



MENU



We place high importance to selecting good organic fruits and vegetables from local farmers and hope that our business will not only help people to lead a better and healthier life but for the healthier and cleaner environment as well.

Tan Dujrutai
Veggiology Founder

500ml. 260 Baht

260ml. 150 Baht

COLD-PRESSED JUICE



01 Gravity Green

- *Spinach
- *Romaine Lettuce
- *Parsley
- *Celery
- *Cucumber
- *Apple
- *Passion Fruit

* = Organic

Detoxifying
Antioxidant
Anticancer



02 The Greenlaxy

- *Western Kale
- *Spinach
- *Romaine Lettuce
- *Cilantro
- *Cucumber
- *Lime
- *Ginger
- *Pineapple

* = Organic

Healthy Liver
Heavy Metal Detoxifying
Lower Blood Cholesterol



04 Be Kind

- *Spinach
- *Watercress
- *Pineapple
- *Apple

* = Organic

Improve Memory
Thyroid Health
High Calcium & Folate



05 Neon Neuron

- *Chia Seeds
- *Japanese Cucumber
- *Pineapple
- *Coconut Water
- *Lime

* = Organic

Nervous System Health
Glow Skin
Balance pH Levels



06 Level Up!

- *Pineapple
- *Guava
- *Mint
- *Lime

* = Organic

Thyroid Health
Digestive Helper
Relieve Cough & Colds



08 Happy Cells

- *Carrot
- *Chia Seeds
- *Honey Pear
- *Passion Fruit
- *Apple

* = Organic

Glow Skin
Good Eyesight
Colon Cleanser



09 Skin Dive

- *Tomato
- *Honey Pear
- *Lemon
- *Flaxseed Oil

* = Organic

Glow Skin
Healthy Hair
Increase Fat Burning



10 Roots Matter

- *Beetroot
- *Carrot
- *Apple
- *Ginger
- *Lime

* = Organic

Blood Cleansing
Metabolism Booster
Better Exercise Performance



14 The 3 Milkyteers

- Almond
- Brazil Nut
- Cashew
- *Coconut Water
- *Vanilla Bean
- *Himalayan Pink Salt

* = Organic

Skin Purifying
Antioxidant
Heart Health



17 Unicorn Milk

- Almond Milk
- Cashew Milk
- *Beetroot
- *Coconut Water
- *Coconut Flower Nectar

* = Organic

Skin Glowing
Increase Red Blood Cell
Healthy Heart & Bone



18 Symphony

- Navel Orange
- *Beetroot
- *Lime
- Honey Pear
- *Carrot

* = Organic

Immune Booster
Reduce Inflammation
Detoxifying



Broccoli

- *Broccoli
- *Granny Smith Apple
- *Watercress
- *Lime

* = Organic

PM2.5 Fighter
Antioxidant
Anticancer

JUICE FLIGHT

“10 BEST SELLER”

This flight includes our 10 best seller cold-pressed juice as shots. Pack a ton of nutrients.



Flight VG101

290.-



01 Gravity Green

*Spinach, *Romaine Lettuce, *Parsley, *Celery, *Cucumber, Green Apple, *Passion Fruit
Detoxifying / Antioxidant / Anticancer



02 Greenlaxy

*Western Kale, *Spinach, *Romaine Lettuce, *Cilantro, *Cucumber, *Lime, *Ginger, *Pineapple
Healthy Liver / Heavy Metal Detoxifying / Lower Blood Cholesterol



04 Be Kind

*Spinach, *Watercress, *Pineapple, Apple
Improve Memory / Thyroid Health / High Calcium & Folate



05 Neon Neuron

*Chia Seeds, *Japanese Cucumber, *Pineapple, *Coconut Water, *Lime
Nervous System Health / Glow Skin / Balance pH Levels



06 Level Up!

*Pineapple, *Guava, *Mint, *Lime
Thyroid Health / Digestive Helper / Relieve Cough & Colds



08 Happy Cells

*Carrot, *Chia Seeds, Honey Pear, *Passion Fruit, Apple
Glow Skin / Good Eyesight / Colon Cleanser



09 Skin Dive

*Tomato, Green Apple, *Lemon, *Flaxseed Oil
Glow Skin / Healthy Hair / Increase Fat Burning



14 The 3 Milkyteers

Almond, Brazil Nut, Cashew, *Coconut Water, *Vanilla Bean, *Himalayan Pink Salt
Skin Purifying / Antioxidant / Heart Health



17 Unicorn Milk

Almond Milk, Cashew Milk, *Beetroot, *Coconut Water, *Coconut Flower Nectar
Skin Glowing / Increase Red Blood Cell / Healthy Heart & Bone



18 Symphony

Navel Orange, *Beetroot, *Lime, Honey Pear, *Carrot
Immune Booster / Reduce Inflammation / Detoxifying

THICK SMOOTHIES



Silent Brave 195.-

Organic Spinach
Organic Romaine Lettuce
Organic Celery
Granny Smith Apple
Honey Pear
Organic Banana
Organic Lime
Organic Spirulina
Organic Chia Seed Oil
Chia Seed Pudding
with Housemade Almond Milk



At Ease 195.-

Navel Orange
Organic Pineapple
Organic Coconut Water
Organic Passion Fruit
Organic Banana
Turmeric Powder
Organic Beetroot



Earth 185.-

Organic Cacao
Organic Watercress
Blueberry
Dates
Organic Banana
Organic Golden Flaxseed
Housemade Almond Milk



Rhapsody Red 195.-

Organic Mulberry
Strawberry
Organic Beetroot
Organic Pineapple
Organic Watercress
Organic Lime
Housemade Vegan Yogurt
Housemade Almond Milk



Celery Melody 185.-

Organic Celery
Red Apple
Granny Smith Apple
Organic Lemon

* All prices are inclusive of VAT and service charge

SMOOTHIE BOWLS



Shield 250.-

Avocado
Golden Kiwi
Red Apple
Organic Golden Flaxseed
Organic Romaine Lettuce
Organic Banana
Organic Rice Vinegar

Topped: Fresh Romaine Lettuce,
Banana, White Chia Seed,
Dried Cranberries & Housemade
Gluten-Free Granola Shot



Coco Island 250.-

Organic Cashew
Organic Coconut Water
Organic Coconut Meat
Organic Banana
Housemade Almond Butter
Housemade Almond Milk
Himalayan Pink Salt
Vanilla

Topped: Figs,
& Housemade Gluten-Free
Granola Shot



Blessing Blue 250.-

Blue Spirulina
Organic Banana
Red apple
Organic Flaxseed Oil
Organic Coconut Water
Organic White Chia Seed

Topped: Seasonal Fruits
& Housemade Gluten-Free
Granola Shot



Chronic Joy 250.-

Organic Beetroot
Organic Pineapple
Organic White Chia Seed
Organic Banana
Organic Coconut Meat
Housemade Almond Milk

Topped: Seasonal Fruits
& Housemade Gluten-Free
Granola Shot

* All prices are inclusive of VAT and service charge

VGL DRINKS



Lavender Limade
120.-

Organic Lavender Honey Syrup
Organic Honey
Organic Butterfly Pea
Soda
Organic Lime



Yuzu Honey Soda
120.-

Organic Yuzu
Soda
Organic Honey



Apple Apple Pear
150.-

Cold-Pressed Red Apple
Cold-Pressed Granny Smith Apple
Cold-Pressed Honey Pear

* All prices are inclusive of VAT and service charge

HOT TEA

Organic Green Tea	100.-
Organic Osmanthus & Oolong	160.-
Organic Assam & Rose	150.-
Organic Rose	130.-
Organic Chrysanthemum	130.-
Organic Chao Duang Dok Mai	140.-
Rose, Chrysanthemum, Butterfly Pea, Pandan Leaves	
Organic Chamomile Mellow	100.-
Organic Chamomile Flowers, Organic Rosehip Granules, Natural Peach Flavour, Lavender Flowers, Natural Rose Flavour (Tea bag made with unbleached paper)	
Organic Mountain Ginger	130.-
Organic Mountain Turmeric	130.-
Organic Mountain Black Ginger	130.-
Organic Mountain Turmeric & Ginger	150.-



🌿 Our mission is to make quality tea approachable, so we need to make it intimate, straight from the source. Our tea are sourcing from sustainable tea farmers in Thailand. We seek out producers of tea whose farms, methodologies, principles, and quantities of yield remain within the capacity and capability of artisan tea making.

* All prices are inclusive of VAT and service charge

COFFEE

Espresso	80.-
Doppio	100.-
Americano (Hot / Iced)	100 / 110.-
Caffe Latte (Hot / Iced) with organic milk	120 / 130.-
Cold Brew Coffee	130.-



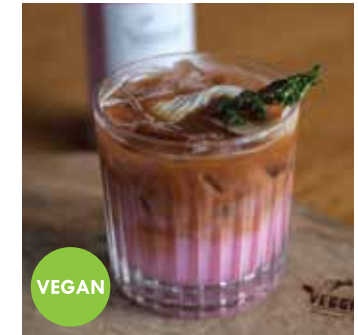
Espresso Yuzu Tonic
140.-



Dark Apple
(Espresso with fresh
cold-pressed apple juice)
160.-



Caffe Milkyteers
(Espresso with our
The 3 Milkyteers)
180.-



Deep Unicorn
(Espresso with our
Unicorn Milk)
180.-

เราใช้เมล็ดกาแฟจาก หมู่บ้านแม่เมะ ตำบลแม่เมะ อำเภอเชียงดาว จังหวัดเชียงใหม่ บนขนาดพื้นที่สูงกว่าระดับน้ำทะเลปานกลาง 1000 ถึง 1200 เมตร เป็นพื้นที่ป่าต้นน้ำ แหล่งกำเนิดหนึ่งในต้นน้ำธรรมชาติแม่ตะมาน ใช้ในกระบวนการชำระล้างและหมักผลกาแฟ โดยน้ำและดินในพื้นที่ป่าต้นน้ำมีแร่ธาตุ อยู่มากกว่าพื้นที่ปกติ และตั้งอยู่บนเนินเขา จึงไม่มีการปนเปื้อนสารพิษจากพื้นที่ข้างเคียง ปลุกใต้ต้นไม้ใหญ่ แสงแดดรำไร ไม่ใช่ปุ๋ยเคมี ทำให้ต้นกาแฟ เติบโตได้ดี โดยไม่ต้องพึ่งยาฆ่าแมลงและให้ผลกาแฟที่มีรสชาติอันเป็นเอกลักษณ์ที่ไม่สามารถหาได้จากพื้นที่ปลูกอื่น

*We use organic arabica whole bean coffee from Chiang Dao, Chiang Mai

* All prices are inclusive of VAT and service charge

FOOD & SALAD



Multigrains Forest Salad with
Sautéed Sesame Mushroom

290.-

Organic King Oyster Mushroom (Eryngii)
Organic Black Sesame
Organic Salad Greens with Tomatoes
Organic Pearl Barley
Organic Adzuki Bean
Organic 3-Color Quinoa
Organic Pumpkin Seeds
Edible Organic Flowers



Multigrains Forest Salad with
Sous-Vide Spicy Chicken

320.-

Antibiotic-Free, Hormone-Free Chicken Breast Steak
Organic Salad Greens with Tomatoes
Organic Pearl Barley
Organic Adzuki Bean
Organic 3-Color Quinoa
Organic Pumpkin Seeds
Edible Organic Flowers

Add-on

+ Homemade Sausage	75.-
+ Sautéed Mushroom	130.-
+ Sous-Vide Classic Chicken	150.-
+ Sous-Vide Spicy Chicken	150.-
+ Fried Egg	25.-
+ Multigrains Bread	30.-
+ Dressing	55.-

Your Choices of Our Housemade Dressing (All Vegan)

- **Yuzu & Carrot** (Carrot, Yuzu, Olive Oil, Onion, Soy Sauce, Vinegar, Sugar, Salt)
- **Miso & Sesame** (Sesame Seeds, Sesame Oil, Miso, Tahini, Maple Syrup, Lime)



FOOD & SALAD



**Multigrains Forest Salad with
Homemade Sausage**

350.-

Natural Raised Pork Sausage
(No Hormones, No Antibiotics, No MSG, No Preservatives,
No Nitrate or Nitrite, No Artificial Flavor or Color)

Organic Salad Greens with Tomatoes
Organic Pearl Barley
Organic Adzuki Bean
Organic 3-Color Quinoa
Organic Pumpkin Seeds
Edible Organic Flowers



Your Choices of Our Housemade Dressing (All Vegan)

- **Yuzu & Carrot** (Carrot, Yuzu, Olive Oil, Onion, Soy Sauce, Vinegar, Sugar, Salt)
- **Miso & Sesame** (Sesame Seeds, Sesame Oil, Miso, Tahini, Maple Syrup, Lime)



All Day Everyday

350.-

Natural Raised Pork Sausage
(No Hormones, No Antibiotics, No MSG,
No Preservatives, No Nitrate or Nitrite,
No Artificial Flavor or Color)

2 Organic Fried Eggs
Organic Grilled Tomatoes
Mashed Pumpkin with Roasted Coconut
Homemade Organic Multigrains Bread
Organic Salad Greens with Yuzu Dressing

Add-on

- | | |
|--------------------------------|-------|
| + Homemade Sausage | 75.- |
| + Sautéed Mushroom | 130.- |
| + Sous-Vide
Classic Chicken | 150.- |
| + Sous-Vide
Spicy Chicken | 150.- |
| + Fried Egg | 25.- |
| + Multigrains Bread | 30.- |
| + Dressing | 55.- |

FOOD & SALAD



Green Apple Salad

220.-

Granny Smith Apple
Organic Salad Greens
Organic 3-Color Quinoa
Organic Red Bean
Organic Sunflower Seeds
Edible Organic Flowers
Dried Cranberries



**Mashed Pumpkin with Roasted Coconut
on Homemade Baguette**

150.-

Mashed Pumpkin with Roasted Coconut Meat
(Organic Pumpkin, Organic Coconut Meat, Organic Lemongrass
Organic Extra Virgin Olive Oil, Organic Sesame, Organic Garlic
Organic Cashew Nut, Organic Black Pepper, Thyme Leaf, Himalayan Pink Salt)

Homemade Baguette

DESSERT



Unbaked Brownies
with Chocolate Ganache

155.-

Organic Cashew
Organic Cashew Milk
Activated Almond
Dates
Cocoa Powder
Hamalayan Pink Salt

* Vegan
* Gluten-Free
* No Sugar
* House Made



Chocolate Cake with
Strawberry Chia Jam

170.-

Organic Brown Rice Flour
Almond Flour
Oat Milk
Rice Vinegar
Vegan Chocolate
Palm Sugar
Sea Salt
Rice Bran Oil
Baking Powder
Baking Soda
Xanthan Gum
Cocoa Powder
Pure Vanilla
Coconut Oil
Organic Coconut Milk
Organic Strawberry Chia Jam

* Vegan
* Gluten-Free
* Refined Sugar Free
* House Made



Vegan Almond Milk Yogurt
with Organic Strawberry
Chia Jam

130.-

Activated Almond Milk
Organic Cashew
Organic Arrowroot
Agar Powder
Vanilla
Maple Syrup
Strawberry
Organic White Chia Seeds

* Vegan
* Gluten-Free
* Refined Sugar Free
* House Made



Vegan Caramel Custard
Vanilla - Almond Milk

70.-

Jaggery
Almond Milk
Vanilla Paste
Corn Flour
Agar

* Vegan
* Gluten-Free
* Refined Sugar Free
* House Made



Vegan Caramel Custard
Earl Grey - Almond Milk

70.-

Jaggery
Almond Milk
Earl Grey Tea
Corn Flour
Agar

* Vegan
* Gluten-Free
* Refined Sugar Free
* House Made

* All prices are inclusive of VAT and service charge

SUPERFOOD BLISS BALL



Chocolate & Almond

35.-/pc

Ground Whole Organic Cashew
Ground Whole Almond Crush
Organic Rolled Oats
Organic Cacao Powder
Orange Zest
Dates

* Vegan
* Sugar Free
* House Made



Coconut & Mango

35.-/pc

Almond Flour
Ground Whole Organic Cashew
Dried Mango
Organic Dried Coconut Meat
Dates

* Vegan
* Sugar Free
* House Made



Strawberry & Beetroot

35.-/pc

Almond Flour
Ground Whole Organic Cashew
Organic Beetroot Powder
Dried Strawberry
Freeze Dried Strawberry Powder
Dates

* Vegan
* Sugar Free
* House Made



Kale & Pistachio

35.-/pc

Almond Flour
Ground Whole Organic Cashew
Organic Italian Kale Powder
Roasted Pistachio
Dates

* Vegan
* Sugar Free
* House Made

* All prices are inclusive of VAT and service charge



“เราได้เรียนรู้ว่าอาหารไม่ใช่สิ่งที่กินแก้หิว หรือกินให้ร่อยปากเท่านั้น
แต่อาหารคือชีวิตทั้งชีวิตของเรา คือสุขภาพของเรา คือตัวเราทั้งหมด
อาหารจึงเป็นเรื่องใหญ่ที่สุดที่เราต้องเอาใจใส่จริงจัง”

- โจน จันได