

senses








Wholesome Wellness Cuisine

Open Daily: 11:30 - 21:00 hrs.





Appetizer

- Amatara Raw Veggie Tacos**    320
 Lettuce leaves filled with sundried tomatoes, walnuts, cashew nut cheese, guacamole, and tomato salsa, delivering a burst of flavours. (206 Calories)
- Citrus-Kissed Tuna Tataki**   450
 Delicately seared tuna served rare, accompanied by a tangy citrus-infused soy sauce (130 Calories)
- Fresh Herb Chicken Roll**   320
 Poached chicken and crisp vegetables wrapped in a wholesome brown rice wrap, served with a zesty ginger dressing. (150 Calories)

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Appetizer



Mediterranean Falafel Bites  350
 Savour the flavours of chickpea, shallot, cumin, parsley, and Cajun spice in these falafel bites, complemented by a tangy yogurt dip. (216 Calories)




Nori Seaweed Detox Rolls  320
 Nori seaweed rolls filled with crisp carrot, fresh salad, cucumber, and served with a delightful Pomodoro dip. (107 Calories)



Sesame-Glazed Japanese Tofu  290
 Thinly sliced, soft Japanese tofu accompanied by a savoury sesame soy sauce, spring onions, carrots, and seaweed. (130 Calories)





















Zen Tofu Lettuce Wraps  350
 Mexican tortilla wrap filled with Japanese tofu, crisp lettuce, carrot, and a creamy almond butter dip. (195 Calories)

Grilled Tempeh Delight  320
 Grilled tempeh accompanied by cherry tomato, quinoa, zucchini, chickpea, onion, served with a refreshing coconut and lime dressing. (170 Calories)

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Salad

- Abundant Harvest Bowl**    350
 A nourishing bowl packed with an array of fresh and vibrant vegetables, perfect for a fulfilling lunch (86 Calories)
- Rocket and Creamy Avocado Salad**    350
 Peppery rocket salad paired with New Zealand fresh spinach, tomatoes, red shallots, carrots, and a delightful balsamic dressing. (179 Calories)
- Fresh Baby Spinach Detox Salad**    420
 Refreshing baby carrots, cherry tomatoes, red shallots, and sprout rolls accompanied by green Cucumber and dressed with a balsamic vinaigrette. (123 Calories)
- Goddess Garden Salad**    350
 A divine mix of herb leaves, creamy avocado, crunchy cucumber, and sunflower seeds, dressed with a tantalizing vinaigrette. (140 Calories)
- Grilled Garden Vegetables with Pistachio Pesto**    350
 Grilled medley of mixed bell peppers, baby carrots, eggplant, mushroom, asparagus, and zucchini, served with a delectable pistachio pesto sauce. (163 Calories)
- Green Papaya Bliss with Free-Range Chicken**    390
 Indulge in the traditional Thai flavours of green papaya salad served with spicy chili and grilled chicken breast. (386 Calories)

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Salad



Mediterranean Chickpea Delight 350

Savour the essence of the Mediterranean with this vibrant salad featuring chickpeas, sweet corn, tomatoes, cucumber, New Zealand pea sprouts, and a miso-honey dressing. (221 Calories)



Nicoise Sensation 450

Mixed green salad topped with pan-fried red tuna, beans, sprouts, poached egg, black olives, tomatoes, cucumbers, mixed bell peppers, and a tangy balsamic dressing. (254 Calories)



Spicy Shirataki Wakame Salad 350

A zesty salad featuring spicy shirataki noodles, Wakame seaweed, grilled orinji mushrooms, fresh tomatoes, celery, seaweed, and red shallots. (157 Calories)



Cherry Tomato Pesto Delight 420

A detoxifying combination of raw cherry tomato salad, green salad, bell peppers, avocado, and baby fresh spinach, drizzled with a tantalizing pesto sauce. (175 Calories)

Oceanic Sea Vegetable Salad 350

Experience the taste of the sea with this salad featuring wakame, shirataki noodles, and yam bean, dressed with a white sesame dressing. (105 Calories)

Vegan Roasted Sweet Potato Medley 350

Roasted sweet potato combined with New Zealand fresh spinach, rocket salad, and a luscious sesame dressing. (210 Calories)

Wholesome Lentil Medley 350

A delightful combination of lentils, mixed green salad, diced carrots, celery, tomato, parsley, and a zesty lime dressing. (121 Calories)

Zucchini Noodles with Guacamole 350

Spiralized zucchini noodles served with a luscious avocado pesto, creating a refreshing and nutritious combination. (208 Calories)

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Soup

- Carrot Ginger Elixir**    280
 A chilled soup with the refreshing flavours of carrot, ginger, coconut meat, and a hint of orange zest. (124 Calories)
- Golden Essence Elixir**    280
 A creamy soup brimming with the goodness of broccoli, spinach, kale, and hemp seed oil, perfect for boosting your immune system. (122 Calories)
- Gazpacho Sensation**    280
 A refreshing cold soup featuring beetroot, tomatoes, celery, cucumber, red bell pepper, organic coconut sugar, and a drizzle of olive oil. (157 Calories)
- Japanese Shirataki Noodle Delight with Chicken**  320
 A heart-warming soup with a flavourful vegetable broth 8 hour, goji berry Japanese wakame, soy sauce, coconut sugar, sprouts, tofu, vegetables, and tender, slow-cooked chicken breast. (189 Calories)
- Mushroom Miso Delight**   280
 A delightful blend of mushroom and seaweed broth infused with traditional miso paste. (96 Calories)
- Thai Tom-Yum Revitalizer**    320
 A zesty Thai herb soup with a spicy and sour twist, featuring a medley of mixed vegetables, mushrooms, carrots, broccoli, onions, shallots, tomatoes, lime, and chili. (196 Calories)
- Tom-Kha Mushroom Euphoria in Soy Milk**   350
 Indulge in the rich flavours of galangal, orinji mushrooms, lemongrass, lime, soy milk, fresh tomatoes, shallots, and chili. (210 Calories)

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Main Dish

- Exotic Grilled Prawns**   590
 Indulge in the flavours of spiced prawns served with a medley of cruciferous vegetables and a tangy lemon vinaigrette. (222 Calories)
- Fragrant Lentil Delight**    390
 Indulge in the fragrant Indian spices of this hearty lentil curry stew. (255 Calories)
- Hummus Wrap with Grilled Chicken and Raisin-Yogurt** 420
 Delight in a tortilla wrap filled with creamy hummus, green oak lettuce, carrots, avocado, grilled chicken breast, and a touch of sweetness from raisin-yogurt. (232 Calories)
- Mango Tango with Free-Range Chicken**    390
 Enjoy the tantalizing combination of yellow mango salad, grilled chicken breast, red chili, coriander, and shallots. (382 Calories)
- Miso-Glazed Salmon Delight**   590
 Savour the succulence of miso-glazed salmon served with sliced root vegetables and a drizzle of tahini sauce. (378 Calories)
- Open Lasagne Garden Medley**  350
 Savour the flavours of open lasagne with tomato sauce, grilled zucchini, mixed bell peppers, mushrooms, baby carrots, lasagne pasta, and fresh spinach. (392 Calories)

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Main Dish



Oven-Baked Salmon Fillet 590

Savour the flavours of oven-baked salmon fillet served on a bed of fresh salad, baby spinach, green rocket, beetroot, cherry tomatoes, and a drizzle of healthy pesto sauce and balsamic dressing. (365 Calories)



Steamed Seabass Supreme    550

Treat yourself to the delicate flavours of steamed seabass fillet infused with Thai herbs, wrapped in a fragrant banana leaf, and served with a spicy Thai sauce. (240 Calories)



Steamed Sea-Bass Harmony with Sweet Potato   550

Experience a delightful combination of steamed sea-bass, mashed sweet potato, steamed asparagus, baby carrots, and a touch of Pomodoro sauce. (312 Calories)



Stir-Fried Tofu Delight with Cashew Nuts   350

Enjoy the perfect blend of stir-fried tofu, cashew nuts, mixed bell peppers, chili, orinji mushrooms, onions, tomatoes, carrots, and soy sauce. (366 Calories)



Soba Symphony with Red Tuna and Edamame 450

Enjoy the harmony of flavours with soba noodles, tofu, edamame, chili sauce, soy sauce, tomatoes, and pan-fried red tuna. (381 Calories)










Stir-Fried Thai Basil Tempeh Delight    390

Experience the bold and spicy flavours of stir-fried Thai basil tempeh with garlic, chili, aubergine, green beans, and a side of aromatic berry rice. (102 Calories)

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Main Dish

- Southern Thai Chicken Massaman Curry**   390
 A taste of Southern Thailand with this chicken breast curry infused with exotic spices, potatoes, and lotus seeds. (396 Calories)
- Vegan Zucchini Fettuccine**   420
 Savour the delightful combination of fresh zucchini and carrot fettuccine, paired with a tangy pesto, seaweed, baby carrots, and cherry tomatoes. (355 Calories)
- Wholesome Quinoa Risotto**    390
 An innovative twist on classic Italian risotto, featuring nutritious quinoa and a medley of flavourful ingredients. (350 Calories)

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Plant Based

Plant-Based Meatball Marvel

390

Indulge in flavourful chickpea, mushroom, and tempeh meatballs served with tangy tomato sauce, baby carrots, cherry tomatoes, Italian basil, soba noodles, and vegan mozzarella cheese. (287 Calories)



Side Dish

Pickled Garden Vegetables

A colourful mix of baby carrots, cucumbers, mixed bell peppers, cauliflower, and red shallots, pickled to perfection. (113 Calories)

Rustic Ratatouille

A medley of mixed bell peppers, zucchini, eggplant, onion, garlic, tomatoes, and seaweed, slow-cooked to perfection. (188 Calories)

Roasted Root Medley

Satisfy your cravings with a mix of roasted potatoes, sweet potatoes, carrots, and beetroots. (129 Calories)

Steamed Garden Medley

A delightful assortment of various vegetables, perfectly steamed to retain their freshness and flavours. (57 Calories)

Traditional Sauerkraut

Experience the tangy flavours of this old German-style fermented white cabbage dish, enhanced with juniper berries, bay leaves, and caraway seeds. (47 Calories)

Turmeric Cauliflower Mash

Coarsely chopped steamed turmeric cauliflower infused with sundried tomatoes for a burst of flavour. (62 Calories)

Zesty Kimchi

Indulge in the spicy and flavourful combination of radish, Chinese cabbage, ginger, and capsicum in this traditional Korean dish. (62 Calories)

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Dessert



Banoffee Delight 220

Savour the exquisite combination of creamy almond milk banana ice cream enrobed in a decadent chocolate shell, adorned with slivered almonds and a touch of coconut oil. (317 Calories)

Blissful Chocolate Truffles 290

Experience the bliss of these handcrafted raw chocolate balls, meticulously crafted with cocoa powder, turmeric, dried dates, coconut flakes, and a touch of almond coconut oil. (355 Calories)

Decadent Chocolate Symphony 220

Experience the harmonious blend of raw, rich dark chocolate in a tart form, accompanied by a luscious berry compote. (340 Calories)

Divine Raw Brownie Cake 290

Embark on a journey of pure indulgence with a sumptuous creation featuring dried dates, coconut flakes, almonds, and a luscious infusion of coconut oil. (337 Calories)

Essence of Seasonal Fruits 150

Elevate your senses with a selection of meticulously chosen, hand-cut seasonal fruits from the vibrant landscapes of Thailand. (136 Calories)

Mango Bliss Cheesecake 220

Delight in a tropical masterpiece—a raw mango cheesecake crafted with the finest cashew nuts, zesty lime, and a hint of coconut nectar. (330 Calories)

Sensation of Hazelnut 220

Indulge in a velvety dark chocolate delight infused with the richness of hazelnut and cashew nut butter. (230 Calories)



Artisanal Dairy-Free Frozen Delights

Immerse yourself in a world of exquisite flavours with our artisanal dairy-free frozen delights, created solely from velvety coconut cream and naturally sweetened with coconut sugar. Choose from:

Coconut Dream Sorbet 120

Immerse yourself in the pure essence of coconut with this refreshing and creamy sorbet (214 Calories)

Decadent Chocolate Temptation 120

An indulgent treat for chocolate enthusiasts, with rich chocolate notes and a velvety texture. (219 Calories)

Luscious Lime Sorbet 120

Delight in the zesty tanginess of fresh lime, creating a cool and invigorating sorbet experience (90 Calories)

Mango Tango Sorbet 120

Let the vibrant notes of tropical mango dance on your taste buds in this refreshing sorbet. (67 Calories)

Strawberry Symphony 120

A symphony of flavours, combining the sweetness of ripe strawberries with the creamy coconut base. (245 Calories)

Vanilla Euphoria 120

Delight in the classic elegance of Madagascar vanilla, offering a smooth and aromatic experience. (99 Calories)

Note: All our desserts are meticulously crafted with your health and wellness in mind, using the finest ingredients that nourish both body and soul.

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HEALTHY SHOT

A concentrated nutrient bomb in a small shot glass to help boost your system



APPLE CIDER VINEGAR WARM WATER SHOT

150

A natural remedy and a great alkaline agent
(Approximately 12 Calories)

BASIL SHOT

150

Boosts immune system function, help balance hormone levels, reduces risk of stroke and lowers fevers
(Approximately 28 Calories)

CELERY SHOT

150

Reduces blood pressure and boosts the immune system
(Approximately 5 Calories)

GINGER SHOT

150

Helps with digestion, eases pain, boost your immune system, reduces your blood sugar levels and cholesterol, and aids in weight loss
(Approximately 25 Calories)

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HEALTHY SHOT

TURMERIC SHOT

150

Boost energy, daily dose of vitamin c, anti-inflammatory, antioxidant properties, restore PH in the digestive tract, simple and effective way to better health
(Approximately 23 Calories)

BEETROOT SHOT

150

Reduces blood pressure and high anti-oxidants
(Approximately 24 Calories)

COCONUT OIL SHOT

150

Boosts fat burning and provides your brain & body with quick energy
(Approximately 185 Calories)

WHEATGRASS SHOT

150

Chlorella can effectively remove toxins by binding to any lingering heavy metals and chemicals and eliminate them from your bloodstream and digestive tract
(Approximately 5 Calories)

WELLNESS SMOOTHIE AND SHAKE

Similar concept to the juice with a plus of natural fiber. These smoothie and shake offer additional fiber to fill up your stomach and help digestion system



DETOX SMOOTHIE

250

Blueberries, dates, spinach and almond milk
(236 Calories)

ENERGY EXPLOSION

250

Raspberry, spinach, banana and almond milk
Low in calories but high in fiber, vitamins, minerals and antioxidants
(255 Calories)

TROPICAL ENERGY

250

Pineapple, banana, kale and orange juice
(159 Calories)

WELLNESS SMOOTHIE AND SHAKE

Similar concept to the juice with a plus of natural fiber. These smoothie and shake offer additional fiber to fill up your stomach and help digestion system



SUMMER COOLER

250

Mango, cucumber, lime juice and mint leaves
(110 Calories)

NUTRIENT RECHARGER

250

Pineapple, Zucchini, mango and chia seeds
(142 Calories)

PPP - PURE POWER PROTEIN

250

Protein powder of your choice shake together with purified water
Whey protein: good for building muscle, suggest to have it right after exercise
Hemp protein: plant based protein, alternative to dairy protein
(120 Calories)

JUICE CLEANSE

POP EYE GARDEN

250

Spinach, zucchini, cucumber, broccoli and ginger
(80 Calories)

BLOODY VEGGIE

250

Kale, carrot, beetroot, celery and lime juice
(123 Calories)

RAW JUICES

To get the most benefit from the juice, we offer more on vegetable base juice rather than fruit. Then cold press them to extract all nutrition goodness into your glass.



ABC

250

Apple, beetroot, and carrot

Helps us boost our immunity, Improves our overall health, reduce pain during the menstrual cycle (119 Calories)

COCONUT WATER

150

Coconut fresh pick from the coconut tree (46 Calories)

GREEN IMMUNITY BOOSTER

250

Kale, green apple, pineapple, cucumber, and ginger
weight loss aid, heart support, high iron content, beautiful hair and bone health (141 calories)

PHYLLIUM CHIA FRESCO

250

Chia seeds soaked in coconut water with phyllium husks and lime juice
good source of omega-3 fatty acids, fiber, antioxidants, iron, and calcium (134 Calories)

RAW JUICES

To get the most benefit from the juice, we offer more on vegetable base juice rather than fruit. Then cold press them to extract all nutrition goodness into your glass.

GREEN POWER: FEEL ALIVE!

250

Celery, spinach, green apple, cucumber, pineapple & mint

A powerful mix using the best of the greens. Antioxidant properties, body cleansing and repair, PH balancing, skin cleansing, calming to the nervous system and boosts the metabolism (134 Calories)

AWESOME ANTIOXIDANTS

250

Carrot, orange, pineapple and ginger

Let's get that oxygen pumping. Rich in nutrients that help the body to release and remove toxins safely. (184 Calories)

LOVE THE LIVER

250

Beetroot, celery, parsley, broccoli, apple, carrot and ginger

Give your liver a break! This juice supports the liver's detoxifying ability when it is challenged by stress, (166 Calories)

PHYTONUTRIENT GREEN

250

Watercress, green apple, guava and mint

A combination of super food ingredients that are loaded with beneficial phytonutrients- researched for their protective role against a variety of chronic illnesses (138 Calories)

THE HULK

250

Spinach, celery, cucumber, pineapple, lime, and ginger

Vitamins, boost immune system, digestive enzyme, anti-inflammatory, relieve nausea, build brain function, remove toxins out of body, and weight loss (70 Calories)

KOMBUCHA

Kombucha is a fizzy sweet-and-sour drink made with tea. The basic ingredients in kombucha are yeast, sugar, and black tea. Kombucha bacteria include lactic-acid bacteria, which can work as a probiotic.

Kombucha also contains a healthy dose of B vitamins.

It helps your digestion, rids your body of toxins, and boosts your energy.

It also boosts your immune system, helps you lose weight, wards off high blood pressure and heart disease, and prevents cancer.

Fermented products in general are good for the microbiome and gut health. Fermentation makes probiotics which help with diarrhea and irritable bowel syndrome (IBS), and they may even strengthen your immune system.



HOMEMADE KOMBUCHA SHOT

Reduces blood pressure and boosts the immune system
(Approximately 30 Calories)

120

HERBAL TEA

Try our herbal tea selection to replace your daily coffee for optimal health
(0 Calories)

Turmeric Tea

Improves immune function with antioxidants and anti-inflammatory properties

Lemongrass

Supports natural detoxifying process and helps to refresh your day

Ginger

Great for digestive stimulant and anti-inflammatory

Peppermint

Aids digestive system and helps to relieve the heartburn

Butterfly Pea

Promotes normal urination and reduces blood pressure

Safflower

Reduce the risk of heart disease

Rosella

Great for Diuretic and detoxifying

TEA

We have selected the highest quality organic tea for you to enjoy a great cup
(0 Calories)

120 Anti-Oxidant Green Tea 120

High in Vitamin C helps lower cholesterol, good for heart health

120 Traditional Oolong 120

Improves blood sugar control, boosts metabolism and decreases fat absorption

120 Forgetful Purple Rain 120

Roasted purple rice with green tea

120 Spice Tea 120

Ginger, peppermint, organic mulberry, green tea, and organic black mint

120 Midnight Earl Gray 120

Organic black Assam, lavender, peppermint, and organic turmeric

120 Mid Summer Dream 120

Rose, organic rosella, organic mulberry green tea

120 Rooibos Tea 120

Antioxidant, low blood pressure, protect against chronic condition

COFFEE

Our coffee beans are from the village of Doi Chaang in the north of Thailand. It is ethically farmed, high-quality coffee, organic, and beyond fair trade.

Espresso 120
(Approximately 21 Calories)

Americano 120
(Approximately 5 Calories)

Macchiato 120
With a selection of milk preferences
(Approximately 47 Calories)

Cappuccino 120
With selection of milk preference
(Approximately 98 Calories)

Latte 120
With selection of milk preference
(Approximately 106 Calories)

*Milk selection: coconut milk, almond milk, soy milk and rice milk

MINERAL WATER

We have selected the highest quality organic tea for you to enjoy a great cup (0 Calories)

Mont fleur still 500 ml / 1000 ml. 35 / 60

Evian 500 ml. / Evian IL. 165 / 300

Acqua Panna Still Mineral Water 750 ml. 250

Mont fleur Sparkling 750 ml. 300

Perrier 330 ml. / 750 ml. 175 / 300

San Pellegrino Sparkling Mineral Water 750 ml. 300

VARIETY OF BEERS

Singha / Chang / Phuket / Tiger / Heineken 180

Corona Beer 290



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ORGANIC WINES

Voyager Estate Girt by Sea, Chardonnay, Margaret River, Australia	1,900
Veramonte Reserva, Pinot Noir, Casablanca Valley, Chile	1,900

HOUSE WINE LIST

Wine by the Glass & Bottle

	Glass	Bottle
Champagne & Sparkling Wine		
Champagne Lombard Extra Brut Premier Cru, France		3,600
Domaine Cold River, Sparkling Brut, Australia		1,400
Torressella, Prosecco D.O.C. Extra Dry, Italy	360	1,800
Rose Wine		
Les Pins D'aubane Rose de, France	280	1,400
White Wine		
Pinical Estate Reserve, Chardonnay, NSW, Australia	310	1,550
Kapuka Sauvignon Blanc, New Zealand	330	1,650
Sartori Pinot Grigio, Delle Venezie, Italy	320	1,600
Oak Vineyards , Chardonnay, California, USA	350	1,750
Red Wine		
Chilano, Cabernet Sauvignon, Chile	250	1,250
Reservado, Merlot, Chile	250	1,250
St. Hallet Gamekeeper's Shiraz, Australia	340	1,700
Oak Vineyards , Cabernet Sauvignon, California, USA	350	1,750
Crane Lake , Pinot Noir, California, USA	360	1,800

APERITIF & BITTER

Fernet Branca	390
Pernod • Ricard	290
Campari	230

COGNAC

Remy Martin Louis XIII	9,500
Hennessy Paradis	6,350
Remy Martin X.O.	1,350
Hennessy X.O.	1,290
Remy Martin V.S.O.P.	550
Hennessy V.S.O.P	550



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