

Bio Detox Retreat Menu

Soups

Chicken Soba Soup	300.-
<i>Soba noodle, chicken breast, Wakame seaweed</i>	
Multi Grain Soup	300.-
<i>Lotus seed, kidney bean, ginkgo seed, millet, white bean, chicken</i>	
Creamy Spinach and Broccoli Soup	300.-
<i>Spinach, Broccoli, chicken broth, crunchy nut,</i>	

Single Dishes

Summer pasta	400.-
<i>Spaghetti, sun dry tomato, artichoke, pesto</i>	
Grilled Chicken Breast with Rocket Salad & Yogurt dressing	450.-
<i>Chicken breast, wild rocket, cherry tomato, yogurt dressing</i>	
Salmon Tarragon & Quinoa	650.-
<i>Salmon fillet, salad, quinoa, tarragon sauce</i>	
Baby Sunflower leaves Salad	320.-
<i>Baby sunflower, cucumber, cherry tomato, bell pepper, sesame dressing</i>	
Spicy Tuna and Fruit Salad	450.-
<i>Apple, guava, pineapple, grape, cherry tomato, tuna, chili, lime</i>	
Steak Japanese Tofu and pumpkin	350.-
<i>Japanese tofu, pumpkin, sesame seed, teriyaki sauce</i>	
Trio Mushroom Holy Basil with Riceberry	350.-
<i>Shimeji mushroom, jelly mushroom, Oyster mushroom, chili, holies basil,</i>	

Long Covid Retreat Menu

Single Dishes

Granola Bowl	250.-
<i>Slow roasted oats, rye, chia, cashew with lime set yoghurt & fresh fruit</i>	
Scramble Eggs and Smoked Salmon on Bread	350.-
<i>Soft scramble eggs, smoked salmon, sour dough</i>	
Poached Eggs on Sour Dough and Avocado	300.-
<i>Two poached eggs, fresh avocado, sherry tomato, sour dough</i>	
Rice Soup with Pork Shitake Mushroom and Onsen Egg	220.-
<i>Boiled rice, minced pork, shitake mushroom, onsen egg, fresh ginger, Coriander, fried garlic</i>	
Tuna Fried Rice	350.-
<i>Jasmin brown rice, tuna, carrot, onion, tomato, spring onion</i>	
Chickpea Tahini and lemon Hummus serve with Pita Bread	300.-
<i>Chickpea, tahini, lemon, pita bread</i>	
Pan Grilled Salmon with Honey Lemon and Brown Rice	650.-
<i>Salmon fillet, asparagus, honey, lemon, brown rice</i>	
Herbs Crush Tuna with Wasabi Mayo and Butter Garlic Rice	650.-
<i>Tuna Saku, vegetable, butter garlic rice</i>	
Roasted Chicken Breast with Sweet Potato and Almond Sauce	450.-
<i>Chicken breast, salad, sweet potato, Almond sauce</i>	
Drinks	
Yogurt Drink	180.-
<i>Yogurt, milk, lemon</i>	
Orange-Carrot Ginger Detox	180.-
<i>Fresh Orange Juice, carrot, ginger, lemon</i>	
Pomegranate & Beetroot	180.-
<i>Pomegranate, beetroot, lemon</i>	
Coco Mint	180.-
<i>Fresh Coconut juice, lemon, mint</i>	
Ginger Lychee Lemonade	180.-
<i>Fresh ginger, lemon, lychee juice, mint, chia seed</i>	

All price in Thai Baht and are subject to 10% service charge plus 7% Government tax.