

The background of the menu cover is a lush, stylized illustration of a rainforest. It features rolling green hills, a winding river, and various tropical plants and trees. The color palette is dominated by greens, with some yellow and gold accents. The text is centered and reads:

Rainforest

RESTAURANT

MENU

ALL DAY DINING

11.00AM - 9.30PM



The Tale of Rainforest Restaurant & Poring

Tucked away in the lush Borneo rainforest is Poring Hot Spring, a peaceful retreat named after a species of giant bamboo that grows abundantly in the area. The word "Poring" originates from the Kadazan-Dusun language, where it means bamboo—a fitting tribute to the towering green stalks that surround this serene haven. Known for its hot sulphur spring baths, Poring offers a soothing escape where visitors can relax and rejuvenate amidst nature's tranquil embrace, making it a favourite stop for climbers after descending from Mount Kinabalu.

But Poring is more than just its hot springs. Here at the Rainforest Restaurant, we celebrate the authentic flavours of Sabah, offering dishes inspired by local traditions. Each bite reflects Sabahan taste buds, with bold, earthy notes and subtle spices that bring out the best of fresh, local ingredients.

At Poring, every meal is more than just "makan"—it's a journey. A journey through the rainforest's untouched beauty, the soothing warmth of the hot springs, and the rich culinary heritage of Sabah's indigenous communities.

Appetizers & Salads

01 > Fruits Rojak 🥥

RM18

Local mixed fruits salad tossed with peanut shrimp paste sauce.

02 > Beef & Chicken Satay with Condiments 🍖

RM24

Grilled marinated beef or chicken skewers. Served with compressed rice, cucumber, onion and spiced peanut sauce.

03 > Deep-Fried Spiced Marinated Chicken Wings 🍗

RM24

Served with sweet chilli dip.

04 > Greek Salad 🥗

RM32

Feta cheese with cucumber, onion, bell pepper, cos lettuce, kalamata olives and parsley. Drizzled with extra virgin olive oil and vinegar dressing.

Soups

05

06

07

05 > Chicken & Jackfruit Soup 🐔

RM18

Chicken and young jackfruit soup with carrot and mushroom.

06 > 'Sinalau' Beef Soup 🐮

RM18

Slow boiled smoked beef soup with white radish and carrot.

07 > Cream Of Forest Mushroom 🍄

RM25

Assorted blended local fresh mushroom soup.



*PRICES ARE QUOTED IN MYR (MALAYSIAN RINGGIT) AND INCLUSIVE OF SALES & SERVICE TAX (SST)
PICTURES SHOWN ARE FOR ILLUSTRATION PURPOSES ONLY. ACTUAL PRODUCT MAY VARY DUE TO PRODUCT ENHANCEMENT

Burger & Sandwich

08 > Tuna Waffle Melt

RM32

Bamboo charcoal waffle with tuna fish, tomato and cheddar cheese. Served with coleslaw and fried potato wedges.

09 > Club Sandwich

RM35

Triple-decker whole meal bread with streaky beef, smoked chicken toast, fried egg, slice cheese, tomato and gherkin. Served with coleslaw and crispy fries.

10 > Chicken Burger

RM36

11 > Beef Burger

RM38

Grilled beef or chicken patty with cheese, mushroom and sesame bun. Served with coleslaw and crispy fries.

Pasta

12 > Linguine with Spinach & Sundried Tomato

RM33

Pasta with garlic, onion, sundried tomatoes, spinach, mushroom and shaved Parmesan cheese.

13 > Regatoni Beef Ragout

RM38

Pasta with beef ragout and shaved Parmesan cheese.

14 > Spaghetti & Prawn Aglio Olio

RM58

Pasta with chilies, garlic, cherry tomato, olive oil, parsley and grilled prawns.



Entrees

15 > Fish & Chips

RM38

Deep-fried breaded fish fillet. Served with crispy fries, tartar sauce and lemon.



17



17 > Seabass Fillet

RM50

Pan-roasted sea bass fillet on sautéed mushrooms and pak choy with capers and roasted bell pepper lime butter sauce.

16 > Chicken Parmigiana

RM40

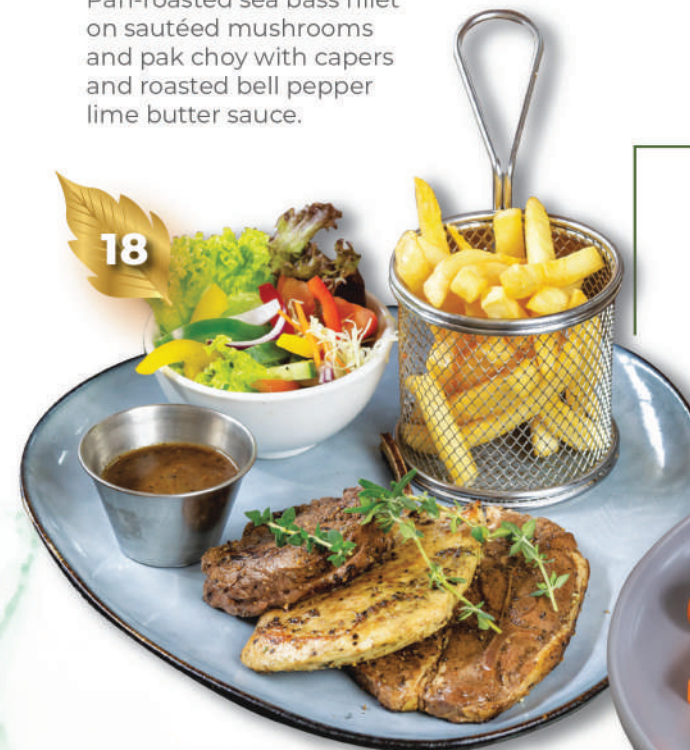
Fried breaded chicken supreme with tomato ragout, basil and melted cheese. Served with fern shoots and tomato salad.



18 > Mixed Grill

RM60

Grilled Australian beef tenderloin steak, chicken supreme and lamb shoulder chop. Served with garden salad, crispy fries and your choice of black pepper or mushroom sauce.



19 > Beef Sirloin Steak

RM95

Grilled Australian Black Angus beef sirloin steak served with garden vegetables, and your choice of black pepper or mushroom sauce.





Local Favourites

20 > Fried Mee Mamak 🍴

Fried yellow noodles with beef or chicken, sambal, tomatoes, bean sprouts and vegetables. Topped with fried egg and papadom crackers.

RM32

21 > Black Pepper Beef 🍴

Wok-fried sliced beef with capsicum, onion and black pepper sauce. Served with steamed fragrant rice and vegetables.

RM32

22 > Ayam Goreng Berempah 🍴

Fried spiced marinated chicken back quarter. Served with steamed fragrant rice, sambal, cucumber salad, salted egg and belinjo crackers.

RM33

23 > Mee Curry Laksa 🍴🍴🍴

Blanched yellow noodles or rice vermicelli with prawns, chicken, fish ball, fish cake, fried bean curd, bean sprouts in spiced coconut broth.

RM35

24 > Langanan Fried Rice 🍴🍴

Mild spicy fried rice with chicken, prawns, shallots, wild ginger, long beans and egg. Served with fried basung fish, local vegetables, and salted egg.

RM35

25 > Rainforest Combo 🍴

Sabah Red Hill rice with wild ginger chicken, fried fish fillet, pickled wild mango, local vegetables, salted egg and sambal.

RM38

26 > Fish & Vegetables Curry 🍴

Fish fillet and vegetables simmered in coconut curry cream. Served with steamed fragrant rice, cucumber salad, salted egg and papadom.

RM48





Desserts



27 > 'Bubur Pulut Hitam' with Ice Cream

Sweetened black glutinous rice with vanilla ice cream.

RM18

28 > Coconut Mango Panna Cotta

RM18

29 > Ice Kacang

Shaved ice with local fillings topped with ideal milk, palm sugar, rose syrup and vanilla ice cream.

RM20

30 > Fruits Platter

Sliced seasonal fresh fruits.

RM22

31 > Banana Boat

Chocolate, strawberry and vanilla ice cream and banana, Topped with cream and chocolate sauce and almond flakes.

RM24



Local Set

(MINIMUM ORDER OF 2 PAX)

RM63 Per Person

- > Chicken & Watermelon Soup with Wild Ginger
- > Grilled Marinated Boneless Chicken with Wild Ginger
- > Mackerel with Local Herbs Sauce, Pinasakan
- > Yam Stick with Coconut Cream & Salted Fish
- > Sautéed Local Vegetable (Siantan) with Dried Shrimps
- > Steamed Sabah Red Hill Rice
- > Sliced Seasonal Fruits

Beverages

(Non-Alcoholic)



Signature Drinks

Frozen Calamansi <i>Calamansi Juice, Lemon & Sour Plum</i>	RM 15
Green Booster <i>Green Apple, Cucumber, Peppermint, Lime</i>	RM 15
Watermelon Lemonade <i>Watermelon, Lemon Juice</i>	RM 15
Pineapple Bees Knees <i>Pineapple Juice, Honey</i>	RM 18
Virgin Pina Colada <i>Coconut Milk, Pineapple Juice</i>	RM 18
Rainforest Fruit Tea <i>Mixed Fruits Infused Tea</i>	RM 18

Other Beverages

Iced Milo	RM 13
Teh Tarik "Malaysian Frothy Milk Tea"	
Nescafe Tarik	
Lemon Tea with Honey	
Fresh Juices <i>With a choice of orange, green apple, watermelon, pineapple</i>	

Bundaberg

Root Beer	RM 19
Ginger Beer - Diet	
Lemon, Lime & Bitters	
Apple Cider	
Tropical Mango	
Sparkling Peach	
Sparkling Guava	

Tea (Dilmah)

English Breakfast	RM 13
Earl Grey	
Peppermint	
Chamomile	
Green Tea	

Coffee

Americano	RM 13
Cappuccino	
Cafe Latte	
Mocha	
Local 'Tenom' Coffee	

Carbonated

Coca Cola	RM 13
Coke Zero	
Sprite	
100 Plus	
Ginger Ale	
Soda Water	
Tonic Water	

Milkshakes

Vanilla	RM 15
Chocolate	
Strawberry	
Mango	

Water

Watertree Pod	RM 11
Perrier Sparkling Mineral Water	RM 22

Beverages

(Alcoholic)

Beer

Carlsberg
Tiger
Heineken
Guinness

CAN	BUCKET
RM 22	RM 99
RM 22	RM 99
RM 27	RM 119
RM 29	RM 129

House Wine

GLASS | RM 28

BOTTLE | RM 138

House White Wine
House Red Wine





tripadvisor

SCAN FOR REVIEW

SUTERA SANCTUARY@PORING HOT SPRING



