

# Durian Festival

เทศกาลน้ำอหะททุเรียน

Elle&Vire Durian Ice Cream  
with Durian Coconut Sauce  
and Coconut Sticky Rice  
ข้าวเหนียวน้ำกะทิทุเรียน กับไอศกรีม Elle&Vire ทุเรียน

250.-



Mon Thong Durian  
and Durian Coconut Sauce  
with Coconut Sticky Rice  
ข้าวเหนียวน้ำกะทิทุเรียน กับเนื้อทุเรียนหมอนทอง

250.-



Coconut Sticky Rice with Mon Thong  
Durian Wrapped in Pandan Leaf  
ข้าวเหนียวมูนทุเรียนย่าง

160.-





# Mango Series

Extremely Refreshing Everyday



Order our  
Organic Oakrong Pikultong  
Smoothie  
with Ruby Bubbles

**FREE!** PlearnC



170.-

# Banana Blossom Pollen

Functional Benefits: ??

- 1 Improves blood circulation
- 2 Promotes lactation
- 3 Treats gastritis
- 4 Nourishes bone and teeth
- 5 Improves irregular menstruation
- 6 Decreases inflammation
- 7 Nourishes skin



**Crispy Banana Blossom  
Pollen with Ginger Sauce**

**118.-**



เรือนมัลลิกา

RUEN-MALLIKA

# Herbs

*Thai Herbs provide nutritional benefits in which they help forming the basic for a healthy body. They have medicinal properties to protect and cure many symptoms and diseases. For Examples, **Garlic** reduces blood pressure; **Holy Basil** reliefs a bloated stomach and reduces nauseated condition: **Sweet Basil** reliefs cold: **Coriander** cures dysentery and **Green Shallot** cleans nasal congestion. These healthy nutrition herbs can be seen in all of our **Ruen Mallika**'s traditional Thai Dishes.*

*We care for your health are dedicated to making your meal special.*

*Ajarn Mallika*



Vat included. Prices are in Baht and are subject to change. There is 10% service charge.



พริก (Chili)



พริกแห้ง (Dried Chili)



พริกไทย (Pepper)



มะกรูด (Leech Lime)



กะเพรา (Holy Basil)



โหระพา (Sweet Basil)



กระชาย (Galanga)  
ขิง (Ginger) ขมิ้น (Curcuma)



มะนาว (Lime)



ข่า (Galangal)



ตะไคร้ (Lemongrass)



ผักชีฝรั่ง (Stink Weed)  
ผักชี (Coriander)



กระเทียม (Garlic)  
หอมแดง (Red Onion)



ต้นหอม  
(Green Onion)



### Ruen Mallika Royal Platter

A Penta of Ruen Mallika's Signature Appetizers - Tempura Flowers, Crispy Golden Cups with Herbs Filling, Savory Crispy Sweet & Sour Vermicelli, Fried Shrimp Cakes with Crispy Tiny Shrimps, Rice Crispies with Minced Pork and Shrimp Coconut Dip

Price : 450 THB.



### Ruen Mallika Deluxe Platter

A Quattro of Ruen Mallika's Meaty Appetizers - Sour Pork Soft Ribs, Chicken Wrapped in Pandan Leaf, Thai Pork Satay and Peanut Sauce, Fried Clown Featherback Fish Cakes

Price : 450 THB.



### จันชื่อบุษบา ( Chuncheu Boodsaba )

Ruen Mallika's Signature Tempura Flowers

Functional Ingredients : Pagoda Flower, Butterfly Pea, Sesbania, Roses, Paper Flower, Chinese Chive, Flowering Cabbages, Ixora, Cowslip Creeper Flowers

Benefits : High fiber / Contains vitamin A & C (immune system maintenance, helps vision, healthy skin, antioxidant)

Price : Small 300 Large 500 THB.



### เมี่ยงกระทงทอง ( Miang Kratongtong )

Crispy Golden Cups with Herbs Filling

Functional Ingredients : Roasted Coconut Flakes, Ginger, Shallot, Chili, Lime, Peanut, Tamarind Sauce

Benefits : High fiber / Aids digestion / Source of protein / Contains vitamin A, B, C, E (Relieves colds, nausea, loss of appetite, prevents heart disease, immune system maintenance, helps vision, healthy skin, antioxidant)

Price : 180 THB.



### หมี่กรอบทรงเครื่อง ( Mee Krob Songkrueng )

Savory Crispy Sweet & Sour Vermicelli in Taro Basket

Functional Ingredients : Shallot, Garlic, Chinese Chives, Soybean Curd, Taro, Tofu

Benefits : Reduces Cholesterol / Contains antioxidants / Strengthens Bones and Teeth / Source of protein, iron, calcium, manganese, selenium, phosphorus, vitamin B1

Price : 250 THB.



### ทอดมันกุ้งฝอย ( Tod Mun Goong Foi )

Fried Shrimp Cakes with Crispy Tiny Shrimps

Functional Ingredients : Shrimp

Benefits : Source of protein / High calcium / Source of the antioxidant and anti-inflammatory carotenoid nutrient astaxanthin / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine

Price : 350 THB.





## หมูสะเต๊ะ ( Moo Satay )

Thai Pork Satay and Peanut Sauce

Functional Ingredients : Pork, Turmeric, Shallot, Chili, Cucumber

Benefits : High protein / Source of thiamin, zinc, vitamin B12, vitamin B6, niacin, phosphorus, and iron/ Contains curcumin, a substance with powerful anti-inflammatory and antioxidant properties

Price : 300 THB.



## คอหมูย่าง ( Kor Mooyang )

Grilled Pork Neck with Spicy Tamarind Sauce

Functional Ingredients : Pork, Pepper, Tamarind

Benefits : High protein / Eases stomach discomfort / Aids digestion

Price : 300 THB.



## ไก่ห่อใบเตย ( Gai Hor Baitoey )

Chicken Wrapped in Pandan Leaf

Functional Ingredients : Pandan Leaves, Chicken

Benefits : High protein / Natural anti-depressant / Promotes heart health / Source of phosphorus, selenium, B-complex vitamins (boosts metabolism), niacin (guards against cancer), vitamin A (promotes eye health)

Price : 300 THB.



### ແໜ່ມກຣະດູກອ່ອນ ( Nam Kradook On )

Sour Pork Soft Ribs

Functional Ingredients : Pork, Shallot, Ginger, Lime, Chilia

Benefits : Source of protein, B vitamins, zinc, calcium, vitamin C / Improves Appetite

Price : 300 THB.



### ທອດມັນກູ້ງ ( Tod Mun Goong )

Fried Shrimp Cakes

Functional Ingredients : Shrimp, Fish, Eggs

Benefits : High protein, Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine

Price : 350 THB.



### ຂ້າວດັ່ງໜ້າດັ່ງ ( Kaotang Natang )

Rice Crispies with Chicken and Shrimp Coconut Dip

Functional Ingredients : Coconut Milk, Chicken, Shrimp, Peanuts, Onion, Shallot, Garlic

Benefits : Source of protein/Rich in fiber, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous

Price : 200 THB.



### ທ່ອໝກກອບ ( Hor Mok Krob )

Crispy Crab Coconut Souffle'

Functional Ingredients : Crab Meat, Coconut Milk, Sweet Basil, Kaffir Lime LPeel, Galangal , Kaffir lime leaves, Chili, Shallot, Garlic, Lemongrass

Benefits : Source of protein / Rich in fiber, vitamins C, E, B1, B3, B5, B6, B12 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous.

Price : 300 THB.



### ทอดมันปลากราย ( Tod Mun Pla-Krai )

Fried Spotted Knifefish Cakes

Functional Ingredients : Fish, Eggs, String Beans, Kaffir Lime LPeel, Galangal, Kaffir lime leaves, Chili, Shallot, Garlic, Lemongrass

Benefits : High protein / Source of vitamin D, omega-3

Price : 350 THB.



### ส้มตำหัวปลี ( Som Tum Hua-Plee )

Spicy Banana Blossom Somtum with Dried Shrimps

Functional Ingredients : Banana Blossom, Garlic, Chili, Lime, Tamarind, Shallots, Roasted Coconut Flakes, Peanuts, Cherry Tomatoes

Benefits : Source of protein, carbohydrate, fiber, calcium, phosphorus, iron, vitamins C, E, B1, B3, B5 and B6

Price : 250 THB.



### แกงจืดกะหล่ำม้วน ( Gang Jued Kalum Muan )

Stuffed Cabbage with Minced Pork Soup

Functional Ingredients : Cabbage, Pork, Garlic, Coriander Root, Pepper

Benefits : High protein / Source of vitamins K, C, B1, B6, B12 / Source of manganese, dietary fiber, potassium, vitamin B1, folate, copper, choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, protein, niacin, and iron

Price : 120 THB. (Per Person)



### ไก่บ้านสมุนไพรหนึ่งมะนาว ( Gaibann Samunprai Neungmanow )

Hot & Sour Free-Range Chicken Herbal Soup

Functional Ingredients : Chicken, Garlic, Lime, Chili, Coriander

Benefits : High protein / Natural anti-depressant / Promotes heart health / Source of phosphorus, selenium, niacin (guards against cancer), vitamin A (promotes eye health) / Weight loss, skin care, eye care, improved digestion, respiratory disorders, urinary disorders and relief from constipation / Relieves Coughs and Indigestion

Price : 150 THB. (Per Person)



### ต้มข่าปลาสดใข้มะขามอ่อน / ไก่ ( Tom Kha Pla Salid / Gai )

Hot & Sour Galangal Coconut Cream Soup with Fried Gourami Fish / Chicken

Functional Ingredients : Gourami or Chicken, Coconut Milk, Tamarind Leaves, Galangal, Lemongrass, Kaffir Lime, Lime, Chili

Benefits : High fiber, Contains vitamin

Price : 450 / 350 THB. (For Share) 190 / 150 THB. (Per Person)



### ต้มยำกุ้งแม่น้ำ ( Tom Yum Goong Maenam )

Tom Yum Giant River Prawn Soup

Functional Ingredients : River Prawn, Shrimp Paste, Kaffir Lime, Kaffir Lime Leaves, Galangal, Lemongrass, Chili, Lime

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Relieves Coughs and Indigestion / Relief from constipation

Price : 750 THB. (Per Person)



## แกงเลียงกุ้งสด ( Gangliang Goongsod )

Spicy Thai Herbal Soup with Various Vegetables and Shrimp

Functional Ingredients : Shrimp, Dried Shrimp, Hairy Basil, Straw Mushroom, Ivy Gourd, Angled Loofah, Pumpkin, Pepper, Chili

Benefits : Eases inflammation and joint pain / Source of fiber, vitamins A,C, B6 E, riboflavin, potassium, copper, and manganese, and thiamin, folate, pantothenic acid, niacin, iron / High Antioxidant / Helps improve your stomach's ability to digest foods and promotes intestinal health / Weight control / Good for the heart / Boost metabolism

Price : 450 THB. (For Share)



## ไข่ตุ๋นทรงเครื่อง ( Kai Toon Songekrueng )

Steamed Egg Topped with Pork, Shrimp and Century Egg

Functional Ingredients : Eggs, Pork, Shrimp, Garlic, Green Onion

Benefits : Source of protein, vitamins A, D, E, K,B2, B12, omega-3 / Source of niacin, zinc, phosphorus, iron, selenium / Helps Protect Against Heart Disease / Reduces Blood Pressure & Cholesterol

Price : 180 THB. (Per Person)



### แกงคั่วหอยขมใบชะพลู ( Gangkua Hoikom Bai Cha-Plu )

River Snails in Red Curry

Functional Ingredients : Coconut Milk, Wild Betel Leaf, Acacia Leaves, Lemongrass, Kaffir Lime, Kaffir Lime Leaves, Chili

Benefits : Source of vitamins C, E, B1, B2 (riboflavin), B3 (niacin), B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium, phosphorous, niacin, and carotene

Price : 300 THB.



### แกงส้มชะอมกุ้ง ( Gangsom Cha-Ome Goong )

Spicy & Sour Soup with Acacia Omelet and Shrimp

Functional Ingredients : Fish, Egg, Acacia Leaves, Lemongrass, Kaffir Lime, Kaffir Lime Leaves, Chili, Shallots

Benefits : High protein / Source of vitamin D, omega-3/ Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine/ Relieves Stomach Ache / Helps Protect Against Cancer / Promotes healthy skin

Price : 500 THB.



### แกงเขียวหวานไก่ / ปลากราย / เนื้อติดมัน ( Gang Kiewwan Gai / Plagrai / Nue-Tidmun )

Chicken / Clown Featherback Fish Ball / Beef Green Curry

Functional Ingredients : Coconut Milk, Chicken or Fish, Round Eggplant, Sweet Basil, Kaffir Lime Leaves, Kaffir Lime, Lemongrass, Galangal, Chili, Coriander Seeds

Benefits : High protein / Source of vitamins A, C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous, and niacin / Natural anti-depressant / Promotes heart health / Boosts metabolism / Guards against cancer / Promotes healthy skin

Price : 350 / 350 / 400 THB.



### แกงเผ็ดเป็ดย่าง ( Gangped Pedyang )

Roasted Duck Red Curry

Functional Ingredients : Coconut Milk, Duck meat, Tomatoes, Sweet Basil, Kaffir Lime Leaves, Kaffir Lime, Lemongrass, Galangal, Chili, Coriander Seeds

Benefits : High protein / Source of vitamins A, C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous, and niacin / Natural anti-depressant / Promotes heart health / Boosts metabolism / Guards against cancer / Promotes healthy skin

Price : 450 THB.



### แกงมัสมั่นไก่ / เนื้อ ( Massamun Gai / Nue )

Thai Southern-Style Chicken / Beef Curry

Functional Ingredients : Coconut Milk, Chicken or Beef, Lemongrass, Galangal, Chili, Kaffir Lime, Shallot, Garlic, Coriander Seeds, Ginger, Onion, Cinnamon

Benefits : High protein / Source of vitamins C, E, B1, B3, B5, B6, B12 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Promotes healthy skin / Lowers blood sugar levels / Reduces heart disease risk factors

Price : 450 / 500 THB.



### แกงเหลืองหน่อไม้ดองกุ้ง ( Ganglueng Normaidong Goong )

Thai Southern-Style Yellow Curry with Pickled Bamboo and Shrimp

Functional Ingredients : Shrimp, Pickled Bamboo Shoot, Lemongrass, Kaffir Lime, Kaffir Lime Leaves, Chili, Shallots

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Helps Protect Against Cancer / Reduces Cholesterol/ Healthy weight loss / Strengthens immune system

Price : 450 THB.



### จู้ฉีปลาแซลมอน ( Choochee Pla Salmon )

Grilled Salmon Topped with Red Curry Sauce

Functional Ingredients : Tomato, Sweet Basil, Kaffir Lime Leaves, Kaffir Lime, Lemongrass, Galangal, Chili, Coriander Seeds

Benefits : High protein / Source of fiber, vitamin D, omega-3 / vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Promotes Healthy Skin

Price : 300 THB/100 g.



### แกงป่าไก่บ้านสมุนไพร ( Gangpa Gaiban Samoonprai )

Red Curry Soup with Herbal Free-Range Chicken

Functional Ingredients : Eggplant, Boesenbergia, Sweet Basil, Kaffir Lime Leaves / Young Pepper

Benefits : High protein / Source of fiber, vitamins A,C, E, riboflavin, potassium, copper, and manganese, and thiamin, B-6, folate, pantothenic acid, niacin, iron / Eases inflammation and joint pain / High Antioxidant / Weight control / Good for the heart / Boosts metabolism

Price : 450 THB



### น้ำพริกกะปิ-ปลาทุ ( Namprrik Kapi Platu )

Spicy Shrimp Paste Dip with Fried Mackerel and Assorted Vegetables

Functional Ingredients : Mackerel, Lemongrass, Garlic, Chili, Lime, Acacia, Eggs, Curcumin, Shrimp, Okra, Eggplant, Curcumin, Cucumber, String Beans

Benefits : High fiber / Reliefs constipation / Source of protein / Source of vitamins A, B-complex, C, D, omega-3, folic acid, calcium, potassium / Improves blood circulation / Promotes healthy skin

Price : 500 THB.



### น้ำพริกไข่มู ( Namprrik Kaipoo )

Spicy Crab-Salted Egg Paste Dip with Assorted vegetables

Functional Ingredients : Crab Meat, Eggs, Eggplant, Chili, Lime, Garlic, Acacia, Okra, String Beans, Cucumber

Benefits : High fiber / Reliefs constipation / Source of protein / Source of vitamins A, B-complex, C, E, D,K, omega-3, folic acid, calcium, potassium / Promotes healthy skin

Price : 500 THB.



### น้ำพริกหลงเรือ ( Namprrik Long-Ruea )

Spicy Thai Herbal Soup with Various Vegetables and Shrimp

Functional Ingredients : Catfish, Caramel Pork, Lemongrass, Garlic, Chili, Lime, Acacia, Eggs, Curcumin, Shrimp, Okra, Eggplant, Curcumin, Cucumber, String Beans

Benefits : High fiber / Reliefs constipation / Source of protein / Source of vitamins A, B-complex, C, D, omega-3, folic acid, calcium, potassium / Improves blood circulation / Promotes healthy skin

Price : 500 THB.



### น้ำพริกกุ้งสด-ไข่ต้ม ( Namprrik Goongsod Kaitom )

Spicy Shrimp-Boiled Egg Salad

Functional Ingredients : Shrimp, Chili, Paprika, Lime, Shallot

Benefits : Source of protein / High fiber / Source of vitamins A, B12, C, D, E, K, folate, omega-3, phosphorus, choline, copper, and iodine / Relieves Cold / Promotes healthy skin

Price : 350 THB.





### ส้มตำไทย ( Somtam Thai )

Green Papaya Salad with Dried Shrimp (Spicy)

Functional Ingredients : Green Papaya, Cherry Tomatoes, Dried Shrimp, Garlic, Chili, Tamarind, Lime

Benefits : Source of potassium, magnesium, vitamins A, C, B, E / Rich in enzyme 'papain' which is good for digestion / Source of fiber / Relieves constipation / Reduces cholesterol and blood pressure

Price : 180 THB.



### ส้มตำปู ( Somtam Pu )

Green Papaya Salad with Salted Crab (Spicy)

Functional Ingredients : Green Papaya, Cherry Tomatoes, Salted Crab, Garlic, Chili, Tamarind, Lime

Benefits : Source of potassium, magnesium, vitamins A, C, B, E / Rich in enzyme 'papain' which is good for digestion / Source of fiber / Relieves constipation / Reduces cholesterol and blood pressure

Price : 180 THB.



### ส้มตำผลไม้รวม ( Somtam Pollamairuam )

Thai Fruit Salad with Dried Shrimp or Salted Crab (Spicy)

Functional Ingredients : Guava, Pineapple, Pomelo, Rose Apple, Star Fruit, Green Mango, Fresh Mango, Salted Crab or Dried Shrimp, Garlic, Chili, Tamarind, Lime

Benefits : Source of fiber / Source of vitamins A,C, B1, B2, B6 / Immune system support / Eye Health / Anti-inflammatory / Promotes healthy skin / Relieves constipation / Improves digestion

Price : 250/300 THB.



### ยำวุ้นเส้น ( Yum Woonsen )

Spicy Seafood and Glass Noodle Salad

Functional Ingredients : Shrimp, Squid, Pork, Onion, Shallot, Chili, Lime

Benefits : Source of protein / Source of vitamin B6, B12, zinc, selenium, phosphorus, choline, copper, niacin, iron, iodine, potassium, folate, manganese / High fiber / Relief from constipation / Improves immunity

Price : 400 THB.



## ปลาน้ำร้อน ( Pla Nuea )

Spicy Beef Salad with Herbs

Functional Ingredients : Beef, Mint, Lemongrass, Shallot, Kaffir Lime Leaves, Chili, Lime

Benefits : Source of protein / Source of vitamins A, B1, B2, B3, B5, B6, folate, C, potassium, calcium, magnesium, phosphorus, manganese, copper, zinc / Reliefs from stomach disorders, insomnia / Reduces blood sugar

Price : 400 THB.



## ยำถั่วพู ( Yum Tua Ploo )

Chicken-Wing Bean Salad

Functional Ingredients : Shrimp, Shallot, Chili, Lime, Tamarind, Wing Bean, Lime Juice

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, iodine / Anti -aging / Helps Prevent Cancer / Improves immunity

Price : 350 THB.



## ยำชะอมกรอบ ( Yum Cha-Ome Krob )

Spicy Crispy Cha-Ome Vegetable with Spicy Seafood Salad

Functional Ingredients : Shrimp, Squid, Pork, Onion, Acacia, Shallot, Lime, Chili

Benefits : Source of protein / Source of vitamin B6, B12, zinc, selenium, phosphorus, choline, copper, niacin, iron, iodine, potassium, folate, manganese / High fiber / Relief from constipation / Improves immunity

Price : 400 THB.



## ยำผักบุ้งกรอบ ( Yum Pakboong Krob )

Spicy Crispy Morning Glory Salad

Functional Ingredients : Shrimp, Squid, Pork, Onion, Shallot, Chili, Lime, Morning Glory

Benefits : Source of protein / Source of vitamin B6, B12, zinc, selenium, phosphorus, choline, copper, niacin, iron, iodine, potassium, folate, manganese / High fiber / Relief from constipation / Improves immunity

Price : 400 THB.



### ปลากระพงราดพริก ( Pla Krapong Rad Prik )

Deep Fried Seabass with Sweet & Sour Chili Sauce

Functional Ingredients : Seabass, Chili, Garlic, Shallot

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium / Aids digestion / Helps relieve migraines and muscle, joint and nerve pain

Price : 650 THB.



### ปลากระพงลุยสวนผลไม้ ( Pla Krapong Luisuan Pollamai )

Deep Fried Seabass with Spicy Somtum Fruit Salad

Functional Ingredients : Seabass, Guava, Pineapple, Pomelo, Rose Apple, Star Fruit, Green Mango, Salted Crab or Dried Shrimp, Garlic, Chili, Tamarind, Lime

Benefits : High protein / High fiber / Source of vitamins A, C, B1, B2, B6, D, E, omega-3, folic acid, potassium / Aids digestion / Helps relieve migraines and muscle, joint and nerve pain / Immune system support / Eye Health / Anti-inflammatory / Promotes healthy skin / Relief from constipation / Improves digestion

Price : 650 THB.



### ปลากระพงนึ่งมะนาว ( Pla Krapong Nueng Manow )

Steamed Sea Bass with Hot and Sour Lime Soup

Functional Ingredients : Seabass, Garlic, Lime, Chili, Coriander, Kaffir Lime

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium / Helps relieve migraines and muscle, joint and nerve pain / Weight loss / Skin care / Eye care, Improved digestion / Relief from constipation

Price : 650 THB.



### ปลากระพงผัดพริกไทยดำ ( Pla-Krapong Prikthaidum )

Stir-Fried Sea Bass with Black Pepper

Functional Ingredients : Seabass, Black Pepper, Garlic

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium / Aids digestion / Helps relieve migraines and muscle, joint and nerve pain

Price : 650 THB.



### ปลากระพงราดน้ำปลา (Pla Krapong Rad Nampla )

Fried Sea Bass with Sweet Palm Sugar Fish Sauce

Functional Ingredients : Seabass, Shallot, Chili

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium /Aids digestion / Helps relieve migraines and muscle, joint and nerve pain

Price : 650 THB.



### ปลากระพงเผาเกลือ ( Pla Krapong Pai Kluea )

Salt Baked Sea Bass

Functional Ingredients : Seabass, Sea Salt

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium / Helps relieve migraines and muscle, joint and nerve pain / Weight loss / Skin care / Eye care, Improved digestion / Relief from constipation

Price : 650 THB.



### ปลากระพงเปรี้ยวหวาน ( Pla Krapong Prieu-Waan )

Fried Sea Bass Topped with Pineapple, Onion, Green Pepper, Red Pepper and Tomato in Sweet and Sour Sauce

Functional Ingredients : Seabass, Chili, Garlic, Shallot, Pineapple, Onion, Tomatoes

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium /Aids digestion / Helps relieve migraines and muscle, joint and nerve pain/ Immune system support

Price : 650 THB.



### ปลากระพงสามรส ( Pla Krapong Sam-Rod )

Fried Sea Bass Topped with Hot Sweet and Sour Sauce

Functional Ingredients : Seabass, Chili, Garlic, Shallot

Benefits : High protein / Source of vitamins A, D, E, omega-3, folic acid, potassium /Aids digestion / Helps relieve migraines and muscle, joint and nerve pain

Price : 650 THB.



### ไก่ผัดเม็ดมะม่วงหิมพานต์ ( Gai Phad Medmamuang )

Stir-Fried Chicken with Cashew Nuts

Functional Ingredients : Chicken, Cashews, Dry Chili, Onion, Green Onion, Garlic, Bell Pepper

Benefits : High protein / Natural anti-depressant / Promotes heart health / Source of vitamins A (promotes eye health), E, K, B-complex (boosts metabolism)/ Source of E81niacin (guards against cancer) copper, phosphorus, zinc, magnesium, iron, and selenium.

Price : 350 THB.



### ไก่ผัดพริกไทยอ่อน ( Gai Phad Prikthai-On )

Stir-Fried Chicken with Young Pepper Corn

Functional Ingredients : Chicken, Garlic, Pepper, Coriander Root, Young Peppercorn

Benefits : High protein / Source of phosphorus, selenium, B-complex vitamins (boosts metabolism), niacin (guards against cancer), vitamin A (promotes eye health) / Increases nutrient absorption / Stimulates appetite / Helps in weight loss / Helps clear congestion of respiratory tract / Fights cancer / Combats arthritis / Improves digestion

Price : 350 THB.



### ไก่ย่างข้าวเหนียวทอด ( Gai-Yang Kaoneaw Tod )

Grilled Spicy Chicken with Crispy Sticky Rice

Functional Ingredients : Chicken, Galangal, Lemongrass, Kaffir Lime Peel, Garlic, Shallot, Fresh Chili

Benefits : High protein / Source of vitamins A, B2, B3, B5, B6, folate and vitamin C / Source of potassium, calcium, magnesium, phosphorus, manganese, copper, zinc / Natural anti-depressant / Promotes heart health

Price : 350 THB.



### ซี่โครงหมอบยอดผัก ( See-Kroang Moo-Ob Yodpak )

A. Mallika's Steamed Pork Soft Ribs in Signature Gravy

Functional Ingredients : Pork Soft Ribs, Coriander Root, Garlic, Pepper

Benefits : High protein / Source of calcium / Source of thiamin, zinc, vitamins A,C, K, B12, B6, niacin, phosphorus, and iron / Protects Against Rheumatism / Helps blood circulation

Price : 750 THB.



### หมูตุ๋กตุ๋ก ( Moo Tuk Tuk )

Fried Seasoned Pork

Functional Ingredients : Pork, Kaffir Lime Leaves, Chili, Lemongrass, Shallot

Benefits : Source of thiamin, zinc, vitamin B12, vitamin B6, niacin, phosphorus, and iron / Relieves Bloating and Colds

Price : 300 THB.



### คั่วกลิ้งซี่โครงอ่อน ( Kua Gling See-Kroang )

Spicy Stir-Fried Southern-Style Pork Soft Ribs

Functional Ingredients : Pork Soft Ribs, Galangal, Lemongrass, Chili, Kaffir Lime Skin, Shallot

Benefits : High protein / Source of thiamin, zinc, vitamin B12, vitamin B6, niacin, phosphorus, and iron / Relieves Hives / Relieves Bloating / Helps Protect Against Cancer

Price : 350 THB



### ขาหมูกรอบแกงไตปลา ( Ka-Moo Krob Gang Taipila )

Fried Pork Leg with Southern-Style Fish Curry Sauce

Functional Ingredients : Pork, Fish, Kaffir Lime Peel, Shallot, Galangal, Lemongrass, Chili

Benefits : High protein / Source of thiamin, zinc, vitamin B12, vitamin B6, niacin, phosphorus, and iron / Relieves Hives / Relieves Bloating / Helps Protect Against Cancer

Price : 650 THB



## เนื้อริบอายออสเตรเลียผัดพริก ( Nuea Rib Eye Phad Prik )

Stir-Fried Australian Rib Eye with Fresh Chili

Functional Ingredients : Beef, Chili, Onion, Garlic

Benefits : High protein / Source of vitamin B12, zinc, selenium, iron, niacin, and vitamin B6 / Reducing cholesterol and blood pressure

Price : 550 THB.



## เนื้อนกกระจอกเทศผัดฉ่า ( Nuea Nok Krajokted Phadcha )

Stir-Fried Ostrich with Herbs and Young Pepper Corn (Spicy)

Functional Ingredients : Ostrich, Young Peppercorn, Chili, Kaffir Lime Leaves, Holy Basil

Benefits : High protein / Source of vitamins B6, B12, iron / Low fat / Increases nutrient absorption / Stimulates appetite / Improves digestion

Price : 550 THB.



**ปูนิ่มผัดขี้เมากระปอบ  
( Pu-Nim Phad Keemao Krapao Krob )**

Stir-Fried Soft-Shell Crab with Crispy Holy Basil

Functional Ingredients : Soft -shell Crab, Holy Basil, Garlic, Chili

Benefits : Source of protein / Source of vitamins B6, B12, E and K, thiamin, riboflavin, niacin and folate / Source of calcium, copper, iron, magnesium, phosphorus, selenium, zinc and potassium / Relieves Bloating / Helps Protect Against Heart Disease

Price : 450 THB.



**ปูนิ่มผัดผงกะหรี่  
(Pu-Nim Phad Pong Garee )**

Stir-Fried Soft-Shell Crab with Turmeric Curry Powder

Functional Ingredients : Functional Ingredients: Soft-Shell Crab, Turmeric Powder, Onion, Chili, Green Onion, Garlic

Benefits : High protein / Source of vitamins B6, B12, E and K, thiamin, riboflavin, niacin and folate / Source of calcium, copper, iron, magnesium, phosphorus, selenium, zinc and potassium / Strengthens bone

Price : 450 THB.



**เนื้อปูผัดผงกะหรี่ ( Nuea Pu Phad Pong Garee )**

Stir-fried Crab Meat with Turmeric Curry Powder

Functional Ingredients : Crab Meat, Egg, Turmeric Powder, Chili, Garlic, Onion, Green Onion

Benefits : Source of protein, vitamin B12, selenium / Blood Nourishment / Boosts immunity

Price : 650 THB.



**ห่อหมกขนมถ้วย ( Hormok Kanomtuy )**

Fish and Crab Coconut Soufflé

Functional Ingredients : Crab Meat, Sweet Basil, Chili, Galangal, Kaffir Lime Leaves, Lemongrass

Benefits : High protein / Source of vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorus / Promotes heart health / Promotes healthy skin

Price : 350 THB.





### กุ้งแม่น้ำยักษ์เผา ( Goong Maenam Phao )

Grilled Giant River Prawn with Seafood Sauce & Fish Sauce

Functional Ingredients : River Prawn, Garlic, Chili

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Promotes Appetite / Very Low Fat Content

Price : 1,300 THB.



### กุ้งแม่น้ำผัดพริกไทยดำ ( Goong Maenam Phad Prikthaidam )

Stir-Fried Giant River Prawn with Black Pepper

Functional Ingredients : River Prawn, Black Pepper, Garlic, Coriander Root

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Helps Blood Circulation / Helps Prevent Heart Disease / Promotes intestinal health

Price : 1,300 THB.



### กุ้งแม่น้ำผัดพริกขิง ( Goong Maenam Phad Prik King )

Giant River Prawn with Stir-Fried String Beans and Red Curry Paste

Functional Ingredients : River Prawn, Garlic, Shallot, Galangal, Kaffir Lime Skin, Lemongras, Chili

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Reduces Cholesterol / Relieves Colds and Coughs / Promotes Healthy Skin

Price : 1,300 THB.



### กุ้งอบวุ้นเส้น ( Goong Ob Woonsen )

Baked Prawn with Seasoned Glass Noodle

Functional Ingredients : Shrimp, Coriander Root, Garlic, Pepper

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Reduces Bloating / Promotes intestinal health

Price : 750 THB.



**กุ้งทอดกระเทียมพริกไทย  
(Goong Tod Kratiam Prikthai )**

Stir-Fried Shrimp with Garlic and Pepper

Functional Ingredients : Shrimp, Garlic, Pepper, Coriander Root

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Helps Blood Circulation / Helps Prevent Heart Disease/ Promotes intestinal health

Price : 750 THB.



**กุ้งนางผัดพริกไทยอ่อน  
(Goong Nang Phad Prikthai-On )**

Stir-Fried Crawfish with Young Pepper Corn

Functional Ingredients : Prawn, Garlic, Young Pepper corn, Pepper, Coriander Root

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine/ Helps Blood Circulation / Helps Prevent Heart Disease / Promotes intestinal health / Increases nutrient absorption

Price : 750 THB.



**กุ้งผัดกระเทียมพริกไทย  
( Goong Phad Kratiam Prikthai )**

Stir-Fried Shrimps with Garlic and Pepper

Functional Ingredients : Shrimp, Garlic, Pepper, Coriander Root

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Helps blood circulation / Helps prevent heart disease / Promotes intestinal health

Price : 750 THB.



**ปลากุ้ง ( Pla Goong )**

Spicy Shrimps Salad

Functional Ingredients : Shrimp, Mint, Lemongrass, Shallot, Kaffir Lime Leaves, Chili, Lime

Benefits : High dietary fiber / Helps digestion /Relief from stomach disorder, insomnia/High protein, Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine

Price : 650 THB.



**ปลาหมึกหอมผัดไข่เค็ม  
( Plamuek Hom Phad Kaikem )**

Stir-Fried Squid with Salted Egg

Functional Ingredients : Squid, Salted Egg Yolk, Garlic

Benefits : Source of vitamins A, D, E, K, B12 and omega-3 /  
Lowers homocystein levels in the body, which can otherwise  
increase the rate of strokes and heart attacks.

Price : 450 THB.



**ผัดชาวเกาะ ( Phad Chaokoh )**

Stir-Fried Seafood with Sweet and Sour Sauce

Functional Ingredients : Squid, Shrimp, Fish, Crab, Chili, Garlic

Benefits : Source of protein, vitamins A, D, E / Source of folic acid,  
potassium / omega-3 / Aids digestion / Helps to relieve  
migraines and muscle

Price : 750 THB.



**เห็ดเออรินจีผัดพริกไทยดำ  
( Hed Eryngii Phad Prikthaidam )**

Stir-Fried Eryngii Mushroom with Black Pepper

Functional Ingredients : Eryngii Mushroom, Garlic, Black Pepper

Benefits : Contains a disease fighting compound called Lovastatin,  
which helps clear cholesterol from the body's circulatory  
system, improving blood flow/Stimulates Digestive System /  
Reduces Bloating / Reduces Blood Pressure and Cholesterol /  
Relieves Stuffy Nose

Price : 300 THB.



**เห็ดเออรินจีผัดกุ้ง  
( Hed Eryngii Phad Goong )**

Stir-Fried Eryngii Mushroom with Shrimp

Functional Ingredients : Eryngii Mushroom, Shrimp, Garlic

Benefits : Source of protein, Contains a disease fighting compound called  
Lovastatin, which helps clear cholesterol from the body's circulatory  
system, improving blood flow/Stimulates Digestive System /  
Reduces Bloating / Reduces Blood Pressure and Cholesterol /  
Relieves Stuffy Nose

Price : 400 THB.



### ไข่เจียวซาลาเปาปูเป็นปู ( Kaijiew Salapao Pu-Pen-Pu )

Thai Omelet with Crab Meat

Functional Ingredients : Egg, Crab Meat, Pork

Benefits : Source of high quality protein / Source of vitamins B2, B6, B12, D and omega-3 / Source of selenium, zinc iron, copper, thiamin, phosphorus

Price : 1200 THB.



### ไข่เจียวเนื้อปูโหระพา ( Kaijiew Nuea Pu-Horapa )

Thai Omlet with Crab Meat and Sweet Basil

Functional Ingredients : Egg, Crab Meat, Sweet Basil

Benefits : Source of high quality protein / Source of vitamins B2, B6, B12, D and omega-3 / Source of selenium, zinc iron, copper, thiamin, phosphorus / Contains disease-fighting antioxidants / Promotes cardiovascular health

Price : 300 THB.



### ไข่เค็มผัดพริกขิง ( Kaikem Phad Prik King )

Stir-Fried Salted Egg and Green Beans with  
Ginger-Red Chilli Paste

Functional Ingredients : Salted Egg, Garlic, Shallot, Galangal,  
Kaffir Lime Skin, Lemongrass, Chili

Benefits : High protein / Source of selenium,  
vitamins A, D, E, K B12 and omega-3 /  
Source of essential minerals such as  
potassium, calcium, magnesium,  
phosphorous, manganese, copper, zinc /  
Reliefs from stomach disorders, insomnia

Price : 350 THB.



## ยำไข่ม้วนทูน่า ( Kai Muan Tuna )

Thai Spicy Tuna Salad "Yum" Omelette Roll

Functional Ingredients : Egg, Tuna, Lemongrass, Lime Juice, Chili, Shallots

Benefits : Source of high quality protein / Source of vitamins A, B2, B6, B12, C, D and omega-3 / Source of selenium, zinc iron, copper, thiamin, phosphorus / Improves immunity

Price : 350 THB.



## ไข่ยัดไส้ ( Kai Yad Sai )

Stuffed Omlet with Stir-Fried Pork, Tomatoes, Onion, Carrot and Baby Corn

Functional Ingredients : Egg, Pork, Baby Corn, Tomato, Carrot, Onion, Garlic

Benefits : Source of high quality protein / Source of fiber / Source of vitamins A, B2, B6, B12, D and omega-3 / Source of thiamin, niacin, selenium, zinc iron, copper, thiamin, phosphorus / Improves immunity

Price : 350 THB.



**คะน้าผัดหอยแอสพาราแก๊ส  
( Kana Phad Hoi Asparagus )**

Stir-Fried Chinese Kale with Sea Asparagus Clams

Functional Ingredients : Chinese Broccoli , Sea Asparagus, Garlic

Benefits : Source of vitamins K, C, A, B1, B2, B3, E and omega-3 / Source of fiber, copper, potassium, iron, phosphorus, protein, folate, calcium, chlorophyll (healing agent) / Reduces Cholesterol / Helps Prevent Heart Disease

Price : 450 THB.



**ผัดผักบุ้งไร้ก้าน ( Phad Pakboong Rai-Gan )**

Stir-Fried Stemless Chinese Morning Glory with Oyster Sauce (Spicy)

Functional Ingredients : Morning Glory, Garlic, Chili

Benefits : Source of protein and fiber / Source of vitamins A, C (antioxidants), B-complex (for energy and good mood) / Source of magnesium (enzyme production), calcium, chlorophyll (healing agent)

Price : 300 THB.



**กะหล่ำปลีผัดน้ำปลา  
( Galamplee Phad Nampla )**

Stir-Fried Cabbage with Fish Sauce

Functional Ingredients : Cabbage, Garlic

Benefits : Very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper / Source of choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, protein and niacin

Price : 250 THB.



**เบบี้ร็อคผัดน้ำมันหอย  
( Baby Broccoli Phad Nammunhoi )**

Stir-Fried Baby Broccoli with Oyster Sauce

Functional Ingredients : Broccoli, Garlic

Benefits : Strengthens immune system / Good for eyesight / Cure for anemia / Remedy for gastric ulcer / Good source of antioxidants / Cure for diarrhea / Acts as a natural laxative

Price : 300 THB.



### เบบี้บร็อกโคลี่ผัดกุ้ง ( Baby Broccoli Phad Goong )

Stir-Fried Baby Broccoli with Shrimp

Functional Ingredients : Broccoli, Shrimp, Garlic

Benefits : High protein / Source of selenium, vitamin B12, phosphorus, choline, copper, and iodine / Strengthens immune system / Good for eyesight / Cure for anemia / Remedy for gastric ulcer / Good source of antioxidants / Cure for diarrhea / Acts as a natural laxative

Price : 450 THB.



### ยอดมะพร้าวผัดกุ้ง ( Yod Mapraow Phad Goong )

Stir-Fried Coconut Shoot with Shrimp

Functional Ingredients : Coconut Shoot, Shrimp, Garlic

Benefits : High protein / High fiber / Low calorie / Source of selenium, vitamin B12, phosphorus, choline, copper, iodine

Price : 400 THB.



### ถั่วหวานผัดกุ้ง ( Tua Wan Phad Goong )

Stir-Fried Sweet Peas with Shrimp

Functional Ingredients : Sweet Pea, Shrimp, Garlic

Benefits : Source of protein / Very good source of vitamin K, manganese, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate / Source of selenium, vitamin B2, B12, choline, niacin, molybdenum, iron and iodine

Price : 450 THB.

### ถั่วหวานผัดเกลือ ( Tua Wan Phad Kleua )

Stir-Fried Sweet Peas with Salt

Functional Ingredients : Sweet Pea, Shrimp, Garlic

Benefits : Source of protein / Very good source of vitamin K, manganese, dietary fiber, vitamin B1, copper, vitamin C, phosphorus and folate / Source of selenium, vitamin B2, B12, choline, niacin, molybdenum, iron and iodine

Price : 250 THB.



### หมี่กะทิ ( Mee Kati )

Savoury Rice Vermicelli with Shrimp & Chicken  
Tamarind Coconut Milk

Functional Ingredients : Chicken, Tofu, Shallot

Benefits : Source of high quality protein / Source of vitamins C, E, B1, B2, B3, B5, B6, B12, D / Source of selenium, zinc iron, copper, calcium, magnesium and phosphorous

Price : 250 THB.



### เส้นจันท์ผัดไทยไข่ห่อ ( Senjan Phad Thai Kai-Hor )

Phad Thai Shrimp Wrapped in Omelet

Functional Ingredients : Shrimp, Egg, Bean Sprouts, Shallot, Lime, Chinese Chives, Tamarind

Benefits : Source of high quality protein / Source of vitamins C, E, B1, B2, B3, B5, B6, B12, D / Source of selenium, zinc iron, copper, calcium, magnesium and phosphorous / High Fiber Content / Helps Protect Against Intestinal Cancer / Eases stomach discomfort

Price : 300 THB.



### ข้าวผัดปลาแซลมอน ( Kao-Phad Pla Salmon )

Salmon Aromatic Fried Rice

Functional Ingredients : Salmon, Garlic, Pepper, Green Onion

Benefits : Rich in omega-3 / Great Source of protein / Source of vitamins B2, B6, B12, D / Source of selenium, zinc, iron, copper

Price : 300 THB.



### ข้าวผัดน้ำพริกปลาทุ ( Kao-Phad Nam prik Platoon )

Spicy Shrimp Paste Fried Rice with Mackerel and Assorted Vegetables

Functional Ingredients : Mackerel, Lemongrass, Garlic, Chili, Lime, Acacia, Eggs, Curcumin, Shrimp, Okra, Eggplant, Curcumin, Cucumber, String Beans

Benefits : High fiber / Reliefs constipation / Source of protein / Source of vitamins A, B-complex, C, D, omega-3, folic acid, calcium, potassium / Improves blood circulation / Promotes healthy skin

Price : 300 THB.





### ข้าวผัดปลาสด ( Kao-Phad Pla-Salid )

Aromatic Fried Rice with Fried Gourami

Functional Ingredients : Gourami, Garlic, Pepper, Green Onion

Benefits : Source of protein / Source of vitamins B2, B6, B12, D / Source of selenium, zinc iron, copper and omega-3

Price : 250 THB.



### ข้าวผัดน้ำพริกขิงเรือ ( Kao-Phad Namprik Long-Ruea )

Spicy Shrimp Paste Fried Rice with Caramel Pork, Crispy Fish Flakes and Assorted Vegetables

Functional Ingredients : Catfish, Caramel Pork, Lemongrass, Garlic, Chili, Lime, Acacia, Eggs, Curcumin, Shrimp, Okra, Eggplant, Curcumin, Cucumber, String Beans

Benefits : High fiber / Reliefs constipation / Source of protein / Source of vitamins A, B-complex, C, D, omega-3, folic acid, calcium, potassium / Improves blood circulation / Promotes healthy skin

Price : 250 THB.



### ข้าวผัดอัมพวาในมะพร้าวอ่อน ( Kao-Phad Ampawa Nai Mapraow-On )

Green Curry Fried Rice with Seafood in A Coconut Served with Coconut Juice

Functional Ingredients : Coconut Milk, Shrimp, Squid, Round Eggplant, Sweet Basil, Kaffir Lime Leaves, Kaffir Lime, Lemongrass, Galangal, Chili, Coriander Seeds

Benefits : High protein / Source of vitamins A, C, E, B1, B3, B5 and B6 and minerals including potassium, iodine, iron, selenium, sodium, calcium, magnesium and phosphorous, and niacin / Natural anti-depressant / Promotes heart health / Boosts metabolism / Guards against cancer / Promotes healthy skin

Price : 380 THB.



### ข้าวผัดสับปรดในสับปรด ( Kao-Phad Subparod Nai Subparod )

Pineapple Fried Rice in A Pineapple Served With Pineapple Smoothie

Functional Ingredients : Shrimp, Chicken, Pork, Rasins, Egg, Garlic, Tumeric, Pineapple

Benefits : High protein / Natural anti-depressant / Promotes heart health / Source of phosphorus, selenium, B-complex vitamins (boosts metabolism), niacin (guards against cancer), vitamin A (promotes eye health) / Supports immune system / Reduces risk of macular degeneration / Antioxidant

Price : 450 THB.



### ข้าวผัดฟักทอง ( Kao-Phad Faktong )

Aromatic Fried Rice in A Pumpkin Served With Pumpkin Smoothie

Functional Ingredients : Chicken, Pork, Egg, Pumpkin, Pepper

Benefits : High protein and fiber / Natural anti-depressant / Promotes heart health / Source of potassium, phosphorus, selenium, vitamin C (antioxidant), B-complex vitamins (boosts metabolism), niacin (guards against cancer), vitamin A (promotes eye health) / Lowers blood pressure

Price : 350 THB.



### ข้าวผัดแตงโม ( Kao-Phad Thangmoe )

Watermelon Fried Rice in A Watermelon with Watermelon Smoothie

Functional Ingredients : Pork, Watermelon, Pepper

Benefits : Source of protein / Significant level of vitamin A, B6, C / Lots of lycopene, antioxidants and amino acids / Refreshing

Price : 350 THB.



### ข้าวมันส้มตำ ( Kao-Mun Somtum )

Coconut Rice with Papaya Salad and Chicken Green Curry

Functional Ingredients : Green Papaya, Coconut Milk, Chicken, Pork, Lime, Tamarind, Salted Egg

Benefits : Source of protein / Source of potassium, magnesium, vitamins A, C, B, E / Rich in enzyme 'papain' which is good for digestion / Source of fiber / Relieves constipation / Reduces cholesterol and blood pressure / Promotes Healthy Skin / Reduces Cholesterol & Blood Pressure

Price : 400 THB.



### ข้าวแช่ ( Kaochae ) \*Only available in summer

Rice in Refreshing Flower-Scented Water with Side Dishes (Kapi Balls, Stuffed Shallots, Stuffed Sweet Pepper, Shredded Sweetened Pork, Shredded Sweetened Beef, Stir-Fried Sweet Pickled Chinese Turnips, Raw Mango, Fresh Cucumber)

Functional Ingredients : Galangal, Coriander root , Shallots , Green shallot

Benefits : High protein / Source of vitamins A, B-complex, C, Source of selenium, niacin, phosphorus, and iron / High fiber / Refreshing

Price : 450 THB.



### ก๋วยเตี๋ยวราดหน้ารวมมิตรทะเล ( Guaytiew Radna Ruammitr Talae )

Pan-Fried Flat Rice Noodle Topped with Mixed Seafood and Kale in Gravy Sauce

Functional Ingredients : Shrimp, Fish, Squid, Garlic, Pepper

Benefits : Source of protein / Source of vitamins K, C, A, B1, B2, B3, E and omega-3 / Source of fiber, copper, potassium, iron, phosphorus, protein, folate, calcium, chlorophyll (healing agent) / Reduces Cholesterol / Helps Prevent Heart Disease / Source of folic acid, potassium / Helps to relieve migraines and muscle

Price : 300 THB.



### ข้าวผัดปูก้อน ( Kao-Phad Pu ) / ข้าวผัดกุ้ง( Kao-Phad Goong )

Crab / Shrimp Aromatic Fried Rice

Functional Ingredients : Crab Meat / Shrimp, Garlic, Pepper, Green Onion

Benefits : Source of protein / Source of vitamins B2, B6, B12, D / Source of selenium, zinc iron, copper, phosphorus, choline, iodine

Price : Small 350 THB./ Large 750 THB.  
: Small 300 THB./ Large 700 THB.



### ผลไม้รวมมิตร ( Ponlamai Ruammitr )

Assorted Fresh Fruits

Functional Ingredients : Watermelon, Rose Apple, Pomelo, Grape, Guava, Pineapple, Cantaloupe, Ripe Papaya

Benefits : Source of vitamin A, B6, C / Source of fiber, lycopene, potassium, folate / Antioxidant / Immune system support / Eye health / Digestion / Fights inflammation / Protects against skin damage

Price : Small 300 Large 500 THB.



### ข้าวเหนียวน้ำกะทิทุเรียน ( Kao-Niew Turian )

Durian in Coconut Cream with Coconut Sticky Rice

Functional Ingredients : Durian, Coconut Milk

Benefits : Source of vitamin C, folic acid, thiamin, riboflavin, niacin, B6, vitamin A, potassium, iron, calcium, magnesium, sodium, zinc, phosphorus / Contains phytonutrients, protein, beneficial dietary fats

Price : 250 THB.



### ข้าวเหนียวมะม่วง ( Kao-Niew Mamuang )

Fresh Mango with Coconut Sticky Rice

Functional Ingredients : Fresh Mango, Coconut Milk

Benefits : Source of vitamins C, A, C, E, B1, B3, B5, B6, folate / Source of iron, selenium, sodium, calcium, magnesium and phosphorous / Clears the skin, Improves digestion / Prevents cancer / Prevents asthma

Price : 220 THB.



### ข้าวเหนียวกับไอศกรีมน้ำกะทิทุเรียน ( Kao-Niew Gab Ice Cream Nam Kati Turian )

Home-Made Durian Ice Cream in Durian Coconut Milk with Coconut Sticky Rice

Functional Ingredients : Durian, Coconut Milk

Benefits : Source of vitamin C, folic acid, thiamin, riboflavin, niacin, B6, vitamin A, potassium, iron, calcium, magnesium, sodium, zinc, phosphorus / Contains phytonutrients, protein, beneficial dietary fats

Price : 250 THB.



### ไอศกรีมข้าวเหนียวมะม่วง ( Ice Cream Kao-Niew Mamuang )

Home-Made Mango Ice Cream with Fresh Mango and Coconut Sticky Rice

Functional Ingredients : Fresh Mango, Coconut Milk

Benefits : Source of vitamins C, A, C, E, B1, B3, B5, B6, folate / Source of iron, selenium, sodium, calcium, magnesium and phosphorous / Clears the skin, Improves digestion / Prevents cancer / Prevents asthma

Price : 270 THB.



### ขนมถ้วยโบราณ ( Kanomtuay-Boran )

Steamed Coconut Custard in Talai Cups

Functional Ingredients : Coconut Milk

Benefits : Source of vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Lowers cholesterol levels, Improves blood pressure / Prevents heart attacks or a stroke

Price : 100 THB.



### ไอศกรีมมะพร้าวน้ำหอมในลูกมะพร้าว ( Ice Cream Mapraow Namhom Nai Loukmapraow )

Home-Made Coconut Juice Ice Cream in Coconut

Functional Ingredients : Coconut Milk

Benefits : Source of vitamins C, E, B1, B3, B5, B6, folate and minerals including iron, selenium, sodium, potassium, calcium, magnesium and phosphorous (electrolytes) / Lowers cholesterol levels, Improves blood pressure / Prevents heart attacks or a stroke

Price : 220 THB.

## ไอศกรีมมะม่วงอร่องพิกุลทอง ( Ice Cream Oak-Rong Pikultong )

Home- Made Golden Oak-Rong Mango Ice Cream

Price : 90 THB.

## ไอศกรีมมะพร้าวน้ำหอม ( Ice Cream Mapraow Namhom )

Home-Made Coconut Juice Ice Cream

Price : 90 THB.



## ไอศกรีมรวมมิตร ( Ice Cream Ruam Mid )

Home-Made Coconut Ice Cream with Jack Fruit, Corn and Lodchong (Pandan Rice Flour Droplets)

Price : 90 THB.

## ไอศกรีมชาไทย ( Ice Cream Cha Thai )

Home-Made Thai Tea Ice Cream

Price : 90 THB.



## ไอศกรีมขนมปังโบราณ ( Ice Cream Kanompang Boran )

Thai Old Fashioned Coconut Ice Cream with Assorted Toppings

Functional Ingredients : Coconut Milk, Red Beans, Lotus Seeds, Roasted Peanuts, Palm Seed

Benefits : Source of protein / Source of vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Lowers cholesterol levels, Improves blood pressure / Prevents heart attacks or a stroke

Price : 250 THB.

## ไอศกรีมชาหริ่มกะทิสด ( Ice Cream Sarim Katisod )

Home-Made Coconut Ice Cream with Rainbow Sparkles Perfumed with Thai Scented Candle

Functional Ingredients : Coconut Milk

Benefits : Source of vitamins C, E, B1, B3, B5, B6, folate and minerals including iron, selenium, sodium, potassium, calcium, magnesium and phosphorous (electrolytes) / Lowers cholesterol levels, Improves blood pressure / Prevents heart attacks or a stroke

Price : 90 THB.



### ฟักทองแกงบวด ( Faktong Gangbuid )

Pumpkin in Lightly Sweetened Coconut Milk

Functional Ingredients : Pumpkin, Coconut Milk

Benefits : Source of vitamins A,C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Lowers blood pressure / Good for the heart/ Boosts vision

Price : 80 THB.

### บวดกะทิมันม่วง ( Buad Kati Manmuang )

Sweet Purple Potatoes in Lightly Sweetened Coconut Milk

Functional Ingredients : Purple Potato, Coconut Milk

Benefits : Rich in antioxidant (anthocyanin) / Source of vitamins A, C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous.

Price : 100 THB.

### กล้วยบวชชีโรยงา ( Gluay Buadshee Ruey-Nga )

Namwa Banana in Lightly Sweetened Coconut Milk with Roasted Sesame Seeds

Functional Ingredients : Namwa Banana, Coconut Milk, Roasted White Sesame

Benefits : Source of vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorous / Heals stomach ulcer / Relieves constipation / Relieves insomnia

Price : 80 THB.

### ข้าวเหนียวถั่วดำ ( Kao-Niew Tuadam )

Black Beans and Coconut Sticky Rice in Lightly Sweetened Coconut Milk

Functional Ingredients : Black Beans, Coconut Milk

Benefits : Source of protein and fiber / Source of vitamins C, E, B1, B3, B5,B6, folate / Source of phytonutrients, iron, selenium, sodium, calcium, magnesium and phosphorous / Helps lower total amount of cholesterol / Decreases risk of heart disease

Price : 80 THB.



**กระต๋อนลอยแก้ว  
( Kraton Loykaew )**

Santol in Light Syrup with Crused Ice

Functional Ingredients : Santol

Benefits : Rich in vitamin C / Promotes  
apetite / Supports digestion /  
Boosts immunity

Price : 100 THB.

**ระก๋าลอยแก้ว  
( Ragum Loykaew )**

Thai Sala in Light Syrup with Crushed Ice

Functional Ingredients : Thai Sala

Benefits : Rich in vitamin C / Promotes  
apetite / Supports digestion /  
Boosts immunity

Price : 100 THB.

**ลูกตาลลอยแก้ว  
( Louktan Loykaew )**

Palmyra Fruit in Light Syrup with Crushed Ice

Functional Ingredients : Palmyra Fruit

Benefits : Rich source of vitamins B and C,  
iron, zinc, potassium, calcium,  
phosphorus, thiamine, and  
riboflavin / Refreshing

Price : 100 THB.



**บัวลอยสามกษัตริย์ ( Buoloy Samkasat )**

Purple Potato Balls, Pumpkin Balls, Pandan-Banana  
Balls in Lightly Sweetened Coconut Milk

Functional Ingredients : Banana, Purple Potato, Pumpkin /  
Coconut Milk

Benefits : vitamins A, C, E, B1, B3, B5 and B6 and  
minerals including iron, selenium, sodium,  
calcium, magnesium and phosphorous /  
Lowers blood pressure / Good for the heart /  
Boosts vision

Price : 100 THB.

**บัวลอยไข่หวาน ( Buoloy Kai Waan )**

Purple Potato Balls, Pumpkin Balls, Pandan-Banana  
Balls Topped with Syrup Poached Egg in  
Lightly Sweetened Coconut Milk

Functional Ingredients : Banana, Purple Potato, Pumpkin,  
Coconut Milk, Egg

Benefits : vitamins A, C, E, B1, B3, B5 and B6 and  
minerals including iron, selenium, sodium,  
calcium, magnesium and phosphorous /  
Lowers blood pressure / Good for the heart /  
Boosts vision

Price : 120 THB.





เรือนมัลลิกา

RUEN-MALLIKA

