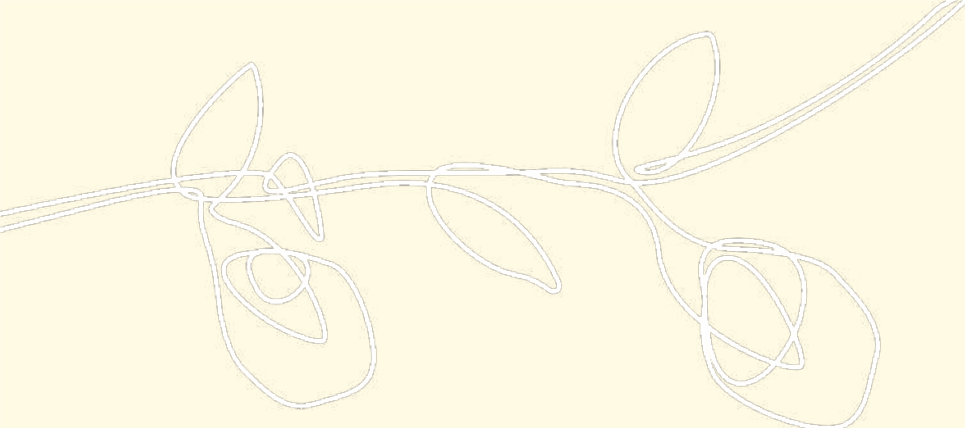
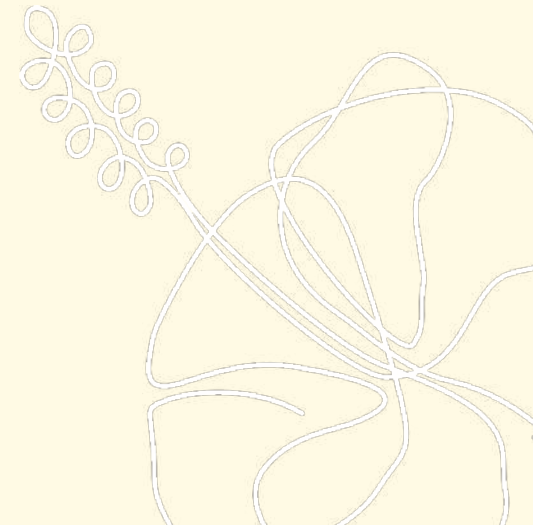




EN



Svastha

AYURVEDA CAFÉ

About Us

Welcome to Svastha
Ayurveda Café
—where every meal is
a step towards balance
and wholeness.

Our purpose is to help
people reconnect with
themselves through
food, using the ancient
wisdom of Ayurveda
to restore balance,
promote healing, and
expand consciousness.

According to Ayurveda,
true health is more
than the absence
of disease—it's about
being firmly rooted
in the Self, what the
ancients called svastha.

When we experience
svastha, the natural bliss
of who we are is
effortlessly revealed and
we begin to remember
our true nature as Spirit.

Our services are here
to support your journey
into embodying
perfect health.

Our Services

We serve delicious, healing, and nourishing meals
that align with Ayurvedic traditions:



Vegan menu
with vegetarian
add-ons
and gluten-free
options



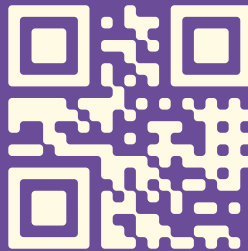
Meals designed
for optimal
digestion
and balance



A holistic
experience
that connects
food, body, and
consciousness

Food as Medicine, Made with Love

www.svasthacr.com



Hours of Operation

Everyday | 7 AM - 1 PM

Serving vegetarian, vegan,
and gluten-free* breakfast & lunch

(*appropriate for non-Celiac customers)

**The CR-mandated 10% service charge
is NOT included in the listed prices.**

A standard additional gratuity is 5-10%. We appreciate your support!



How We Do It

We prepare food with intention, knowledge, and love using Ayurvedic principles to craft meals that nourish every level of being.

By honoring the five elements—earth, fire, water, air, and ether—we create dishes that support digestion, energy, and clarity.

Each ingredient is chosen for its balancing properties, prepared to support well-being. Our menu is designed to make Ayurveda accessible and enjoyable.

Throughout the menu, you will find simple Ayurvedic tips to help you bring these principles into your daily life.

Balance Your Body

with the Power of

the Doshas

Your body is made up of three natural energies, or doshas: Vata, Pitta, and Kapha.

Each dosha has its unique qualities. By choosing foods that align with your dominant dosha, you support balance, vitality, and healthy digestion.

Explore our thoughtfully curated dishes designed to nourish and restore your natural harmony.



Vata

Warm & Grounding Foods

Vata types are creative, quick, and light.

They thrive on warm, grounding foods that provide stability and nourishment.



Pitta

Cool & Refreshing Foods

Pitta types are fiery and dynamic, needing foods that soothe and cool.

Light, hydrating dishes are the perfect balance to their intensity.



Kapha

Light & Spicy Foods

Kapha types are steady and strong, but can feel sluggish.

Spicy, invigorating foods help balance their natural heaviness.

What's Your Dosha?

Answer these quick questions to find out which energy type best describes you.

How would you describe your body type?

Thin, quick-moving, often cold. →



Medium build, warm body temperature. →



Strong, solid, gains weight easily. →



What's your typical personality?

Creative, energetic, sometimes anxious. →



Driven, ambitious, intense. →



Calm, steady, easygoing. →



How do you react to stress?

I feel overwhelmed and scattered. →



I get irritated easily, but I power through. →



I slow down and withdraw. →



Results:



Vata

Go for warm, nourishing meals.



Pitta

Choose cooling and light foods.



Kapha

Opt for light, spicy dishes.

Fruits

Best enjoyed alone or 30 minutes before a meal:

Cooked Apple

Ø2,000

An Ayurvedic way to nourish your gut before your first meal. Warm, spiced apple simmered with cloves and cinnamon. Best enjoyed first thing in the morning.

Fruit Medley

Ø2,600

A refreshing mix of tropical, seasonal fruits with a sweet citrus lime dressing. Perfect as a light starter before your main meal.



Raw fruits are best consumed alone or 30 minutes before a meal.

Exceptions: papaya and pineapple can be eaten with food.

Fruit Smoothies

Okay to enjoy with a meal:

Dreamy Papaya Lavender

Ø3,300

A refreshing digestion-friendly drink with papaya and soothing lavender.

Pineapple Bliss

Ø3,300

Digestive enzyme-rich smoothie with sweet ripe pineapple and basil.

Energizing Beet

Ø3,400

Cooked apple with cinnamon, blended with cooked red beets, raisins, ginger, cardamom, fenugreek, and fennel.

Best enjoyed alone or 30 minutes before a meal:

Mango Passion

Ø3,400

Made with ripe, juicy mangos, passionfruit, and cinnamon.

Strawberry Classic

Ø3,400

Made with fresh, ripe strawberries, dates, cardamom, and vanilla.

Tropical Guanabana

Ø3,500

A creamy, sweet and tangy smoothie blended with guanabana, avocado, lemongrass, mint, and lime.



All smoothies are made with our homemade vegan milk.

Breakfast

Avocado and Sweet Potato Toast G **Ø4,500**

Homemade sourdough bread topped with creamy avocado, sweet potatoes, and kale. Served with a side of lime tahini.

Gluten Free Bread **+ Ø500**

Sunflower Beetroot Hummus Toast G **Ø4,500**

Homemade sourdough bread topped with refreshing sunflower beetroot hummus and kale. Served with a side of lime tahini.

Gluten Free Bread **+ Ø500**

Savory Vegetable Pancakes *spicy* **Ø5,700**

Light and flavorful pancake with a complete protein base of chickpea and rice, packed with grated vegetables and spinach. Served with maduros, avocado, and a side of tamarind chutney.

Sweet Plantain Pancakes N **Ø5,500**

Light but hearty pancake sweetened with mature plantain. Topped with toasted sunflower seeds, berry compote, and tahini sauce on the side.

Make it vegetarian:

Cook with ghee

+ Ø500

CONTAINS:

N = NUTS

G = GLUTEN



Mindful, moderate eating
gives your body time
to digest and reset.





Eat in a settled,
peaceful
environment
free of
distractions.

Make it vegetarian:

Local cheese +~~€~~1,000

Cook with ghee +~~€~~500

Lunch

Lentil Vegetable Curry

€5,500

A comforting, hearty curry made with tender lentils and vegetables. Served with steamed rice or quinoa.

Tacos de Flor

€4,000

Corn tortillas filled with herb-infused turmeric cauliflower, marinated red cabbage, and avocado. Served with fennel cilantro chutney on the side.

Kitchari

€4,000

A traditional Ayurvedic dish made with rice, lentils, vegetables, spices, and avocado. Tailored to balance the three doshas.

Buddha Plate *spicy*

€6,000

A nourishing bowl filled with grains, lentils, broccoli and cauliflower, cabbage and kale with sunflower beetroot hummus for a tasty, well-rounded meal. Served with steamed rice or quinoa.





Eating
at regular
times helps
your body
learn
to “expect”
food
and prepare
for digestion.

CONTAINS: N = NUTS

Sides

- | | |
|--|--------|
| Maduros | Ø1,000 |
| Sweet fried plantains, served with tamarind chutney for a sweet and sour balance. | |
| Paneer Sticks <i>vegetarian</i> | Ø2,500 |
| Crispy, golden paneer sticks served with tamarind chutney for a satisfying bite. | |
| Side Salad ^N | Ø2,000 |
| A refreshing side of greens, served with sesame oil, apple cider vinegar, and honey. | |

Sauces

- | | |
|---|------|
| Tamarind Chutney <i>spicy</i> | Ø500 |
| A sweet-sour tamarind chutney, rich in digestive enzymes—perfect with savory dishes. | |
| Fennel Cilantro Chutney | Ø500 |
| A fresh, aromatic chutney of fennel and cilantro, with herbaceous notes that support digestion. | |
| Roasted Carrot Tahini <i>spicy</i> | Ø500 |
| A creamy, lightly smoky carrot-tahini sauce—perfect with veggies and grains. | |
| Lime Tahini | Ø500 |
| A zesty tahini sauce with a citrus kick, perfect for drizzling over salads or bowls. | |

Chilled Drinks

Tropical Bloom Elixir

฿2,400

A refreshing, herbal drink with pineapple, floral hibiscus, aromatic lemongrass, and basil.

Zing & Zest

฿2,400

A light and zesty blend of ginger, mint, and lime. Honey served on the side.

Moon Garden Tonic

฿2,800

A calming, floral blend of butterfly pea tea, fennel, lavender, and rose. Honey served on the side.

Pipa

฿900

Fresh young coconut water.

Hot Drinks

Dairy | Vegan

Sweet Masala Milk ฿3,500 | ฿4,000

A spiced, creamy milk infused with soothing sweet spices.

Hot Chocolate ฿3,500 | ฿4,000

Hot chocolate with cooling spices and ashwagandha.

Shakes

Chocolate Coconut ฿3,300

A smooth, creamy shake made with cocoa and coconut milk, —a decadent and satisfying treat.

Chai Oatmeal ฿3,700

A unique shake that combines the warmth of chai spices with the creaminess of oatmeal flavors.



*Shakes are made with our
homemade vegan milk.*



Eat with gratitude.



Coffee

	Regular	Large
Americano	¥1,500	¥2,300
Macchiato	¥2,000	¥2,400
Latte	¥2,500	¥3,700
Cappuccino	¥2,300	¥3,500
Espresso	¥1,500	¥2,000

Tea Lattes

Butterfly Pea Lavender	¥3,600
Rose	¥3,300
Matcha Lemongrass	¥2,800
Golden Milk	¥2,700
Chai	¥2,700
w/Espresso	+ ¥1,500

Substitute with vegan milk +¥500

Loose Leaf Teas

¥1,800

Flor de Jamaica
Lavender
Mint

Lemongrass
Ginger
Rose



Eat seated,
in a restful
state of mind.



