

SOLAVITA

NOURISH BOWLS

Berry Açai Bowl  (VG, N)	295 THB
Homemade granola, banana, fresh blueberries, almond flakes & chia seeds. Served with a choice of roasted peanut or almond butter	
Harvest Chia Greek Yoghurt Bowl  (V, N)	295 THB
Mixed seasonal fruit, fresh blueberries, homemade granola & dried apricot	
Apple & Cinnamon Overnight Oats (V, N)	145 THB
Greek yoghurt, sliced apple & toasted almonds. Chiang Mai Longan honey on the side	
Golden Mango Chia Pudding  (V)	175 THB
Fresh mango, coconut milk, organic chia seeds & mint leaves	
Classic Oats Porridge (V)	175 THB
Organic oats cooked in whole milk topped with caramelized bananas & blueberries. Chiang Mai Longan honey on the side. Also available with almond or oat milk	

ALL-DAY FUEL

Mediterranean Shakshuka  (V)	295 THB
Two free-range eggs baked in a rich tomato sauce, Moroccan chickpeas & crumbled feta. Served with toasted homemade sourdough	
The Full-On	325 THB
Two free-range scrambled eggs served with avocado, crispy bacon, garlic rosemary mushrooms & oven roasted cherry tomatoes. Served with toasted homemade sourdough. Choice of eggs available	
Turkish Eggs  (V)	295 THB
Two free-range poached eggs over spiced Greek yogurt, drizzled with chili oil & sumac. Served with toasted homemade sourdough	

WHOLESOME SOURDOUGH TARTINES & SANDWICHES

Nordic Smoked Salmon & Tzatziki Tartine 	295 THB
Cucumber, capers & rocket, toasted sourdough	
Green Goddess Tartine (V)	295 THB
Avocado salsa, feta cheese & roasted cherry tomatoes, toasted sourdough Optional add-on: 2 soft-boiled eggs 50 THB	
Grilled Ham & Cheese 	245 THB
Smoked ham, multi-grain mustard mayo, melted aged cheddar, toasted sourdough	
Spicy Tuna	245 THB
Jalapeños & homemade pickled shallots, toasted sourdough	
Smoky Pulled BBQ Chicken	245 THB
Homemade pickled red cabbage, aged cheddar & sriracha mayo, toasted sourdough	
The Solavita Club 	295 THB
Honey ham, grilled chicken, fried egg, smashed avocado, lettuce, & tomato, toasted sourdough	
Avocado & Egg on Rye (V)	325 THB
Dark rye sourdough toast topped with avocado salsa, diced hard-boiled eggs, mesclun greens, & paprika	
Smoked Salmon Bagel	325 THB
Toasted sourdough bagel filled with smoked salmon, dill, & yoghurt cream cheese	



“If today is your cheat day, you’re in luck! Scan now.”

SOLAVITA

GREENS & GRAINS

Pacific Poke Bowl  345 THB
Ahi sashimi grade tuna, edamame, Japanese sushi rice, cucumber, wakame seaweed, radish, nori & bonito flakes. Pickled ginger and wasabi on the side. Served with Sriracha mayo dressing.

Zen Buddha Bowl (VG, N) 245 THB
Roasted sweet potato, broccoli, shredded carrot, homemade pickled cabbage, avocado, red rice berry, chickpeas & toasted peanuts.
Served with homemade peanut dressing

Asian Protein Bowl  (V, N) 295 THB
Silken tofu, purple cabbage, edamame, carrot, cucumber, celery, bell peppers, egg white protein noodles & crunchy shallots
Served with homemade sesame soy dressing

Classic Caesar Salad 245 THB
Romaine crunchy lettuce, parmesan shavings, crunchy croutons
Served with traditional homemade Caesar dressing

Classic Greek Salad (V) 295 THB
Tomato, cucumber, green peppers, shallots, kalamata olives & feta
Served with homemade lemon vinaigrette

‘Chin Chin’ Chicken Salad (N) 295 THB
Chicken, white & purple cabbage, carrots, spring onion, crispy wonton & almond flakes.
Served with homemade ginger & sesame vinaigrette

Miso Glazed Salmon Bowl  395 THB
Grilled salmon, mixed greens, sunflower sprouts & red rice berry.
Served with homemade miso honey dressing

Vietnamese Summer Roll (VG) 250 THB
Tofu, mango, carrot, fried shallots & fresh herbs.
Served with nuoc cham chilli dip

Add-ons for any bowl/salad

Toasted Sourdough (per slice)		50 THB
Grilled Chicken, Grilled Tofu, Grilled Shrimp		100 THB
Grilled Salmon, Burrata 100 gm.		200 THB

ARTISAN PIZZAS

Crafted using an ancient Roman recipe of slow fermentation to create a lighter, crispier and more digestible crust

Diavola 495 THB
Spicy salami, kalamata olives, mozzarella & tomato, red chili

Frutti di Mare  495 THB
Shrimp, mussels, clams, mozzarella & tomato, fresh basil

Burrata & Prosciutto di Parma  595 THB
Parma ham, mozzarella & tomato, burrata & rocket

Fungi e Tartufo (V) 445 THB
Mixed mushrooms, mozzarella, truffle oil & fresh parsley

Margherita (V) 295 THB
Tomato & mozzarella, fresh basil

Smoky BBQ Chicken 395 THB
Smoky pulled BBQ chicken, jalapeños, mozzarella & shallots

Puttanesca 295 THB
Marinara sauce, anchovies, kalamata olives, capers & fresh parsley, hot honey drizzle

LITTLE SPROUTS (KIDS MENU)

Margherita (V) 195 THB
Tomato & mozzarella, fresh basil

BBQ Chicken Pizza 195 THB
BBQ pulled chicken, mozzarella & shallots

Little Buddha Bowl (VG, N) 195 THB
Roasted sweet potato, broccoli, shredded carrot, homemade pickled cabbage, avocado, red rice berry, chickpeas & toasted peanuts.
Served with homemade peanut dressing

Ham & Cheese Toastie 165 THB
Warm toasted wholewheat sandwich with melted cheese & ham

Cheesy Melt (V) 145 THB
Golden toasted wholewheat sandwich filled with lots of gooey melted cheese

BBQ Chicken Toastie 165 THB
Toasted wholewheat sandwich with pulled BBQ chicken & melted cheese

Choco Bliss Smoothie (N) 125 THB
Creamy chocolate, roasted peanut butter & banana

Sunrise Berry Smoothie 125 THB
Refreshing & fruity mixed berry smoothie

Menu prices are excluding VAT 7% and Service Charge 10%



Signature Dish

(V) Vegetarian

(VG) Vegan

(N) Contains Nuts