



SLICE

*whole foods — drinks
& wellbeing*

We started Slice with one belief: that food should take care of you — not just fill you up. We've been there too... tired, overwhelmed, wanting to eat better but not knowing where to start. That's why we created a menu full of real, whole ingredients that actually do something — to support your energy, your focus, your recovery.

- Low GI — 0 to 55
- Med GI — 56 to 69
- High GI — 70 to 100

You'll notice a little colour bar next to each item — that's our way of making nutrition simple. It shows the glycemic index (GI) of the food, or how it affects your blood sugar. The colours move from left to right — green to orange to red — indicating GI from low to high. It's not about good or bad, it's just about awareness.

We're here to make eating well feel good, taste great, and fit into real life. Every bite has a purpose. And every plate is a step toward feeling your best — one slice at a time.

 @slicewellbeing

 @slice_wellbeing

A SLICE OF THE STORY

WELLNESS SHOTS

- **Ginger Shot** 120
Ginger juice, lime juice, pink salt
P 0.5G · FAT 0G · C 6G · FIBER 0.5G · CAL 25
- **Ginger Apple Shot** 120
Ginger juice, apple juice, lime juice & pink salt
P 0.5G · FAT 0G · C 5G · FIBER 0.5G · CAL 20
- **Ginger Turmeric Shot** 150
Turmeric, ginger, apple vinegar, pink salt, cayenne, black pepper, lemon
P 0.5G · FAT 0G · C 4G · FIBER 0.5G · CAL 20

COLD TEAS

- Butterfly Pea Tea** 100
Butterfly pea, lime juice, honey
- Slice Lemon Ice Tea** 120
Red tea, lemon juice, honey

HOT TEAS

- Afternoon Delight Tea** 90
Ginger, pandan, bergamot, orange
- Lemon Rose Tea** 90
Rose, lemon
- Slice Peppermint Tea** 90
Peppermint, orange, pandan
- Jasmine Love Tea** 90
Jasmine, bee pollen, chamomile, pandan
- Slice Blue Lagoon** 90
Butterfly pea, lemongrass, kaffir lime leaf, pandan

COFFEE

hot / cold

- Espresso** 95 SINGLE / 110 DOUBLE
A strong concentrated shot of coffee
- Americano** 100 / 110
Espresso diluted with hot water for a milder flavour
- Macchiato** 100 / 140
Equal parts espresso and frothy milk foam
- Cappuccino** 120 / 130
Equal parts espresso, steamed milk and frothy milk foam
- Latte** 120 / 130
Espresso with steamed milk and a small amount of foam
- Mocha** 130 / 140
Espresso with chocolate powder, steamed milk, milk foam
- Bullet Coffee** 139 / —
Black coffee, grass fed clarified butter, MCT oil
- Cold Brew Coffee** — / 129
Organic Thai coffee brewed with cold filtered water
- Cold Brew Green Tea** — / 129
Green tea brewed with cold filtered water
- Matcha Latte** 130 / 140
Matcha green tea with milk
- Affogato** — / 169
Sugar free ice cream (flavor of choice) with espresso shot
- Orange Coffee** — / 260
Espresso shot, orange juice
- Chai Latte** 130 / 140
A comforting blend of spiced black tea with milk.

All prices are in THB and subject to 7% VAT charge

LIQUID MOTIVATION

PROTEIN SHAKES

400ml

● **Chocolate Protein Shake** 269

Chocolate protein, banana, cocoa powder, coconut milk, cocoa nibs

P 26G · FAT 15G · C 35G · FIBER 8G · CAL 350

● **Mango Protein Shake** 269

Vanilla protein, fresh mango, coconut milk

P 23G · FAT 25G · C 32G · FIBER 4G · CAL 414

● **Peanut Butter Chocolate**  269

Chocolate protein, banana, cocoa powder, peanut butter, chia seed, coconut milk

P 29G · FAT 22G · C 32G · FIBER 6G · CAL 400

● **Vanilla Berry Shake** 269

Vanilla protein, coconut milk, mixed berries, banana

P 25G · FAT 12G · C 35G · FIBER 6G · CAL 300

● **Avocado Blue Spirulina**  269

Vanilla protein, avocado, blue spirulina, ground almond, pink salt, coconut milk

P 25G · FAT 28G · C 12G · FIBER 7G · CAL 380

● **Matcha Almond Shake**  269

Vanilla protein, matcha powder, banana, ground almond, coconut milk

P 25G · FAT 20G · C 22G · FIBER 6G · CAL 350

● **Mocha Protein Shake** 269

Chocolate protein, espresso shot, cacao powder, banana, coconut milk

P 26G · FAT 10G · C 32G · FIBER 5G · CAL 320

● **Goji Strawberry Shake** 269

Vanilla Protein, goji berry, strawberry, pink salt, coconut milk

P 26G · FAT 10G · C 30G · FIBER 8G · CAL 250

Slice Pre work-out

Proprietary blend of glutamine, l-taurine, BCAA, creatine & acai

250











CHOOSE YOUR PROTEIN

| | |
|---|---|
| Matell Plant based, no soy protein powder (neutral flavour) | Optimum Nutrition whey protein (Double chocolate / Vanilla) |
|---|---|

ADD-ONS

| | |
|--|-----|
| Creatine | 50 |
| BCAA | 50 |
| Optimum Nutrition Whey Protein Powder | 150 |
| Plant Based Matell No Soy Protein Powder | 100 |
| Collagen Powder | 70 |
| Spirulina Green | 50 |
| Spirulina Blue | 90 |

- | | | |
|--|--|-----------------------|
|  nuts |  vegetarian | ● Low GI — 0 to 55 |
|  dairy |  vegan | ● Med GI — 56 to 69 |
|  fish |  eggs | ● High GI — 70 to 100 |
|  shrimp |  hormone free | |

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SHAKES

COLD PRESS JUICE 250ml / 400ml

- **Hard-Core Green** 159 / 250

Kale, spinach, broccoli, cucumber, lime, ginger

P 5G · FAT 1G · C 18G · FIBER 5G · CAL 83
P 7G · FAT 1G · C 28G · FIBER 7G · CAL 214

- **Soft-Core Green** 159 / 250

Spinach, cucumber, green apple, lime

P 3G · FAT 1G · C 22G · FIBER 5G · CAL 89
P 5G · FAT 1G · C 40G · FIBER 9G · CAL 160

- **Tropical Energy Boost** 159 / 250

Pineapple, passion fruit, lime, orange, carrot

P 3G · FAT 0.5G · C 39G · FIBER 9G · CAL 150
P 4G · FAT 0.7G · C 54G · FIBER 13G · CAL 209

- **Antioxidant Powerhouse** 159 / 250

Mixed berries, beetroot, orange, ginger

P 2G · FAT 0.4G · C 26G · FIBER 4G · CAL 113
P 2G · FAT 0.6G · C 35G · FIBER 5G · CAL 154

- **Tropical Farm** 159 / 250

Passion fruit, carrot, red apple, green apple

P 2G · FAT 0.5G · C 39G · FIBER 10G · CAL 152
P 3G · FAT 0.8G · C 70G · FIBER 17G · CAL 271

- **Single Origin Juices** 159 / 250

Single origin juice available upon request

KOMBUCHA

- **Gingered** 130

Black tea leaf, ginger juice, lime juice, sugar

P 0G · FAT 0G · C 6G · FIBER 0G · CAL 30

- **Mangology** 130

Black tea leaf, mango juice, lime juice, sugar

P 0G · FAT 0G · C 6G · FIBER 0G · CAL 30

SMOOTHIES 400ml

- **Green Powerhouse** 250

Spinach, kale, banana, spirulina, orange, papaya, lime

P 5G · FAT 5G · C 45G · FIBER 8G · CAL 250

- **Mango Chia Seed** 250

Mango, soaked chia seeds, greek yoghurt, coconut milk

P 10G · FAT 15G · C 40G · FIBER 10G · CAL 300

- **Berry Boost** 250

Mixed berries, acai, banana, coconut milk, honey

P 6G · FAT 10G · C 55G · FIBER 10G · CAL 320

- **Mango, Lime & Spinach** 250

Mango, spinach, coconut milk, lime

P 4G · FAT 10G · C 45G · FIBER 6G · CAL 260

- **Strawberry Smoothie** 250

Strawberries, banana, greek yoghurt, coconut milk

P 6G · FAT 7G · C 40G · FIBER 5G · CAL 270

- **Tropical Marble** 250

Passion fruit, pineapple, mango, red apple

P 1.5G · FAT 0.5G · C 40G · FIBER 5G · CAL 160


- **Banana Crush** 250

Banana, greek yoghurt, mango, red apple

P 2.5G · FAT 1.5G · C 43G · FIBER 4G · CAL 200

HYDRATE & REFRESH 139

Blue Zone 
 Clean Hydration.


Passion Lemonade 
 Rose Ginger Lemonade

- Low GI — 0 to 55
- Med GI — 56 to 69
- High GI — 70 to 100

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GRANOLAS

OPTIONS milk / yoghurt

- **Homemade Slice Granola**  175

Oats, almonds, sunflower seeds, cranberries, honey, cinnamon, olive oil


P 4G · FAT 10G · C 20G · FIBER 3G · CAL 180

- **Slice Paleo Granola**  175

Pumpkin seeds, sunflower seeds, almonds, cranberries, coconut chips, cinnamon, vanilla, olive oil



P 5G · FAT 17G · C 15G · FIBER 4G · CAL 225

MINDFUL INDULGENCE

- **Keto Chocolate Cupcake**   90



Cocoa nibs, cocoa nibs, instant coffee, protein powder, coconut flour, eggs, plain unsweetened yoghurt, vanilla extract, monk fruit sweetener with thick greek yoghurt frosting

P 14.6G · FAT 6.9G · C 26G · FIBER 4.1G · CAL 160

- **Low Sugar Banana Bread**   140




Banana, whole wheat flour, eggs, chocolate chip, butter, yoghurt, walnuts, honey

P 4G · FAT 8G · C 24G · FIBER 3G · CAL 175

- **Keto Orange Cake**   160

Orange, eggs, coconut flour, almond flour, ginger, monk fruit sweetener

P 5G · FAT 18G · C 12G · FIBER 18G · CAL 220

- **Brown Butter Carrot Cake**    180

All purpose flour, carrot, cinnamon, organic eggs, brown sugar, sunflower oil, butter, dried raisins, pecans, ginger, shredded coconut

P 8.4G · FAT 36.9G · C 82.5G · FIBER 4.4G · CAL 680

cheat day

ENERGY SNACKS

- **Slice Energy Nut Bar**   100

Dates, cashew nuts, almond, pumpkin seeds, rolled oats, coconut flakes, cinnamon, honey, sesame

P 8G · FAT 15G · C 18G · FIBER 4G · CAL 250

- **Peanut Butter Cookie**   80



Almond flour, creamy peanut butter, honey, coconut nectar, salted butter, vanilla

P 3G · FAT 8G · C 10G · FIBER 2G · CAL 120

- **Cranberry Energy Ball**   50


Dates, cashew nuts, almond, cranberries, orange juice

P 3G · FAT 7G · C 20G · FIBER 2G · CAL 150

- **Brownie Bites**   50

Dates, almond, coconut flakes, cocoa powder, monk fruit sweetener

P 3G · FAT 8G · C 10G · FIBER 2G · CAL 120

- **Bruce MCT Bullet Ball**  50





Peanut butter, almond flour, coconut oil, chia seeds, flax seeds, cocoa powder, monk fruit sweetener, vanilla extract, instant coffee, Bruce MCT oil, MCT powder





P 5G · FAT 16G · C 9G · FIBER 3G · CAL 206

NO SUGAR ICE CREAM 70

Vanilla Caramel
Strawberry
Chocolate Almond

Coffee Chip Latte
Honey Macadamia
Virgin Coconut

 nuts
 dairy
 fish
 shrimp

 vegetarian
 vegan
 eggs
 hormone free

● Low GI — 0 to 55
● Med GI — 56 to 69
● High GI — 70 to 100

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PUDDING CUP

- Coconut & Mango Chia Pudding 🌱 175
Mango puree, coconut milk, chia seed pudding, fresh mango dice, coconut chips
P 18G · FAT 14G · C 28G · FIBER 2G · CAL 310
- Matcha Granola Chia Pudding 🌱 175
Matcha, coconut milk, chia pudding, Slice homemade granola
P 6G · FAT 12G · C 26G · FIBER 7G · CAL 230
- Chocolate Banana Chia pudding 🌱 175
Chocolate, coconut milk, chia pudding, banana, cocoa nibs
P 3G · FAT 13G · C 22G · FIBER 6G · CAL 210
- Apple Pie Overnight Oats 🌱 175
Stewed cinnamon apple, almond milk soaked chia & oats, peanut butter, toasted walnuts
P 6G · FAT 12G · C 28G · FIBER 7G · CAL 220
- Peanut Butter Berry Overnight Oats 🌱 175
Almond milk soaked chia & oats, peanut butter, mixed berries compote
P 3.8G · FAT 4.5G · C 18G · FIBER 4G · CAL 120
- Strawberries & Yoghurt Cup 🌱 195
Chia seeds, greek yoghurt, fresh strawberries, strawberry puree, Slice homemade granola, seasonal fruits
P 7G · FAT 8G · C 36G · FIBER 5G · CAL 250
- Mango Passion Fruit Yoghurt Cup 🌱 195
Chia seeds, greek yoghurt, passion fruit, fresh mango, mango puree, Slice homemade granola, seasonal fruits
P 7G · FAT 8G · C 38G · FIBER 5G · CAL 260
- Blueberry Fig Yoghurt Cup 🌱 195
Chia seeds, greek yoghurt, blueberry puree, organic figs, Slice homemade granola
P 11.3G · FAT 13.6G · C 47.4G · FIBER 8.4G · CAL 393

DIPS & SIDES

- Slice Organic Basil & Unpasteurized Phnom Yen Cheese Pesto 150
P 7G · FAT 30G · C 5G · FIBER 2G · CAL 320
- Fermented Cashew Cheese 150
P 10.2G · FAT 27.4G · C 14.1G · FIBER 2.6G · CAL 338
- Slice Classic Hummus 150
P 5G · FAT 6G · C 13G · FIBER 4G · CAL 120

SOUPS

- Pumpkin Soup 🌱 160
Japanese pumpkin, onion, coconut milk, garlic salt pepper
P 4G · FAT 5G · C 30G · FIBER 4G · CAL 170
- Minestrone Soup 🌱 180
Broccoli, potatoes, carrots, onions, edamame, cherry tomatoes, bell pepper, basil, salt, pepper
P 5G · FAT 2G · C 30G · FIBER 6G · CAL 140
- Chicken Noodle Soup 🌱 180
Organic chicken breast, cabbage, potato, carrot, onion, garlic, pasta noodle, lime juice, salt, pepper
P 15G · FAT 4G · C 28G · FIBER 4G · CAL 190

SAVOURY FLATS

- Slice Coronation Chicken Sandwich 🌱🌱🌱 195
Organic chicken breast, curried Slice mayo, almonds, fresh herbs
P 28G · FAT 24G · C 35G · FIBER 3G · CAL 450
- Slice Free Range Egg Salad Sandwich 🌱🌱 189
Organic egg salad, yoghurt, green onion, herbs
P 20G · FAT 20G · C 35G · FIBER 2G · CAL 400
- Falafel, Hummus, Tabbouleh Sandwich 🌱🌱 250
Handmade baked falafel, hummus, fresh herbs, fried tomato with parsley
P 12G · FAT 15G · C 48G · FIBER 7G · CAL 380
- Bagel Avocado & Scramble Eggs 🌱 269
Smashed avocado, marinated tomato, free range scrambled eggs served on bagel bread
P 23.8G · FAT 34.7G · C 53.7G · FIBER 9.4G · CAL 598
- Bagel Smoked Salmon & Cream Cheese 🌱🌱 269
Smoked salmon, cream cheese, garlic chives, wild rocket leaves served on bagel bread
P 20G · FAT 28G · C 35G · FIBER 4G · CAL 450

- 🌱 nuts
- 🌱 vegetarian
- Low GI — 0 to 55
- 🌱 dairy
- 🌱 vegan
- Med GI — 56 to 69
- 🐟 fish
- 🥚 eggs
- High GI — 70 to 100
- 🦐 shrimp
- 🚫 hormone free

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HARVEST BOWLS

- **Jerk Salmon Bowl** ^{🌱*} 280
Slow cooked salmon, organic rice berry, pumpkin, kale, marinated tomatoes
P 35G · FAT 20G · C 55G · FIBER 8G · CAL 520
- **Cajun Chicken Bowl** [🌱] 280
Cajun rubbed organic chicken, organic mixed rice berry red bean & quinoa, spinach, tomato compote, edamame
P 43G · FAT 10G · C 55G · FIBER 7G · CAL 460
- **Burrito Bowl** ^{🌱 🌱} 280
Portobello mushroom walnuts meatballs, organic chicken breast, cos Lettuce, red onion, black bean, avocado, bell pepper, coriander, garlic, rice berry, cottage cheese
P 29G · FAT 6G · C 49G · FIBER 7G · CAL 316
- **Vegan Bowl** [🌱] 280
Turmeric roasted cauliflower florets, edamame, steamed broccoli, roasted butternut squash, marinated kale, avocado salsa and black bean patties
P 18.53G · FAT 18.71G · C 42.56G · FIBER 17.4G · CAL 379.6
- **Rasa Cold Noodles** ^{🌱 🌱} 280
Soba noodles, broccoli, carrots, snow peas, tofu, organic eggs
P 15G · FAT 8G · C 50G · FIBER 8G · CAL 340
- **Middle-Eastern Bowl** [🌱] 290
Shawarma style pulled chicken, creamy chickpea hummus, black sesame tahini, lemony red cabbage slaw, spicy harissa, kale tabouleh, feta crumble, chickpea crouton and preserved lemon
P 23.05G · FAT 20.6G · C 31.9G · FIBER 7.3G · CAL 389

ADD-ON CUPS

PROTEIN CUP

- **Hormone Free Chicken Satay** 120
P 25G · FAT 12G · C 20G · FIBER 3G · CAL 300
- **Hormone Free Cajun Chicken Breast** 190
P 43G · FAT 5G · C 0G · FIBER 0G · CAL 248
- **Free Range Eggs** 60
P 12G · FAT 10G · C 1G · FIBER 2G · CAL 140
- **Chicken Shrimp Pattie** 95
P 15G · FAT 5G · C 2G · FIBER 0.5G · CAL 120

VEGETABLE CUP

- **Broccoli** 60
P 2G · FAT 0G · C 5G · FIBER 2G · CAL 25
- **Crudites** 60
P 1G · FAT 0G · C 8G · FIBER 3G · CAL 35

FERMENTS & PROBIOTICS

- **Kimchi** 60
P 1G · FAT 0G · C 3G · FIBER 1G · CAL 15
- **Sauerkraut** 60
P 1G · FAT 0G · C 2G · FIBER 1G · CAL 10

GET SAUCY

- | | |
|-----------------|---------------------|
| Herbal Yoghurt | Soy Wasabi |
| Fragrant Thai | Creamy Balsamic |
| Classic Italian | Apple Cider Vinegar |
| Sesame Turmeric | & Olive oil |

NURTURE SALADS

- **Slice Greek-Ish Salad** ^{🌱 🌱} 280
THM organics mixed leaves, herbs, cherry tomatoes, red onions, cucumbers, black olives, unpasteurized, raw locally made goat feta
P 6G · FAT 10G · C 12G · FIBER 4G · CAL 160
- **Smoked Salmon & Rainbow Ribbon Salad** ^{🌱*} 280
Zucchini, carrots, beetroot ribbons, THM farm organic wild rocket, smoked salmon, edamame, keto seed crisps, Japanese cucumber
P 18.7G · FAT 17.2G · C 16.3G · FIBER 6.9G · CAL 285
- **Thai Style Prawn Salad** ^{🌱 🌱} 280
Shredded vegetable slaw, poached prawns, fresh basil, cashews
P 6G · FAT 10G · C 12G · FIBER 4G · CAL 160
- **Vegan Caesar Salad** ^{🌱 🌱} 280
Romaine lettuce, roasted chickpea croutons, cherry tomato, vegan parmesan cheese & vegan caesar dressing made with cashew nuts
P 14.9G · FAT 19.4G · C 24.9G · FIBER 4.5G · CAL 322
- **Chopped Chicken Salad** ^{🌱 🌱} 280
THM organics mixed leaves and herbs, hormone free sous vide chicken breast, cherry tomato, roasted red onion, green peas, carrot, salted cashews, sweet potato, organic egg
P 40.1G · FAT 11.6G · C 19.4G · FIBER 4.9G · CAL 344
- **Mediterranean Lentil Salad** ^{🌱 🌱} 290
Dressed lentils, marinated green & kalamata olives, cucumber, cherry tomato, balsamic roasted red onions, feta cheese and wild organic rocket salad
P 16.1G · FAT 6.9G · C 41.3G · FIBER 11.9G · CAL 284

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|----------|----------------|-----------------------|
| 🌱 nuts | 🌱 vegetarian | ● Low GI — 0 to 55 |
| 🌱 dairy | 🌱 vegan | ● Med GI — 56 to 69 |
| 🌱 fish | 🌱 eggs | ● High GI — 70 to 100 |
| 🌱 shrimp | 🌱 hormone free | |

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