

Drinks Menu

המרכז

AMBA

SAUNA | BAR | KITCHEN

Healthy Drinks



SUPERFOOD SMOOTHIES 240

ADD SCOOP PROTEIN 100THB

Chocolate Brain Boost

Banana, Homemade Peanut Butter, Cacao Powder, Dates and Nut Milk

Yellow Sunshine

Pineapple, Banana, Coconut Oil, Turmeric, Cinnamon, Ginger and Coconut Milk

Tropical Crunch

Banana, Mango, Oats, Almonds, Chia Seed, Cinnamon, Wild Honey and Nut Milk

Power Boost

Spinach, Avocado, Strawberries, Mango, Nuts, Wild Honey, Coconut Water and Hemp Seeds

Avo Blueberry

Coconut Milk, Avocado, Kale, Blueberries, Banana and Chia Seeds

FRESH PRESSED JUICES 240

Cotton Candy

Apple, Pineapple, Ginger and Beetroot

The Brain, The Blood, The Body

Beetroot, Carrot, Turmeric, Apple, Pineapple and Lime

Soulshine Juice

Kale, Apple, Celery, Cucumber and Lime

The High C

Carrot, Passion Fruit, Pineapple, Apple and Lime

Green Goddess

Cucumber, Apple, Greens, Celery, Ginger and Lime



Healthy Drinks



HEALTH SHOTS 130

Buy 2 Get 1 Free

Immunity booster

Ginger, Turmeric, Lemon, Orange and Black Pepper

Fat burner

Lemon, Lime, Ginger, Apple Cider Vinegar, Mint and Pineapple

Love potion

Watermelon, Beetroot, Turmeric, Ginger and Lemon

Fire Ball Immunity

Lemon, Ginger, Turmeric, Cayenne, Black Pepper and Coconut Water

Metabolic Bomb

Celery, Green Apple, Ginger, Lemon and Cayenne

Detox Alkalizer

Wheatgrass, Orange and Coconut Water

VITAMIN WATER JUGS 140

Still/Sparkling

Ginger, Lemon & Mint

Lemon, Cucumber & Rosemary

Watermelon, Mint & Chia Seed

Pineapple, Cucumber & Mint

Blackberries, Orange & Ginger



FRESH FRUIT SHAKES

180

Watermelon

Banana

Pineapple

Mango

Coconut

Passionfruit

Lime

Mixed (Choice of 3)



BIO FIZZ

125

Lemongrass

Tamarind & Ginger

Roselle

KOMBUCHA

185

Classic

Lemongrass

Ginger

Coco Nuts

SIGNATURE PINA COLADA 300

A blended cocktail of rum, coconut cream and pineapple

FRESH COCONUT 140

COCONUT SHAKE 180



COCONUT - ELECTROLYTE 200

Coconut flesh blended with Himalayan salt, lime and natural unrefined sugar.

COCONUT - PROTEIN 320

The coconut flesh is blended with your choice of protein flavour, creatine and glutamine

Protein Shakes

ALL MADE WITH OPTIMUM NUTRITION GOLD STANDARD
WHEY PROTEIN

*ALL PROTEIN CAN BE SUBSTITUTED WITH VEGAN PROTEIN



THE GRIND ESPRESSO 230

Vanilla Protein, Banana
and Double shot of Espresso



ACTIVE 240

Coconut Water, Greek Yogurt,
Homemade Nut Butter, Protein
Powder, Hemp Seeds and Banana



GOLDILOCKS 200

Protein Powder, Oats, Cinnamon
Dates



THE POPEYE 200

Vanilla Protein, Spinach, Spirulina
Banana



VERY BERRY 240

Mixed Berries, Spinach, Greek Yogurt
Vanilla Protein, Walnuts, Flax Seeds



PUMPKIN PIE 220

Vanilla Protein, Pumpkin, Walnuts
Flax, Oats, Cinnamon



STARTER SHAKE 150

Protein Powder - Water/Milk

Add Ons

70¢	30¢	20¢
Espresso shot	Hemp Seeds	Oats
	Mixed Nuts	Pumpkin
	Peanut Butter	Dates x2
	Banana	Yogurt
	Flax	
	Berries	

BCAA BOOST ELECTROLYTES

160

Grape Burst flavour
Watermelon Cooler flavour

Protein Scoop	+120
Glutamine	+80
Creatine	+80
Plant Based Milk	+30

Soft Drinks

SOFT DRINKS 60

Coke / Coke Zero
 Fanta Orange
 Schweppes Tonic Water
 Schweppes Manao
 Schweppes Ginger Ale
 Lemon Iced Tea
 Peach Iced Tea
 Soda Water

Mont Fleur Small 45
 Mont Fleur Large 65

Samui Heaven Craft Soda 150
 (Lime mint / Pineapple Passionfruit / Strawberry Melon)

Fresh Coconut 140



Tea & Coffee

MONSOON TEA 200 Unique native tea grown in the forests of Northern Thailand

Beach Blend / Coral Blend / Sea Breeze / Rose White / Tropical Sunset / Siam Herbal / Lahu Black / Lanna Green

COFFEE

Espresso 80
 Americano 80
 Hot Latte / Cappuccino 100
 Iced Latte / Cappuccino 120
 Caramel Macchiato 120
 Hot Mocha 120
 Iced Mocha 150

EXTRA +30

Plant Milk
 Syrup (Hazelnut / Caramel)



MUG OF TEA 80

Peppermint / Earl Grey / Green Tea / Chamomile

MATCHA 150

Hot or Iced

FRESH INFUSED TEA 180

Lemon, Ginger, Chia Seeds

Turmeric, Ginger, Cinnamon, Lemon and Honey

Mint and Lemon

Lemongrass and Lemon

Beer & Spirit



BEER

Singha, Chang, Leo	110
San Miguel Light	125
Hoegarden Rose	390
Leffe Blonde	390

San Miguel Draught

Small	100
Large	180

Heineken 0	120
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CIDER

Savana	100
Strongbow Red Berry	180

SPIRITS

180

- Absolute Vodka
- Bacardi Blanco
- Malibu
- Captain Morgan
- Tequila
- Gin

ZELTZER 5% ACL 190

Low Sugar and Just 100 Calories

- Kyoho Berry
- Melon
- Red Apple



Wine & Cocktails



COCKTAILS 280

- Margarita
- Mojito
(Classic / Mango / PassionFruit)
- Frozen Daquiri
(Strawberry / Mango)
- Mai Tai
- Cosmopolitan
- Espresso Martini

WINES 150

- House White
- House Red

Bottle 1200

- Red
- White
- Rose

Sparkling Wine 1400

Signature Cocktails

Blended Pina Colada
Frozen Aperol Spritz



300 THB

Milk Shakes 250

Funky Monkey



Biscoff



Pink Dreamer

7% VAT and 10% Service Charge are already included



