



FOOD MENU

CLEAN, CONSCIOUS DINING

THOUGHTFULLY CURATED, NUTRIENT-DENSE, FLAVOR-LED DISHES.

HIGH-QUALITY PROTEINS ALWAYS
ORGANIC & LOCALLY-SOURCED INGREDIENTS WHERE POSSIBLE
CLEAR MACROS SO YOU CAN EASILY TRACK
DIETARY RANGE TO CATER TO ALL

FROM OUR FARM TO YOUR FORK

WE PROUDLY SOURCE FROM OUR ORGANIC STAY FARM:
ORGANIC FARM-FRESH LEAFY GREENS, HERBS, AND SEASONAL VEGETABLES
ORGANIC FREE-RANGE EGGS FROM HORMONE-FREE HENS

OPEN DAILY

8:00AM UNTIL 10:00PM
LAST FOOD ORDER 9:30PM | LAST DRINK ORDER 10:00PM

TARTINES



330

VEGGIE BREAKFAST

SMASHED AVOCADO (SHALLOTS & SPRING ONION), POACHED STAY FARM ORGANIC EGGS, TOMATO SALSA, GREENS & TOASTED RUSTIC SOURDOUGH BREAD

KCAL 676 | FAT 49.7 G. | PROTEIN 19.1 G. | CARBS 45 G.



AVOCADO EGGS

SOFT POACHED STAY FARM ORGANIC EGGS, HOMEMADE RUSTIC SOURDOUGH BREAD, SMASHED AVOCADO (SHALLOTS & SPRING ONION), CORIANDER, TOMATO & QUINOA SALAD

KCAL 823 | FAT 52.1 G. | PROTEIN 24.7 G. | CARBS 70.4 G.



350

SALMON & AVOCADO

STAY FARM ORGANIC EGGS YOUR STYLE (FRIED OR POACHED), SMASHED AVOCADO (SHALLOTS & SPRING ONION), SMOKED SALMON & TOASTED HOMEMADE SOURDOUGH BREAD

KCAL 500 | FAT 28.3 G. | PROTEIN 31.7 G. | CARBS 31.7 G.



440



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR ADDED



LOW CALORIES

PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

SMALL BITES

Stay
green cafe



100

OVEN ROASTED KALE CHIPS

SERVED WITH BEETROOT HUMMUS

KCAL 93 | FAT 5 G. | PROTEIN 3 G. | CARBS 12 G.



160

SWEET POTATO FRIES

KCAL 245 | FAT 9.6 G. | PROTEIN 3 G. | CARBS 41 G.



190

GREEN PEA HUMMUS

STAY FARM ORGANIC MINT, HOMEMADE PITA BREAD, 1ST HARVEST EVOO OLIVE OIL, TAHINI, YOGHURT, GARLIC

KCAL 295 | FAT 6.7 G. | PROTEIN 14 G. | CARBS 45.5 G.



260

GREEN PEAS & CHICKPEAS FALAFEL

PARSLEY, STAY FARM CORIANDER, CUMIN, FENNEL SEEDS, ONION, GARLIC; SERVED WITH YOGHURT, MINT, DILL

KCAL 357 | FAT 5.6 G. | PROTEIN 19.9 G. | CARBS 60.3 G.



250

ZUCCHINI & AVOCADO TARTARE

SERVED WITH HOMEMADE FLAXSEED CRACKERS

KCAL 418 | FAT 25 G. | PROTEIN 6 G. | CARBS 65 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR ADDED



LOW CALORIES

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POKE BOWL



380

CHICKEN TERIYAKI BOWL

ORGANIC BERRY RICE, EDAMAME, RED CABBAGE, RED GINGER PICKLES, PHUKET MANGO, SESAME SEEDS, TERIYAKI SAUCE

KCAL 684 | FAT 22 G. | PROTEIN 57 G. | CARBS 62 G.



AAA GRADE AHI TUNA BOWL

ORGANIC BERRY RICE, AVOCADO, BEETROOT, SESAME SEEDS, POPPY SEEDS, GREEN BEANS, CARROT HOMEMADE CRACKERS & GINGER TAMARIN DRESSING

KCAL 828 | FAT 44.5 G. | PROTEIN 25 G. | CARBS 87.5 G.



410

FRESH WILD NORWEGIAN SALMON BOWL

ORGANIC BERRY RICE, AVOCADO, BEETROOT, SESAME SEEDS, POPPY SEEDS, GREEN BEANS, CARROT & SIRACHA MAYONNAISE

KCAL 953 | FAT 56 G. | PROTEIN 24 G. | CARBS 94.5 G.



540

FRESH WILD NORWEGIAN SALMON BOWL

ORGANIC BERRY RICE, AVOCADO, BEETROOT, SESAME SEEDS, POPPY SEEDS, GREEN BEANS, CARROT & SIRACHA MAYONNAISE

KCAL 953 | FAT 56 G. | PROTEIN 24 G. | CARBS 94.5 G.



ADD ON

FRESH TUNA AAA 150

KCAL 67 | FAT 1 G. | PROTEIN 14 G. | CARBS 0 G.

FRESH WILD NORWEGIAN SALMON 190

KCAL 79 | FAT 4 G. | PROTEIN 11.6 G. | CARBS 0 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR ADDED



LOW CALORIES

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GRAINS & GREENS

DRESSING NOT INCLUDED IN CALCULATION & SERVED SEPARATELY

Stay
green cafe



260

LIVING SALAD

KALE, HEIRLOOM ORGANIC TOMATOES, BEETS, CARROTS, STAY FARM GREENS, HOMEMADE GRANOLA, LEMON & LIME DRESSING

KCAL 276 | FAT 13 G. | PROTEIN 13 G. | CARBS 27 G.



280

KALE & SWEET POTATOES SALAD

FETA CHEESE, RED CABBAGE, RAW CAULIFLOWER, GREEN APPLE, ROASTED WALNUTS, ORANGE, CARROT & ORANGE DRESSING

KCAL 494 | FAT 18.8 G. | PROTEIN 14.4 G. | CARBS 74.5 G.



290

KALE CAESAR

ROMAINE LETTUCE, SHREDDED KALE, ROASTED CHICKPEAS, PARMESAN & CASHEW NUTS CAESAR DRESSING

KCAL 316 | FAT 18 G. | PROTEIN 11 G. | CARBS 29 G.



310

QUINOA & BROWN RICE BOWL

WITH WHIPPED SWEET POTATOES, BEETS, BROCCOLINI, KALE, TOFU & GINGER TAMARI DRESSING

KCAL 601 | FAT 4 G. | PROTEIN 18 G. | CARBS 88 G.



ADD ON

STAY FARM ORGANIC BOILED EGG

60

KCAL 63 | FAT 4 G. | PROTEIN 5.5 G. | CARBS 7 G.

SLICED AVOCADO

90

KCAL 163 | FAT 16 G. | PROTEIN 2 G. | CARBS 7 G.

FREE-RANGE CHICKEN THIGH

160

KCAL 272 | FAT 17 G. | PROTEIN 27.6 G. | CARBS 0 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



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GRAINS & GREENS

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Stay
green cafe



290

LENTILS & FETA SALAD

FETA CHEESE, TRUFFLE OIL, FANCY TOMATOES,
RED ONION, CROÛTONS

KCAL 449 | FAT 24.3 G. | PROTEIN 18.6 G. | CARBS 40.6 G.



310

STAY FARM ORGANIC EGG SALAD

CURLY KALE, RED CABBAGE, RED ONION PICKLES,
CAESAR CASHEW NUTS DRESSING, CHICKPEAS,
SESAME SEEDS

KCAL 419 | FAT 22 G. | PROTEIN 23 G. | CARBS 36 G.



320

SPICY THAI NOODLE BOWL

LOW-CALORIE SHIRATAKI NOODLES, SHIMEJI, PORTOBELLO
AND ERYNGII MUSHROOMS, SPRING ONIONS, CABBAGE,
BROCCOLINI, PEANUT, SRIRACHA & TAMARIND SOY SAUCE

KCAL 151 | FAT 10 G. | PROTEIN 5 G. | CARBS 12 G.



320

QUINOA & FETA CHEESE

GRILLED BELL PEPPERS AND ZUCCHINIS, ROASTED BABY
CARROTS, RED ONION, FANCY TOMATOES, STAY FARM
ITALIAN PARSLEY AND ROCKET SALAD

KCAL 521 | FAT 16 G. | PROTEIN 21.5 G. | CARBS 74.7 G.



ADD ON

STAY FARM ORGANIC BOILED EGG

60

KCAL 63 | FAT 4 G.
PROTEIN 5.5 G. | CARBS 7 G.

SLICED AVOCADO

90

KCAL 163 | FAT 16 G.
PROTEIN 2 G. | CARBS 7 G.

FREE-RANGE CHICKEN THIGH

160

KCAL 272 | FAT 17 G.
PROTEIN 27.6 G. | CARBS 0 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR
ADDED



LOW CALORIES

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GRAINS & GREENS

DRESSING NOT INCLUDED IN CALCULATION & SERVED SEPARATELY

Stay
green cafe



330

LENTIL & CHICKPEA BOWL

WITH AVOCADO, CAULIFLOWER, STAY FARM GREEN LEAVES, SPROUTS, FRESH MINT & TAHINI DRESSING

KCAL 344 | FAT 10 G. | PROTEIN 17 G. | CARBS 47 G.



340

MACKEREL, BEET & FENNEL SALAD

SEARED MACKEREL FILLET, BEETROOT, FENNEL, HOMEMADE GRANOLA, FRESH MINT & LEMON DRESSING

KCAL 695 | FAT 46 G. | PROTEIN 38 G. | CARBS 34 G.



390

HALOUMI SALAD

STAY FARM ROCKET SALAD, HALOUMI CHEESE, JAPANESE CUCUMBER, POMEGRANATE, SOY BEANS, SUGAR SNAP PEAS, LEMON, CROÛTONS

KCAL 455 | FAT 32.9 G. | PROTEIN 22.7 G. | CARBS 18.7 G.



440

SPICED TUNA KETO BOWL

AAA GRADE AHI TUNA, CAULIFLOWER RICE, RADISH, EDAMAME, AVOCADO, CUCUMBER, GREENS & SRIRACHA MAYONNAISE DRESSING

KCAL 298 | FAT 15 G. | PROTEIN 28 G. | CARBS 13 G.



ADD ON

STAY FARM ORGANIC BOILED EGG 60

KCAL 63 | FAT 4 G. | PROTEIN 5.5 G. | CARBS 7 G.

SLICED AVOCADO 90

KCAL 163 | FAT 16 G. | PROTEIN 2 G. | CARBS 7 G.

FREE-RANGE CHICKEN THIGH 160

KCAL 272 | FAT 17 G. | PROTEIN 27.6 G. | CARBS 0 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR ADDED



LOW CALORIES

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MAINS

Stay
green cafe



350

CHICKEN THIGH WITH SWEET POTATO

LEMON MARINATED FREE-RANGE CHICKEN THIGH,
SWEET POTATO PURÉE & KALE SLAW

KCAL 532 | FAT 37 G. | PROTEIN 30 G. | CARBS 27.5 G.



650

SEARED WILD NORWEGIAN SALMON

LENTILS, EDAMAME, GRILLED LEMON, CASHEW CHEESE

KCAL 611 | FAT 30.3 G. | PROTEIN 51 G. | CARBS 32.3 G.



350

NIÇOISE TARTINE

HOMEMADE FLAXSEED CRACKER, TORCHED AHI TUNA,
EGG, SPROUTS, OLIVES, SWEET POTATO &
CHERRY TOMATOES

KCAL 415 | FAT 22 G. | PROTEIN 35 G. | CARBS 19 G.



540

TUNA WITH CRISPY SESAME

GRADE AAA TUNA SAKU, CARROT,
CAULIFLOWER PURÉE &
GREEN BEANS

KCAL 586 | FAT 26 G. | PROTEIN 51 G. | CARBS 40 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR
ADDED



LOW CALORIES

PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

MAINS

Stay
green cafe



350

STAY GREEN VEGAN BURGER

MUSHROOM & BEAN PATTY, LETTUCE, TOMATO,
CASHEW CHEESE & 100% PLANT BASED
HOMEMADE BURGER BUN

KCAL 753 | FAT 35 G. | PROTEIN 18 G. | CARBS 105 G.



390

WAGYU BEEF BURGER

100% AUS WAGYU BEEF PATTY, ICEBERG LETTUCE, PICKLE,
TOMATO, 100% PLANT BASED BURGER BUN OR
STANDARD BURGER BUN & SWEET POTATO FRIES OR
MIXED SALAD

KCAL 700 | FAT 20 G. | PROTEIN 47 G. | CARBS 85 G.



390

CHICKEN WRAP

AVOCADO, EDAMAME, SNAP PEAS,
ASIAN MIXED GREENS, ONIONS, WASABI MAYO

KCAL 980 | PROTEIN 49.5 G | FAT 54.8 G | CARBS 72.4 G



410

FRESH WILD NORWEGIAN SALMON WRAP

AVOCADO, CUCUMBER, BEETROOT, ORGANIC BERRY
RICE, CARROT, SUGAR SNAP PEAS, CHIA SEEDS,
SRIRACHA MAYONNAISE

KCAL 645 | FAT 25.1 G. | PROTEIN 23.7 G. | CARBS 86.7 G.



DAIRY FREE



GLUTEN FREE



VEGETARIAN



VEGAN



NO SUGAR
ADDED



Kcal LOW CALORIES

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ABOUT STAY FARM

FOR MAXIMUM FRESHNESS, FLAVOR AND NUTRITION, WE SOURCE MANY INGREDIENTS FROM OUR ON-SITE ORGANIC STAY FARM.

OUR FARMERS GROW **ORGANIC RED OAK, GREEN OAK, ROCKET SALAD, FRILLY ICEBERG, ROMAINE COS, ITALIAN BASIL, MINT, CORIANDER, SWEET BASIL.** OYSTER MUSHROOMS ARE ALSO GROWN IN A DESIGNATED ROOM.

ALL OF OUR PRODUCE ARE GROWN IN **CHEMICAL-FREE SOIL**, FERTILIZED NATURALLY FROM OUR ON-SITE COMPOST.

OUR **ORGANIC FREE-RANGE EGGS** COME FROM HORMONE-FREE HENS THAT RUN FREELY IN OUR CHICKEN COOP. ALL OUR HENS ARE FED ORGANICALLY AND WITH EXTRA CHIA SEEDS TO INCREASE THEIR OMEGA-3.

OUR LEFTOVER FRUITS, BREADS, EGG AND OYSTER SHELLS FROM OUR RESTAURANTS ARE ALSO REDISTRIBUTED TO FEED OUR HAPPY HENS.

STAY FARM HAS 2 LOCATIONS; ONE ABOVE LESPA BY STAY AND ONE NEXT TO EIGHT MUAY THAI.

JOIN OUR FARM VISITS EVERY MONDAY 8:30AM TO 9:00AM NEXT TO EIGHT MUAY THAI.

ORGANIC COFFEE

OUR COFFEE IS MADE FROM FRESH ORGANIC ARABICA COFFEE BEANS FROM CHIANG MAI, ROASTED IN HOUSE TO A MEDIUM ROAST. THE BEANS ARE ALSO USED FOR OUR TIRAMISU AND COFFEE CAPSULES.

