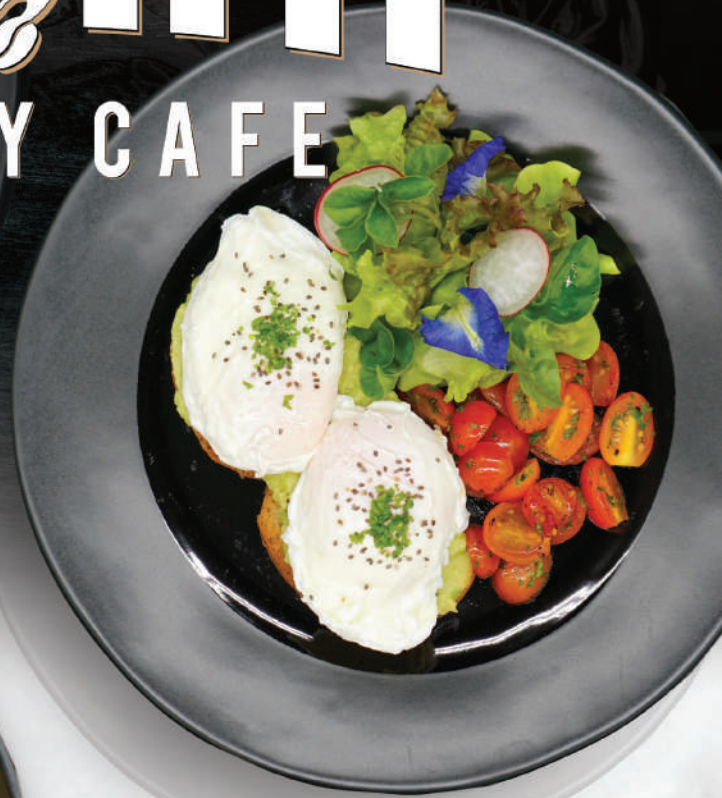


# PUNCH IT<sup>®</sup>

HEALTHY CAFE



## *Food & Dessert*

“ When You Start Eating Food without Labels,  
You No Longer Need to Count Calories”

# BREAKFAST



## THE FRUITY SIBLINGS

Whole grain bread, Banana, Blueberries,  
Straw-berries, 0% fat yogurt, Keto Almond butter,  
Keto Almond Chocolate

THB 190.-

## THE HEALTHY CLASSIC

Egg, Bacon, Sweet Potato

THB 150.-



## MUAY THAI FRUIT MUESLI BOWL

Dragon fruit, Apple, Orange, Banana, Water-  
melon, Swiss muesli mix, 0% fat yogurt

THB 150.-



**BEST  
SELLER**

## LONG TAIL FRUIT MUESLI

Whole Banana, 0% fat Yogurt,  
Muesli, Almond, Berries, Passion fruit, Dragon fruit, Orange

THB 160.-



# FIRST MEAL

START THE DAY

## STRAWBERRY SMOOTHIE BOWL

Strawberry, Blueberries, Low fat yoghurt  
Coconut, Swiss muesli

THB 190.-



## SUMMER BOWL

Mango, Strawberry, Blueberries, Low fat yoghurt  
Oatmeal, Coconut, Swiss muesli

THB 190.-

## FRUIT BANDI

Banana, Blueberries, Strawberries, Orange,  
Mango, 0% fat yogurt, Keto honey

THB 190.-



## THE PROTEIN BOMB

Eggs, Spinach, Organic salad  
from Koh Samui

THB 150.-

OPTIONAL: MUSHROOMS



# APPETIZERS



## TUNA - APPLE BITES

Tuna, Apple, Lemon, Keto sauce

THB 220.-

## BRUSCHETTA

Whole grain bread, Tomato, Garlic, Basil, Pesto

THB 160.-



## SMOKED SALMON WITH MUSHROOMS AND SPINACH

Smoked Salmon, Spinach, Mushrooms, Egg, Queen Tomato

THB 320.-



## AIR FRIED CHICKEN WINGS

5 pieces Chicken wings, Carrots, Japanese Cucumber  
Homemade Keto sauce

THB 160.-



### GARLIC VEGETABLES RICE

Fresh Broccoli, Carrot, Asparagus, Mushroom, Cauliflower,  
Organic Brown Rice

PRICE THB 160



**BEST  
SELLER**

### PINEAPPLE CHICKEN RICE

Chicken, Fresh Pineapple, Corn, Beans, Carrot, Organic Brown Rice

PRICE THB 250

OPTIONAL: PORK 20

### PAPAYA SALAD

Papaya, Queen Tomato, Long Beans, Egg, Carrot, Cashew Nut

PRICE THB 140.-  
OPTIONAL: SPICY  
LEVEL 1 - 4 CHILI



# SALADS



## CAESAR SALAD

Organic salad from Koh Samui, Homemade sauce, Bacon, Toasted bread, Parmesan

PRICE THB 190

OPTIONAL: CHICKEN 50



## PROTEIN LOADER

Chicken breast, Tomato, Mozzarella, Organic salad from Koh Samui

PRICE THB 290



## KOH SAMUI GARDEN SALAD

Organic salad from Koh Samui, Homemade sauce, Apple, Radish, QueenTomato, Green seat, Walnut

PRICE THB 190

OPTIONAL: CHEESE THB 50

CHICKEN THB 50



## MAGNESIUM TOWER

QueenTomato, Tuna, Avocado

PRICE THB 240



## THE ORANGE DUCK

Smoked duck breast, Orange, Organic salad from Koh Samui, Homemade sauce

PRICE THB 240

# VEGETABLE CHICKEN BOWL



## HEALTHY BOWL

Chickpea, Beet Root, Jampane- se Cucumber, Potato, Tomato, Quinoa, Watergreat, Brown Sauce

PRICE THB 280.-

OPTIONAL : CHICKEN 50THB



## THE FIGHTER BOWL

Chicken breast, Quinoa, Taro, Beetroot, Japanese beans, Queen Tomato, Cabbage

PRICE THB 250



## THE PA LANG BOWL

Chicken, Avocado, Onions, Cucumbers, Queen- Tomato, Mango, Walnut

PRICE THB 240



# SOUP



**BROCOLI**  
THB 120.-

**VEGETABLES**  
THB 120.-



**CAULIFLOWER &  
RED PEPPER**  
THB 120.-



# RISOTTO



**MUSHROOM RISOTTO**  
Mushroom, Risotto Rice, Truffle, Cheese  
PRICE THB 260

**SPINACH RISOTTO**  
Risotto Rice, Spinach, Cheese, Tomato  
PRICE THB 220.-



**PUMPKIN RISOTTO**  
Pumpkin, Homemade sauce, Radish,  
QueenTomato, Green seat, Tometo  
PRICE THB 240





# PASTA



## ORGANIC RICE SPAGHETTI

Organic brown rice Spagetti from Thailand, Tomato, Basil, Garlic, Parmesan cheese, Homemade tomato sauce

PRICE THB 240

OPTIONAL: CHEESE THB 40

CHICKEN THB 50

## VEGETABLE PASTA

Italian Radiatori whole wheat pasta, Broccoli, Cauliflower, Queen Tomato, Cheese

PRICE THB 200

OPTIONAL: CHEESE THB 40

CHICKEN THB 50



## CARBOHYDRATE FILLER

Italian spinach Fettucine, Homemade tomato sauce, Chicken breast, Cheese Mozzarella

PRICE THB 240



## PENNE CHICKEN PESTO

Italian penne pasta, Chicken breast, Queen Tomato, Homemade pesto sauce

PRICE THB 240

OPTIONAL: CHEESE THB 40



# BURGERS & SANDWICH



## MUAY THAI BURGER

Homemade Bread, Chicken, Pineapple, Onions,  
Organic salad from Koh Samui, Homemade sauce

PRICE THB 290.-

## CHICKEN RICE BURGER

Chicken, Rice, Cucumber, Homemade curry sauce

PRICE THB 240



## SALMON BURGER & FRENCH FRIES

Homemade bread, Smoked  
Salmon, White rocket, Avocado, Romaine Lettuce, Sour cream,  
Poach egg, keto mayonnaise sauc, homemade French Fries

PRICE THB 390.-



## THININI

Spinach, Tomato, Chicken, Mozzarella

PRICE THB 290.-

OPTIONAL:  
CHEESE THB 40  
BACON THB 40  
HOME MADE FRENCH FRIES THB 100





## WHOLE GRAIN CHICKEN SANDWICH

Chicken, Tomatoes, Onions  
Organic Salad from Koh Samul, Homemade Sauce, Cheese

PRICE THB 290.-



# THAI FOOD

## CHICKEN CASHEW NUT

Chicken Breast, Angel Hair Pasta, Cashew nut,  
Onion, Egg, Mushroom

PRICE THB 220.-  
OPTIONAL: PORK



## MASSAMAN CURRY

Chicken Breast, Potato, Organic Brown Rice,  
Organic coconut Milk, Cashew nut, White onion

PRICE THB 220.-  
OPTIONAL: PORK

# THAI FOOD

## RED CURRY

Chicken Breast, Red Curry, Organic Brown Rice,  
Organic coconut Milk

PRICE THB 200.-



## PAD KRA PAO

Chicken, Chili, Holy basil, Organic Brown Rice, Egg  
Fried chili

PRICE THB THB 150

OPTIONAL: PORK

OMELETTE THB 20

## GREEN CURRY

Chicken Breast, Angel Hair Pasta, Green Curry,  
Chili, Eggplant, Organic coconut Milk

PRICE THB 220.-

OPTIONAL: PORK





### ABC VITAMIN BREAD

Whole grain bread, Mango, Avocado,  
Red Radish, Red Oak, QueenTomato, Organic salad from Koh Samui

THB 190.-



### FRESH GARDEN ROLLS

Carrots, Red & Green Cabbage, Cucumber, Basil, Banana,  
Homemade Peanut sauce

THB 150.-



### PROTEIN AVOCADO BREAD

Whole grain bread, Eggs, QueenTomato, Parsley, Red & Green Oak,  
Avocado, Red Radish, Organic salad from Koh Samui

THB 200.-



### OMEGA-3 BREAD

Whole grain bread, Smoked salmon, Japanese Cucumber,  
Tomato, Organic salad from Koh Samui, Sour Cream

THB 280.-

# DESSERT

## CHIA PUDDING NEUTRAL

Chaia - Mully, Yogurt

PRICE THB 160



## CHIA PUDDING BLUE BERRY

Chaia - Blue Berry, Mully

PRICE THB 160

## MANGO STICKY RICE

Mango, Rice, Coconut milk

PRICE THB 160



## CHIA PUDDING MANGO

Chia Mango, Mully, Coconut Milk

PRICE THB 160

## WHOLE GRAIN CROFFLE

Berries THB 120

Almond, Chocolate Banana THB 130

OPTIONAL: WHIPPED CREAM THB 20



# SORBET

VEAGEN AND SUGAR FREE



LEMON SORBET

PRICE THB 160



COCONUT SORBET

PRICE THB 160



PASSION FRUIT SORBET

PRICE THB 160

STRAWBERRIES SORBET

PRICE THB 160



# PUNCH IT<sup>®</sup>

HEALTHY CAFE



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