



## Plantiful at Gaysorn Amarin

### Description

If you are a vegetarian, or even a vegan, in Bangkok, Thailand, it is actually rather easy to find food options. There are more options, in my experience, in Bangkok, for me as a vegetarian, than in Singapore.

I came across Plantiful before. It is located at Sukhumvit Soi 61. Somewhere in-between Thong Lor and Ekkamai BTS. It is not near the BTS stations though. Recently, Plantiful opened an outlet on the 1st level of Gaysorn Amarin. Gaysorn Amarin is an upscale shopping mall located next to Chidlom BTS Station. It is literally the first shopping mall when you come out of the station. There is a link bridge to the shopping mall from the BTS station.



From the first level, from the inside of Gaysorn Amarin, Plantiful is located right at the corner. It can be obstructed by that huge pillar. It is located next to Mickey's.



This is how Plantiful looks from the front. Its front is along side of Gaysorn Amarin. This is how you will see Plantiful from the outside of Gaysorn Amarin. And of course, there is alfresco dining.







The inside of Plantiful is very minimalistic and welcoming.







Vegan cakes anyone?



There are limited indoor seats. If you come here during meal times, you may need to wait for a seat.





The superfood smoothies are what I was here for. Oh and I visited Plantiful for four days in a row. To try as many of their smoothies and food options.



Here is their menu.



## SMOOTHIES

120Z | 160Z

### STRAWBERRY GLAZE

185 | 215

Strawberry, Banana, Blueberries, Dates, Cashew Cream, Oat Milk (V)

### JUST BERRIES

185 | 215

Mixed Berries, Banana, Honey, Cashew Cream, Oat Milk

### BLUEBERRY BOMB

185 | 215

Banana, Blueberry, Dates, Cashew Cream, Oat Milk (V)

### TROPICAL SUNSHINE

195 | 225

Avocado, Mango, Honey, Cashew Cream, Oat Milk

### BANANA CACAO

195 | 225

Banana, Avocado, Cacao, Dates, Cashew Cream, Oat Milk (V)

### THE HULK

220 | 255

Spinach, Spirulina, Wheatgrass, Mango, Banana, Avocado, Cashew Cream, Oat Milk (V)

### GLOW BERRY BLISS

230 | 270

Plantogenic Le Ruby (blood detoxification & glowing skin), Strawberry, Coconut Yogurt, Dates, Beet Juice, Cashew Cream, Oat Milk (V)

### COSMIC COCO

240 | 280

Pineapple, Banana, Mango, Avocado, Blue Spirulina, Cashew Cream, Oat Milk, Coconut Milk (V)

### ALMOND BUTTER SMOOTHIE

240 | 280

Almond Butter, Maca, Camu, Housemade Chocolate Sauce, Dates, Banana, Chia Seed, Cashew Cream, Oat Milk (V)

### PB PROTEIN SMOOTHIE

240 | 280

Peanut Butter, Banana, Plant Protein, Oat Milk

### PB & CHOC PROTEIN SMOOTHIE

240 | 280

Organic Seeds Chocolate Plant Protein, Peanut Butter, Banana, Maca Camu, Cashew Cream Oat Milk (V)

### PB&J PROTEIN SMOOTHIE

240 | 280

Planto Monster Protein, Peanut Butter, Mixed Berries, Banana, Chia Seed, Dates, Cashew Cream, Oat Milk (V)







## COLD-PRESSED JUICES

250ML | 450ML

### DETOX GREENS

160 | 290

Baby Spinach, Celery, Japanese Cucumber, Green Apple

### LIFE FORCE

160 | 290

Kale, Pineapple, Green Apple, Celery

### GUAVA KALE

160 | 290

Guava, Kale, Green Apple, Pineapple, Celery

### GO AWAY DOC

155 | 285

Indian Gooseberry, Green Apple, Pineapple, Ginger, Lemon

### IMMUNE BOOSTER

155 | 285

Carrot, Green Apple, Ginger

### PICK ME UP

155 | 285

Orange, Pineapple, Passionfruit, Carrot

### FAVORITE FIVE

155 | 285

Green Apple, Orange, Carrot, Celery, Beetroot

### ROOTS

155 | 285

Beetroot, Carrot, Green Apple, Ginger

### BYO JUICE

155 | 285

Options: Green Apple, Pineapple, Celery, Japanese Cucumber, Carrot, Passion Fruit, Beetroot, Orange, Ginger, Lemon, Indian Gooseberry, Kale, Baby Spinach (+15)

I did not try any of their desserts. Maybe the next time I am in Bangkok I will try the miso tofu cheesecake. Sounds adventurous enough for me.



I think my best meal was the Mushroom Tempeh Krapow. The next time I order this I will ask them to taper down the spice a few notches. It was too spicy but the mushroom tempeh was excellent.





**PLANTIFUL.**  
**WRAPS & SANDWICHES**



**PUMPKIN SPINACH BURRITO - 295THB**

Avocado, Onion, Spinach, Mexican Green Rice, Mushroom, Black Beans, Salsa, Cashew Queso, Avocado Cilantro Sauce, Tortilla - (V)



**BBQ TEMPEH BURRITO - 310THB**

Tempeh, Cos, Purple Cabbage, Avocado, Jalapeno, Red Onion, Tomato, BBQ Sauce, Tortilla - (V)



**CAULIFLOWER TOFU BURRITO - 290THB**

Tofu Scramble, Mushroom, Kale, Cauliflower, Cashew Queso, Cashew Cheese, Tortilla - (V)



**SOUTHWEST CHEESY QUESADILLA - 285THB**

Guacamole, Cashew Cheese, Cashew Queso, Black Beans, Zucchini, Mushroom, Tortilla - (V)

**PLANTIFUL.**  
**WRAPS & SANDWICHES**



**PESTO GRILLED CHEESE SANDWICH - 295THB**

Pistachio Pesto, Bell Pepper Marinara, Tomatoes, Vegan Swiss Cheese, Sourdough - (V)



**THREE SHROOMS BURGER - 310THB**

Eringi, Shiitake, Champignon, Swiss Cheese, Tomatoes, Cos, Brioche Bun, Sweet Potato Chips, Ketchup, Mixed Salad - (V)



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PLANTIFUL.  
STARTERS



CAULIFLOWER FRIES 250THB

Cauliflower Fries, Buffalo Sauce, Lemon - (V)



OYSTER MUSHROOM CALAMARI - 250THB

Oyster Mushroom, Yogurt-Tartare Sauce, Lemon (V)



CHICKPEA SPRING ROLLS - 190THB

Vegetable Spring Rolls, Side Salad, Buffalo Sauce (V)



SWEET POTATO NACHOS - 265THB

Sweet Potato Chips, Guacamole, Black Beans, Green Goddess Dressing, Cashew Queso - (V, GF)

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STARTERS



UNAGI EGGPLANT MAKI - 290THB

Eggplant Unagi, Avocado, Japanese Cucumber, Bubu Arare, Japanese Rice - (V)



CRISPY 'TUNA' SUSHI - 265THB

Tomato Tuna, Avocado, Crispy Rice, Jalapeno, Dill, Sriracha Mayo - (V)



SHROOMAMI MAKI - 290THB

Avocado, Oyster Mushroom, Tofu, Japanese Cucumber, Rice, Nori, Ginger Tahini (V)



YUZU CUCUMBER ROLL - 295THB

Eggplant, Broccoli Tempura, Avocado, Beetroot, Carrot, Cucumber, Riceberry, Nori, Yuzu Carrot Sauce (V)

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**PLANTIFUL.**  
**ALL-DAY BRUNCH**



**BREAKFAST POWER BOWL - 265THB**  
Seasonal Fruits, Housemade Granola, Honey, Overnight  
Chia-Oats, Date-Cacao Sauce



**COCONUT CASHEW YOGURT 265THB**  
Coconut Cashew Yogurt, Granola, Fresh Fruits, Honey,  
Nuts, Seeds



**BLUE SMOOTHIE BOWL - 295THB**  
Blue Spirulina, Pineapple, Avocado, Seasonal Fruits,  
Granola



**STRAWBERRY-YOGURT OVERNIGHT OATS - 285THB**  
Seasonal Fruits, Granola, Strawberry Yogurt Overnight  
Oats, Date-Cacao Sauce, Honey

**PLANTIFUL.**  
**STARTERS**



**STRAWBERRY ALMOND PANCAKES**  
**295THB**  
Strawberry, Blueberry, Almond Flour  
Pancakes, Honey

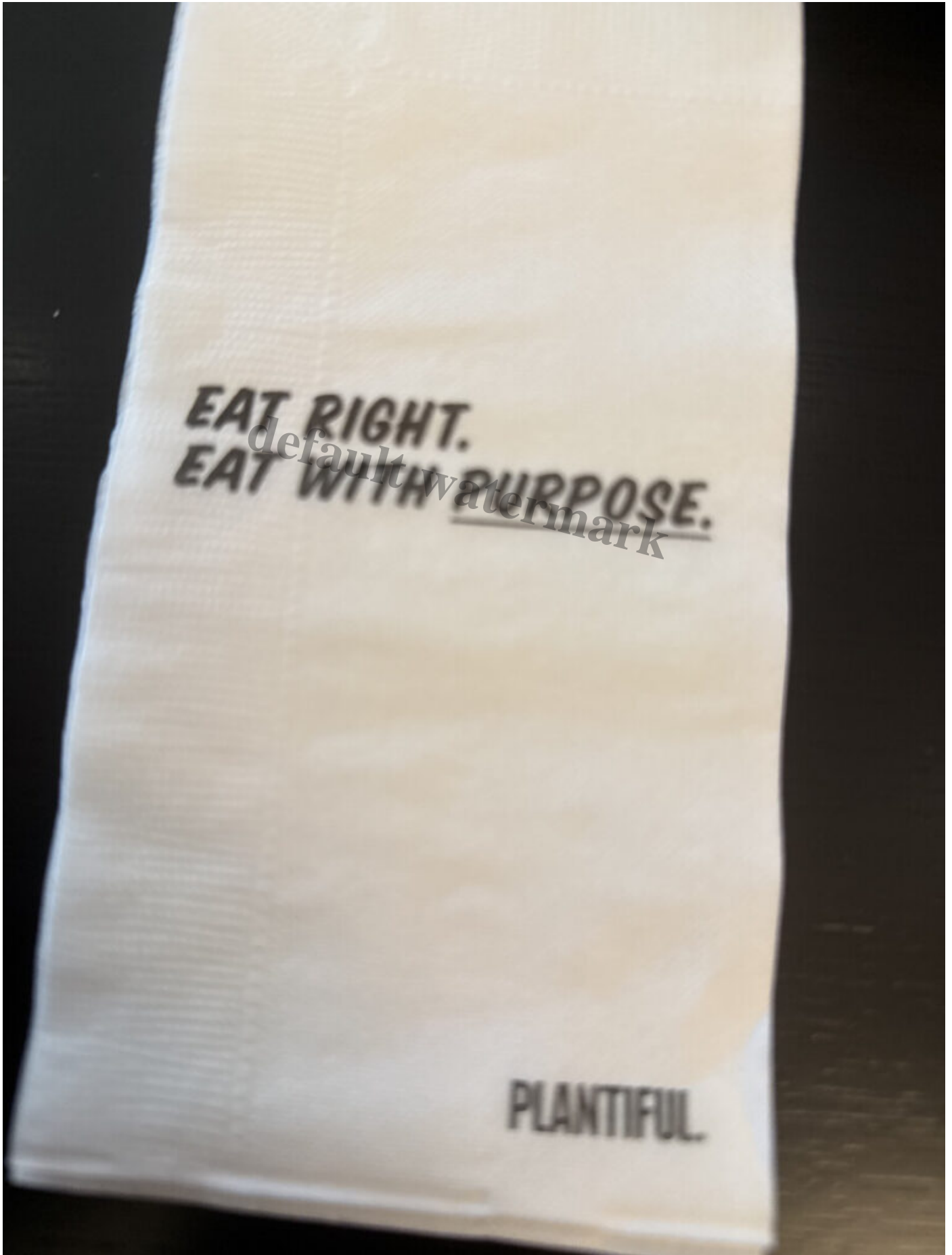


**PB & CARAMEL ALMOND PANCAKES - 295THB**  
Banana, Blueberry, Peanut Butter, Coconut Caramel,  
Almond Flour Pancakes (V)









This is the PB & Choc Protein Smoothie. This was my favourite of all the smoothies that I tried. Although all of them were good.

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The Lentil Ragu Bolognese was very good. My daughter could not tell that there was no meat in this dish.



I always start my adventure with a burger. This Three Shrooms Burger was excellent. The meat was made from mushrooms. While you could definitely tell that it was not a patty, the mushrooms were very flavourful and the burger sauce had this distinctive tangy taste. The sweet potato chips were very good as well.



Anything with cauliflower and tofu is good. Please remember this and order the Califlower and Tofu Burrito. The star was the avocado cilantro sauce.







Next up, Just Berries smoothie. My least favourite of all that I tried. Although still decently good. Too sweet for my liking. But then nothing beats peanut butterâ?!

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Sweet Potato Nachos are very good. Super refreshing.

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My second favourite was the Blueberry Bomb smoothie. But then I love blueberries!

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I know?! Advocado Toast is so boring. But on that day I just did not know what to order. This is like the de-facto vegan cafe order.

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Ok Cosmic Coco smoothie was a random pick. Pineapples in smoothies are not exactly the best choice but this was ok. I did not know what to order and I was going down the list.

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I saved the best for last. On the day I was to depart Bangkok, I decided to try the Mushroom Tempeh Krapow. This was excellent. If you could only try one dish, please try this. This is why I like the Thaiâ?? take on food. They can always put the appropriate spin on their dishes to make it uniquely Thai.

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Yours sincerely,

Daryl

**Plantiful at Gaysorn Amarin**

1st Floor Gaysorn Amarin, 496-502 Phloen Chit Rd. (GF-S16), Lumpini, Pathum Wan, Bangkok, 10330

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**Author**

daryllum

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