

# ALL DAY BREAKFAST



001	<b>Western Classic</b> 2 farm fresh eggs of your choice; scrambled, boiled, poached, omelet or fried with multi-grain toast, jam and butter	190	
108	<b>Eggs Benedict</b> Poached eggs on grilled bread with ham, Hollandaise sauce and fried potatoes	270	
008	<b>Florentine Omelet</b> Spinach and feta cheese with multi-grain toast, jam and butter	210	♥
007	<b>Salmon and Veggie Omelet</b> Salmon filet with green onion and tomato, multi-grain toast, jam & butter	270	
002	<b>Porridge / Hot Oatmeal</b> Served with apple, raisin & cinnamon	140	♥♥
003	<b>Muesli</b> Served with fresh fruits, yoghurt and raw honey	180	♥
004	<b>Morning Magic</b> Fresh papaya and mango topped with yoghurt & bee pollen	160	♥
005	<b>Fresh Tropical Fruit Plate</b> Seasonal selection	130	♥♥

# SIDES



S900	<b>Spinach</b>	60	S903	<b>Homemade fried potatoes</b>	70
S491	<b>Egg</b>	30	S915	<b>Organic brown rice</b>	40
S908	<b>Yoghurt</b>	60	S912	<b>Toast, butter and jam</b>	50
S111	<b>Bacon</b>	80	S922	<b>Baked beans</b>	50
S112	<b>Ham</b>	80			

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# APPETIZERS & SNACKS



016	<b>Tuna Poppers</b> Peppered yellow fin tuna cubes grilled med-rare, with a Wasabi mayo and market greens		<b>340</b>	
011	<b>Humming Along</b> Hummus served with vegetable sticks and guacamole		<b>220</b>	♥♥
012	<b>Chip &amp; Dip</b> Corn chips with salsa, hummus, guacamole and Mexican style bean dip		<b>230</b>	♥♥
014	<b>Get Stuffed</b> Steamed tender cabbage rolls filled with Shiitake mushroom, carrot, onion & sprouts, with a light tamari sauce		<b>190</b>	♥♥
015	<b>Tofu Filets</b> Grilled tofu and veggie planks with coconut curry		<b>190</b>	♥♥
114	<b>Bruschetta Al Forno</b> Roasted bread with olive oil, garlic, basil and fresh tomato		<b>170</b>	♥♥
117	<b>Prawn Cocktail</b> Classic chilled prawns with tangy cocktail sauce and fresh lemon		<b>270</b>	
310	<b>Prawn Tempura</b> Fresh prawns fried to golden brown, served with Thai sweet sauce and fresh lemon		<b>290</b>	
375	<b>Quesadilla</b> Flour tortilla, melted chesses, sweet pepper, sour cream, salsa and spring onion	<b>Veggie</b>	<b>220</b>	♥
		<b>Chicken</b>	<b>250</b>	
		<b>Grilled prawns</b>	<b>290</b>	
258	<b>Garlic Bread</b> With a pinch of grated Parmesan cheese		<b>100</b>	♥
259	<b>Chips &amp; Salsa</b> Corn chips with the best homemade salsa in Phuket		<b>140</b>	♥♥
266	<b>French Fries</b>		<b>100</b>	♥♥

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# SALADS



016	<b>Beetroot &amp; Walnut</b> Steamed beets served with pumpkin seed & cashew nut compote	200	♥♥
011	<b>Memo</b> Mediterranean chopped salad with cucumber, tomato, carrot, cabbage, onion and Tahini dressing	190	♥♥
012	<b>Mixed Green</b> Seasonal leafy greens with market veggies and Chef Charlie's house dressing	160	♥♥
034	<b>Greek Style</b> Mixed green and shredded cabbage with feta cheese, black olive, cashew, jicama, tomato, cucumber and apple cider vinaigrette	240	♥
014	<b>Brown Rice</b> Mixed with sprouts, green beans, sweet peppers, tomato, feta, cashews, jicama and apple cider vinaigrette	230	♥
015	<b>Japanese Style</b> Mixed crisp vegetables with a sesame Shoyu dressing and dried figs	180	♥♥
114	<b>Tuna</b> Tuna blended with Mayo, egg on bed of mixed greens, tomato, cucumber and onion	190	
031	<b>Avocado, Mango &amp; Broccoli</b> with shallot, raisins and apple cider vinaigrette	290	♥♥

# ADD-ONS



A904	<b>Grilled prawns</b>	140	A905	<b>Chicken breast</b>	95
A901	<b>Salmon filet</b>	140	A906	<b>Seared yellow fin tuna</b>	220
A907	<b>Feta cheese</b>	90	A910	<b>Grilled tofu</b>	50
A909	<b>Avocado</b>	120	A911	<b>Hard-boiled egg</b>	30
A917	<b>Cheddar</b>	60	A925	<b>Seafood</b>	140

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# RAW FOOD SPECIALTIES



- |     |   |     |    |
|-----|---|-----|----|
| 051 | <b>Zucchini Pasta</b><br>Raw organic zucchini topped with fresh basil pesto, raw tomato sauce and raw "cheez"   | 240 | ♥♥ |
| 052 | <b>Raw Vegetable Lasagna</b><br>Simply stunning ! With pesto and marinara sauces, cashew "cheez" and marinated veggies  | 300 | ♥♥ |
| 013 | <b>Raw Nori Rolls</b><br>5 pieces of our special raw nori with jicama, sesame scented rice, julienne vegetables, and cashew puree, served with wasabi and soy sauce...Freshly made to order | 260 | ♥♥ |
| 069 | <b>Almost Raw Pad Thai</b><br>A delicious healthy interpretation of this classic Thai dish made from raw papaya "noodles"   | 220 | ♥  |
| 755 | <b>Raw "Rice" and Veggie Salad</b><br>Sesame scented "rice" with green beans, sweet peppers, cashews, tomato, jicama, and sprouts, apple cider vinaigrette                                  | 220 | ♥  |

# SOUPS



- |     |   |     |    |
|-----|---|-----|----|
| 021 | <b>Power Broth</b><br>Clear fresh market vegetable soup with garlic and apple cider vinegar   | 100 | ♥♥ |
| 022 | <b>Lentil</b><br>Delicious, hearty lentil soup with tomato, garlic, spinach, carrot and onion | 160 | ♥♥ |
| 023 | <b>Broccoli</b><br>Rich in anti-oxidants, homemade using florets of organic broccoli          | 170 | ♥♥ |
| 024 | <b>Pumpkin &amp; Carrot</b><br>A delicious blend with a hint of Indian spices                 | 160 | ♥♥ |

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# BURGERS & SANDWICHES

Served on multigrain bread or bun with your choice of green salad or fries



054	<b>Supernatural Burger</b> Harvey's famous original garden burger with raw mayo and slaw veggies on whole grain bun	240	♥♥
056	<b>Chicken Burger</b> Grilled chicken breast filet with curry mayo and slaw veggies on whole grain bun	230	
250	<b>Beef Burger</b> 150 grams beef patty grilled and topped with lettuce, tomato, onion and mayonnaise. Served on a grilled bun	260	
255	<b>Cheese Burger</b> Beef burger topped with melted cheddar cheese	290	
256	<b>Bacon &amp; Cheese Burger</b> Cheese burger with bacon added	320	
294	<b>Star Burger</b> Bacon cheeseburger on grilled parmesan bread, with lettuce, tomato, onion and thousand island dressing	330	
221	<b>Tuna Salad Sandwich</b> Tuna blended with onion, celery, mayo and egg. Served on grilled wheat bread with a side of lettuce and tomato	210	
058	<b>Egg Sandwich</b> Hard boiled eggs blended with mayonnaise and onion on grilled multi grain bread	180	♥
059	<b>Avocado Sandwich</b> Ripe avocado with tomato and market greens	240	♥♥
220	<b>Grilled Ham &amp; Cheese</b> An American classic served on grilled wheat bread with a side of lettuce, tomato and onion	240	
224	<b>Grilled Cheese &amp; Tomato</b> Slices of tomato and melted cheddar on grilled wheat bread	200	♥

## ADD-ONS



A917	<b>Cheddar</b>	50	A909	<b>Avocado</b>	120
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# MEATS



780	<b>BBQ Baby Back Ribs</b>		<b>395</b>
	Chef Charlie's award winning ribs served with garlic herb, mashed potato and salad.		
781	<b>Pork Loin Cordon Bleu</b>		<b>360</b>
	Filled with ham and cheese, breaded and fried to a golden brown. Served with fries and salad.		
786	<b>Bangers and Mash</b>	(1) - One Sausage	<b>260</b>
	(From the dog and gun pub in Keswick) with	(2) - Two Sausage	<b>340</b>
	grilled onions and red wine gravy		
234	<b>Filet of Beef Au Poivre</b>		<b>740</b>
	Premium imported beef filet, (260 g) pan seared with a Brandy peppercorn cream sauce and with garlic herb mashed potatoes and steamed vegetables		
246	<b>Chicken Parmesan</b>		<b>350</b>
	Chicken breast breaded and grilled topped with tomato sauce and 3 cheeses. Served with spaghetti and garden salad		
237	<b>Chicken Cordon Bleu</b>		<b>340</b>
	Chicken breast filled with ham and cheese. Breaded and fried to a golden brown. Served with fries and salad		

# TEX MEX



380	<b>Super Natural Vegan Burrito</b> Flour tortilla crammed with grilled vegetables, re-cooked beans, brown rice, tomato salsa, tofu and topped with salsa & guacamole. Side of fire-cracker hot sauce		<b>250</b>
379	<b>Burrito Grande</b> Flour tortilla filled with re-cooked beans, grilled veggies, melted cheese, rice, salsa and sour cream	(1) - Veggie	<b>250</b> ♥
		(2) - Chicken	<b>280</b>
375	<b>Quesadilla</b> Flour tortilla, melted cheeses, sweet pepper, sour cream, salsa, spring onion and chili sauce.	(1) - Veggie	<b>210</b> ♥
		(2) - Chicken	<b>250</b>
		(3) - Grilled Prawn	<b>290</b>
243	<b>Mucho Macho Nachos</b> Large plate of corn chips, melted cheeses, black olives, tomato, spring onion, sweet pepper with sour cream and salsa.	(1) - Veggie	<b>250</b> ♥
		(2) - Chicken	<b>290</b>
		(3) - Beef	<b>340</b>

# SEAFOOD



050	<b>Sauteed White Sea Bass Filet</b> With white wine, butter and lemon sauce. Served with mash potato and fresh vegetables		<b>410</b>
055	<b>Grilled Sea Bass Mediterranean</b> Fresh fish filet with tomato, basil, capers, olive oil. Served with fresh seasonal veggies and brown rice		<b>400</b>
057	<b>Filet of Tuna</b> Premium tuna BBQ med-rare, with wasabi aioli pan crisped potatoes and fresh market vegetables		<b>560</b>
053	<b>Grilled Prawns / Salmon Duet</b> Brushed with garlic herb olive oil and served with steamed vegetables and brown rice		<b>460</b>
372	<b>Fish and Chips</b> Fried white snapper filets dipped in batter. Served with fries and salad and our famous tartar sauce		<b>320</b>

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# PASTAS



382	<b>Spaghetti Bolognese</b> Classic Italian tomato sauce with chunks of beef and parmesan cheese	300
374	<b>Spaghetti Carbonara</b> Spaghetti with bacon, cream, black pepper, egg yolk and parmesan cheese	300
381	<b>Fettuccini Alfredo</b> Noodles tossed with white wine cream, butter, garlic and parmesan cheese	270
389	<b>Spaghetti Pomodoro</b> Spaghetti with fresh tomato, basil and garlic sauce	230
239	<b>Skinny Pasta</b> No calorie konjac noodles, gluten free with pesto cream or homemade tomato sauce	240

# ADD-ONS



<b>Grilled Chicken Breast</b>	95	<b>Grilled Norwegian Salmon Filet</b>	140
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# PIZZAS



382	<b>Full Monthly</b> With salami, ham, olive, mushroom, onion and sweet pepper	360
374	<b>Margarita</b> With tomato sauce and cheese	260
381	<b>Salami</b> With tomato sauce and cheese	320
389	<b>Ham</b> With tomato sauce and cheese	290
389	<b>Vegetable</b> With tomato sauce, cheese, black olive, sweet pepper, mushroom and onion	300

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# THAI SOUPS

694	<b>Tom Ka</b> With coconut milk, lemongrass and lime leaves	140	♥
695	<b>Gang Juid</b> Clear broth soup	140	♥
693	<b>Tom Yum</b> Thai classic herbal soup	140	
489	<b>Kao Thom</b> Rice soup with ginger, fried garlic and coriander	130	♥

# THAI SALADS

482	<b>Yum Mumaung</b> Green mango & cashew spicy salad from shredded un-ripened mango, red onions, lime, chili and garlic sauce	180	
484	<b>Yum Met Ma-Muang</b> Cashew nut salad with lime & red onion	150	
061	<b>Som Tum</b> Un-ripened shredded papaya, cabbage, carrot and tomato, with lime chili, and garlic jus	150	
500	<b>Laab</b> Herbs spicy salad	120	
486	<b>Moo Kum Wahn</b> BBQ pork loin with garlic coriander, chili, and fresh vegetables	210	

# ADD-ONS

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A901	<b>Salmon filet</b>	140	A899	<b>Fried egg</b>	25
A906	<b>Seared yellow fin tuna</b>	220	A910	<b>Grilled tofu</b>	50
A898	<b>Squid</b>	100	A911	<b>Pork loin</b>	100
			A925	<b>Seafood</b>	140

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# THAI CLASSIC DISHES

063	<b>Khao Pad</b> Traditional wok fried brown rice with market vegies and egg	130	♥
066	<b>Phad Pak Rouam</b> Colorful medley of stir fried fresh vegetables	150	
067	<b>Kaeng Kaw Waan</b> Thai green curry with market vegetables	140	
483	<b>Phad Met Ma-Muang</b> Stir fried with cashew and veggies.	170	
488	<b>Pat Kra Pow</b> Stir fried with basil leaf and green beans	130	
1200	<b>Koong Sa-Rong</b> Deep fried shrimp rolled with noodles	300	
526	<b>Koong Chai Nam-Plaa</b> Raw shrimp with fish sauce and garlic	280	
2300	<b>Calamari Tempura</b> Fresh local squid cut into ringlets, dipped in batter and fried. Served with Thai sauces	220	
2310	<b>Prawns Tempura</b> Fresh prawns fried to a golden brown and served with Thai sweet chili and plum sauce	290	

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# FRESH FISH FILLETS

All dishes prepared with 2 fillets of fresh white seabass or a whole fish



064	<b>Plaa Nueng Manow</b> Steamed in lime sauce.	<b>580</b>
065	<b>Plaa Nueng khing</b> Steamed with sliced ginger and shitake mushrooms.	<b>580</b>
060	<b>Plaa Taud Gratiam</b> Deep-fried fish fillets with garlic and pepper	<b>580</b>
479	<b>Plaa Ka Poong Dad Deow Yum Mamuang</b> Fried white snapper with green mango salad topping.	<b>580</b>

# NOODLES DISHES



481	<b>Phad See Yiow</b> Wide rice noodle with veggies stir fried with kale leaf	<b>150</b> ♥
591	<b>Lard Na</b> Wide rice noodle in a gravy style sauce with lime, red onion and fresh chili	<b>150</b>
592	<b>Yum Whun Sen</b> Glass noodle salad with lime, red onion and chili	<b>150</b>
496	<b>Phad Thai</b> Thai style fried noodles with peanut, tofu and bean sprouts	<b>150</b> ♥
497	<b>Sukiyaki</b> Glass noodles with spicy broth and vegetables	<b>150</b> ♥

# ADD-ONS



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A901	<b>Salmon filet</b>	<b>140</b>	A899	<b>Fried egg</b>	<b>30</b>
A906	<b>Seared yellow fin tuna</b>	<b>220</b>	A910	<b>Grilled tofu</b>	<b>50</b>
A898	<b>Squid</b>	<b>100</b>	A911	<b>Pork loin</b>	<b>100</b>
A925	<b>Seafood</b>	<b>140</b>			

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# DESSERTS



071	<b>Organic Mango Sorbet</b> Cool refreshing sorbet made from local organic fruits	1 scoop 2 scoops	80 150	♥♥
072	<b>Organic Ice-Cream</b> Farmed and produced locally, (1) Hazelnut or (2) vanilla	1 scoop 2 scoops	80 150	♥
073	<b>Raw Chocolate Mousse</b> Rich and silky, made from avocado, cacao, banana, coconut, honey, dates and almonds		160	♥♥
077	<b>Fried Ice-Cream</b> Crunchy outside, soft inside with chocolate sauce and fruit garnish		170	
074	<b>Fresh Berry Cheesecake</b> Light and creamy with fresh papaya slices		170	♥
075	<b>Chocolate Fudge Brownie</b>		140	♥
076	<b>Chocolate Fudge Brownie with Vanilla Ice-cream</b>		210	♥
393	<b>Banana Pancake</b> Crepe with fresh banana, honey and chocolate sauce on the side		140	♥
005	<b>Fresh Tropical Fruit Plate</b> Fresh seasonal fruits		130	♥♥

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