

Smoothie Bowl Your Way

Make Your Day With Your Smoothie Bowl Choices THB 250.-



1 Select Your Fruit and Vegetable *(Up To 4 Selections)*

Fruit:



Apple



Banana



Cantaloupe



Guava



Pineapple



Strawberry

Vegetable:



Tomato



Beetroot



Celery



Kale



Spinach



Carrot



Zucchini

Herb:



Mint



Turmeric



Ginger

2 Select Your Own Dairy or Non-dairy

Dairy:



Whole Milk
Low Fat Milk



Yogurt

Non Dairy:



Soy Milk



Almond Milk

3 Select Your Own Topping *(4 Items)*

Fruit:



Apple



Banana



Pineapple

Grain & Dried:



Chia



Almond



Goji Berry



Bee Pollen



Granola



Sunflower Seed

4 Additional 100 THB for Top Up *Your Flavor and Healthiness*



Matcha
Green Tea
Powder



Dark
Chocolate
Powder



Royal
Life Protein
Powder

Grab & Go



Chicken Caesar Wrap

Grilled honey mustard chicken breast, keto crouton, organic lettuce, parmigiana, Caesar dressing wrapped with whole grain tortilla
THB 200.-

Chicken Kale Energy Bowl

Grilled chicken breast, semi dried tomato, chickpeas, cucumber, brown rice with romesco sauce
THB 250.-



Surf & Turf Organic Salad

Moroccan style chicken, diced salmon poke, mixed organic leaves, bell pepper, red onion with sesame dressing
THB 250.-

Plant Based & Vegetarian



Larb Moo Bo - Lan ✓
Spicy minced plant based pork salad with roasted rice, chili flakes, spring onion, mint leaf and crispy shallot
THB 200.-



Mushroom Ragout ✓
Gluten free penne pasta with mushroom ragout sauce
THB 250.-

Plant Based Hamburg ✓

Double plant based patties served with teriyaki mushroom sauce and mixed green salad
THB 290.-



Cauliflower & Chickpeas Wrap ✓




Roasted cauliflower, chickpeas, rocket leaves with tahini and soy yogurt lime dressing wrapped with whole grain tortilla
THB 200.-


✓ Vegetarian Contains nuts Dairy-free Gluten-free Contains chili Bone health
Contain Healthy Fat Ingredients Contain High Fiber Ingredients KETO Ketogenic Diet

Prices are subject to 10% Service Charge and 7% VAT.



Healthy Meal






Organic Egg Benny   
 Poached organic egg, cured salmon, avocado cream and rocket leaves on toasted organic multigrain sourdough bread
 THB 290.-

Breakfast Burritos 
 Homemade whole grain tortilla fill with scrambled eggs, homemade pork sausages and semi dried tomato with Mexican salsa
 THB 200.-




Almond Crusted Salmon  
 Roasted almond crusted salmon fillet, roasted Mediterranean vegetable, quinoa, grilled asparagus and burnt honey lemon
 THB 450.-



Romesco Chicken   
 Roasted chicken breast, sun dried tomato, red bell pepper flakes served with coconut cream quinoa rice salad
 THB 250.-



Chow Mein
 Wok fried organic noodles with chicken, leek, onion and sesame oil
 THB 200.-



Hot Soba Soup 
 Wheat flour noodles with brown soft tofu, edamame and seaweed with smoked fish consommé
 THB 200.-



Open Face Beef Sandwich
 Roasted lean beef, pickle, radish, rocket leaves and semi dried tomato with horseradish sauce on toasted organic whole wheat bun
 THB 300.-

Oatmeal Waffles Or Pancakes  
 Organic oat waffles or pancakes, fresh berries, caramelized banana served with organic honey
 THB 200.-



Phuket Fresh Spring Roll
 Rice paper wrapped with braised Chinese spices marinated pork shoulder, Julienne turnip, beansprout, Chinese
 THB 200.-

 Vegetarian  Contains nuts  Dairy-free  Gluten-free  Contains chili  Bone health
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Our Crafted Smoothies THB 220.-



Walk in The Park ✓🥥
 Almond milk,
 Spinach, Banana,
 Avocado, App Fast,
 Honey, Mint
 120 kcal



Dairy-free



Gluten-free



Sugar-free



Cholesterol-free



50 kcal



Protein 9 g



Summer Breeze ✓🥥
 Orange, Banana,
 Almond milk,
 Strawberries, App Fast
 110 kcal

Youth Potion ✓🥥
 Orange, Zucchini,
 Spinach, Almond Milk,
 Beet, App Fast
 130 kcal



Shade of Grey ✓🥥
 Soy milk, Avocado,
 Cocoa powder,
 Butterfly pea, App
 Fast, Honey
 175 kcal



Sun Salutation ✓
 Cantaloupe, Apple,
 Banana, App Fast,
 Golden Flax, Bee Pollen
 175 kcal

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 ❤️ Contain Healthy Fat Ingredients
 🌀 Contain High Fiber Ingredients
 🥑 Keto

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Our Crafted Juices THB 120.-



Golden Skin ✓
Carrot, orange,
apple, lemon,
pineapple and
turmeric
95 kcal



Better than Botox ✓
Watermelon, tomato,
lemon, mint and chia
95 kcal



Energy Booster ✓
Beetroot, orange,
carrot and lemon
110 kcal



Glow Gorgeous ✓
Celery, kale, spinach,
lime and apple
130 kcal



Enzyme Cooler ✓
Pineapple, ginger,
mint and lemon
150 kcal

Single Press Juices
THB 110.-
Orange, Guava,
Pineapple, Watermelon,
Beetroot, Carrot

Homemade Green Tea Kombucha THB 200.-



**Yuzu honey
Kombucha**
Kombucha infused
with yuzu puree
and wild honey



**Apple Pie
Kombucha**
Kombucha
infused with
apple and
cinnamon



**Passion Beet
Kombucha**
Kombucha infused
with passion fruit
and beetroot powder



**Pineapple Sweet
Basil Kombucha**
Kombucha infused
with chili, sweet
basil and pineapple



**Apple Mojito
Kombucha**
Kombucha infused
with apple, lime,
basil top with soda
water

Tea Mixed

Iced Lemon Tea
THB 150.-

Yuzu Honey Iced Tea
Iced Matcha Latte
THB 200.-

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Signature Coffee By Sarnies

Hot Orange Mocha

THB 180.-

Iced Orange Mocha

THB 200.-

Classic Dirty

THB 200.-

Coconut Chai Dirty

THB 200.-

Coffee Kombucha

THB 200.-



Coffee

Americano, Cappuccino, Latte, Espresso

THB 100.-

Mocha, Chocolate

THB 100.-

Double espresso

THB 130.-

Iced Americano, Iced Cappuccino, Iced Latte

THB 130.-

Iced Mocha, Iced Chocolate

THB 130.-

Tea THB 100.-

**English Breakfast, Earl grey, Mint,
Chamomile, Green tea**

Soft Drinks THB 90.-

**Coke, Coke Zero, Sprite, Tonic, Soda,
Ginger Ale, Lemon soda**

Water

Bottle Water

THB 50.-

Evian 750ml

THB 250.-

Evian 330ml

THB 150.-

Perrier 750ml

THB 250.-

Perrier 330ml

THB 150.-

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