



# HealthOasis

## Restaurant

### **BEVERAGES**

#### **HOT & COLD BEVERAGES**

Herbal Tea (Cup/Pot) - (Choice of Green, Chamomile, Hibiscus, Rosella, Ginger or Lemongrass) .....	60 / 100 Baht
Homemade Chai (Iced/Hot) - (7 Aromatic Spices with Black Tea, Nut Milk & Natural Coconut Palm Sugar) .....	150 Baht
Hot Chocolate - (Organic Cacao with Nut Milk & Natural Coconut Palm Sugar) .....	150 Baht
Organic Coffee - (Served with Almond-Coconut Milk & Natural Coconut Palm Sugar) .....	120 Baht
Kombucha Drink - (Flavours: Kombucha, Lemongrass & Lime, Tamarind & Ginger, Roselle & Lime) .....	100 Baht
Fresh Coconut .....	60 Baht

#### **JUICES**

Cold Pressed Juice - (Choice of Watermelon or Pineapple) .....	120 Baht
- (Choice of Mandarine, Apple or Carrot) .....	150 Baht
Blood Purifier - (Apple, Beetroot, Carrot) .....	160 Baht
Green Machine - (Mixed Green Leafy Vegetables, Pineapple, Mint) .....	140 Baht
Citrus Explosion - (Pomelo, Mandarine, Lime) .....	180 Baht
Limeade - (Lime, Honey, Pinch of Ginger) .....	140 Baht
Antioxidant - (Pineapple, Turmeric, Carrot) .....	140 Baht
<b>+ Add Turmeric or Ginger to any Juice +20 Baht</b>	

#### **SMOOTHIES**

Virgin Piña Colada - (Coconut Flesh, Pineapple, Coconut Milk) .....	140 Baht
Oasis Special - (Banana, Cashews, Cinnamon, Almond Milk) .....	160 Baht
Green Mint - (Green Leafy Vegetables, Pineapple, Mint, Banana) .....	140 Baht
Chocolate Indulgent - (Cacao, Banana, Coconut Flesh, Coconut Milk) .....	180 Baht
Creamy CocoLime - (Coconut Flesh, Coconut Milk, Lime, Honey) .....	140 Baht
Berry Blast - (Blueberries, Strawberries, Banana, Almond Milk) .....	180 Baht
Mango Tango - (Mango, Banana, Coconut Milk) .....	160 Baht
<b>+ Add Organic Yoghurt +50 Baht</b>	
<b>+ Organic Green Superfood Powder +40 Baht</b>	
<b>+ Chia Seeds, Flaxseeds, Bee Pollen or Goji Berries +50 Baht</b>	

CONTAINS EGGS =

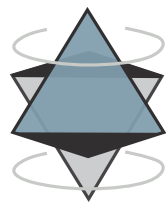


CONTAINS OATS / WHEAT / RYE =



CONTAINS DAIRY =








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### **BREAKFAST**

#### **BREAKFAST FAVOURITES**

-  Homemade Muesli with Fruit Salad - (Served with Organic Yoghurt or Almond-Coconut Milk) ..... 220 Baht
-  Cinnamon Apple Porridge - (Served with Honey & Raisins) ..... 200 Baht
- Ripe Papaya Plate - (Fresh Papaya with a slice of Lime) ..... 100 Baht
- Mixed Seasonal Fruit Salad - (fresh seasonal tropical fruits) ..... 150 Baht
-  Homemade Waffles - (Served with Sliced Banana, Berry Sauce or Honey & Butter) ..... 180 Baht  
+ Add Organic Yoghurt + 100 Baht
- Breakfast Wrap - (Seaweed Wrap, Hash Brown, Cashew Cheese, Capsicum, Salad Greens & Homemade Salsa) .... 250 Baht
-  Thai Omelette - (Tomatoes, Spring Onion, Onions & Fresh Chillies) ..... 170 Baht
- Avocado on toast - (Avocado, Lime, Chilli on Sourdough bread served with a Side Salad) ..... 250 Baht  
+ Add Eggs + 120 Baht  
+ Add Goat's Feta + 50 Baht

#### **EXTRAS**

-  Organic Yoghurt ..... 100 Baht
- Nut Milk (Almond & Coconut milk) ..... 80 Baht
- Bee Pollen, Flaxseed, Chia Seeds, Goji Berries or Raisins ..... 50 Baht
- Raw Honey, Peanut Butter, Butter or Berry Jam ..... 60 Baht
- Side of Mixed Fruit or Sliced Banana ..... 60 Baht
-  Sourdough Bread (2 slices) ..... 90 Baht
-  Fit Bread (2 slices) ..... 90 Baht
-  Two Eggs - Fried, Boiled, Scrambled or Omelette ..... 120 Baht
- Raw Sauerkraut - Rich in Probiotics. Add it to any dish on the menu! ..... 60 Baht
- Avocado (sliced) ..... 140 Baht

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**LUNCH AND DINNER**

**Restaurant**

## **LIGHT MEALS & APPETISERS**

Guacamole - (Avocado, Tomato, Onion, Lime, Chilli, Coriander served with Tortilla Chips or Veggie Sticks)..... 220 Baht

 Hummus Dip - (A delicious Hummus served with a variety of Veggie Sticks & Sprouted Bread) ..... 170 Baht

  Grazing Platter - (A Satisfying Mix of 3 Savoury Dips, Condiments, Olives, Nuts, Veggies & Tortilla Chips ) .... 260 Baht

Bruschetta - (Toasted Sprouted Bread with Tomato, Basil, Garlic, Olive Oil) ..... 180 Baht  
+ Add Vegan Parmesan Cheese + 30 Baht

Raw Spring Rolls - (Mixed Vegetables wrapped with rice paper served with a Homemade Dipping Sauce) ..... 170 Baht

Home Made French Fries - (Home Cut Potatoes, fried in Organic Coconut Oil) ..... 150 Baht


Mini Patties in Raw Veg Cups - (Veggie Patties served on Veggie Cups with Sweet Chilli Dressing) ..... 200 Baht

## **SALADS**

Thai Green Papaya Salad - (Thailand's Most Famous Traditional Green Papaya Salad) ..... 150 Baht

Glass Noodle Salad - (Vermicelli Noodles, Tomato, Onion, Mushrooms, Cashews, Herbs, Zesty Sauce) ..... 180 Baht

Green Salad - (Mixed Greens, Herbs, Seeds, Sun-dried Tomatoes, Sprouted Bread, Honey-Mustard Dressing) ..... 180 Baht  
+ Add Spiced Chickpeas + 90 Baht

 Greek Salad - (Tomatoes, Cucumber, Onion, Capsicum, Oregano, Goat's Feta, Greek Kalamata Olives) ..... 200 Baht  
+ Add Avocado + 140 Baht


## **SOUPS**

Pumpkin Soup - (Creamy Homemade Pumpkin Soup with a Ginger Bite) ..... 180 Baht  
+ Add Fit Bread or Sourdough Bread + 90 Baht

Gazpacho Express (Cold) - (Spanish Cold Soup of Tomato, Refreshing Veggies & Sprouted Bread Croutons) .... 180 Baht

Tom Yam Soup - (A Light Aromatic Traditional Thai Hot & Sour Soup with a Lemongrass hit) ..... 180 Baht

## **WESTERN FAVOURITES**

 Homemade Veggie Patty Sandwich - (Chickpea Patty with Mixed Salad on Toasted Sourdough Bread) ..... 270 Baht  
+ Add Homemade Fries + 70 Baht

Red Devil Pasta - ( Rice Pasta, mushrooms, Homemade Sauce with a kick of chilli, served with Vegan Parmesan) .. 250 Baht  
**Spiralised Veg Pasta Version 270 Baht**

Mediterranean Bowl - (Spiced Chickpeas, Cucumber, Tomatoes, Zucchini, Olives, Herbs, Tahini Dressing) .....250 Baht  
+ Add Goat's Feta + 50 Baht  
+ Add Greek Tzatziki + 90 Baht

**CONTAINS EGGS =**

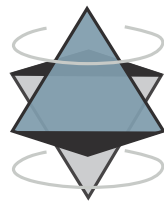


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### THAI CUISINE - DISHES ARE SERVED WITH A SIDE OF ORGANIC JASMINE RICE

Green Curry - (Spicy Aromatic Traditional Curry with a hint of Sweet Flavours) ..... 200 Baht  
+ **Add Mushroom + 40 Baht**

Morning Glory - (Traditional Thai Greens, Garlic, Chilli, mushroom sauce & Soya Sauce) ..... 180 Baht


Thai Holy Basil & Mixed Vegetables - (Mixed Veggies, Thai Holy Basil, Chilli, Garlic, Mushroom Sauce) ... 200 Baht  
+ **Add Mushroom + 40 Baht**

### NOODLES & RICE

 Asian Soba Bowl - (Soba Noodles, Tomatoes, Carrot, Greens, Herbs, Sautéed Broccoli, Sesame Soy Dressing) ..... 220 Baht

 Vegetable Fried Rice - (Fried Organic Jasmine Rice with Mixed Vegetables & Egg) ..... 150 Baht

 Cauliflower Fried 'Rice' - (Fried Cauliflower 'rice' with Mixed Vegetables & Egg) ..... 180 Baht

 Pad Thai - (Rice Noodles, Mixed Vegetables, Tofu, Bean Sprouts, Chives, Peanuts & Egg) ..... 200 Baht  
**Spiralised Veg Noodles Version 220 Baht**

Organic Jasmine Rice ..... 40 Baht

Cauliflower Rice ..... 60 Baht

### DESSERTS

Homemade Sorbet - (Choice of Berry-Banana, Coconut-Chocolate or Mango) ..... 180 Baht

Assorted Bliss Balls & Homemade Chocolates - (Variety of Decadent Homemade Treats) ..... 250 Baht



#### VEGAN?

Most of our dishes can be modified to accommodate vegan requests. If you would like to know whether a dish can be prepared vegan, please speak to the Chef about omitting/replacing some of the ingredients.



#### GLUTEN FREE?

Our kitchen does not specialise in gluten free cooking, however most of our dishes do not contain ingredients that use grains.

If you have a serious intolerance to wheat/gluten please advise the Chef so we can better advise you on available options.



#### DAIRY FREE?

Only a few of the dishes on our menu contain dairy, if you would like to omit the dairy products we would be happy to accommodate for that.

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CONTAINS DAIRY =





# PULLED JACKFRUIT TACOS

Homemade smoky BBQ Jackfruit, cashew sour cream, shredded purple cabbage & coriander served on a warm soft corn tortilla

Condiments: pickled onions, spicy green salsa, tomato salsa & BBQ sauce

## 3 HEARTY TACOS



300 \$



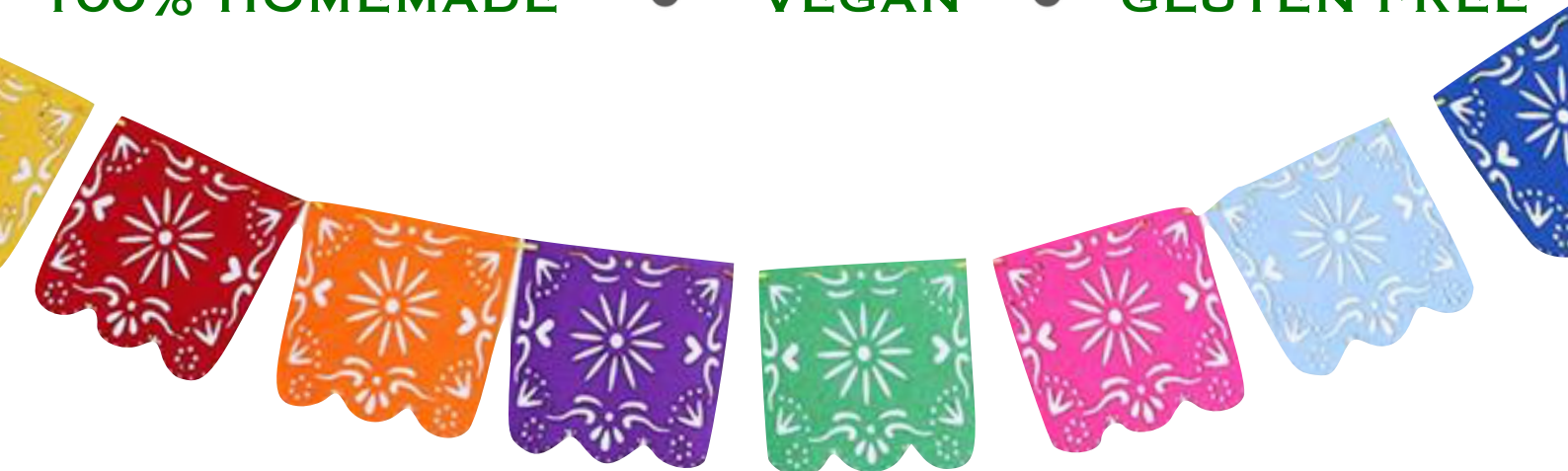
100% HOMEMADE



VEGAN



GLUTEN FREE







# BURMESE TEA LEAF SALAD

This nourishing Burmese Salad hits all the spots of zesty, spicy, salty and satisfying. The salad includes marinated tea leaves, mixed nuts, crunchy yellow split peas & beans, tomatoes, sweetcorn, shredded cabbage, red onion, coriander, garlic, chilli & lime.

## DELICIOUS SALAD BOWL



200 ₺



100% HOMEMADE

VEGAN

GLUTEN FREE





# MOHINGA NOODLE SOUP

A beloved national dish of Myanmar. This fragrant noodle soup consists of a complex broth made from specially prepared lentils, eggplant, banana tree stem, shallots & spices. Served with rice noodles, Homemade crispy chickpea fritter and various fresh condiments.

+ Add Boiled Egg + **40 Baht**

Spiralised Veg Noodles Version **300 Baht**

## WARMING NOODLE SOUP



280 ₮



100% HOMEMADE

VEGAN

GLUTEN FREE

