

BOWLS & MORE

superfood yogurt bowls



THB 300++

1. the berry bowl (375 kcal)

soy milk yogurt / blueberries / goji berries / mango granola / banana / toasted coconut

2. the cocoa bowl (413 kcal)

rice milk yogurt / cocoa nib / honey papaya granola / blueberries / almond & sunflower seeds

3. the acai bowl (260 kcal)

soy milk yogurt / acai berry / cinnamon raisin granola / green apple / strawberry / chia seed

4. the cheat day bowl (475 kcal)

rice milk yogurt / caramel sauce / banana / toblerone bits / toasted almond

make your own bowl

rice milk yogurt (60 kcal)

or

soy milk yogurt (40 kcal)

add on:

- Flax seeds (13 kcal)
- pumpkin seeds (56 kcal)
- chia seeds (9 kcal)
- sunflower seeds (42 kcal)
- banana (52.5 kcal)
- mango (175 kcal)
- dark chocolate (54 kcal)



all prices are quoted in Thai baht, subject to 10% service charge and 7% tax.

BOWLS & MORE

poke bowls



THB 300++

1. ahi poke (654 kcal)

- sushi rice
- yellow fin tuna
- avocado
- radish
- cucumber
- cashew nuts
- sesame seeds
- edamame beans
- sesame seaweed
- jalapeño pepper
- ponzu dressing
- miso dressing
- japanese wasabi mayonnaise

3. pullman poke (566 kcal)

- sushi rice
- tofu
- pickled ginger
- spring onion
- avocado
- coriander leaves
- nori sheets
- edamame beans
- radish
- cucumber
- cashew nuts
- sesame seeds
- tamari dressing

2. salmon poke (698 kcal)

- sushi rice
- salmon
- mango
- pickled ginger
- spring onion
- avocado
- nori sheets
- red cabbage
- sesame seeds
- coriander leaves



vegetarian dish

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make your own poke



THB 300++

make 1:

- yellow fin tuna (124 kcal)
- salmon (189 kcal)
- teriyaki chicken (80 kcal)
- tempura prawn (160 kcal)
- silk tofu (23 kcal)

mix 6:

- jalapeño pepper (6 kcal)
- avocado (92 kcal)
- coriander (0 kcal)
- carrot (14 kcal)
- radish (1 kcal)
- pickled ginger (5 kcal)
- nori sheets (1 kcal)
- edamame beans (95 kcal)

dress 1:

- soy sauce (10 kcal)
- ponzu dressing (15 kcal)
- tamari dressing (20 kcal)

- sesame (32 kcal)
- mango (50 kcal)
- spring onion (8 kcal)
- sesame seaweed (18 kcal)
- cherry tomato (20 kcal)
- red cabbage (11 kcal)
- cashew nuts (118 kcal)
- cucumber (11 kcal)

- wasabi mayonnaise (100 kcal)
- miso dressing (50 kcal)



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BOWLS & MORE

salad bowls



THB 250++

 1. mexican quinoa salad (191 kcal)

quinoa / mixed green / red onion / avocado / cherry tomato / cilantro / corn / grilled haloumi / radish / lemon dressing

 2. arcadia green salad (143 kcal)

mixed green / cherry tomato / cucumber / asparagus / radish / bell pepper / onion / balsamic dressing

 3. italian garden salad (396 kcal)

mozzarella / tomato / rocket / radish / pesto sauce / balsamic reduction



 vegetarian dish

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BOWLS & MORE

signature wraps



THB 250++

1. the cobb classic (465 kcal)

chia wrap / romaine lettuce / tomato / crispy bacon / grilled chicken / boiled egg / avocado / sweet corn / blue cheese / dijon vinaigrette

2. chef's special (403 kcal)

chia wrap / grilled chicken / haloumi / quinoa / mixed garden greens

3. the antioxidant (317 kcal)

chia wrap / beetroot / avocado / broccoli / blueberry / carrot / tahini paste

4. indian Flavours (385 kcal)

chia wrap / tandoori chicken / roasted garlic yogurt / mixed vegetables



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