

Slow Down Menu



Vi lagar mat från grunden med mycket lokala naturliga råvaror av hög kvalitet som man mår bra av.

Prisättning

Vi försöker hålla så låga priser vi kan där restaurangen drivs helt utan vinstintresse.

Vi ser den som en service till oss själva och till er gäster.

Allt överskott i restaurangen går till att försörja vår personal även på lågsäsongen.

Fina viner till bra pris

Kika på vår vinlista med prisvärda viner som vi lagt ner mycket tid att testa igenom själva. Alla våra viner kan du även köpa i vår vinbutik i receptionen.

Socialt eller privat

Vill man sitta vid långborden öppnar men upp för att träffa nya och gamla bekanta.

Sitter men vid de mindre borden är det lättare att bara hänga med sin familj för en mer privat måltid.

Öppetider

Köket har öppet alla dagar i veckan från 07.30 till 21.00

Baren är öppen till sent beroende på om vi har gäster kvar

Varmt välkomna

Hälsar

Familjen Isaksson med personal

Drinks

Drinks

MINERAL WATER	30 THB.
SODA WATER	35 THB.
SOFT DRINKS COKE, COKE ZERO, DIET COKE, FANTA, SPRITE, ICE TEA SCHWEPPES LIME SODA.	40 THB.
JUICE ORANGE, APPLE, PINEAPPLE, MANGO	70 THB.
SHAKES LIME, PINEAPPLE, WATERMELON, MANGO, COCONUT, BANANA PASSIONFRUIT STRAWBERRY, RASPBERRY	90 THB.
FRESH COCONUT	80 THB.
SODA SEA LYTE ELECTROLYT "RESORB"	60 THB.
KOMBUCHA HOMEMADE FERMENTED TEA WITH HELTHY STOMAGE BACARIA CULTURE	95 THB.
Beer	
SAN MIGUEL LIGHT	90 THB.
LEO	80 THB.
CHANG (SAME PRICE FOR 18 YEAR)	80 THB.
SINGHA	100 THB.
ASAHI	110 THB.
BEER LAO IPA	120 THB.
HEINIKEN 0.0	90 THB.
IMPORTED CRAFT BEER	250 THB.

Coffee - Tea

BLACK COFFEE	60 THB.
ESPRESSO	70 THB.
DOUBLE ESPRESSO	90 THB.
CAPPUCINO,	80 THB.
CAFE LATTE	80 THB.
ICE COFFEE	90 THB.
IRISH COFFEE	190 THB.
BAILYS COFFEE	190 THB.
COFFEE KARLSSON	190 THB.
HOT TEA	50 THB.

Wine List

See our wine list for selected quality wines to a really good price. By glass or best value by bottle.

Slow Down WineShop at the reception

Selected quality wines to the best prices on Koh Lanta. From 499 THB for good sparkling, white and red wines. All wines are stored in our cold winceller at the reception.

ALL PRICES ARE INCLUDED 7% VAT

NO SERVICE CHARGE OR TIP INCLUDED

Slow Downs Favourites

STARTER

- SWEDISH CRISPRY SMALL WAFFEL
WITH
TOAST SKAGEN
OR
SOURCREAM / ONION / KAVIAR 190 THB.
- FETA CHEESE SPRING ROLLS 140 THB.
OUR OWN RECEPY FUSION SPRINGROLLS WITH
SPINACH, FETA CHEESE AND A PLUM SAUCE
-

THAI SPECIALS

- KHAO SOI 230 THB.
A NORTHEN SPECIALITY IN A BIG BOWL.
YELLOW CURRY, DRY AND CRISPY NODLES, CHICKEN
WITH FRESH HERBES, VEGETABLES AND PINEAPPLE.
- HOT PAN 230/260 THB.
A SIZZELING BURNING HOT PAN IN A TRDITIONAL THAI STYLE.
A SLIGHTLY SPICY SWEET AND SOUR SAUCE AWITH FRESH VEGETABLES.
VEGETARIAN/CHICKEN/BEEF/SHIMPS OCH SQUID
- DEEP FRIED PAPAYA 230/260 THB
CRISPY DEEP FRIED PAPAYA SALLAD
TYPICAL PAPAYA SOUCE WITH BEEANS AND CASHEW/NUTS:
CHOSE BEWEEN SCHIMPS OCH CHICKEN
-

MAIN

- SLOW DOWN SCHNITSEL 340 THB.
OUR FAMOUS TENDER SCHNITCHEL WITH FRYED POTATOS, ROSTED
WEDGETABLES, HERB BUTTERS AND SIDE OF BEARNASE AND WINE SAUCE
SERVED ON A WOOD PLATTER
- TUNA SASHIMI 340 THB.
SESAME AND CHILI, COME WITH KIMCHI SALAD
WASABI, JAPANESE SOY, PICKLED GINGER
AND RICE.
-

DESERT

- CHOCOLATE CHIP COCKIE 150 THB
HOME MADE CHOCLATE CHIPS COCKIE
SERVED IN A PAN WITH VANILLA ICECREAM AND CHOCOLATE SAUCE
ENOUGH FOR ONE OR MORE PERSONS

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Cravings & Starter

TOAST SKAGEN PRAWNS, DILL, MAYONNAISE ON BUTTER TOAST BREAD	190 THB.
TZATZIKI & CO BREAD, CALAMATA, OLIVES AND OLIVE OIL	140 THB.
SPRING ROLLS VEGETABLE, COMES WITH SWEET SPICY PLUM SAUCE	110 THB.
FETA CHEESE SPRING ROLLS SPINACH AND FETA CHEESE	150 THB.
SHRIMP TEMPURA COMES WITH AIOLI AND SPICY SWEET PLUM SAUCE	170 THB.
YUM CASHEW NUTS THAI SPICY APPETIZER WITH CORIANDER, CHILLI, ONION AND LEMONGLAS	110 THB.
CHICKEN SATAY STARTER TWO CHICKEN STICKS WITH PEANUT SAUCE AND SMALL SALAD	110 THB.
BUFFALO WINGS 5 WINGS WITH BBQ SAUCE	140 THB.
SPICY THAI MEATBALLS FOUR DELICIOUS SPICY THAI CHICKEN MEATBALLS	150 THB.

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Light meals

Wraps

- CHICKEN CEASAR WRAP 240 THB
GRILLED CHICKEN, SALAD BACON,
CEASAR DRESSING AND PARMESAN CHEESE
COMES WITH TORTILLA BREAD
- CHICKEN BURRITO WRAP 240 THB.

Pasta

- SPAGHETTI BOLOGNESE 250 THB.
COMES WITH PARMESAN CHEESE
- SPAGHETTI CARBONARA 250 THB.
CLASSIC CARBONARA
WITH CRISPY BACON, ONION
AND PARMESAN CHEESE
- SEAFOOD FETTUCCINI 295 THB.
CREAM WITH SPINACH, SHRIMPS
AND SQUID IN A WHITE WINE SAUCE
- BEEF PENNE WITH GORGONZOLA 295 THB
TENDERLOIN BEEF MUSHROOMS AND GORGONZOLA.
- SALMON FETTUCHINI 295 THB
WITH SALMON SPINACH ONIONS IN A
CREAMY WHITE WINE SAUCE

Salad

- CEASAR CHICKEN SALAD 270 THB.
GRILLED CHICKEN SALAD,
COCKTAIL TOMATOES, CRISPY BACON,
CEASAR DRESSING AND PARMESAN
- GREEK SALLAD 290 THB.
SALAD, COCKTAIL TOMATOES,
CUCUMBER, RED ONION TOPPED WITH
GREEK CHEESE, OLIVE OIL AND OI
- GRILLED TUNA SALAD 290 THB.
A MIX OF SALAD TOPPED WITH
GRILLED TUNA, SWEET MANGO AND
CHILI. COMES WITH KOREAN SALAD

Mexican

- NACHOS CHEESE 180 THB.
CRISPY NACHO CHIPS
WITH MELTED CHEESE AND SALAD
- NACHOS GRANDE WITH MEAT 280 THB.
CRISPY NACHOS WITH CHEESE, SALAD
AND MELTED CHEESE

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Main Meals

SLOW ROASTED 12 HOUSE PORK BBQ COMES WITH COLE SLAW, GRILLED COMCOB, CHILLI AIOLI AND WEDGE	390 THB.
GRILLED FILET O PORK B&W COMES WITH SAUTEED VEGETABLES, RED WINE SAUCE, BEARNAISE SAUCE AND WEDGE POTATOES	390 THB.
BBQ PORK RIBS COMES WITH COLE SLAW, CORN AND FRENCH FRIES	370 THB.
SWEDISH MEAT BALLS COMES WITH MASHED POTATO LINGONBERRY AND PICKLED CUCUMBERS	290 THB.
SPICY THAI CHICKEN MEAT BALLS COME WITH MASHED POTATO	190 THB.
CHICKEN TERIYAKI JAPANESE STYLE FRIED CHICKEN WITH VEGETABLES, TERIYAKI SAUCE, SESAME SEADS AND RICE	200 THB.
GRILLED CHICKEN "FETA CHEESE" GRILLED CHICKEN BREAST COMES WITH FETA CHEESE, SALAD, TZATZIKI AND WEDGE POTATOES	320 THB.

From the sea

TUNA SASHIMI SESAME AND CHILI, COME WITH KIMCHI SALAD WASABI, JAPANESE SOY, PICKLED GINGER AND RICE.	340 THB.
SALMON HERBS & GARLIC GRAINTED WITH HERBS AND GARLIC, COMES WITH CREAMY POTATO SALAD WITH DILL.	340 THB.

Burger / Sandwich

ALL OUR MEAT BURGERS ARE HOMEMADE OF HIGH QUALITY IMPORTED NEW ZEALAND WAGYU BEEF MIX WITH HOGREV FOR THE JUICY TASTE.

ALL BURGERS AND SANWICHES ARE SERVED WITH FRENCH FRIES AND HOME MADE COLE SLAW

ADD 80 THB FOR A DUBBLE BURGER

SLOW DOWN BURGER LETTUCE, TOMATO, ONION, CHEDDAR CHEESE, BACON AND SMOKEY DRESSIN	350 THB.
GARLIC BURGER 100% BEEF, LETTUCE, TOMATO, PICKLED ONION AND GARLIC DRESSING	330 THB.
GORGONZOLA BURGER 100% BEEF, LETTUCE, TOMATO, PICKLED ONION AND GORGONZOLA CHEESE	350 THB.
HEALTHY LCHF BURGER NO BREAD ON A SALLAD BED AND SIDE OF RAW CARROTS AND CUCUMBERS INSTEAD OF FRENCH FRIES	310 THB.
GRILLED CHICKEN BURGER CHICKEN BREAST, .LETTUCE, TOMATO, ONION, SUNDRIED TOMATOES AND DRESSING	310 THB.
MOZZARELLA BURGER DEEP FRIED MOZZARELLA, LETTUCE, TOMATO, PICKLED ONION SUNDRIED TOMATO AND OUR DRESSING	310 THB.
CLUB SANDWICH CHICKEN, MAYONNAISE, BACON, LETTUCE, TOMATO, RED ONION AND TOAST	290 THB.

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Thai

PAPAYA SALAD A SPICY SALAD THE THAI WAY	140 THB.
FRIED RICE THE EVERYDAY COURSE FOR MANY THAI PEOPLE. WITH VEGETABLES AND CHICKEN, PORK/BEEF, PRAWN OR SQUID	160/180 THB.
TOM KA GAI CREAMY COCONUT MILK SOUP WITH CHICKEN	160 THB.
MASSAMAN CHICKEN SLICED POTATO, ONION, PEANUT AND RED CURRY	160 THB.
PAD THAI ONE OF THAILAND'S NATIONAL DISHES, FRIED SMALL NOODLE WITH EGG AND CHICKEN	160 THB.
CHICKEN WITH CASHEW NUTS SLICED CHICKEN WITH ONION, DRY CHILI AND CASHEW NUTS	180 THB.
CHICKEN PENANG CURRY CHICKEN WITH COCONUT MILK	160 THB.
PAD SHA WITH GINGER, GARLIC AND BASIL LEAVES, CHICKEN OR PORK	160 THB.
GARLIC AND PEPPER CHICKEN, PORK/PRAWN, SQUID OR BEEF	160/180 THB.
YELLOW CURRY CHICKEN, PORK/PRAWN, SQUID OR BEEF WITH ONION, CELERY AND POTATO IN COCONUT MILK	160/180 THB.
GREEN CURRY CHICKEN, PORK/PRAWN, SQUID OR BEEF WITH SWEET BASIL LEAVES IN COCONUT MILK	160/180 THB.
RED CURRY CHICKEN, PORK/PRAWN, SQUID OR BEEF WITH SWEET BASIL LEAVES IN COCONUT MILK	160/180 THB.
HOT BASIL LEAVES ONE OF THAILAND'S NATIONAL DISHES, FRIED SMALL NOODLE WITH EGG AND CHICKEN	160/180 THB.
SWEET AND SOUR SAUCE CHICKEN, PORK/PRAWN, SQUID OR BEEF WITH CHILI	160/180 THB.
FRIED MIXED VEGETABLES OYSTERSAUCE CHICKEN, PORK, PRAWN, SQUID OR BEEF	140 THB.

SIDE ORDER

STEAMED RICE	30 THB.
STEAMED BROCCOLI	30 THB.
CASHEW NUT	30 THB.

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Childrens favorites

KIDS BURGER CHICKEN/MEAT COMES WITH CRISPY FRIES ADD CHEESE: 20 THB	125/170 THB.
CRISPY DEEP FRIED CHICKEN SERVED WITH RICE	150 THB.
SPAGHETTI CARBONARA SLIGHTLY CREAMY CLASSIC CARBONARA WITH BACON	150 THB.
SPAGHETTI BOLOGNESE KID COMES WITH PARMESAN CHEESE	170 THB.
NACHOS GRANDE KID TACO SPICED BEEF, CHEESE, SALAD, TOMATO, CUCUMBER REONION, COMES WITH TOMATO	120 THB.
SWEDISH PANCAKE COMES WITH STRAWBERRY JAM	150 THB.
CHICKEN NUGGETS COMES WITH RICE OR CRISPY FRIES	150 THB.
HAM AND CHEESE TOAST	60 THB.
CHEESE TOAST	50 THB.
GLASS WITH CUCUMBER OR CARROTS STICKS	50 THB.
SWEDISH MEAT BALLS WITH MASHED POTATO AND LINGONBERRY	140 THB.

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Desserts

DEEP FRIED BANANA WITH ICE CREAM & MAPLE SYRUP	120 THB.
ICE CREAM 1 SCOOP VANILLA, CHOCOLATE, STRAWBERRY	40 THB.
MICKEY MOUSE 2 SCOOPS ICECREAM, CHOCOLATE SAUCE AND OREO BISQUITS	100 THB.
CRÉME BRULEE	140 THB.
FRUIT PLATE MIXED FRUIT PLATE	110 THB.
CHOCOLATE CHIP COOKIES COMES WITH CHOCOLATE SAUCE AND VANILLA ICE CREAM	150 THB.
SWEDISH WAFFLE COME WITH STRAWBERRY JAM OR NUTELLA AND VANILLA ICE CREAM	120 THB.
APPLE CRUMBLE PIE HOME MADE APPLE CRUMBLE SERVED WITH VANILLA ICECREAM	130 THB.

Cheese

CHEESE PLATTER	
CHEESE OFF THE DAY WITH FRUITS, AND HOMEMADE CRACKERS.	190 THB
SMALL SIZE FOR ONE PERSON OR BIG SIZE FOR MORE	290 THB

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