

# Plant based Menu

## **Free Water**

Fill your water bottles and cups with as much water as you want.

## **Takeaway Policy**

We do not provide single use cutlery, plastic straws or plastic bags.

We charge 5B for each takeaway container/cup  
All money is donated to Scholars of Sustenance.

We provide bamboo straws for 5B each  
We provide large paper bags for 10B each  
All our packaging is compostable, however we encourage you to bring your own takeaway containers or purchase them from us.



*Seeds  
&  
Sunshine*

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**Waste-free  
Zone**

## French Press Coffee

*bitter & chocolatey	THB 70
*fruity & slightly sour	THB 90
Homemade Almond Milk	THB 20 / shot

\*We serve seasonal coffee, check the board for info

## Pot of Local Teas

Organic White Tea	THB 100
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Arun (plucked at sunrise) white tea with delicate honey, floral and green notes

Organic Green Tea	THB 80
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Meticulously pan roasted and hand rolled before drying. Green tea with honey, nutty and fresh floral notes

Organic Thai Amber Tea	THB 80
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All natural blend of the classic Thai tea with rich and creamy flavours of vanilla and caramel

Organic Rosella	THB 70
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Rosella (type of hibiscus flower) has a distinct maroon colour, with a sweet and tart flavour similar to that of cranberries

Lemongrass & Butterfly Pea	THB 70
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This unique blend of herbal tea has a unique sapphire blue colour and citrusy flavour

Cocoa Husk	THB 70
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Aromatic tea that tastes just like a hot chocolate!

## Other Drinks

### Homemade Almond Milk

(water, almonds, dates, cinnamon, salt)

0.5 L	THB 125
250 mL	THB 60

### S&S Lime Soda THB 50

Our zesty lime soda with fresh lemongrass, kaffir lime leaves, lime juice, and soda water. Completely sugar-free!

Soda Water	THB 20
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## Plant-based Smoothies

### Santan Pudding (GF) THB 100

(banana, cinnamon, cacao, coconut milk, almond milk)

### Santan Berry Good (GF) THB 100

(ginger, blueberry, raspberry, cranberry, blackcurrant, blackberry, coconut milk, almond milk)

### Santan Go (GF) THB 100

(mango, strawberry, mint, coconut milk, almond milk)

### Santan Gold (GF) THB 100

(banana, mango, turmeric, coconut milk, almond milk)

### Santan Coffee (GF) THB 135

(banana, cinnamon, cacao, coconut milk, almond milk, coffee grinds)

Add vegan protein +THB 40

(GF) - Gluten Free

## Cold Pressed Juices

### Fresh Ging Ging

(watermelon, ginger)

### Tawan Burst

(orange, papaya, turmeric)

### Blime Passion

(beetroot, passionfruit, lime)

### Popeye

(spinach, apple, cucumber, mint)

### Joos Kuning

(pineapple, mint)

### The Fab Four

(pineapple, papaya, dragonfruit, passionfruit)

### Red Roops

(pineapple, beetroot, dragonfruit, passionfruit)

### Citrus Khing

(orange, pineapple, ginger)

0.5 L	THB 150
250 mL	THB 80



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## Brekkie Power Bowl

(GF)

(rolled oats, instant oats, homemade granola, cashew nuts, dried raisins, dried cranberries, sesame seeds, cinnamon powder, ground chia seeds, ground flaxseeds, almonds, pumpkin seeds, cocoa, spirulina, fresh seasonal fruit, coconut cream, homemade almond milk)

THB 160

Add vegan protein +THB 20

## Smoothie Bowls

**Green Goodness** (GF)

(banana, mango, spirulina, homemade granola, coconut milk, fresh seasonal fruit)

**Berry Goodness** (GF)

(banana, strawberry, lychee, homemade granola, coconut milk, fresh seasonal fruit)

**Nutty Goodness** (GF)

(banana, homemade almond butter, homemade granola, cacao, coconut milk, fresh seasonal fruit)

THB 180

Add vegan protein +THB 40

## Power Shakes

**Cocoa BOP** (GF) THB 120

(banana, rolled oats, cocoa, homemade almond milk, vegan protein powder, ground flaxseeds)

**Strawberry BOP** (GF) THB 120

(banana, rolled oats, strawberries, homemade almond milk, vegan protein powder, ground flaxseeds)

**Mango BOP** (GF) THB 120

(banana, rolled oats, mango, homemade almond milk, vegan protein powder, ground flaxseeds)

## Vegan Pancakes

*Opening soon*  
(GF)  
(wheat flour, buckwheat flour, homemade almond milk, banana, vegan protein powder, ground flaxseeds, golden syrup, seasonal fruit)

THB 120

(GF) - Gluten Free

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## Plant Wraps

### Sunrise Garden (GF)

(bok choy, coriander, lemongrass, kaffir lime leaves, red onion, pumpkin, quinoa, khanom jeen, fried tofu, cashew nuts, sunflower seeds, dried raisins, white button mushrooms, homemade lime and miso sauce)

### Quinoa & Beetroot (GF)

(quinoa, beetroot, lettuce, cherry tomatoes, red onion, pumpkin, sesame seeds, homemade lime & mint sauce)

### Sweet & Spicy Chickpea

(lettuce, spinach, cherry tomatoes, chickpeas, bell peppers, sweet potato, sunflower seeds, homemade sweet and spicy tahini sauce)

### Penne & Cucumber

(penne, cucumber, bell pepper, quinoa, lettuce, dried cranberry, pumpkin seeds, flax seeds, spinach, olive oil, homemade lime & mint sauce)

gluten free penne +THB 30

THB 160

## Savoury Snacks

### Quesadillas & Cashew Cream

(sweet potato, cashew nuts, tapioca starch, onion powder)

### Sweet Potato & Chickpeas (GF)

(sweet potato, olive oil, garlic, turmeric, roasted chickpeas, spinach, homemade tahini, homemade cashew cream)

### Golden Hummus & Bread

(chickpeas, garlic, olive oil, turmeric, homemade tahini, lemon juice, ginger, bread)

### Vege sticks & Hummus

(tomato, cucumber & beetroot sticks with homemade hummus - chickpeas, garlic, olive oil, turmeric, homemade tahini, lemon juice, ginger)

THB 150

### Vegan Cheese & Hummus Platter

(bread, vegan cashew cheese from Barefood Bangkok, with homemade hummus - chickpeas, garlic, olive oil, turmeric, homemade tahini, lemon juice, ginger)

THB

## Just Sides

### Fresh Greens THB 50

(lettuce, cucumber, peppers, tomatoes)

### Cashew Nut Cheese 20g THB 50

(vegan cashew cheese from Barefood Bangkok)

### Sprouted Bread 80g THB 70

(sprouted whole grain flours, sprouted whole rye flour, wheat flour, barley, cracked wheat, cracked rye, flax seeds, rolled oats, rolled rye, wheat grain, filtered water, sourdough culture, Himalayan salt, yeast)

### Homemade Lime & Miso Sauce (GF) THB 30

(lime juice, coconut oil, sesame oil, rice miso, garlic, salt)

### Homemade Lime & Mint Sauce (GF) THB 30

(lime juice, olive oil, mint, cucumber, golden syrup, garlic, salt)

### Homemade Sweet & Spicy Tahini Sauce THB 30

(homemade tahini, lime juice, garlic, soy sauce, golden syrup, sriracha)

### Homemade Cashew Nut Cream THB 30

(cashew nuts, apple cider vinegar, lime juice, salt)

(GF) - Gluten Free

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## Healthy Sweet Treats

### Cookie Dough (GF) THB 100

(homemade almond butter, chickpeas, vanilla, golden syrup, cinnamon, coconut oil, cacao powder, Siamaya chocolate)

### Sweet Potato Brownies (GF) THB 23/pc

(sweet potato, golden syrup, cacao powder, homemade almond butter)

### Homemade Ice Cream (GF) THB 100

(homemade almond butter, dates, coconut milk, chickpeas, cinnamon)

### Happy Place (GF) THB 140

(brownie by 'Bake the Brownie' and homemade ice cream)

### Energy Balls by 'Rial Dates' (GF) THB 135

(3 pieces - dates, cocoa, coconut, almonds)

### Siamaya Chocolate (GF)

(coconut milk, dark chocolate 85%, thai peanut curry, thai coconut curry, hill coffee & pomelo, peppermint, mango chili)

THB 60 (20g) / THB 180 (75g)

## Homemade for the Pantry

### Homemade Granola

480g (GF) THB 325

(rolled oats, instant oats, homemade granola, cashew nuts, dried raisins, dried cranberries, sesame seeds, cinnamon powder, homemade almond butter)

### Pesto 250g (GF) THB 230

(basil, cashew nuts, nutritional yeast, garlic, lime juice, olive oil, soy protein)

### Golden Hummus

250g (GF) THB 250

(chickpeas, garlic, olive oil, turmeric, homemade tahini, lemon juice, ginger)

### Homemade Almond Butter

250g (GF) THB 250

(almonds, cinnamon, salt)

### Homemade Cashew Nut Butter

250g (GF) THB 250

(cashew nuts, coconut oil, salt)

### Homemade Cashew Nut Cream

350g (GF) THB 180

(cashew nuts, apple cider vinegar, lime juice, salt)

### Homemade Lime & Miso Sauce

220g (GF) THB 200

(lime juice, coconut oil, sesame oil, rice miso, garlic, salt)

### Homemade Lime & Mint Sauce

220g (GF) THB 200

(lime juice, olive oil, mint, cucumber, golden syrup, garlic, salt)

### Homemade Sweet & Spicy Tahini Sauce

220g (GF) THB 200

(tahini, lime, garlic, soy sauce, golden syrup, sriracha sauce, salt)

### Homemade Almond Milk

1.0L (GF) THB 175

(water, almonds, dates, cinnamon, salt)

# Vegan Bowls

## Khanom Jeen Tom Kha

(homemade tom kha soup, khanom jeen, fried tofu, sweet potato, bean sprouts, red onion, torch ginger flower, coriander, lemongrass, galangal, garlic, kaffir lime leaves, bok choi)

## Sunrise Garden (GF)

(bok choi, coriander, lemongrass, kaffir lime leaves, red onion, pumpkin, quinoa, khanom jeen, fried tofu, cashew nuts, sunflower seeds, dried raisins, white button mushrooms, homemade lime and miso sauce)

## Quinoa & Beetroot (GF)

(quinoa, beetroot, lettuce, cherry tomatoes, red onion, pumpkin, sesame seeds, homemade lime & mint sauce)

## Sweet & Spicy Chickpea

(lettuce, spinach, cherry tomatoes, chickpeas, bell peppers, sweet potato, sunflower seeds, homemade sweet and spicy tahini sauce)

## Penne & Cucumber

(penne, cucumber, bell pepper, quinoa, lettuce, dried cranberry, pumpkin seeds, flax seeds, spinach, olive oil, homemade lime & mint sauce)

gluten free penne +THB 30

Starter THB 150 / Main THB 250

# Noodles Pasta

## Choice of pasta:

Soba (GF), Spaghetti, Penne, GF Penne +40B

## Choice of topping:

Soy Protein (GF), Tofu (GF) +20B, Seitan +40B

## Choice of sauces:

### Pesto (GF)

(basil, cashew nuts, nutritional yeast, garlic, lime juice, olive oil, soy protein)

### Carbonara (GF)

(cashew nuts, nutritional yeast, turmeric, onion powder, mustard powder, garlic, homemade almond milk, soy protein)

Starter THB 150 / Main THB 250

Served with coriander & cherry tomatoes