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 / toblerone bits / toasted almond

make your own bowl

rice milk yogurt soy milk yogurt

add on:

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



please let our team know 15 you have any special dietary requirements, Food allergies or intolerance all prices are quoted in thai baht, subject to 10% service charge and 7% tax.

signature poke bowls



LS 6 MORE BOWLS 6



520

520

460

👤 1. hawaiian poke bowl

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

🧕 2. bulgogi beef poke bowl

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

🤵 3. thai larb tuna poke bowl

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



D contains dairy 6 contain gluten N contain nuts P contains park Y vegetarian

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healthy bowls 8 more

520

420

340

1. mediterranean buddha bowl

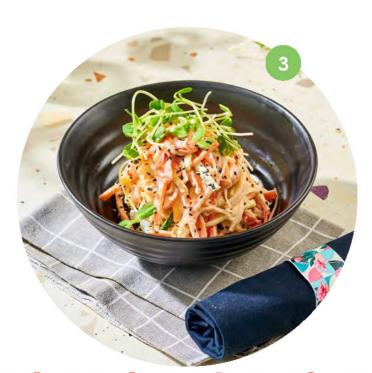
roasted marinate eggplant, bell peppers, tomato, sweet green peppers with feta olives, roasted chickpea, continental cucumber, rocket pesto, quinoa, cous cous, humus

🤦 2. hiyashi chuka bowl

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

Q 3. japanese crab bowl

shredded surami crab, cucumber, mango, carrot, furikake, kewpie sriracha dressing, sushi rice



D contains dairy 6 contain gluten N contain nuts P contains pork V vegetarian









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healthy bowls 8 more

400

520

340

Q4. roast butternut pumpkin, charred onion and smoked burrata bowl

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

9 5. middle eastern chickpea bowl

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

6. asparagus, egg, potato with tarragon vinaiarette

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

add:

 lebanese marinated chicken +100 middle eastern lamb kebab +350

· charcoal-grilled salmon belly +290 shio yaki

+190 crispy grilled baby octopus

crispy falafel +100





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healthy bowls 8 more

Q7. green goddess bowl

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

68. cold cucumber 8 avocado green gazpacho bowl lebanese cucumber, avocado, yogurt, jalapeno, garlic,

mint and bread sticks



400

340

D contains dairy 6 contain gluten N contain nuts P contains pork

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homemade ice cream

Roulse Olnove

LS 6 MORE BOWLS 6

THB 110 per scoop

mango sorbet

strawberry sorbet

coconut ice cream

caramel sea salt ice cream

chocolate ice cream

vanilla ice cream



frozen smoothies







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



100++

40++

20++

20++

20++

20++

20++

20++



wine selection



LS & MORE BOWLS &

sparkling wine	glasš	bottle
prosecco piccini doc italy veneto	380	1,800
chandon rosé brut australia yara valley	390	1,900
white wine		
pinot grigio piccini italy veneto	380	1,800
sauvignon blanc babich new zealand marlborough	390	1,900
chardonnay victoria park australia south	390	1,900
red wine		
pinot noir babich new zealand marlborough	390	1,900
shiraz mr. riggs the truant australia mclaren valley	430	2,100
sangiovese chianti arancio docg italy tuscany	430	2,100
rosé wine		
aix France coteaux d'aix en provence	450	2,300

"WINE IS BOTTLED POETRY"

-robert louis stevenson-



other beverages



LS & MORE BOWLS &

bowls 8 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



320

abelha organic cachaça / lime / brown sugar

caipirinha

beverages 0.0% abv

sober soirits

chavin zéro syrah

french bloom le blanc

French bloom le rosé

heineken 0.0%

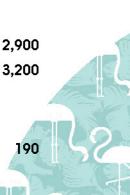
non-alcoholic beer "as refreshing as a real one"



LS 6 MORE BOWLS 6 MORE

"authentic taste from real spirits" 0.0% alcohol - 0 sugar - glutenfree - 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 sober spirits gin 0.0%, thai holy basil syrup, lime juice, cucumber and topped up with tonic water	390
the passionist sober spirits rum 0.0%, passionfruit puree, caramalized mango, organic thai honey, lime juice	390
sober sour sober spirits bourbon whiskey 0.0%, oven-baked phuket pineapple, roasted coconut, organic canadian maple syrup, lime juice	390
wine time dealcoholized wine - no added aromas - low calories "wine files when you are having Fun"	
chavin zéro chardonnay	2,550

Organic bubbly worlds best non-alcoholic sparkling wine - made in france "sparkling elegance at its best"



2,550

other beverages



LS & MORE BOWLS &

local beer

singha	170
chang	170

imported beer

neineken	190
corona extra	230

premium chilled juice

orange	240
apple	240
mango	240
pink guava	240

110

soft drink/water

soda 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
ainaer ale	110			



other beverages



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coffee (hot or loed)

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 keemum	140
Paris blend of black tea & oolong tea with black current, 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