



Snacks

- Chickpea hummus bowl**  **250 THB**
Crudités
- Toasted ciabatta**   **150 THB**
Garlic butter, mozzarella cheese
- Peanuts**   **60 THB**
Thai spiced salted peanuts

On the green- raw salads

- Greek salad**   **250 THB**
Watercress, rocket, cucumber, tomato, vegan feta cheese, red onion,
Olives and oregano
- Caesar salad**    **250 THB**
Romaine lettuce, vegan Caesar dressing, chickpea croutons
Brazil nut Parmesan
- Green garden salad**    **250 THB**
Sprouted pea shoots, creamy hemp seed vinaigrette, apple, pistachio, avocado
Pumpkin seeds
- Beetroot salad**    **260 THB**
Orange, walnuts, fig, watercress, balsamic vinegar, olive oil
Coconut nectar

Hot bowls

- Mexican Taco bowl**   **290 THB**
Quinoa, corn, tomato salsa, avocado, vegan chilli-non-carne,
Cashew sour cream, coriander
- Mediterranean Falafel bowl**   **290 THB**
Chickpea falafel, quinoa, sweet potatoes, olive, carrot, tomato and rocket
- Hawaiian Poke bowl**   **290 THB**
Black rice, carrot, zucchini, cabbage, shittake, seaweed salad, tofu
Edamame bean and sesame

 Nuts  Dairy product  Wheat  Spicy  Raw  Cooked  Vegan

All prices are in Thai Baht and net prices

<p>Soup   </p> <p>Fresh soup of the day served with bread</p>	<p>200 THB</p>
Wrap-it-up	
<p>Avocado and walnut wrap   </p> <p>Lettuce, avocado, walnut</p>	<p>250 THB</p>
<p>Soft corn taco   </p> <p>Avocado, tomato salsa, Mexican slaw and vegan chilli-non-carne</p>	<p>290 THB</p>
<p>Beetroot & quinoa burger   </p> <p>Tomato, onion, coleslaw and buckwheat bun</p>	<p>290 THB</p>
<p>Pasta</p> <p>Pasta selection: Spaghetti / Penne / Fettuccini  </p> <p style="padding-left: 100px;">Vegan buckwheat fusilli </p> <p>Sauce selection: Tomato sauce </p> <p style="padding-left: 100px;">Pesto sauce </p> <p style="padding-left: 100px;">Carbonara </p> <p style="padding-left: 100px;">Bolognese </p>	<p>350 THB</p>
<p>Pizza </p> <p>Freshly baked 8" pizza with tomato sauce and cheese</p> <p>Choose 3 toppings: Ham, bacon, smoked chicken, smoked salmon, tomato Capsicum, sweet corn, mushroom, pineapple, spinach</p>	<p>250 THB</p>
Extra protein boosters for salad, hot bowls, wraps, pasta	
<p>Smoked Salmon</p>	<p>100 THB</p>
<p>Smoked chicken</p>	<p>80 THB</p>
<p>Lentil chilli</p>	<p>80 THB</p>
<p>Boiled egg</p>	<p>80 THB</p>
<p>Tofu</p>	<p>80 THB</p>


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Booster ball

Cacao, goji cherry - zinc booster	  	70 THB
Matcha, pistachio - anti-oxidant booster	  	70 THB
Brazil nut and fig - selenium booster	  	70 THB
Raw carrot, walnut cake – fiber booster	  	70 THB
Macadamia, cacao flapjack – protein booster	  	100 THB


Sports drinks

Triathlon smoothie: pineapple, avocado, banana, celery, apple	180 THB
Vitamin C smoothie: papaya, carrot, passion fruit, turmeric	180 THB
Recovery smoothie: beetroot, orange, mango	180 THB
Chocolate smoothie: cacao, banana, coconut, almond milk 	180 THB
Anti-oxidant smoothie: blueberry, acai, banana	180 THB

Build your own smoothie and supplements 200 THB

- Step 1: Choose 3 fruits:** Mango/ banana/ papaya/ apple/ blueberry/ strawberry
- Step 2: Choose one yoghurt:** coconut yogurt / dairy yogurt
- Step 3: Choose one milk:** almond / coconut / rice
- Step 4: Please choose one Booster:** maca/acai/ spirulina

Protein supplement

Whey	50 THB
Pea 	50 THB
Sunshine warrior rice protein 	80 THB

Detox juice

Breakfast in a bottle: mango, papaya, flax seed, peanut butter, Vanilla, almond, spinach	200 THB
Shrek: spinach, kale, celery, green apple juice, lemon juice, kiwi, flax seed	200 THB
Phuket power: pineapple, orange juice, red apple, mango, banana, passion fruit	200 THB
Zing green: apple, pineapple, lettuce, celery	200 THB
Up beet: beetroot, red apple, celery	200 THB



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Fruit Blends

180 THB

Orange

Pineapple

Papaya

Watermelon

Coconut

Fresh juices

140 THB

Orange

Apple

Mango

Coconut

Coffee

Espresso, Americano,

115 THB

Cappuccino, Latte

120 THB

Teas

120 THB

English breakfast, Earl grey, Jasmine, Green Tea, Moroccan mint, Chamomile

Soft Drinks- Coca cola, Sprite, Fanta, Tonic, Soda

80 THB

Still mineral water

OGEU pyrenees 33cl.

70 THB

OGEU pyrenees 75cl.

130 THB

Sparkling mineral water

OGEU pyrenees 33cl.

80 THB

OGEU pyrenees 75cl.

140 THB



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Beer

Chang beer

150 THB

Singha beer

150 THB

Sport bar classic cocktail

300 THB

Caipirinha

Bacardi rum, triple sec, fresh lime wedges, brown sugar

Mojito

Bacardi rum, lime wedge, mint leaves, brown sugar top and bubble

Singapore Sling

Dry gin cherry herring, benedictine D.O.M, lime juice, grenadine top and bubble

Mai Tai

Captain morgan rum, bacardi rum, orange curacao, pineapple juice,

Orange juice, lime

Pina Colada

Bacardi rum, malibu, coconut milk, pineapple



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Dairy product



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