

# Nutri Score

Nutri score or the traffic light color-coded letter scale. Consumers can see at a glance how balanced or unbalanced a food product

which is backed by the letters A-E. A is dark green to represent the best nutritional quality and should have everyday, while E is red to show it's the lowest and should not have.

NUTRI - SCORE



NUTRI - SCORE



NUTRI - SCORE



## How to calculate Nutri Score

Calculate from the nutrients to limit and those elements to favour = -15 to 4  
"For less score is better nutritional quality."

Nutrients to limit  
**calories, sugars,  
saturated fat and salt**

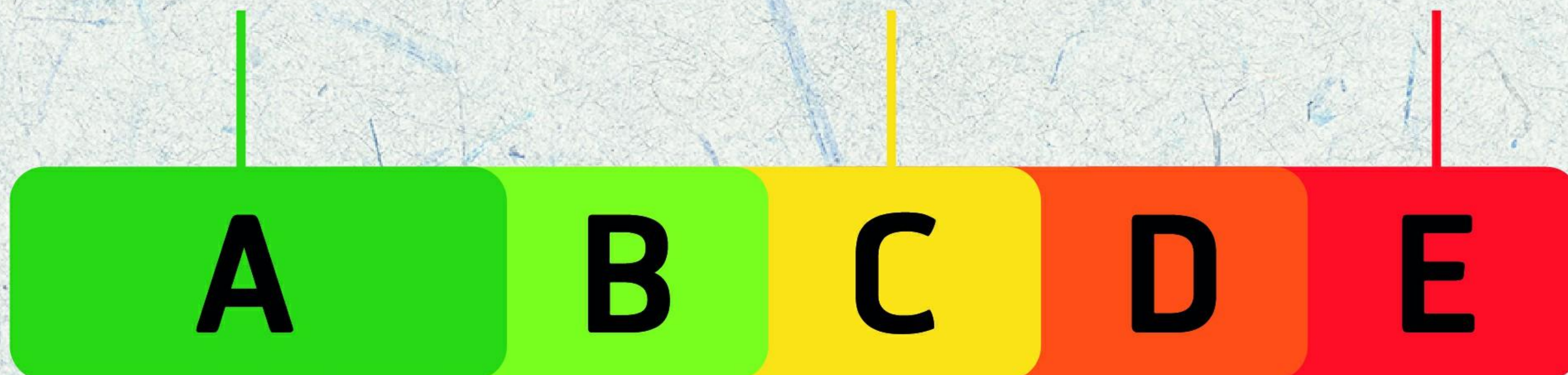
Elements to favour  
**vegetables, fruits, grains,  
fiber and proteins**

## Nutri Score Criterias

-15 to -1 Dark Green

3 to 10 Yellow

19 to 40 red



0 to 2 Light Green

11 to 18 Orange



# Plant-based Larb with Fried Mushroom

235.-

Those who love spicy dishes must try this yummy flavorsome Isan menu. The larb itself is made of More Meat product, together with oyster mushrooms dipped in thin flour and fried in rice bran oil. The larb sauce, adding delight and deliciousness to the dish, is the great original recipe of Tonklar Facai.



LOW  
SUGAR

HIGH  
PROTEIN

## NUTRI - SCORE



Salad + Dressing		Salad		Dressing	
ENERGY	719 kcal	ENERGY	633 kcal	ENERGY	86 kcal
CARBOHYDRATE	53 g	CARBOHYDRATE	40 g	CARBOHYDRATE	13 g
PROTEIN	33 g	PROTEIN	30 g	PROTEIN	3 g
FAT	42 g	FAT	40 g	FAT	2 g
SATURATED FAT	9 g	SATURATED FAT	9 g	SATURATED FAT	0 g
SODIUM	867 mg	SODIUM	305 mg	SODIUM	562 mg
SUGAR	2 g	SUGAR	0 g	SUGAR	2 g
FIBER	7 g	FIBER	2 g	FIBER	5 g

\*This photograph is intended as promotional material only. \*\*Prices include 7% VAT



# Fried Rice with Pork Avatar and Fresh Chili

175.-

ENERGY	371 kcal
CARBOHYDRATE	57 g
PROTEIN	23 g
FAT	5 g
SATURATED FAT	1 g
SODIUM	1305 mg
SUGAR	1 g
FIBER	10 g

NUTRI - SCORE



This crispy pork fried rice is the simplest menu yet so fulfilling and rich in benefits. The ingredient begins with the “Hang” organic germinated brown rice, which is a source of GABA that helps enhance relaxation and better sleep. The rice is stir-fried with Thai herbs such as onion, kaffir lime leaves and fresh Bird’s Eye chilies, which are good for the digestive tract and help reduce flatulence. Oh, we don't fry our crispy pork. Instead, we use high-quality hot air fryer. The result? Same crispiness with much lower fat.

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# Plant-based Crab Fried Rice

155.-

We use “Hang” organic germinated brown rice, which contains higher vitamin B and GABA than other general brown rice. It helps nourish the brain and enhance relaxation. It also contains 4 times more fiber than the white rice does, helping maintain a full stomach for longer period. The dish is topped with plant-based crab meat to increase protein. This is a menu that has complete nutrients and is easy to enjoy for people of all ages.

LOW  
SATURATED  
FAT

LOW  
SUGAR



ENERGY	432 kcal
CARBOHYDRATE	73 g
PROTEIN	19 g
FAT	8 g
SATURATED FAT	2 g
SODIUM	1067 mg
SUGAR	7 g
FIBER	5 g

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# Plant-based Crab Avocado Salad

235.-

## Salad + Dressing

ENERGY	521 kcal
CARBOHYDRATE	20 g
PROTEIN	13 g
FAT	44 g
SATURATED FAT	6 g
SODIUM	764 mg
SUGAR	2 g
FIBER	3 g

## Salad

ENERGY	216 kcal
CARBOHYDRATE	18 g
PROTEIN	13 g
FAT	11 g
SATURATED FAT	2 g
SODIUM	409 mg
SUGAR	1 g
FIBER	2 g

## Dressing

ENERGY	305 kcal
CARBOHYDRATE	2 g
PROTEIN	0 g
FAT	33 g
SATURATED FAT	4 g
SODIUM	355 mg
SUGAR	1 g
FIBER	1 g

## NUTRI - SCORE



Those who said plant-based food can't be enjoyed must try this menu. We opted for plant-based crab meat which is made entirely from plants and yet maintains a real crab-like texture. The dish is served with mixed vegetable salad with avocado to help increase the good kind of cholesterol. It also contains radish which is a good source of vitamin C, topped with vegan mayonnaise salad dressing. It is guaranteed to be super delightful.

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NUTRI - SCORE



# "Cham Laeng" Crispy Pork Avatar Salad with Creamy Jaew Sauce Salad Dressing

215.-

This salad is high in protein from the Crispy Pork Avatar and also offers dense fiber from colorful vegetables, served with spicy creamy tofu "Jaew" salad dressing. Anyone looking for a high protein menu that is easy to enjoy and full of nutrients, you must not miss this dish.

HIGH PROTEIN

LOW SATURATED FAT

HIGH FIBER

Salad + Dressing		Salad		Dressing	
ENERGY	504 kcal	ENERGY	228 kcal	ENERGY	276 kcal
CARBOHYDRATE	26 g	CARBOHYDRATE	15 g	CARBOHYDRATE	12 g
PROTEIN	26 g	PROTEIN	21 g	PROTEIN	5 g
FAT	32 g	FAT	9 g	FAT	23 g
SATURATED FAT	3 g	SATURATED FAT	0 g	SATURATED FAT	3 g
SODIUM	950 mg	SODIUM	198 mg	SODIUM	752 mg
SUGAR	2 g	SUGAR	1 g	SUGAR	1 g
FIBER	11 g	FIBER	7 g	FIBER	4 g

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LOW SATURATED FAT

LOW SUGAR



# Grilled Bell Pepper and Avocado Salad with Passion Fruit Dressing

## Salad + Dressing

ENERGY	315 kcal
CARBOHYDRATE	20 g
PROTEIN	3 g
FAT	25 g
SATURATED FAT	3 g
SODIUM	703 mg
SUGAR	4 g
FIBER	3 g

## Salad

ENERGY	101 kcal
CARBOHYDRATE	13 g
PROTEIN	2 g
FAT	4 g
SATURATED FAT	1 g
SODIUM	22 mg
SUGAR	4 g
FIBER	3 g

## Dressing

ENERGY	214 kcal
CARBOHYDRATE	7 g
PROTEIN	1 g
FAT	20 g
SATURATED FAT	3 g
SODIUM	681 mg
SUGAR	0 g
FIBER	0 g

225.-

This salad dish combines the best ingredients such as avocado, which is a source of good cholesterol that helps increase good fats in the body and also helps maintain a healthy heart and blood vessels. It is rich in vitamins A and E to nourish the skin. The three-colored roasted bell peppers are a good source of vitamin C and anti-oxidant, helping to strengthen the immune system for the body. The dish is served with sweet and sour passion fruit salad dressing, making it so enjoyable, delicious and refreshing.

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# Quinoa Risotto with Yamabushitake Mushrooms

255.-

ENERGY	493 kcal
CARBOHYDRATE	79 g
PROTEIN	10 g
FAT	14 g
SATURATED FAT	3 g
SODIUM	382 mg
SUGAR	3 g
FIBER	5 g

LOW  
SATURATED  
FAT

LOW  
SODIUM

LOW  
SUGAR

## NUTRI - SCORE



This international dish is so fragrant and smooth in taste with the best quality ingredients. We simmer the risotto rice with special vegetable broth for a mellow sweetness. More protein is added from Yamabushitake, one of the highly nutritious mushrooms. It contributes to the maintenance of nerve cells that are involved in the memory system. In addition, the dish also combines Whole Food Plant Meat of Tonklar Facai, which is made with a variety of beans and mushrooms. Quinoa, one of the Superfoods, is also an ingredient high in protein and fiber. It is another dish that provides complete nutrition and also contains whole essential amino acids.

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# Plant-Based Pumpkin Quinoa Risotto

ENERGY	645 kcal
CARBOHYDRATE	97 g
PROTEIN	22 g
FAT	18 g
SATURATED FAT	4 g
SODIUM	785 mg
SUGAR	5 g
FIBER	7 g

255.-

LOW  
SATURATED  
FAT

HIGH  
PROTEIN

LOW  
SUGAR

NUTRI - SCORE



This is another international menu cooked with risotto rice. Risotto and Quinoa are simmered with vegetable and pumpkin stock, seasoned with black pepper. Protein supplement is increased with plantbased crab meat. This dish alone contains as high as 21 grams of protein. For those who look for a high protein dish to strengthen the muscles and immunity, we highly recommend this menu.

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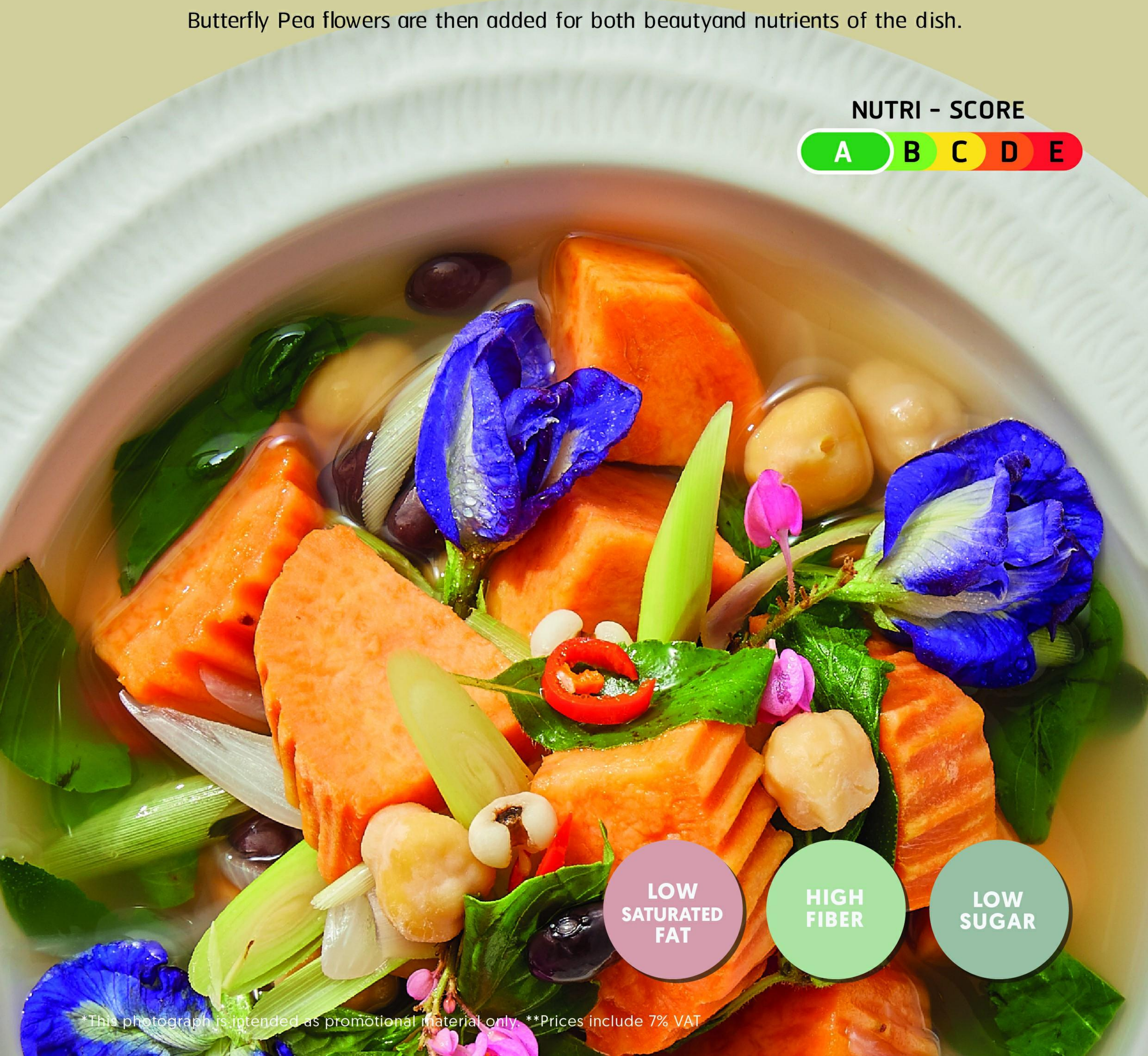
# Butterfly Pea Blossom and Grains Tom Jiw

125.-

ENERGY	313 kcal
CARBOHYDRATE	61 g
PROTEIN	13 g
FAT	2 g
SATURATED FAT	1 g
SODIUM	745 mg
SUGAR	6 g
FIBER	14 g

This menu is a kind of ancient clear Tom Yum soup that is hard to find these days and also super healthy. It is cooked from grains, potatoes, carrots and sweet potatoes, until the soup is clear, sweet, mellow and fragrant with Thai herbs such as lemongrass, kaffir lime leaves and onion. The fresh lemonjuice is then squeezed into the soup to give it a refreshing sourness. The edible Butterfly Pea flowers are then added for both beauty and nutrients of the dish.

NUTRI - SCORE



LOW  
SATURATED  
FAT

HIGH  
FIBER

LOW  
SUGAR

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# Kimchi Soup

189.-

ENERGY	151 kcal
CARBOHYDRATE	17 g
PROTEIN	9 g
FAT	7 g
SATURATED FAT	1 g
SODIUM	1385 mg
SUGAR	6 g
FIBER	6 g



LOW CALORIE

LOW SATURATED FAT

LOW SUGAR

NUTRI - SCORE



For this healthy low-cal Korean menu, we handpick organic Kimchi made with 9 kinds of vegetables, containing no flour or sugar. We use natural sweetness from seasonal fruits, marinated for the best taste. It is a good source of quality Probiotics. Enoki and Eringi mushrooms are added to increase fiber and soft tofu for more protein. It is another menu that is designed for maintaining a beautiful figure and flat belly since it is so fulfilling, delicious and good for the intestines. You don't have to worry about calories as well. (Even through heat, the microbial fragments are still beneficial to your digestive systems.)

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LOW  
CALORIE

LOW  
SATURATED  
FAT

LOW  
SUGAR

NUTRI - SCORE

A

B

C

D

E

ENERGY	162 kcal
CARBOHYDRATE	19 g
PROTEIN	4 g
FAT	10 g
SATURATED FAT	1 g
SODIUM	631 mg
SUGAR	4 g
FIBER	2 g

This Western-style soup is so deliciously mellow. It is cooked with quality ingredients of vegetable consommé or a clear soup that has been simmered from the main ingredients like onions, tomatoes, celery and carrots, to be cooked again with added onion for natural sweet taste without any added sugar. It's high in Folate as well. And there is also a Phytochemical called Quercetin, an antioxidant that helps control blood pressure and boost immunity. More energy is added to the menu to fill your stomach with crispy French toast sprinkled with mozzarella cheese. This dish is super easy to savor, delicious and mellow, without having to worry about excessive calories.

# Clear Onion Soup

139.-





LOW  
SUGAR



ENERGY	317 kcal
CARBOHYDRATE	15 g
PROTEIN	7 g
FAT	33 g
SATURATED FAT	5 g
SODIUM	1085 mg
SUGAR	4 g
FIBER	2 g

# Portobello Rockefeller

265.-

Spinach, onion and garlic, sautéed until fragrant, stuffed with Portobello mushrooms and then baked with vegan mozzarella cheese; this dish is delicious, delightful and also should be highlighted with its great benefits from the spinach, which contains iron and vitamin B6, helping nourish the nervous system and immunity. This is a menu everyone of all age can enjoy.

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# Plant-based Quesadillas

325.-

Quesadillas, a Mexican-inspired plant-based menu, is made with Tortillas flour stuffed with avocado, onion and stirfried bell peppers in olive oil. It is seasoned with salt and pepper and then topped with pesto sauce made from basil, Perilla seeds and cashew nuts, which offer a good kind of fat that benefits the heart. The dish is lastly finished with the special sauce, making it another delicious, easy-to-enjoy menu that you must try.

HIGH  
PROTEIN

LOW  
SUGAR

NUTRI - SCORE



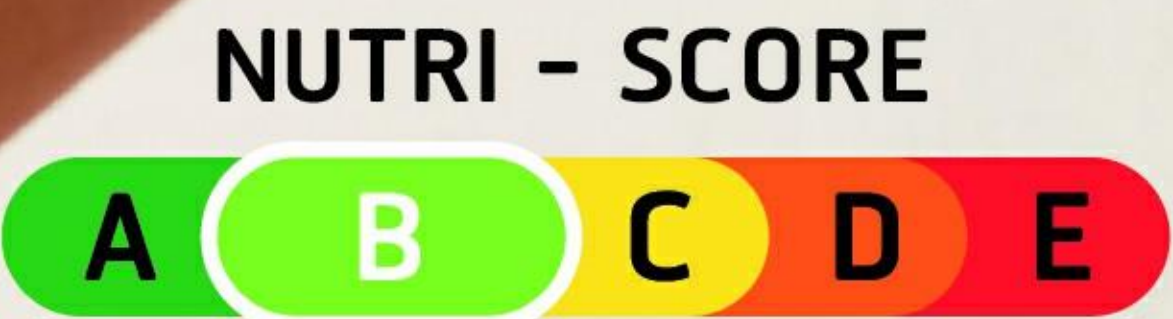
ENERGY	542 kcal
CARBOHYDRATE	38 g
PROTEIN	20 g
FAT	38 g
SATURATED FAT	6 g
SODIUM	1350 mg
SUGAR	5 g
FIBER	5 g

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Fragrant golden puffs with filling made from Champignon mushrooms, Wakame seaweed and fried Tempeh with butter and thyme leaves, this dish is delicious, high in protein and is also a great source of vitamin B12.



# Wakame and Mushroom Tempeh Wellington

325.-

ENERGY	614 kcal
CARBOHYDRATE	41 g
PROTEIN	29 g
FAT	37 g
SATURATED FAT	8 g
SODIUM	1475 mg
SUGAR	3 g
FIBER	12 g

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# Sous Vide Apple in Grilled Tofu Miso

185.-

The selected apples are sous vide for 10 hours to softness and ripeness while keeping it juicy and locking in nutrients and vitamins. They are then pan-fried until fragrant, mixed with Miso, lemon juice, olive oil and Ponzu sauce, served with aromatic grilled tofu and chickpea sauce. It is another sophisticated menu with rich nutrients that is worth trying.

LOW  
SATURATED  
FAT

HIGH  
FIBER



NUTRI - SCORE



ENERGY	468 kcal
CARBOHYDRATE	43 g
PROTEIN	17 g
FAT	26 g
SATURATED FAT	4 g
SODIUM	549 mg
SUGAR	15 g
FIBER	12 g

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# Recommended Menu

## Baked Riceberry with Quinoa and Chestnuts

119.-

Source of Fiber

Energy	382 kcal
Carbohydrate	80 g
Protein	9 g
Fat	3 g
Fiber	4 g
Sodium	636 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.



Low Sat fat

High Fiber

## Tonklar Facai Thai Rice and Herb Salad

136.-



Energy	367 kcal
Carbohydrate	58 g
Protein	9 g

Fat	11 g
Fiber	8 g
Sodium	1,136 mg

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.



# Appetizer



## Sea-Blites and Wakame Spring Rolls

139.-

Energy	313 kcal
Carbohydrate	14 g
Protein	2 g
Fat	27 g
Fiber	1 g
Sodium	168 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!

## Passion Avocado Tortilla

169.-

Fat	6 g
Fiber	6 g
Sodium	333 mg

Energy	223 kcal
Carbohydrate	30 g
Protein	13 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.







Low  
Calorie

Low  
Sat fat

Source  
of Fiber

## Tonklar Herbal Summer Rolls 109.-

Energy	281 kcal		
Carbohydrate	52 g	Fat	4 g
Protein	10 g	Fiber	5 g
		Sodium	1,697 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.



## Grilled Mushrooms Wrapped in Betal Leaves 145.-

Energy	196 kcal		
Carbohydrate	30 g	Fat	5 g
Protein	7 g	Fiber	6 g
		Sodium	1,569 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.

Low  
Calorie

Low  
Sat fat

Source  
of Fiber





# Salad

## เมนูสลัด

Source  
of Fiber

High  
Fiber

Low  
Sat fat

### RAINBOW BOWL 185.-

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



All in One รวมดาวซูปเปอร์ฟู้ด ไว้ด้วยกันในจานเดียวเลยคะคุณค่าทางโภชนาการ ครบถ้วนสุดๆโปรตีนสูงใยอาหารสูงแถมหน้าตาดี colorful ขึ้นกล้องมากๆ คาร์โบไฮเดรตที่ดี อย่างคีนัวและมันหวาน ที่มีสารเบต้าแคโรทีนซึ่งเป็นสารต้านอนุมูลอิสระ ที่มีส่วนช่วยดูแลระบบภูมิคุ้มกัน โปรตีนคุณภาพจากถั่วลูกไก่ ถั่วกระเทียมป่น คีนัว และเทมเป้ย่างที่ไม่ใช่แค่เป็นแหล่งโปรตีนที่สูง (มาก) ยังเป็นแหล่งของโพแทสเซียมที่ดีช่วยปรับสมดุลการขับถ่ายและเสริมสร้าง ระบบภูมิคุ้มกัน ไนโตรเจน จากอะโวคาโด ที่ช่วยลดคอเลสเตอรอลตัวร้ายได้ วิตามินอีจากงาขาวงาดำและอะโวคาโด บำรุงผิว บำรุงเส้นผม สารพฤกษเคมี (Phytochemicals) จากดอกไม้กินได้สีส้มสวยงาม อย่างดอกดาหลา ดอกอัญชัน ไฟเบอร์จากทุกผักในจาน และมะเขือเทศราชินี แหล่งไลโคปีน ช่วยดูแลผิวพรรณและ ระบบขับถ่าย ราดด้วยน้ำสลัดบัลซามิคเวอร์ชันต้นกล้าฟ้าใสให้รสชาติอร่อยสดชื่นทำให้ การกินผักขมโตเป็นเรื่องง่าย แหมได้สุขภาพไปเต็มๆคะ

Low  
Sat fat



## OUT OF ORDER



### ยำมรกตกรอบ 135.-

Fried Ivy Gourd Leaf  
with Spicy Creamy Dressing

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

ตำลึงมีเบต้าแคโรทีน (beta-carotene) หรือสารตั้งต้นของวิตามินเอซึ่งช่วยในการมองเห็น เบต้าแคโรทีนละลายในไขมัน ดังนั้นการทอดด้วยน้ำมันและรับประทานพร้อมกับอาหารที่มีไขมัน จะทำให้การดูดซึมสารนี้ได้ดีขึ้น เมนูนี้มีไขมันจากกะทิซึ่งร่างกายดูดซึมนำไปใช้ได้ทันที



# Lotus leaf Wrapped

285.-



Low  
Sat fat

Energy	337 kcal
Carbohydrate	37 g
Protein	12 g
Fat	16 g
Fiber	6 g
Sodium	750 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.



# menu tempeh



## Isan-inspired Spicy Avocado Salad 240.-



High  
Protein

Low  
Sat fat

High  
Fiber

Energy 456 kcal  
Carbohydrate 46 g  
Protein 27 g

Fat 18 g  
Fiber 9 g  
Sodium 1,351 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.



High  
Fiber

High  
Protein

Low  
Sat fat

## Stir-Fried Tempeh with Cashew Nuts 149.-

Energy 438 kcal  
Carbohydrate 30 g  
Protein 37 g

Fat 17 g  
Fiber 7 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



# Tonklar Facai



Source of Fiber

## Thai Style Chickpea Curry with Sea-Blites 115.-

Fat	23 g	Energy	349 kcal
Fiber	5 g	Carbohydrate	28 g
Sodium	1,280 mg	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.

## Ivy Gourd Leaf and Watercress Soup with Bouncing Tofu

135.-

Energy	156 kcal
Carbohydrate	20 g
Protein	10 g
Fat	4 g
Fiber	4 g
Sodium	1,265 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.



Low Calorie

Low Sat fat

## Thai Sour Mixed Vegetable and Gac Juice Soup 160.-

Energy	206 kcal
Carbohydrate	32 g
Protein	7 g
Fat	6 g
Fiber	5 g
Sodium	988 mg

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.



Low Sat fat

Low Sugar



# เมนูเส้น

## เส้นหมี่น้ำยาปู เห็ดยามาบูชิตาเกะ

285.-

Energy	805 kcal
Carbohydrate	129 g
Protein	14 g
Fat	25 g
Fiber	7 g
Sodium	642 mg

เมนูที่ดีที่สุด  
ที่เราตั้งใจพัฒนา  
อร่อยครบรส  
คุณประโยชน์  
ครบครัน



Source  
of Fiber

อร่อยครบเครื่องสมุนไพรเต็มๆคำ โดยเฉพาะกระชายและขมิ้น ที่มีฤทธิ์ต้านอักเสบ ปกป้องเซลล์ และเสริมภูมิคุ้มกัน เราเสาะหาเห็ดยามาบูชิตาเกะจากฟาร์มเห็ดที่ได้มาตรฐาน Organic ระดับส่งออก ต้องจองล่วงหน้าเพราะไม่ได้ปลูกได้ทั่วไป ความพิเศษคือให้รสชาติและเนื้อสัมผัสคล้ายเนื้อปู โปรตีนสูง โยอาหารสูง พลังงานต่ำ และมีสรรพคุณปรับสมดุลการทำงานของระบบภูมิคุ้มกันและป้องกันความเสี่ยงของเซลล์สมอง ลดความเสี่ยงการเกิดโรคอัลไซเมอร์ได้ เส้นหมี่น้ำยาปูเสิร์ฟคู่กับผักเคียงที่มีรสทั้งเปรี้ยว ขม มัน ฝาด ความครบรสนี้จึงยิ่งเสริมให้อร่อยกลมกล่อม และพิเศษกว่าใครด้วยผักดองสูตรพิเศษจากต้นกล้าฟ้าใส ที่ใช้ถั่วเขียวเพาะงอกได้ทั้ง สาร GABA ที่ช่วยผ่อนคลาย และเป็นแหล่งของจุลินทรีย์ที่ดี เส้นหมี่ก็พิเศษไม่แพ้กัน ทำจากข้าวกล้อง ที่มีใยอาหารและแร่ธาตุสูงกว่าเส้นหมี่ทั่วไป กระเทียมก็ใช้กะทิธัญพืช เข้มข้นหวานมันไม่ต้องพะวงไขมันอิ่มตัว เป็นอีกหนึ่งเมนูที่ดีที่สุดที่เราตั้งใจพัฒนาอร่อยครบรส คุณประโยชน์ครบครัน



## Pesto Spaghetti with Perilla Seeds

155.-

Energy	435 kcal
Carbohydrate	47 g
Protein	11 g
Fat	23 g
Fiber	6 g
Sodium	627 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.



## Spaghetti Bolognese

175.-

Energy	276 kcal
Carbohydrate	46 g
Protein	14 g
Fat	4 g
Fiber	5 g
Sodium	727 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.





# 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.-**





# Gluten free

กลูเตนฟรี

ต้มจืดธัญพืชดอกอัญชัน 125.-

Butterfly Pea Blossom and Grains Tom Jiw



ซูปกิมจิเพื่อสุขภาพ 189.-

Kimchi Soup



พอร์โทเบลโล 265.-

ร็อกเกเฟลเลอร์

Portobello Rockefeller



สลัดอะโวคาโดพริกย่าง 225.-

กับน้ำสลัดเสาวรส

Grilled Bell Pepper and Avocado Salad  
with Passion Fruit Dressing





# Gluten free

ก ลู เ ต น ฟ รี



ซุปร็อกโคลีผักโขม **109.-**  
Broccoli and Spinach Soup



ซูปักทอง **109.-**  
Pumpkin Soup



ซูปแครอทขิง **109.-**  
Carrot and Ginger Soup



ซูปเห็ด **109.-**  
Mushroom Soup

ซูปบีทรูท **109.-**  
Beetroot Soup





# Gluten free

ก ลู เ ต น ฟ รี

RAINBOW BOWL 185.-



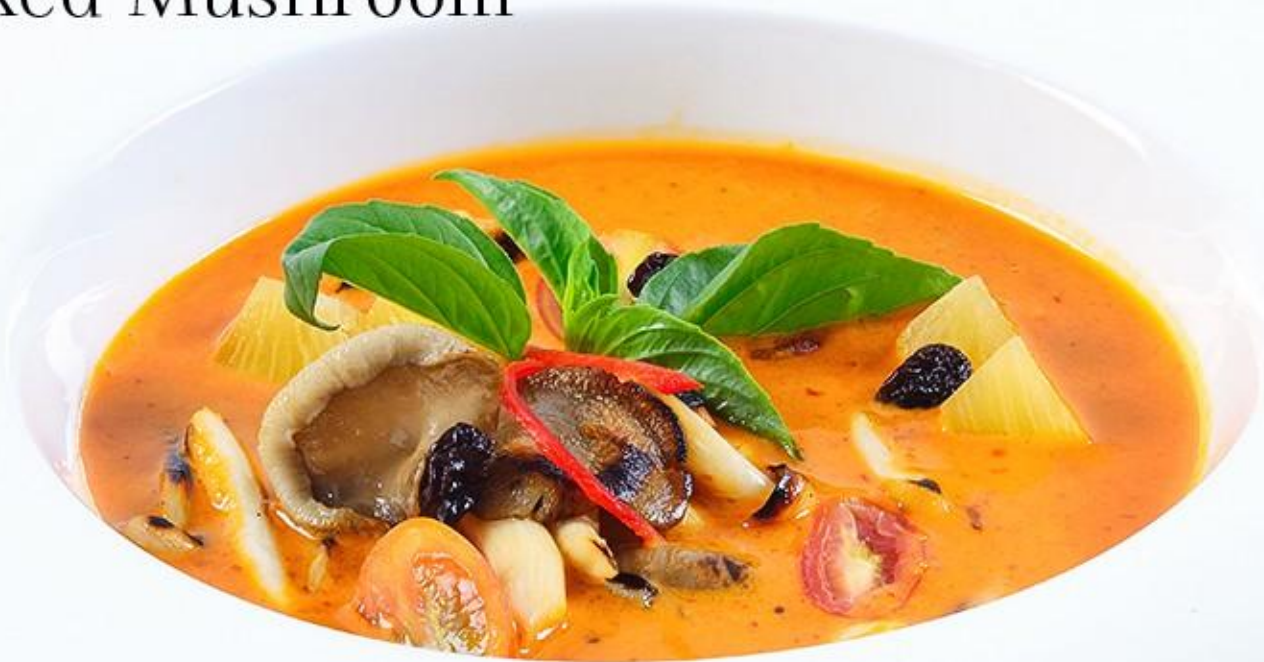
ต้มข่าเทมเป้กับเห็ดยามาบูชิตาเกะ 160.-

Thai Coconut Soup with Tempeh and Yamabushitake Mushroom



แกงเผ็ดเห็ดย่าง 135.-

Thai Red Curry with Mixed Fruit and Seared Mixed Mushroom



แกงคั่วถั่วลูกไก่กับใบชะคราม 115.-

Thai Style Chickpea Curry with Sea-Blites



ลาบเห็ดสารพัด 160.-

Northeastern Thai Spicy Mixed Mushroom Salad



ลาบอะโวคาโด 240.-

Isan-inspired Spicy Avocado Salad





DESSERT

# Gluten free

ก ลู เ ต น ฟ รี

ข้าวต้มมัดธัญพืช 65.-  
Banana & Grains with sticky rice



ไอ้เอ๋วบุษราคัม 85.-  
Chrysanthemum aiyu jelly



พาร์เฟต์โยเกิร์ตถั่วเหลือง  
และผลไม้รวม 159.-  
Fruity Soygurt Parfait

ไอ้เอ๋วอัญชันมะนาว 75.-  
Aiyu jelly with butterfly pea  
lemon lime juice

