

PLANT-BASED MENU

# PLANTIFUL.



27 SUKHUMVIT 61  
GAYSORN AMARIN

**EAT RIGHT.  
EAT WITH PURPOSE.**



## **PLANT-BASED KITCHEN**

100% Plant-based  
Dairy-Free  
No Processed Sugar  
No Preservatives & Chemicals  
Organic wherever possible  
Made fresh daily!



**PLANTIFUL.**

# PLANTIFUL.

## ALL-DAY BRUNCH



### BREAKFAST POWER BOWL - 265THB

Seasonal Fruits, Housemade Granola, Honey, Overnight Chia-Oats, Date-Cacao Sauce



### COCONUT CASHEW YOGURT 265THB

Coconut Cashew Yogurt, Granola, Fresh Fruits, Honey, Nuts, Seeds



### BLUE SMOOTHIE BOWL - 295THB

Blue Spirulina, Pineapple, Avocado, Seasonal Fruits, Granola



### STRAWBERRY-YOGURT OVERNIGHT OATS - 285THB

Seasonal Fruits, Granola, Strawberry Yogurt Overnight Oats, Date-Cacao Sauce, Honey

# PLANTIFUL. STARTERS



## STRAWBERRY ALMOND PANCAKES 295THB

Strawberry, Blueberry, Almond Flour  
Pancakes, Honey



## PB & CARAMEL ALMOND PANCAKES - 295THB

Banana, Blueberry, Peanut Butter, Coconut Caramel,  
Almond Flour Pancakes (V)

# PLANTIFUL.

## ALL-DAY BRUNCH



### CHICKPEA SHAKSHUKA - 290THB

Chickpea, Tomato, Capers, Sauteed Kale, Avocado, Toasted Sourdough - (V)



### BREAKFAST PLATE - 295THB

Tofu Scramble, Sauteed Kale, Avocado, Sweet Potato, Cherry Tomatoes - (V, GF)



### AVOCADO TOAST - 265THB

Avocado, Cherry Tomatoes, Red Radish, Sourdough - (V)



### PUMPKIN PESTO OMELETTE - 290THB

Pumpkin, Tofu, Cashew Pesto, Bell-pepper, Zucchini, Mushroom, Mixed Salad - (V)

# PLANTIFUL.

## STARTERS

### ROASTED PUMPKIN SOUP - 185THB

Pumpkin, Onion, Garlic, Sourdough  
Croutons - (V)



### SUPERGREENS DETOX SOUP - 210THB

Spinach, Broccoli, Kale, Onion, Potato (V, GF)



### MUSHROOM SOUP - 195THB

Shiitake, Potato, Cashew, Onion, Garlic,  
Sourdough Croutons - (V)



# PLANTIFUL.

## STARTERS



### CAULIFLOWER FRIES 250THB

Cauliflower Fries, Buffalo Sauce, Lemon - (V)



### OYSTER MUSHROOM CALAMARI - 250THB

Oyster Mushroom, Yogurt-Tartare Sauce, Lemon (V)



### CHICKPEA SPRING ROLLS - 190THB

Vegetable Spring Rolls, Side Salad, Buffalo Sauce (V)



### SWEET POTATO NACHOS - 265THB

Sweet Potato Chips, Guacamole, Black Beans, Green Goddess Dressing, Cashew Queso - (V, GF)

# PLANTIFUL.

## STARTERS



### UNAGI EGGPLANT MAKI - 290THB

Eggplant Unagi, Avocado, Japanese Cucumber, Bubu Arare, Japanese Rice - (V)



### CRISPY 'TUNA' SUSHI - 265THB

Tomato Tuna, Avocado, Crispy Rice, Jalapeno, Dill, Sriracha Mayo - (V)



### SHROOMAMI MAKI - 290THB

Avocado, Oyster Mushroom, Tofu, Japanese Cucumber, Rice, Nori, Ginger Tahini (V)



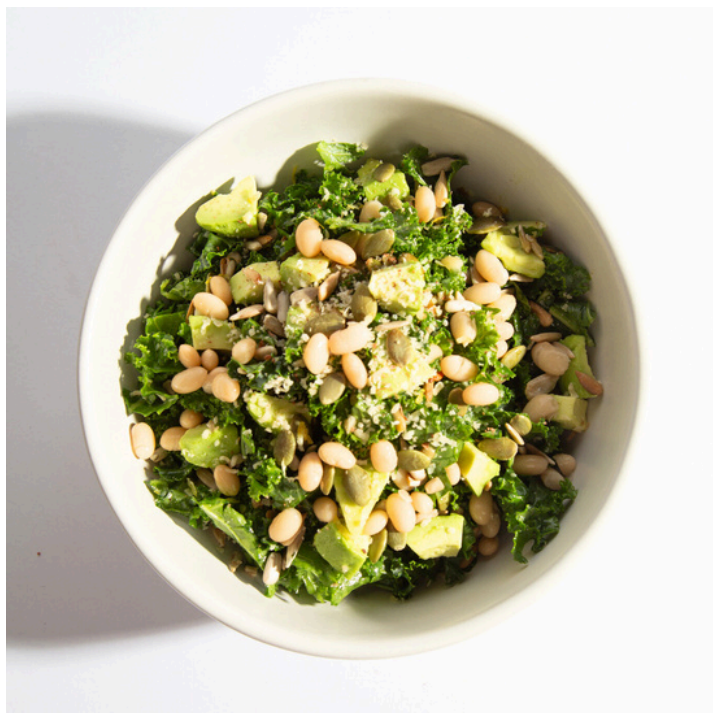
### YUZU CUCUMBER ROLL - 295THB

Eggplant, Broccoli Tempura, Avocado, Beetroot, Carrot, Cucumber, Riceberry, Nori, Yuzu Carrot Sauce (V)



# PLANTIFUL.

## SALADS



### AVOCADO WHITE BEAN KALE SALAD - 295THB

Avocado, White Bean, Sunflower Seed, Pumpkin Seed, Kale, Lemon Vinaigrette (V, GF)



### SHAVED BROCCOLI SALAD - 290THB

Broccoli, Almonds, Red Onion, Quinoa, Cranberries, Honey Mustard Dressing (GF)



### CLASSIC KALE SALAD- 290THB

Green Apple, Kale, Sweet Potato, Celery, Dried Cranberry, Quinoa, Almond, Pickled Onion, Honey Mustard Dressing - (GF)



### UNBEETABLE KALE SALAD - 310THB

Spicy Broccoli, Kale, Beetroot, Caper, Quinoa, Pistachio Butter, Lemon - (V, GF)

# PLANTIFUL. SALADS



## **SPICY KIMCHI SOBA SALAD- 285THB**

Citrus Kimchi, Cherry Tomatoes, Japanese Cucumber, Mixed Salad, Buckwheat Soba



## **YUZU SHROOM SALAD - 295THB**

Maple Glazed Mushroom, Chickpea, Tomatoes, Pumpkin Seed, Sunflower Seed, Cherry Tomatoes, Yuzu Carrot Vinaigrette - (V)

# PLANTIFUL.

## WRAPS & SANDWICHES



### PUMPKIN SPINACH BURRITO - 295THB

Avocado, Onion, Spinach, Mexican Green Rice, Mushroom, Black Beans, Salsa, Cashew Queso, Avocado Cilantro Sauce, Tortilla - (V)



### BBQ TEMPEH BURRITO - 310THB

Tempeh, Cos, Purple Cabbage, Avocado, Jalapeno, Red Onion, Tomato, BBQ Sauce, Tortilla - (V)



### CAULIFLOWER TOFU BURRITO - 290THB

Tofu Scramble, Mushroom, Kale, Cauliflower, Cashew Queso, Cashew Cheese, Tortilla - (V)



### SOUTHWEST CHEESY QUESADILLA - 285THB

Guacamole, Cashew Cheese, Cashew Queso, Black Beans, Zucchini, Mushroom, Tortilla - (V)

# PLANTIFUL.

## WRAPS & SANDWICHES



### PESTO GRILLED CHEESE SANDWICH - 295THB

Pistachio Pesto, Bell-Pepper Marinara, Tomatoes, Vegan Swiss Cheese, Sourdough - (V)



GOOD FOOD  
GOOD MOOD

### THREE SHROOMS BURGER - 310THB

Eringi, Shiitake, Champignon, Swiss Cheese, Tomatoes, Cos, Brioche Bun, Sweet Potato Chips, Mixed Salad - (V)

# PLANTIFUL.

## BOWLS & MAINS



### MUSHROOM TEMPEH KRAPROW - 270THB

Mushroom, Yardlong Beans, Tempeh, Basil, Chilli, Garlic, Avocado, Riceberry (V)



### THE BIBI BOWL - 285THB

Tofu, Shiitake, Carrot, Cucumber, Bean Sprouts, Spinach, Riceberry, Plant-based Fried Egg (V)



### PLANTAIN BUDDHA BOWL - 295THB

Banana, Avocado, Cauliflower, Black Beans, Kale, Pickled Red Onion, Brown Rice, Green Goddess Sauce - (V, GF)



### HEALING PUMPKIN CURRY - 285THB

Chickpeas, Sweet Potato, Broccoli, Carrot, Pumpkin Curry, Rice & Quinoa (V, GF)

# PLANTIFUL.

## *BOWLS & MAINS*



### **PASTA ALLA VODKA - 285THB**

Mushroom, Cashew Vodka Sauce, Pasta, Walnut  
Parmesan - (V, GF)



### **LENTIL RAGU BOLOGNESE - 285THB**

Lentil Ragu Sauce, Oyster Mushroom, Walnut  
Parmesan, Basil, Gluten-free Penne - (V,GF)



### **BUCKWHEAT PAD THAI - 285THB**

Tempeh, Tofu, Purple Cabbage, Bean Sprouts, Spring  
Onion, Lime, Peanuts, Buckwheat Soba (V)



### **BROCCOLI PESTO SOBA - 295THB**

Broccoli, Green Pea, Garlic, Cashew Pesto,  
Lemon, Buckwheat Soba, Dill (V)

# PLANTIFUL.

## *BOWLS & MAINS*



**PLANT  
POWER**

### **JACKFRUIT “CRAB” CURRY KANOM JEEN - 245THB**

Mushroom-Jackfruit Curry, Bean Sprouts, Yardlong Beans, Eggplant, Cucumber, Cabbage, Rice Noodle (V, GF)

# PLANTIFUL.

## DESSERTS



### **BANOFFEE PIE - 160THB**

Banana, Coconut Cream, Almond-Oat Crust, Date Caramel - (V)



### **CARROT CAKE - 160THB**

Carrot, Coconut Caramel, Cranberries, Walnut, Cashew Cream, Oat-Almond Flour - (V)



### **MISO TOFU CHEESECAKE - 160THB**

Miso, Tofu, Cashew, Coconut, Dates, Almond, Coconut Caramel - (V)



### **RASPBERRY CACAO CAKE - 160THB**

Avocado, Raspberry, Cacao, Dates, Peanut Butter, Oat-Almond Flour - (V)



# PLANTIFUL. DESSERTS



## BLUEBERRY YOGHURT CHEESECAKE - 160THB

Blueberry, Miso, Tofu, Cashew,  
Coconut, Dates, Soy Milk, Almond  
(V)



## RAW CHOCOLATE TART- 180THB

Cacao, Dates, Cashew, Coconut Shreds, Berries (V, GF)

PLANT  
POWER



WELCOME TO

# PLANTIFUL CAFE'

## COFFEE

### COCONUT ICED COFFEE

160

Fresh Coconut Water, Espresso Shot

### ORANGE ESPRESSO

160

Freshly Pressed Orange Juice, Espresso Shot

### ESPRESSO

90

### LONG BLACK

110

### LATTE

120

### COCONUT CARAMEL LATTE

145

### CAPPUCINO

130

### CAFFE MOCHA

130

## WELLNESS TEA

### COCONUT MATCHA

160

Coconut Water, Matcha

### GOLDEN MILK LATTE

130

Turmeric Powder, Honey, Oat Milk

### MATCHA LATTE

150

Matcha, Oat Milk

### HOJICHA LATTE

150

Hojicha, Oat Milk

### CINNAMON CHAI LATTE

130

Chai, Cinnamon, Oat Milk

### ADAPTOGENIC CACAO

180

Cocoa Powder, Reishi Mushroom, Goji Berry,  
Jiaogulan, Monkfruit, Oat Milk



Plantogenic



## SMOOTHIES

### STRAWBERRY GLAZE 185

Strawberry, Banana, Blueberries, Dates, Cashew Cream, Oat Milk (V)

### JUST BERRIES 185

Mixed Berries, Banana, Honey, Cashew Cream, Oat Milk

### BLUEBERRY BOMB 185

Banana, Blueberry, Dates, Cashew Cream, Oat Milk (V)

### GLOW BERRY BLISS 230

Plantogenic Le Ruby (blood detoxification & glowing skin), Strawberry, Coconut Yogurt, Dates, Beet Juice, Cashew Cream, Oat Milk (V)

### TROPICAL SUNSHINE 195

Avocado, Mango, Honey, Cashew Cream, Oat Milk

### BANANA CACAO 195

Banana, Avocado, Cacao, Dates, Cashew Cream, Oat Milk (V)

### THE HULK 220

Spinach, Spirulina, Wheatgrass, Mango, Banana, Avocado, Cashew Cream, Oat Milk (V)

### COSMIC COCO 240

Pineapple, Banana, Mango, Avocado, Blue Spirulina, Cashew Cream, Oat Milk, Coconut Milk (V)

### ALMOND BUTTER SMOOTHIE 240

Almond Butter, Maca, Camu, Housemade Chocolate Sauce, Dates, Banana, Chia Seed, Cashew Cream, Oat Milk (V)

### PB & CHOCOLATE PROTEIN SMOOTHIE 240

Organic Seeds Chocolate Plant Protein, Peanut Butter, Banana, Maca Camu, Cashew Cream Oat Milk (V)

### PB&J PROTEIN SMOOTHIE 240

Planto Monster Protein, Peanut Butter, Strawberry, Blueberry, Banana, Chia Seed, Dates, Cashew Cream, Oat Milk (V)





## COLD-PRESSED JUICES

### DETOX GREENS

160

Baby Spinach, Celery, Japanese Cucumber, Green Apple

### LIFE FORCE

160

Kale, Pineapple, Green Apple, Celery

### GO AWAY DOC

155

Indian Gooseberry, Green Apple, Pineapple, Ginger, Lemon

### IMMUNE BOOSTER

155

Carrot, Green Apple, Ginger

### PICK ME UP

155

Orange, Pineapple, Passionfruit, Carrot

### FAVORITE FIVE

155

Green Apple, Orange, Carrot, Celery, Beetroot

### ROOTS

155

Beetroot, Carrot, Green Apple, Ginger

### COCONUT WATER

120

### BYO JUICE

155

Options: Green Apple, Pineapple, Celery, Japanese Cucumber, Carrot, Passion Fruit, Beetroot, Orange, Ginger, Lemon, Indian Gooseberry, Kale, Baby Spinach (+15)

WELCOME TO  
PLANTIFUL. **CAFE'** 



*Our cuisine focuses on real food from plant sources that are unrefined and minimally processed. We believe that health is the ultimate wealth, and our goal is to help you restore your health & well-being.*

# THE FUTURE IS PLANTBASED



**W**e believe that food can have a powerful impact on health. Food these days at the supermarket are full of chemicals and preservatives. At Plantiful, we cook real food - food that is nourishing, nutritious, and free from chemicals & preservatives. Our mission is to help people eat better and live healthier lifestyles.

The food we cook is designed to maximize nutrition intake without compromising taste. At Plantiful, our mission is to redefine what it means to eat well!

***"EAT RIGHT.  
EAT WITH  
PURPOSE."***

# PLANT-BASED MEAL PLANS



100+ Menus Delivered to your Doorstep!



## Package

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**3 DAYS - \$1,560**  
6 Meals + 3 Snacks

**5 DAYS - \$2,400**  
10 Meals + 5 Snacks

**10 DAYS - \$4,400**  
20 Meals + 10 Snacks

**20 DAYS - \$8,000**  
40 Meals + 20 Snacks

## Order Now!

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