

*Dedicated to building a better you!*



## *Our Mission:*

We are *passionate* about nutrition & dedicated to healthy, clean eating.

All our dishes are carefully designed using the best ingredients we can source to provide optimal nutrition. We provide delicious food but avoid over-use of things like salt and oils, which are too often loaded in dine-out food.

Everything is created from scratch; our soups for example use no “packet” stock - we make our own (fully vegan). The aim of the restaurant is simple – To build a better you. Everything from our smoothies to our perfect plates has great nutritional “bang for your buck”.

We are working on a collaboration with the two most popular nutrition tracking apps so that soon you will be able to scan our menu, and, *as we weigh everything we prepare*, be conscious of *precisely* what you are eating.

Think of the restaurant as a simplified personal nutritionist. Whether you are looking to lose weight, gain it, prepare for a sporting event, or simply be the best, healthiest version of you, we’ve got you covered.

We’re very excited about the future for Koh Phangan. We believe a great balance between harder physical pursuits (BJJ, Muay Thai, Functional fitness programmes, Kite Surfing etc) and softer more spiritual pursuits such as yoga, tantra, breathwork & meditation is being struck. Along with fantastic community, all that we saw missing was excellence in nutrition (although there are myriad great restaurants we also love 😊). We aim to fill that space, as well as be a hub where *everyone* is welcome, and able to enjoy great food and fun collaborative events, in a beautiful setting.



## Perfect Plates:

*Our perfect plates are designed to give you a rounded balance of the daily nutrients that the average person needs. Each consists of high-quality proteins, healthy carbs, minimal healthy fats and a broad spectrum of vitamins and minerals.*

### Mango Chicken

- \$195

*Delicious chicken breast, in our signature super healthy mango/ginger sauce. Served with mashed potato, carrots, cauliflower and broccoli.*

### Tempeh Temptation

- \$195

*Vegetarian perfection! Marinaded Tempeh served with **vegan** mash, carrots, cauliflower and broccoli. A Sri Thanu legend.*

### Orange Salmon

- \$280

*Sustainably sourced line-caught Salmon, cooked in a delicious orange sauce, served with mashed potato, cauliflower, broccoli & carrot.*

### Grass fed NZ liver

- \$370

*High-quality grass-fed beef liver from New Zealand, under a delicious mushroom sauce, served with mashed potato, broccoli, carrots and cauliflower.*

### Seared Tuna Teriyaki

- \$390

*Pan seared fresh tuna, drizzled with an exquisite teriyaki sauce, served with a mouth-watering, colourful mango and pepper salsa. This one is lower on carbs than the other dishes and more suited to those leaning towards keto.*



## Souper Heroes:

*Our Souper Heroes are absolutely packed with decent nutrients. We are very proud that our fully vegan base stock is made fresh from locally sourced vegetables; absolutely no packet shortcuts. As with all our food, minimal salt and good quality fats are used. As we aim for all our dishes (outside of the naughty corner) to hold good nutritional value, we currently don't serve bread with the soups. But at the request of our customers, are currently working on baking our own, made with organic spelt flour, to compliment the dishes.*

### Dahlicious

- \$120

*Dahl with a difference. This nutrition-packed soup will have your immune system firing on all cylinders. Lentils, carrot, spinach & sweet potato in a slightly spicy bowl of goodness.*

### Cosmic Carrot

- \$80

*Loaded with vitamin A, our Cosmic Carrot soup is a light dish packing a hefty nutritional punch.*

### Positively Pumpkin

- \$120

*A staple in Thailand, Pumpkins are full of vital vitamins and minerals. Very high in potassium, vitamin A, vitamin C & fibre (and a whole lot more), this amazing food also has antioxidant properties, and has an extraordinary nutrition to calorie ratio, meaning it can be very effective if safe weight loss is a goal. It also promotes healthy skin, and is high in carotenoids, which can act as a natural sunblock – what's not to love?!*



## Sassy Salads:

*Lean green nutrient machines!*

### May's Spicy Tuna

- \$120

*A light classic that packs a lot of punch!*

### Hemmingway's Burmese Salad

- \$95

*Burmese salad with a twist. Classic, delicious Burmese salad, prepared with green tea leaves, we decided to use olive oil rather than the less healthy traditional oils, and are VERY happy with the result 😊*

### Avocado & Mango

- \$160

*Delightfully refreshing and bursting with vitamins A, C, E & K, good fats and folate.*

### Quintessential Quinoa

- \$160

*Loaded with vitamin A, our Cosmic Carrot soup is a light dish packing a hefty nutritional punch.*

## Groovy Smoothies:

*Super tasty smoothies which can be used as nutrition packed meal replacements for those looking to shed a little weight, meal compliments or post-workout replenishers. We use NO added sugar in any of our smoothies – sweetness is provided by the ingredients. Honey is available should you wish to sweeten them a little more 😊*

### Fibre Fuel

- \$95

*Breakfast in a glass! Almond milk, banana, walnuts, oats, sunflower seeds, pumpkin seeds, almonds & all bran.*

### Very Berry

- \$95

*Blueberries, strawberries, coconut water, sunflower & pumpkin seeds, walnuts & almond.*

### Incredible Hulk

- \$125

*Similar to fibre fuel, but with added goodness from spinach & avocado – this one is a favourite!*



## Naughty Corner:

### Mango Sticky Rice

- \$120

*A Thai classic dessert, which is only 'slightly' naughty...*

### Chocolate Lava

- \$150

*Utterly decadent home-made lava cake.*

## Tantalising Teas:

### Pukka Cuppa

- \$45

### Thyme for Tea

- \$45

### Tantric Tulsi

- \$45

### Relaxing Rosemary

- \$45

### Heavenly Hibiscus

- \$45

### Gentle Jasmine

- \$45

### Really Rooibos

- \$45

### Serene Green

- \$45

### Fresh Spicy Ginger

- \$45

### Berry

- \$45

### Butterfly Pea

- \$45

### Earl Grey

- \$45

### Japanese Green

- \$45

### Lavender

- \$45

### Lemon Grass

- \$45

### Twinning's Pure White

- \$45

*We are working on expanding our tea menu and bring you more information about why we have selected each tea, along with highlighting the benefits.*



## Cheeky Cocktails:

|                                                                                                   |          |
|---------------------------------------------------------------------------------------------------|----------|
| <b>Thai Russian</b><br><i>Coconut milk, vodka &amp; Kahlua</i>                                    | - B\$180 |
| <b>Margarita</b><br><i>Tequila, lime, sugar</i>                                                   | - B\$160 |
| <b>Passionfruit Margarita</b><br><i>Fresh passionfruit, sugar, lime, tequila &amp; triple sec</i> | - B\$180 |
| <b>Cool as a Cucumber</b><br><i>Fresh cucumber, gin, sugar, lime &amp; mint</i>                   | - B\$140 |
| <b>Mojito</b><br><i>Captain Morgan's spiced rum, sugar, lime, soda &amp; mint</i>                 | - B\$160 |
| <b>Strawberry Daquiri</b><br><i>Rum, sugar, lime, frozen strawberries.</i>                        | - B\$190 |

## Wines, Beers & Spirits:

*We are currently unable to serve alcohol at the restaurant as a result of provincial Covid regulations. The cocktail list is included here to get you excited about the possibilities when we're able to operate fully again! :D*

*We're using the downtime to source some select fine wines and spirits to add to our existing line-up.*



## Soft drinks:

### Water

- \$free!

*It is SO important to regularly drink water, and we care about our customers so much that we provide it free of charge, infused with fresh mint and served over ice. Please help yourself with the disposable cups provided, but refrain from filling large personal canteens.*

### Mango Shake

- \$100

*We believe the best and fruitiest mango shakes available on Phangan.*

### Coke

- \$40

*It's terrible for you (don't say you weren't warned!), but some of our customers love it, so if you must, it's available on demand ☺*

### Mockjito

- \$100

*Delicious like a Mojito, but minus the rum...*

### Soda

- \$40

*It's like, water, but with added effervescent magic.*

### Kombucha

- \$95

*Not strictly soft, but available in a mesmerising array of flavours, created right here on the island, and coming in at around just 0.5% alcohol.*



## *This week's decadent specials:*

(\*subject to availability)

*We have decided that as well as our carefully considered regular menu, aimed at people who want to make sure all of the calories they consume have sound, balanced nutritional value, we are adding some “cheat” specials. Each week our amazing chef will be flexing her culinary muscles and coming up with a tasty dish which doesn’t adhere quite so strictly to our normal health focused standards, but are guaranteed to activate your happy chakra! 😊*

### **Seafood platter**

- R425

*Perfectly cooked mussels, squid, fish & prawns in an aMAyZing sauce, served with salad and bread.*

### **Pepper sauce steak**

- R450

*Delicious rib-eye steak, served with a pepper sauce, fried cauliflower, garlic, broccoli carrot & asparagus, topped off with our aMAyZing potato gratin.*

### **Gratin as a side**

- R75

*May’s ever popular & deliciously decadent potato gratin.*



## Did you know?:

*We offer both take-away and delivery during our normal opening hours (currently 1-9pm Mon, Tue, Thur & Sat, and 2-10pm Wed & Fri). Simply call us on **061 842 8511** and place your order. A pdf version of the current menu is available on our facebook page:*

**(facebook.com/hemmingwaysKPN )**

## Show us some love:

*If there's anything you haven't loved during your visit, please don't be shy and let us know. We're constantly trying to improve, and value the feedback, even if it stings. If you've LOVED your visit, then we'd really appreciate you sharing the love – you can review us on Google by simply scanning the QR code below 😊*

