

Thai Bites

1. Som Tum Thai 
Spicy green papaya salad with tamarind, lime, and chili with crispy tempeh.

175 THB



3. Oyster Mushrooms Satay
Grilled marinated mushrooms on skewers, infused with Thai spices, served with a rich and creamy peanut dipping sauce.

175 THB



2. Fresh Spring Rolls with Peanut Sauce
Fresh vegetable rolls with herbs, served with creamy peanut dipping sauce.

150 THB



4. Tempeh Crispy Spring Roll
Golden-fried spring rolls stuffed with marinated tempeh, fresh vegetables, and aromatic herbs, served with a tangy sweet chili dipping sauce.

150 THB



6. Yum Heed 
Spicy mix mushroom salad with fresh herbs, and lime.

160 THB



Homemade Curries & Spices

7. Massaman Curry with chickpea and potatoes
Rich and fragrant curry with chickpea, potatoes, and plant-based milk. Served with choice of brown rice or baked plain roti.

Curry with chickpeas and potatoes



200 THB

8. Green Curry with Seasonal Vegetables
Creamy green curry with zucchini, young coconut, broccoli, carrot, tofu, bell pepper and Thai basil. Served with choice of brown rice or baked plain roti.

Green Curry with Seasonal Vegetables



200 THB

9. Panang Curry
Rich and creamy red curry with tempeh, seasonal vegetables, kaffir lime leaves, and coconut milk. Served with choice of brown rice or baked plain roti.

Panang Curry



200 THB

10. Jackfruits curry and rice noodles
Traditional Phuket dish jackfruit curry with rice noodles served with fresh local veggies.

220 THB



Jackfruits curry and rice noodles

Stir-fried dish (NO GMO/MSG added)



180 THB

11. Pad Krapow Tempeh with vegan fried egg 
Stir-fried tofu with Thai holy basil, chili, and soy sauce, served with steamed brown rice.



180 THB

12. Green Curry fried rice with vegan fried egg
Stir-fried brown rice tofu with Thai holy basil, chili, and soy sauce.



150 THB

13. Thai fried rice with vegan fried egg.



160 THB

14. Pineapple Fried Rice
Thai fried rice with pineapple, cashews, raisins, and curry powder.



200 THB

15. Chia seed noodles Pad See Ew
Chia seed noodles stir-fried with tofu, Chinese broccoli, and a savory soy sauce-based blend.



220 THB

16. Chia seed pad Thai
Stir-fried rice noodles with tamarind sauce, tofu bean sprouts, and crushed peanuts.



200 THB

17. Stir-Fried Cashew Tofu.
Crispy tofu stir-fried with cashews, dried chilies, bell peppers, and a savory-sweet sauce. Served with brown rice.



200 THB

18. Thai Tofu and Pineapple Stir-Fry
Sweet and tangy stir-fried tofu with fresh pineapple chunks, bell peppers, and a tamarind glaze. Served with brown rice.



160 THB

19. Stir-Fried Mix Veggies
Mix veggies stir fried with garlic, and fermented soybean paste. Served with brown rice.

(Gluten free! pls feel free to ask our team to assist your need / All prices are net / credit card is charged 3%)

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Soup

20. Tom Kha Mushrooms
Mixed mushrooms in coconut milk soup, galangal, lemongrass. Served with riceberry
160 THB

21. Tom Yum Mushrooms
Spicy and sour soup with mixed mushrooms and Thai herbs. Served with riceberry.
160 THB

22. Sawassdee Tomyum Noodles
Thai signature spicy and tangy soup with choice of udon or buckwheat noodles.
150 THB

Brown rice

- Brown rice 40THB
- Beken plain roti 40THB
- White or Red Quinoa 50THB
- Buckwheat noodles 40THB
- Freerange eggs 30THB
- Vegan fried eggs 30THB

Special Plant Based Dessert

"Mango not so sticky rice"
Creamy organic oat in coconut milk with seasonal mango.
130 THB
+30THB for white quinoa gluten free option

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Welcome to EatWise Café, where every dish tells a story of Thai traditions, mindful living, and the vibrant flavors of Thailand.

Founded by Leona, a proud Phuket local and passionate plant-based chef, EatWise is more than just a café—it's a celebration of fresh, high-quality ingredients sourced from local farmers and the bountiful lands of Thailand.

Inspired by Thailand's rich street food culture, we bring you plant-based creations that honor the authentic flavors you love, while embracing sustainability and wellness. Every bite is crafted with care, combining simplicity and deliciousness with the beauty of nature.

Join us on a journey of mindful eating, where every meal is a step towards healthier living and a deeper connection to the world around us.

EatWise Café
HEALTHY & SUSTAINABLE WAY TO EAT
PHUKET, THAILAND
Thai Plant Based Cuisine
Fresh • Natural • Simply Delicious

Visit Our EATWISE CAFÉ branch
PHUKET THAILAND / BOSTON USA

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