

BOWLS & MORE

superfood yogurt bowls



THB 350

1. the berry bowl

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

2. the cocoa bowl

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

3. the acai bowl

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

4. the cheat day bowl

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

make your own bowl

rice milk yogurt

or

soy milk yogurt

add on:

- flax seeds
- pumpkin seeds
- chia seeds
- sunflower seeds
- banana
- mango
- dark chocolate



please let our team know if you have any special dietary requirements, Food allergies or Intolerances.
all prices are quoted in Thai baht, subject to 10% service charge and 7% tax.

signature poke bowls



1. hawaiian poke bowl

D G N pineapple soy marinated salmon, sushi rice, spicy mango salsa, avocado yogurt mousse, salmon skin crisps, Fresh seaweed salad, cucumber, edamame, radish

520

2. bulgogi beef poke bowl

G N korean bbq sirloin, quinoa sushi rice, red cabbage, sour mango, kimchi, soft boiled egg, roasted broccoli, spring onion, spicy carrot, peanut sauce

520

3. thai larb tuna poke bowl

G N tuna, roasted sesame, shallot, spring onion, mint, rocket, sushi rice, avocado with spicy thai lime vinaigrette

460



D contains dairy **G** contain gluten **N** contain nuts **P** contains pork **V** vegetarian

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BOWLS & MORE

healthy bowls & more



1. mediterranean buddha bowl

D **N** **V** roasted marinate eggplant, bell peppers, tomato, sweet green peppers with feta olives, roasted chickpea, continental cucumber, rocket pesto, quinoa, cous cous, humus

520

2. hiyashi chuka bowl

G **N** ramen noodle, poached chicken breast, bean sprout, cucumber, tomato, daikon sprouts, prawn, egg, red pickle ginger, sesame dressing

420

3. japanese crab bowl

D **G** **N** shredded surami crab, cucumber, mango, carrot, Furikake, kewpie sriracha dressing, sushi rice

340



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healthy bowls & more



4. roast butternut pumpkin, charred onion and smoked burrata bowl

520

roasted squash, charred onion, smoked burrata cheese, pumpkin seeds, Italian parsley, balsamic, olive oil and honey

5. middle eastern chickpea bowl

340

chickpea, bell peppers, tomato, cucumber, Spanish onions, Fresh herbs, sumac, lemon olive oil dressing, tzatziki and pita chips.

6. asparagus, egg, potato with tarragon vinaigrette

400

thai asparagus, organic egg, baby potato, local heirloom tomato, pickled carrot, baby gem lettuce, tarragon vinaigrette

add:

- D** • lebanese marinated chicken +100
- D** • middle eastern lamb kebab +350
- charcoal-grilled salmon belly shio yaki +290
- crispy grilled baby octopus +190
- G N Y** • crispy falafel +100



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healthy bowls & more



D N V 7. green goddess bowl

romaine lettuce, avocado, cucumber, green bell pepper, sugar snap pea, onion, pistachio, green herb dressing

400

G V 8. cold cucumber & avocado green gazpacho bowl

lebanese cucumber, avocado, yogurt, jalapeno, garlic, mint and bread sticks

340



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homemade ice cream



THB 110 per scoop

mango sorbet

strawberry sorbet

coconut ice cream

caramel sea salt ice cream

chocolate ice cream

vanilla ice cream

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frozen smoothies



1

THB 250

1. crazy berry in love

mixed berries / banana / apple juice / yogurt

2. go banana nuts

banana / walnuts / ground cinnamon / nutmeg / thai organic honey / yogurt

3. the mango tango

mango / green apple / apple juice / pineapple juice

4. greenology

spinach / celery / green apple / cucumber / kale / lemon juice

5. beet it!

beetroot / carrot / mixed berries / mint / passion fruit juice

add more:

- * 25 grams protein powder mass gainer vanilla flavor
- * 25 grams protein powder lean muscle vanilla flavor
- * thai organic honey
- * Fresh ginger
- * Flax seeds
- * pumpkin seeds
- * chia seeds
- * sunflower seeds
- * dark chocolate



2



3



4



5

100++
100++
40++
20++
20++
20++
20++
20++
20++

BOWLS & MORE

wine selection



sparkling wine

prosecco | piccini | doc | italy | veneto

chandon | rosé brut | australia | yara valley

by
glass

380

by
bottle

1,800

390

1,900

white wine

pinot grigio | piccini | italy | veneto

sauvignon blanc | babich | new zealand | marlborough

chardonnay | victoria park | australia | south

380

1,800

390

1,900

390

1,900

red wine

pinot noir | babich | new zealand | marlborough

shiraz | mr. riggs the truant | australia |
mclaren valley

sangiovese | chianti arancio docg | italy | tuscan

390

1,900

430

2,100

430

2,100

rosé wine

aix | france | coteaux d'aix en provence

450

2,300

**“WINE IS BOTTLED
POETRY”**

-robert louis stevenson-

BOWLS & MORE

other beverages



bowls & more cocktails

margarita

don julio blanco tequila / triple sec / lime juice /
sugar syrup

390

premium mojito

captain morgan white rum / lime / brown sugar / mint /
soda water

340

long island iced tea

captain morgan white rum / ketel one vodka /
tanqueray gin / don julio blanco tequila / triple sec /
lime juice / coca cola

430

piña colada

captain morgan white rum / malibu liqueur /
pineapple juice / coconut milk

340

mai tai

captain morgan white rum / captain morgan dark rum /
orange liqueur / pineapple juice / orange juice /
lime juice / grenadine

340

caipirinha

abelha organic cachaça / lime / brown sugar

320

beverages

0.0% abv



sober spirits

"authentic taste from real spirits"

0.0% alcohol - 0 sugar - gluten free - vegan

sober spirits gin 0.0%

360

sober spirits rum 0.0%

360

sober spirits bourbon whiskey 0.0%

360

signature non-alcoholic cocktails

"can't taste the difference"

holy cucumber

390

sober spirits gin 0.0%, thai holy basil syrup, lime juice,
cucumber and topped up with tonic water

the passionist

390

sober spirits rum 0.0%, passionfruit puree,
caramelized mango, organic thai honey, lime juice

sober sour

390

sober spirits bourbon whiskey 0.0%,
oven-baked phuket pineapple, roasted coconut,
organic canadian maple syrup, lime juice

wine time

dealcoholized wine - no added aromas - low calories

"wine flies when you are having fun"

chavin zéro chardonnay

2,550

chavin zéro syrah

2,550

organic bubbly

world's best non-alcoholic sparkling wine - made in France

"sparkling elegance at its best"

french bloom le blanc

2,900

french bloom le rosé

3,200

non-alcoholic beer

"as refreshing as a real one"

heineken 0.0%

190

other beverages



local beer

singha

170

chang

170

imported beer

heineken

190

corona extra

230

premium chilled juice

orange

240

apple

240

mango

240

pink guava

240

soft drink/water

coca cola/coca cola light

110

evian, still

330ml

170

fanta orange

110

evian, still

750ml

270

sprite

110

evian, sparkling

330ml

190

tonic

110

evian, sparkling

750ml

290

ginger ale

110

soda water

110

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other beverages



coffee (hot or iced)

americano	140	cappuccino	160
ristretto	120	latte	160
espresso	120	macchiato	150
double espresso	160	mocha	160

harney & sons tea

earl grey Flavored black tea with natural oil of bergamot	140
english breakfast black tea 100% chinese keemun	140
Paris blend of black tea & oolong tea with black currant, caramel and vanilla	140
organic peppermint herbal caffeine-free herbal with 100% organic peppermint	140
raspberry herbal caffeine-free blend of raspberry, rosehips, hibiscus, spearmint, and peppermint	140
jasmine green tea with jasmine	140
japanese sencha green tea from central shizuoka province	140
chamomile chamomile selected from the finest egyptian chamomile flowers	140

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