

VEGGIOLOGY

VEGGIE COLD PRESSED AND BETTER MORE



@veggiology

VEGGIOLOGY

VEGGIE COLD PRESSED AND BETTER MORE



We place high importance to selecting good organic fruits and vegetables from local farmers and hope that our business will not only help people to lead a better and healthier life but for the healthier and cleaner environment as well.

Tan Dujrutai

Veggiology Founder

JUICE FLIGHT

“10 BEST SELLER”

This flight includes our 10 best seller cold-pressed juice as shots.

Pack a ton of nutrients.

Flight VG101

350.-



01 GRAVITY GREEN

*Spinach, *Romaine Lettuce, Parsley, *Celery, *Cucumber
Granny Smith Apple, *Passion Fruit

Detoxifying / Antioxidant / Anticancer



02 GREENLAXY

*Kale, *Spinach, *Romaine Lettuce, *Cilantro, *Cucumber, *Lime,
*Ginger, *Pineapple

Healthy Liver / Heavy Metal Detoxifying / Lower Blood Cholesterol



04 BE KIND

*Spinach, *Watercress, *Pineapple, Apple

Improve Memory / Thyroid Health / High Calcium & Folate



05 NEON NEURON

*Chia Seeds, *Japanese Cucumber, *Pineapple, *Coconut Water,
*Lime

Nervous System Health / Glow Skin / Balance pH Levels



06 LEVEL UP!

*Pineapple, *Guava, *Mint, *Lime

Thyroid Health / Digestive Helper / Relieve Cough & Colds



08 HAPPY CELLS

*Carrot, *Chia Seeds, Honey Pear, *Passion Fruit, Apple

Glow Skin / Good Eyesight / Colon Cleanser



09 SKIN DIVE

*Tomato, Granny Smith Apple, *Lemon, *Flaxseed Oil

Glow Skin / Healthy Hair / Increase Fat Burning



14 THE 3 MILKYTEERS

Sprouted Almond, Brazil Nut, Organic Cashew, *Coconut Water,
Vanilla Bean, Himalayan Pink Salt

Skin Purifying / Antioxidant / Heart Health



17 UNICORN MILK

Sprouted Almond Milk, Cashew Milk, *Beetroot, *Coconut Water,
*Coconut Flower Nectar

Skin Glowing / Increase Red Blood Cell / Healthy Heart & Bone



18 SYMPHONY

Navel Orange, *Beetroot, *Lime, Honey Pear, *Carrot

Immune Booster / Reduce Inflammation / Detoxifying

ORGANICALLY GROWN (*)

* All prices are subject to 7% VAT

* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

VEGGIOLOGY
VEGGIE COLD PRESSED AND BETTER MORE

COLD-PRESSED VEGGIE

CONSUME
WITHIN
6 4 2
DAY



FRESH FRUIT

500ml. 290 Baht

260ml. 180 Baht



06
LEVEL UP!

THYROID HEALTH
DIGESTIVE HELPER
RELIEVE COUGH & COLDS

ORGANICALLY GROWN (*)

PINEAPPLE*
GUAVA*
MINT*
LIME*

FLAVOUR
FRUITY, SOUR, HERBAL



07
PRA-CHAN

VITAMIN B COMPLEX
HEALTHY SLEEP
INCREASE BREAST MILK

ORGANICALLY GROWN (*)

STAR FRUIT*
LEMONGRASS*
GRANNY SMITH APPLE
LIME*

FLAVOUR
SOUR, HERBAL, FRUITY



08
HAPPY
CELLS

GLOW SKIN
GOOD EYESIGHT
COLON CLEANSER

ORGANICALLY GROWN (*)

CARROT*
CHIA SEEDS*
HONEY PEAR
PASSION FRUIT*
APPLE

FLAVOUR
FRUITY, LIGHT, SWEET & SOUR



11
TUMMY
BUDDY

DIGESTIVE AID
CONSTIPATION RELIEF
DETOXIFYING

ORGANICALLY GROWN (*)

LIME*
CHIA SEEDS*
MAPLE SYRUP
APPLE
PINEAPPLE*
CAYENNE PEPPER*
ALKALINE WATER

FLAVOUR
SPICE, FRUITY, LIGHT



12
C-FORCE

COLD-FIGHTING
GLOW SKIN
SLOW AGING

ORGANICALLY GROWN (*)

GUAVA*
CELERY*
PINEAPPLE*
APPLE
GINGER*
LEMONGRASS*

FLAVOUR
FRUITY, HERBAL, AROMATIC



16
COCO
SNOW

LOWER BLOOD PRESSURE
LOWER BAD CHOLESTEROL
REDUCE STRESS & MUSCLE TENSION

ORGANICALLY GROWN (*)

CHIA SEEDS*
CINNAMON
YOUNG COCONUT
WATER*

FLAVOUR
AROMATIC, LIGHT, SEMI-SWEET



19
GLOW

SKIN GLOWING
HEALTHY HAIR
DECREASE BLOOD PRESSURE

ORGANICALLY GROWN (*)

CHIA SEED OIL*
CANTALOUPE
LEMON*
PINEAPPLE*

FLAVOUR
LIGHT, FRUITY, AROMATIC



28
THE HOPE

HEALTHY HEART
DIGESTIVE HELPER
CANCER PREVENTION

ORGANICALLY GROWN (*)

GUAVA*
HONEY PEAR
CARROT
PASSION FRUIT*

FLAVOUR
LIGHT, FRUITY, AROMATIC

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VEGGIOLOGY
VEGGIE COLD PRESSED AND BETTER MORE

COLD-PRESSED VEGGIE

CONSUME
WITHIN
6 4 2
DAY

MILD VEGGIE

500ml. 290 Baht

260ml. 180 Baht



04
BE KIND

IMPROVE MEMORY
THYROID HEALTH
HIGH CALCIUM & FOLATE

ORGANICALLY GROWN (*)
SPINACH*
WATERCRESS*
PINEAPPLE*
APPLE

FLAVOUR
VEGGIE, LIGHT, SWEET



05
NEON
NEURON

NERVOUS SYSTEM HEALTH
GLOW SKIN
BALANCE PH LEVEL

ORGANICALLY GROWN (*)
LIME*
CHIA SEEDS*
PINEAPPLE*
COCONUT WATER*
JAPANESE
CUCUMBER*

FLAVOUR
AROMATIC, LIGHT, SWEET & SOUR



13
CONSCIOUS
LOVE

LOWER BAD CHOLESTEROL
BALANCE PH LEVEL
ALLERGIES HELPER

ORGANICALLY GROWN (*)
STRAWBERRY
RED CABBAGE*
GRANNY SMITH APPLE
LIME*

FLAVOUR
FRUITY, SOUR, VEGGIE



18
SYMPHONY

IMMUNE BOOSTER
REDUCE INFLAMMATION
DETOXIFYING

ORGANICALLY GROWN (*)
NAVEL ORANGE
BEETROOT*
LIME*
HONEY PEAR
CARROT*

FLAVOUR
FRUITY, LIGHT, SEMI-SWEET



21
STARRY
BRIGHT

GLOW SKIN
HEALTHY HEART
CANCER PREVENTION

ORGANICALLY GROWN (*)
TOMATO*
BEETROOT*
GRANNY SMITH APPLE
PASSION FRUIT*
POMEGRANATE
FLAXSEED OIL*

FLAVOUR
LIGHT, FRUITY, AROMATIC



25
HUMBLE
WARRIOR

ANTIOXIDANT
HEALTHY HEART
IMPROVES DIGESTION

ORGANICALLY GROWN (*)
SPIRULINA*
KALE*
LIME*
GRANNY SMITH APPLE
CUCUMBER*
PINEAPPLE*

FLAVOUR
VEGGIE, LIGHT, SOUR

* All prices are subject to 7% VAT
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VEGGIOLOGY
VEGGIE COLD PRESSED AND BETTER MORE

COLD-PRESSED VEGGIE

CONSUME
WITHIN
6 4 2
DAY



BOLD VEGGIE

500ml. 290 Baht

260ml. 180 Baht



01
GRAVITY
GREEN

DETOXIFYING
ANTIOXIDANT
ANTICANCER

ORGANICALLY GROWN (*)
SPINACH*
PARSLEY
CELERY*
CUCUMBER*
APPLE
PASSION FRUIT*
ROMAINE*

FLAVOUR
VEGGIE, SEMI - SWEET



02
THE
GREENLAXY

HEALTHY LIVER
HEAVY METAL DETOXIFYING
LOWER BLOOD CHOLESTEROL

ORGANICALLY GROWN (*)
KALE*
SPINACH*
CILANTRO*
CUCUMBER*
LIME*
GINGER*
PINEAPPLE*
ROMAINE*

FLAVOUR
VEGGIE, HERBAL, STRONG



03
MINI OASIS

DIGESTIVE HELPER
HEALTHY HEART
LOWER BLOOD PRESSURE

ORGANICALLY GROWN (*)
PINEAPPLE*
CARROT*
GRANNY SMITH APPLE
LIME*
ROMAINE*

FLAVOUR
VEGGIE, EARTHY, SEMI - SWEET



09
SKIN DIVE

GLOW SKIN
HEALTHY HAIR
INCREASE FAT BURNING

ORGANICALLY GROWN (*)
TOMATO*
GRANNY SMITH APPLE
LEMON*
FLAXSEED OIL*

FLAVOUR
VEGGIE, AROMATIC, SWEET & SOUR



10
ROOT
MATTERS

BLOOD CLEANSING
METABOLISM BOOSTER
BETTER EXERCISE PERFORMANCE

ORGANICALLY GROWN (*)
BEETROOT*
CARROT*
APPLE
GINGER*
LIME*

FLAVOUR
EARTHY, SPICE, SWEET & SOUR



15
ANTIDOTE

BLOOD CLEANSING
HEALTHY BONE
HEALTHY BRAIN

ORGANICALLY GROWN (*)
WATERCRESS*
GRANNY SMITH APPLE
HONEY PEAR
MINT*
LIME*

FLAVOUR
VEGGIE, HERBAL, STRONG



20
BALANCED

LOWER BLOOD PRESSURE
LOWER BAD CHOLESTEROL
ANTI-INFLAMMATORY

ORGANICALLY GROWN (*)
NAVEL ORANGE
CARROT*
LEMON*
TURMERIC*
ROMAINE*
SACHA INCHI OIL*

FLAVOUR
LIGHT, FRUITY, AROMATIC



22
ADAM
& LEAF

HIGH IN FOLATE
ANTIOXIDANT
LOWER BAD CHOLESTEROL

ORGANICALLY GROWN (*)
LIME*
ROMAINE*
WATERCRESS*
GUAVA*
KAFFIR LEAF*
BEETROOT*
GRANNY SMITH APPLE
PARSLEY

FLAVOUR
VEGGIE, HERBAL, STRONG



23
AWAKEN

LOWER RISK OF CANCER
HEALTHY HEART
ANTI-INFLAMMATORY

ORGANICALLY GROWN (*)
CELERY*
CUCUMBER*
ROMAINE*
LEMON*
NAVEL ORANGE

FLAVOUR
SOUR, LIGHT, VEGGIE



24
LEAN
GREEN

BLOOD CLEANSING
CANCER PREVENTION
LOWER BAD CHOLESTEROL

ORGANICALLY GROWN (*)
ROMAINE*
CELERY*
LIME*
LEMON*
WATERCRESS*
JAPANESE
CUCUMBER*

FLAVOUR
VEGGIE, STRONG, A LITTLE SOUR

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VEGGIOLOGY

VEGGIE COLD PRESSED AND BETTER MORE

COLD-PRESSED

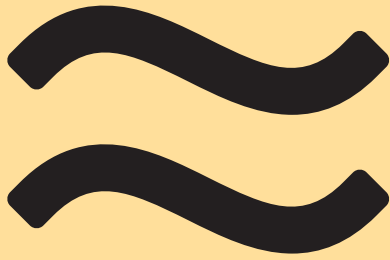
VEGGIE

CONSUME

WITHIN

642

DAY



SMOOTH PLANT MILK

500ml.	290 Baht
260ml.	180 Baht



14

THE 3

MILKYTEERS

SKIN PURIFYING

ANTIOXIDANT

HEART HEALTH

ORGANICALLY GROWN (*)

ALMOND

BRAZIL NUT

CASHEW*

VANILLA

COCONUT WATER*

HIMALAYAN PINK SALT*

FLAVOUR

NUTTY, CREAMY, SWEET



17

UNICORN

MILK

SKIN GLOWING

INCREASE RED BLOOD CELL

HEALTHY HEART & BONE

ORGANICALLY GROWN (*)

ALMOND MILK

CASHEW MILK*

BEETROOT*

COCONUT WATER*

COCONUT FLOWER NECTAR*

ALKALINE WATER

FLAVOUR

NUTTY, CREAMY, SEMI-SWEET



26

CLOUD'S

MILK

ANTIOXIDANT

HEALTHY HEART

HIGH IN FIBER

ORGANICALLY GROWN (*)

CASHEW*

DATES

ALKALINE WATER

HIMALAYAN PINK SALT*

FLAVOUR

CREAMY, NUTTY, SEMI-SWEET



27

MERMAID

PLANT-BASED PROTEIN

HEALTHY FAT RICH

BOOST ENERGY

ORGANICALLY GROWN (*)

BLUE SPIRULINA

PUMPKIN SEEDS*

SUNFLOWER SEEDS*

5 GRAINS MILK

(Jasmine Rice, Sweet Corn, Soy, Coconut, White Sesame)

ALKALINE WATER

COCONUT FLOWER NECTAR*

VANILLA

FLAVOUR

CREAMY, NUTTY, SEMI-SWEET

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VEGGIOLOGY
SPECIAL &
SEASONAL

CONSUME
WITHIN
6 4 2
DAY

500ml. 290 Baht



BC
BROCCOLI

ANTIOXIDANT
ANTICANCER
PM 2.5 FIGHTER

ORGANICALLY GROWN (*)
BROCCOLI*
GRANNY SMITH APPLE
WATERCRESS*
LIME*

500ml. 290 Baht



G2
GOTU KOLA

ORGANICALLY GROWN (*)
GOTU KOLA*
COCONUT WATER*
PINEAPPLE*

500ml. 290 Baht



BB
BLUE BUTTERFLY

ORGANICALLY GROWN (*)
ORGANIC COCONUT WATER*
ORGANIC BUTTERFLY PEA*

500ml. 290 Baht



PP
PURPLE POWER

ORGANICALLY GROWN (*)
RED CABBAGE*
GRANNY SMITH APPLE
LIME*
HONEY PEAR

500 ml. 290 Baht



AL
APPLE LEMON

ORGANICALLY GROWN (*)
GRANNY SMITH APPLE
RED APPLE
LEMON*

500ml. 290 Baht



JR
JERUSALEM ARTICHOKE

ORGANICALLY GROWN (*)
JERUSALEM ARTICHOKE*
BOK CHOY*
CUCUMBER*
LIME*
GRANNY SMITH APPLE

500ml. 290 Baht



SF
STRAWBERRY FIELD

ORGANICALLY GROWN (*)
NEW ZEALAND STRAWBERRY
HONEY PEAR
GRANNY SMITH APPLE
BEETROOT*
ALKALINE H2O
LEMON*

500ml. 290 Baht



RR
RASPBERRY RAIN

ORGANICALLY GROWN (*)
NEW ZEALAND RASPBERRY
PINEAPPLE*
HONEY PEAR
NAVEL ORANGE
ALKALINE H2O

500ml. 290 Baht



W1
WATER MELON No.1

CANCER PREVENTION
HEALTHY HEART
LOWER BLOOD PRESSURE

ORGANICALLY GROWN (*)
WATERMELON*
PINEAPPLE*
APPLE
LIME*
CHIA SEEDS*

500ml. 290 Baht



W2
WATER MELON No.2

CANCER PREVENTION
HEALTHY HEART
LOWER BLOOD PRESSURE

ORGANICALLY GROWN (*)
WATERMELON*
TOMATO*
GRANNY SMITH APPLE
LIME*
BEETROOT*

500ml. 290 Baht



W3
WATER MELON No.3

ORGANICALLY GROWN (*)
WATERMELON*
STRAWBERRY
RASPBERRY
BASIL*
GRANNY SMITH APPLE
LEMON*

* All prices are subject to 7% VAT
* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

VEGGIOLOGY PURE JUICE

CONSUME
WITHIN
6 4 2
DAY

200ml. 125 Baht	500ml. 310 Baht	1 litre 600 Baht	200ml. 90 Baht	500ml. 180 Baht	1 litre 330 Baht
 T1 TANGERINE HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING ORGANICALLY GROWN (*) ORGANIC TANGERINE*	 T1 TANGERINE 500 ML HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING ORGANICALLY GROWN (*) ORGANIC TANGERINE*	 T1 TANGERINE 1 LITRE HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING ORGANICALLY GROWN (*) ORGANIC TANGERINE*	 C2 COCONUT WATER ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*	 C2 COCONUT WATER 500 ML ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*	 C2 COCONUT WATER 1 LITRE ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*
250ml. 110 Baht	500ml. 380 Baht	500ml. 290 Baht 260ml. 180 Baht	500ml. 450 Baht 260ml. 260 Baht	500ml. 330 Baht 260ml. 200 Baht	500ml. 290 Baht
 C1 CORN IT GOOD EYESIGHT GLOW SKIN SLOW AGING ORGANICALLY GROWN (*) SWEET CORN* COCONUT FLOWER NECTAR* HIMALAYAN PINK SALT*	 CL CELERY JUICE 100% CELERY JUICE* ORGANICALLY GROWN (*)	 CR CARROT JUICE 100% CARROT JUICE* ORGANICALLY GROWN (*)	 PS PASSION FRUIT JUICE 100% PASSION FRUIT JUICE* ORGANICALLY GROWN (*)	 BR BEETROOT JUICE 100% BEETROOT JUICE* ORGANICALLY GROWN (*)	 PG PINK GUAVA PURE ORGANIC PINK GUAVA* LEMON* ORGANICALLY GROWN (*)

* All prices are subject to 7% VAT
* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

VEGGIOLOGY

CELERY

SERIES

CONSUME
WITHIN
6 4 2
DAY

500ml. 380 Baht



CL
CELERY
JUICE

ORGANICALLY GROWN (*)
**100%
CELERY JUICE***

500ml. 330 Baht



CL1
CELERY &
FRIENDS 1

ORGANICALLY GROWN (*)
**CELERY*
WATERCRESS*
GRANNY SMITH APPLE**

500ml. 330 Baht



CL2
CELERY &
FRIENDS 2

ORGANICALLY GROWN (*)
**CELERY*
PINEAPPLE***

500ml. 330 Baht



CL3
CELERY &
FRIENDS 3

ORGANICALLY GROWN (*)
**CELERY*
GRANNY SMITH APPLE**

500ml. 330 Baht



CL4
CELERY &
FRIENDS 4

ORGANICALLY GROWN (*)
**CELERY*
CUCUMBER*
APPLE
LIME***

500ml. 330 Baht



CL5
CELERY &
FRIENDS 5

ORGANICALLY GROWN (*)
**CELERY*
CARROT*
GRANNY SMITH APPLE**

500ml. 330 Baht



CL6
CELERY &
FRIENDS 6

ORGANICALLY GROWN (*)
**CELERY*
BEETROOT*
PINEAPPLE***

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* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

VEGGIOLOGY SPECIAL DRINKS

CONSUME
WITHIN
14 **10** **6**
DAY

250ml. 160 Baht



**PLANT
MILK
TEA**
WITH
**ORGANIC
GRASS
JELLY
PUDDING**

500ml. 290 Baht



**PLANT
MILK
TEA**
WITH
**ORGANIC
GRASS
JELLY
PUDDING**

500 ML

1 litre 550 Baht



**PLANT
MILK
TEA**
WITH
**ORGANIC
GRASS
JELLY
PUDDING**

1 LITRE

500ml. 160 Baht



TT
TEATOX

ORGANICALLY GROWN (*)

**5 MIX GRAINS PLANT MILK
EARL GREY TEA
ORGANIC GRASS JELLY PUDDING*
COCONUT SUGAR***

ORGANICALLY GROWN (*)

**5 MIX GRAINS PLANT MILK
EARL GREY TEA
ORGANIC GRASS JELLY PUDDING*
COCONUT SUGAR***

ORGANICALLY GROWN (*)

**5 MIX GRAINS PLANT MILK
EARL GREY TEA
ORGANIC GRASS JELLY PUDDING*
COCONUT SUGAR***

ORGANICALLY GROWN (*)

**COLD-PRESSED APPLE JUICE
CHIA SEEDS*
INDIAN SENNA*
JUJUBE*
GOJI BERRY*
ROSELLE*
CHRYSANTHEMUM*
SAFFLOWER*
STEVIA
H₂O**

500ml. 110 Baht



**48+ Hrs
COLD
BREW**

**ROSE
TEA**

ORGANICALLY GROWN (*)

**ORGANIC ROSE*
ALKALINE WATER**

200ml. 130 Baht



AD
APPLE
A DAY

130 Baht
200ml.

**BALANCE PH LEVEL
LOWER BAD CHOLESTEROL
BALANCE ENTIRE BODY SYSTEM**

ORGANICALLY GROWN (*)

**APPLE CIDER*
GRANNY SMITH APPLE
RAW HONEY*
GINGER*
PASSION FRUIT*
CHIA SEEDS*
HIMALAYAN PINK SALT***

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* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

VEGGIOLOGY

HONEY

LEMON-LIME

CONSUME
WITHIN
14 **10** **6**
DAY

250ml. 130 Baht



**HLL
LEMON
LIME**

ORGANICALLY GROWN (*)
HONEY*
LEMON*
LIME*
ALKALINE WATER

250ml. 130 Baht



**HLL
GINGER**

ORGANICALLY GROWN (*)
GINGER*
HONEY*
LEMON*
LIME*
ALKALINE WATER

250ml. 130 Baht



**HLL
PASSION
FRUIT**

ORGANICALLY GROWN (*)
PASSION FRUIT*
HONEY*
LEMON*
ALKALINE WATER

250ml. 130 Baht



**HLL
FINGER
ROOT**

ORGANICALLY GROWN (*)
FINGERROOT*
HONEY*
LEMON*
LIME*
ALKALINE WATER

250ml. 130 Baht



**HLL
TUR
MERIC**

ORGANICALLY GROWN (*)
TURMERIC*
HONEY*
LEMON*
LIME*
ALKALINE WATER

250ml. 130 Baht



**HLL
CRANBERRY
HIBISCUS**

ORGANICALLY GROWN (*)
CRANBERRY HIBISCUS*
HONEY*
LEMON*
LIME*
ALKALINE WATER

250ml. 130 Baht



**HLL
TORCH
GINGER**

ORGANICALLY GROWN (*)
TORCH GINGER*
LEMON*
LIME*
HONEY
ALKALINE WATER

250ml. 350 Baht



**HLL
MIX IT
YOURSELF
CONDENSED**

ORGANICALLY GROWN (*)
HONEY*
LEMON*
LIME*

* All prices are subject to 7% VAT
* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

70ml. 110 Baht

VEGGIOLOGY SUPERFOOD BOOSTER

CONSUME
WITHIN
6 4 2
DAY



A1
ANTIBIOTIC
SHOT

ORGANICALLY GROWN (*)
TURMERIC GOLDEN PASTE*



A2
ANTIBIOTIC
SHOT

ORGANICALLY GROWN (*)
TURMERIC*
LIME*



A3
ANTIBIOTIC
SHOT

ORGANICALLY GROWN (*)
TURMERIC*
PASSIONFRUIT*



D1
DIGESTIVE
SHOT

ORGANICALLY GROWN (*)
GINGER*



D2
DIGESTIVE
SHOT

ORGANICALLY GROWN (*)
GINGER*
LIME*



D3
DIGESTIVE
SHOT

ORGANICALLY GROWN (*)
GINGER*
PASSIONFRUIT*



M1
IMMUNITY
SHOT

ORGANICALLY GROWN (*)
KALE*



M2
IMMUNITY
SHOT

ORGANICALLY GROWN (*)
KALE*
LIME*



M3
IMMUNITY
SHOT

ORGANICALLY GROWN (*)
KALE*
PASSIONFRUIT*

130ml. 65 Baht

VEGGIOLOGY KiDS



K1
GREEN
HERO

ORGANICALLY GROWN (*)
SPINACH*
APPLE
PINEAPPLE*

130 ML



K2
APPLE
ALPACA

ORGANICALLY GROWN (*)
APPLE
GRANNY SMITH APPLE

130 ML



K3
NINJA
MELON

ORGANICALLY GROWN (*)
WATERMELON*
APPLE

130 ML



K4
CAPTAIN
CARROT

ORGANICALLY GROWN (*)
CARROT*
APPLE
PASSION FRUIT*

130 ML



K5
PINEAPPLE
PAPA

ORGANICALLY GROWN (*)
PINEAPPLE*
HONEY PEAR

130 ML

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SLUSHIES

No Added Sugar. No Water. No Thickeners
Just fruit and vegetable juice - That's it.



Organic Cold-Pressed Veggie Slushie

250.-

Organic Spinach Juice
Organic Watercress Juice
Organic Romaine Lettuce Juice
Organic Pineapple Juice
Red & Granny Smith Apple Juice

Topped :
Fresh Romaine Lettuce, Organic Banana
Organic Carrot, Strawberry, Blueberry
Honey , Chia Seeds Jelly



Pure Double Orange Slushie

250.-

100% FRESHLY SQUEEZED
Honey Murcott Orange Juice
Navel Orange Juice
Cold-Pressed Apple Juice

Topped :
House-Made Candied Orange
Honey
Thyme Leaf
Organic Wild Honey & Chia Seeds Jelly

* Citrus variety may vary based on seasonal availability.



Organic Cold-Pressed Veggie Slushie Mix with Pure Double Orange Slushie

250.-

A crisp blend of organic veggies. Elevate it with the Pure Double Orange Slushie, a zesty mix of Honey Murcott and Navel orange juices. Together, they create a vibrant elixir that's pure, organic, and invigorating. Embrace the fusion of wholesome veggies and zesty oranges.

* All prices are subject to 7% VAT
* ราคานี้ยังไม่รวมภาษีมูลค่าเพิ่ม 7%

THICK SMOOTHIES



Silent Brave 195.-

- Organic Spinach
- Organic Romaine Lettuce
- Organic Celery
- Granny Smith Apple
- Honey Pear
- Organic Banana
- Organic Lime
- Organic Spirulina
- Organic Chia Seed Oil
- Organic Chia Seed Pudding with Housemade Sprouted Almond Milk



At Ease 195.-

- Navel Orange
- Organic Pineapple
- Organic Coconut Water
- Organic Passion Fruit
- Organic Banana
- Turmeric Powder
- Organic Beetroot



Earth 195.-

- Organic Cacao
- Organic Watercress
- Blueberry
- Dates
- Organic Banana
- Organic Golden Flaxseed
- Housemade -Sprouted Almond Milk



Rhapsody Red 195.-

- Strawberry
- Organic Beetroot
- Organic Pineapple
- Organic Watercress
- Organic Lime
- Organic Yogurt
- Housemade -Sprouted Almond Milk



Celery Melody 185.-

- Organic Celery
- Red Apple
- Granny Smith Apple
- Organic Lemon

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SMOOTHIE BOWLS

No ice. No fillers. No shortcuts.

Our smoothie bowls are blended from frozen fruits using a blast freezer to lock in peak freshness. No added ice or water — just real ingredients, blended with muscle power and high-speed precision for a texture that’s naturally creamy like ice cream. Ingredients are exactly as listed — Nothing more, Nothing hidden.



Shield	280.-	CoCo Island	290.-	Blessing Blue	290.-	Chronic Joy	290.-
Avocado		Organic Cashew		Blue Spirulina		Organic Beetroot	
Golden Kiwi		Organic Coconut Water		Organic Banana		Organic Pineapple	
Red Apple		Organic Coconut Meat		Red apple		Organic Chia Seed	
Organic Golden Flaxseed		Organic Banana		Housemade Organic Flaxseed Oil		Organic Banana	
Organic Romaine Lettuce		Housemade Almond Butter		Organic Coconut Water		Organic Coconut Meat	
Organic Banana		Housemade Almond Milk		Organic Chia Seed		Housemade Sprouted Almond Milk	
Organic Rice Vinegar		Himalayan Pink Salt					
Vanilla							
Topped :		Topped :		Topped :		Topped :	
Fresh Romaine Lettuce,		Dried Figs, Puffed Rice		Organic Coconut Meat,		Mango, Organic Banana,	
Organic Banana, Organic White		Perilla Seeds,		Almond Milk, Puffed Rice,		Strawberries, Toasted Organic	
Chia Seed, Dried Cranberries		& Housemade Granola Shot		Organic White Chia Seeds,		Pumpkin Seeds, Toasted Organic	
& Housemade Granola Shot				Coconut Chips, Rice & Bean		Sunflower Seeds, Organic Edible	
				Cereal, Frozen Blueberries,		Flowers,	
				& Housemade Granola Shot		& Housemade Granola Shot	

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VGL DRINKS



Lavender Limade

150.-

Housemade Organic Lavender
-Honey Syrup
Organic Honey
Organic Butterfly Pea
Soda
Organic Lime



Yuzu Honey Soda

150.-

100% Yuzu Juice
(From Kochi Prefecture, Japan)
Premium Yuzu Syrup
Soda
Organic Honey

Kochi Yuzu is renowned for its
bright aroma, delicate acidity,
and high essential oil content
— a result of being cultivated
in the pure mountain air and
mineral-rich soil of southern Japan.



Apple Apple Pear

150.-

Cold-Pressed Red Apple
Cold-Pressed Granny Smith Apple
Cold-Pressed Honey Pear



Starfruit Virgin Mojito

150.-

Cold-Pressd Star Fruit
Organic Lime
Soda
Organic Coconut Sugar
Organic Mint

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COFFEE

Espresso	80.-
Doppio	160.-
Americano (Hot / Iced)	100 / 110.-
Caffe Latte (Hot / Iced) with organic milk	120 / 130.-
Cappuccino (Hot) with organic milk	120.-



**Espresso Yuzu
Tonic**
140.-



Dark Apple
Espresso with fresh
cold-pressed apple juice
160.-



Caffe Milkyteers
Espresso with our
The 3 Milkyteers
180.-



CoCo-Cano
Espresso with Organic
fresh coconut water
160.-



Iced Mugwort Latte
with organic milk
160.-



Vegan Option – Housemade Sprouted Almond Milk +30.-
– Oat Milk +20.-

เราใช้เมล็ดกาแฟจาก หมู่บ้านแม่เมะ ตำบลแม่ทะ อำเภอเชียงดาว จังหวัดเชียงใหม่ บนขนาดพื้นที่สูงกว่าระดับน้ำทะเลปานกลาง 1000 ถึง 1200 เมตร เป็นพื้นที่ป่าต้นน้ำ แหล่งกำเนิดหนึ่งในต้นน้ำธรรมชาติแม่ทะมาน ใช้ในกระบวนการชำระล้างและหมักผลกาแฟ โดยน้ำและดินในพื้นที่ป่าต้นน้ำมีแร่ธาตุ อยู่มากกว่าพื้นที่ปกติ และตั้งอยู่บนเนินเขา จึงไม่มีการปนเปื้อนสารพิษจากพื้นที่ข้างเคียง ปลูกใต้ต้นไม้ใหญ่ แสงแดดรำไร ไม่ใช้ปุ๋ยเคมี ทำให้ต้นกาแฟ เติบโตได้ดี โดยไม่ต้องพึ่งยาฆ่าแมลงและให้ผลกาแฟที่มีรสชาติอันเป็นเอกลักษณ์ที่ไม่สามารถหาได้จากพื้นที่ปลูกอื่น

***We use organic arabica whole bean coffee from Chiang Dao, Chiang Mai**

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HOT TEA & WATER

Organic Green Tea	120.-
Organic Osmanthus & Oolong	150.-
Organic Thai Garden Bloom	150.-
Rose, Chrysanthemum, Butterfly Pea, Pandan Leaves	
Peach & Bloom	130.-
Peach Tea, Rose Petals, Sweet Apple Bits, Roselle, Little Violet Flower	
Organic Ginger	150.-
Organic Turmeric	150.-
Organic Turmeric & Ginger	150.-



Our mission is to make quality tea approachable, so we need to make it intimate, straight from the source. Our tea are sourcing from sustainable tea farmers in Thailand. We seek out producers of tea whose farms, methodologies, principles, and quantities of yield remain within the capacity and capability of artisan tea making.



Alkaline Water	30.-/Bottle
Alkaline Water : Refill	70.-/Person

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SALAD



**Sautéed Sesame Mushroom
Multigrains Forest Salad** 290.-

Sautéed organic king oyster mushrooms glazed in toasted sesame oil rest gently on a bed of vibrant greens, quinoa, pearl barley, red kidney beans, and pumpkin seeds.

This serene, plant-powered bowl offers more than just flavor—it’s rich in fiber, antioxidants, and plant-based protein, designed to nourish your body while calming your mind. It’s a quiet kind of nourishment—deep, clean, and intentional.

- Organic King Oyster Mushroom (Eryngii)
- Organic Black Sesame
- Organic Salad Greens with Tomatoes
- Organic Pearl Barley
- Organic Red Kidney Bean
- Organic 3-Color Quinoa
- Organic Pumpkin Seeds
- Edible Organic Flowers



Your Choices of Our Dressing (All Vegan)

- Yuzu & Carrot (Carrot, Yuzu, Olive Oil, Onion, Soy Sauce, Vinegar, Sugar, Salt)
- Miso & Sesame (Sesame Seeds, Sesame Oil, Miso, Tahini, Maple Syrup, Lime)



**Sous-Vide Spicy Chicken
Multigrains Forest Salad** 350.-

Our sous-vide chicken breast is prepared in-house with patience and care. We take a full day to marinate and slow-cook each piece—hormone-free, antibiotic-free, and seasoned with just the right touch of spice for warmth without overwhelm.

Paired with a nourishing blend of organic salad greens, pearl barley, tricolor quinoa, red kidney beans, and pumpkin seeds, this bowl delivers clean protein, fiber, and long-lasting energy. A quietly powerful meal—made to ground and sustain you.

- Antibiotic-Free, Hormone-Free Chicken Breast Steak
- Organic Salad Greens with Tomatoes
- Organic Pearl Barley
- Organic Red Kidney Bean
- Organic 3-Color Quinoa
- Organic Pumpkin Seeds
- Edible Organic Flowers

Add-on +	
+ Homemade Sausage	80.-
+ Sautéed Mushroom	100.-
+ Sous-Vide Classic Chicken	150.-
+ Sous-Vide Spicy Chicken	150.-
+ Fried Egg	25.-
+ Beetroot & Perilla - Seed Vegan Bread	30.-
+ Sourdough Bread	50.-
+ Dressing	55.-

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SALAD



**Homemade Sausage
Multigrains Forest Salad** 360.-

A hearty grain bowl served with clean-label pork sausage—naturally raised and crafted without hormones, antibiotics, MSG, or preservatives.

Topped with organic greens, quinoa, barley, red kidney beans, pumpkin seeds, and edible flowers. High in fiber, clean protein, and antioxidants—great for digestion and sustained energy.

Served with your choice of Yuzu-Carrot or Miso-Sesame dressing.

Natural Raised Homemade Pork Sausage
(No Hormones, No Antibiotics, No MSG, No Preservatives,
No Nitrate or Nitrite, No Artificial Flavor or Color)

Organic Salad Greens with Tomatoes
Organic Pearl Barley
Organic Red Kidney Bean
Organic 3-Color Quinoa
Organic Pumpkin Seeds
Edible Organic Flowers



Your Choices of Our Dressing (All Vegan)

- Yuzu & Carrot (Carrot, Yuzu, Olive Oil, Onion, Soy Sauce, Vinegar, Sugar, Salt)
- Miso & Sesame (Sesame Seeds, Sesame Oil, Miso, Tahini, Maple Syrup, Lime)



Waldorf Salad 230.-

A crisp, refreshing mix of apples, celery, grapes, and dried fruit—tossed with walnuts, pistachios, and our creamy homemade dressing made with organic eggs. Rich in fiber, vitamin C, and healthy fats from nuts. Light but satisfying.

Red & Green Apple
Grapes
Organic Celery
Pistachio
Walnut
Dried Cranberry
Raisin
Organic Mint
Homemade Waldorf Dressing

Add-on +	
+ Homemade Sausage	80.-
+ Sautéed Mushroom	100.-
+ Sous-Vide Classic Chicken	150.-
+ Sous-Vide Spicy Chicken	150.-
+ Fried Egg	25.-
+ Beetroot & Perilla - Seed Vegan Bread	30.-
+ Sourdough Bread	50.-
+ Dressing	55.-

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SALAD



Grilled Vegetable Salad

240.-

A vibrant mix of grilled organic vegetables, honey pear, pistachios, and goat cheese.

Topped with wild rocket and a balsamic glaze, this hearty salad is rich in fiber, antioxidants, and healthy fats—perfect for a light yet satisfying meal.

- Wild Rocket
- Goat Milk Cheese
- Pistachio
- Organic Grilled Pumpkin
- Grilled Zucchini
- Grilled Purple Eggplant
- Honey Pear
- Olive
- Balsamic Glaze
- Black Pepper
- Himalayan Pink Salt

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MAIN



All Day Everyday 350.-

Your all-day go-to: clean-label pork sausage, organic sunny-side-up eggs, and roasted veggies with our signature mashed pumpkin and vibrant beetroot-perilla seed bread.

Balanced with fresh organic greens and your choice of dressing—high in protein, antioxidants, and healthy fats to fuel your day, any time.

- Natural Raised Homemade Pork Sausage (No Hormones, No Antibiotics, No MSG, No Preservatives, No Nitrate or Nitrite, No Artificial Flavor or Color)
- 2 Organic Fried Eggs
- Organic Grilled Tomatoes
- Mashed Pumpkin with Roasted Coconut
- Beetroot & Perilla Seed Vegan Bread (No sugar, No Preservatives)
- Organic Salad Greens



Your Choices of Our Dressing (All Vegan)

- Yuzu & Carrot (Carrot, Yuzu, Olive Oil, Onion, Soy Sauce, Vinegar, Sugar, Salt)
- Miso & Sesame (Sesame Seeds, Sesame Oil, Miso, Tahini, Maple Syrup, Lime)



Sriracha Shakshuka Baked Eggs with Homemade Sausage 380.-

Sriracha Shakshuka Baked Eggs with Homemade Sausage. A hearty skillet of baked organic eggs in spicy tomato sauce, paired with natural pork sausage, grilled eggplant, and our sourdough toast. Just the right heat, just the right comfort.

This dish delivers high-quality protein, lycopene from cooked tomatoes, and gut-friendly fiber—great for sustained energy and immune support.

- 2 Organic Eggs
- Natural Raised Homemade Pork Sausage
- Grilled Purple Eggplant
- Homemade Napoli Sauce
- Tabasco
- Sriracha Sauce
- Parmesan Cheese
- Parsley
- Organic Chickpea
- Organic Salad Greens
- Homemade Sourdough Bread
- Toasted Sprouted Almond

Add-on +	
+ Homemade Sausage	80.-
+ Sautéed Mushroom	100.-
+ Sous-Vide Classic Chicken	150.-
+ Sous-Vide Spicy Chicken	150.-
+ Fried Egg	25.-
+ Beetroot & Perilla - Seed Vegan Bread	30.-
+ Sourdough Bread	50.-
+ Dressing	55.-

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MAIN



Baked Chicken Parmigiana

360.-

Tender chicken breast, free from antibiotics and hormones, baked with house-made Napoli sauce and artisan mozzarella—made from grass-fed cow’s milk with no additives.

Served with our sourdough toast and fresh organic greens, this dish is hearty, clean, and full of goodness. A wholesome source of protein, calcium, and natural antioxidants—comfort food, upgrad

Antibiotic-Free, Hormone-Free Chicken Breast Steak
Homemade Mozzarella Cheese
Homemade Sourdough Bread
Napoli Sauce
Homemade Pickle Japanese Cucumber

Organic Salad Greens
Toasted Almond Sliced
Balsamic Dressing
Parmesan Cheese
Black Pepper
Organic Himalayan Pink Salt



Polenta & Teriyaki Chicken

350.-

Creamy organic polenta, grilled champignon mushrooms, and tender teriyaki chicken breast—antibiotic-free, hormone-free, and full of clean flavor.

Topped with fresh sunflower sprouts and served with sourdough toast and garden salad, this comforting bowl is rich in protein, calcium, and natural fiber. Balanced, satisfying, and easy on your body.

***Vegan Option available** – made with oat milk, no cheese, and extra grilled mushrooms instead of chicken.

Organic Polenta
Organic Champignon Mushroom
Antibiotic-Free, Hormone-Free Chicken Breast
Organic Sunflower Sprout
Organic Milk
Parmesan Cheese
Teriyaki Sauce
Black Pepper
Organic Himalayan Pink Salt

Mix Salad Greens
Homemade Sourdough Bread
Balsamic Dressing
Parsley Leaf

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MAIN



**Sous-Vide Japanese Miso Mackerel
with Quinoa and Grilled Vegetable Salad** 450.-

A nourishing plate of wild-caught mackerel, slow-cooked sous-vide in aged miso. The fillet is completely boneless and incredibly tender, melting into each bite with ease.

Paired with roasted vegetables, organic quinoa, and pickled ginger, this dish is full of omega-3s, fiber, and antioxidants—great for your heart, brain, and digestion.

Natural Mackerel (Saba) Sous-Vide

Organic 3-Color Quinoa

Organic Grilled Zucchini

Organic Grilled Purple Eggplant

Organic Grilled Pumpkin

Organic Wild Rocket

Goat Milk Cheese

Honey Pear

Green Olive

Balsamic Glaze

Black Pepper

Organic Himalayan Pink Salt

Organic Lemon

Housemade Organic Pickled Ginger



**Baked Chicken Parmigiana
Sandwich** 350.-

Warm sourdough gently holding tender sous-vide chicken, artisan mozzarella, and crisp organic vegetables. Flavors come together with a touch of spice and tang—from our house sauces and lovingly pickled cucumbers.

A grounded, nourishing choice—rich in natural protein, gut-friendly fiber, and wholesome comfort in every bite.

Sourdough Ciabatta Bread

Antibiotic-Free, Hormone-Free Sous Vide Chicken Breast

Artisan Mozzarella Cheese

Organic Salad Greens

Organic Tomato Sliced

Organic Carrot Sliced

Housemade Napoli Sauce

Sriracha Sauce

Tabasco

Mustard

Housemade Mayonnaise with Organic Egg

Homemade Pickled Organic Japanese Cucumber

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OPEN FACED SANDWICH



**Grilled Vegetable with
Homemade Toasted Sourdough** 230.-

Warm toasted sourdough cradling tender grilled vegetables, earthy mushrooms, and wild rocket. Each element is gently seasoned and balanced with our balsamic glaze and creamy goat cheese.

A grounding, nutrient-rich plate for light nourishment and gentle clarity.
*Vegan version available on request—dairy-free and full of plant goodness.

- Toasted Homemade Sourdough
- Wild Rocket
- Grilled Purple Eggplant
- Organic Grilled Pumpkin
- Goat Milk Cheese
- Organic Champignon Mushroom
- Homemade Balsamic Dressing
- Black Pepper
- Himalayan Pink Salt

*Ask for the Vegan option



**Mashed Pumpkin with Roasted Coconut
on Homemade Sourdough Bread** 170.-

Creamy mashed pumpkin with roasted coconut, spiced gently with lemongrass, garlic, and herbs—spread over our crusty sourdough toast.

A naturally sweet and savory vegan toast rich in fiber, beta-carotene, and healthy fats from coconut and nuts.

- Mashed Pumpkin with Roasted Coconut Meat
- (Organic Pumpkin, Organic Coconut Meat, Organic Lemongrass
- Organic Extra Virgin Olive Oil, Organic Sesame, Organic Garlic
- Organic Cashew Nut, Black Pepper, Thyme Leaf,
- Organic Himalayan Pink Salt)

Homemade Sourdough Bread

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NOODLE / SOUP



Egg Noodles with Chicken Balls & Onsen Egg 160.-

Made with clean egg noodles—no additives, just real eggs and flour. Served with organic vegetables and a flavorful house-made broth.

A wholesome, satisfying noodle bowl that’s gentle on your body.

- Egg Noodles
- Organic Carrot
- Organic Corn
- Organic Pak Choi
- Organic Onsen Egg
- Organic Chicken Meatballs
- Organic 3 Spice Seasoning



Organic Pure Corn Soup 220.-

Made from 100% organic sweet corn—no cream, no milk, and barely any water.

This ultra-clean soup is naturally thickened by the corn itself, giving it a gentle, pure flavor. A light yet satisfying source of fiber and antioxidants.

- Organic Corn
- Shiitake Mushroom Seasoning
- Organic Himalayan Pink Salt
- Black Pepper

- Sourdough Bread

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DESSERT



Unbaked Brownies
with Chocolate Ganache

155.-

Organic Cashew
Almond
Organic Cashew Milk
Dates
Cocoa Powder
Himalayan Pink Salt

- * Vegan
- * Gluten-Free
- * No Sugar
- * House Made



Flourless Whole
Orange Almond Cake

120.-

Navel Orange
Almond Flour
Coconut Sugar
Organic Egg
Palm Sugar
Baking Powder
Himalayan Pink Salt
Agar Powder
Fresh Apple Juice

- * Gluten-Free
- * Dairy Free
- * Refined Sugar Free
- * House Made



Chocolate Cake with
Strawberry Chia Jam

120.-

Organic Hom Mali Rice Flour
Almond Flour
Oat Milk
Organic Rice Vinegar
Dark Chocolate
Palm Sugar
Sea Salt
Rice Bran Oil
Baking Powder
Baking Soda
Xanthan Gum
Cocoa Powder
Vanilla Extract
Coconut Oil
Organic Coconut Milk
Housemade Strawberry Chia Jam

- * Vegan
- * Gluten-Free
- * Refined Sugar Free
- * House Made



Organic Grass Jelly
Pudding

45.-

- * No Additives
- * No Preservatives
- * No Refined Sugar

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DESSERT



Vegan Caramel Custard
Vanilla - Almond Milk

70.-

Sprouted Almond Milk
Palm Sugar
Vanilla Extract
Corn Flour
Agar Powder
Organic Coconut Milk

- * Vegan
- * Gluten-Free
- * Refined Sugar Free
- * House Made



Vegan Caramel Custard
Earl Grey - Almond Milk

70.-

Sprouted Almond Milk
Palm Sugar
Earl Grey Tea
Corn Flour
Agar Powder
Organic Coconut Milk

- * Vegan
- * Gluten-Free
- * Refined Sugar Free
- * House Made



Housemade Granola
“Classic”

150.-

Rolled Oats
Sprouted Almond
Organic Pumpkin Seeds
Organic Cashew Nuts
Organic Sunflower Seeds
Organic Perilla Seeds
Golden Raisin
Organic Coconut Nectar
Vanilla Extract
Coconut Oil
Ground Cinnamon

- * Vegan
- * Refined Sugar Free
- * House Made



Housemade Granola
“Chocolate”

160.-

Rolled Oats
Sprouted Almond
Macadamia
Organic Pumpkin Seeds
Dried Cranberries
Organic Cacao Powder
Organic Coconut Nectar
Vanilla Extract
Coconut Oil

- * Vegan
- * Refined Sugar Free
- * House Made

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CONDIMENT



Strawberry Chia Jam

130.-

Organic Coconut Sugar
New Zealand Strawberry
Organic Chia Seed
Organic Lemon Juice
Organic Beetroot Juice

- * No Additives
- * No Preservatives
- * No Refined Sugar



Raspberry & Carrot Jam

130.-

Organic Coconut Sugar
New Zealand Raspberry
Organic Carrot

- * No Additives
- * No Preservatives
- * No Refined Sugar



Sprouted Almond Butter “SMOOTH”

155.-

Just Sprouted Almond

- * No Additives
- * No Preservatives
- * No Refined Sugar

Almond butter made only from sprouted almonds — for better digestion, richer nutrients, and a naturally creamy taste. No Sugar. No Oil. No Compromise.



Sprouted Almond Butter “CRUNCHY”

155.-

Just Sprouted Almond

- * No Additives
- * No Preservatives
- * No Refined Sugar

100% sprouted almonds with natural crunch. No added oils, No Sugar, No Fillers. Just the full, wholesome texture of real almonds.

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VEGGIOLOGY

VEGGIE COLD PRESSED AND BETTER MORE



“เราได้เรียนรู้ว่าอาหารไม่ใช่สิ่งที่กินแก้หิว หรือกินให้ร่อยปากเท่านั้น
แต่อาหารคือชีวิตทั้งชีวิตของเรา คือสุขภาพของเรา คือตัวเราทั้งหมด
อาหารจึงเป็นเรื่องใหญ่ที่สุดที่เราต้องเอาใจใส่จริงจัง”

- โจน จันได