

Wholesome Wellness Cuisine

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



Appetizer

Amatara Raw Veggie Tacos () () () () Amatara Raw Veggie Tacos () () () () () () () () () () () () ()	320
Citrus-Kissed Tuna Tataki () () Contraction of the second state of	450
Fresh Herb Chicken Roll () Poached chicken and crisp vegetables wrapped in a wholesome brown rice wrap, served with a zesty ginger dressing.	320

(150 Calories)

Appetizer





Mediterranean Falafel Bites 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)



350

Sesame-Glazed Japanese Tofu

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

350 Zen Tofu Lettuce Wraps (Ver

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

350

Grilled Tempeh Delight

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



Salad

Abundant Harvest Bowl 🛞 🖗 🍘 A nourishing bowl packed with an array of fresh and vibrant vegetables, perfect for a fulfilling lunch (86 Calories)	390
Rocket and Creamy Avocado Salad 🛞 🔘 🎉 Peppery rocket salad paired with New Zealand fresh spinach, tomatoes, red shallots, carrots, and a delightful balsamic dressing. (179 Calories)	390
Fresh Baby Spinach Detox Salad 🌐 🔘 🁔	450
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 🐨 🔘 🎉 A divine mix of herb leaves, creamy avocado, crunchy cucumber, and sunflower seeds, dressed with a tantalizing vinaigrette. (140 Calories)	390
Grilled Garden Vegetables with Pistachio Pesto 🛛 🐨 💿 🍘	390
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 <i>MOD</i> (Construction) (Construction of the traditional Thai flavours of green papaya salad served with spicy chili and grilled chicken breast. (386 Calories)	490

Salad

390



Mediterranean Chickpea Delight (

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)



550

390

390

Nicoise Sensation

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 😭 🧭

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

Oceanic Sea Vegetable S

)	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 🛛 🐨 🔘 🎒 👘		390
Experience the taste of the sea with this salad featuring wakame, shirataki noodles, a sesame dressing. (105 Calories)	and yam bean, dressed with a white	
Vegan Roasted Sweet Potato Medley 🐨 🔘 🏈 Roasted sweet potato combined with New Zealand fresh spinach, rocket salad, and	a luscious sesame dressing. (210 Calories)	390

Wholesome Lentil Medley (💕)

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

Zucchini Noodles with Guacamole (\mathbf{V})

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

420



Soup

Carrot Ginger Elixir () () () A chilled soup with the refreshing flavours of carrot, ginger, coconut meat, and a hint of orange zest. (124 Calories)	
Golden Essence Elixir () () () () A creamy soup brimming with the goodness of broccoli, spinach, kale, and hemp seed oil, perfect for boosting your immune system. (122 Calories)	320
Gazpacho Sensation 🛞 🔘 🐨 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 () 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 () A delightful blend of mushroom and seaweed broth infused with traditional miso paste. (96 Calories)	
Thai Tom-Yum Revitalizer <i>JJJ</i> () 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)	350
Tom-Kha Mushroom Euphoria in Soy Milk <i> iii</i> 🐨 Indulge in the rich flavours of galangal, orinji mushrooms, lemongrass, lime, soy milk,	

fresh tomatoes, shallots, and chili. (210 Calories)



Main Dish

Exotic Grilled Prawns () () () () () () () () () () () () ()	750
Fragrant Lentil Delight 🐨 🔞 🏈 Indulge in the fragrant Indian spices of this hearty lentil curry stew. (255 Calories)	450
Hummus Wrap with Grilled Chicken and Raisin-Yogurt 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)	450
Mango Tango with Free-Range Chicken 🔞 🍘 🗰 Enjoy the tantalizing combination of yellow mango salad, grilled chicken breast, red chili, coriander, and shallots. (382 Calories)	490
Miso-Glazed Salmon Delight () () Savour the succulence of miso-glazed salmon served with sliced root vegetables and a drizzle of tahini sauce. (378 Calories)	650
Open Lasagne Garden Medley () Savour the flavours of open lasagne with tomato sauce, grilled zucchini, mixed bell peppers, mushrooms, baby carrots, lasagne pasta, and fresh spinach. (392 Calories)	490

Main Dish

650



Oven-Baked Salmon Fillet

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)

I reat 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 () (650 Stir-Fried Tofu Delight with Cashew Nuts () () Experience a delightful combination of steamed sea-bass, Enjoy the perfect blend of stir-fried tofu, cashew nut

mashed sweet potato, steamed asparagus, baby carrots,

and a touch of Pomodoro sauce. (312 Calories)

Enjoy the perfect blend of stir-fried tofu, cashew nuts, mixed bell peppers, chili, orinji mushrooms, onions, tomatoes, carrots, and soy sauce. (366 Calories) 490



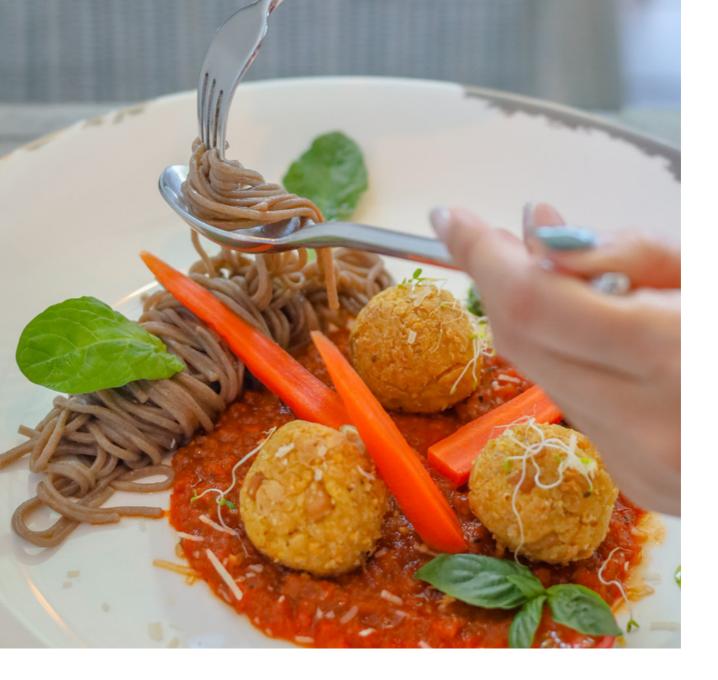
Soba Symphony with Red Tuna and Edamame Enjoy the harmony of flavours with soba noodles, tofu, edamame, chili sauce, soy sauce, tomatoes, and pan-fried red tuna. (381 Calories)





Main Dish

Southern Thai Chicken Massaman Curry () /// A taste of Southern Thailand with this chicken breast curry infused with exotic spices, potatoes, and lotus seeds. (396 Calories)	490
Vegan Zucchini Fettuccine () Savour the delightful combination of fresh zucchini and carrot fettuccine, paired with a tangy pesto, seaweed, baby carrots, and cherry tomatoes. (355 Calories)	450
Wholesome Quinoa Risotto 🐨 💿 🍘 An innovative twist on classic Italian risotto, featuring nutritious quinoa and a medley of flavourful ingredients. (350 Calories)	450



Plant Based

Plant-Based Meatball Marvel 🐨 🔘

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)

490



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)

Please choose one for a main course. Additional side dish is at THB 150

Dessert



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)	230
Blissful Chocolate Truffles	
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	
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	
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	200
Elevate your senses with a selection of meticulously chosen, hand-cut seasonal fruits from the vibrant landscapes of Thailand. (136 Calories)	
Mango Bliss Cheesecake	250
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 🔘 👔	250
Indulge in a velvety dark chocolate delight infused with the richness of hazelnut and cashew nut butter.	

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 yourself in the pure essence of coconut with this refreshing and creamy sorbet (214 Calories)	120
Decadent Chocolate Temptation An indulgent treat for chocolate enthusiasts, with rich chocolate notes and a velvety texture. (219 Calories)	120
Luscious Lime Sorbet Delight in the zesty tanginess of fresh lime, creating a cool and invigorating sorbet experience (90 Calories)	120
Mango Tango Sorbet Let the vibrant notes of tropical mango dance on your taste buds in this refreshing sorbet. (67 Calories)	120
Strawberry Symphony A symphony of flavours, combining the sweetness of ripe strawberries with the creamy coconut base. (245 Calories)	120
Vanilla Euphoria Delight in the classic elegance of Madagascar vanilla, offering a smooth and aromatic experience.	120

(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 A natural remedy and a great alkaline agent (Approximately 12 Calories)	150
BASIL SHOT Boosts immune system function, help balance hormone levels, reduces risk of stroke and lowers fevers	150
(Approximately 28 Calories)	
CELERY SHOT	150
Reduces blood pressure and boosts the immune system (Approximately 5 Calories)	
GINGER SHOT	
Helps with digestion, eases pain, boost your immune system, reduces your blood sugar levels and cholesterol, and aids in weight loss (Approximately 25 Calories)	150

HEALTHY SHOT

TURMERIC SHOT 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)	150
BEETROOT SHOT Reduces blood pressure and high anti-oxidants (Approximately 24 Calories)	150
COCONUT OIL SHOT Boosts fat burning and provides your brain & body with quick energy (Approximately 185 Calories)	150
WHEATGRASS SHOT 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)	150

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 Blueberries, dates, spinach and almond milk	250
(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



SUMMER COOLER Mango, cucumber, lime juice and mint leaves (110 Calories)	250
NUTRIENT RECHARGER Pineapple, Zucchini, mango and chai seeds (142 Calories)	250
PPP - PURE POWER PROTEIN Protein powder of your choice shake together with purify water Whey protein: good for buildup muscle, suggest to have it right after exercise Hemp protein: plant base protein, alternative to dairy protein (120 Calories)	250

JUICE CLEANSE

POP EYE GARDEN Spinach, zucchini, cucumber, broccoli and ginger (80 Calories)	250
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 distract all nutrition goodness into your glass



ABC Apple, beetroot, and carrot Helps us boost our immunity, Improves our overall health, reduce pain during the menstrual cycle (119 Calories)	250
COCONUT WATER Coconut fresh pick from the coconut tree (46 Calories)	150
GREEN IMMUNITY BOOSTER Kale, green apple, pineapple, cucumber, and ginger weight loss aid, heart support, high iron content, beautiful hair and bone health (141 calories)	250
PHYLLIUM CHIA FRESCO Chia seeds soaked in coconut water with phyllium husks and lime juice good source of omega-3 fatty acids, _ber, antioxidants, iron, and calcium (134 Calories)	250

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 distract all nutrition goodness into your glass

GREEN POWER: FEEL ALIVE! 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)	250
AWESOME ANTIOXIDANTS 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)	250
LOVE THE LIVER Beetroot, celery, parsley, broccoli, apple, carrot and ginger Give your liver a break! _is juice supports the liver's detoxifying ability when it is challenged by stress, (166 Calories)	250
PHYTONUTRIENT GREEN 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)	250
THE HULK 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)	250

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

(O Calories)

Turmeric Tea

Improves immune function with antioxidants and antiin amatory properties

Lemongrass

Supports natural detoxifying process and helps to refresh your day $\label{eq:support}$

 $\begin{array}{l} Ginger \\ \mbox{Great for digestive stimulant and anti-in amatory} \end{array}$

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 (O Calories)

nti-	120	Anti-Oxidant Green Tea High in Vitamin C helps lower cholesterol, good for heart health	120
	120	Traditional Oolong Improves blood sugar control, boosts metabolism and decreases fat absorption	120
	120	Forgetful Purple Rain Roasted purple rice with green tea	120
	120	Spice Tea Ginger, peppermint, organic mulberry, green tea, and organ black mint	120 nic
	120	Midnight Earl Gray Organic black Assam, lavender, peppermint, and organic turmeric	120
	120	Mid Summer Dream Rose, organic rosella, organic mulberry green tea	120
	120	Rooibos Tea Antioxidant, low blood pressure, protect against chronic condition	120

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.

MINERAL WATER

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

Espresso	120	Mont fleur still 500 ml/ 1000 ml.	60/120
(Approximately 21 Calories)		Evian 500 ml. / Evian 1L.	165/300
Americano (Approximately 5 Calories)	120	Acqua Panna Still Mineral Water 750 ml.	250
		Mont fleur Sparkling 750 ml.	300
Macchiato With a selection of milk preferences	120	Perrier 330 ml. / 750 ml.	175/300
(Approximately 47 Calories)		San Pellegrino Sparkling Mineral Water 750 ml	. 300
Cappuccino	120		
With selection of milk preference (Approximately 98 Calories)		VARIETY OF BEERS	
Latte	120		
With selection of milk preference (Approximately 106 Calories)		Singha / Chang / Phuket / Tiger / Heineken	180
*Milk selection: coconut milk, almond milk, soy milk and ri milk	ce	Corona Beer	290



Should your dietary requirements be more specific, kindly inform our server when placing your order and our chefs will be more than happy to oblige. All prices are quoted in Thai baht and subject to 10% service charge plus 7% vat

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

Sparkling Wine	Glass	Bottle
Domaine Cold River, Sparkling Brut, Australia		1,600
Torressella, Prosecco D.O.C. Extra Dry, Italy	420	1,950
Rose Wine		
Les Pins D'aubane Rose de, France	350	1,650
White Wine		
Pinical Estate Reserve, Chardonnay, NSW, Australia	350	1,650
Sartori Pinot Grigio, Delle Venezie, Italy	380	1,750
Kapuka Sauvignon Blanc, New Zealand	390	1,800
Oak Vineyards , Chardonnay, California, USA	400	1,900
Red Wine		
Chilano, Cabernet Sauvignon, Chile	320	1,500
Reservado, Merlot, Chile	320	1,500
St. Hallet Gamekeeper's Shiraz, Australia	360	1,700
Oak Vineyards , Cabernet Sauvignon, California, USA	420	1,990
Crane Lake , Pinot Noir, California, USA	450	2,100

APERITIF & BITTER

Fernet Branca	390
Pernod • Ricard	290
Campari	230

COGNAC



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