

Breakfast

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|--|--|----------------------|
| 1. European Breakfast | Two soft boiled eggs, choice of chicken patty, 2 Thai spicy Veggie Sausage, or veggie ham bacon, (both Soya Protein) plus sliced cheese, tomato, onion with baguette/butter/jam..... | 150 B |
| 2. American Breakfast 1 | Two eggs, choice of chicken patty, 2 Thai spicy Veggie Sausage, or veggie ham bacon, (both Soya Protein) plus cottage fry potato and fruit salad with toasted wheat bun, butter & jam..... | 150 B |
| 3. American Breakfast 2 | Two eggs, plus cottage fry potato with toasted wheat bun, butter & jam..... | 85 B |
| 4. Poached Eggs on Toast | Toasted wheat bread topped with 2 poached eggs and served with grilled tomato and onion...
and tofu bacon or veggie ham bacon..... | 75 B
95 B |
| 5. "Susie Yoga" Breakfast | Lightly steamed green veggies with 2 poached eggs on top..... | 100 B |
| 6. Scrambled Eggs & Veggies | Two eggs scrambled with fresh veggies.....
With tofu mixed in.....
add cottage fry potato..... | 55 B
75 B
95 B |
| 7. Scrambled Tofu | Shredded Tofu, onion, garlic, parsley, green pepper, carrot scrambled together... Salsa w/ cottage fry potato or Pesto Veggie.....
Or "Rancheros" with refried beans..... | 85 B |
| 8. Scrambled Eggs "Greek" | Two eggs scrambled with green onion and Feta cheese served w/ Pesto Veggie | 145 B |

Toi's Famous Omelets

All Omelets made with two eggs
& served with cottage fry potatoes.

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|-----------------------|---|------|
| 9. Omelet I | with cheese... | 80 B |
| 10. Omelet II | with grilled onion & cheese... | 85 B |
| 11. Omelet III | with prawn, cheese and onion.... | 95 B |
| 12. Omelet IV | with Thai Sweet chicken.... | 90 B |
| 13. Omelet V | with veggies... | 75 B |
| 14. Omelet VI | with tofu and pesto sauce (cashew/garlic/onion/basil/olive oil) ... | 75 B |

Side Orders Pancakes & Fruit

15.	Jensen's Soft Eggs	two "2 minute" soft boiled eggs....	25 B
16.	Cottage Fried Potato's	fresh potato with skin and onion sautéed in butter & basil....	40 B
17.	French Fried Potato's	made fresh with skin....	40 B
18.	Tofu Boofers	mashed potato and tofu mixed with onion, parsley & olive oil into patties, 2 pcs.....	60 B
19.	Fruit Pancake	Lovely thick pancake filled with fresh fruit served with butter & honey.....	60 B
20.	French Toast	Sliced whole wheat bread in egg batter served with butter & honey cinnamon syrup...	70 B
21.	Fresh Fruit Salad	all fresh seasonal fruits..... Papaya, pineapple, banana, watermelon, etc	50 B V
		topped with fresh goat yogurt....	65 B
22.	Muesli Fruit & Yogurt	all fresh seasonal fruits..... Papaya, pineapple, banana, watermelon, topped with fresh goat yogurt and home made muesli....	80 B
23.	Guy's Breakfast	fresh papaya and/or mango, goat yogurt topped with bee pollen....	80 B

Bread & Toast

	Plain	Butter & Jam	Peanut butter & honey	Garlic, Basil & butter	With pesto	Tomato onion, garlic & cheese
24.	Your choice: a wheat bun or 2 slices whole wheat	30 B	35 B	45 B	45 B	60 B
25.	Baguette	35 B	40 B	50 B	50 B	60 B
26.	Home made 7 grain. (3 slices)	30B	40 B	50 B	50 B	65 B
	San Boa's Special.. Feta cheese, fried crisp garlic, olive oil & chopped sweet chili <u>spread</u> for.....	above +85 B				

All Breakfasts served with Samui home made Jams....
Also for sale at counter.... great Samui Treat

V..... VEGAN....

Salads & Soups

27.	"SPA" Salad	Lettuce, cabbage, onion, carrot, tomato, cucumber, & sprouts....Spa dressing ("Bragg's" apple cider vinegar, olive oil ,OR COCONUT OIL, honey, garlic, basil,).....	SML 65 B V	LRG 80 B V
28.	"SPA" Deluxe Salad	Salad aboveAdd blue cheese <u>OR</u> Tofu.....	100 B	125 B
29.	"SPA"Somtum Salad	Shredded papaya, cabbage & tomato in lime, cider vinegar, and cayenne with cabbage side..	35 B V	50 B V
30.	"SPA" Potato Salad	Cubed potato with skin, chopped onion, raisins, shredded carrot with our yogurt dressing.....	55 B	70 B
31.	"Rejuvelax" Salad	Cabbage, onion, garlic, carrot shredded together and marinated in cabbage juice w/acidophilus.....	25 B V	35 B V
32.	Tuna & Cheese Salad	Mixed greens, fresh basil, tomato, carrot, sprouts & onion topped with Tuna & cheese with our special yogurt dressing...	100 B	125 B
33.	Greek Salad	Lettuce topped with tomato, onion, black olive, & <u>Goat Feta cheese</u> ... olive oil/apple cider vinegar dressing	120 B	155 B
34.	Brown Rice Salad	Brown rice mixed with green beans, corn, tomato, red & green pepper, aged cheese, spring onion, sprouts & ground cashew..... dressing red wine vinegar, olive oil, Dijon & grain mustard, ...	SML 95 B	LRG 120 B
35.	Tofu Salad	Crumbled Tofu, chopped tomato, red pepper, parsley, basil & garlic. with yogurt dressing..	85 B	110 B
36.	Raw Veggie Salad	All the freshest veggie of the day....w/ Spa Apple cider vinegar dressing....	60 B V	75 B V
37.	Curry Veggie Salad	Cubed carrot, beans & Tofu in a light mustard curry & mayonnaise sauce.....	65 B	---
38.	Veggie Soup	Fresh market vegetables cabbage, onion, carrot, garlic, tomato, potato with miso.....Add Tofu.....	40 B 45 B	55 B 60 B
39.	"SPA" Zut-Zut Soup	As above in blender topped with yogurt dressing..	50 B	65 B
40.	Power Broth Veggie/Garlic Soup	With apple cider vinegar & Bragg's amino acids	50 B	65 B
41.	"SPA" Broth Soup	Fresh market vegetables as veggie soup, you get the great clear broth with all the vitamins.....	35 B V	----
42.	Potato Peel Broth	Just that 1/4 in. potato skin simmered in water, wonderful way to increase Alkaline balance.....	30 B V	40 B V
43.	"SPA" Seaweed Soup	Fresh market vegetables cabbage, onion, carrot, garlic, tomato, potato with seaweed.....	45 B V	60 B V

We serve only Thai "Sea Salt"... no sodium V..... VEGAN....

Page #4 **Sandwiches**

44.	"SPA" Chicken Burger Chicken Cheeseburger	Special chicken patty on a 6" wheat bun with lettuce, tomato, onion & mayonnaise & special sweet chili chicken sauce..... With wheat bun or 7 grain bread...	75 B 90 B
45.	"SPA" Tofu Burger Tofu Cheeseburger	Special Tofu patty on a 6" wheat bun with lettuce, tomato, onion & mayonnaise & special sweet chili chicken sauce..... With wheat bun or 7 grain bread...	75 B 90 B
46.	"SPA" Hoagie	Tuna salad, sliced cheese, lettuce, tomato, onion & mayonnaise on large baguette.....	115 B
47.	"SPA" B.L.T.	Tofu bacon, lettuce, tomato, onion & mayonnaise on sliced whole wheat bread.....	85 B
48.	Veggie Ham & Cheese	Veggie Soya ham, aged cheese, lettuce, tomato, onion with mayonnaise & mustard on sliced whole wheat bread.....	125 B
49.	"SPA" Open	Three slices 7 grain open face topped with tomato, onion, blue cheese & our special dressing plus fresh basil on top.....	75 B
50.	"SPA" Veggie	Lettuce, tomato, onion, cucumber, shredded carrot, sprouts & mayonnaise or yogurt dressing on sliced whole wheat bread.....	65 B
51.	Tuna Salad Sandwich	Tuna salad on 6" wheat bun with lettuce, tomato, onion & mayonnaise	80 B
52.	"HOT DOG"	VEGETARIAN (Soya-protein) HOT DOG ... whole-wheat sesame baguette, salad, with mayonnaise, and/or mustard, tomato sauce (your choice)...	90 B
53.	"SPA" Egg Salad	SPA egg salad on 6" wheat bun with lettuce, tomato, onion & mayonnaise.....	65 B

Spaghetti plus

54.	Spaghetti Red Sauce	SPA classic red sauce peeled whole tomato, onion, garlic, tomato paste and seasonings..... With Tender chicken bits.....	110 B 125 B
55.	"SPA" Veggie Spaghetti	Fresh carrot, cauliflower, pumpkin, onion & tomato in SPA classic red sauce.....	110 B
56.	"Pesto" Spaghetti	Rich, fresh made pesto (garlic, virgin olive oil, cashews & basil) sprinkled with Parmesan cheese.	125 B
57.	"Pesto" Tofu	Cubed tofu sautéed in fresh made pesto (above) sprinkled with Parmesan cheese.....	125 B
58.	"Prawn" Spaghetti	Fresh prawn & garlic sautéed in butter, plus fresh basil leaf & Parmesan cheese.....	175 B
59.	Chicken Cacciatore	SPA classic red sauce peeled whole tomato, onion, garlic, tomato paste and seasonings...simmered with chicken & mushrooms.. served with candy carrots...	115 B

Home Made Pasta

60.	Spinach Fettuccine	w/ Pesto..... or "Red Sauce" add...Prawns.....	95 B 130 B
61.	Vegetarian 1/2 moon Ravioli	Assorted...mushroom, eggplant, pumpkin & cauliflower Topped w/ Spa veggie red sauce	85 B
62.	Classic Ravioli	w/ Spinach & Ricotta Cheese Topped w/ Spa veggie red sauce	125 B

63.	Burrito's...	Two delicious pan warmed burrito's with a choice of fillings - spicy chicken or re-fried beans, organic tofu Bolognese or chili con tofu. Stuffed inside our pan heated burritos together with fresh organic salad and yogurt dressing.		120 B
64.	"Toi's" Tacos	Classic Taco with corn tortilla, lettuce, tomato, onion topped with aged cheese & your choice of chicken, re-fried beans or tofu.....2 Taco's.....		125 B
65.	"Toi's" Tostado	Classic Tostado with corn tortilla, lettuce, tomato, onion topped with yogurt & aged cheese your choice of chicken, re-fried beans or tofu....		100 B
66.	"Haevos Rancheros"	2 Large fried eggs and buttered flour tortilla plus Re-Fried Beans covered with melted cheese.. served with Toi's Salsa sauce.....		125 B

Vegetarian Specialties **V-VEGAN**

67.	"SPA" Steamed Veggie Platter	Cabbage, mushroom, onion, carrot, sweet potato, potato, pumpkin, & garlic steamed in stainless steel steamer, topped with crispy garlic served with yogurt dressing...	SML 65 B	LRG 85 B
68.	"SPA" Stir Fried Veggies	Cabbage, mushrooms, onion, carrot, sweet potato, potato, pumpkin, & garlic....	60 B V	80 B V
69.	"SPA" Ginger Nuts	Cashew, tofu, ginger, & fresh garden veggie stir-fried in water...zingy good taste....	80 B	100 B
70.	"SPA" Tomato Sauté	Tomato halves sautéed in a dab of olive oil & then baked with Pesto, basil & Parmesan cheese on top....	4pc 65 B	6 pc 85 B
71.	"SPA" Sweet & Sour Veggies	Fresh garden veggie stir- fried lightly in S & S sauce...	60 B V	80 B V
72.	Sweet & Sour Tofu	Cubed tofu mixed with a few veggies and stir-fried in S & S sauce.....	60 B	80 B
73.	Veggie Spring Rolls	Shredded cabbage, carrot, mushroom, pumpkin, onion, sprouts and cubed tofu special sauce rolled together.....deep fried	3 pc 55 B	5 pc 70 B
74.	Vietnam Veggie Spring Rolls	Uncooked Rice rolls, filled with rice noodles and green leaf... served with sweet chili sauce...	3 pc 55 B V	5 pc 70 B V
75.	"Toi's" Stuffed Cabbage Rolls	Tender cabbage stuffed with carrot, mushroom, pumpkin, onion, sprouts then steamed & served with soy topping.....	3 pc 65 B V	5 pc 80 B V
76.	"Komin" Vegetables	Fresh garden veggie sautéed in Thai healing curry Komin..... <u>add 15 B for tofu</u>	65 B	85 B
77.	Gang Pet Phet Yung	Duck (Soya-protein) in coconut curry with tomato, Pineapple, Basil,	80 B	100 B
78.	Sautéed Pumpkin	Hardy pumpkin slices sautéed in butter & garlic topped with green onion....	45 B	65 B
79.	Pesto Veggie Platter	Fresh garden veggie sautéed in our famous Pesto.....	85 B	95 B
80.	"SPA" Baked Potato	Extra large halved potato baked in foil after being topped with sautéed onion, garlic, butter & basil.....	---	75 B

Mashed Potato Treats

81.	"Mus A Mun" Mash	Red Mus a mun curry, coconut milk & peanuts on top mashed potato.....	55 B V
82.	Curry Raisin Mash	Indian curry & coconut milk over mashed potato with raisins on top.....	75 B V
83.	"Sweet & Sour" Sweet Potato	Mashed sweet potato topped with our wonderful sweet & sour sauce.....	60 B V

Page #6 **Thai Specialties**

		Served with.....	Garden Veggies	Chicken, Squid, or Tofu	Prawn
84.	Khao Pad	Thai fried rice.... Brown rice add 3 B....	40 B	55 B	65 B
85.	Khao Pad "SPA"	Thai fried rice served in 1/2 pineapple.....	65 B	70 B	90 B
86.	Gang Phet Sapatrot	Pineapple chunks in coconut milk curry with....	50 B V	65 B	75 B
87.	Gang Keow Wan	Green curry & green tomato in coconut milk with.....	50 B V	65 B	75 B
88.	Kratium Prik Thai	Garlic, chili, and basil stir-fried with....	40 B	55 B	80 B
89.	Pod Ka Pow Nam Man Hoy	Fresh basil & black pepper, chili, stir-fried in oyster sauce, nice & spicy with....	45 B	65 B	90 B
90.	Mus A Mun	Potato, red mus a mun curry, coconut milk topped with peanuts with....	55 B V	75 B	105 B
91.	Panaeng "SPA"	Spicy coconut peanut curry over.....	50 B V	65 B	95 B
92.	Pad Pak Ru Um	Fresh market veggie stir-fried with oyster sauce...	40 B	55 B	75 B

Spicy Thai Soup

93.	Tom Kha "SPA"	Creamy fresh coconut milk with onion, lemon grass, lime, ginger, chili's with.....	50 B V	65 B	85 B
94.	Tom Yum "SPA"	Spicy lemon grass soup with onion, tomato, mushroom, lemon grass, lime, ginger, chili's with.....	50 B V	65 B	85 B
95.	Guai Tiew Nam	Classic Thai noodle soup, with glass, egg or flat noodle your choice and.....	30 B	40 B	60 B

Thai Noodles

96.	Fried Noodle	Egg noodles lightly fried in oyster sauce..	40 B	50 B	65 B
97.	Gang Jut Woonsen	Glass noodles with scallions & mushroom with....	50 B	60 B	75 B
98.	Pad Thai	Thai rice noodle fried with tamarind seeds, ground peanut, egg, bean sprouts with....	45 B	55 B	65 B

V-VEGAN

Spicy Thai Salads

99.	Yum Ma Kheua Yow	Spicy eggplant Thai salad in lime sauce, chilli, onion, on lettuce, topped with peanut..... and prawn.....	70 B 95 B
100.	Yum Pla Muk	Spicy squid Thai salad in lime juice, chilli peppers, onion, on lettuce.....	85 B
101.	Yum Seafood	Combination with squid & prawn spicy Thai salad in lime juice, chili peppers, onion, on lettuce.....	110 B
102.	Yum Woonsen	Glass noodle with prawn spicy Thai salad in lime juice, chili peppers, onion, on lettuce..... or Vegetarian with sliced(soya-protein) HOT DOG.....	105 B 95 B
103.	Esan Som Tum	Shredded papaya pounded in a mortar & pestle with lime juice, palm sugar, chili peppers, garlic, tomato served with cabbage..... ADD SHREDDED SPICY THAI SAUSAGE..... ADD IMPORTED SMOKED SALMON.....	35 B 55 B 200 B
104.	Larb Gai	Spicy chopped chicken with lime juice, lemongrass, chili peppers, mint & pepper served with cabbage.....	60 B

Thai Seafood

105.	Pla Neug Sai Pak	Whole tender white meat fish stuffed in & around with fresh veggies in ginger sauce then steamed in foil.....	200 to 325 B
106.	Pla Neug Buiy	Whole tender white meat fish stuffed in & around with fresh veggies with plums, palm sugar, lemongrass then steamed in foil, lot's of juices.....	200 to 325 B
107.	Pla Pot Peio Wan	Sweet & sour veggie & pineapple over whole tender steamed white meat fish.....	200 to 325 B
108.	Gang Jeut Pla Mook Yat Sai Gai	Whole fresh Squid stuffed with minced & seasoned chicken.....3 pcs.....	110 B
109.	Pla Goong	Fresh prawn sautéed with lemongrass, onions, hot chilli sauce and mint leaves.....	95 B
110.	Goong Pad Khing	Fresh prawn sautéed with fresh ginger, tomato, onion & fresh ground black pepper.....	90 B
111.	"Toi's" Goong	Fresh prawn sautéed in butter with tomato, onion, garlic & topped with fresh basil.....	95 B

Rice

112.	Cow Daeng	Steamed brown rice.....per plate.....	15 B V
113.	Cow	Steamed white rice.....per plate.....	10 B V
114.	Cow Daeng Pot	Steamed brown rice sautéed butter & garlic w/chopped scallions on top.....per plate.....	35 B

V-VEGAN

Special Drinks

115.	Fresh Wheat Grass Juice	We grow our own and make it fresh. Takes a couple minutes...	80 B V
116.	Vegetable Green Drink	Green vegetables (spinach, beet greens, kale, etc.) ask for what's available or what you want.	75 B V
117.	Cabbage Power Drink	Cabbage, kale, carrots & pineapple	55 B V
118.	Carrot-Celery Juice	Carrots, celery, parsley	75 B V
119.	Melon Cocktail	Watermelon, cantaloupe, casaba and other melons can also be added depending. Includes the seeds and inside rind of the melons as they contain many nutrients.	65 B V
120.	Carrot-Pineapple Delight	Carrots, celery, pineapple	65 B V
121.	Vegetable Cocktail	Tomatoes, celery, parsley, lemon, green pepper, onion & a dash of vegetable bragg seasoning can be added if desired.	75 B V
122.	Vegetable Broth	Carrots, celery, beet, onion (this drink can be consumed either hot or cold.	80 B V
123.	Spicy Broth	Carrots, celery, tomatoes, onion, jalapeno (may also use a clove of garlic. Fresh garlic is hot so go lightly.	75 B V
124.	Lime Mineral Drink	Lime juice, honey, pinch of sea salt	30 B V

Pure Fresh Fruit Juice

		LRG	XL
	<u>Juice without ice is 5 B more Lrg... 10 B more XL.</u>		
125.	Fresh Fruit Juice	Pure (no sugar added) FRESH fruit juice, lime, watermelon, pineapple, papaya.....or season....	50 B V 100 B V
126.	Fresh Apple Juice	Pure (no sugar added) Fresh apple juice	75 B V 200 B V
127.	Fresh Orange Juice	Pure (no sugar added) Fresh Orange Juice	60 B V 150 B V
128.	Fresh Coconut Juice	Cold coconut.....	25 B V
129.	Fruit Shakes	Above fruits shakes with milk, yogurt	50 B ---
130.	Lime & Honey Cooler	Fresh lime juice, XL in our special jar, with honey, a real cool me down.....	40 B 60 B
131.	Liver Flush"	Fresh orange & lime juice blended with virgin olive oil, garlic, cayenne & ginger...	75 B V
132.	Carrot Juice	All fresh juiced in our "Champion" juicer...	80 B V
133.	Carrot/Cabbage	Fresh carrot & cabbage, good for stomach...	70 B V
134.	Carrot/Cucumber	Fresh carrot 2/3 & cucumber 1/3...	70 B V
135.	Tropical Veggie Juice	Carrot, Beetroot & Orange Juice...OK. For Fasters	80 B V
136.	Goat Whey (when available)	Perfect Mineral balance for the human body... high in amino acids ACIDOPHOIS & soluble protein...curing..... 1 liter	75 B

Page#9 **Smoothies**

137.	High Power Start	Papaya, goat yogurt, bee pollen blended with ice.....	75 B
138.	Papabanana	1/2 papaya, 1/2 banana with ice in blender	35 B
139.	Tropical Dream	A blending of coconut, banana & pineapple...	55 B
140.	Cayenne Cooler	Lime, cayenne, ice & honey blended...	70 B
141.	Papa Mango	Papaya & Mango blended w/ goat yogurt...	65 B
142.	ADD WHEAT GRASS	Wheat Grass Juice Concentrate 8 GM pack	80 B
	To above		

More Drinks

143.	Instant Coffee or Lipton Tea		20 B
144.	Imported Tea	Oolong, Jasmine, Breakfast & Green... ask	30 B
145.	Herbal Teas-	Cleanse & nourish your body	40 B
	Re-new-u tea,		
	Kidney tea,	Smoothing for weak kidney...	40 B
	New women tea,	High mineral content..	40 B
	Spring Tea,	Cleans the liver & kidney...	40 B
	Respi-Tea,	Relieve congestion in sinus etc.	40 B
146.	Herbal & Green Teas		30 B
	<u>Ask which other healing teas may</u>		
	<u>be available.....</u>		
147.	Ganoderma mushroom drink	With honey	20 B
148.	Herbalife "N.R.G." Tea	An energizing herbal tea good for fasters....	60 B
149.	Soda	Plain soda....	25 B
150.	Mineral Water	Natural Mineral Water 500 cc	15 B
151.	Bottled Water (s)		15 B
	Bottled Water (B)		25 B
152.	Goat Yogurt	Fresh flown in from Chiang Mai....	60 B
153.	Yogurt	Fresh home made daily.....	35 B

Beer and wine

154.	"Singha" Beer	Small Bottle	85 B
155.	"Heineken" Beer	Small Bottle	105 B
156.	Ask about our current Imported wine selection	Imported French, California, Italian, Australian and Chilean wines	550 B up
157.	Red or White Table Wine	Glass	95 B
158.	Wine Cooler	Red wine, sprite, & lime slice in large jar.....	125 B

Page #10 **Grilled Delights**

Served from 6:00pm 9:00pm

159.	Ask Availability Today "Catch of the Day"	Grilled in our grill smoker	ASK Price
160.	Salmon Steak or Fresh Trout "Grilled" in foil with Veri-Veri Teriyaki MERINAD sauce.....Soya/honey/garlic..	Served with veggie of the day	150-180 Baht
161.	Mussels with butter, garlic & Basil	Per piece	30 B
162.	Mussels with Veri, Veri Teriyaki Sauce	Per piece	30 B
163.	Large Shrimp marinated in butter, garlic & basil	Per Piece	
164.	Whole Fish the "Catch of the day" in Foil w Veggies	Per 100 gram	
165.	Whole Fish the "Catch of the day" in Foil w/ Veri, Veri Teriyaki Sauce (Teriyaki-honey-garlic)	Per 100 gram	

Extra This--Extra That

166.	Feta Cheese	70 B
167.	Virgin Olive Oil	25 B
168.	Lime Slices (3)	8 B
169.	Garlic	5 B
170.	Apple Cider Vinegar	25 B
171.	Cashew Nuts	65 B
172.	Pesto Sauce	35 B
173.	Yogurt Salad Dressing (yogurt, garlic,	30 B
174.	Spa Salad Dressing (apple cider vinegar, virgin olive oil, basil, honey & garlic)	30 B
175.	Cayenne pepper	15 B
176.	Bee Pollen	40 B

Dessert

177.	"Geiateria Rossini" Home made Italian Ice Cream	Coconut, chocolate, vanilla, chocolate chip, rum raisin, plus ask what other flavor's are in stock per scoop.....	35 B
178.	"SPA" Fruit Sunday	Two scoops of the above ice cream on open sliced banana topped with chopped fresh fruit....	80 B
179.	"SPA" Fried Banana	Lightly grilled banana topped with coconut ice cream & honey cinnamon sauce...	80 B
180.	Fresh Fruit Platter	All seasonal fruits..... Sml Papaya, pineapple, banana, watermelon etc.....Lrg	50 B V 75 B V
181.	Fresh Softy's	Fresh frozen banana or pineapple creamed through our Champion juicer... it's soooo good.... topped with honey cinnamon sauce...	35 B V
182.	Guiy Boad Chea	Fresh Mango creamed topped with honey cinnamon sauce... Sweet banana and coconut milk...	50 B V 35 B V

Raw Food Specials

Entrée and Salads

Rainbow Vegetable Terrine... Made with raw sprouted sunflower and pumpkin seeds, raw carrots, raw red and green cabbage, raw French beans, raw onion, raw aubergine, raw pumpkin and a delightful blend of fresh herbs. Choose from either Martyn's special tangy Thai dressing or parsley, herb and raw honey dressing **140 baht.**
Note... this is very good after fast meal-very healthy, balanced and nutritious.

Nori Rolls... Served with macadamia dressing and fresh ginger six pieces.
 Contains raw nut fillings **170 baht.**

Raw Vegetable Lasagna... Served with macadamia nut dressing and Caesar salad.
 Contains raw nut fillings. **150 baht.**

Zucchini pasta with 'live' pesto... Raw organic zucchini pasta topped with a raw organic home-made pesto, (contains cashew nuts). **100 baht.**

Zucchini pasta with tomato marinara... Raw organic zucchini pasta topped with a delicious raw home-made. **100 baht.**

Organic Beetroot and Walnut Salad... Served with pumpkin seed and pine nut dressing. **110 baht.**

Organic Rocket salad... A delicious blend of organic rucola salad, romaine salad, cherry tomatoes, walnuts, honey dressing and sprinkled with parmesan. **195 baht.**
***Please tell the waiting staff if you do not want parmesan or walnuts !**

Zucchini Salad... Long slices of Zucchini, cherry tomato, seaweed, sweet pepper, chives, topped with black sesames.....dressing of sesame oil, garlic, apple cider vinegar & honey.. **100 baht.**

Desserts

Raw Apple Pie **125 baht.**

Raw Fruit Pie... With nut cream topping **125 baht.**

Chocolate Fruit Pie With chocolate cream topping **125 baht.**

The above deserts contain raw nuts-cashew, walnuts, pecan, pine nuts or macadamia.
 All of the above desserts contain no unhealthy fats or sugars !!!

Energy Balls

Raw Energy Balls... Containing figs, walnuts, pecan nuts, spirulina, nature dried raisins, cocoa and raw honey. **50 baht.**