

★ **Avocado on Toast** **V** **V** 180
Smashed avocado on a slice of sourdough bread, topped with cherry tomatoes & mushrooms.
Add: Egg 20 / Bacon 80 / Smoked Salmon: 80

The Hub Pancakes **V** 180
Freshly made pancakes with oats, eggs & banana. Topped with coconut yoghurt, fruit & our homemade coconut caramel sauce. Add: Pea Protein 40 / Vanilla or Chocolate Protein 60

★ **Eggs Any Style** **V** 150
Get three eggs any style on toasted sourdough bread and served with homemade strawberry jam & butter.
Add: Avocado 70 / Bacon 80 / Cheese 50 / Smoked Salmon 80 / Extra Egg 20

Champion Breakfast ★ 220
2 slices of bacon, 2 eggs scrambled, roasted potatoes, cherry tomatoes & mushrooms served with a slice of sourdough bread. Add: Avocado 70 / Extra Bacon 80 / Extra Egg 20 / Cheese 50

Garden Omelette **V** 160
Three egg omelette with broccoli, mushrooms, carrot & tomatoes served with a slice of whole wheat sourdough bread. Add: Extra Egg 20 / Cheese 50 / Bacon 80 / Avocado 70

Eggs Benedict **V** 160
The classic done hub style with a fresh English muffin topped with two poached eggs & hollandaise sauce.
Add: Avocado 70 / Bacon 80 / Smoked Salmon: 80

Peanut Butter / Nutella 170
Peanut Butter or Nutella on sourdough bread topped with seasonal fruit & a side of homemade coconut caramel sauce and topped with almonds and coconut flakes **V** **V**

Smoked Salmon Cream Cheese Bagel 250
Smoked Salmon & cream cheese with dill heaped generously on a freshly baked, locally sourced sourdough bagel. Add: Extra Smoked Salmon 80

Overnight Oats **V** **D** 150
Oats soaked overnight with chia seeds, topped with seasonal fruits – please ask our staff for the flavour of the week.
Add: Extra Fresh Fruit 60

SMOOTHIE & YOGHURT BOWLS

Add: Peanut Butter +30 / Pea Protein +40

The fresh smoothie bowls are served with homemade granola, seasonal fruits, coconut flakes, goji berries and chia seeds.

★ **Acai Smoothie Bowl -** 220
Our acai bowl is made with banana, maca root powder, coconut yogurt milk & coconut shavings.
V **D**

★ **Mango Passion Fruit Bowl** 180
Fresh mango with passion fruit, banana, maca root powder, coconut milk and coconut shavings.
V **D**

Chocolate Peanut Butter Bowl - 180
Cacao powder with our homemade peanut butter, coconut milk & maca root powder.
V **D**

The Super Green Bowl - 220
Fresh dates, matcha, spinach, kale, banana, coconut milk, coconut yoghurt and coconut shavings.
V **D**

Yoghurt Granola Fruit Bowl - 160
Homemade plain yoghurt topped with our homemade granola, seasonal fruits & super-food sources.
V **V**

SALADS / POKE / BUDDHA BOWLS

Chef-crafted salads, poke and Buddha bowls. Fresh, flavorful ready-to-eat healthy meals made with fresh veggies and premium ingredients.

★ **Salmon Poke Bowl** 280
Our most popular healthy Poke Bowl with fresh salmon, brown rice, seaweed, edamame, avocado, cucumber, pickled onion & ginger.

Burmese Tea Leaf Salad 160
Our Burmese Tea Leaf Salad has a variety of fresh vegetables including garlic, onion, chilli's, carrots, tomatoes, lettuce, laphet (fermented tea leaf dressing) and a Traditional Burmese crunchy mix.
V **V**

Teriyaki Tofu Poke Bowl **V** 260
Healthy Poke Bowl with teriyaki tofu, brown rice, seaweed, edamame, avocado, cucumber, pickled onion & ginger.

★ **Teriyaki Salmon Buddha Bowl** 350
Teriyaki salmon served with avocado, broccoli, cherry tomatoes, red cabbage, edamame, cucumber, brown rice and a little chilli mayo.

★ **Teriyaki Chicken Buddha Bowl** 300
Our house recipe Teriyaki Chicken served with avocado, broccoli, cherry tomatoes, red cabbage, edamame, cucumber, brown rice & a little chilli mayo.

Chicken / Prawn Salad 220/260
Your choice of Chicken or Prawns in a fresh house salad including quinoa, lettuce & avocado salad with our in-house dressing.

Falafel Buddha Bowl **V** 300
Four falafels served with tahini sauce, quinoa, olives, avocado, red cabbage, edamame, cucumber and cherry tomatoes.

★ BEST SELLERS ★

★ **Mediterranean Chicken Wrap** 220
Grilled chicken in house hummus & garlic yoghurt sauce with a fresh & healthy salad, avocado, tomato, pickled red cabbage & a side of house paprika mayo dip.
Add: Hummus 50 / Falafel 100 / Bacon 80

★ **Salmon Cream Cheese Wrap** 260
Salmon & cream cheese with dill spread generously on whole wheat wrap with carrots, red pickled cabbage, tomato, lettuce & side of paprika mayo.
Add: Extra Salmon 80 / Fries 80

★ **Wagyu Beef Burger** 320
100% Wagyu beef burger served on a freshly baked bun with paprika mayo, cheddar cheese, onion, lettuce, tomato, pickles & a side of french fries.
Add: Sweet Potato Fries 20 / Egg 20 / Bacon 80 / Extra Cheese 50 / Avocado 70

★ **Chicken Pesto Pasta** 250
Chicken breast served with penne pasta, black pitted olives, broccoli, asparagus, tomato, homemade pesto & topped with parmesan cheese.

Grilled Salmon With Vegetables And Mash ★ 380
Grilled Salmon served with asparagus, broccoli, courgettes, peppers, and a carrot and potato mash.

EXTRAS

Jam 20
Egg (x 1) 20
Sourdough Bread 40
Cheese / Crème Cheese 50/80
Hummus 50
Avocado 70
Fries / Sweet Potato Fries 80/100
Falafel (x 4) 100
Chicken 60
Bacon (x 3) 80
Prawns 80
Smoked Salmon / Salmon 80/100

WRAPS

Add: Fries 80 / Sweet Potato Fries 100

Chicken & Bacon Wrap 260
Grilled Chicken & Bacon in a tortilla with fresh healthy salad, avocado, tomato, cucumber and homemade mayo with a side of paprika mayo dip.
Add: Egg 20 / Cheese 50 / Extra Bacon 80

Falafel Wrap **V** 240
Homemade Falafel wrapped in a tortilla with homemade tahini sauce, lettuce, carrot, pickled red cabbage, pickles & peppers. Add: Hummus 50 / Avocado 70 / Fries 80

MAIN DISHES

Mains and chef recommended specials

Grilled Chicken Burger 280
Chicken breast served in a freshly baked bun with paprika mayo, lettuce, tomato, onion & a side of french fries with homemade mayo dipping sauce.
Add: Sweet Potato Fries 20 / Egg 20 / Bacon 80 / Extra Cheese 50 / Avocado 70

Spaghetti Seafood 340
Seafood pasta with a mix of prawns, clams, & mussels tossed together with spaghetti in our homemade tomato sauce - topped with parmesan cheese.

Grilled Chicken With Vegetables And Mash ★ 280
Grilled Chicken served with asparagus, broccoli, courgettes, peppers, and a carrot and potato mash.

V Vegan **V** Vegetarian **D** Dairy Free

Prawn Mayo Wrap ★ 260
Fresh locally caught prawns wrapped in a tortilla with house mayonnaise, carrots, red pickled cabbage, tomato & lettuce with a side of paprika mayo dip.
Add: Avocado 70 / Extra Prawns 80

Beyond Meat Wrap **V** 240
Plant-based vegan meat served in a tortilla with vegan mayo, carrots, red pickled cabbage, tomato, and lettuce with a side of vegan mayo dip.
Add: Tofu 20

Beyond Meat Burger **V** 260
Beyond Plant based Burger served in a freshly baked bun with lettuce, tomato, onion & a side of french fries.
Change to Sweet Potato Fries: 20
Add: Tofu 20 / Falafel (4) 100

Spaghetti Chicken Arrabiata 280
Chicken pasta tossed with spaghetti in our homemade tomato sauce which has a slight hint of spice and topped with parmesan cheese.

The Hub Sandwich 280
Chicken, bacon, cheese, lettuce, tomato, mayo on freshly baked sourdough bread
Add: Egg 20 / French Fries 80 / Sweet Potato Fries 100

SWEETS & TREATS

Check our dessert fridge cakes, brownies, cookies and muffins

Banana Split **V** 190
Fresh banana, three scoops of ice cream (vanilla, chocolate, strawberry) chocolate & caramel sauce, whipped cream and a sprinkle of nuts.
Add Extra Scoop: 80 each

Fresh Fruit Plate **V** 120
A refreshing selection of fresh in-season fruits which can include mango, banana, watermelon, papaya, apples, and more.

Ice Cream Scoop **V** 80
Try a scoop of our signature ice cream. Chocolate, Vanilla, Strawberry, Coconut, Mint Choc Chip, Sorbets Mango, Strawberry, Lemon
Add Extra Scoop: 80 each

Cakes/Cookies/Muffins/Brownies
See our dessert fridge at the end of the counter for today's special cakes, cookies, muffins, brownies, protein balls and other tasty treats!

THAI FOOD

Thai dishes come with your choice of brown or white rice

- Green Curry Chicken** 180
Green curry paste with chicken, broccoli, carrot and coconut milk. Served with steamed jasmine rice.
- Penang Curry Chicken** 180
Penang curry paste with a peanut texture, coconut milk and chicken. Served with steamed jasmine rice.
- ★ **Massaman Curry Chicken** 180
Aromatic curry with coconut milk, thick and silky in texture with chicken and potatoes.
- Pad Thai Chicken / Seafood** 120/150
Stir-fried rice noodles with eggs, vegetables & tofu in a sauce of tamarind with chicken or seafood.
- ★ **Fried Rice Chicken / Seafood** 130/150
Rice stir-fried in a wok with eggs, vegetables and your choice of Chicken or Seafood.
- ★ **Pad Krapow Chicken / Seafood** 130/150
A Popular Thai stir-fry dish, made with holy basil and chicken. Served with a fried egg.
- Chicken Cashew Nut** 150
Stir-fried chicken, cashew nut in a soya & tomato sauce with bell peppers, onions & spring onions.
- ★ **Garlic Chicken** 120
Thai-style wok stir-fried garlic and chicken served with steamed jasmine rice.
- Pad Pak (Stir Fried Vegetables) ** 120
Wok stir-fried Thai vegetables in a tasty oyster sauce. Served with steamed jasmine rice.
- Tom Yum Chicken / Seafood** 150/180
Thai soup made with lemon grass, lime leaves, galangal, lime juice, fish sauce, and crushed red chilli.
- Tom Kha Gai Chicken/Seafood** 150/180
Thai coconut soup with fresh lemon grass, lime leaves, galangal, mushrooms, lime juice & fish sauce.
- ★ **Chicken Noodle Soup** 120
Thai Style chicken noodle soup with bean sprouts topped with celery.
- Rice Soup Chicken / Seafood** 120/150
Thai-style chicken or seafood rice soup topped with coriander.
- Thai Som Tum Salad** 100
Fresh Som Tum Thai salad with papaya, fish sauce, lime, chili and peanuts

THE HUB

CAFE & EATERY

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