



Eat right: 8 healthy restaurants in Bangkok

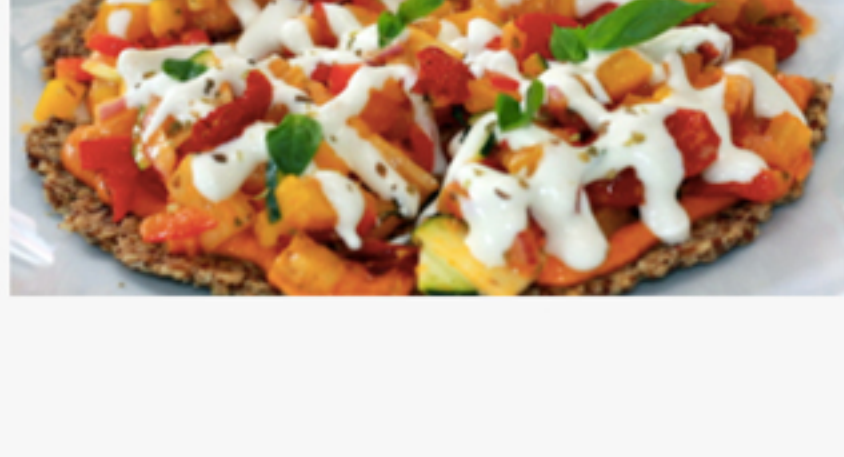
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There's nothing that a vegetarian or health-conscious foodie dreads more when dining out than having to suffer through the one measly salad option or dairy-laden dish on the menu. We come to the rescue with a list of eateries where even the staunchest of health nuts won't leave the venue hungry. While some are more suitable for reaching one's veggie quota for the month in a single setting, others are equally great for a festive or leisurely evening out.



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Rasayana Retreat

Rasayana Retreat is a holistic health centre specialized in weight loss programs, detoxification and naturopathic treatments as well offering yoga and pilates classes.

On the premises, pleasantly set in an outdoor terrace surrounded by tropical greenery, you'll also find a raw food café serving meals prepared according to the principles of raw foodism (i.e. raw or cooked at 42 degrees Celsius).

Best enjoyed by devout vegans and their detoxing friends, the restaurant does make the food sound as sound as delectable as possible with menu choices like Sun Burger (almond-celery-sage patty served in cabbage leaf), Vegetable Sushi (mixed vegetables and avocado strips rolled in a Nori roll) and Zesty Fettucini & Red Sauce (marinated zucchini noodles). You can even treat yourself to a guilt-free dessert like Banoffee Pie or Lemon Tart.

Rasayana Retreat, Soi Prom-Mitr, Bangkok, www.rasayanaretreat.com

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Veganerie Concept

Following branches at Mercury Ville and EmQuartier, Veganerie Concept is the newest offering of the popular Veganerie Bakery. Located near the Emporium Shopping Complex directly behind Benjasiri Park, the bakery has meanwhile expanded into a proper sit-down restaurant offering western savouries, desserts, smoothies and herbal drinks, all 100% vegan.

Featured on the menu are dishes like their signature BBQ Mushroom Burger and "chicken" massaman curry, and more importantly their famous desserts like the cashew nut paste-based cheese pies and waffles.

The restaurant is closed on Thursdays.

Veganerie Concept, 35/2 Sukhumvit Soi 24, Bangkok, www.facebook.com/VeganBakeryBangkok



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Kumi Restaurant & Healthy Corner

Located on Sathorn Soi 10, recently opened Kumi Restaurant is spot on with their emphasis on clean and healthy eating – a trend which sweeping Bangkok right now.

With their slogan of "healthy eating is happy eating", Kumi Restaurant & Healthy Corner is determined to change the perception that healthy eating equals boring eating. Instead expect signature dishes such as Salmon Tartare Avocado Quinoa, Vegetables Millefeuille with Goat Cheese and Shiitake Risotto, all equally delicious and nutritious.

Located on Sathorn Soi 10, the venue practices a market-to-table concept to ensure every menu item contains the freshest produce and highest quality ingredients, while also favouring small producers, all as part of their commitment to fair trade.

Kumi Restaurant & Healthy Corner, Sathorn Soi 10, Bangkok, www.kumi10.com

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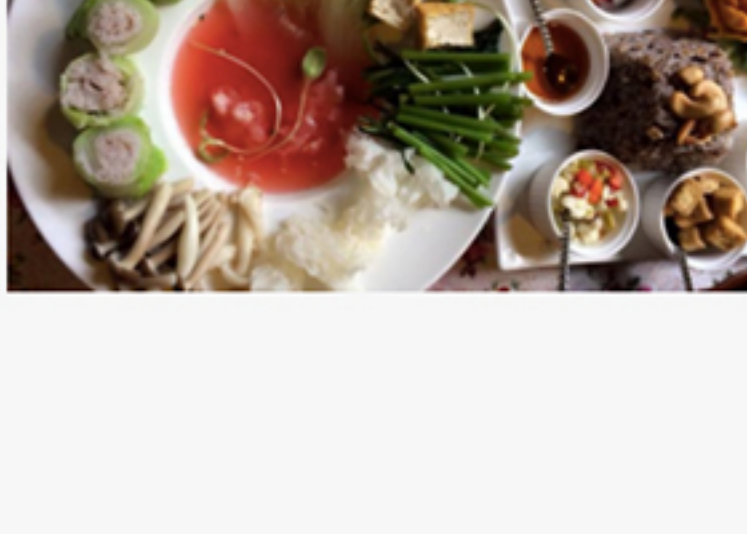
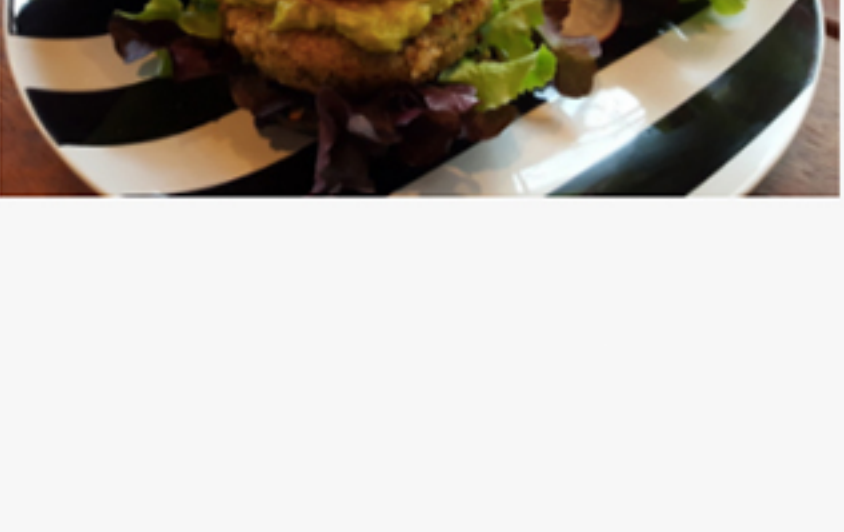
Broccoli Revolution

The newest addition to the veggie restaurant field-scape is Broccoli Revolution. Although maintaining a strict no eggs and dairy product policy, the menu is varied enough to satisfy incidental herbivores who've tagged along with their wholesome companion.

The menu features a range of Mediterranean, Western and Southeast Asian dishes. Don't tell us a Broccoli Quinoa Charcoal Burger or Gluten-free Penne All' Arrabiata doesn't sound delicious. They also serve a variety of organic smoothies and juices (some with kale) and desserts are all completely vegan.

As an added bonus – or pet peeve – you get the chance for free exercise whenever you're ready for another drink or course as there's no wait service at your table and you have to walk over to the counter to place your order.

Broccoli Revolution, 899 Sukhumvit Soi 49, Bangkok, www.facebook.com/broccolirevolution



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Na Aroon

A visit to this restaurant is like a mini-vacation away from the hustle and bustle of Bangkok. Conveniently located at the end of Sukhumvit Soi 1 and set in a 1940's style Bangkok Villa which has been converted into a hotel (Ariyasomvilla), the restaurant exudes old-world charm. Na Aroon occupies the ground floor of the old villa where teak wood floors, high ceilings, original artwork and the slow turning of the ceiling fan all combine to take you back in time.

The menu has both Thai and Western vegetarian dishes but with some fresh fish and seafood as well, accompanied by a decent selection of wines, drinks, fresh juices and smoothies. Thai specialties include Yum Som O, Tom Khoong and Nam Prik Ong, while those in the mood for western food can indulge in homemade mushroom soup, homemade lasagna and ravioli.

Open for breakfast, lunch and dinner, this is a great place for a leisurely Sunday brunch.

65 Sukhumvit Soi 1, Sukhumvit Road, Bangkok, www.ariyasom.com/vegetarian-restaurant-bangkok.html

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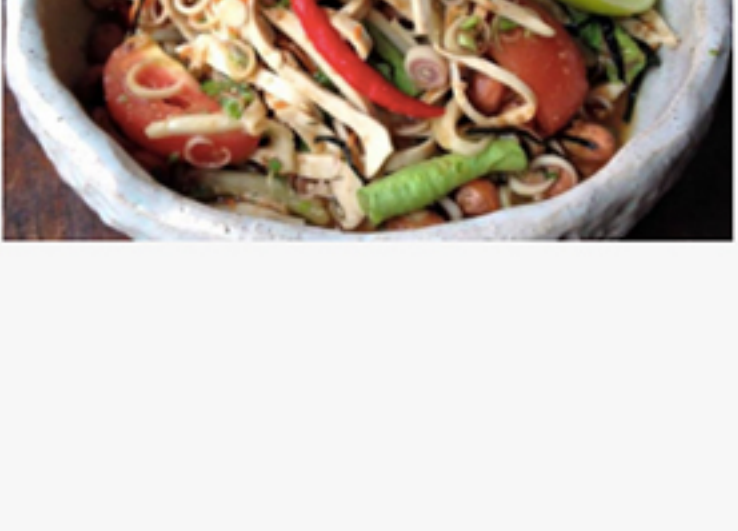
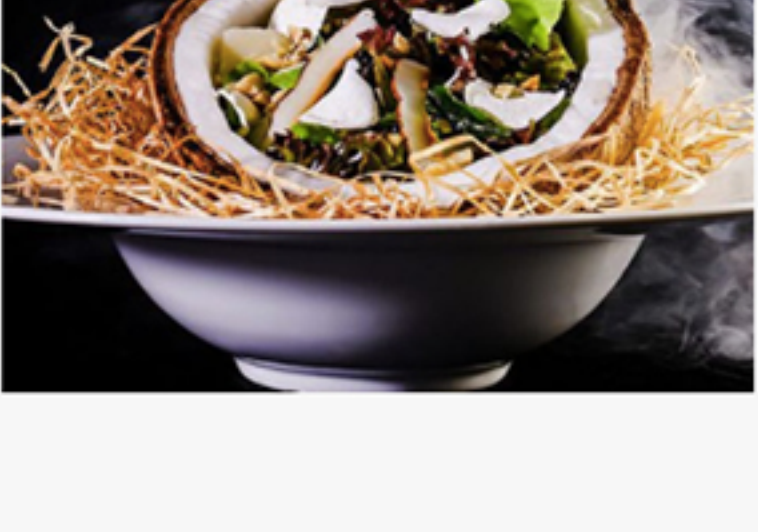
Punjab Grill

Calling itself "an epicurean journey through Indian's richly diverse Punjab region", newly opened fine dining Punjab Grill follows the success of sister restaurants in Abu Dhabi and Singapore.

Dishes at Punjab Grill are given a modern interpretation and contemporary twist, both in flavour and presentation. With creative bites like Crab and Lentil Shorba, Koshimbir (cold salad mélange of coconut, lettuce, cucumber and chestnut served in a dry ice coconut shell) and Avocado Papdi Chaat, it's easy to see why the restaurant is starting to attract a loyal following of vegetarians and foodies alike.

Situated inside Radisson Suites in Sukhumvit Soi 13, the restaurant also has live music six nights a week with international Indian artists serenading you and taking requests.

Radisson Suites Bangkok Sukhumvit, 23/2-3 Sukhumvit Soi 13, Bangkok, www.punjabgrillbangkok.com



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Anotai

An old favourite among vegetarians, Anotai is a combination of a restaurant, café and yoga studio. Named after its Cordon-Bleu-trained owner, you'll find a mix of expertly prepared Thai dishes and organic salads along with a few Italian and Japanese inspired options. Vegetables are grown on the owner's family farm and the 'meat' on the menu are all meat substitutes. There's also a bakery with homemade cakes, a huge selection of teas as well as herbal juices on offer.

Although a bit of a trek to get there – it's tucked away in a complex of shophouses near Rama 9 Hospital – Anotai is certainly worth checking out if you've never been before.

Anotai, 76/17 Soi Rama 9 Hospital, Hwaykwang, Bangkok, www.facebook.com/Anotai

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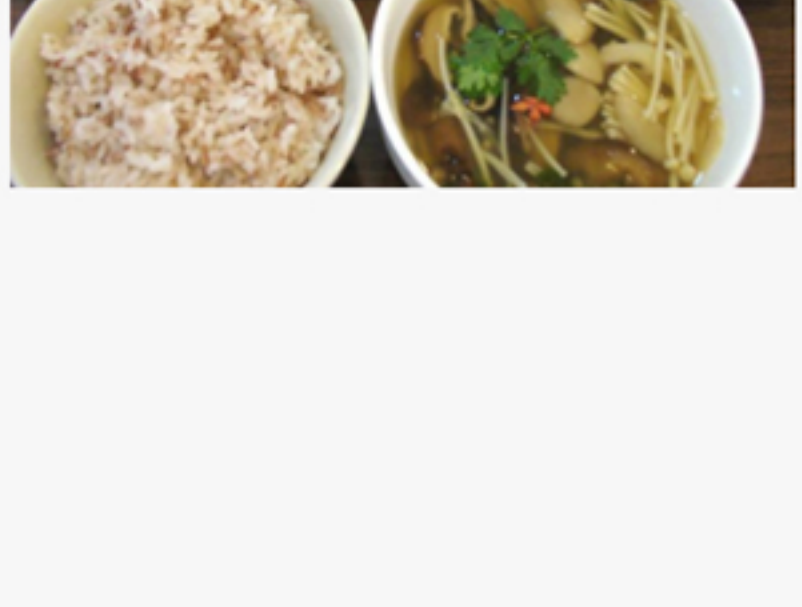
Sustaina Organic Shop & Restaurant

Hidden away from plain sight in a bustling sub-soi just before Sukhumvit Soi 39, you'll find Sustaina organic grocery with upstairs – for those in the know – a quiet oasis of a restaurant.

On the menu a selection of Japanese and Thai inspired vegetarian and seafood dishes made from locally sourced ingredients from the Harmony Life Organic farm up in Pak Chong. The eatery uses fresh organic vegetables, wild-caught seafood and proclaims to be completely animal-meat, egg, dairy, white sugar and MSG free.

Both open for lunch and dinner, you can order set menus including a macrobiotic set or opt for a la cart. There's no alcohol on the menu to tempt you away if you've gone booze-free for the month; instead you can quench your thirst with an organic enzyme drink or refreshing herbal tea, which come in a range of flavours.

Sustaina Organic Shop & Restaurant, 2/F, 1/40 Sukhumvit Soi 39, Bangkok, www.facebook.com/SustainaOrganicRestaurant



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BANGKOK, DINING, EAT RIGHT, EATING, HEALTHY, LIGHT, RESTAURANTS, VEGETARIAN

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