

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

*Thai Watercress, *Green Cos, Parsley, *Celery, *Cucumber
Granny Smith Apple, *Passion Fruit

Detoxifying / Antioxidant / Anticancer



02 GREENLAXY

*Kale, *Green Cos, *Thai Watercress *Cilantro, *Cucumber
*Pineapple, *Ginger, *Lime

Healthy Liver / Heavy Metal Detoxifying / Lower Blood Cholesterol



04 BE KIND

*Green Cos, *Thai Watercress, *Pineapple, Red Apple
Granny Smith Apple

Improve Memory / Thyroid Health / High Calcium & Folate



05 NEON NEURON

*Japanese Cucumber, *Coconut Water, *Pineapple
*Chia Seeds, *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, Honey Pear, Granny Smith Apple, *Passion Fruit
*Chia Seeds

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, *Cashew, Brazil Nut, *Coconut Water,
Vanilla, Himalayan Pink Salt

Skin Purifying / Antioxidant / Heart Health



17 UNICORN MILK

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

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



18 SYMPHONY

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

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

Fruit-forward, light and refreshing

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*
GRANNY SMITH APPLE*
LEMONGRASS*
LIME*

FLAVOUR
SOUR, HERBAL, FRUITY



08
HAPPY
CELLS

GLOW SKIN
GOOD EYESIGHT
COLON CLEANSER

ORGANICALLY GROWN (*)

CARROT*
HONEY PEAR
GRANNY SMITH APPLE
PASSION FRUIT*
CHIA SEEDS*

FLAVOUR
FRUITY, LIGHT, SWEET & SOUR



11
TUMMY
BUDDY

DIGESTIVE AID
CONSTIPATION RELIEF
DETOXIFYING

ORGANICALLY GROWN (*)

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

FLAVOUR
SPICE, FRUITY, LIGHT



12
C-FORCE

COLD-FIGHTING
GLOW SKIN
SLOW AGING

ORGANICALLY GROWN (*)

GUAVA*
CELERY*
PINEAPPLE*
RED APPLE
LEMONGRASS*
GINGER*

FLAVOUR
FRUITY, HERBAL, AROMATIC



16
COCO
SNOW

LOWER BLOOD PRESSURE
LOWER BAD CHOLESTEROL
REDUCE STRESS & MUSCLE TENSION

ORGANICALLY GROWN (*)

COCONUT WATER*
CINNAMON
CHIA SEEDS*

FLAVOUR
AROMATIC, LIGHT, SEMI-SWEET



19
GLOW

SKIN GLOWING
HEALTHY HAIR
DECREASE BLOOD PRESSURE

ORGANICALLY GROWN (*)

CANTALOUPE
PINEAPPLE*
LEMON*
CHIA SEEDS OIL*

FLAVOUR
LIGHT, FRUITY, AROMATIC



28
THE HOPE

HEALTHY HEART
DIGESTIVE HELPER
CANCER PREVENTION

ORGANICALLY GROWN (*)

CARROT*
GUAVA*
HONEY PEAR
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

Balanced mix of veggies & fruits - Mildly green but still easy to enjoy

500ml.	290 Baht
260ml.	180 Baht



04
BE KIND

IMPROVE MEMORY
THYROID HEALTH
HIGH CALCIUM & FOLATE

ORGANICALLY GROWN (*)
GREEN COS*
THAI WATERCRESS*
PINEAPPLE*
GRANNY SMITH APPLE
RED APPLE

FLAVOUR
VEGGIE, LIGHT, SWEET



05
NEON
NEURON

NERVOUS SYSTEM HEALTH
GLOW SKIN
BALANCE PH LEVEL

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

FLAVOUR
AROMATIC, LIGHT, SWEET & SOUR



13
CONSCIOUS
LOVE

LOWER BAD CHOLESTEROL
BALANCE PH LEVEL
ALLERGIES HELPER

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

FLAVOUR
FRUITY, SOUR, VEGGIE



18
SYMPHONY

IMMUNE BOOSTER
REDUCE INFLAMMATION
DETOXIFYING

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

FLAVOUR
FRUITY, LIGHT, SEMI-SWEET



21
STARRY
BRIGHT

GLOW SKIN
HEALTHY HEART
CANCER PREVENTION

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

FLAVOUR
LIGHT, FRUITY, AROMATIC



25
HUMBLE
WARRIOR

ANTIOXIDANT
HEALTHY HEART
IMPROVES DIGESTION

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

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

High in vegetables, lower in fruits
- Stronger taste, packed with nutrients

500ml. 290 Baht

260ml. 180 Baht



01
GRAVITY
GREEN

DETOXIFYING
ANTIOXIDANT
ANTICANCER

ORGANICALLY GROWN (*)
THAI WATERCRESS*
GREEN COS*
PARSLEY
CELERY*
CUCUMBER*
GRANNY SMITH APPLE
PASSION FRUIT*

FLAVOUR
VEGGIE, SEMI - SWEET



02
THE
GREENLAXY

HEALTHY LIVER
HEAVY METAL DETOXIFYING
LOWER BLOOD CHOLESTEROL

ORGANICALLY GROWN (*)
KALE*
GREEN COS*
THAI WATERCRESS*
CILANTRO*
CUCUMBER*
PINEAPPLE*
GINGER*
LIME*

FLAVOUR
VEGGIE, HERBAL, STRONG



03
MINI OASIS

DIGESTIVE HELPER
HEALTHY HEART
LOWER BLOOD PRESSURE

ORGANICALLY GROWN (*)
GREEN COS*
CARROT*
PINEAPPLE*
GRANNY SMITH APPLE
LIME*

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*
GRANNY SMITH APPLE
GINGER*
LIME*

FLAVOUR
EARTHY, SPICE, SWEET & SOUR



15
ANTIDOTE

BLOOD CLEANSING
HEALTHY BONE
HEALTHY BRAIN

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

FLAVOUR
VEGGIE, HERBAL, STRONG



20
BALANCED

LOWER BLOOD PRESSURE
LOWER BAD CHOLESTEROL
ANTI-INFLAMMATORY

ORGANICALLY GROWN (*)
CARROT*
GREEN COS*
NAVEL ORANGE
TURMERIC*
LEMON*
SASHA ICHI OIL*

FLAVOUR
LIGHT, FRUITY, AROMATIC



22
ADAM
& LEAF

HIGH IN FOLATE
ANTIOXIDANT
LOWER BAD CHOLESTEROL

ORGANICALLY GROWN (*)
THAI WATERCRESS*
GREEN COS*
BEETROOT*
PARSLEY
GUAVA*
JAPANESE CUCUMBER*
GRANNY SMITH APPLE
KAFFIR LEAF*
LIME*

FLAVOUR
VEGGIE, HERBAL, STRONG



23
AWAKEN

LOWER RISK OF CANCER
HEALTHY HEART
ANTI-INFLAMMATORY

ORGANICALLY GROWN (*)
CELERY*
CUCUMBER*
GREEN COS*
NAVEL ORANGE
LEMON*

FLAVOUR
SOUR, LIGHT, VEGGIE



24
LEAN
GREEN

BLOOD CLEANSING
CANCER PREVENTION
LOWER BAD CHOLESTEROL

ORGANICALLY GROWN (*)
CELERY*
GREEN COS*
THAI WATERCRESS*
CUCUMBER*
LEMON*
LIME*

FLAVOUR
VEGGIE, STRONG, A LITTLE SOUR

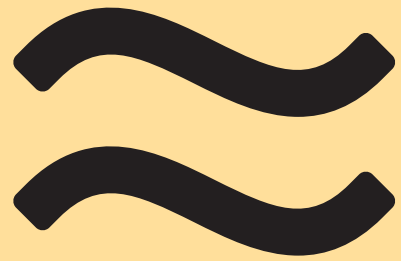
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VEGGIOLOGY
VEGGIE COLD PRESSED AND BETTER MORE

COLD-PRESSED VEGGIE

CONSUME
WITHIN
6 4 2
DAY



SMOOTH PLANT MILK

100% Dairy-free plant milk, naturally sweetened
- No refined sugar added

500ml. 290 Baht

260ml. 180 Baht



14
THE 3
MILKYTEERS

SKIN PURIFYING
ANTIOXIDANT
HEART HEALTH

ORGANICALLY GROWN (★)

SPROUTED ALMOND
CASHEW*
BRAZIL NUT
VANILLA
COCONUT WATER*
HIMALAYAN PINK SALT

FLAVOUR

NUTTY, CREAMY, SWEET



17
UNICORN
MILK

SKIN GLOWING
INCREASE RED BLOOD CELL
HEALTHY HEART & BONE

ORGANICALLY GROWN (★)

CASHEW*
SPROUTED ALMOND
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 MIX GRAIN PLANT MILK
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	500ml.	290 Baht	500ml.	290 Baht	500ml.	290 Baht	500 ml.	290 Baht	500ml.	290 Baht
	BC BROCCOLI		G2 GOTU KOLA		BB BLUE BUTTERFLY		PP PURPLE POWER		AL APPLE LEMON		JR JERUSALEM ARTICHOKE
ANTIOXIDANT ANTICANCER PM 2.5 FIGHTER											
ORGANICALLY GROWN (*) BROCCOLI* GRANNY SMITH APPLE WATERCRESS* LIME*		ORGANICALLY GROWN (*) GOTU KOLA* COCONUT WATER* PINEAPPLE*		ORGANICALLY GROWN (*) ORGANIC COCONUT WATER* ORGANIC BUTTERFLY PEA*		ORGANICALLY GROWN (*) RED CABBAGE* GRANNY SMITH APPLE LIME* HONEY PEAR		ORGANICALLY GROWN (*) GRANNY SMITH APPLE RED APPLE LEMON*		ORGANICALLY GROWN (*) JERUSALEM ARTICHOKE* BOK CHOY* CUCUMBER* LIME* GRANNY SMITH APPLE	

500ml.	290 Baht	500ml.	290 Baht	500ml.	290 Baht	500ml.	290 Baht	500ml.	290 Baht
	SF STRAW BERRY FIELD		RR RASPBERRY RAIN		W1 WATER MELON No.1		W2 WATER MELON No.2		W3 WATER MELON No.3
				CANCER PREVENTION HEALTHY HEART LOWER BLOOD PRESSURE		CANCER PREVENTION HEALTHY HEART LOWER BLOOD PRESSURE			
ORGANICALLY GROWN (*) NEW ZEALAND STRAWBERRY HONEY PEAR GRANNY SMITH APPLE BEETROOT* ALKALINE H2O LEMON*		ORGANICALLY GROWN (*) NEW ZEALAND RASPBERRY PINEAPPLE* HONEY PEAR NAVEL ORANGE ALKALINE H2O		ORGANICALLY GROWN (*) WATERMELON* PINEAPPLE* APPLE LIME* CHIA SEEDS*		ORGANICALLY GROWN (*) WATERMELON* TOMATO* GRANNY SMITH APPLE LIME* BEETROOT*		ORGANICALLY GROWN (*) WATERMELON* STRAWBERRY RASPBERRY BASIL* GRANNY SMITH APPLE LEMON*	

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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
<div><div></div><div><div>T1</div><div>TANGERINE</div></div></div> <div><div>HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING</div><div>ORGANICALLY GROWN (*) ORGANIC TANGERINE*</div></div>	<div><div></div><div><div>T1</div><div>TANGERINE 500 ML</div></div></div> <div><div>HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING</div><div>ORGANICALLY GROWN (*) ORGANIC TANGERINE*</div></div>	<div><div></div><div><div>T1</div><div>TANGERINE 1 LITRE</div></div></div> <div><div>HIGH COLLAGEN VITAMIN C COMPLEX LOWER BAD CHOLESTEROL SLOW AGING</div><div>ORGANICALLY GROWN (*) ORGANIC TANGERINE*</div></div>	<div><div></div><div><div>C2</div><div>COCONUT WATER</div></div></div> <div><div>ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE</div><div>ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*</div></div>	<div><div></div><div><div>C2</div><div>COCONUT WATER 500 ML</div></div></div> <div><div>ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE</div><div>ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*</div></div>	<div><div></div><div><div>C2</div><div>COCONUT WATER 1 LITRE</div></div></div> <div><div>ANTIOXIDANT HEART HEALTH REDUCE BLOOD PRESSURE</div><div>ORGANICALLY GROWN (*) PURE ORGANIC COCONUT WATER*</div></div>
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
<div><div></div><div><div>C1</div><div>CORN IT</div></div></div> <div><div>GOOD EYESIGHT GLOW SKIN SLOW AGING</div><div>ORGANICALLY GROWN (*) SWEET CORN* COCONUT FLOWER NECTAR* HIMALAYAN PINK SALT*</div></div>	<div><div></div><div><div>CL</div><div>CELERY JUICE</div></div></div> <div><div>100% CELERY JUICE*</div><div>ORGANICALLY GROWN (*)</div></div>	<div><div></div><div><div>CR</div><div>CARROT JUICE</div></div></div> <div><div>100% CARROT JUICE*</div><div>ORGANICALLY GROWN (*)</div></div>	<div><div></div><div><div>PS</div><div>PASSION FRUIT JUICE</div></div></div> <div><div>100% PASSION FRUIT JUICE*</div><div>ORGANICALLY GROWN (*)</div></div>	<div><div></div><div><div>BR</div><div>BEETROOT JUICE</div></div></div> <div><div>100% BEETROOT JUICE*</div><div>ORGANICALLY GROWN (*)</div></div>	<div><div></div><div><div>PG</div><div>PINK GUAVA</div></div></div> <div><div>PURE ORGANIC PINK GUAVA* LEMON*</div><div>ORGANICALLY GROWN (*)</div></div>

* 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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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*

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* 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
HONEY PEAR

130 ML



K3
NINJA
MELON

ORGANICALLY GROWN (*)
WATERMELON*
APPLE
PINEAPPLE*

130 ML



K4
CAPTAIN
CARROT

ORGANICALLY GROWN (*)
CARROT*
APPLE
PASSION FRUIT*
HONEY PEAR

130 ML



K5
PINEAPPLE
PAPA

ORGANICALLY GROWN (*)
PINEAPPLE*
HONEY PEAR

130 ML

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

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.

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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.-

- Avocado
- Golden Kiwi
- Red Apple
- Organic Golden Flaxseed
- Organic Romaine Lettuce
- Organic Banana
- Organic Rice Vinegar

Topped :
Fresh Romaine Lettuce,
Organic Banana, Organic White
Chia Seed, Dried Cranberries
& Housemade Granola Shot



CoCo Island 290.-

- Organic Cashew
- Organic Coconut Water
- Organic Coconut Meat
- Organic Banana
- Housemade Almond Butter
- Housemade Almond Milk
- Himalayan Pink Salt
- Vanilla

Topped :
Dried Figs, Puffed Rice
Perilla Seeds,
& Housemade Granola Shot



Blessing Blue 290.-

- Blue Spirulina
- Organic Banana
- Red apple
- Housemade Organic Flaxseed Oil
- Organic Coconut Water
- Organic Chia Seed

Topped :
Organic Coconut Meat,
Almond Milk, Puffed Rice,
Organic White Chia Seeds,
Coconut Chips, Rice & Bean
Cereal, Frozen Blueberries,
& Housemade Granola Shot



Chronic Joy 290.-

- Mango
- Navel Orange
- Organic Beetroot
- Organic Passion Fruit
- Organic Banana
- Organic Chia Seed
- Organic Coconut Meat
- Housemade Sprouted Almond Milk

Topped :
Mango, Organic Banana,
Strawberries, Toasted Organic
Pumpkin Seeds, Toasted Organic
Sunflower Seeds, Organic Edible
Flowers,
& 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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VGL DRINKS



Lemon Earl Grey Tea

130.-

Earl Grey Tea
Organic Lemon
Honey
Coconut Blossom Sugar

A soothing blend of Earl Grey tea and fresh lemon, gently sweetened with honey and coconut blossom syrup. Light, fragrant, and refreshing.



Peach Lemon Soda

150.-

Real Peach juice
Organic Lemon
Soda
Coconut Blossom Sugar
Canned Peach Sliced

(A limited-time seasonal drink)

A bright, refreshing blend of peach juice and organic lemon juice, topped with soda for a clean, uplifting sparkle.

Sweet, tangy, and naturally fruity
- finished with a juicy slice of peach.



100% Fresh Organic Young Coconut Water

110.-

100% Fresh Organic
- Young Coconut Water
Organic Coconut Meat
Organic Mint



100% Freshly Squeezed Double Orange Juice

195.-

100% Freshly Squeezed
Honey Murcott
& Navel Orange Juice
(Nothing Added)
Navel Orange Sliced.
Thyme leaf

***Citrus variety may based on seasonal availability**

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MATCHA

 Vegan

Iced Clear Matcha

120.-

Matcha Latte

160.- *Organic Cow Milk / Oat Milk*

Sparkling Yuzu Matcha

160.-

OUR SIGNATURE



Ocean Yuzu Matcha

Whisked matcha poured over yuzu juice with a touch of blue spirulina. Citrusy, earthy, and quietly refreshing — a serene fusion of land and sea.

185.-



Matcha Milkyteers

Smooth matcha meets our house-made nut milk — a creamy blend of sprouted almond, brazil nut, organic cashew, and organic coconut water. Nutty, comforting, and antioxidant-rich. A cult favorite, for good reason.

185.-



Double Orange Slushie Matcha

A vibrant mix of two orange varieties and cold-pressed apple, blended into an icy slushie — topped with smooth matcha for a zesty, energizing lift.

200.-



Coco Matcha

Our signature matcha blend over cold organic coconut water — cracked fresh for every glass. Naturally sweet and hydrating, this clean - energy drink supports focus, balance, and radiant skin

170.-



Matcha Coco Cloud

A soft, dreamy layer of creamy matcha floats over organic coconut water. Silky, satisfying, and just the right touch of sweetness — a gentle matcha moment.

185.-



Blueberry Oat Matcha

Sweet-tart blueberry meets earthy matcha in this antioxidant-rich drink. Made with oat milk and our slow-cooked, refined sugar-free blueberry syrup — gentle on your body, good for your skin and heart.

185.-

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COFFEE & WATER



Espresso	80.-
Americano (Hot/Iced)	100 / 110.-
Caffe Latte (Hot/Iced) with organic milk	120 / 130.-
Vanilla Latte (Hot/Iced) with organic milk & Housemade Coconut Vanilla Syrup	130 / 140.-
Cappuccino (Hot/Iced) with organic milk	120 / 130.-



Sparkling Espresso Yuzu
150.-



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.- We use Goodmate oat milk - free from unnecessary additives.

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

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



Alkaline Water 20.-/Bottle
Alkaline Water : Refill 60.-/Person

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HOT TEA & DRINKS

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.-



Blue Babycino with Honey Marshmallow 150.-

A warm, fluffy cup of organic milk — frothed extra smooth and dusted with cocoa powder. Naturally tinted with blue spirulina. Served with our housemade honey marshmallow for gentle, refined-sugar-free sweetness.

Organic Milk

Vanilla

Blue Spirulina

Gelatin

Coconut Blossom Sugar

Alkalined Water

Honey

Himalayan Pink Sat



Pink Babycino with Honey Marshmallow 150.-

A warm, fluffy cup of organic milk — frothed extra smooth and dusted with cocoa powder. Naturally tinted with fresh organic beetroot juice. Served with our housemade honey marshmallow for gentle, refined-sugar-free sweetness.

Organic Milk

Vanilla

Fresh Organic Beetroot Juice

Gelatin

Coconut Blossom Sugar

Alkalined Water

Honey

Himalayan Pink Sat

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SALAD

 Vegan



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



Sous-Vide Spicy Korean 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 Korean-Style Chicken Breast
Housemade Spicy Korean-Style Sauce
(Miso, Korean Chilli Flake, Soy Sauce, Garlic, Sesame Oil, Rice Bran Oil, -Rice Vinegar, Unrefined Sugar, Alkalined Water)
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)

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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



CITRUS TERIYAKI CHICKEN SALAD 380.-

Juicy sous-vide chicken breast drizzled with our housemade teriyaki sauce, served over fresh garden greens, navel orange, cherry tomatoes, and toasted sprouted almonds.

Satisfying, nourishing, and full of natural goodness — high in lean protein, vitamin C, and fiber to keep you full and energized.

Antibiotic-Free, Hormone-Free Teriyaki Chicken Breast
Housemade Teriyaki Sauce
(Soy Sauce, Mirin, Organic Brown Sugar, Honey, Sesame Oil, Organic Ginger, Corn Starch, Alkalined Water)
Navel Orange
Organic Salad Greens
Wild Rocket
Baby Spinach
Organic Sunflower Sprouted
Organic Cherry Tomatoes
Honey Pear
Toasted Sprouted Almond

Extra Virgin Olive Oil
Himalayan Pink Salt
Black Pepper



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)

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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



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

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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



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



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)

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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



Apple Waldorf with Onsen Egg & Sesame Mushrooms

270.-

Crisp apples, a soft onsen egg, and gently glazed king oyster mushrooms come together on a plate that feels grounding and easy on the body — a calm, nourishing choice for meat-free days.

Organic King Oyster Mushroom (Eryngii)

Soy Sauce

Organic Toasted Sesame

Organic Tomatoes

Organic Onsen Egg

Organic 3-Color Quinoa

Organic Salad Greens

Apple

Organic Celery

Organic Mint

Dried Cranberry

Raisin

Walnut

Pistachio

Housemade Mayonnaise from Organic Eggs

Organic Yogurt

Organic Greek Yogurt

Organic Lemon Juice

Himalayan Pink Salt

Blak Pepper

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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



Wild Saba Teriyaki with Rainbow Quinoa 450.-

Wild-caught saba mackerel, cooked sous vide for a soft, tender texture with no bones. Paired with our housemade teriyaki sauce - clean, additive-free, and made from real ingredients. Served on tri-color quinoa with grilled king oyster mushroom and fresh garden greens. Naturally rich in omega-3, complete protein, and fiber for balanced nourishment.

Wild-caught Saba Mackerel

Housemade Teriyaki Sauce (Soy Sauce, Mirin, Organic Brown Sugar, Honey, Sesame Oil, Organic Ginger, Corn Starch, Alkalined Water)
Thyme

Organic King Oyster Mushroom (Eryngii)

Organic 3-Color Quinoa

Organic Kidney Beans

Organic Sweet Corn

Organic Cherry Tomatoes

Soy Sauce

Organic Salad Greens

Organic Sunflower Sprouted

Wild Rocket

Baby Spinach

Radish

Extra Virgin Olive Oil

Himalayan Pink Salt

Black Pepper

Organic Lemon

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MAIN



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



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



Egg Noodles with Shredded Chicken & Onsen Egg 160.-

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

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

- Additive-free Egg Noodles
- Antibiotic-Free, Hormone-Free Shredded Chicken
- Organic Carrot
- Organic Pak Choi
- Organic Sweet Corn
- Organic Onsen Egg
- Organic 3 Spice Seasoning



Egg Noodles with Spicy Korean Chicken, Onsen Egg & Organic Veggies 180.-

A comforting plate of additive-free egg noodles, sous-vide Korean-style chicken, onsen egg, and organic vegetables. Marinated in our housemade sauce — mildly spicy, clean, and naturally rich in umami.

Balanced with lean protein, wholesome carbs, and essential vitamins from real ingredients.

- Additive-free Egg Noodles
- Antibiotic-Free, Hormone-Free Korean-Style Chicken Breast
- Housemade Spicy Korean-Style Sauce (Miso, Korean Chilli Flake, Soy Sauce, Garlic, Sesame Oil, Rice Bran Oil, -Rice Vinegar, Unrefined Sugar, Alkalined Water)
- Organic Carrot
- Organic Pak Choi
- Organic Sweet Corn
- Organic Onsen Egg
- Rice Bran Oil
- Organic 3 Spice Seasoning
- Thyme
- Paprika

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

NOODLE / SOUP



**Egg Noodles with Teriyaki Chicken,
Onsen Egg & Organic Veggies** 180.-

A comforting plate of additive-free egg noodles and organic vegetables, brought together with our gently seasoned teriyaki sous-vide chicken and a soft onsen egg.

Balanced with lean protein, energy-giving carbs, fiber, and natural vitamins - clean nourishment in every bite.

- Additive-free Egg Noodles
- Antibiotic-Free, Hormone-Free Teriyaki Chicken Breast
- Housemade Teriyaki Sauce
(Soy Sauce, Mirin, Organic Brown Sugar, Honey, Sesame Oil,
- Organic Ginger, Corn Starch, Alkalined Water)
- Organic Carrot
- Organic Pak Choi
- Organic Sweet Corn
- Organic Onsen Egg
- Rice Bran Oil
- Organic 3 Spice Seasoning
- Thyme
- Paprika



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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ADD-ON

+ Miso & Sesame Dressing	55.-	+ Homemade Pork Sausage	80.-
+ Yuzu & Carrot Dressing	55.-	+ Homemade Chicken Sausage	80.-
+ Fried Egg	25.-	+ Sauteed Eryngii Mushroom	100.-
+ Hard Boiled Egg	25.-	+ Sauteed Champignon Mushroom	100.-
+ Onsen Egg	25.-	+ Sous-Vide Classic Chicken	130.-
+ Beetroot & Perilla Seed Vegan Bread	30.-	+ Sous-Vide Spicy Korean Chicken	150.-
+ Charcoal Vegan Bread	30.-	+ Sous-Vide Teriyaki Chicken	150.-
+ Sourdough Bread	50.-	+ Sous-Vide Chicken Parmigiana	260.-
+ Forest Salad	50.-	+ Sous-Vide Teriyaki Mackerel	280.-
+ Mashed Pumpkin	30.-	+ Sous-Vide Japanese Miso Mackerel	280.-
+ Grilled Pumpkin	30.-		
+ Egg Noodle	20.-		

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DESSERT



**Unbaked Brownies
with Chocolate Ganache**

75.-

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**

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.

VEGGIOLOGY

VEGGIE COLD PRESSED AND BETTER MORE



“เราได้เรียนรู้ว่าอาหารไม่ใช่สิ่งที่กินแก้หิว หรือกินให้ร่อยปากเท่านั้น
แต่อาหารคือชีวิตทั้งชีวิตของเรา คือสุขภาพของเรา คือตัวเราทั้งหมด
อาหารจึงเป็นเรื่องใหญ่ที่สุดที่เราต้องเอาใจใส่จริงจัง”

- โจน จันได