



**your body**

# HEALTHY MENU

## **Gai Ping**

BBQ chicken skewers with our secret Thai marinade

## **Tom Yum Soup**

A Thai hot and sour soup with lemongrass, herbs and your choice of meat

## **Pra Ram**

Steamed vegetables & your choice of meat topped with our satay peanut sauce

## **Som Tum Salad**

Shredded green papaya & carrot tossed with garlic, shrimp, green beans, cherry tomato, chilli & peanuts

## **Yum Chicken Salad**

Wok smoked chicken breast slices with lemongrass & chilli in a salad of tomato, cucumber & Thai herbs

## **Waterfall Beef Salad**

Marinated rib fillet steak in a salad of lemon juice, tomato, cucumber & Thai herbs

## **Woon Senn - Glass Noodle Salad**

Chicken Breast & Veggies in a spicy sukiyaki sauce  
Slice Beef chilli, onion, Thai basil & herbs  
Prawns chicken mince, ginger, herbs & cashew nuts

## **Jungle Curry**

A red Thai curry without coconut cream, Thai basil, vegetables and your choice of meat

## **Lemongrass Steamed Fish**

Fresh Australian Barramundi fillet steamed and served with a tangy lemongrass, lime and chilli broth

LOVE YOUR BODY INSIDE AND OUT

ZERO  
OIL

ZERO  
SUGAR

LOW  
CARB

HIGH  
PROTEIN

MORE HEALTHY CHOICES AND THE FULL MENU CAN BE FOUND ONLINE