

REAL FOOD, PLANT-FORWARD CAFE + SMOOTHIE BAR

PLANTIFUL.



SUKHUMVIT 61
GAYSORN AMARIN

**EAT RIGHT.
EAT WITH PURPOSE.**



REAL FOOD PLANT-FORWARD

Whole Foods
No Processed Sugar
No Preservatives & Chemicals
Organic wherever possible
Made fresh daily!



PLANTIFUL.



WHAT IS PLANT-FORWARD

Our cuisine focuses on real food from plant sources that are unrefined and minimally processed. At Plantiful, we focus on using ingredients you can trust and are backed by science. We believe that health is the ultimate wealth, and our goal is to help you restore your health & well-being.

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ALL-DAY BRUNCH



EGG SALAD TOAST - 285THB

Eggs, Avocado, Dill, Chili Oil, Sriracha Mayo, Sourdough Toast (Veg)



AVOCADO TOAST - 285THB

Avocado, Sesame Seeds, Olive Oil, Sourdough, Side Salad



AVOCADO SCRAMBLED TOAST - 315THB

Scrambled Eggs, Avocado, Sourdough Toast, Parmesan, Spiced Nuts & Seeds



AVOCADO PESTO TOAST - 295THB

Cashew Pesto, Avocado, Sesame Seeds, Radish, Spiced Nut & Seeds, Sourdough, Poached Egg

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ALL DAY BRUNCH



POACHED EGGS & HUMMUS - 280THB

Poached Egg, Kale, Hummus,
Paprika, Sunflower Seed,
Parmesan, Microgreen, Toasted
Sourdough

PROTEIN EGG WHITE OMELETTE 320THB

6 Egg Whites, Spinach, Tomato,
Zucchini, Red Onion, Avocado,
Mushrooms, Cheese, Side Salad



HALLOUMI BREAKFAST PLATE 365THB

Scrambled Eggs, Halloumi Cheese,
Avocado, Hummus, Side Salad,
Sourdough (High Protein)

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ALL DAY BRUNCH



EGGS AVOCAT 295THB

Sweet Potato Waffle, Smoked Tomato Relish, Guacamole, Smoky Oyster Mushroom, Poached Eggs, Rice Paper Cracker, Nori Chilli Furikake

SEVEN GRAIN CONGEE - 285THB

Black Rice, Tofu, Shimeji, Ginger, Cilantro, Microgreen, Sesame, Egg



TORTILLA BREAKFAST HASH - 325THB

Two Eggs, Potato, Tortilla, Black Beans, Bell-Pepper, Onion, Salsa, BBQ Cashew Sauce, Avocado Cilantro Sauce

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ALL DAY BRUNCH



BYO BREAKFAST

TOAST

Sourdough Toast +60
Hash Browns +80
Potato Hash +100
Almond Pancakes (2pcs)
+130

PROTEIN

Poached Eggs +70
Boiled Eggs +70
Sunny side up +70
Scrambled Eggs +80
Omelette +80
Egg White Omelette +80
Omelette w/ Everything +140
(mushroom, tomato, cheese, spinach,
bell-pepper, red onion)
Tempeh +60
Grilled Teriyaki Tofu +80
Baked Beans +100
Falafel (4pcs) +80
Tofu Scramble +90
Halloumi Cheese +150

VEGETABLES & FRUITS

Pickled Red Onion +30
Sautéed Kale +50
Side Salad +60
Grilled Asparagus +70
Grilled Zucchini +70
Roasted Bell-Pepper +70
Roasted Broccoli +70
Roasted Cauliflower +70
Roasted Sweet Potato +70
Sautéed Cherry Tomatoes +80
Sautéed Mushroom +90
Berries +100
Half an Avocado + 100

SAUCES & DIPS

Honey +50
Cashew Pesto +70
Green Goddess Dressing +70
Hummus +100
Baked Beans +100
Guacamole +140
Real Maple Syrup +100

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ALL DAY BRUNCH

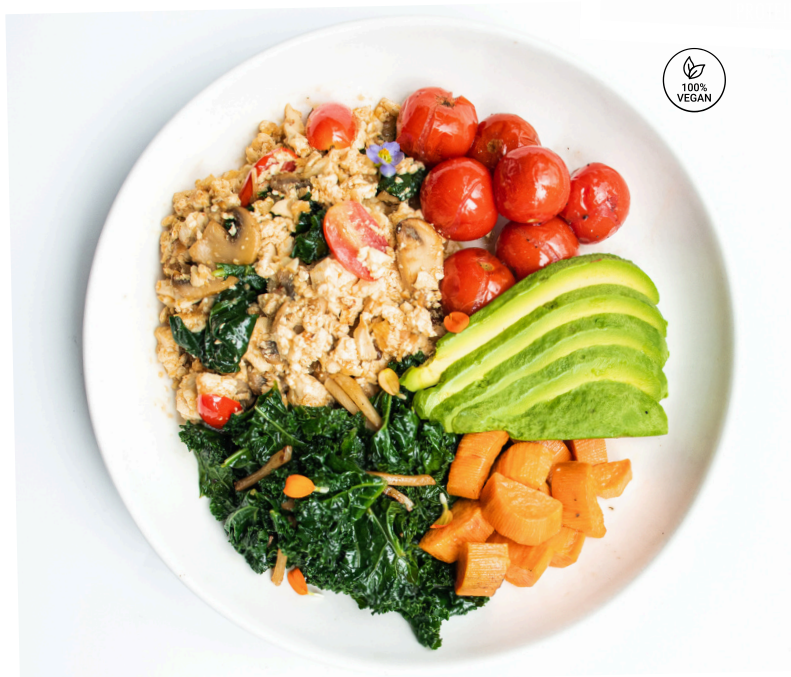


CHICKPEA SHAKSHUKA - 250THB

Chickpea, Tomato, Capers, Bell-Pepper, Sauteed Kale, Avocado, Toasted Sourdough (V)
(Add Two Eggs +70THB) (Veg)

GARDEN BREAKFAST PLATE - 310THB

Teriyaki Tofu, Avocado, Asparagus, Cherry Tomatoes, Kale, Mushroom, Zucchini, Onion, Sourdough (V)



BREAKFAST PLATE - 295THB

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

PLANTIFUL. PANCAKES



STRAWBERRY ALMOND PANCAKES 295THB

Strawberry, Blueberry, Almond Flour Pancakes,
Honey

*substitute for Maple Syrup +100THB
extra strawberries +30THB
extra blueberries +30THB*



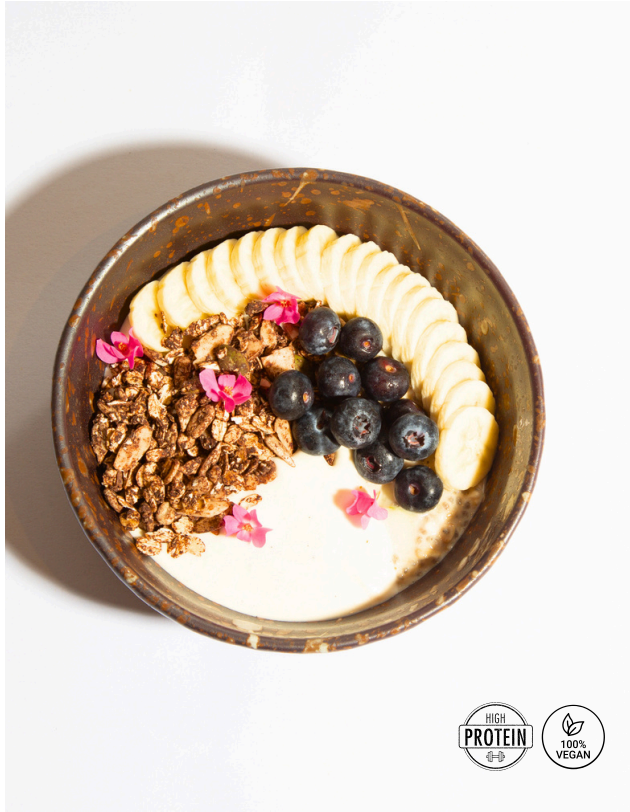
PB & CARAMEL ALMOND PANCAKES - 295THB

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

*substitute for Maple Syrup +100THB
extra strawberries +30THB
extra blueberries +30THB*

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OVERNIGHT OATS



VANILLA PROTEIN OVERNIGHT OATS - 320THB

Vanilla Protein Overnight Oats, Blueberries, Green Apple, Banana, Coconut Yogurt, Chia, Cacao Granola



STRAWBERRY-YOGURT OVERNIGHT OATS - 295THB

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



APPLE CINNAMON OVERNIGHT OATS - 295THB

Red Apple, Blueberries, Cinnamon, Cacao Granola, Chia-Overnight Oats, Almond Butter



CHOC PROTEIN OVERNIGHT OATS - 320THB

Banana, Blueberries, Coconut Chips, Peanut Butter, Chocolate Protein Overnight Oats, Cacao Granola



BREAKFAST POWER BOWL - 295THB

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

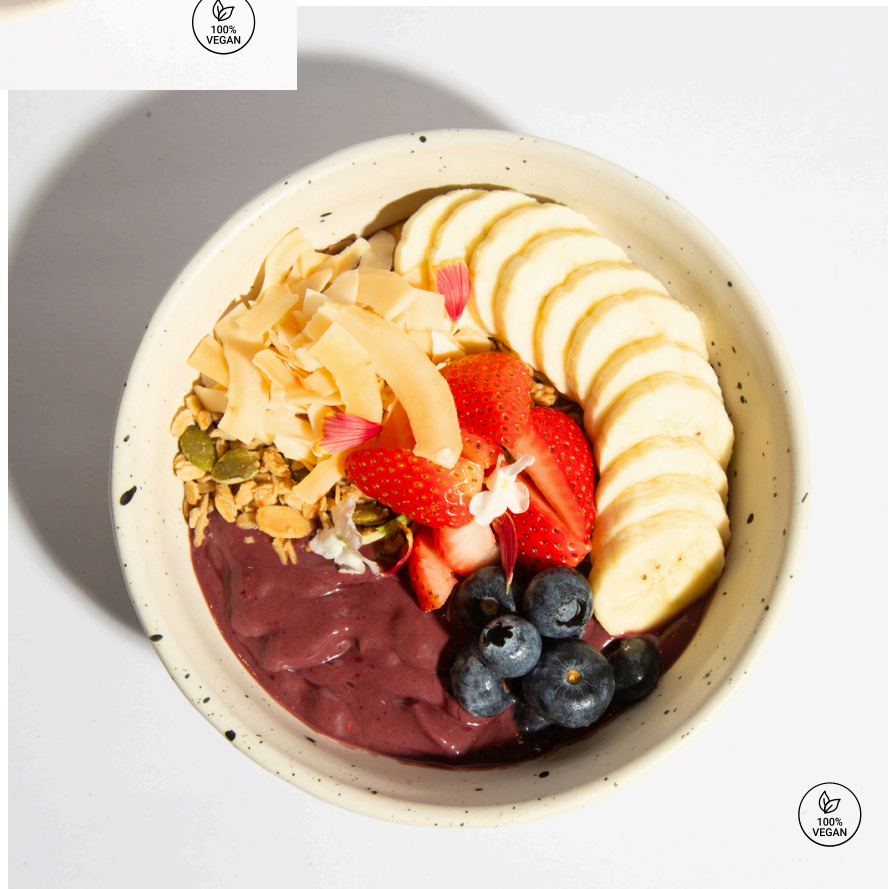
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SMOOTHIE BOWLS



BLUE SMOOTHIE BOWL - 295THB

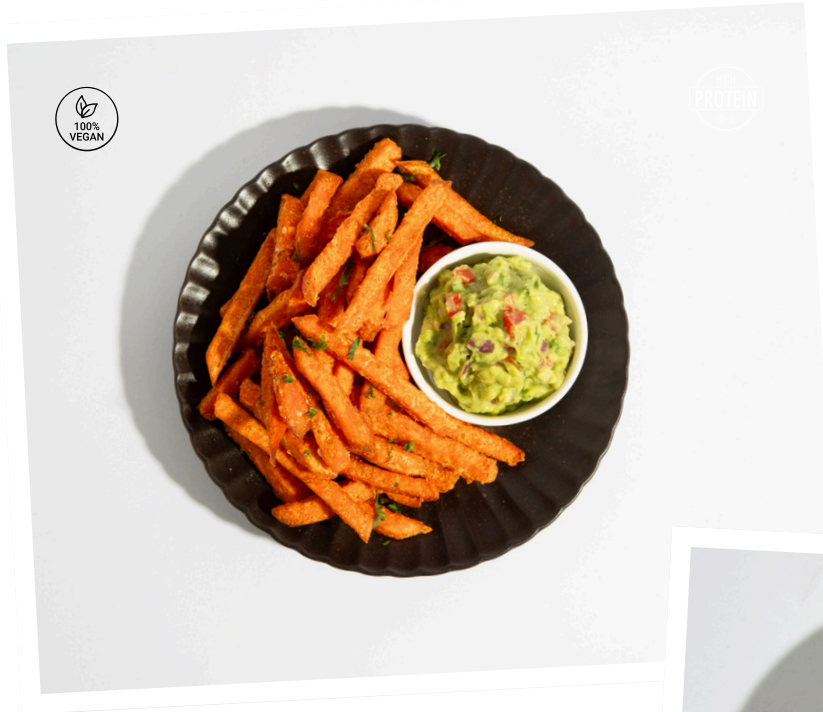
Blue Spirulina, Pineapple, Banana, Avocado, Seasonal Fruits, Granola



ACAI SMOOTHIE BOWL - 285THB

Seasonal Fruits, Original Granola, Coconut Shreds, Acai Smoothie

PLANTIFUL. *TO SHARE*



SWEET POTATO FRIES & GUACAMOLE - 195THB

Sweet Potato Fries & Guacamole



SAUTEED MUSHROOM HUMMUS - 295THB

Sauteed Mushroom, Garlic Hummus,
Sourdough



CALAMARI - 250THB

Oyster Mushroom, Yogurt-Tartare
Sauce, Lemon

PLANTIFUL. TO SHARE



UNAGI EGGPLANT MAKI - 290THB

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

CRISPY 'TUNA' SUSHI - 280THB

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



YUZU ASPARAGUS MAKI - 290THB

Eggplant, Asparagus, Avocado,
Beetroot, Carrot, Cucumber, Japanese
Rice, Nori, Yuzu Carrot Sauce (V)

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SOUPS



SUPERGREENS DETOX SOUP - 190THB

Asparagus, Avocado, Spinach, Broccoli, Onion,
Potato, Sunflower Seed (V, GF)
Garlic Croutons +20THB



ROASTED PUMPKIN SOUP - 185THB

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

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SALADS & BOWLS



HALLOUMI KALE SALAD - 325THB

Halloumi Cheese, Parsley, Kale, Quinoa, Almond, Tomatoes, Dried Cranberries, Red Onion, Balsamic, Lemon Vinaigrette (Veg, GF)



MEDITERRANEAN BOWL - 310THB

Falafel, Hummus, Olives, Pickled Red Onion, Radish, Kale Salad, Cucumber, Quinoa, Sourdough, Lemon Wedge (V)



BROCCOLI CAESAR - 260THB

Broccoli, Cos Romaine, Mushroom Bacon, BBQ Sunflower Seeds, Parmesan Cheese, Crumbled Garlic Croutons, Caesar Dressing



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SALADS & BOWLS



AVOCADO WHITE BEAN KALE SALAD - 295THB

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



SHAVED BROCCOLI SALAD - 280THB

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)

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BOWLS & MAINS

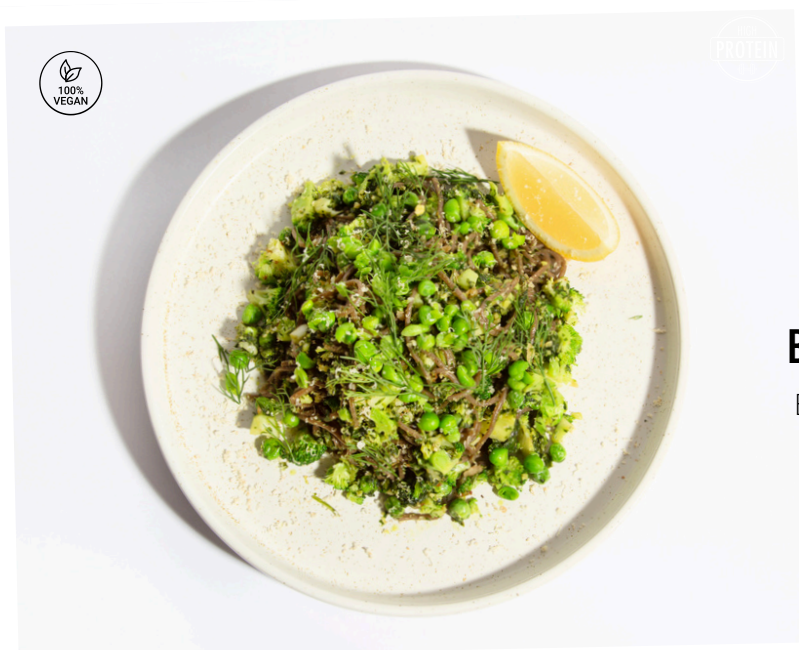


PLANTAIN BUDDHA BOWL - 295THB

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

MUSHROOM TEMPEH KRAPROW - 270THB

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



BROCCOLI PESTO SOBA - 320THB

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

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BURRITOS



BBQ TEMPEH BURRITO - 310THB

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

BREAKFAST TOFU BURRITO - 290THB

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



SURFERS BURRITO - 365THB

Omelette, Avocado, Tater Tots, Guacamole, Cheddar Cheese, Wheat Tortilla, Green Goddess Dressing (Veg)

PLANTIFUL. SANDWICHES



SMOKED TOFU BLT - 295THB

Tofu Bacon, Crispy Mushroom,
Guacamole, Cos Lettuce, Tomatoes, BBQ
Cashew Sauce, Mayo, Sourdough



PLANT
POWER

PESTO GRILLED CHEESE SANDWICH - 295THB

Cashew Pesto, Bell-Pepper Marinara, Tomatoes, Vegan
Swiss Cheese, Sourdough

*real cheese substitution available on request



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

FLAT WHITE 120

LATTE 120

COCONUT CARAMEL LATTE 145

CAPPUCCINO 130

CAFFE MOCHA 130

WELLNESS TEA

ORGANIC TEA 120

*please ask our staff for Tea Selections

COCONUT ICED MATCHA 160

Fresh 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

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DESSERTS



CARROT CAKE - 160THB

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



GIANT BANANA BREAD- 140THB

Banana, Flax Seed, Coconut Oil, Allulose, Flour, Soy Milk (V)



RAW CHOCOLATE TART- 180THB

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



BANOFFEE PIE - 160THB

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



RASPBERRY CACAO CAKE - 160THB

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

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SUPERFOOD SMOOTHIES



PB&J PROTEIN

240.- | 280.-

Plantogenic Plant Protein, Peanut Butter, Mixed Berries, Banana, Chia Seed, Dates, Cashew Cream, Oat Milk (V)



PB & CHOC PROTEIN

240.- | 280.-

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



PEANUT BUTTER PROTEIN

240.- | 280.-

Peanut Butter, Banana, Plantogenic Plant Protein, Oat Milk (V)



THE BODY PROTEIN SMOOTHIE

240 | 280

Acai, Belila Probiotic, Mixed Berries, Banana, Peanut Butter, Plantogenic Plant Protein, Oat Milk (V)



MORNING FUEL PROTEIN

220.- | 250.-

Green Apple, Pineapple, Banana, Cucumber, Baby Spinach, Celery, Cos, Almond butter, Vanilla Protein, Chia seed, Ginger, Water, Coconut Yogurt (V)



ALMOND BUTTER SMOOTHIE

240.- | 280.-

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

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SUPERFOOD SMOOTHIES



STRAWBERRY GLAZE

185.- | 215.-

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



GLOW BERRY BLISS

230.- | 270.-

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



BLUEBERRY BOMB

185.- | 215.-

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



COSMIC COCO

240.- | 280.-

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



PROBIOTIC SUNSET

210.- | 240.-

Mango, Pineapple, Orange, Carrot, Ginger, Chia Seed, Probiotic Powder, Beetroot, Coconut Milk, Cashew Cream (V)



THE HULK

220.- | 255.-

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

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COLD-PRESSED JUICES



250ML | 450ML

SUNRISE PROBIOTIC JUICE

Orange Juice, Carrot Juice, Strawberry, Lila Probiotic

185

DETOX GREENS

Baby Spinach, Celery, Japanese Cucumber, Green Apple

160 | 290

LIFE FORCE

Kale, Pineapple, Green Apple, Celery

160 | 290

GUAVA KALE

Guava, Kale, Green Apple, Pineapple, Celery

160 | 290

GO AWAY DOC

Indian Gooseberry, Green Apple, Pineapple, Ginger, Lemon

155 | 285

IMMUNE BOOSTER

Carrot, Green Apple, Ginger

155 | 285

PICK ME UP

Orange, Pineapple, Passionfruit, Carrot, Green Apple

155 | 285

FAVORITE FIVE

Green Apple, Orange, Carrot, Celery, Beetroot

155 | 285

ROOTS

Beetroot, Carrot, Green Apple, Ginger

155 | 285

BYO JUICE

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

155 | 285



JUICE SHOTS

75ML

GINGER SHOT

120

30mL Ginger + Base Juice: pineapple, carrot or orange

TURMERIC SHOT

120

30mL Turmeric, Orange, Black Pepper

SKIN SHOT

120

Plantogenic Le Ruby, Red Cherry Tomatoes, Plum Tomatoes

DETOX SHOT

120

Green Spirulina, Wheatgrass, Pineapple

SINGLE ORIGIN JUICE

250 | 450ML

COCONUT WATER

120 | 250

ORANGE JUICE

150 | 280

GUAVA JUICE

150 | 280

PINEAPPLE JUICE

150 | 280

CELERY JUICE

150 | 280

CARROT JUICE

150 | 280

BEETROOT JUICE

150 | 280

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