

## HUB SMOOTHIES

*Our signature smoothies with a mixture of blended fruits, vegetables & non-dairy milks*

<b>Acai Smoothie</b>	170
Acai powder, mixed berries, frozen banana, unsweetened almond milk, chia seeds	
<b>Yoga Colada</b>	150
Pineapple, mango, honey, coconut milk	
<b>Purple Power</b>	150
Banana, blueberries, almond butter, maca, coconut milk	
<b>Coco Master</b>	160
Raw cacao, dates, almonds, coconut shavings, flax seed, coconut milk	
<b>Espresso Delight</b>	160
Espresso shot, banana, dates, tahini, cinnamon, coconut milk	
<b>Strawberry Coco</b>	150
Strawberry, banana, pineapple, coconut milk	
<b>Samui Goodness</b>	150
Mango, passion fruit, honey, and coconut milk	
<b>Blue Lagoon</b>	160
Pineapple, banana, blue spirulina, coconut milk	
<b>Golden Glow</b>	150
Mango, turmeric, banana, honey, coconut milk	
<b>The Hub Samui</b>	150
Beetroot, banana, almond milk, ginger	
<b>Dragon Boost</b>	160
Dragon fruit, pineapple, chia, almond milk	

## FRESH JUICES

*Fresh cold pressed fruit, veggies & green juices with no added preservatives*

<b>Cold Pressed Orange</b>	140
Keep it simple with cold pressed orange juice	
<b>Cold Pressed Apple</b>	140
Keep it simple with cold pressed apple juice	
<b>Power Punch</b>	120
Orange, carrot, apple, ginger	
<b>Samui Glow</b>	120
Orange, pineapple, apple, mint	
<b>Let's Beet It</b>	120
Beetroot, orange, apple, pineapple, and ginger	
<b>Keep It Green</b>	120
Apple, kale, cucumber, celery, lime, and ginger	
<b>The Chiller</b>	140
Pineapple, mint and basil	
<b>Early Riser</b>	120
Beetroot, carrots, apple, celery, ginger	
<b>Island Passion</b>	120
Passion fruit, watermelon and mint	
<b>Pineapple Cooler</b>	150
Pineapple, basil, honey, soda	
<b>Samui Breeze</b>	140
Passion fruit, mint, lime, soda, crushed ice	

## PROTEIN SHAKES

*Gluten Free Chocolate Bliss or Vanilla Protein Add Protein Shot +60 / Vegan Protein Shot +40*

<b>Cutting Down</b>	100
Chocolate or Vanilla protein with water   110 kcal — 25 g P   1 g C   0.5 g F	
<b>Maintain Your Weight</b>	140
Chocolate or Vanilla, Protein, banana, Greek yoghurt, water   215 kcal — 31.5 g P	
<b>Bulk Up Muscle</b>	160
Protein, oats, soya milk, banana, Greek yoghurt, water   415 kcal — 42.5g P   41g C   7g F   41g C   7g F	
<b>Vegan Protein</b>	140
Pea protein, banana, almond butter, chia seeds, almond milk 335 kcal — 30.5 g P   19 g C   16 g F	
<b>Mocha Energy Shake</b>	180
Chocolate protein, espresso, oats, banana, coconut milk 360 kcal — 29.5 g P   28 g C   14 g F	
<b>Coconut Coffee Protein</b>	160
Espresso, vanilla protein, coconut milk, shaved coconut 365 kcal — 32 g P   8 g C   23 g F	
<b>Electrolyte Slushy - Original</b>	50
Electrolytes to hydrate the body & provide energy.	
<b>Electrolyte Slushy - Fruit</b>	50
Electrolytes slushy: Choose Orange, Grape or Strawberry flavour	

## MILK SHAKES

*All milkshakes are made with in-house ice cream*

<b>Coconut Cream</b>	200
Coconut ice cream, coconut milk, toasted coconut flakes.	
<b>Oreo Crunch</b>	200
Oreo pieces, vanilla ice cream, milk, whipped cream top.	
<b>Chocolate/Vanilla</b>	170
Chocolate or Vanilla ice cream blended with cow's milk & topped with whipping cream	
<b>Strawberry</b>	170
Strawberry ice cream blended with cow's milk & topped with whipping cream	
<b>Avocado</b>	170
Avocado blended with condensed milk, milk, honey and chia seeds.	

## FRUIT SHAKES

*Fresh fruit with no added preservatives*

<b>Coconut</b>	120
<b>Mango</b>	100
<b>Banana</b>	100
<b>Watermelon</b>	100
<b>Pineapple</b>	100
<b>Strawberry</b>	100
<b>Passion Fruit</b>	100
<b>Mixed 2 Fruits</b>	110
<b>Mixed 3 Fruits</b>	120

## GOURMET COFFEE & TEA

*Our drinks come with a milk of your choice: Cow, Oat, Almond, Soya or Coconut*

	Hot / Iced		Hot / Iced
Espresso	60/80	Hot Chocolate	80/100
Espresso Macchiato	70/---	English Breakfast Tea	70 / 80
Americano	70/80	Earl Grey	70 / 80
Flat White	80/---	Jasmine	70 / 80
Latte	80/100	Peppermint	70 / 80
Caramel Latte	100/120	Chamomile	70 / 80
Cappuccino	80/100	Matcha	100 / 120
Mocha	100/120	Thai Milk Tea	--- / 80
Extra Espresso Shot	+30	Thai Lime Tea	--- / 80


## DRINKS


*Selection of cold drinks from the fridge*

	Iced
Fresh Coconut	100
Bottled Water	30
Soda Water	40
Coke / Coke Zero	40
Fanta Orange	40
Sprite	40
Lipton Iced Tea	40
Chang/Leo/Singha	80
Heineken	100
San Miguel Light	100

## SWEETS & TREATS

*Check our dessert fridge cakes, brownies, cookies and muffins*

**Banana Split**  200  
Fresh banana, three scoops of ice cream (vanilla, chocolate, strawberry) chocolate & caramel sauce, whipped cream. Add Extra Scoop: 80 each

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

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

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

**The Hub Waffles** 200  
Our in-house waffles made with oat flour, eggs, banana, cinnamon, and baking powder. Topped with vanilla ice cream, chocolate sauce, and whipped cream.

**Mango Sticky Rice** 180  
Thai mango served with warm, sweet coconut sticky rice and a side of rich coconut cream.

THE  
**HUB**  
CAFE & EATERY

OPEN DAILY 8:30 AM

\*\*\*DAIRY FREE MILKS AVAILABLE

WWW.THEHUBSAMUI.COM