

Go healthy Phangan

Standard bowl :

120 baht

Up to 7 ingredients

Big bowl :

150 baht

Up to 10 ingredient

Meats & fish

1. Tuna
2. Chicken
3. Boiled fish
4. boiled scomber fish
5. boiled egg
6. scrambled egg



Beans& seeds

7. White rice
8. Rice noodle
9. Crispy noodle white
10. Falafel
11. Red bean
12. Chick peas
13. Long bean
14. Green peas
15. Quinoa
16. Tofu boiled
17. Beansprouts (white)

Vegetables

18. Carrot
19. Broccoli
20. Lettuce
21. Cucumber
22. Avocado
23. Tomato
24. Cauliflower
25. Onion
26. Potato
27. Olive
28. Pumpkin
29. Spinach
30. Baby corn
31. Sweet corn
32. Beetroot
33. Seaweed salad
34. Celery
35. Radish
36. Sweet potato
37. Boiled eggplant
38. Dried tomato
39. Mashed potato
40. Kimchi
41. Cabbage white
42. Pickle cucumber
43. Pickle cappers
44. Fresh ginger
45. Spring onion

Cheese

46. Fete
47. Cottage cheese
48. Mozzarella cheese
49. Ricotta cheese
50. Sour cream
51. Parmesan cheese

Herbs& plants

52. Morning glory
 53. Fresh garlic
 54. Dill
 55. Mushroom
 56. Bell pepper
 57. Young sunflowers
 58. Fried garlic
- Nuts
59. Goji
 60. Walnuts
 61. Almond
 62. Cashew nut
 63. Sun seed
 64. Chia seed(dry)
 65. Pumpkin seed

Fruits

66. Mango
67. Banana
68. Papaya
69. Apple
70. Pineapple
71. Greek yogurt
72. Grape
73. Dry cranberry
74. Raisin

Extra 50 baht

75. Fresh salmon raw
76. Fresh tuna
77. Shrimps
78. Bacon
79. Ham
80. Blue cheese