







Food from Earth to Heart

Food is the Foundation of Your Health

The Cocoon team are dedicated to helping you feel good in your body, and we believe the best way to do that is to feed you clean, wholesome food the way it was intended by nature; free from refined sugars, additives and chemicals.

We are obsessed with the source & method of the food we offer our clients. We dedicate our research to ensure that we get the best quality ingredients and like wise, support other local business & suppliers that share our views and values. We use our wide network of local farmers and specialized organic producers in the region committed on delivering & serving seasonal & organic products wherever possible.

-  **PLANT BASED** Dishes made entirely with vegan products avoiding all animal derived products. These dishes have the largest amount of vitamins, nutrients and enzymes and alkalinizing effect on the body as well as preventing suffering to ALL other life forms on the planet and is a powerful aid for spiritual transformation of the body, emotions and spirit.
-  **RAW FOODS** These have the highest amount of nutrients and enzymes as a lot of these are destroyed when heated above 35 degrees.
-  **GLUTEN FREE** Gluten, the protein in wheat, barley, and rye can cause digestive and health problems in people who are intolerant to it. Gluten intolerance has risen due to the GMO alteration of wheat to create stronger crops.
-  **DAIRY FREE** It is estimated that 8 /10 people are intolerant to dairy products due to the lack of the enzyme needed to break down lactose. This intolerance can lead to a series of health problems from general discomfort to allergies, bloating, etc. When consuming dairy it is better to opt for goat or sheep milk as it does not have the same growth factors found in cow's milk which interfere with human hormones. Not to mention the use of antibiotics in the over exploited cow milk industry.

IMPORTANT NOTICE ALLERGEN INFORMATION

If you have a food allergy do not go by the information presented here as it only refers to the ingredients we use. Additional information regarding possible traces of allergens from our supplier's facilities are set out in our allergen control document which you can request from our staff.

Superfood Smoothies

Raw, plant-based smoothies delicately sweetened with fruits, agave or stevia.

SKIN GLOW 🌱 🍌

Marine collagen and vitamin C blended with mixed berries and coconut probiotic yogurt. The ultimate beauty drink

250

GOJI REJUVENATOR 🌱 🍌

Antioxidant goji berries and cold-pressed coconut butter blended with banana and mango

250

PASSION & CHIA 🌱 🍌

Tropical flavors of passion fruit and mango explode on the tongue, mellowed with a touch of banana, apple and activated chia seeds

250

CHOCOLATE MOOD LIFTER 🍌 🌱

Guilt-free boost your serotonin with blended chocolate and banana, peanut butter, almond milk and topped with chocolate chips

250

ENERGIZER 🍌 🌱

Avocado, parsley, ginger, banana, yoghurt, chia seed milk

250

+ Supplements

Immunity Shots

ANTI-VIRAL SHOT 🌱 🍌 🌱 🌱

Lemon, ginger, vitamin C and oregano oil

80

IMMUNITY BOOSTER 🌱 🍌 🌱 🌱

Beetroot and collagen

80

REBOOT SHOT 🌱 🍌 🌱 🌱

Ginger and lemon

80

PAINKILLER SHOT 🌱 🍌 🌱 🌱

Turmeric, ginger and lemon

80

RAW PROTEIN ISOLATE 🌱 🍌 🌱 🌱

Organic, dairy-free vegan protein offering a complete Amino acid profile enhanced with digestive enzymes for easy digestion and premium bioavailability

+80

COLLAGEN 🌱 🍌 🌱 🌱

A premium beauty formula to support collagen production and skin function containing collagen type I and III in a highly bioavailable form with vitamin C.

+80

SUPERFOOD 🌱 🍌 🌱 🌱

Cacao nibs • chia seeds • sprouted flax • matcha ginger spirulina • pollen • vitamin C

+80

Prices are in Thai Baht and are subject to 10% service charge plus applicable tax.
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.
Please inquire with senior management if you have any dietary restriction, allergies or special considerations.

Pressed juice

SUPER DETOX 🍏 🌿 🥥

Apple, ginger, spinach, avocado & pineapple

GREEN GOODNESS 🍌 🍌 🌿

Banana, mango, kiwi, green apple, spirulina
coconut juice

CARROT TWIST 🍏 🌿 🥥

Apple, carrot & ginger

SWEET BEAT

Apple, carrot, beetroot & apple juice

HYDRATOR 🍌 🌿 🥥

Mango, cucumber, coconut water & mint

BURNING MAN 🍌 🌿

Banana, yoghurt, ginger, papaya, pineapple juice



Refreshments

250 COCOON HOME-MADE LEMONADE 🍏 🍏 🌿 🥥 120
Sugar free health tonic with raw apple cider
vinegar and lime juice

250 GINGEMBRE 🌿 🍏 🌿 🥥 120
Fresh ginger, cinnamon syrup & lime with
sparkling, mineral water

250 ORGANIC HEALTHY 🌿 🍏 🌿 🥥 120
Original • white and green tea, green bliss
lavender, lemon grass and spirulina • bloody booth
and blueberries

250 HOMEMADE ICED TEA 🌿 🍏 🌿 🥥 120
Thai tea, cardamom, cinnamon, clove, anise &
almond milk

300 FRESH ORANGE JUICE 120

GLASS BOTTLE WATER (500ML) 330

SPARKLING WATER (500ML) 330

COCONUT WATER 180

Organic Coffee

Carefully selected organic fair-trade coffee blends, offered With a selection of plant-based milks and natural sweeteners. All our teas and coffees are made using reverse-osmosis filtered water removing all trace of chemicals.

COFFEE WITH MILK ☎ ☹ ☞ ☘

MINT COFFEE ☎ ☹ ☞ ☘

Coffee espresso, mint, sesame milk

COCO COFFEE ☎ ☹ ☞ ☘

Coffee with coconut juice & almond milk

SWEET POTATO COFFEE ☎ ☹ ☞ ☘

Coffee espresso, sweet potato, soy milk

CACAO COCO LATTE ☎ ☹ ☞ ☘

Raw chocolate latte with oat milk and coconut whipped cream

MILK OPTIONS

Oat • almond • walnut nut • soy milk • sesame milk

100

120

120

120

200

+60

Organic Monsoon Teas

Experience the unique flavors of sustainably grown Tea from different regions of Northern Thailand. Discover two unique Anantara tea blends created by Monsoon tea masters.

ANANTARA BLEND GREEN ☎ ☹ ☞ ☘

Green tea with vanilla, orange, mango
Rose jasmine

ANANTARA BLEND SPECIALS ☎ ☹ ☞ ☘

Black & green tea with coconut, orange, mango
Rose jasmine

120

120



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Breakfast in a bowl

GRANOLA + BERRIES + ACAI BERRY

Greek or low fat yogurt, homemade granola berries, Manuka honey, lime zest

CHIA SEEDS + GRANOLA JAR

Chia seed pudding, granola, coconut yogurt mango puree, spiced almonds

BEETBERRIES SMOOTHIE BOWL

Raspberry, blueberry, roasted beets, peanut butter Quinoa, granola, pomegranate syrup

PIÑA COLADA SMOOTHIE BOWL

Roasted pineapple, coconut yogurt, banana, Manuka honey, coconut flakes

VEGAN STRAWBERRY SMOOTHIE BOWL

Strawberry, raw vegan proteins, banana coconut milk, coconut flakes, guarana

All day healthy breakfast classics

250 BLUEBERRY RICOTTA ON WALNUT TOAST **310**

Spiced roasted blueberry, Manuka honey lemon syrup, almond

250 SMASHED AVOCADO ON TOAST **310**

Sour dough, smashed avocado, coriander, chili poached egg, lime, sea salt

250 SMOKED SALMON ON PUMPERNICKEL **310**

Rye toast, red onion, low fat cream cheese, dill capers, sauce 'vierge'

250 EGG WHITE FRITTATA **310**

Fresh herbs, mozzarella, chili, avocado, lime

300 BRUSCHETTA POMODORO **310**

Oven dried cherry tomato, garlic, basil extra virgin olive oil, seasonal garden salad

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Bowls and salads

TUNA POKE BOWL

Organic rice berry, tuna fillet, avocado, cucumber sprouts, carrots, edamame, seaweeds, soy-ginger

VEGAN GODDESS BOWL

Quinoa, broccoli, edamame, sprouts, zucchini avocado, spiced chickpea, pomegranate, seeds lime segments, tahini vinaigrette

REFORMED GREED SALAD

Quinoa, buckwheat, Kalamata olive, cucumber sweet onions, tomato, Persian feta

CHICKEN SHAWARMA SALAD

Bib lettuce, green mango, apple, macadamia, dill cucumber, yogurt vinaigrette

BEETROOT SALAD

Herb roasted beetroot, ricotta, berries, seeds spiced nuts, orange vinaigrette

Sandwiches and wraps

GRILLED VEGETABLES CLUB ON MULTIGRAIN TOASTS **550**

Marinated grilled vegetables, hummus whipped feta, lettuce, spiced sweet potato fries

GRILLED SOUR DOUGH TUNA SANDWICH **550**

Sundried tomato, capers, preserved tuna sweet peppers, olive oil, mayonnaise seasonal garden salad

SMOKED SALMON WRAP ON WHOLE WHEAT TORTILLA **550**

Bibb lettuce, light cream cheese cucumber-yogurt tzatziki, dill, lemon zest seasonal salad

FALAFEL WRAP ON WHOLE WHEAT TORTILLA **550**

Julienne lettuce, spiced hummus, cucumber tomato, tahini vinaigrette



Energy bites and healthy cookies

CARROT, QUINOA AND PISTACHIO CAKE	50	COCONUT COOKIE	50
Low fat cream cheese frosting, lemon peel		PEANUT BUTTER, OAT AND BANANA COOKIE	50
VEGAN BROWNIE	50	SUGAR FREE TRIPLE CHOCOLATE CHIP COOKIE	50
LIME AND COCONUT SQUARES	50	VEGAN OATMEAL COOKIE	50
SPIRULINA, OATS AND DATES SQUARES	50	CITRUS AND BUTTER COOKIE	50
LEMON AND CHAMOMILE BAR	50		
COCOON GRANOLA AND GOJI BERRY BAR	50		
TURMERIC AND CASHEWS ENERGY BALL	50		
RAW COCOA AND DRIED STRAWBERRY ENERGY BALL	50		



Sorbets and natural ice cream

COCONUT SORBET	200
SUGAR FREE RASPBERRY	200
SUGAR FREE STRAWBERRY	200
PASSIONFRUIT	200
VEGAN PISTACHIO	200
AVOCADO	200

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