

SINGLE JUICE

COCONUT WATER

98 kcal / 1g protein / 7g carb / 8g fat

ORANGE JUICE

77 kcal / 1g protein / 17g carb / 0g fat

WATERMELON JUICE

51 kcal / 1g protein / 13g carb / 0g fat

PINEAPPLE JUICE

78 kcal / 2g protein / 17g carb / 0g fat

JUICE OF THE DAY

Approximately 54 kcal / 2g protein / 5g carb / 0g fat



HEALTHY SHOT

A concentrated nutrient bomb in a small shot glass to help boost your system and get ready for the day ahead

APPLE CIDER VINEGAR WARM WATER SHOT

A natural remedy and a great alkaline agent
10 kcal / 0g protein / 0g carb / 0g fat

BEETROOT SHOT

Improve your stamina and lower your blood pressure with this powerful punch of nitrates and potassium
12 kcal / 0g protein / 3g carb / 0g fat

CELERY SHOT

Reduces blood pressure and boosts the immune system
3 kcal / 0g protein / 1g carb / 0g fat

BITTER GOURD SHOT

Manages blood sugar, treats diabetes and enhances the body's natural immunity
5 kcal / 2g protein / 1g carb / 0g fat

COCONUT OIL SHOT

Boosts fat burning and provides your brain & body with quick energy
78 kcal / 0g protein / 0g carb / 9g fat

HOT OR COLD HERBAL TEA

Try our herbal tea selection to replace your daily coffee or black teas for optimum health.

ROOIBOS

Assists nervous tension and digestive problems

LEMONGRASS

Detoxifying, refreshing and light

GINGER

Digestive stimulant and anti-inflammatory

SCENT OF FOREST

Chrysanthemum, liquorice, strawberries, lemongrass, eucalyptus, mint, jasmine, safflower

Digestive aid and liver stimulant

PEPPERMINT

Digestive aid, relieves heartburn

SAFFLOWER

Lowers cholesterol and supports liver function

ROSELLA

Diuretic and detoxifying

SPICE TEA

Ginger, clove, cinnamon, star anise, black pepper
Supports digestion, lowers blood sugar and promotes cardiovascular wellness

CHAMOMILE

Excellent for digestion, assists sleeping

BUTTERFLY PEA

Promotes normal urination, which in turn lowers blood pressure

TURMERIC TEA

Improves immune function with antioxidants, and anti-inflammatory qualities

PROTEIN SHAKE

Either as a complement your fitness regimen, as added protein in your diet or simply as a way to enjoy a delicious drink, these shakes are a great way to boost your health and wellness.

Please select choice of protein

Whey: Good for building up muscle, we suggest having it right after exercise.

Hemp: A plant based protein, and the perfect alternative to dairy.

PURE PROTEIN

Protein powder, purified water

132 kcal / 10g protein / 16g carb / 3g fat

CHAIRMAN SHAKE

Banana, cacao, protein powder almond butter, chopped almonds

318 kcal / 13g protein / 57g carb / 7g fat

THE HULK

Banana, protein powder, green tea powder, almond butter

297 kcal / 12g protein / 56g carb / 5g fat

MANGOLICIOUS

Mango, banana, protein powder, coconut chip

256 kcal / 13g protein / 43g carb / 5g fat

COCO PUMP

Coconut water, coconut oil, protein powder

192 kcal / 10g protein / 27g carb / 5g fat



COFFEE

Our coffee beans are from the village in the north of Thailand. It is ethically farmed, high-quality coffee, organic, and beyond fair trade.

ESPRESSO

Trace kcal / Trace g protein / Trace g carb / Trace g fat

AMERICANO

Trace kcal / Trace g protein / Trace g carb / Trace g fat

MACCHIATO

with a selection of milk preferences

Approximately 39 kcal / 2g protein / 3g carb / 2g fat

CAPPUCCINO

with a selection of milk preferences

Approximately 59 kcal / 2g protein / 3g carb / 3g fat

LATTE

with a selection of milk preferences

Approximately 65 kcal / 2g protein / 3g carb / 5g fat



TEA

We have selected the highest quality organic tea for you to enjoy a great cup in the morning

MATCHA LATTE

Green tea powder with the steamed milk of your preferences

53 kcal / 5g protein / 8g carb / 0g fat

SENCHA GREEN TEA

High in Vitamin C, helps lower cholesterol, good for heart health

PU'ER

A highly antioxidant Chinese tea regarded for its calming effects on the nervous system

CHIVA-SOM BLEND

A combination of Green tea, lavender, peppermint
A rich source of antioxidants

ENGLISH BREAKFAST

A black tea with full-bodied, robust and rich

EARL GRAY

A tea blend flavoured with oil of bergamot

ROSELLA

Diuretic and detoxifying

DARJEELING

A thin-bodied tea, light-coloured infusion with a floral aroma

Milk selection: whole milk, coconut milk, almond milk, soy milk, rice milk and oat milk



DECAFFEINATED COFFEE

Our decaffeinated coffee uses the 'Swiss water method' of water and osmosis to decaffeinate the beans.

No chemicals are involved in the process.

DECAFFEINATED ESPRESSO

Trace kcal / Trace g protein / Trace g carb / Trace g fat

DECAFFEINATED AMERICANO

Trace kcal / Trace g protein / Trace g carb / Trace g fat

DECAFFEINATED MACCHIATO

with a selection of milk preferences

Approximately 39 kcal / 2g protein / 3g carb / 2g fat

DECAFFEINATED CAPPUCCINO

with a selection of milk preferences

Approximately 59 kcal / 2g protein / 3g carb / 3g fat

DECAFFEINATED LATTE

with a selection of milk preferences

Approximately 65 kcal / 2g protein / 3g carb / 5g fat

SIGNATURE NON-CAFFEINE-OPTION

Our Barista is proud to present a range of non or trace caffeine drinks that taste great, while being very good for your health

SPICE LATTE

Spice powder with the steamed milk of your preferences

Approximately 50 kcal / 5g protein / 8g carb / 0g fat

GOLDEN LATTE

Turmeric with steamed milk of your preferences

Approximately 58 kcal / 5g protein / 8g carb / 0g fat

BLUE LATTE

Butterfly pea flower with the steamed milk of your preferences

Approximately 58 kcal / 5g protein / 8g carb / 0g fat

HOT CHOCOLATE

with a selection of milk preferences

Approximately 63 kcal / 5g protein / 9g carb / 1g fat

Milk selection: whole milk, coconut milk, almond milk, soy milk, rice milk and oat milk