



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)



COMPANY NAME

Address | Phone | Link | Email

default watermark



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. BOWLS & MAINS



MUSHROOM TEMPEH KRAPROW - 270THB
Mushroom, Yardlong Beans, Tempeh, Basil, Chili,
Garlic, Avocado, Riceberry (V)



THE BIBI BOWL - 285THB
Tofu, Shiitake, Carrot, Cucumber, Bean Sprouts,
Spinach, Riceberry, Plant-based Fried Egg (V)



PLANTAIN BUDDHA BOWL - 295THB
Banana, Avocado, Cauliflower, Black Beans, Kale,
Pickled Red Onion, Brown Rice, Green Goddess
(V, GF)



HEALING PUMPKIN CURRY - 285THB
Chickpeas, Sweet Potato, Broccoli, Carrot, Pumpkin
Curry, Rice & Quinoa (V, GF)

PLANTIFUL BOWLS & MAINS



PASTA ALLA VODKA - 285THB
Mushroom, Cashew Vodka Sauce, Pasta, Walnut
Parmesan - (V, GF)



LENTIL RAGU BOLOGNESE - 285THB
Lentil Ragu Sauce, Oyster Mushroom, Walnut
Parmesan, Basil, Gluten-free Penne - (V, GF)



BUCKWHEAT PAD THAI - 285THB
Tempeh, Purple Cabbage, Bean Sprouts, Spring
Onion, Lime, Peanuts, Buckwheat Soba (V)



BROCCOLI PESTO SOBA - 295THB
Broccoli, Green Pea, Garlic, Cashew Pesto,
Lemon, Buckwheat Soba, Dill (V)

default watermark

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)

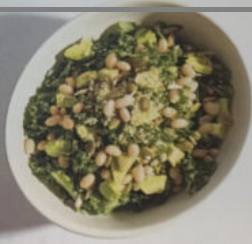
**THREE SHROOMS BURGER - 310THB**

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



default watermark

PLANTIFUL.
SALADS



AVOCADO WHITE BEAN KALE SALAD - 295THB
Avocado, White Bean, Sunflower Seed, Pumpkin Seed,
Kale, Lemon Vinaigrette (V, GF)



SHAVED BROCCOLI SALAD - 290THB
Broccoli, Almonds, Red Onion, Quinoa, Cranberries,
Honey Mustard Dressing (GF)



CLASSIC KALE SALAD- 290THB
Green Apple, Kale, Sweet Potato, Celery, Dried
Cranberry, Quinoa, Almond, Pickled Onion, Honey
Mustard Dressing - (GF)



UNBEETABLE KALE SALAD - 310THB
Spicy Broccoli, Kale, Beetroot, Caper, Quinoa, Pistachio
Butter, Lemon - (V, GF)

PLANTIFUL
SALADS

COMPANY NAME
Address | Phone | Link | Email



SPICY KIMCHI SOBA SALAD- 285THB
Citrus Kimchi, Cherry Tomatoes, Japanese
Cucumber, Mixed Salad, Buckwheat Soba



YUZU SHROOM SALAD - 295THB
Maple Glazed Mushroom, Chickpea, Tomatoes,
Pumpkin Seed, Sunflower Seed, Cherry Tomatoes,
Yuzu Carrot Vinaigrette - (V)

default watermark

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)

PLANTIFUL.
STARTERS

COMPANY NAME
Address | Phone | Link | Email



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 Pickle (V)



YUZU CUCUMBER ROLL - 295THB

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

default watermark

PLANTIFUL.
ALL-DAY BRUNCH



CHICKPEA SHAKSHUKA - 290THB
Chickpea, Tomato, Capers, Sautéed Kale, Avocado,
Toasted Sourdough - (V)



BREAKFAST PLATE - 295THB
Tofu Scramble, Sautéed Kale, Avocado, Sweet Potato,
Cherry Tomatoes - (V, GF)



AVOCADO TOAST - 265THB
Avocado, Cherry Tomatoes, Red Radish, Sourdough -
(V)



PUMPKIN PESTO OMELETTE - 290THB
Pumpkin, Tofu, Cashew Pesto, Bell pepper, Zucchini,
Mushroom, Mixed Salad - (V)

PLANTIFUL.
STARTERS

ROASTED PUMPKIN SOUP - 185THB
Pumpkin, Onion, Garlic, Sourdough
Croutons - (V)



SUPERGREENS DETOX SOUP - 210THB
Spinach, Broccoli, Kale, Onion, Potato (V, GF)

MUSHROOM SOUP - 195THB
Shiitake, Potato, Cashew, Onion, Garlic,
Sourdough Croutons - (V)



default watermark

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)

default watermark

**EAT RIGHT.
EAT WITH PURPOSE.**



PLANT-BASED KITCHEN

100% Plant-based
Dairy-Free
No Processed Sugar
No Preservatives & Chemicals
Organic wherever possible
Made fresh daily!



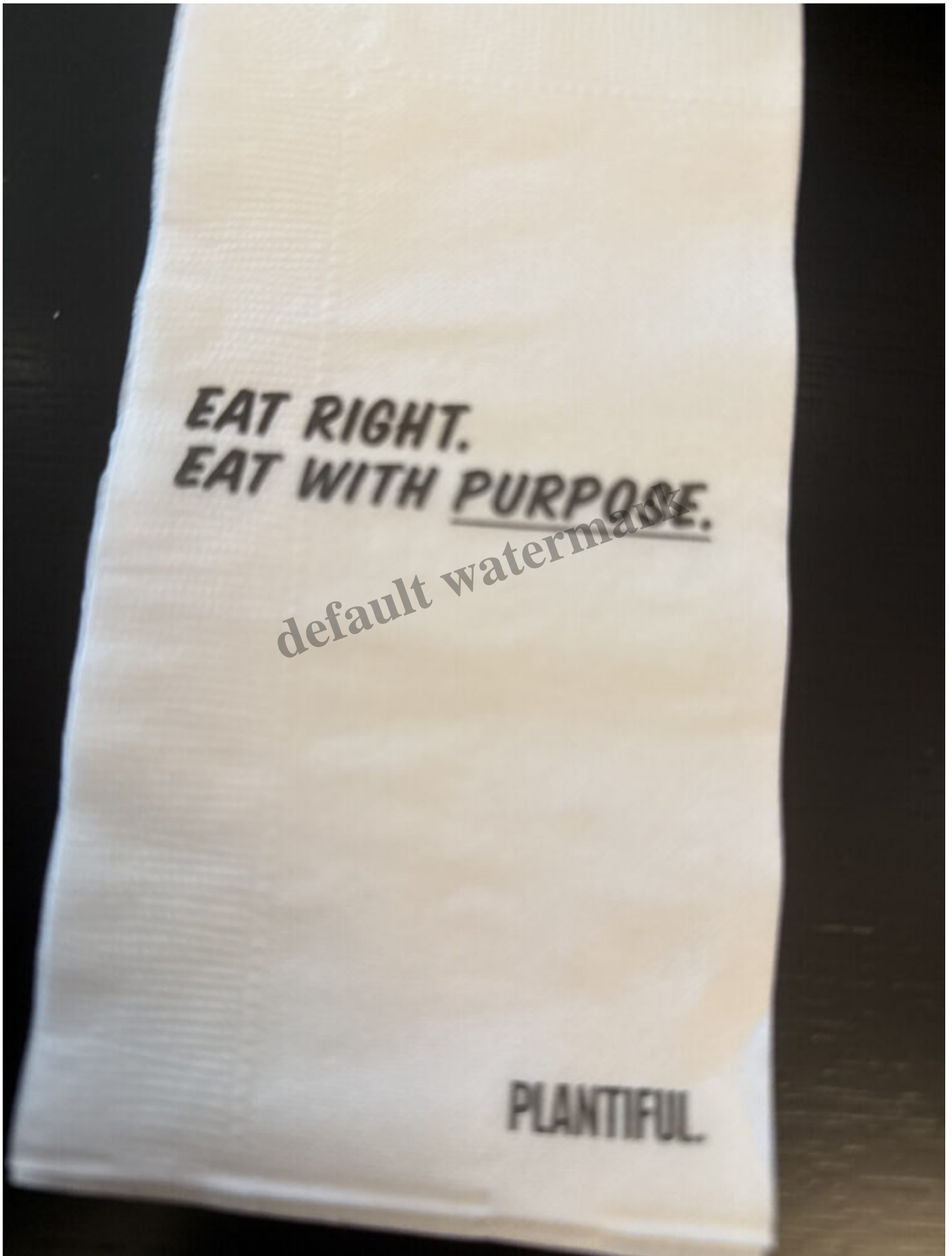
PLANT-BASED FOOD

Plant-based cuisine is a combination of vegetables, fruits, whole grains, legumes, nuts, and seeds for optimal nutrition.

WHO IS IT FOR?

Right for you if you want to reset your body and restore your health & well-being.

default watermark



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

default watermark



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 butter...

default watermark



Sweet Potato Nachos are very good. Super refreshing.

default watermark



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

default watermark



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.

default watermark



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.

default watermark



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 Thais' take on food. They can always put the appropriate spin on their dishes to make it uniquely Thai.

default watermark



Yours sincerely,

Daryl

Plantiful at Gaysorn Amarin

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

Date Created

25/03/2025

Author

daryllum

default watermark