

EGGS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	Vegan/Vegetarian
	แคลอรี	ไขมัน	โปรตีน	คาร์โบไฮเดรต	ใยอาหาร	น้ำตาล	Dairy Free
1 Chorizo Frittata	423	31	19.5	7.6	1.8	2.85	
2 Mushroom Frittata	396	28.9	19.6	16.7	2.1	10	vegetarian
3 Chicken Shakshuka	297	8.2	16.8	28	1.1	23.5	
4 Asparagus & Poached Egg Tartine	471	21.7	19.7	59	7.6	11.9	vegetarian
SOUPS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Minestrone Soup	235	5.2	6.5	34.8	1.6	3.8	vegetarian
2 Porcini Mushroom Soup	159	8.2	3.6	14.2	0.8	0.8	vegetarian
3 Tomato & Basil Soup	75	0.8	2.0	18	1.5	10	vegetarian
4 Broccoli & Spinach Soup	99	2.3	7.5	16.5	6.6	6.1	vegetarian
5 Pumpkin Soup	120	4.32	4.6	18.2	3.2	5.3	vegetarian
SALADS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Farm to Table Salad	224	10	8.5	20.7	3.5	16.5	vegetarian
2 Nam Tok Gai	102	2.7	25.8	7.0	2.0	3.3	
3 Yum Nua Yang	184	10.5	15	7.7	2.1	2.3	
4 Roasted Pumpkin Salad	425	12	11.6	53.2	8.5	20.7	vegetarian
5 The Five Colors	459	22.9	15.1	55.6	5	27	
6 Seared Tuna (S)	261	20.5	9.3	10.7	3.3	4.3	
7 Seared Tuna (L)	414	33	17	14	4.2	5.3	
8 Detox Antioxidant (S)	295	18.6	7.6	24.5	5.9	7.6	vegan
9 Detox Antioxidant (L)	467	30.5	12.8	38	10.2	11.7	vegan
10 The Club (S)	407	29.7	24	10.4	2.2	6.8	
11 The Club (L)	673	48.2	40.3	16.2	3.2	10.8	
12 Cobb (S)	458	39.5	19.7	6.8	3.2	2.6	
13 Cobb (L)	783	58.2	33.6	10.7	5.7	3.7	
14 New Orleans (S)	427	29	19.4	14.7	4.7	3.0	
15 New Orleans (L)	724	48	33.7	23.2	7.6	4.8	
16 Cordon Bleu (S)	397	29	21.3	14.2	1.3	4.0	
17 Cordon Bleu (L)	640	43.2	33.9	24.6	1.9	5.8	
18 Grilled Chicken Caesar (S)	320	26.8	19.4	13.1	2.2	1.4	
19 Grilled Chicken Caesar (L)	662	50.1	35	20.9	1.3	4.3	
20 The Italian job (S)	268	12.2	18.2	15	2.7	7.0	
21 The Italian job (L)	438	24.8	27.2	28.9	4.6	13.5	
22 Fit & Firm (S)	139	5.0	10.5	13.6	2.5	6.7	
23 Fit & Firm (L)	216	9.1	16.1	20.2	3.5	10.9	
24 The Perfect Greek Salad (S)	289	22.4	3.6	13.2	1.9	7.5	vegetarian
25 The Perfect Greek Salad (L)	449	33	6.2	24.4	2.8	12	vegetarian
WRAPS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Seared Tuna Wrap	461	25	14.3	44.7	4.3	5.3	
2 Detox Antioxidant Wrap	495	23.2	12.6	55.5	6.9	8.6	vegan
3 The Club Wrap	607	34.2	29	44.4	8.8	7.8	
4 Cobb Wrap	658	44	24.7	40.8	4.2	3.6	
5 New Orleans Wrap	627	34.5	24.4	48.7	5.7	4.0	
6 Cordon Bleu Wrap	597	33.5	26.3	48.2	2.3	5.0	
7 Grilled Chicken Caesar Wrap	660	31.3	24.4	46.1	3.2	2.4	
8 The Italian Wrap	468	16.7	23.2	49	3.7	8.0	
9 Fit & Firm Wrap	339	9.5	15.5	47.6	3.5	7.7	
10 The Perfect Greek Wrap	489	26.9	8.6	47.2	2.9	8.5	vegetarian
GRILLED PANINIS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Cubano	758	47	30.8	51	3.0	5.0	
2 NYC Reuben	739	43	34.7	37.3	4.7	5.6	
3 Margherita	452	20.9	11.1	51.3	3.5	6.0	vegetarian
4 Tandoori Chicken	606	26	37.4	50.7	3.5	6.0	
5 Ham and Swiss	738	16.6	33.6	53.6	3.7	6.3	
OPEN SANDWICHES	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 California Chicken	503	19.8	28.1	54.8	6.6	17.6	
2 Mediterranean Tuna	697	24	29	50.5	7.8	10.6	
3 Heirloom Tomato & Avocado Toast	795	52.4	15.5	69.4	19.8	17.4	vegan
4 Smashed Avocado & Pomegranate Toa	720	45.4	15.6	66	17.2	15.8	vegan
5 Naked Beyond Burger	404	27	21.9	15.7	2.6	10.2	vegan
PASTAS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Spinach Ravioli	445	18	12.4	57.8	1.5	22	vegetarian
2 Chorizo Fettucine	583	25.6	21.7	69.6	4.7	5.9	
3 Spiced Prawn Spaghetti	548	22	18.6	75.1	5.8	1.0	
4 Spaghetti Smoked Meatballs	725	29	26.6	91	5.9	22.6	
5 Fettucine Carbonara	533	24.6	21	60.3	3.6	2.6	
6 Fettucine Mushroom Sauce	539	28	13.1	62.6	3.9	3.0	vegetarian
7 Penne Arrabiata	635	25.4	9.9	93.1	5.4	24.2	
8 Penne Pesto	690	32.8	18.6	58.3	4.0	1.9	
MAINS/BOWLS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Tokyo Bowl	755	34.2	32.5	80	19	11.2	
2 Beef Fajita Bowl	687	35	27.4	69	16.2	2.9	
3 Chicken Fajita Bowl	639	27	33.4	69	16.2	2.9	
4 Spicy Pork Bulgogi Bowl	453	15	26.5	53.5	18.7	1.7	
5 Clean Krappao Gai	383	13	33.8	34.3	6.5	2.8	
6 Omni Krappao	546	23	32.9	51.2	5.5	18.5	vegan
7 Hokey Poke Bowl	394	15	10.9	54.3	8.7	12.9	
8 Cajun Chicken Steak	481	27.3	37.5	21.2	7.4	1.2	
9 Seabass Fillet	510	23.7	34.2	33	1.0	2.3	
10 Nam Tok Salmon Fillet	582	35.3	33.3	28.5	6.8	0.5	
11 Pesto Salmon Fillet	819	60.4	34.2	34	6.5	0.5	
SUPER BOWLS	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Acai Bowl	404	13.5	8.9	71.4	10.2	41.3	
2 Tropical Bowl	188	4.6	8.5	21.2	1.9	18.5	
3 Granola Bowl	286	10	12	32.4	4.4	23.4	
4 Strawberry Banana Bowl	297	10.6	10.7	36.8	4.1	27.6	
FRESHED PRESSED JUICES	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Anti Aging	101	0	1.65	25.8	4.4	19	
2 Glowing Skin	73	0	5.9	17.5	2.8	10.9	
3 Energy Boost	110	0	1.85	27.6	3.7	13.7	
4 Fat Burn	105	0	1.0	26.2	2.2	11.8	
5 Detox Hangover	50	0.3	1.5	12.2	1.3	8.3	
SMOOTHIES	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Heartbeet (S)	38	0	0.42	9.2	0.8	7.7	dairy free
2 Heartbeet (L)	84	0	1.1	20.4	2.0	16.2	dairy free
3 The Classic (S)	213	2.4	3.9	46.3	2.6	38.8	
4 The Classic (L)	321	3.0	5.0	72	4.0	57	
5 Mango Tango (S)	140	0.1	0.3	34.9	0.7	32.9	dairy free
6 Mango Tango (L)	188	0.2	0.5	47	1.0	43.6	dairy free
7 Fruits of the Forest (S)	197	5.0	5.5	33	1.0	31.5	
8 Fruits of the Forest (L)	243	6.0	7.0	40.5	1.0	39	
9 Natural High (S)	283	7.4	4.0	55.8	6.9	43.3	
10 Natural High (L)	452	13.2	6.2	87	10.1	66.2	
11 Minted Avocado (S)	251	13	5.2	31	4.0	26.4	
12 Minted Avocado (L)	410	24.3	8.8	44.5	8.7	35.3	
13 Golden Coconut (S)	181	7.3	2.1	28.3	3.2	16.9	
14 Golden Coconut	255	13	2.4	34	3.9	20.6	
PROTEIN SHAKES	Kcal	Fat	Protein	Carbs	Fiber	Sugar	
1 Coffee Banana (S)	210	3.8	18	30.3	2.9	18	
2 Coffee Banana (L)	210	3.8	18	30.3	4	27	
3 Chocolate Hazelnut Butter (S)	305	10.8	20	42.3	5.9	25	
4 Chocolate Hazelnut Butter (L)	305	10.8	20	42.3	10	38	
5 Matcha Vanilla (S)	119	3.7	16.4	5.7	5.7	5.4	
6 Matcha Vanilla (L)	119	3.7	16.4	5.7	9	8	
7 Banana Strawberry (S)	219	3.8	18.2	32.3	3.5	19.5	
8 Banana Strawberry (L)	219	3.8	18.2	32.3	5	30	