

SMOOTHIE BOWLS



290

Berry Good

Blended Mixed Berries, Kluay Nam Waah Banana, Organic Unsweetened Oat Milk & Artisanal Local Yoghurt. Topped With Homemade Granola, Fresh Strawberries & Blueberries, Coconut Flakes & Chia Seeds

KCAL 316 | Fat 10 g.
Protein 11 g. | Carbs 58 g.



ADD ON

80



Maca Powder



Spirulina



Hemp Protein



100%
Whey Protein



Fresh Blueberry



Homemade
Granola



Mixed seeds

Power Green

Blended Spinach, Kale, Nam Dok May Mango, Kluay Nam Waah Banana, Organic Unsweetened Oat Milk & Artisanal Local Yoghurt. Topped with Homemade Granola, Banana, Coconut Flakes, Goji Berries & Chia Seeds

KCAL 321 | Fat 10 g.
Protein 18 g. | Carbs 64 g.



260

Tropical Smoothie

Blended Local Phuket Pineapple, Kluay Nam Waah Banana, Coconut Milk. Topped with Pineapple, Dragon Fruit, Watermelon, Pumpkin Seeds, Goji Berries, Coconut Flakes & Chia Seeds

KCAL 357 | Fat 6 g.
Protein 7 g. | Carbs 77 g.



260

Choco Bowl

Blended Homemade Peanut Butter, 100% Pure Cocoa Raw Chocolate, Organic Unsweetened Oat Milk & Banana. Topped with Banana, Chocolate Flakes, Goji Berries, Coconut Flakes & Pumpkin Seeds

KCAL 432 | Fat 21 g.
Protein 14 g. | Carbs 63 g.



260



Dairy Free



Gluten Free



Vegetarian



Vegan



No Sugar Added



Low Calories

Prices are subject to 10% service charge and 7% Government tax

TARTINES



390

Smashed Avocado

Stay Farm Organic Eggs Your Style (Fried or Poached), Smashed Avocado, Homemade Salmon Gravlax & Toasted Homemade Sourdough Bread

KCAL 500 | Fat 28.3 g.
Protein 31.7 g. | Carbs 31.7 g.



Veggie Breakfast

Smashed Avocado, Poached Stay Farm Organic Eggs, Tomato Salsa, Greens & Toasted Rustic Sourdough Bread

KCAL 676 | Fat 49.7 g.
Protein 19.1 g. | Carbs 45 g.



290

Avocado Eggs

Soft Poached Stay Farm Organic Eggs, Homemade Rustic Sourdough Bread, Smashed Avocado, Coriander, Tomato & Quinoa Salad

KCAL 823 | Fat 52.1 g.
Protein 24.7 g. | Carbs 70.4 g.



320



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SMALL BITES



90

Chickpea & Edamame Crisps

Oven Roasted & Lightly Spiced

KCAL 19 | Fat 1 g.
Protein 1 g. | Carbs 2 g.



Zucchini & Avocado Tartare

Served with Homemade Flaxseed Crackers

KCAL 418 | Fat 25 g.
Protein 6 g. | Carbs 65 g.



220



90

Oven Roasted Kale Chips

Served with Beetroot Hummus

KCAL 93 | Fat 5 g.
Protein 3 g. | Carbs 12 g.



Sweet Potato Fries

KCAL 138 | Fat 5 g.
Protein 3 g. | Carbs 32 g.



150



210

Green Peas & Chickpeas Falafel

Parsley, Stay farm Coriander, Cumin, Fennel seeds, Onion, Garlic; served with Yoghurt, Mint, Dill

KCAL 357 | Fat 5.6 g.
Protein 19.9 g. | Carbs 60.3 g.



GRAINS & GREENS

Dressing Not Included In Calculation & Served Separately



280

Quinoa & Brown Rice Bowl

With Whipped Sweet Potatoes, Beets, Broccolini, Kale, Tofu & Ginger Tamari Dressing

KCAL 601 | Fat 4 g.
Protein 18 g. | Carbs 88 g.



290

Spicy Thai Noodle Bowl

Low-Calorie Shirataki Noodles, Shimeji, Portobello and Eryngii Mushrooms, Spring Onions, Cabbage, Broccolini, Peanut, Sriracha & Tamarind Soy Sauce

KCAL 151 | Fat 10 g.
Protein 5 g. | Carbs 12 g.



390

Spiced Tuna Keto Bowl

AAA Grade Ahi Tuna, Cauliflower Rice, Radish, Edamame, Avocado, Cucumber, Greens & Sriracha Mayonnaise Dressing

KCAL 298 | Fat 15 g.
Protein 28 g. | Carbs 13 g.



320

Lentil & Chickpea Bowl

With Avocado, Cauliflower, Stay Farm Green Leaves, Sprouts, Fresh Mint & Tahini Dressing

KCAL 344 | Fat 10 g.
Protein 17 g. | Carbs 47 g.



ADD ON

Stay Farm Organic Boiled Egg **50**

KCAL 63 | Fat 4 g.
Protein 5.5 g. | Carbs 7 g.

Sliced Avocado **80**

KCAL 163 | Fat 16 g.
Protein 2 g. | Carbs 7 g.

Free-Range Chicken Thigh **160**

KCAL 272 | Fat 17 g.
Protein 27.6g. | Carbs 0 g.



Prices are subject to 10% service charge and 7% Government tax

GRAINS & GREENS

Dressing not included in calculation & served separately



340

Mackerel, Beet & Fennel Salad

Seared Mackerel Fillet, Beetroot, Fennel, Homemade Granola, Fresh Mint & Lemon Dressing

KCAL 695 | Fat 46 g.
Protein 38 g. | Carbs 34 g.



310

Quinoa & Feta Cheese

Grilled Bell Peppers and Zucchini, Roasted Baby Carrots, Red Onion, Fancy Tomatoes, STAY Farm Italian Parsley and Rocket Salad

KCAL 521 | Fat 16 g.
Protein 21.5 g. | Carbs 74.7 g.



240

Living Salad

Kale, Heirloom Organic Tomatoes, Sprouts, Beets, Carrots, Stay Farm Greens, Homemade Granola, Lemon & Lime Dressing

KCAL 276 | Fat 13 g.
Protein 13 g. | Carbs 27 g.



270

Kale Caesar

Romaine Lettuce, Shredded Kale, Roasted Chickpeas, Parmesan & Cashew Nuts Caesar Dressing

KCAL 316 | Fat 18 g.
Protein 11 g. | Carbs 29 g.



ADD ON

Stay Farm Organic Boiled Egg **50**

KCAL 63 | Fat 4 g.
Protein 5.5 g. | Carbs 7 g.

Sliced Avocado **80**

KCAL 163 | Fat 16 g.
Protein 2 g. | Carbs 7 g.

Free-Range Chicken Thigh **160**

KCAL 272 | Fat 17 g.
Protein 27.6g. | Carbs 0 g.



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POKE BOWL



Fresh Wild Norwegian Salmon Bowl

Organic Berry Rice, Avocado, Beetroot, Sesame Seeds, Poppy Seeds, Green Beans, Carrot & Siracha Mayonnaise

KCAL 953 | Fat 56 g. | Protein 24 g. | Carbs 94.5 g.



490

AAA Grade Ahi Tuna Bowl

Organic Berry Rice, Avocado, Beetroot, Sesame Seeds, Poppy Seeds, Green Beans, Carrot, Homemade Crackers & Ginger Tamarin Dressing

KCAL 828 | Fat 44.5 g. | Protein 25 g. | Carbs 87.5 g.



390

ADD ON

Tuna AAA 120

KCAL 67 | Fat 1 g. | Protein 14 g. | Carbs 0 g.

Fresh Wild Norwegian Salmon 180

KCAL 79 | Fat 4 g. | Protein 11.6g. | Carbs 0 g.



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MAINS



320

Loaded Mediterranean Sandwich

Multi Grain Loaf, Beetroot Hummus Veggies, Sprouts, Feta Cheese, Avocado, Zucchini & Red Onions

KCAL 859 | Fat 33 g.
Protein 18 g. | Carbs 61 g.



330

Chicken Thigh With Sweet Potato

Lemon Marinated Free-Range Chicken Thigh, Sweet Potato Purée & Kale Slaw

KCAL 532 | Fat 37 g.
Protein 30 g. | Carbs 27.5 g.



330

Niçoise Tartine

Homemade Flaxseed Cracker, Torched Ahi Tuna, Egg, Sprouts, Olives, Sweet Potato & Cherry Tomatoes

KCAL 415 | Fat 22 g.
Protein 35 g. | Carbs 19 g.



490

Tuna With Crispy Sesame

Grade AAA Tuna Saku, Carrot, Cauliflower Purée & Green Beans

KCAL 586 | Fat 26 g.
Protein 51 g. | Carbs 40 g.



Dairy Free



Gluten Free



Vegetarian



Vegan



No Sugar Added



Low Calories

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MAINS



100% AUS Beef Burger 360

100% AUS Beef Patty, Iceberg Lettuce, Pickle, Tomato Relish, 100% Plant Based Burger Bun or Standard Burger Bun & Sweet Potato Fries or Mixed Salad

KCAL 700 | Fat 20 g.
Protein 47 g. | Carbs 85 g.



Fresh Wild Norwegian Salmon Wrap 380

Avocado, Cucumber, Beetroot, Organic Berry Rice, Carrot, Sugar Snap Peas, Chia Seeds, Sriracha Mayonnaise

KCAL 645 | Fat 25.1 g.
Protein 23.7 g. | Carbs 86.7 g.



STAY GREEN Vegan Burger 320

Mushroom & Bean Patty, Lettuce, Tomato Relish, Cashew Cheeze & 100% Plant Based Homemade Burger Bun

KCAL 753 | Fat 35 g.
Protein 18 g. | Carbs 105 g.



Seared Wild Norwegian Salmon 620

Lentils, Edamame, Grilled lemon

KCAL 611 | Fat 30.3 g.
Protein 51 g. | Carbs 32.3 g.



Dairy Free



Gluten Free



Vegetarian



Vegan



No Sugar Added



Low Calories

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SEEDS



210

Passion Fruit & Chia Seeds Pudding

KCAL 406 | Fat 25 g. | Protein 11 g. | Carbs 42 g.



Strawberry, Berries & Chia Seeds Pudding

KCAL 299 | Fat 22.4 g. | Protein 4.1 g. | Carbs 24.4 g.



210



220

Mango & Chia Seeds Pudding

KCAL 323 | Fat 22.5 g. | Protein 4.2 g. | Carbs 30.8 g.



A SWEET FINISH



230

Mango "Cheeze" Cake

Nut Crumble, Mango & Basil Salsa

KCAL 406 | Fat 25 g.
Protein 11 g. | Carbs 42 g.



Raw Dark Chocolate Tart

Cashew Nuts, Organic Coffee, Cacao, Coconut Nectar & Berries

KCAL 429 | Fat 21 g.
Protein 8 g. | Carbs 59 g.



240



190

Tropical Fruits

Fresh Seasonal Thai Fruits

KCAL 177 | Fat 0 g.
Protein 0 g. | Carbs 30.8 g.



Ice Cream

140 per Pot



Healthy : Strawberry Sugar free

Organic : Passion Fruit Sorbet

Ice cream : Yoghurt Mango Sorbet

Lactose Free : Rice Milk Yoghurt

SMOOTHIES



ADD ON
80



100% Whey Protein

- Vanilla Flavor
- Double Rich Chocolate Flavor



180

Tropical Green

Coconut Milk, Spinach, Mango, Banana & Fresh Lime



180

Chocolate Keto

Almond Milk, Almond Butter Cocoa



180

Pina Colada

Coconut Milk, Mango, Pineapple & Banana



190

Avocado Green

Avocado, Kale, Banana & Almond Milk



KCAL 148 Fat 3.5 g.
Protein 4.2 g. Carbs 28.9 g.



KCAL 264 Fat 21.6 g.
Protein 12.1 g. Carbs 14.1 g.



KCAL 241 Fat 10.2 g.
Protein 2.8 g. Carbs 40.4 g.



KCAL 502 Fat 40.6 g.
Protein 5.9 g. Carbs 37.8 g.

FRESH JUICE SHAKES 140



Watermelon, Coconut, Mango, Pineapple, Banana

AVOCADO SHAKE

1 Whole Avocado, Condensed Milk



230



KCAL 388 Fat 26.1 g.
Protein 9.2 g. Carbs 33.5 g.

FRESHLY PRESSED JUICES 160



Carrot Ginger Juice

Carrot, Orange, Ginger, Turmeric, Cayenne

Beet Juice

Beet, Carrot, Apple, Lemon

Green Juice

Kales, Pineapple, Apple, Celery

SHOOTERS 120



Turmeric

Organic Coconut Water, Fresh Turmeric, Fresh Ginger, Lime, Cayenne Pepper, Organic Honey

Charcoal

Organic Coconut Water, Charcoal Active Powder, Fresh Ginger, Lemongrass, Organic Honey

Apple Cider Vinegar

Coconut Water, Organic Apple Cider Vinegar, Fresh Ginger, Organic Honey

Wheatgrass

100% STAY Farm Organic Wheatgrass

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PROTEIN SHAKES 140



100% Whey Protein

- Vanilla Flavor
- Double Rich Chocolate Flavor

ADD ON

40

Banana
Peanut butter

FRESH JUICES



Coconut 150
Apple 140
Pineapple 140

CITRUS JUICES 150

Festilia Valencia Orange
Festilia Sweet Lemon Mint



CANNED FRUIT JUICES 130

Coconut, Apple, Pineapple, Lime

ITALIAN SODA 140

Mixed Berry Soda

Muddled Mint, Fresh Local Berries, Honey & Sparkling Water

Hibiscus Lemonade

Roselle, Lemon, Honey & Sparkling Water

Lemon & Lime

Freshly Squeezed Lemon & Lime Fused Sparkling Water

Mango & Passion Fruit

Fresh Mango Slices, Passion Fruit Juice Topped With Soda



KOMBUCHA 180

Locally produced

Kombucha - 240 ml

Apple & Ginger, Mango Turmeric, Passion

COFFEE



Organic Pure Arabica From Chiang Rai,
Freshly Roasted In-House

Espresso, Americano	90
Cappuccino, Double Espresso, Latte	110
Iced Coffee	120
Iced Cappuccino, Latte	120

PLANT BASED: 30

Oat Milk, Almond Milk or Coconut Milk



MALOU TEA ATELIER 150

Sun Brew Cold Tea Bottle - 300 ml

- MALOU OOLONG LYCHEE LIME TEA**
- MALOU GREEN TEA ELDERFLOWER TEA**
- MALOU ROSE WATER TEA**
- MALOU CEYLON LAVENDER LIME TEA**



SOFT DRINKS & WATERS

SPRITE, SCHWEPPTS, COKE, COKE ZERO, SODA	90
S. BERNARDO SPARKLING MINERAL WATER - 1,000 ML	190

BEERS

MONTEITHS' NEW ZEALAND CRAFT BEER - 330ML	210
<i>Phoenix Ipa - Hoppy & Bitter Style Pale Ale 5% Alc.</i>	
SINGHA - Lager, Thailand	150
HEINEKEN - Lager, Netherlands	170

WINES BY THE GLASS

Bubbles

IMMORTALE Blanc de Blanc Vino Spumante Extra Dry - Italy - Organic Certified

Glass Bottle

220 1,100

White

ALAIN DE LA TREILLE - Sauvignon Blanc - Vin de France - France - Loire Valley - Gold Medal Gilbert & Gaillard

220 1,000

Rosé

DOMAINE FONTVAL - Méditerranée IGP - 90 James Suckling France / Provence

220 1,100

Red

PUNTI FERRER - Reserva Cabernet Sauvignon - Chile *90 Descorchados, 93 James Suckling*

220 1,000

COCKTAILS

Tropical Mai Tai

Organic Sugarcane Rum From Issan Region Of Thailand, Captain Morgan Rum, Orange Curacao, Mixed Fruit Juice & Grenadine

250

Pina Colada

Organic Sugarcane Rum From Issan Region Of Thailand, Malibu, Pineapple Juice & Coconut Milk

250

Mojito

Organic Sugarcane Rum From Issan Region Of Thailand, Captain Morgan Rum, Mint, Lime & Soda Water

250

Elephant Gin & Tonic

Elephant Gin, Schweppes & Tonic Water

250

Margarita

Tequila El Toro, Triple Sec & Lime Juice

250

Aperol Spritz

Sparkling Brut Domaine Cold River, Aperol & Orange Slices

250



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