

HEALTHY MENU



Made by Chef Lek,
Каждое блюдо приготовлено нашим шеф-поваром
с заботой о вашем здоровье "

.....Salad.....

Super Food

Broccoli, carrots, boiled chicken breast, boiled egg, chickpea, cauliflower

350 THB



Chicken Pumpkin & Quinoa Salad

Grilled chicken breast, quinoa, pumpkin, cherry tomatoes, shallots, mixed salad greens

320 THB



Salmon Avocado Salad

Salmon, avocado, tomatoes, quinoa, mix salad, onion, lemon

420 THB

.....Grilled.....

Grilled Salmon & Pineapple Salsa

Grilled Salmon Pineapple, Avocado,
Tomatoes, Shallots, Olive Oil

550 THB



Sesame Grilled Chicken & Riceberry

Grilled chicken with sesame,
riceberry rice, red beans, chickpeas,
job's tears, white & black sesame seeds,
pumpkin seeds, kale, boiled egg

420 THB



.....Wrap & Sandwich.....

Caesar Wrap

Whole-grain wrap, romaine lettuce, grilled chicken breast, bacon, egg, Caesar dressing

320 THB



Salmon Avocado Wrap

Avocado wrap, salmon, homemade sriracha sauce

350 THB



Egg & Chicken Peanut Butter Sandwich

420 THB

BREAKFAST MENU

Ham & Cheese Panini

Ham 2 Slices, Cheese & Butter

220 THB



Chicken & Cheese Panini

Chicken Breast 100g, Pesto sauce,
Tomato slices, Cheese & Butter

250 THB



PANINI MENU

Full Brekkie

A hearty breakfast featuring 1 egg, 2 slices of toast,
Fresh Fruit salad, and Greek yogurt with fruit.

Served with orange juice and your choice of COFFEE or TEA
(Earl Grey, English Breakfast, or Peppermint)

390 THB



Morning Bite

2 boiled eggs, Fresh Fruit salad, 2 slices of toast,
and a glass of orange juice.

Served with your choice of COFFEE or TEA
(Earl Grey, English Breakfast, or Peppermint)

320 THB



G Y M C L U B

FRIUTS & AT

Fresh , Healthy , Delicious

 Fruit Yogurt

180 THB

 Seasonal Fruits

220 THB

 Overnight Oats

Mixed Berry

190 THB

 Fruit Salad

220 THB

 Overnight Oats Banana
& Peanut Butter

190 THB

G Y M C L U B



MONSOON TEA

- 🌿 Thai Earl Grey Tea 140 THB
- 🌿 Lemon Glass Tea 140 THB
- 🌿 Thai Breakfast Tea 140 THB
- 🌿 Jasmine Green Tea 140 THB
- 🌿 Doi Suthep Blend 140 THB
- 🌿 Herbal Relax 140 THB
- 🌿 Lychee Oolong 140 THB



COFFEE BLEND

Coffee	HOT	COLD	Caffeine Free	HOT	COLD
Espresso	100	-	Matcha	120	140
Double Espresso	120	-	Chocolate	100	140
Americano	100	120			
Latte	100	120	Extra		
Cappuccino	100	120	Oat Milk	40	
Piccolo Latte	120	-	Coconut Milk	40	
Flat White	100	120	Almond	40	
Caramel Macchiato	120	140	Espresso Shot	50	



HEALTHY MENU

Banana	280 THB	Strawberry	300 THB
Pineapple	280 THB	Mixed berries	300 THB
Coconut	280 THB	Geen Detox	300 THB
Watermelons	280 THB	Passion Fruit & Mango	300 THB
Mango	280 THB		

Milk/Water	
Oat Milk	40 THB
Almond	40 THB
Coconut Milk	40 THB

Peanut Butter	40 THB
Extra Fruit	40 THB
Espresso Shot	50 THB
Protein Scoop	160 THB



 **Banana + Milk + Chocolate**
280 THB

 **Strawberry + Milk + Isolate**
300 THB

 **Avocado + Milk + Isolate**
300 THB

 **Coffee + Milk + Coconut**
300 THB

You Can choose MILK or WATER

EXTRA + 40

Oat Milk

Almond Milk

Coconut Milk

Yogurt



Strawberry
180 THB



Mango
180 THB



Banana
160 THB



Pineapple
160 THB



Coconut
160 THB



Watermelon
160 THB



Passion Fruit & Mango
180 THB



Mixed berry
180 THB



Green Detox
180 THB

FRESH JUICE MENU



Orange



Carrot



Carrot & Apple



Apple



Carrot & Orange



Mixed Juice



Watermelon



Pineapple

SIZE LARGE(16 OZ.) 180 THB
 SMALL(12 OZ.) 160 THB



Boost Immunity Shot

Turmaric
Honey
Ginger

Protect . Strengthen . Thrive

100 THB



More Energy Shot

Apple
Pineapple
Ginger

Energize . Revive . Go

100 THB



Detox Shot

Apple
Turmeric
Ginger

Cleanse . Refresh . Rejuvenate

100 THB

HEALTHY DESSERTS

Sweet treat without Guilt

MANGO PROTEIN MOUSSE

Mango, Whey Protein

95 THB

BANANA WALNUT CAKE

Banana, Oats, Walnut, Egg
Chocolate Whey Protein

95 THB

ENERGY BALL PEANUT BUTTER

Chia Seeds, Flaxseed, Peanut Butter, Peanuts, Oats, Protein Isolate Powder

80 THB

ENERGY BALL CHOCOLATE

Oats, Peanuts, Raisins,
Chocolate Protein Powder
Flaxseed, Chia Seeds, Dates
Dried Coconut

85 THB

G Y M C L U B