



The Yoga Retreat - Menu

Drinks

Coffee	40 baht
Lipton Tea	30 baht
Herbal Teas	40 baht
Peppermint Tea	40 baht
Green Tea	40 baht
Chai with soy milk, cow's milk or coconut milk	50 baht
Hot Chocolate made with coconut milk and cacao	50 baht
Turmeric 'Golden' Milk	50 baht
Turmeric Tea	50 baht
Honey Lemon Ginger Tea	50 baht
Fresh Coconut	70 baht
Kombucha (glass)	50 baht

Shakes

Paradise Shake	100 baht
Coconut milk, banana, pineapple and yogurt	
Mango Dream	100 baht
A dreamy blend of papaya, mango, honey and ice	
Yoga Cooler	100 baht
A refreshing blend of mint, honey, lime and ice. A post-yoga favorite!	
Mixed Fruit Smoothie	100 baht
add spirulina or hemp protein	40 baht
Bliss Ball Shake	100 baht
Banana, homemade cashew milk and ice blended with a cacao bliss ball	
Bee Bananas	100 baht
A blend of bananas, bee pollen and soy milk	
Blended Coconut	100 baht
fresh coconut with the water and coconut meat blended together	
add spirulina or hemp protein	40 baht

Raw Juices

Beet Treat	120 baht
energy boosting carrots, beets and apple rich in vitamins A and C	
Ginger Spice	100 baht
anti inflammatory ginger, carrots and apple	
Cucumber Cooler	100 baht
rehydrating cucumber, lime, mint and apple	
Instant Energiser	120 baht
pick you up carrots, apple, orange and celery rich in Vitamins A and C and folic acid	
Clean Sweep	120 baht
detoxing celery, parsley and carrots rich in vitamins A, C and beta carotene	
Melon Magic	100 baht
energising watermelon and ginger rich in iron and vitamin C	
Digestive Aid	120 baht
indigestion relieving apples, pineapple and orange rich in natural fibers	
Minty Morning	150 baht
revitalising fresh oranges and mint rich in vitamin C	