

Brain food

Tomato cheese chocolate dressing 220 THB

Fresh kale & Honey lime dressing, Fresh mozzarella cheese slice, Fresh tomato slice, Pomegranate, Red & Green Grape, Pumpkin seed, Goji berry & Dried cranberry, Flax seed

Grilled turmeric salmon fruit salsa 220 THB

Grilled turmeric Salmon, Coconut oil, Lettuce, Red + Green Grape, Goji berry
Dried cranberry, Walnut, Apple salsa

Boiled egg avocado kale 220 THB

Hardboiled egg, Avocado slice, Kale, Pomegranate, Walnut, Flax seed, dried cranberry, Lime dress

Grilled tuna avocado togarashi chili 220 THB

Seared saku tuna (Salt&Pepper), Fresh tomato slice, Rocket, Avocado, Red onion julieane, Pomegranate, Pumpkin seed, Giji berry & Flax seed

Broccoli & peanut Balsamic dressing 220 THB

Steamed Brocoli, Snow pea, Walnut, Goji berry, Almond slice, Flax seed
Balsamic dressing

Baked sward quinoa salad 220 THB

Water cress lettuce, Steamed squash, Orinji mushroom
Sunflower seed, Flax seed, Feta cheese, Lime dre, Quinoa, Pea sprout, Carrot, Purple Cabbage, Tomato cherry sing

Broccoli & broad bean& pecan nut 220 THB

Steamed broccoli, Fava bean, Snow pea, Orinji + Porcini mushroom
Pomegranate, Peacannut, Balsamic dressing

Grilled salmon with Japanese chili&flexseed &mushroom 220 THB

Seared salmon(Salt+Pepper), Rocket, Orinji mushroom(Brunch and seared)
orcini dice(Saute salt+pepper+garlic+onion), Pomegranate
Flax seed, Pumpkin seed

Cress salad with porcini mushroom 220 THB

Orinji mushroom (Brunch and seared), Porcini dice (Saute salt+pepper+garlic+onion)
Purple potato, Pomegranate, Flax seed, Sunflower seed, Water cress lettuce
Balsamic dressing

Baked giant champignon 220 THB

Champignon mushroom, Lettuce, Power salad, porcini mushroom, Feta cheese

Clean Food

Buckwheat crab guacamole 220 THB

Celeriac & Carrot & Nut mag with coconut oil, salt, black pepper, Mushroom
shiitake, Orinji, shimeji grilled with salt
Sauce: Avocado, Black bean, red onion, red pepper, Coriander

Grilled chicken waldorf 220 THB

Chicken & black pepper, salt, Red, Green apple, Tomato cherry Celery, Raisin black,
white
Sauce: Yogurt, Mayonnaise, Salt & Pepper, lime juice

Black bean guacamole vegetable stick 220 THB

Capsicum green, red, yellow, Cucumber, Celery, Carrot, Mixed fruits
Sauce: Guacamole, Shallot, Red pepper, Coriander, Salt & black pepper, lime juice

Grilled chicken with tomato & avocado 220 THB

Chicken, Tomato, Avocado, Lemon, Rocket, Mixed fruits

Grilled salmon quinoa 230 THB

Grilled salmon & salt & pepper, Lemon, Quinoa & Capsicum red, green, yellow
Mixed fruits

Grilled Saba teriyaki with pappardelle 220 THB

Grilled Saba & teriyaki sauce, Carrot, Zucchini, Ginger pickle, Lemon, Mixed fruits
Balsamic Honey sauce

Berry rice with wok fried pumpkin soy 210 THB

Pumpkin, Berry rice, Soy sauce, mixed fruits, Egg

Eggplant power salad 220 THB

Sweet potato, Chick pea, Apple green, Red Radish, Quinoa, Eggplant purple
Spinach fresh, Rocket

Sweet potato black bean 220 THB

Sweet corn, Sweet potato, Capsicum Red, Green, yellow, Black bean
Balsamic Honey sauce

Alkaline Food**Quinoa risotto 220 THB**

Quinoa, Coconut oil, Bay leaf, Curry, Whipping cream, Parmesan cheese, Fennel,
Carrot, Zucchini, Asparagus, Broccoli, Snap peas,
Nut Meg

Ratatouille with quinoa cake 220 THB

Zucchini, Eggplants, Tomato, Capsicum, Onion, Tomato sauce, Basil, Coconut oil,
Parmesan cheese, Lemon zest
Quinoa cake

Carrot ravioli 230 THB

Pasta Dough **Stuffing:** Carrot, Cream cheese, Lemon zest, Salt
Grated carrot, Chili, Nutmeg, Basil chopped, Coconut oil, Black peppercorn, Salt

Salmon medallions 220 THB

Salmon, Coconut oil, Asparagus, Baby carrot, Red onion, Basil chopped, Peach
salsa

Organic chicken breast 230 THB

Chicken breast, Zucchini strip, Carrot strip, Black peppercorn, Salt

Char grilled sea bass 230 THB

Sea bass, Fennel, Carrot baby, Zucchini slice, Capsicum, Black peppercorn, Salt

Sea bass saltimbocca 230 THB

Sea bass, Zucchini slice, Fennel, Red onion, Tomato cherry, Black peppercorn, Salt

Potato Gnocchi 220 THB

Potato Gnocchi, Raw Zucchini pasta, Raw Carrot pasta, Pesto sauce

Salmon gravlax 230 THB

Salmon Grave lax, Alphapha sprout, Tomato cherry, yellow lemon, Fresh dill,
Orange mustard dressing: Lemon juice, Orange juice, Mustard Dijon, Dill chopped,
White wine vinegar Salt

Eggplant rolls 220 THB

Aubergines slice, Salt, Oregano, Coconut oil, Herb-couscous mixed, Vegetable stuff

Vegetables curry 220 THB

Chickpeas, Celeriac, Carrot, Coconut oil, Ginger, Lemongrass finely, Curry powder, Cardamom, Vegetable stock, Coconut milk, Soy sauce, Salt

Tofu cubes in zucchini jacket 220 THB

Tofu, Zucchini slice lengthways, Thyme, Coconut oil

Sweet potato sauce: Potato sweet dice, Vegetable stock, whipping cream, Salt, Nutmeg

Stuffed buckwheat crepe 220 THB

Crapes: Buckwheat flour, Fresh milk, egg, salt, Parsley, Coconut oil

Guacamole: Avocado, Salt, Lemon juice

Salad: Mixed lettuce, Honey mustard

Mediterranean vegetables 220 THB

Red & Yellow capsicum, Zucchini, Eggplants, Fennel, Coconut oil, Basil, Salt, Balsamic vinegar, Buffalo mozzarella

Ratatouille with quinoa cake 220 THB

Zucchini, Eggplants, Tomato, Capsicum, Onion, Tomato sauce, Basil, Coconut oil, Parmesan cheese, Lemon zest
Quinoa cake

Falael wrap 200 THB

Mixed lettuce, tomato, tomato, Mayonnaise, Tortilla, falafel
With tomato sauce