



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 where your food comes from and how it got there. We continuously put our attention on sourcing to ensure we get the best quality ingredients and support other like minded local business that share our views and values. We use our wide network of local farmers and specialist organic producers in the region. We are committed to seasonal produce and go organic wherever possible.

**IMPORTANT NOTICE RE 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.



**PLANT BASED** Dishes made entirely with vegan products avoiding all animal derived products. These dishes have the largest amounts of vitamins, nutrients and enzymes and alkalizing 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 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.

# Superfood Smoothies

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

## SKIN GLOW 🌱🌿

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

## GOJI REJUVENATOR 🌱🌿

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

## PASSION & CHIA 🌱🌿

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

## CHOCOLATE MOOD LIFTER 🌿🌱

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

## ENERGIZER 🌿🌱

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

+ Supplements

# Immunity Shots

## ANTI-VIRAL SHOT 🌱🌿🌱🌿

80 Lemon, ginger, vitamin C and oregano oil

## IMMUNITY BOOSTER 🌱🌿🌱🌿

80 Beetroot and collagen

## REBOOT SHOT 🌱🌿🌱🌿

80 Ginger and lemon

## PAINKILLER SHOT 🌱🌿🌱🌿

80 Turmeric, ginger and lemon

## RAW PROTEIN ISOLATE 🌱🌿🌱🌿

+80 Organic, dairy-free vegan protein offering a complete amino acid profile enhanced with digestive enzymes for easy digestion and premium bioavailability

## COLLAGEN 🌱🌿🌱🌿

+80 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.

## SUPERFOOD 🌱🌿🌱🌿

+60 Cacao nibs • chia seeds • sprouted flax • Matcha • ginger spirulina • pollen • vitamin C

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## Pressed Juices

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

200 COCOON HOME-MADE LEMONADE 🍏🍋🌿🌿 120

Sugar free health tonic with raw apple cider vinegar and lime juice

200 GINGEMBRE 🌿🍋🌿🌿 120

Fresh ginger, cinnamon syrup & lime with sparkling mineral water

200 ORGANIC HEALTHY 🌿🍋🌿🌿 120

Original • white and green tea, green bliss • lavender, lemon grass and spirulina • bloody booth and blueberries

200 HOMEMADE ICED TEA 🌿🍋🌿🌿 120

Thai tea, cardamom, cinnamon, clove, anise, almond milk

200 FRESH ORANGE JUICE 120

GLASS BOTTLE WATER (500ML) 330

SPARKLING WATER (500ML) 330

COCONUT WATER 180



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# 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 chemicals.

COFFEE WITH MILK ☎ ☞ ☎ ☎ ☎	100
MINT COFFEE ☎ ☞ ☎ ☎ ☎ Coffee espresso, mint, sesame milk	120
COCO COFFEE ☎ ☞ ☎ ☎ ☎	120
Coffee with coconut juice & almond milk	
SWEET POTATO COFFEE ☎ ☞ ☎ ☎ ☎	120
Coffee espresso, sweet potato, soy milk	
CACAO COCO LATTE ☎ ☞ ☎ ☎ ☎	200
Raw chocolate latte with oat milk and coconut whipped cream	
MILK OPTIONS	+60
Oat • almond • walnut nut • soy milk • sesame milk	

# Organic Monsoon Teas

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

ANANTARA BLEND GREEN ☎ ☞ ☎ ☎ ☎	180
Green tea with vanilla, orange, mango, rose jasmine	
ANANTARA BLEND SPECIALS ☎ ☞ ☎ ☎ ☎	180
Black & green tea with coconut, orange, mango, rose jasmine	



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# Breakfast

## DESIGN YOUR OWN

BREAKFAST POT 🌱🌱🌱🌱 450

Low fat yoghurt or Greek yoghurt with your choice of three toppings:

Goji berries • homemade granola • raisins • fresh banana • mixed berries • almonds • orange segments • oats • bircher muesli • honey/sunflower seeds • roasted almond slices • pumpkin seed • coconut oil • fresh mango • fresh coconut meat • fresh papaya • chia seed • homemade granola • mixed dried fruits

## ON TOAST, HOMEMADE WALNUT LOAF, GLUTEN FREE AVAILABLE

SMASHED AVOCADO, ROAST CHICKPEAS,  
EVOO, LEMON 🌱 280

BLUEBERRIES, RICOTTA, TOASTED ALMONDS,  
HONEY 🌱🌱 310

BEETROOT HUMMUS, BALSAMIC BAKED  
PUMPKIN, SUNFLOWER SEEDS 🌱 290

CARAMELIZED ONION, ROAST CHERRY  
TOMATO, BASIL PESTO, FETA CHEESE 🌱🌱 310

## GRAB & GO BREAKFAST POTS, HOMEMADE AND SET YOGHURT...

GREEK YOGHURT OR LOW-FAT YOGHURT •  
HOMEMADE GRANOLA • FRESH BERRIES 🌱🌱🌱 210

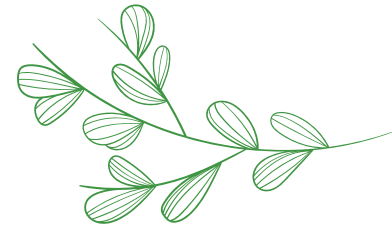
GREEK YOGHURT OR LOW-FAT YOGHURT •  
FRESH BERRIES • CHIA SEED 🌱🌱 250

GREEK YOGHURT OR LOW-FAT YOGHURT •  
BANANA • HONEY 🌱 210

BIRCHER MUESLI • RAISINS • HONEY •  
MIXED DRIED FRUITS 🌱 220

LAYAN CHIA SEED PUDDING •  
FRESH MANGO • HOMEMADE GRANOLA 🌱 270

+ ADD MORE POWER WITH  
ORGANIC WHEY 🌱🌱 80 / SCOOP



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# Bowls

## SALMON POKE BOWL 🌱 🍃

Organic black & brown rice, shaved cabbage, Atlantic salmon sashimi, cucumber, cherry tomatoes, orange segments, roasted seaweed, spring onion, sesame seeds, ginger tamarind dressing

650

## TUNA POKE BOWL 🌱 🍃

Brown rice, raw carrot, cucumber, avocado, black sesame seeds, white sesame seeds, roasted seaweed, soy and mirin dressing

650

## BAKED SESAME TOFU 🌱 🍃

Sweet corn, cucumber, shaved cabbage, mint, coriander toasted sunflower seeds, wild rocket, lime squeeze, lime coriander vinaigrette

480

## NIÇOISE SALAD 🌱 🍷

Hard cooked egg, mesclun greens, green beans, roasted almonds, kalamata olives, cherry tomatoes, sweet potatoes, oregano-red wine vinaigrette

480

## GREEN BOWL 🌱 🍷

Raw zucchini, fresh spinach, green beans, roast broccoli, sliced avocado, ginger pickled cabbage, sesame citrus dressing

480

## PROTEIN POWER 🍷

Low glycemic and protein rich, grilled chicken breast, spinach, black bean, quinoa, sweet potato, avocado topped with cream cheese and pomegranate

490

# Sandwiches

## SIGNATURE SALMON SANDWICH 🍷

Dark toast bread, skinless salmon fillet, greek yogurt, fresh dill cucumber salad, tomato, lettuce

520

## VEGGIE WRAP WITH GOAT CHEESE 🌱 🍷

Whole grain taco, mash chickpeas, green bean, red pepper, goat cheese, lemon wedges, abalone mushroom

450

## COCOON CHICKEN GYRO 🍷

Pita bread, marinated grilled chicken, cucumber salad, feta cheese, lettuce, tzatziki sauce

470

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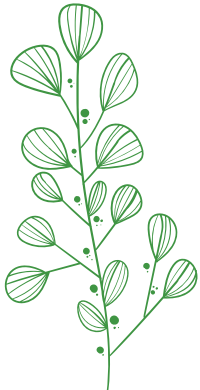


## Healthy Sorbets

LEMONGRASS	☑	☑	☑	☑
AVOCADO	☑	☑	☑	☑
BANANA	☑	☑	☑	☑
PASSIONFRUIT	☑	☑	☑	☑
YOGURT SORBET	☑	☑	☑	☑
BASIL	☑	☑	☑	☑
SUGAR FREE STRAWBERRY	☑	☑	☑	☑
SUGAR FREE RASPBERRY	☑	☑	☑	☑
VEGAN HAZELNUT	☑	☑	☑	☑
VEGAN PISTACHIO	☑	☑	☑	☑

## Dessert with Benefits

140	BLUEBERRY SCONES	☑	340
140	STRAWBERRY SHORTCAKE	☑	330
140	CARAMEL BROWNIE	☑	350
140	CARROT AND DATE PUDDING	☑	330
140	GLUTEN FREE COCOON MUFFIN	☑	350
140	QUINOA CARROT CAKE	☑	350
170	BLUEBERRY GREEK YOGURT CAKE	☑	340
170	GLUTEN FREE SPANISH AVOCADO CAKE	☑	350
170	GREEN TEA CHIA SEED CHEESECAKE	☑	380
170	GRANOLA COOKIES	☑	85 P/P
	OATMEAL BANANA COOKIES	☑	85 P/P
	CHOCOLATE CHIP COOKIES	☑	85 P/P



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