


- MENU -



 Delicious at Brain
Full at Heart and Stay Away from Sickness

#Eathealthywithyourbestie



Introduction

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If you want to take your parents or your loved ones to the restaurant, wouldn't it be better to bring them to the place where the experts know what foods suit "them" the most?

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We started "Tonklar Faicai" to promote health awareness. Prevention is better than cure and this can be easily done by having food as medicine.



Before we opened our restaurant, we had spent 5 years in developing the recipes. The team of pharmacists, dietitian, Thai traditional medical doctors, and five-star hotel chefs has meticulously crafted all the dishes to ensure that you will get the most out of them. Most importantly, it must be delectable too. Even nowadays, before we debut the new menu, we will check it again and again until we are so sure that we present our customers the most nutritious and delicious dish it can be.

If you still do not know how to begin eating healthy, please feel free to ask our dietitian at Tonklar Facai for the personalized advice.



From Farm To Fork



We support every agriculturalist by buying products directly from them. We help them expand the markets to encourage them to do organic farming. Even the agriculturalists themselves are now suffering from more sickness due to the use of chemicals. For some ingredients that we cannot find their organic options, we will select the safest choice such as the one that obtains the certificate.

Our restaurant has the team of dietitian, pharmacists, and Thai traditional medical doctors who are more than ready to give you some advice on how to eat healthy. We regularly run workshops about how to cook, how to grow your own vegetables, and on other interesting topics for our customers.



30% of our profits will be donated to Siriraj Foundation to support Thai traditional medicine to continue developing and researching on Thai herbs.

At the end of the day, this is the cycle of happiness for us.

It starts from the producers and then to us
before it is passed on to our customers.

Every dish is for a good course. If you have a chance,
we would like you to try and bring your loved ones to indulge in good nutrition.

Let's build stronger family and society together with us, Tonklar Facai.

Delicious at Brain : How you feel at your tongue does not matter

Use your brain to choose what is the best for you.

Full at Heart : Eat healthy without hurting others.

Take your loved ones to do a good cause together.

Stay Away from Sickness : Having food as medicine today keeps the doctor away.

#Eatthealtywithyourbestie

Healthy EATING PLATE



What does it mean by eating healthy?

Eat the rainbow.

Green (Chlorophyll) :
green vegetables.



Red (lycopene) :
tomatoes, red peppers,
watermelon,
pink guava.



Orange and yellow
(beta carotene) :
carrots, yellow peppers,
pumpkins, cantaloupe.



Purple (anthocyanin) :
purple cabbages, eggplant, prunes.

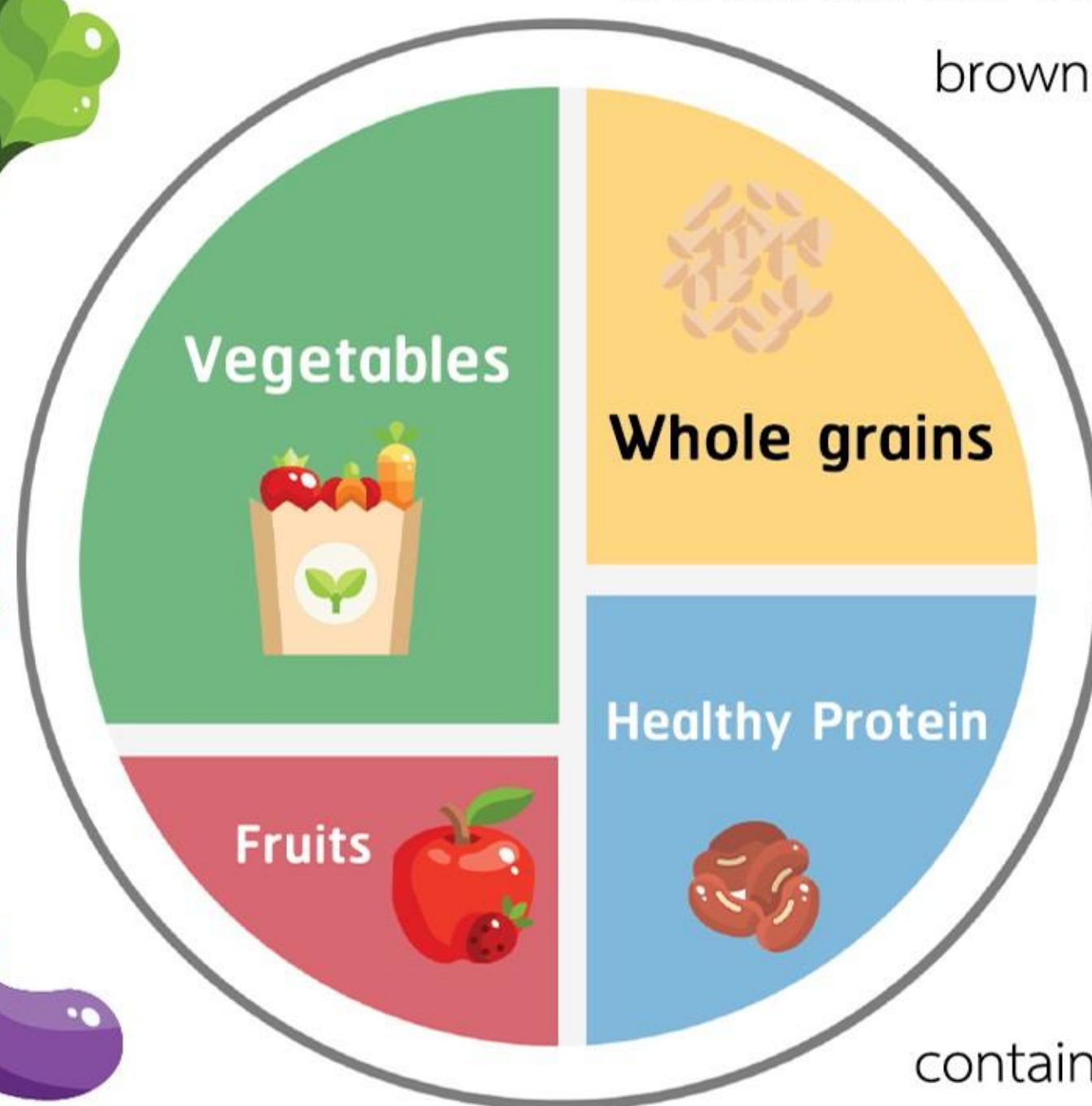


White and brown (allicin):
mushrooms, onions, garlic.



Eat whole grains.

Choose the rice that is not refined such as brown rice, rice berry, quinoa, job's tears, oatmeal, or whole wheat bread, etc.



Eat plant-based proteins.

Protein from plants contain low saturated fats and no cholesterol. It can be found in dry beans (soybeans, black beans, kidney beans, mung beans, and white kidney beans), green pea, edamame, tempeh, tofu, and nuts (macadamia, cashew nuts), etc.

Drink more water.

Your daily water intake should be your weight (kg.) multiplied by 33 and then divided by 200. The result is the number of glass of water you should drink per day. Choose drinks that are sugar free or low in sugar.



Cook with healthy oils.

Choose the one that contains omega 9 such as tea seed oil, olive oil, canola oil, or rice bran oil (that has omega 6 and 3 in suitable proportion). Try to avoid saturated fats and trans-fats. Eat good fats like avocado and nuts.



CRITERIA Of Bubble icon



Low kcal
< 300 kcal/dish

Meals under 300 calories are perfect for those who are on a calorie-controlled diet.



Low Sat fat
< 5 g/dish

Meals with fats less than 5 grams (calculated from < 7% of the total calorie intake of 200 kcal) are for those who want to control the amount of saturated fats.



Low Sodium
< 700 mg/dish

Meals with sodium less than 700 grams (calculated from the total sodium intake of no more than 2000 mg. per day) are for those who want to control the amount of sodium in food.



High Protein
> 20%/dish

Meals with proteins more than 20% per dish are for those who need proteins to build up their muscles and strengthen immune system or those who exercise regularly, focusing on the proteins from tofu, tempeh and a plant-based meat (More Meat)



High Fiber
> 6g/dish

Meals with fibers more than 6 grams per dish (calculated from the total fibers intake per day around 25 grams) are for those who need more fibers in their diet to enhance their digestion and gut health.



Low Sugar
< 10 g/dish

Meals with the sugar amount no more than 10 grams per dish are for those who need to reduce or control the blood sugar levels. Focus more on foods that are low in sugar or naturally sweet. We use organic coconut blossom sugar which is the brown sugar that has low glycemic index which helps slow down the increase of blood sugar.



**Jay (Vegetarian)
Menu**

Jay is a practice that people will refrain from consuming some pungent herbs like onion, garlic, chives, shallots and leeks.

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Recommended Menu

Tonklar Facai Thai Rice and Herb Salad

136.-

Energy	428 kcal
Carbohydrate	67 g
Protein	10 g
Fat	14 g
Fiber	11 g
Sodium	488 mg

High
Fiber

Low
Sat fat

Low
Sodium

Low
Sugar

In a day, we should eat veggies from 5-6 different colors.

You can say that this dish is a collection of superfoods which are beetroots, gotu colas, flaxseeds, macadamias, and monk fruits.

Only one order and you can have five-color veggies full of phytonutrients at once. Plus, it has a torch ginger that contains properties to reduce gas, relieve flatulence, and nourish your skin. Germinated brown rice provides Gaba to energize and keep you relaxed.



Pesto Spaghetti with Perilla Seeds

155.-

Energy	669 kcal
Carbohydrate	57 g
Protein	13 g
Fat	44 g
Fiber	5 g
Sodium	1389 mg

This spaghetti menu is for everyone or you may say it is a menu for plant-based diet beginners. It is cooked with cashews and perilla seeds that are rich in vitamin E and good fat called omega 3 to help reduce cholesterol levels in the body. Once cholesterol levels in your body decrease, the risk of having heart and vascular diseases will also decrease. Besides, an edamame and king oyster mushroom, the ingredients used in the dish, offers low calorie, protein, fibers, and antioxidants.



Low
Sugar

Baked Riceberry with Quinoa and Chestnuts

119.-

Energy	347 kcal
Carbohydrate	72 g
Protein	8 g
Fat	3 g
Fiber	6 g
Sodium	225 mg

This high-fiber dish is for everyone. It offers a variety of grains such as quinoa, sesame, chestnut, and ginkgo to help with excretory system and slow down the absorption of sugar and fat. The rice we use here is rice berry which is high in anthocyanin acting as antioxidants. This menu uses little oil so those who do not like greasy food will fall in love with this dish for sure.



High
Fiber

Low
Sodium

Low
Sugar

Lotus leaf Wrapped

285.-



High
Fiber

Low
Sat fat

Energy	457 kcal
Carbohydrate	48 g
Protein	11 g
Fat	26 g
Fiber	7 g
Sodium	1268 mg



Tonklar Facai's Miang Kham lotus petal wrap

We use pink lotus petals instead of betel leaves. This dish is served with 11 types of cubed Thai herbs which are pomelos, Indian gooseberries, torch gingers, watermelon seeds, pumpkin seeds, old ginger, bird's eye chili, quinoa, roasted coconut, cashews, and lemon grass. All are topped with delicious sauce.

The lotus petal is beneficial for heart and helps reduce the blood sugar level. When combined with other 11 types of herbs, this menu becomes highly nutritious and delectable. We intend to use Indian gooseberry instead of lime since it gives you fresh-and-sour sensation and it is herbal medicine. Our lotus is organic so you can be sure that it is chemical free.

Eleven types of herb in one bite.



**In 1 bite of
Tonklar Facai's Miang Kham lotus petal wrap,
there are 11 types of Thai herbs.**

We use torch ginger,
which is rare to find, and high-quality chopped ginger
and lemon grass to make them easy to chew. We use a white honey pomelo
as it has cooling properties. We use Indian gooseberry as it offers more
vitamin C than lime and orange. We use quinoa and high protein grains.
Our coconut is roasted by using an air fryer to keep its fragrance.
The coconut sugar has been boiled for many hours until it is dehydrated
to make sure that it is deliciously sweet.



Quinoa



Pomelo



Indian gooseberry



Bird's eye chili



Red onion



Lemon grass



Ginger



Pumpkin seeds



Sunflower's seeds



Roasted coconut



Torch ginger



Lotus petal

is beneficial for heart and helps reduce the blood sugar level.



Lotus pollen

is one of the ingredients of Thai balm.
It has the fresh scent to relieve dizziness.



Lotus seed

when eaten raw, it is full of antioxidants, vitamin A, E, and C
to nourish your blood and brain and prevent cancer.



Eat The Rainbow

RED VEGGIES AND FRUITS

LYCOPENE



RICH
IN ANTIOXIDANTS



REDUCE
BLOOD SUGAR



PROMOTE
DIGESTION

GREEN VEGGIES AND FRUITS

CHLOROPHYLL



RICH
IN ANTIOXIDANTS



BOOST
EYES HEALTH



HIGH FIBERS
TO HELP WITH DIGESTION

BROWN VEGGIES AND FRUITS

VITAMIN E



RICH
IN ANTIOXIDANTS



PROMOTE
IMMUNE SYSTEM

PURPLE VEGGIES AND FRUITS

ANTHOCYANIN



PROMOTE
HEALTHY HAIR



BOOST
BRAIN FUNCTION AND MEMORY



PREVENT
CANCER

BETA CAROTENE

YELLOW AND ORANGE VEGGIES AND FRUITS



HELP
NOURISH BLOOD



REDUCE
THE LIPID LEVEL IN BLOOD



SLOW DOWN
CELL DAMAGES

WHITE VEGGIES AND FRUITS

ALLICIN



RELIEVE
FLATULENCE



REDUCE
CHOLESTEROL IN BLOOD



HAVE
ANTIOXIDANTS

Soup



Our special soups are made from fresh organic vegetables seasoned with spices, Thai herbs, and flower of salt which contains more minerals and low sodium. The soups are made from cholesterol-free and low-calorie soymilk cream that can fill up your stomach for a long time since it is rich in fibers. They are good choices for both kids and adults. Our soups are not too oily as we do not use potato, milk, or butter. We make them thick by adding a lot of vegetables. Our vegetable stock that is used as the main ingredient tastes so great even without seasoning.

Low
Calorie

Low
Sodium

Low
Sugar

Beetroot Soup

109.-



Energy	99 kcal
Carbohydrate	4 g
Protein	1 g
Fat	8 g
Fiber	2 g
Sodium	376 mg

Broccoli and Spinach Soup

109.-



Energy	91 kcal
Carbohydrate	4 g
Protein	2 g
Fat	7 g
Fiber	1 g
Sodium	365 mg

Pumpkin Soup

109.-



Energy	119 kcal
Carbohydrate	8 g
Protein	2 g
Fat	9 g
Fiber	2 g
Sodium	358 mg

Mushroom Soup

109.-



Energy	83 kcal
Carbohydrate	15 g
Protein	5 g
Fat	1 g
Fiber	7 g
Sodium	354 mg

Carrot and Ginger Soup

109.-



Energy	104 kcal
Carbohydrate	5 g
Protein	2 g
Fat	8 g
Fiber	3 g
Sodium	383 mg



Salad

Chef's Favourite Salad

260.-

Energy	466 kcal
Carbohydrate	21 g
Protein	8 g
Fat	39 g
Fiber	5 g
Sodium	377 mg

Low
Sodium

Low
Sugar

Wouldn't it be better if we can enjoy a nutritious low-calorie meal, yet delicious and light?

This chef's salad is meticulously crafted with organic and chemical-free ingredients full of nutrition including salad veggies served with organic avocados providing good fat and reducing cholesterol. Quinoa offers good quality carbohydrates, protein, and fibers.

Most importantly, you can get low-fat protein that also provides calcium at the same time.

This dish is full of fibers to help you with excretion.

Tempeh Salad with Yogurt-Passion Fruit Dressing



165.-



Energy	239 kcal	Fat	7 g
Carbohydrate	26 g	Fiber	12 g
Protein	19 g	Sodium	1155 mg

Veggie salad is a perfect choice to effectively increase fibers. This dish is for those who want to add more veggies in their routine, or even you are not a fan of eating veggies, this dish will change your mind. Our salad dressing is tasty and easy to digest as we use soybean yoghurt with probiotics mixed with passion fruit that is high in vitamin C. All are eaten with tempeh to supply protein, fibers, iron, calcium, and good microorganisms that will help boost up your excretory and immune system.

Tomato and Tofarella Salad

160.-



Energy	234 kcal	Fat	14 g
Carbohydrate	18 g	Fiber	4 g
Protein	11 g	Sodium	190 mg

Those, who may get bored of green vegetables, but still need to eat something clean like salad, should try this tomato salad since the main ingredients are tofu and sweet fresh tomatoes.

This zero-carb dish is rich in protein and vitamins, especially from a tomato which is high in antioxidants like lycopene, vitamin A, and vitamin C to nourish your skin and slow down aging and reduce cell damage. A soft tofu (organic) is a source of protein, calcium, iron and has low fat and no cholesterol. The salad dressing used here is balsamic which is high in omega 9 to reduce the risk of heart disease.

Superfood Salad with Hummus Dressing

195.-



Unavailable

Energy	346 kcal	Fat	20 g
Carbohydrate	34 g	Fiber	7 g
Protein	9 g	Sodium	422 mg

This dish is a mixture of five-color veggies. You can say that it is a superfood providing a complete essential phytonutrient. Good carbohydrate comes from quinoa which also contains high protein, fibers, and vitamin B. It is served with hummus dressing made from chickpeas which provide low carbohydrate, high protein, and fibers.

Caesar Salad with Crispy Tempeh

185.-



Energy	265 kcal	Fat	18 g
Carbohydrate	16 g	Fiber	4 g
Protein	13 g	Sodium	419 mg

This is a legacy of Caesar Cardini, but in a vegetarian version. Crispy cos lettuces are served with rich-in-antioxidants cherry tomatoes, nutritious tempeh, and tossed with ground cashews.

The dish is complemented by our special dairy-and-egg-free Caesar salad dressing. This dish is low in sugar and has no cholesterol.

Quinoa and Avocado

Salad with

Spicy Pesto Vinaigrette

285.-

High
Fiber

Low
Sodium

Low
Sugar

This is another menu that includes five colors of veggies such as a green cos, red cabbage, tomato, carrot, and garlic within a dish. So, you will get all essential antioxidants, good fat from an avocado to help reduce bad fat, fibers, and high protein.

More protein is supplied by chickpeas and quinoa to offer you complete five groups of nutrients.

Energy	395 kcal
Carbohydrate	38 g
Protein	9 g
Fat	24 g
Fiber	9 g
Sodium	228 mg



Spicy Green Papaya

Salad with
Fermented Tempeh Sauce

135.-

High
Fiber

Low
Calorie

Low
Sat fat

Low
Sugar

Energy	254 kcal	Fat	10 g
Carbohydrate	31 g	Fiber	11 g
Protein	10 g	Sodium	1614 mg

Those who are addicted to a Thai pickled fish should not miss this menu, “Luang Prabang salad” from Tonklar Facai. Its spicy authentic taste comes from the vegetarian version of pickled fish sauce.

The sauce is made with tempeh which has been fermented by the natural process for up to one year. As a result, it is full of good microorganisms and probiotics to enhance your excretory system. Plus, you will get a lot of fibers, vitamin C, vitamin, and antioxidants from tomatoes, limes, a variety of eggplants.

These ingredients altogether create a spicy dish of Thai salad served with the vegetarian version of pork rind made from shirataki noodles to offer you low calorie and high fibers.

Spicy Green Papaya

Salad with
Fried Seasoned
Mushroom Stipe

135.-

Low
Sat fat

Energy	370 kcal	Fat	12 g
Carbohydrate	54 g	Fiber	5 g
Protein	12 g	Sodium	717 mg

A low-fat spicy dish which is flavorful, mixed with carrot which is high in antioxidants and helps better your eyesight. We use cashew nuts instead of peanuts to give you good fats which will help reduce cholesterol and strengthen your heart. Instead of meat, this dish is served with mushroom's stripe which, apart from being a source of protein, contains good fibers to slow down lipid absorption to blood.

Spicy Fruit Salad

179.-

Low
Sat fat

Unavailable

Energy	333 kcal	Fat	5 g
Carbohydrate	58 g	Fiber	5 g
Protein	16 g	Sodium	719 mg

This low-cal dish is rich in fibers and vitamins C from a pineapple, grapefruit, and apple which help boost up immune system and relieve a cold. Vitamin A obtained from a cantaloupe will help improve your vision. Protein that contains all essential amino acids is obtained from textured vegetables and calcium is supplied by white and black sesame seeds and good fat from cashew nuts.

Garden Som Tum and Grilled Herbal Tempeh

159.-

High
Protein

High
Fiber

Low
Sat fat

Energy	414 kcal	Fat	15 g
Carbohydrate	48 g	Fiber	10 g
Protein	27 g	Sodium	1046 mg

The Thai papaya salad crafted from ingredients in our garden such as papaya, banana blossom, and small eggplant

—all are deliciously seasoned for kids. Tempeh in the dish help supply protein to help kids grow.



High
Fiber

Low
Calorie

Low
Sat fat



Spicy Amla Chilli Paste

145.-

Energy	250 kcal
Carbohydrate	45 g
Protein	9 g
Fat	3 g
Fiber	8 g
Sodium	998 mg

This is a low-calorie menu yet rich in vitamin C and A from Indian gooseberry, as described in traditional medicine formulae that helps quench thirst and bring down fever. It contains twenty time more vitamin C than an orange. According to Thai herb formulae, Indian gooseberry can fight virus, relieve inflammation, prevent the generation of oxidants. It also may help balance cholesterol levels. Most importantly, it enhances your immune system (increase white blood cells) and slow down cell damage.

Low
Sat fat

High
Fiber



Northern Thai Tomato and Chilli Paste

155.-

Energy	317 kcal
Carbohydrate	56 g
Protein	13 g
Fat	5 g
Fiber	9 g
Sodium	1575 mg

This so-familiar Thai-styled chili dip is packed with nutrition from ground tomatoes to let body easily absorb lycopene. Lycopene contains antioxidants, nourish skin, and slow down cell damage. It is recommended to eat with a carrot, Thai turtle eggplant, okra, and baby corn to provide antioxidants to your body. This chili dip is low in fat as it is mainly cooked with mushrooms which is high in fibers and beta glucan to boost up immunity.



Spicy Winged Bean Salad

149.-

Energy	366 kcal	Fat	12 g
Carbohydrate	46 g	Fiber	9 g
Protein	17 g	Sodium	1156 mg

This familiar recipe for every house is made healthier by using a chemical-free winged bean providing good protein, iron to nourish blood, and potassium to help with blood pressure. We use cashew instead of other types of nuts which is a source of good fat to help reduce cholesterol and strengthen your heart. Caution: This dish is not suitable for kidney patients who need to control potassium intake.



Spicy Aubergine Salad

115.-

Energy	210 kcal	Fat	1 g
Carbohydrate	40 g	Fiber	3 g
Protein	11 g	Sodium	427 mg

This spicy dish provides low calorie and contains high fibers and antioxidants like anthocyanin obtained from eggplants to help slow down aging and cell damage. We add the source of protein by using textured vegetable protein which should be eaten with scrumptious sauce and herbs like red onion and chili that will increase savory aroma and boost up your metabolic system.



Spicy Banana Blossom Salad

115.-

Energy	249 kcal	Fat	8 g
Carbohydrate	38 g	Fiber	8 g
Protein	7 g	Sodium	1116 mg

This low-calorie and low-fat dish is rich in fibers from various Thai carminative herbs that help improve blood flow. A banana blossom offers a benefit in nourishing breast milk for women who are pregnant since it is high in calcium and iron to strengthen bones and blood.



Appetizer



Tonklar Herbal Summer Rolls

109.-

Energy	300 kcal	Fat	7 g
Carbohydrate	47 g	Fiber	3 g
Protein	14 g	Sodium	860 mg

This dish is suitable for those who want to reduce carb since the wraps are thin and packed with various color veggies and protein obtained from soft tofu. It, without a doubt, is a dish rich in fibers and provides low calorie. The highlight is the sauce we use is seasoned with miso as a main ingredient which is both tasty and full of good microorganisms.



Sea-Blites and Wakame Spring Rolls

139.-

Energy	307 kcal
Carbohydrate	36 g
Protein	4 g
Fat	16 g
Fiber	1 g
Sodium	1067 mg

This menu will turn eating veggies into a tasty experience. It is not only delicious but also healthy. We choose Sea-Blites wakame seaweeds, and perilla seeds which are rich in Omega 3 that helps nourish your brain and heart, and what's more, we use spinach which has iron and calcium. First, we simmer spinach to reduce the amount of oxalic acid since it should be controlled among people with gout. To help the body absorb more calcium, spinach should be eaten with vitamin C, so we add passion fruit dressing, a choice high in vitamin C. Did you see? Every process we use to design our menus is thought through to get the most out of every ingredient. Plus, we make it crispy by using an air fryer. Nothing is better than having it fresh out of the fryer!



High
Protein

High
Fiber

Low
Sat fat

Grilled Mushrooms Wrapped in Betal Leaves

145.-

Energy	468 kcal
Carbohydrate	86 g
Protein	20 g

Fat	5 g
Fiber	14 g
Sodium	1050 mg

This piquant dish is highly nutritious. It offers you a variety of vitamins, minerals, fibers, protein, and good fats – all of which are derived from betel leaves, mushrooms, cashews, and other herbs. A betel leaf has anti septic properties and high calcium. This helps strengthen your bones and balance your blood. A mushroom stipe is a good source of protein and fibers. It contains beta glucan that helps reduce cholesterol level in blood. The dish is properly salted by using miso sauce, a choice that, at the same time, provides Vitamin B and probiotics to help you with the digestive system.



High
Fiber

Facai Spicy Pomelo Salad

149.-

Energy	386 kcal
Carbohydrate	56 g
Protein	16 g
Fat	11 g
Fiber	6 g
Sodium	1625 mg

This menu will help boost up your immune system since it is high in vitamin C and antioxidants obtained from a pomelo that also slows down cell damage. A soft tofu is the source of easy-to-digest protein containing low fat and no cholesterol. Alluring scent and spicy flavor is accentuated by Thai herbs like lemon grass and pepper mint to relieve gas, or kaffir lime leaves to prevent inflammation.



What is tempeh?



It is a soy product made from fermented soybeans. A special fungus called *Rhizopus Oligosporus* is used in a controlled fermentation process for 48 hours to create good probiotics which, in turn, help balance good intestinal fungi and prevent the bad ones. Probiotics promote the function of your gut and boost up the immune system of your body.

What are the benefits of tempeh?

- It is rich in protein compared to the equivalent servings of 100-gram chicken, but better since it is hormone and antibiotic free.
- It contains low saturated fat.
- It contains fibers.
- It supplies vitamin B12 for a long-time vegetarian who often experiences vitamin B12 deficiency.
- It is easy to digest.
- It has calcium and iron.



**OUR HOMEMADE TEMPEH IS CHEMICALS-FREE.
IT IS MADE FROM ORGANIC BEANS.**

WE GUARANTEE THAT THIS WILL BE YOUR TASTY AND
NUTRITIOUS CHOICE.

What is chickpea tempeh?



The tempeh made from chickpea is suitable for people with soy allergy or those who do not like the smell and taste of soybeans. The chickpea tempeh has good texture and is crispy. It is easy to digest since it is full of microorganisms that help rebalance and strengthen your gut. It is also a good source of probiotics which help boost up your immune system.

Nutritional values

Tempeh is a good source of protein which is cholesterol free. It also contains soluble fibers to help with your digestion. Such fibers will be digested by bacteria in our guts, creating butyric acid which helps relieve colitis.

Chickpea has a low glycemic index which helps the body slowly absorb sugar. This is good for you and those suffering from high blood sugar levels in the long run.

Moreover, it is a perfect alternative for those who want to control their weights since it helps fill up your stomach due to its high fibers and protein.

IF YOU HAVE SOY ALLERGY

or would like to change tempeh to chickpea tempeh,
please feel free to tell our chef (add only 20 THB).

Fried Tempeh with Avacado Thai Green Curry Dip

185.-



Unavailable

Those who love french fries dipped in chilli sauce should try this one. You don't need to be worried about being fat since tempeh is high in protein and low in carb. You are free to choose whether to have it fried by an air fryer.

When dipped with green curry and avocado sauce, this menu becomes the definition of perfection. Don't forget to order some salad to pamper yourself with both protein and vitamins.



Fry with Canola Oil

Energy	525 kcal
Carbohydrate	22 g
Protein	42 g
Fat	34 g
Fiber	10 g
Sodium	170 mg

Fry with an Air Fryer

Energy	453 kcal
Carbohydrate	22 g
Protein	42 g
Fat	26 g
Fiber	10 g
Sodium	170 mg

Low Sugar

Fried Tempeh with Three Mayo-Based Dips

165.-



High Protein

Low Sugar

Low Sodium



Those who love the deep-fried dishes such as french fries must try this menu. The tempeh is full of good protein and low in carbohydrate. This dish is perfect for people who are on a diet but still crave for some fried food. It is served with three styles of low fat mayo dressing: spicy wasabi mayo, sweet and sour passion fruit mayo, and salty miso mayo.

(Those who are concerned with the amount of fats can ask us to use the air fryer to fry tempeh instead.)



Fry with Canola Oil

Energy	740 kcal
Carbohydrate	36 g
Protein	44 g
Fat	47 g
Fiber	10 g
Sodium	328 mg

Fry with an Air Fryer

Energy	668 kcal
Carbohydrate	36 g
Protein	44 g
Fat	39 g
Fiber	10 g
Sodium	328 mg

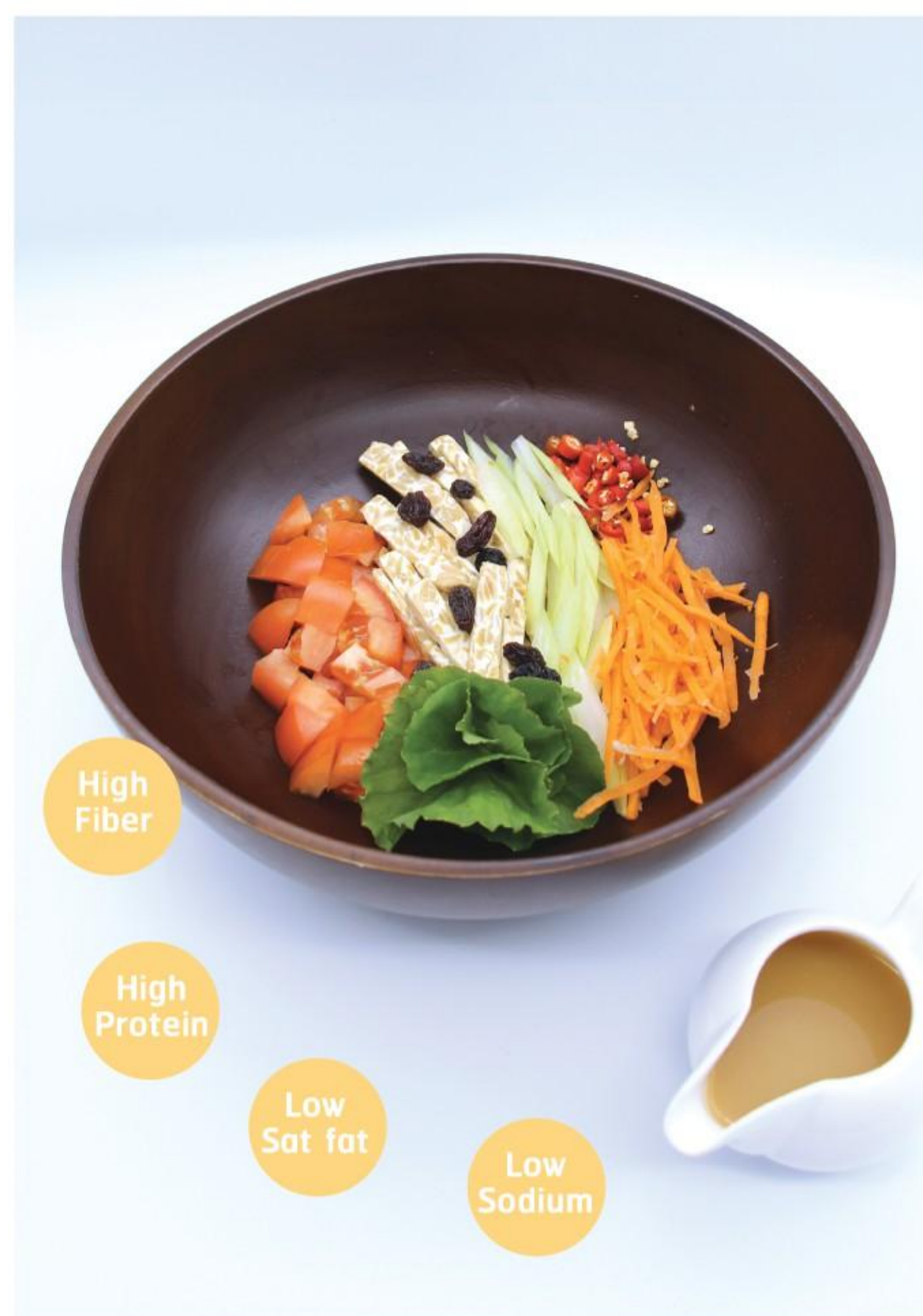
Fresh Tempeh Spicy Salad

165.-

Energy	328 kcal
Carbohydrate	31 g
Protein	24 g
Fat	12 g
Fiber	8 g
Sodium	423 mg

Who says fresh tempeh is difficult to eat? Tempeh is famous as it is high in protein, fibers, vitamin B12, and good microorganisms that contain probiotics which help improve excretory system and immune system. This dish comes with delicious spicy and sour sauce.

The only thing you need to be careful is that you will get addicted to it. Eating it fresh is how you get the most out of probiotics.



High
Fiber

High
Protein

Low
Sat fat

Low
Sodium

Barbecued Tempeh

129.-

Energy	244 kcal
Carbohydrate	25 g
Protein	18 g
Fat	9 g
Fiber	6 g
Sodium	430 mg

This menu is inspired from the street food in your childhood. The barbecued tempeh is marinated in our special sauce.

This simple yet exciting dish is served with onions, tomatoes, bell peppers, and pineapples. All veggies and fruits in the plate will offer antioxidants to boost up your immune system.



High
Fiber

Low
Calorie

Low
Sat fat

Low
Sodium



Stir-Fried Tempeh with Cashew Nuts 149.-

Energy	438 kcal	Fat	17 g
Carbohydrate	30 g	Fiber	7 g
Protein	37 g	Sodium	384 mg

Those who say tempeh is difficult to eat should try this dish since its sweet-and-sour flavor obtained from three-color bell peppers and pineapples gives pleasant taste and offers vitamin C to boost up body's immune system. They also contain carotenoid, a good quality antioxidant. Good fats are supplied from cashew nuts. Most importantly, tempeh offers high protein, low fat, good fibers, iron, calcium and no cholesterol

Southern Thai Spicy Stir-Fried Tempeh 159.-

Energy	552 kcal	Fat	28 g
Carbohydrate	30 g	Fiber	3 g
Protein	45 g	Sodium	757 mg

This high-protein dish does not only contain protein from tempeh for those who exercise regularly, but also provides fibers and probiotics—which helps enhance excretory system— iron, and calcium which are essential to body. Besides, yellow curry paste is made with turmeric containing curcumin to reduce inflammation and increase immune system.

Caution: this dish is not recommended for those with kidney disease in pre-dialysis stage since the daily protein intake is restricted.



Stir-Fried Tempeh with Garlic and Pepper 165.-

Energy	492 kcal	Fat	18 g
Carbohydrate	36 g	Fiber	12 g
Protein	47 g	Sodium	749 mg

Another dish contains high protein from tempeh, low saturated fat, and no cholesterol suitable for those who exercise regularly. This dish can help build up your muscles and supply you with sufficient protein. The ingredients include chili that contains capsaicin which help burns fat and improve digestion. Pepper contains piperine that energize you and garlic helps control blood pressure. Our meal also limits that amount of sodium to the proper level, not too much but still make your food yummy.



Avocado

It offers various health benefits

Avocado is a powerhouse of many essential nutrients.

- It is rich in vitamin E which is an antioxidant that helps slow down the cell ageing and nourish skin.
- It has lutein that is good for eyesight. One avocado contains 0.5 mg of lutein. When eaten 6 months in a row, it can help improve your vision.
- It is the source of high-density lipoprotein (HDL) which is beneficial to the body since it can lessen the amount of low-density lipoprotein (LDL) in blood so it can, in turn, lessen the risk of vessel and heart disease.
- It offers vitamin A and beta carotene to nourish your eyesight.





Isan-inspired Spicy Avocado Salad

240.-

Energy	365 kcal	Fat	16 g
Carbohydrate	37 g	Fiber	3 g
Protein	23 g	Sodium	440 mg

This spicy salad contains low cabs, high protein, and a proper amount of good fat. Eating avocado together with tempeh will never be this tasty as they are cooked with Thai herbs in Tonklar Facai style. Besides, we make the toasted rice powder cooked here by ourselves using aromatic rice berry. A high protein tempeh are stir fried to let its aroma diffuse.

Avocado is used to supply good fat which will, in turn, help reduce fat in blood lipids.

Passion Avocado Tortilla

169.-

Fat	26 g	Energy	334 kcal
Fiber	5 g	Carbohydrate	19 g
Sodium	271 mg	Protein	9 g

In tortilla wrap is tempeh which is a source of high protein obtained from soybean. Avocado offers your meal good fat. Sweet flavor comes from red cabbage and long cucumber which are sources of good fibers that help slow down aging. Every bite gives you an ooh-ah sensation from the sauce made with fresh passion fruit. Arugula in the dish gives you its unique smell. This menu is low in sugar and, of course, friendly for those suffering from diabetes.



Herbal Avocado Tortilla

129.-

Low
Sat fat

Low
Calorie

Low
Sugar

Low
Sodium

Energy	225 kcal
Carbohydrate	25 g
Protein	11 g
Fat	9 g
Fiber	4 g
Sodium	296 mg

In tortilla wrap is tempeh which is a source of high protein obtained from soybean. Avocado offers your meal good fat. Sweet flavor comes from red cabbage and long cucumber which are sources of good fibers. This dish is served with special sauce which is rich with probiotics to promote immunity system. This dish has low sugar which is suitable for those who control weight and those who have diabetes.



The benefits of tofu

It is found that tofu contains isoflavone from soybeans which help lower the level of LDL cholesterol. Apart from this, the antioxidants in tofu will prevent some kinds of cancer (including breast cancer).

It mitigates the risks of heart disease, osteoporosis, and menopause as well.

The daily intake of protein = body weight (kilograms)

multiplied by 1.2-1.5 for those who are moderately active and 2 for people who are highly active/athletes.



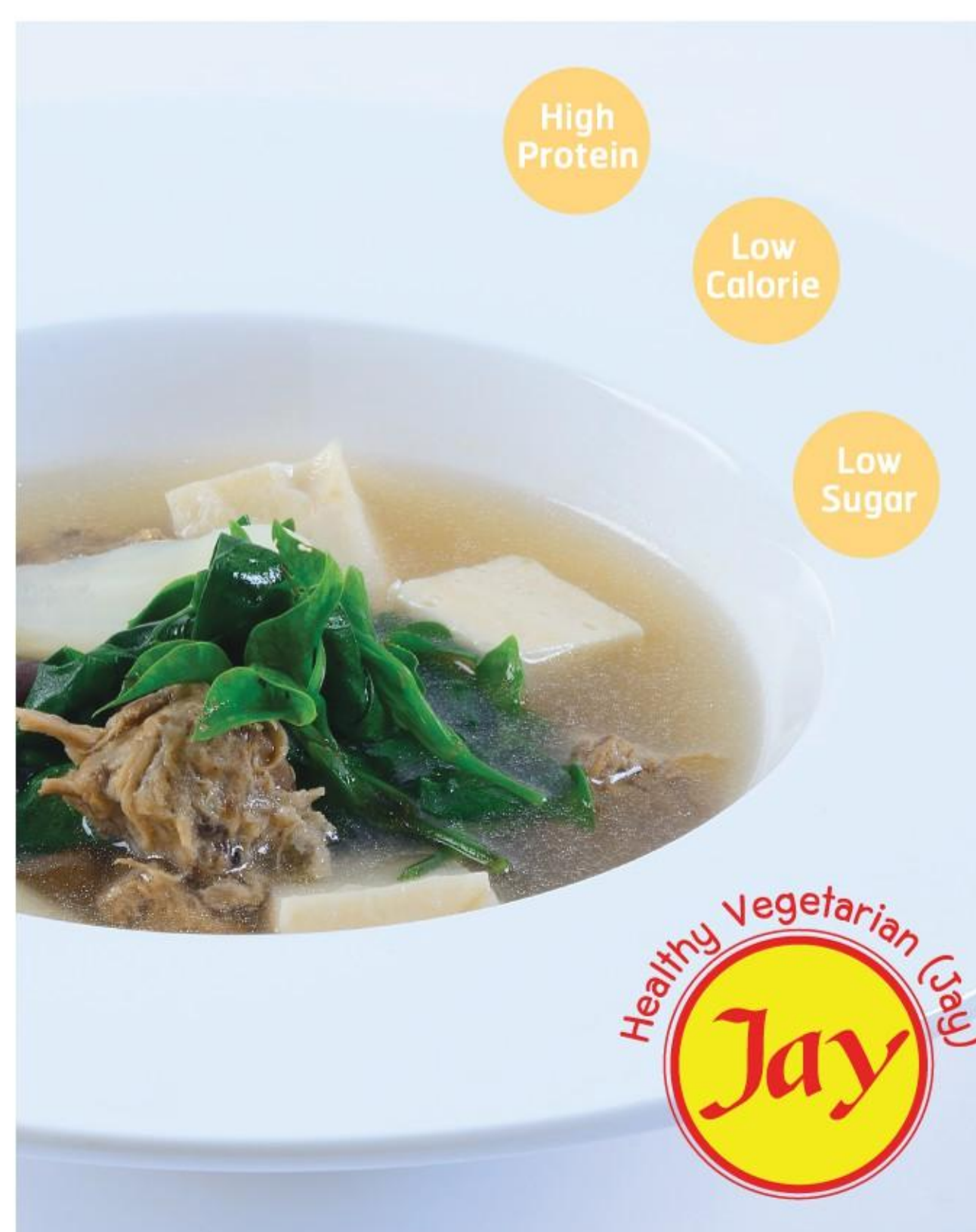
For example, a person who weighs 50 kilograms may need 50-60 kilograms of protein per day.

Ivy Gourd Leaf and Watercress Soup with Bouncing Tofu

135. -

Energy	247 kcal
Carbohydrate	24 g
Protein	20 g
Fat	9 g
Fiber	5 g
Sodium	867 mg

This is a recommended dish for a beginner. Its taste is delicate and mild suitable for both kid and adults. We choose watercress which has high flavonoids to help reduce inflammation and also has lutein which helps slow down vision impairment. An ivy gourd here helps nourish vision. Protein is supplied by a tofu which has pork-sausage-like texture— bouncy and chewy.



Fried Tofu Steak with Tamarind Sauce

130.-

Fat 19 g
Fiber 11 g
Sodium 1236 mg

Energy 453 kcal
Carbohydrate 55 g
Protein 15 g

This menu of choice for adults is from a long-known Thai traditional recipe. This time it comes with a modern twist by serving with a fried tofu topped with fried onion. The sweet and sour tamarind sauce will rouse your appetite and also help with the digestive system. It is another menu suitable for those suffering from constipation.



High Fiber

Steamed Tofu with Mixed Herb and Soya Sauce

145.-

Fat 7 g
Fiber 4 g
Sodium 517 mg

Energy 186 kcal
Carbohydrate 21 g
Protein 10 g

This one is easy to digest and classic choice for everyone. Its highlight is that we use a big cube of soft tofu (chemical-free) that is suitable for both kids and adults, especially patients since it is basic and easy to digest. The dish is seasoned with soy sauce and herbs like ginger. Though it is seasoned with soy sauce, we control sodium level so that you don't need to worry about its saltiness. Those who suffer from blood pressure or diabetes can feel free to eat.



Low Calorie

Low Sodium

Low Sat fat

Low Sugar

Stir-Fried Tofu with Sweet Pepper and Pineapple

110.-

Fat 8 g
Fiber 7 g
Sodium 722 mg

Energy 290 kcal
Carbohydrate 39 g
Protein 9 g

This is a menu for a beginner. It is tasty and gut friendly and has antioxidants from different-color veggies like lycopene from a tomato which is multiplied when cooked. It helps nourish skin, slow down aging. Quercetin and selenium in an onion will help with antioxidant effect and also slow down aging.



High Fiber

Low Calorie

Low Sat fat

Tofu steak with Panaeng Curry Sauce 175.-

Fat 36 g
Fiber 11 g
Sodium 373 mg

Energy 549 kcal
Carbohydrate 32 g
Protein 25 g

This menu will not make your tofu dish boring anymore. It is seasoned with spicy cream curry and other delicious natural ingredients. Miso soup will tone down spiciness. Red chili both gives the dish vivid color and flavor. All are eaten with carefully selected tofu and sweet pumpkin that is rich in vitamin A to nourish your vision and contains antioxidants to reduce the risk of chronic illness. King oyster mushroom, asparagus, and edamame are rich in fibers and supply more protein to your meal.



High
Fiber

Low
Sodium



High
Fiber

Low
Sat fat

Low
Calorie

Low
Sugar

Low
Sodium

Stir-Fried Bitter Melon and Pumpkin 120.-

Fat 11 g
Fiber 6 g
Sodium 535 mg

Energy 268 kcal
Carbohydrate 29 g
Protein 13 g

Tonklar Facai's special recipe of stir-fried bitter melon uses an organic wild bitter gourd which is a Thai local herb able to reduce blood sugar. This ingredient helps especially those who need to control sugar levels and those who are suffering from diabetes. We also add tempeh which is a source of protein, contains low fat, and has no cholesterol. Eaten with a pumpkin and shiitake mushroom, it helps lessen bitter flavor of the bitter melon and increases fibers and vitamins.



Low
Sugar

Low
Sodium

Low
Calorie

Stir-Fried mixed Thai vegetable 129.-

Fat 4 g
Fiber 4 g
Sodium 27 mg

Energy 92 kcal
Carbohydrate 10 g
Protein 3 g

Thai household vegetables are true medicines. This stir-fried veggie dish is the collection of seasonal Thai household vegetables that we have selected to give you the nutritious supplement. Every color of veggies is arranged within one plate. It is low in calorie and sodium. This source-of-fiber dish is what girls who wish to stay in shape should not miss.

Sea-Blite Leaves



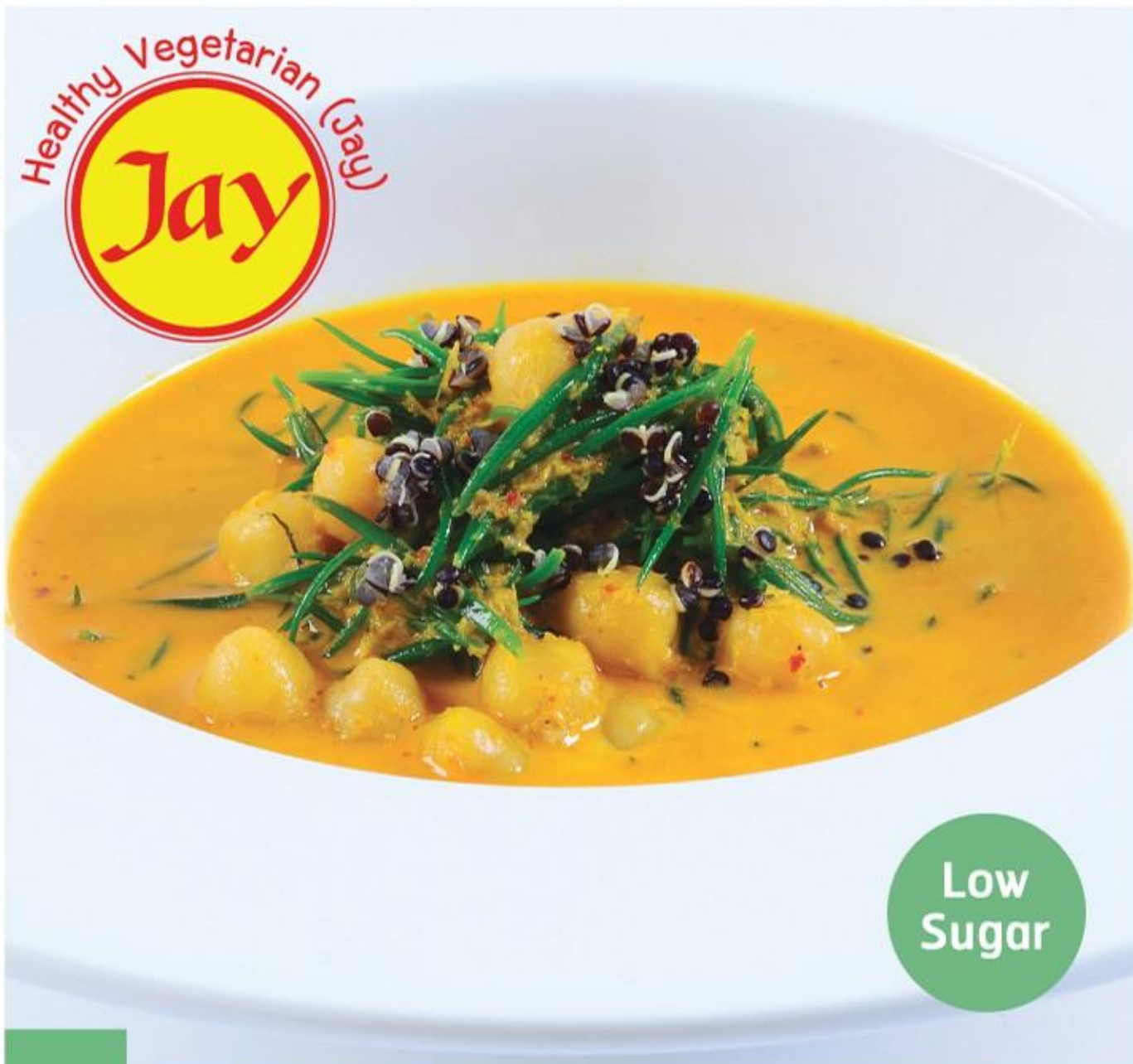
Sea-Blite leaves contain beta carotene that will be transformed to vitamin A when absorbed into the body. It helps improve the vision. Also, it offers vitamin E which has antioxidants to slow down aging. Sea-Blite leaves contains up to 40 percent of α -linolenic acid, the Omega-3 fatty acid which is good for brain and heart.

We get our Sea-Blite leaves from...

Sea-Blite leaf is the local vegetable found in Samut Sakhon and Samut Songkhram Province. We choose Sea-Blite leaves from “Miss Toi” who lives in Khlong Khon Village, Samut Songkhram Province. If you know Khlong Khon Village, you will know that this place is famous for its fresh and delicious seafood. Apart from shrimps, shellfishes, crabs, and fishes, the “Sea-Blite leaves” here taste great second to none.

The benefits of Sea-Blite leaves

- It helps detoxify the poisonous gum from blind-your-eye mangrove that can cause rashes.
- It contains antioxidants that help enhance immune system.
- It is bladder friendly.
- It strengthens the hair root.



Thai Style Chickpea Curry with Sea-Blites

115.-

Fat	22 g
Fiber	2 g
Sodium	1173 mg

Energy	334 kcal
Carbohydrate	26 g
Protein	8 g

If you crave for coconut curry, choose the one that is nutritious. Sea-Blite leaves, the local vegetable from farmers in Samut Songkhram Province, are rich in omega 3. When cooked with red chili paste and coconut milk which contains good fats to help body absorb vitamin A, D, E and K, this dish is scrumptious. Chickpea and quinoa are added to offer more nutrients such as protein and vitamin B to nourish your brain and nervous system.



Sea-Blites and Wakame Spring Rolls

139.-

Fat	16 g
Fiber	1 g
Sodium	1067 mg

Energy	307 kcal
Carbohydrate	36 g
Protein	4 g

This menu will turn eating veggies into a tasty experience. We choose Sea-Blites, wakame seaweeds, and perilla seeds which are rich in Omega 3 that helps nourish your brain and heart, and what's more, we use spinach which has iron and calcium. First, we simmer spinach to reduce the amount of oxalic acid since it should be controlled among people with gout. To help the body absorb more calcium, spinach should be eaten with vitamin C, so we add passion fruit dressing, a choice high in vitamin C. Did you see? Every process we use to design our menus is thought through to get the most out of every ingredient. Plus, we make it crispy by using an air fryer. Nothing is better than having it fresh out of the fryer!

5 Five reasons why you must try our

"Five King's Stew"



1. "No sugar added" The sweet flavor comes from natural sources which are monkfruit and coconut. Monkfruit is sweeter than white sugar.
2. "No fatty pork belly" Eat worry-free because we use tofu instead.
3. "No Precooked" We make it fresh to give you the best nutrients.
4. "Five Kings of Herb" We add ginkgo, chestnut, shiitake mushroom, tofu, and goji berry—all of which are the powerhouse of nutrients.
5. "Eat without gaining weight" The only place that you can enjoy stew worry-free is here at Tonklar Facai.

Five-Spice Vegan Soup 145.-

Low
Calorie

Low
Sat fat

Low
Sugar

Energy	232 kcal
Carbohydrate	35 g
Protein	9 g
Fat	6 g
Fiber	4 g
Sodium	576 mg

Just forget a stew with sweet and oily gravy because our Five Kings' stew recipe comes with chewy tofu, a source of good protein, served with a variety of mushrooms.

The protein from plants also offers a mineral that boosts up immune system. Sweet flavor comes from natural sources like monk fruit, fresh coconut water, and Chinese wolfberry (with antioxidant effect). Organic coconut blossom sugar which is low in glycemic index can be healthy alternative for sugar since it can slow down the absorption of sugar. The flavor is also seasoned with miso and soy sauce, of course, by limiting saltiness and sodium. This dish is not greasy as we will not add any oil. Those who like a dish that offers protein, fibers, and low calorie should not miss this one.

The benefits of *gac juice.*

Gac fruit contains up to nine times vitamin C found in oranges and more beta carotene than that found in carrots. It helps increase the number of cells in immune system. After entering the body, it will be converted into vitamin A which helps improve vision. It also contains more lycopene than tomatoes and has polyphenols offering antioxidants and anti-inflammatory effects. It supplies vitamin E which enhances immune system as well.

Thai Sour Mixed Vegetable and Gac Juice Soup

160.-

Energy	234 kcal
Carbohydrate	42 g
Protein	11 g
Fat	3 g
Fiber	8 g
Sodium	488 mg

Low
Sat fat

Low
Calorie

Low
Sodium



This Tonklar Facai's special recipe of soup uses gac fruit as a main ingredient of soup, resulting in high lycopene to supply antioxidants and nourish your skin. We select veggies with different colors to increase fibers and help better digestive system. This 5-color-veggie dish supply you with phytonutrients which, in turn, enhance the effectiveness of antioxidants and immune system.

The benefits of mushrooms

Mushrooms are the natural source of protein that has medicinal properties. It contains lentinan that helps improve the immunity and mitigate the risk of diseases such as cancer, diabetes, Alzheimer's, coronary artery disease, and high blood pressure.

The unique characteristics of mushrooms

Mushrooms are fat free and low in sugar and salt. They are also a good source of protein when compared to other vegetables. Moreover, mushrooms are high in vitamins, especially vitamin B complex, riboflavone, and niacin which help with digestion, antioxidants, and immune system.

The medicinal properties of mushrooms

Thai traditional medical doctors consider mushrooms as a medicine. They have medicinal properties in strengthening body, healing bruises, reducing glycemic level, cholesterol in blood vessels, and blood pressure. Most importantly, it plays a part in reducing the growth of cancer cells.

Eryngii Satay 155.-



Unavailable



Energy	592 kcal	Fat	42 g
Carbohydrate	36 g	Fiber	9 g
Protein	15 g	Sodium	792 mg

The big bite of chewy king oyster mushrooms marinated with turmeric and grilled until their scent lingers in the air will delight your stomach. The dish is served with sauce made from peanut butter and perilla to add up omega 3. The spices used for marinating the ingredients are all good for your body, especially, turmeric which contains curcumin that has anti-inflammation effect and helps slow down the aging. Serving pickled vegetables alongside makes this dish close to perfection.

Grilled Eryngii with Basil Sauce 165.-



Unavailable



Energy	145 kcal	Fat	4 g
Carbohydrate	21 g	Fiber	6 g
Protein	6 g	Sodium	729 mg

This menu focuses on fibers and protein since it has a good plant-based protein from king oyster mushrooms. With high beta glucans, mushrooms can help strengthen your immunity. When stir-fried with basil, the dish does not only relieve flatulence and prevent diarrhea, but also improves vision and enhances your quality of sleep as it offers beta carotene that can be converted into vitamin A.

Northeastern Thai Spicy

Mixed Mushrooms Salad

160.-

Energy 190 kcal
Carbohydrate 38 g
Protein 7 g

Fat 1 g
Fiber 9 g
Sodium 450 mg

Four kinds of mushrooms are cooked in Isan style. Do not let its plain look deceive you. Every ingredient in this dish is carefully selected including toasted rice powder made from rice berry, passion fruit that gives sweet and sour flavor, and shiitake mushrooms which contain lentinan to help build up strong immune system. This Isan dish is not so ordinary as it appears to be.



High
Fiber

Low
Sat fat

Low
Sodium

Low
Calorie

Low
Sat fat

Low
Calorie



Stir-Fried Tofu Skin

and Eryngii with Fingerroot

185.-

Energy 195 kcal
Carbohydrate 21 g
Protein 11 g

Fat 8 g
Fiber 4 g
Sodium 722 mg

Experience Thai hot and spicy flavor with the familiar dish of herbs and vegetables stir fry. Yet to make you enjoy this painful pleasure more, we decide to tone down its spiciness a bit. We also reduce sugar and salt which are harmful to your liver and kidney too. But this dish will be still packed with herbs like fingerroot and pepper to maintain its carminative effects on your gut.



Low
Sat fat

Low
Sodium

Low
Calorie

Seared Mixed Mushrooms

with Northeastern Thai Spicy Passion Fruit Dip

165.-

Energy 178 kcal
Carbohydrate 36 g
Protein 5 g

Fat 2 g
Fiber 5 g
Sodium 330 mg

Mushrooms have antioxidants and can strengthen your immunity. They are one of the vegetables that are high in protein but low in calorie. Passion fruit in the dish will provide antioxidants such as vitamin C and E. Moreover, mushrooms are also high in potassium which is equivalent to that found in bananas. They are rich in fibers and low in saturated fats and sodium.





Power Plants Burger

285.-



Energy	483 kcal
Carbohydrate	32 g
Protein	19 g
Fat	31 g
Fiber	8 g
Sodium	336 mg

A gluten-free burger bun is made with protein obtained from plants such as split gill mushroom, soybean, wheat, and beetroot. The key to success in eating protein from food is that you need to obtain it from various sources as you will get more sufficient essential amino acids than having it from a single source. This dish offers low calorie, low fat, zero cholesterol, low carb, and high fibers. Those who seek for protein and avoid carb should not miss this for any reason.

Low
Sodium

High
Protein

High
Fiber

MORZ
MEAT

What is MORE MEAT

It is a protein alternative to meat made from herbs such as splitgrill mushrooms, soybeans, wheat, and beetroots.



splitgill mushrooms



soybeans



wheat



beetroots

It provides protein in the equivalent amount to that found in meat. Beta glucan in splitgill mushrooms helps improve immune system and promote the function of white blood cell. Apart from balancing blood pressure, soybeans offers good protein that is rich in fibers and beetroot and is packed with fibers, vitamin C, folate, magnesium, and phytonutrients like betalains that have antioxidant and anti-inflammatory effect. It is also full of calcium, iron, and phosphorus-important minerals that promote digestion.



Low
Calorie

High
Protein

Low
Sodium

Low
Sugar

Southern Thai Spicy Stir-Fried with Power Plants

155.-

Fat 5 g
Fiber 4 g
Sodium 576 mg

Energy 272 kcal
Carbohydrate 40 g
Protein 16 g

This à la carte is gut-friendly and offers you a familiar taste. It is made with Moremeat, an alternative from protein made with a split gill mushroom, green bean, soybean, and beetroot which contains the amount of protein equal to that obtained from meats. Besides, a split gill mushroom provides beta glucan, and a turmeric gives you fibers to help with excretory system and antioxidants that can boost up your immunity.



Low
Calorie

High
Protein

Low
Sodium

Low
Sugar

Stir-Fried Basil with Power Plants

155.-

Fat 7 g
Fiber 3 g
Sodium 162 mg

Energy 283 kcal
Carbohydrate 30 g
Protein 13 g

This à la carte is gut-friendly and offers you a familiar taste. It is made with Moremeat, an alternative from protein made with a split gill mushroom, green bean, soybean, and beetroot which contains the amount of protein equal to that obtained from meats. Besides, a split gill mushroom provides beta glucan and a garlic, chili, and basil-Thai local herbs-give you fibers to help with excretory system and antioxidants that can boost up your immunity.

Facai Dumpling Soup 119.-



Low
Calorie

High
Protein

Low
Sodium

Low
Sugar

Energy 154 kcal
Carbohydrate 24 g
Protein 10 g

Fat 2 g
Fiber 1 g
Sodium 380 mg

We want to make our menu friendly for everyone, so we created wonton soup. But the filling is not made from pork. We use More Meat. The ingredient will be mixed with shiitake mushrooms and carrots. We use our delicious MSG-free vegetable stock since we select a variety of vegetable that will create the delectable taste when cooked together. The flavor is accentuated by low-sodium soy sauce. We also add ivy gourd in the soup (as kids love eating it). Our special wonton soup is easy to eat and nutritious.





Low
Sugar

Low
Sodium

High
Fiber

Thai Green Curry with Seasoned Mushroom Stipe and Jerusalem Artichoke

110.-

Fat 23 g
Fiber 12 g
Sodium 407 mg

Energy 334 kcal
Carbohydrate 23 g
Protein 8 g

The highlight of this dish is a sunchoke which has inulin, a prebiotic acting as a food for good microorganisms in the intestine. This enhances the function of excretory system, strengthen the intestine, and improve body's immune system. Besides, this food is highly recommended for those who need to control an amount of sugar in food like those suffering from diabetes since it contains water soluble fibers to help control blood sugar level.



Low
Sodium

High
Fiber

Thai Red Curry with Mixed Fruit and Seared Mixed Mushroom

135.-

Fat 23 g
Fiber 8 g
Sodium 422 mg

Energy 376 kcal
Carbohydrate 34 g
Protein 8 g

The name of this menu may be similar to many people's favorite dish, but we change from meat which should be avoided to the chewy grilled king oyster mushrooms. The flavor of the soup is still delicious as we use a variety of fruits and vegetables such as tomatoes, grapes, pineapples, and raisins. Same taste, but more nutrition.



Unavailable

Thai Jungle Curry with Tempeh

195.-

Fat 11 g
Fiber 12 g
Sodium 1640 mg

Energy 302 kcal
Carbohydrate 36 g
Protein 18 g

If you have a boring day, just take your loved ones to the jungle with our Thai spicy jungle curry that is packed with a wide array of herbs! We tone its spiciness down a little bit to limit the amount of sugar and sodium. Tempeh and tomatoes are added to give more texture. This menu will help relive flatulence and increase perspiration.



Low
Sat fat

High
Fiber

Low
Sodium

Kimchi Fried Rice with Grilled Tempeh

185.-

Energy	468 kcal
Carbohydrate	79 g
Protein	15 g
Fat	14 g
Fiber	4 g
Sodium	625 mg

“Kimchi fried rice with grilled tempeh” is a powerhouse menu packed with super probiotics, the good microorganisms beneficial to your bowel and gut and also improve your immune system. This is the dish where every ingredient rich in probiotics is arranged together, from organic kimchi, grilled tempeh, onion, and scallion. A variety of fresh vegetables in kimchi is the food for microorganisms that, in turn, let probiotics grow and function better. Tempeh here offers good protein while king oyster mushrooms gives us beta glucan to enhance our immune system. The other crucial ingredient is rice berry, the product from farmers in Surin Province. We can be sure that it will be safe and rich in minerals and antioxidants.

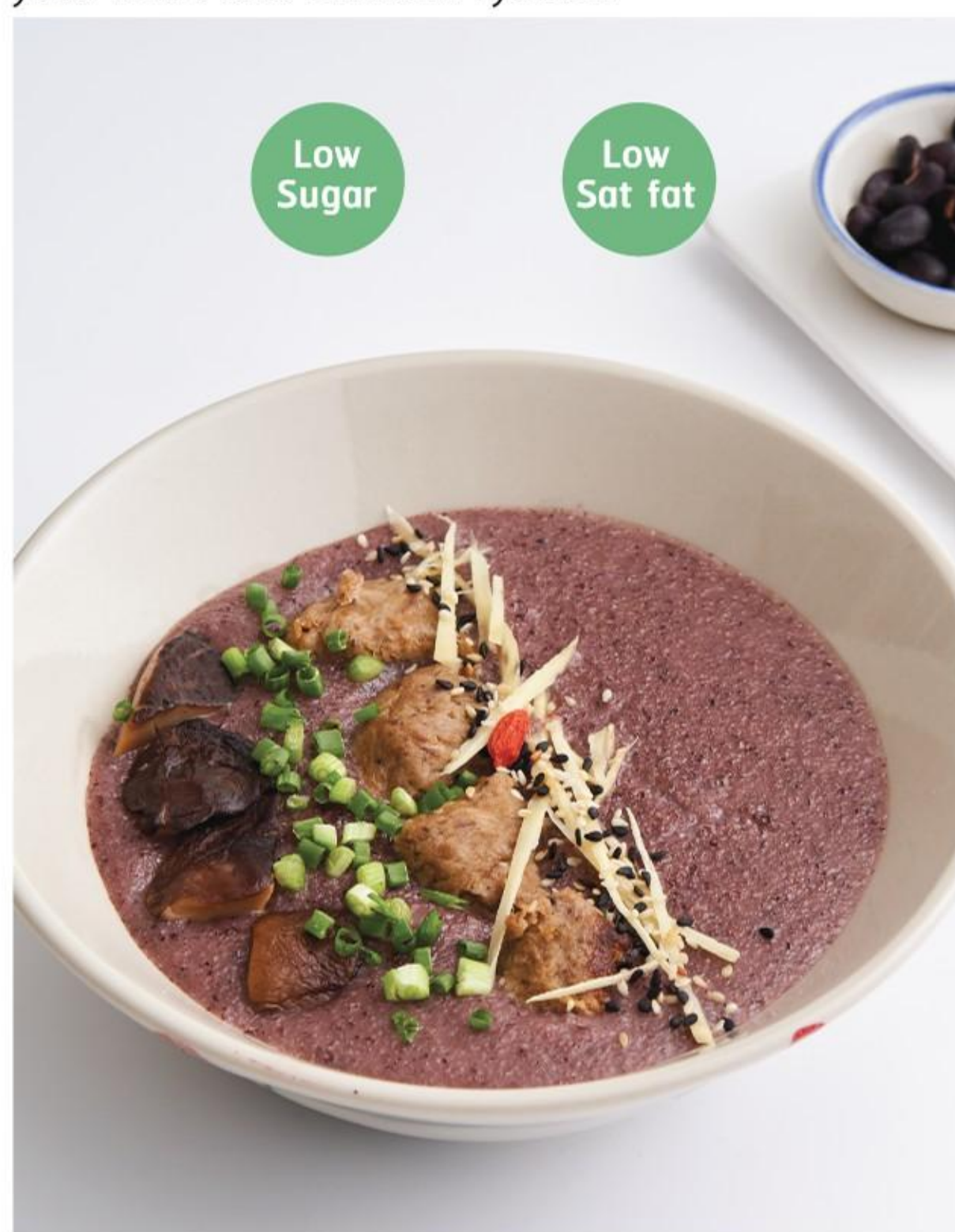


Soft-Boiled Riceberry with Shiitake

119.-

		Energy	356 kcal
		Carbohydrate	70 g
		Protein	9 g
Fat	4 g		
Fiber	5 g		
Sodium	349 mg		

This menu is gut friendly. We use rice berry which is rich in fibers, minerals, and anthocyanin that acts as an antioxidant. This dish also contains low fat and low sodium. Soft tofu, chestnut, and shiitake mushroom will supply protein for the dish. These are boiled altogether with veggie soup simmered for several hours, so its taste is properly sweet. With this dish, you are strengthening your heart and immune system.



Riceberry Congee with mushroom

109.-

		Energy	249 kcal
		Carbohydrate	47 g
		Protein	11 g
Fat	2 g		
Fiber	5 g		
Sodium	824 mg		

Rice berry contains fibers and anthocyanin that helps boost up antioxidants to enhance the function of excretory system and also reduce the risk of heart and blood vessel disease. This dish comes with a shiitake mushroom and mushroom's stripe which contain beta glucan to boost up your immune system. Most importantly, it is served with grains like Job's tears, kidney beans, and black turtle beans which offer good protein from plants, fibers, and low saturated fat, and no cholesterol. Topped with white and black sesame and herbs like scallion and fresh ginger, this dish is a rich source of calcium and has a potential to enhance your digestive system, boost up the antioxidants, and prevent inflammation.



Homnil Rice Noodles with

Mushroom Curry Sauce

169.-

		Energy	298 kcal
		Carbohydrate	42 g
		Protein	7 g
Fat	10 g		
Fiber	8 g		
Sodium	492 mg		

This vegetarian recipe of Thai rice noodle is cooked with miso soup made creamy by using mushrooms. The rice noodle that we use is made from Thai aromatic black rice which is rich in fibers. We also use different colors of veggies containing antioxidants such as a red cabbage, carrot, banana blossom, winged bean, and other herbs like Thai basil, fingerroot, turmeric, garlic, and dried chili that help prevent inflammation and enhance blood flow.





Grilled Tempeh Steak with Mixed Herbs 250.-

Fat 29 g
Fiber 15 g
Sodium 1220 mg

Energy 609 g
Carbohydrate 58 g
Protein 29 g

This dish offers you a bunch of protein from tempeh. We bake a full piece of tempeh to increase its alluring aroma and cook it with 11 herbs and veggies like Indian gooseberry, lemon grass, goat pepper, guinea pepper, garlic, and Indian onion- all of which contain antioxidants with anti-inflammatory properties. Plus, these herbs strengthen your immunity and digestive system, and control blood pressure. An Indian gooseberry, a main ingredient, has a fresh sour taste which provides an amount of vitamin C which is equal to that from 4 limes.



Tofu Steak with Organic Red Rice Noodles 189.-

Fat 53 g
Fiber 8 g
Sodium 732 mg

Energy 725 kcal
Carbohydrate 41 g
Protein 21 g

Many of you may indulge yourself with a steak for many times. Now, it's time to open your mind and try a clean, low-fat, no-cholesterol steak containing vitamins, mineral, and fibers. The tofu that we cook as steak will be grilled on a stove. No need to worry about oil and excessive fat. This clean, chemical-free tofu is served with white-and-red noodle for those who are allergic to gluten. The calorie from this dish is in the average level. The special sauce we use will add more flavor, probiotics, and good microorganisms, not sodium, to your dish.

Spaghetti



The Skinny Spaghetti

is made from 100% durum wheat flour

(not recommended for those who are allergic to flour).

This skinny spaghetti gives you soft texture to accentuate the flavor of the dish. We use natural ingredients like 100% non-GMO durum wheat flour which is high in fibers and protein. It also offers vitamins and minerals including vitamin B1, phosphorous, and iron that help enhance the function of the body.



Buckwheat Spaghetti

Add 20 THB.

This brown spaghetti is made from superfood like buckwheat, the plant rich in protein and amino acids. Buckwheat is also a source of the antioxidants such as flavonoids that reduce the risk of heart disease and rutin which helps promote the function of vitamin C that enhances the immune system. Vitamin B 1 and B 2 here help fight off fatigue and aid relaxation. It is not surprising that this spaghetti looks delicious on the outside and is nutritious on the inside. It is the perfect choice both for kids and adults.



Spinach Spaghetti

Add 20 THB.

This bright green spaghetti is made from spinach, a good source of vitamin A, B, and C that can slow down the cell ageing. It is also packed with crucial minerals such as calcium, iron, magnesium, and potassium. Spinach offers high carotenoid which, when entering the body, will be converted to vitamin A that slow down visual impairment and prevent Alzheimer's disease as well.

Spaghetti Bolognese

175.-

High
Fiber

Low
Sugar

Energy	415 kcal
Carbohydrate	43 g
Protein	15 g
Fat	20 g
Fiber	10 g
Sodium	882 mg

This menu uses good quality protein from plants that contain beta glucan to help enhance immunity and have low fat, no cholesterol, and high in fibers.

Plus, we use Indian borage as a main ingredient for spaghetti sauce, giving tempting scent like that of oregano. It has the therapeutic agent to relieve inflammation heal body from external pollution, and has antioxidants.

More Meat is a protein alternative to meat made from herbs such as splitgrill mushrooms, soybeans, wheat, and beetroots. It provides protein in the equivalent amount to that found in meat. Beta glucan in splitgrill mushrooms helps improve immune system, promote the function of white blood cell. It is also full of calcium, iron, and phosphorus-the important minerals that promote digestion.

MORZ
MEAT

Indian borage

This is Thai-styled oregano. It contains charvacrol which has anti-inflammatory and antioxidants effects. Apart from its scent, it offers you spicy flavor to arouse your appetite and relieve flatulence. It also heals urinary tract infection, chronic cough, and detoxify your lungs.



Spaghetti



Spaghetti with Southern Thai Spicy Turmeric Sauce

119.-

Energy	388 kcal
Carbohydrate	12 g
Protein	15 g
Fat	11 g
Fiber	4 g
Sodium	621 mg

This is another dish that will boost up your immune system since we use turmeric powder which contains curcumin concentration to help alleviate inflammation. Also, pepper here has piperine content which helps efficiently increase anti-inflammatory effect in turmeric powder. This dish also contains low fat and good for your heart. Protein and good fibers are supplied by mushroom's .



Spaghetti with Northern Thai Spicy Tomato Sauce

119.-

Energy	556 kcal
Carbohydrate	78 g
Protein	22 g
Fat	17 g
Fiber	5 g
Sodium	893 mg

This à la carte is friendly to your gut and helps boost up your immune system. It is a menu that will act as a shield to protect your body as it contains tomatoes which, when cooked, is higher in lycopene and effectively enhance antioxidants. Protein and fibers are supplied with soft tofu which contains no calorie.



Spaghetti with Thai Green Curry with Grilled Aubergine

129.-

Energy	557 kcal
Carbohydrate	87 g
Protein	19 g
Fat	15 g
Fiber	8 g
Sodium	431 mg

Spaghetti in green curry paste offers you Thai authentic experience. Mushroom's stripes full of protein are added to give a unique texture. Edamame will supply more protein and calcium for this dish and eggplants diffuse aroma and offers anthocyanins containing antioxidants to help slow down cell damage.



Spaghetti with Tempeh Garlic and Dry Chilli

129.-

Energy	399 kcal
Carbohydrate	59 g
Protein	17 g
Fat	11 g
Fiber	8 g
Sodium	1825 mg

This à la carte can easily win the heart of those who do not eat a plant-based diet. The soft spaghetti noodles are served with tempeh and fried with garlic, which has the potential to balance blood pressure and cholesterol levels, pepper and dried chili pepper, which contain capsaicin to help fight inflammation, reduce appetite, and boost up metabolism. We use oil with low-saturated fats in adequate quantity to stir fry all ingredients. This menu is less sweet and spicy-thereby good for your heart.



Beverage



BOBA Soy Latte
SWEET POTATO

スイ
トポ
テト

125.-

**Super
antioxidants drink**

65.-



**Bael and
Sappanwood Juice**



**Butterfly Pea
Lemonade**

GUT-FRIENDLY DRINK



RED APPLE

ACTIVE INGREDIENTS
■ DIETARY FIBER ■

Help with digestive system



GINGER

ACTIVE INGREDIENTS
■ 6-GINGEROL ■

Reduce gas and relieve nausea



GUAVA

ACTIVE INGREDIENTS
■ DIETARY FIBRE ■

Help with digestive system



PINEAPPLE

ACTIVE INGREDIENTS
■ BROMELAIN ■

Help for better protein digestion and absorption

109 .-

COLD PRESSED JUICE



SKIN-FRIENDLY DRINK



WATERMELON

ACTIVE INGREDIENTS
■ LYCOPENE ■

Slow down aging process



POMEGRANATE

ACTIVE INGREDIENTS
■ ELLAGIC ACID ■

High in antioxidants



BUTTERFLY PEA FLOWER

ACTIVE INGREDIENTS
■ ANTHOCYANINS ■

Nourish the skin



GAC

ACTIVE INGREDIENTS
■ LYCOPENE ■

Slow down aging process

109 .-

EYE-FRIENDLY DRINK



CARROT

ACTIVE INGREDIENTS
■ BETA-CAROTENE ■

Support eyes health



PASSION FRUIT

ACTIVE INGREDIENTS
■ FLAVONOIDS ■

High in antioxidants



CANTALOUPE

ACTIVE INGREDIENTS
■ BETA-CAROTENE ■

Support eyes health



GOJI BERRY

ACTIVE INGREDIENTS
■ ZEAXANTHIN ■

Strengthen the health of retina

149 .-

BRAIN-FRIENDLY DRINK



GOTU KOLA LEAF

ACTIVE INGREDIENTS
■ ASIATICOSIDES ■

Repair damaged nerves



TURMERIC

ACTIVE INGREDIENTS
■ CURCUMIN ■

Nourish the brain cells



GUAVA

ACTIVE INGREDIENTS
■ ASCORBIC ACID ■

Defence against the changes of an ageing brain.



PINEAPPLE

ACTIVE INGREDIENTS
■ ASCORBIC ACID ■

Improve neurotransmitter function

109 .-

HEART-FRIENDLY DRINK



CHERRY TOMATO

ACTIVE INGREDIENTS
■ LYCOPENE ■

Reduce the risk of Dyslipidemia



CELETY

ACTIVE INGREDIENTS
■ PHTHALIDES ■

Reduce blood pressure levels



BEETROOT

ACTIVE INGREDIENTS
■ NITRATES ■

Relieve tightness in the chest



PINEAPPLE

ACTIVE INGREDIENTS
■ ASCORBIC ACID ■

Reduce cholesterol level in blood

129 .-

We use 4 kinds of nutritious fruits and vegetables

This drink is not recommended for those who have high blood sugar level and those who are having cancer treatment.

"Cold-pressed juice is juice that uses hydraulic press to extract juice from fruits and vegetables. This process can help you get the most liquid and nutrients out of the produce as possible. It can maintain enzymes and vitamins. The nutrients will not get lost during the process and, thus, you can get the amount of nutrients equivalent to when you consume fresh fruits and vegetables. It just makes thing easier and, of course, tastier.



Dessert

Whole Grains

Rice Ball
in Coconut Milk 55.-



Fruity Soygurt
Parfait 159.-



Crunchy Gems
in Coconut Milk 75.-



Banana & Grains
with Sticky Rice 65.-



Supreme Steamed
Pumpkin & Carrot
Thai Style Cake

85.-



Steamed Sweet Potato
Thai Style Cake

45.-



Steamed Pumpkin
& Carrot
Thai Style Cake

45.-



Steamed Banana
& Beetroot
Thai Style Cake

45.-





How to eat


if I have high lipid levels? —

Types of food

- Cut back on food with high **saturated fat** such as lard, pork belly, butter, cream, coconut oil or food made from coconut milk.
- Focus more on food that contain **unsaturated fat** such as olive oil, sesame oil, avocado, and cashew nut and eat an appropriate amount of such foods which contain good fats to help reduce cholesterol in blood.
- Eat **high-fiber food** such as vegetables, fruits, coarse rice, and dried nuts.

Seasoning and cooking

- Use the right kind of oil **suitable for a cooking method**. For example, soybean oil and rice bran oil are suitable for frying and palm oil is suitable for deep frying since it is heat-resistant and has a high smoke point. However, it should be used for only one time.
- Adjust the **cooking** method you use to the ones that require less oil such as boil, stew, steam, roast, or salad to reduce the amount of fat from entering your body and reduce the accumulated fat in your blood vessels.



Did you know?

Brown rice, whole-wheat flour, vegetables, and fruits are high in fiber and help reduce lipid absorption.



Recommended menus for people who want to control lipid levels

Meals with fat levels no more than 35% of daily intake* (no more than 25 grams/meal) and no cholesterol.

Focus more on foods that contain good fats (avocado/cashews)

less saturated fat, and more fibers such as vegetables and grains.



145.-

Steamed Tofu with Mixed Herb and Soya Sauce

Energy	186 kcal
Fat	7 g
Saturated fat	2 g
Fiber	4 g



110.-

Stir-Fried Tofu Skin and Eryngii with Fingerroot

Energy	195 kcal
Fat	8 g
Saturated fat	1 g
Fiber	4 g



110.-

Stir-Fried Tofu with Sweet Pepper and Pineapple

Energy	290 kcal
Fat	8 g
Saturated fat	0 g
Fiber	7 g



119.-

Baked Rice Berry with Quinoa and Chestnuts

Energy	347 kcal
Fat	3 g
Saturated fat	3 g
Fiber	6 g



145.-

Five-Spice Vegan Soup

Energy	232 kcal
Fat	6 g
Saturated fat	1 g
Fiber	4 g



Tonklar Herbal Summer Rolls

Energy	300 kcal
Fat	7 g
Saturated fat	3 g
Fiber	3 g

109.-



136.-

Tonklar Facai Thai Rice and Herb Salad

Energy	428 kcal
Fat	14 g
Saturated fat	2 g
Fiber	11 g



240.-

Isan-inspired Spicy Avocado Salad

Energy	365 kcal
Fat	16 g
Saturated fat	3 g
Fiber	3 g

Tomato and Tofarella Salad

Energy	234 kcal
Fat	14 g
Saturated fat	2 g
Fiber	4 g



160.-

*Based on total calorie intake of 2000 kcal per day.

How to eat

if I have chronic kidney disease?

- **Limit the protein** intake during the period of disease to prevent the pressure on your kidney. Having a high protein intake may lead to high amount of urea in body.
- **Cut back on food with high saturated fat** such as fried food, palm oil, and coconut milk.
- **Avoid processed or pickled food** and cut back on over-salted food such as an instant noodle, sauces, and salt.

Patients with stage 3-5 kidney disease
who need to control the amounts of potassium and phosphorus in the body.

The amounts of potassium/ phosphorus	Vegetables	fruits
Vegetables-fruits with low-average amount of potassium that are allowed .	cucumbers, wax gourds, luffas, bitter melons, eggplants, raw papaya, onion, bell peppers	rose apples, watermelons, oranges, apples, pineapples, green grapes
Vegetables-fruits with high amount of potassium that should be avoided .	Mushrooms, broccolis, carrots, tomatoes, cauliflowers, potatoes, sweet potatoes, dark green vegetables	Bananas, guavas, jackfruits, durians, custard apples, coconut juice, cantaloupes, raisins, mangoes
Foods containing high amount of phosphate that should be avoided .	Nuts, tofu, black colored drinks like coffee, tea, and coco	

Did you know?

Protein-free flour is the flour product that supplies energy but rarely contains protein such as **vermicelli, sago, Shanghai noodle**.

These are suitable for patients with kidney disease who need to control the amount of protein intake.

Menus that limit the amounts of protein, potassium, and phosphorus.

These are the menus that limit the amounts of protein, potassium, and phosphorus.

They are cooked with the ingredients low in potassium and phosphorus suitable for the patients with chronic kidney disease who need to control the amounts of protein, potassium, and phosphorus in blood to slow down the functional deterioration of the kidney.

145.-



Unavailable

Green Apple Spicy Salad

Energy	84 kcal
Protein	1 g
Fat	0 g
Sodium	133 mg
Phosphorus	30 mg
Potassium	111 mg

125.-



Bitter Melon Spicy Salad

Energy	205 kcal
Protein	9 g
Fat	9 g
Sodium	142 mg
Phosphorus	77 mg
Potassium	193 mg

125.-



Unavailable

Eggplant Minced Salad

Energy	113 kcal
Protein	3 g
Fat	1 g
Sodium	152 mg
Phosphorus	80 mg
Potassium	344 mg

135.-



Thai Spicy Mixed Vegetable Soup with Banana Blossom

Energy	101 kcal
Protein	9 g
Fat	3 g
Sodium	314 mg
Phosphorus	130 mg
Potassium	425 mg

Recommendations for patients with kidney disease

Protein: 0.6-0.8 g./kg. /day (for patients in stage 3-5 who have not undergone renal replacement therapy).

Potassium: no more than 2400 mg./ day (approximately 800 mg./meal)

Sodium: no more than 800-1000 mg./ day (approximately 250-300 mg./meal)

Phosphorous: no more than 800-1000 mg./day (approximately 250-300 mg./meal)

(Based on the recommendations for patients with chronic kidney disease who have not undergone renal replacement therapy 2015)

How to eat

if I have high blood sugar levels?

Carbohydrate

- Choose complex carbohydrate and starch such as brown rice, coarse rice, and whole wheat bread.
- Avoid over-sweet food and sweet drinks. Recommended daily intake of sugar should not exceed 3 teaspoons.
- Consume a variety of fruits and focus on green vegetables and low sugar fruits. The consumption of fruits per day should not exceed two serves.

Protein

- Cut back on high fat meat and processed meat such as Chinese sausage, sausage, pork belly, and bacon.
- Choose low fat, cholesterol-free protein such as tofu and tempeh.

Fat

- Cut back on fat obtained from animal meats (pork/chicken), palm oil, and coconut oil to reduce accumulated fat in body.
- Choose healthy fats such as an avocado or cashew nut.

What does
one serving
of fruit look like?



1 medium size guava.
1 tangerine
1 piece of banana
10 bites of papaya/watermelon
***1 piece contains 60 kcal.**

**Did you
know?**

Brown rice, whole-wheat flour, vegetables, and fruits will help slow down sugar absorption into blood.



The recommended menus for people who needs to control blood sugar levels.

Meals with low sugar levels (no more than 1-2 teaspoons) and high fibers.

This will help slow down sugar absorption into blood and, in turn, slow down the increase of sugar levels in blood.



135.-

Ivy Gourd Leaf and Watercress Soup with Bouncing Tofu

Energy	247 kcal
Carbohydrate	24 g
Sugar	3 g
Fat	9 g
Fiber	5 g



120.-

Stir-Fried Bitter Melon and Pumpkin

Energy	268 kcal
Carbohydrate	29 g
Sugar	7 g
Fat	11 g
Fiber	6 g



160.-

Northeastern Thai Spicy Mixed Mushroom Salad

Energy	190 kcal
Carbohydrate	38 g
Sugar	11 g
Fat	1 g
Fiber	9 g



149.-

Stir-Fried Tempeh with Cashew Nuts

Energy	438 kcal
Carbohydrate	30 g
Sugar	3 g
Fat	14 g
Fiber	7 g



119.-

Baked Riceberry with Quinoa and Chestnuts

Energy	347 kcal
Carbohydrate	72 g
Sugar	3 g
Fat	3 g
Fiber	6 g



160.-

Thai Sour Mixed Vegetable and Gac Juice Soup

Energy	234 kcal
Carbohydrate	42 g
Sugar	11 g
Fat	1 g
Fiber	8 g

136.-

Tonklar Facai Thai Rice and Herb Salad

Energy	428 kcal
Carbohydrate	67 g
Sugar	4 g
Fat	14 g
Fiber	11 g



Stir-Fried Mixed Thai Vegetables

Energy	95 kcal
Carbohydrate	10 g
Sugar	1 g
Fat	4 g
Fiber	4 g



129.-

Tempeh Salad with Yogurt-Passion Fruit Dressing

Energy	239 kcal
Carbohydrate	26 g
Sugar	6 g
Fat	7 g
Fiber	12 g

Quinoa and Avocado Salad with Spicy Pesto Vinaigrette

Energy	398 kcal
Carbohydrate	38 g
Sugar	7 g
Fat	24 g
Fiber	9 g



285.-

165.-

How to eat

if I have high blood pressure?

Choose and reduce

- **Choose** low fat, cholesterol-free protein such as tofu and tempeh.
- **Increase** vegetable-fruit intake and focus on grains.
- **Avoid** food that contain high saturated fat eg. lard, pork belly, butter, cream, coconut oil, or coconut milk
- **Reduce** the amount of salty and processed foods such as an instant noodle, a canned food, a dessert containing baking powder because these foods have excessive amount of sodium.

The amount of sodium in seasonings.

The daily intake of sodium should not exceed 2000 milligrams.

1 teaspoon of table salt: 2,000 mg	1 teaspoon of flower of salt: 1,800 mg
1 tablespoon of soy sauce: 1,187 mg	1 tablespoon of light soy sauce: 1,190 mg
1 tablespoon of miso: 633 mg	1 tablespoon of tomato sauce: 256 mg
1 tablespoon of chili sauce: 231 mg	

**1 tablespoon = 3 teaspoons

The examples of sodium found in various types of seasoning sauces

Sneaky sources of sodium

Basically, sodium can be found in natural ingredients, but the processed foods can significantly increase the amount of sodium to prolong their shelf lives. These sneaky sources can be seasoning powder, baking powder in bread or steamed bun, pickled foods, such as pickled cabbage, mangoes, and fermented pork sausage.

Did you know?



The recommended menus for people who needs to control blood sugar levels.

Meals with controlled amount of sodium (no more than 2000 mg./day or 600-700 mg./meal).

Focus more on foods with low saturated fat and high fibers from vegetables.



119.-

Soft-Boiled Riceberry with Shiitake

Energy	355 kcal
Sodium	349 mg
Fiber	5 g
Saturated fat	1 g



165.-

Seared Mixed Mushroom with Northeastern Thai Spicy Passion Fruit Dip

Energy	178 kcal
Sodium	330 mg
Fiber	5 g
Saturated fat	0 g



145.-

Five-Spice Vegan Soup

Energy	232 kcal
Sodium	576 mg
Fiber	4 g
Saturated fat	1 g



145.-

Steamed Tofu with Mixed Herb and Soya Sauce

Energy	186 kcal
Sodium	517 mg
Fiber	4 g
Saturated fat	2 g



119.-

Baked Riceberry with Quinoa and Chestnuts

Energy	347 kcal
Sodium	252 mg
Fiber	6 g
Saturated fat	3 g



120.-

Stir-Fried Bitter Melon and Pumpkin

Energy	268 kcal
Sodium	535 mg
Fiber	6 g
Saturated fat	1 g



195.-

Superfood Salad with Hummus Dressing

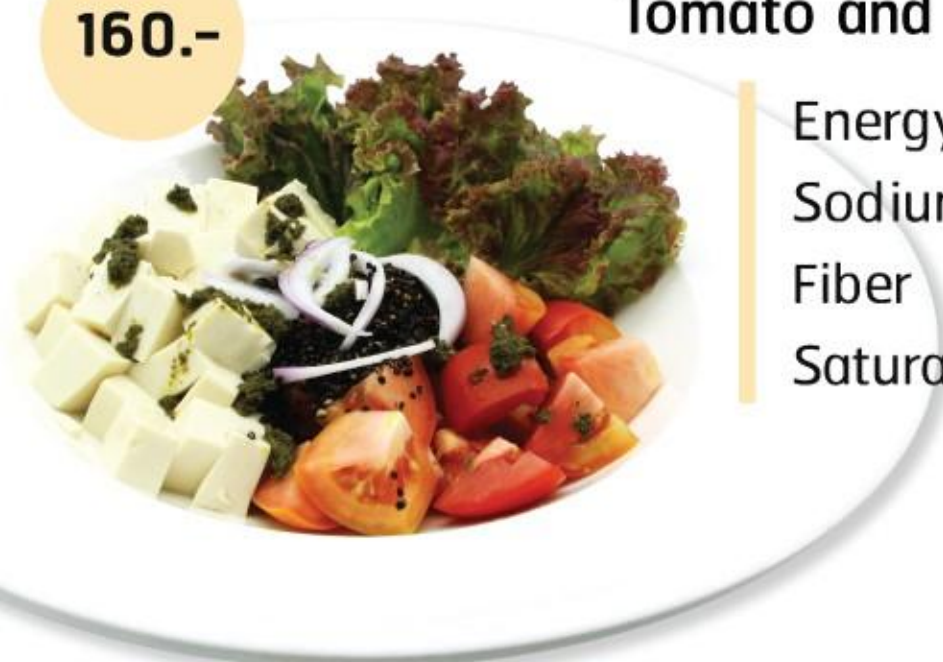
Energy	346 kcal
Sodium	422 mg
Fiber	7 g
Saturated fat	3 g



136.-

Tonklar Facai Thai Rice and Herb Salad

Energy	428 kcal
Sodium	488 mg
Fiber	11 g
Saturated fat	2 g



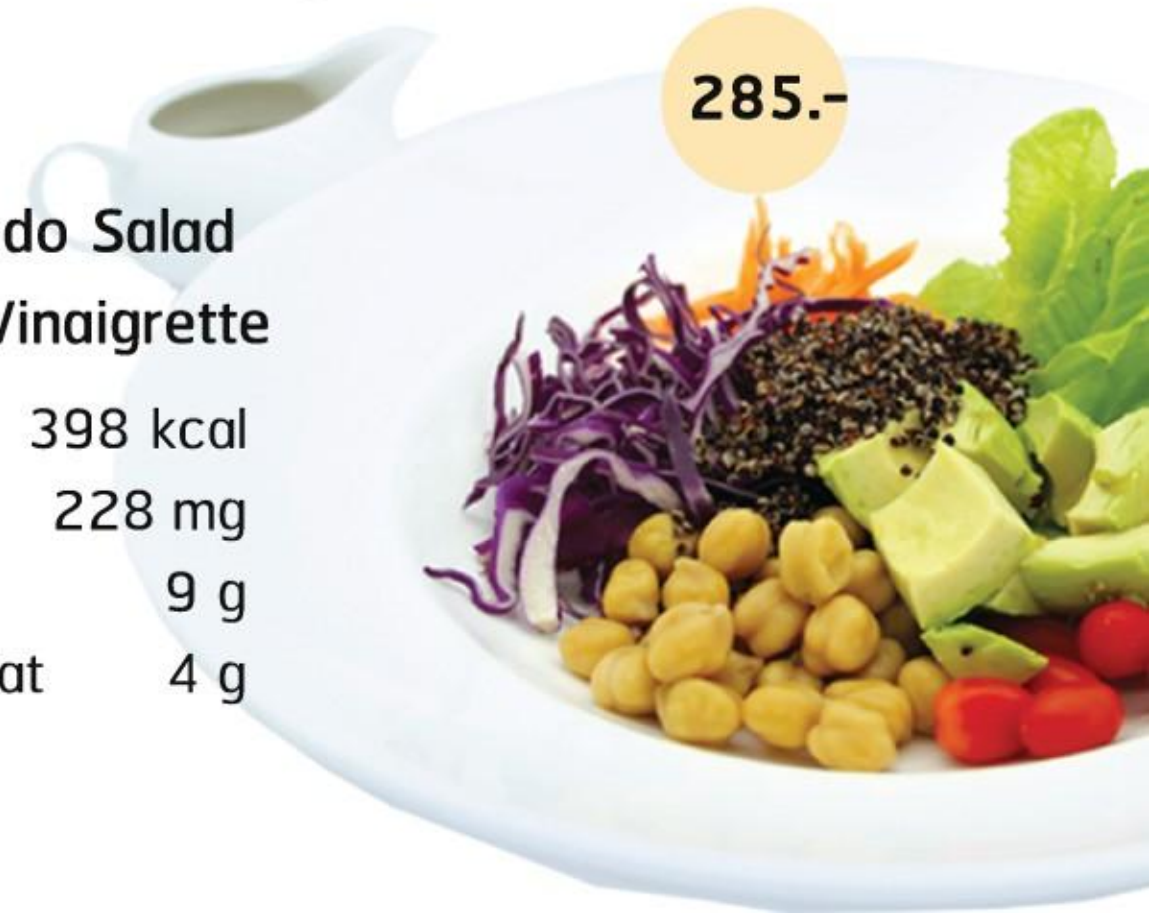
160.-

Tomato and Tofarella Salad

Energy	234 kcal
Sodium	190 mg
Fiber	4 g
Saturated fat	2 g

Quinoa and Avocado Salad with Spicy Pesto Vinaigrette

Energy	398 kcal
Sodium	228 mg
Fiber	9 g
Saturated fat	4 g



285.-

Dishes that can be adjusted to Jay



- Tonklar Herbal Summer Rolls
- Five-Spice Vegan Soup
- Homnil Rice Noodles with Mushroom Curry Sauce
- Stir-Fried Tempeh with Cashew Nuts
- Spicy Amla Chilli Paste
- Spicy Winged Bean Salad
- Northeastern Thai Spicy Mixed Mushroom Salad
- Spicy Aubergine Salad
- Tomato and Tofarella Salad
- Spicy Fruit Salad
- Spicy Green Papaya Salad with Fermented Tempeh Sauce
- Superfood Salad with Hummus Dressing
- Spicy Banana Blossom Salad
- Facai Spicy Pomelo Salad
- Northern Thai Tomato and Chilli Paste
- Passion Avocado Tortilla
- Isan-inspired Spicy Avocado Salad
- Grilled Tempeh Steak with Mixed Herbs
- Lotus leaf Wrapped
- Tonklar Herbal Summer Rolls
- Pesto Spaghetti with Perilla Seed
- Seared Mixed Mushroom with Northeastern Thai Spicy Passion Fruit Dip
- Fried Tempeh with Avocado Thai Green Curry Dip
- Chef's Favourite Salad
- Quinoa and Avocado Salad with Spicy Pesto Vinaigrette
- Fried Tofu Steak with Tamarind Sauce
- Steamed Tofu with Mixed Herb and Soya Sauce
- Stir-Fried mixed Thai vegetable
- Bitter melon spicy salad
- Stir-Fried Tofu with Sweet Pepper and Pineapple
- Stir-Fried Tempeh with Garlic and Pepper
- Southern Thai Spicy Stir Fry Tempeh
- Southern thai spicy stir-fried with powerplant
- Stir-fried basil with powerplants
- Stir-Fried Tofu Skin and Eryngii with Fingerroot
- Thai Jungle Curry with Tempeh
- Spaghetti with Southern Thai Spicy Turmeric Sauce
- Spaghetti with Northern Thai Spicy Tomato Sauce
- Spaghetti with Thai Green Curry with Grilled Aubergine
- Spaghetti Bolognese
- Thai spicy mixed vegetable soup with banana blossom
- Green apple spicy salad
- Riceberry congee with mushroom
- Power plants burger



Plant-based

Healthy Meal Plan

WITH TONKLAR FACAI

7-DAY HEALTHY MEAL PLAN



Tonklar Facai has arranged the delicious sets of healthy menus here for you. No matter you are on a diet, want to stay in shape, love working out, want to have healthy skin, suffer insomnia, have bad digestion, want to control your sugar or sodium levels– you name it, we have every meal plan designed by our expert dietitian to satisfy all your needs.

If you are not sure which plan suits you the most or if you have any specific requirements, please feel free to contact us via Line @Tonklarfacai to talk with our dietitian to ask for some suggestions or request for your personalized meal plan.



1. CHOOSE
MEAL PLAN

5
day

7
day



2. CHOOSE
MEALS A DAY

2
meals

3
meals



3. ASK OUR DIETITIAN
TO FIND OUT THE PLAN
FOR YOUR SPECIFIC NEEDS.



4. CHOOSE THE DATE
TO START
YOUR MEAL PLAN.

DELIVER VIA

LINE MAN

THE DELIVERY FEE VARIES
ACCORDING TO THE DISTANCE.



DELIVER
EVERY 2-3 DAYS

HOW TO KEEP OUR MEALS FRESH.

Store in the fridge. You are suggested to eat the meals within 2-3 days for the best taste and nutrition.

You should refer to our meal plan to eat your meals in a particular order or you can eat the menus that contain fresh vegetables first. It would be ideal if you have the spicy or minced salad within the first day of its arrival.



REMARKS

Since our restaurant serves plant-based meals which are high in fibers and probiotics containing good microorganisms that help with digestion, you may face with diarrhea. (Do not be worried if you have irritable bowel.)

YOU CAN ALSO ORDER OUR À LA CARTE MENU.

FAQ

Q) How is plant-based diet good for your health?

A) Your body will obtain complete nutrients including vitamins, minerals, and antioxidants. Plant-based diet also helps improve your digestion since your gut receives a lot of essential fibers and probiotics, especially good microorganisms that directly affect the digestive and excretory system. When you have an effective digestion, your overall health becomes better. Moreover, having foods that contain probiotics can help increase the functional effectiveness of the immune system. Having a plant-based diet at least 3 days per week can help reduce the risk of non-chronic diseases, such as diabetes or hypertensive heart disease, in the long run.

****Those who have irritable bowel may face with diarrhea at the beginning. No need to be worried.**

Let your body adapt and you will become healthier.

Q) How to get enough protein on a plant-based diet?

A) One of the things that worry many people who decide to go for a plant-based diet is that they may not get enough protein. In fact, eating vegetables and grains can supply you with sufficient amount of protein and essential amino acids too. This concern may come from the belief that some kinds of vegetables lack or have few amino acids like lysine, methionine, and leucine. But you should not be worried since we can obtain proteins from various vegan sources that will supply you enough proteins without eating meat. However, you need some more tricks here: you should eat rice, beans, and sesame altogether. This is because in rice, beans, and sesame there are some types of amino acids that the others lack. To put it simply, with these three combined, you can compensate what the other ones lack.

Q) What is tempeh?

A) Tempeh is a traditional Indonesian soy product. Tempeh is made with the whole soybeans which are softened by soaking so that it is easy for the dehulling of the soybeans. Soaking the beans overnight will help reduce “antinutrients” found in beans including phytate and lectins. Then, cooking is another process that helps lower antinutrients and protease inhibitors. Next is the fermentation process. The fermentation starter is the spore of fungus *Rhizopus oligosporus* or *R. oryze*. Apart from reducing antinutrients, the fermentation helps decrease a class of carbohydrate called oligosaccharides found in soybeans which cause intestinal gas.

In conclusion

1. You can obtain nutrients such as proteins, fibers, and other vitamins from the whole soybeans.
2. The drawbacks of eating beans are removed during the production process.
3. It has texture and nutty flavor.



Q) What are nutritional values of Tempeh?

A) Our homemade tempeh is made from non-GMO beans. It weighs 200 grams per piece and has 350 kcal : 21 grams of carbohydrate, 42 grams of protein, 12 grams of fat, 9 grams of fiber, and 10 milligrams of sodium. It also offers minerals and vitamins such as B1, B2, calcium, and iron. You can get complete nutrients within one piece.



Q) What are the seasonings we use?

A) Coconut flower sugar

We use 100% natural coconut flower sugar which has low glycemic index. It will be slowly absorbed to the body which, in turn, helps slow down the increase of blood sugar. Moreover, the coconut flower sugar contains high potassium that helps balance between the acid and base and water and electrolyte in your body. It also enhances the function of nervous system and muscles, controls blood pressure, and reduces the risk of heart disease. Apart from its nutritional values, coconut flower sugar is greater in taste and scent than other types of sugar. The recipe we use is preservatives, whitener, and chemical free.



Low sodium soy sauce

This special recipe of low sodium soy sauce is created and made by our expert dietitian. This recipe reduces 70% of sodium and use non-GMO soybeans. Most importantly, we do not add potassium into our soy sauce to maintain its original taste. It is also no sugar, flavor enhancer, and preservatives added. This special recipe of soy sauce will be safe for people who needs to control the amounts of sodium and potassium intake.

Flower of salt

Flower of salt gives the salty and slightly sweet taste. It is naturally pure. It is not whitened and less contaminants are found compared to the other types of salt. Its harvesting process requires perseverance. We need to wait for the right weather condition. This is the reason why flower of salt is more expensive. Its unique characteristic is that, when compared to common salt, it contains less sodium.

1 teaspoon of flower of salt contains 1,8000 mg of sodium (while other types of salt have around 2,000 mg). We should receive no more than 2,300 mg per day. This is why it is suitable for people who need to be careful of salt in foods.



Thai pickled fish for vegetarians

Thai pickled fish for vegetarians is made from tempeh fermented with flower of salt and Himalayan salt which contain less sodium, toasted rice powder, and other herbs with no food additives added for 12 months. Here comes the pickled fish sauce (or fermented tempeh sauce to be exact). This gives the-hot-and-spicy sensation similar to that of real pickled fish sauce, but with more nutritional values. As the fermentation process creates good microorganisms, this sauce helps strengthen the immune system for your gut.

Our Services



Delivery Service

A healthy delicious dish is delivered at your door.



Special set menus

A weekly set menu provides you various choices of healthy food delivered at your door.



Cooking class

We provide a variety of workshops to let you have fun choosing ingredients and creating your own healthy recipe.



Tiffin Carrier for Monks

We provide a service to prepare you a healthy food to offer for a monk.



Catering Service

We provide a catering service for healthy menus.



Snack Box

We provide a snack box for an event seminar.

Contact us



line @tonklarfacai

New! Menu



Promotion



ซุ๊ปผักทอง

PUMPKIN SOUP

109.-

ซุ๊ปบร็อกโคลี่และผักโขม

BROCCOLI AND SPINACH SOUP

109.-



MENU GLUTEN FREE

ซุ๊ปบีทรูท

BEETROOT SOUP

109.-

ซุ๊ปเห็ด

MUSHROOM SOUP

109.-

ซุ๊ปแครอทขิง

CARROT AND GINGER SOUP

109.-



MENU GLUTEN FREE



สลัดเทมเป้ราด
โยเกิร์ตเสาวรสเดรสซิ่ง
TEMPEH SALAD WITH
YOGURT-PASSION FRUIT DRESSING
165.-



ซีซาร์สลัดกับเทมเป้กรอบ
CAESAR SALAD WITH
CRISPY TEMPEH
185.-



RAINBOW BOWL
185.-



สลัดควินัวและอะโวคาโด กับน้ำสลัดสไปซี่เพสโต
QUINOA AND AVOCADO SALAD WITH
SPICY PESTO VINAIGRETTE
285.-



สลัดมะเขือเทศกับโทฟาเรลล่า
TOMATO AND TOFARELLA SALAD
160.-



เชฟสลัด
CHEF'S FAVOURITE SALAD
260.-

MENU GLUTEN FREE

ยำเทมเป้สด
FRESH TEMPEH
SPICY SALAD

165.-



เห็ดย่างกับจิ้มแจ่วเสาวรส
SEARED MIXED MUSHROOM WITH
NORTHEASTERN THAI SPICY
PASSION FRUIT DIP

165.-



ไข่คนฟัาไซ
TOFU SCRAMBLE

150.-



ลาบอะโวคาโด
ISAN-INSPIRED SPICY AVOCADO SALAD

240.-



ลาบสารพัดเห็ด
NORTHEASTERN THAI SPICY
MIXED MUSHROOM SALAD

160.-



ส้มตำห้วปลีและเทมเป้ย่างสมุนไพร
SOM TAM AND GRILLED
HERBAL TEMPEH

159.-



แกงเผ็ดเห็ดย่าง

THAI RED CURRY WITH MIXED FRUIT
AND SEARED MIXED MUSHROOM

135.-



แกงคั่วถั่วลูกไก่กับใบชะคราม

THAI CURRY WITH CHICKPEA
AND SEABLITE

115.-



MENU
GLUTEN
FREE



เส้นหมี่น้ำยาบู
เห็ดยามาบูชิตาเกะ

YAMABUSHITAKE SOUTH CURRY
WITH BROWN RICE VERMICELLI

285.-



สแต็กเต้าหู้กับเส้นข้าวแดง
TOFU STEAK WITH
ORGANIC RED RICE NOODLES

189.-



ขนมจีนข้าวหอมนิลน้ำยาเห็ด
HOMNIL RICE NOODLES WITH
MUSHROOM CURRY SAUCE

169.-



เต้าหู้ทอดราดซอสพะแนง
TOFU STEAK WITH PANAENG CURRY SAUCE

175.-



MENU
GLUTEN
FREE

ปอเปี๊ยะสมุนไพรต้นกล้า
TONKLAR HERBAL SUMMER ROLLS

109.-





MENU GLUTEN FREE

ยำขนุนแซ่บ
JACKFRUITS
THAI SPICY SALAD
240.-



ต้มข่าเหมเป้กับเห็ดยามาบูชิตาเกะ
THAI COCONUT SOUP WITH TEMPEH AND
YAMABUSHITAKE MUSHROOM
160.-



น้ำพริกมะขามป้อม
SPICY AMLA CHILLI PASTE
145.-