIIAN

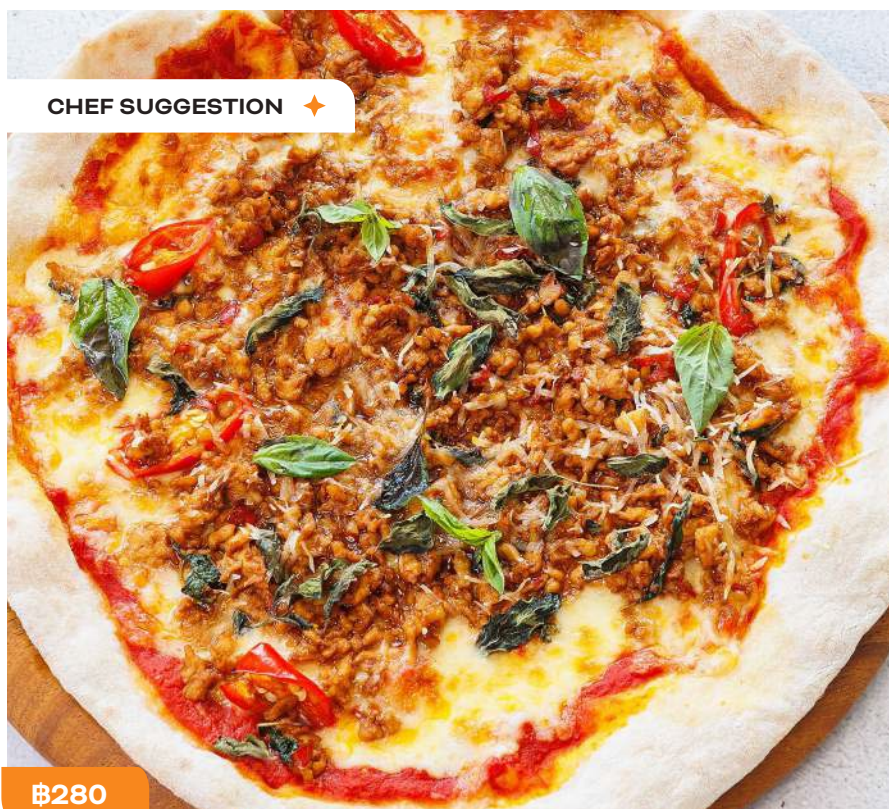
Transport yourself to the tropics with this classic pizza topped with slices of chicken ham, pineapple, cherry tomatoes, and gooey mozzarella cheese, all baked to perfection.

PIZZA MEDITERRANEAN

A delightful combination of fresh dough topped with pizza sauce, cheese, and your choice of Mediterranean toppings, baked to perfection. Garnished with fresh basil leaves for a burst of flavor.



฿260



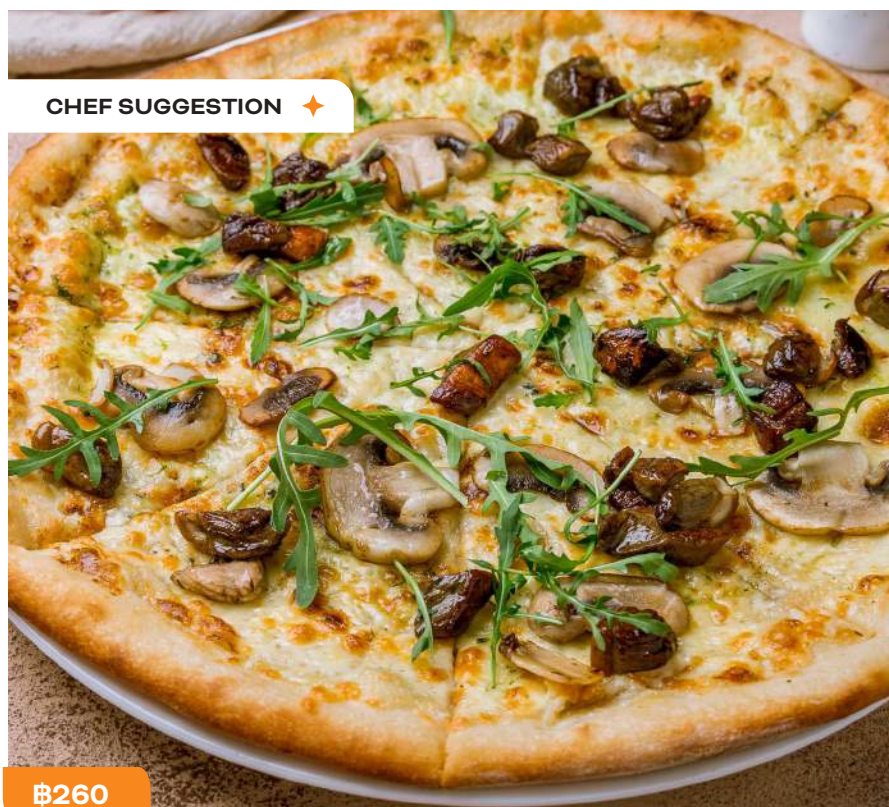
PIZZA PAD KRA PRAO

A fiery twist on a classic! This bold fusion pizza brings together the rich, cheesy goodness of Italian pizza with the spicy, aromatic punch of Thailand's beloved pad kra prao.

A must try for those with a sense of adventure!

PIZZA FUNGI

Savor the earthy flavors of our pizza fungi, topped with rich mozzarella cheese, hearty brown mushrooms, shiitake mushrooms, and a hint of thyme, finished with a drizzle of luxurious truffle oil.







฿200

NAPOLITANA

Al dente pasta and a rich tomato sauce, infused with garlic, onion, leek, thai celery, and sweet basil.



฿250

CARBONARA

Pasta tossed in a creamy sauce made with bacon, garlic, onions, and parmesan cheese, finished with a rich egg yolk, and seasoned with black pepper.



฿250

BOLOGNESE

Classic pasta served with a rich bolognese sauce, made with minced beef, tomatoes, herbs, and spices, topped with parmesan cheese.



฿320

SEAFOOD MARINARA

Pasta in a savory tomato sauce with white prawns, squid, and mussels, seasoned with lemon juice and fresh parsley.



฿220

VEGETARIAN PESTO

A fresh and flavorful classic! Al dente pasta tossed in vibrant basil pesto loaded with seasonal vegetables and seasoning.



THAI KITCHEN SOUPS

CLUBHOUSE MENU

THAI COCONUT SOUP WITH CHICKEN

TOM KHA GAI

A fragrant and comforting soup made with tender chicken, mushrooms, tomatoes, and shallots in a creamy coconut milk broth infused with lemongrass, galangal, and kaffir lime leaves.

CHEF SUGGESTION ✦



฿180

THAI SPICY SEAFOOD SOUP

TOM YUM TALAY

A delightful and aromatic soup featuring a medley of mixed seafood, tomatoes, and shallots in a spicy vegetable broth infused with lemongrass, galangal, and kaffir lime leaves.

CHEF SUGGESTION ✦

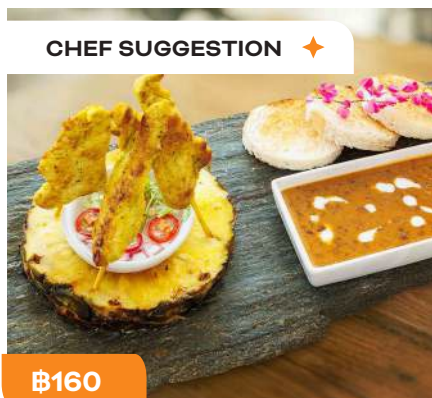


฿240

THAI KITCHEN APPETIZERS + SALADS

CLUBHOUSE MENU

CHEF SUGGESTION ✦



฿160

SIAMESE CHICKEN SATAY

SATAY GAI

Tender chicken strips marinated in a flavorful blend of coconut milk, curry powder, garlic, lemongrass, coriander, kaffir lime leaves, salt, and pepper.

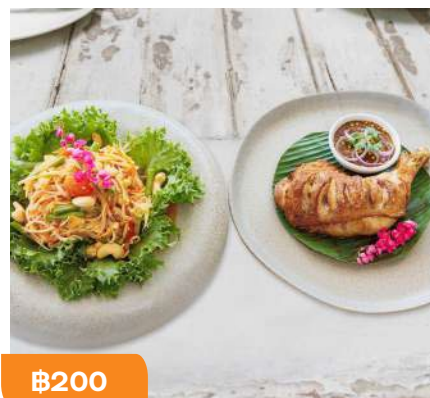


฿140

VEGETABLE SPRING ROLLS

POH PIAH PAK

Crispy, golden-brown rolls filled with a savory mix of shredded cabbage, carrots, mushrooms, and glass noodles, seasoned with garlic, soy sauce, and spring onions.



฿200

PAPAYA SALAD WITH GRILLED CHICKEN

SOM TAM GAI YAANG

A colorful mix of shredded papaya, long beans, cherry tomatoes, and cucumber, tossed in a zesty dressing. Topped with grilled chicken breast slices and crushed peanuts.



฿200

THAI SPICY SEAFOOD SALAD

YUM TALAY

A tantalizing blend of prawns, squids, and mussels, cooked to perfection and combined with diced tomatoes, thinly sliced shallots, Thai celery, and sliced crab sticks. Tossed in a spicy salad dressing and topped with roasted peanuts for an added crunch.

THAI SPICY PORK SALAD

YUM MOO

A zesty and flavorful salad featuring thinly sliced grilled pork neck marinated in a blend of soy sauce, garlic, and spices. Tossed with chopped chili, cucumber, spring onion, Thai celery, tomato, and torn green oak leaves.



฿280

THAI KITCHEN MAINS

CLUBHOUSE MENU

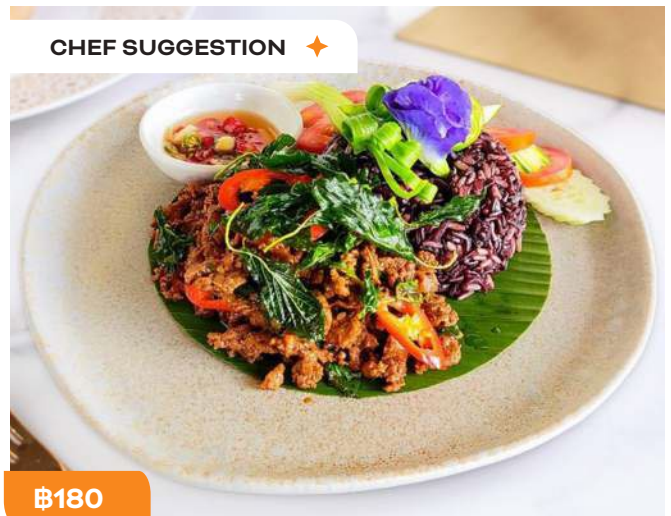


฿140

STIR-FRIED CHICKEN WITH BASIL LEAF

PAD KRA PROW GAI

Tender chicken breast strips cooked with garlic, chili, and fresh basil leaves in a savory sauce. Served with steamed rice.



฿180

STIR-FRIED BEEF WITH BASIL LEAF

PAD KRA PROW NUA

Juicy beef stir-fried with fragrant basil leaves, garlic, and chili, served over steamed barley rice. A classic Thai dish with a perfect balance of savory, spicy, and aromatic flavors.



฿160

STIR-FRIED PORK WITH BASIL LEAF

PAD KRA PROW MOO

Juicy pork stir-fried with fragrant basil leaves, garlic, and chili, served over steamed barley rice. A classic Thai dish with a perfect balance of savory, spicy, and aromatic flavors.



฿140

STIR-FRIED CHICKEN WITH GARLIC AND PEPPER

GAJ PAD KRATIAM PRIK THAI

This popular Thai dish features crispy fried chicken coated in a flavorful garlic & pepper, soy sauce for its rich aromatic blend of taste, mixed with rice to fill your belly!

THAI KITCHEN MAINS

CLUBHOUSE MENU



฿160

STIR-FRIED CHICKEN WITH CASHEW NUT

GAJ PAD MED MAMUANG

Tender chicken breast slices stir-fried with crunchy cashew nuts, bell peppers, onions, carrots, and mushrooms. Seasoned with a savory blend of soy sauce, oyster sauce and ketchup.



฿120

FRIED BARLEY RICE WITH VEGETABLES

KHAO PAD PAK

A flavorful blend of mixed vegetables and fluffy rice stir-fried to perfection for a delicious and nutritious meal.

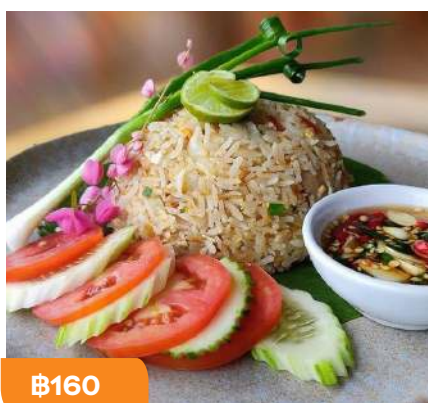


฿140

FRIED BARLEY RICE WITH CHICKEN

KHAO PAD GAI

Our flavorful fried rice with chicken, features tender chicken pieces, mixed vegetables, and fluffy rice stir-fried in a savory sauce. A delicious and fulfilling meal.



฿160

FRIED BROWN RICE WITH PORK

KHAO PAD MOO

Our fried rice with pork features tender pork pieces, mixed vegetables, and fluffy rice stir-fried to perfection. A satisfying choice for any meal.



฿120

THAI STYLE OMELET

KHAI JIAW

A local classic made with eggs, soy sauce, and a hint of chicken flavor, sprinkled with chopped spring onions. Served golden brown and fluffy.



DESSERTS

CLUBHOUSE MENU

CHOCOLATE CAKE

A rich, moist decadent chocolate cake, made with premium cocoa and a velvety chocolate frosting. A heavenly delight for chocolate lovers.



SEASONAL MIXED FRUITS

A refreshing medley of seasonal fruits to set your body on track!



CHEF SUGGESTION ✦



฿120

MANGO STICKY RICE

Savor the taste of Thailand with our mango sticky rice, featuring tender sticky rice infused with coconut milk and served with ripe mango slices. A delightful blend of sweet and creamy flavors.

BANANA FRITTERS & VANILLA ICE CREAM

Crispy banana fritters coated in a light batter, served warm with a scoop of creamy vanilla ice cream and a drizzle of honey.



฿160



MARALEINA SPORTS RESORT | KOH SAMUI

www.maraleina.com

