



Open Toast with Egg

HOME-BAKED BREAD WITH POACHED/SCRAMBLED/FRIED EGGS OR SCRAMBLED TOFU with...

<u>T1</u>	AVOCADO, SALMON, GARLIC KALE & FETA	280
<u>T2</u>	SALMON, CREAM CHEESE & CUCUMBER	230
<u>T3</u>	PRAWN PAD KRA PAO	280
<u>T4</u>	CRISPY BACON, MUSTARD, GARLIC MUSHROOM & TOMATO	230
<u>T5</u>	SALAMI, CREAM CHEESE, MUSTARD, GHERKIN	280
<u>T6</u>	HUMMUS, SAUTÉED AUBERGINE, GARLIC KALE & FETA	250
<u>T7</u>	AVOCADO, GARLIC MUSHROOM&BROCCOLI, NUT & SEED	250
	<u>Benedict</u>	320
	AVOCADO, POACHED EGGS, SALMON, RLT HOLLANDAISE & GARLIC KALE	

off day breakfast

BREAKFAST @ THE RLT

good morning, sexy

Breakfast Bowl

A FEAST OF TWO EGGS (YOUR CHOICE), GARLIC KALE, PICKLES, FRIED TOMATO, GARLIC MUSHROOM, AVACADO & HOME-BAKED TOAST. 300
ADD SMOKED SALMON 100 CRISPY BACON 50

Breakfast Burrito

A FEAST OF SCRAMBLED EGGS (OR TOFU), GARLIC KALE, TOMATO & MUSHROOMS, RICEBERRY&QUINOA, WITH MASHED PUMPKIN & HOMEMADE PERI PERI. 240
ADD SMOKED SALMON 100 CRISPY BACON 50

Savoury French Toast

TWO SLICES OF DELICIOUSLY HOME-BAKED FRENCH TOAST. SLICE1: HOMEMADE PERI PERI & FRIED EGG; SLICE2: MUSTARD, PICKLE & SALMON OR CRISPY BACON. 250/300

OUR SWEETER SIDE...

Overnight Chia & Oats

A FUSION OF ORGANIC MANGO & ORANGE, OUR OWN OVERNIGHT OATS, COCONUT MILK, HONEY & DATES WITH A CROWN OF FRESH FRUIT, NUT & SEED. 200

Fruity French Toast

OUR FABULOUS HOME BAKED FRENCH TOAST, MIXED WITH A HINT OF CINNAMON & SWEET MILK, CROWNED WITH FRESH MANGO, PINEAPPLE, 'STICKY RICE' SAUCE, NUT & CRANBERRY. 200

Coconut Quinoa Bowl

A CREAMY FUSION OF BANANA, MANGO, ORGANIC RICEBERRY&QUINOA, GOJI BERRY, CHIA, PUMPKIN&SUNFLOWER SEED & DATES, BATHED IN WARMED COCONUT MILK. 220

Salad Wrap (or make it a bowl)

LUSCIOUS SALADS IN A FRESH TORTILLA WRAP

BRUNCH @ THE RLT

all day brunch

UNWRAP AND MAKE A LARGE SALAD BOWL

THE NIÇOISE	280
SWEET PEA, TOMATO, RED ONION, OLIVES, EGG, TUNA, ANCHOVY & KOS LETTUCE SERVED WITH HOMEMADE GARLIC & MUSTARD SAUCE.	
THE GREEK	260
CREAM CHEESE, OLIVES, TOMATO, RED ONION, LETTUCE, CUCUMBER, BELL PEPPER & FETA CHEESE WITH HOMEMADE GARLIC & MUSTARD SAUCE.	
THE FALAFEL	280
HOMEMADE HUMMUS & FALAFEL, RED CABBAGE, GHERKIN, CUCUMBER, RED ONION, TOMATO & FETA WITH HOMEMADE PERI PERI.	
THE CAESER ADD CHICKEN OR PRAWN	260/290/320
CRUNCHY LETTUCE, GARLIC CROUTON, RED ONION, ANCHOVY, EGG, PARMESAN WITH HOMEMADE ANCHOVY & MUSTARD SAUCE.	

Toasted Sandwich

DELICIOUS HOME-BAKED BREAD with HOMEMADE PERIPERI, A HINT OF MAYO, PICKLE & MUSTARD

THE TLT - TUNA	THE CLT - CHICKEN	THE BLT - BACON	THE PLT - FRESH PRAWN.
220	220	220	260

ADD FRIED EGG 30

Soup

ADD FRENCH FRIES 80

FRESH, CLEAN, HOMEMADE BROTHS.

PHO	260
A RICH, AROMATIC BROTH WITH SAVOURY MUSHROOM, FRESH VEG, RICE NOODLE, HERBS & GARNISH.	
TOM YAM WITH RICE TOFU OR CHICKEN / PRAWN	240/290
AUTHENTIC CLEAR BROTH WITH SPICE & CITRUS, COMPLIMENTED WITH GINGER & LEMONGRASS.	
TOM YAM NOODLE TOFU OR CHICKEN / SEAFOOD	240/290
A CREAMIER BROTH WITH ADDED COCONUT MILK.	
RICE SOUP	190
A MEDLEY OF FRESH, DICED VEGETABLE, RICEBERRY & SECRET HERB-INFUSED BROTH WITH BOILED/ FRIED EGG & CHILLI&NUT&SEED&GINGER GARNISH.	

Specialty Salad

ADD FRENCH FRIES 80

A HUGE, BOWLED MEDLEY OF ETHICALLY SOURCED GREENS & PROTEINS.

THE GAI	340
LOCAL CHICKEN WITH CHOPPED CUCUMBER, CARROT, PEA, GOJI, ALMOND, SUNFLOWER SEED & QUINOA, CROWN OF FETA WITH OLIVE OIL, MUSTARD, HONEY & LEMON DRESSING.	
THE GOONG	380
FRESH PRAWN WITH CHOPPED CUCUMBER, BELL PEPPER, SUGAR SNAP PEA, MANGO, AVOCADO, BASIL & CORIANDER, CASHEW & SESAME, WITH QUINOA & OLIVE & SESAME OIL, SWEET CHILLI & LIME DRESSING.	
THE GREEN	340
A CREAMY GREEN DRESSING OF AVOCADO & GREEK YOGURT DRIZZLED ON CHOPPED CUCUMBER, LETTUCE, SUGAR SNAP PEA & CORIANDER, SAUTÉED CHICKPEA, AUBERGINE & BROCCOLI, WALNUT & PUMPKIN SEED, PICKLE & OLIVES.	

ADD POACHED/FRIED EGG 30

Brunch Bowl

ADD FRENCH FRIES 80

THE BUDDHA	260
A HAVEN OF MANGO, RAW VEG, TOFU, BLANCHED PUMPKIN, RICEBERRY&QUINOA, GRAIN&SEED.	
THE RUM SUM	260
- RICEBERRY&QUINOA, RED CURRY, TOFU, BROCCOLI&CAULIFLOWER WITH BASIL, GOJI, NUT & SEED.	
THE DRINKER'S FRIEND (PAD KEE MAO) CHICKEN / PRAWN	240/290
FRESH PRAWN WITH CHILLI, GARLIC, BASIL & SOY, SPAGHETTI & SAUTÉED VEGETABLES.	
THE PAD THAI TOFU OR CHICKEN / PRAWN	160/210

brunched to the brim



Burger

A FRESH, HOMEMADE PATTY IN TOASTED BUN.

OUR FRESH PATTIES TAKE A LITTLE LONGER

THE CHICKEN

300

A FRESH CHICKEN PATTY WITH HINT OF GARLIC, MUSTARD, PERIMAYO & PESTO WITH CROWN OF FETA & PICKLE. CHOOSE FRENCH FRIES OR SALAD.

THE BEAN

320

A HOMEMADE PATTY OF RICEBERRY, MUSHROOM, CARROT, ONION & KIDNEY BEAN WITH AVOCADO, MUSTARD, PERIMAYO & PICKLE. CHOOSE FRENCH FRIES OR SALAD.

THE PRAWN

340

A FRESH PRAWN PATTY WITH HINT OF GARLIC, GINGER & PAPRIKA, WITH MUSTARD, PERIMAYO & PICKLE. CHOOSE FRENCH FRIES OR SALAD.

ADD CRISPY BACON 50

ADD FRIED EGG 30

LUNCH @ THE RLT

all day lunch

Burrito

Tortilla

DELICIOUS, WRAPPED TORTILLA with RICEBERRY & QUINOA & PERI PERI.

FOLDED & LOADED WITH SAUTÉED GARLIC KALE, TOMATO, CUCUMBER, FETA & OUR PERI PERI.

THE TUNA LARB 240

ZESTY, SPICY & CLEAN

THE PRAWN PAD KRA PAO 280

- STIR FRY OF BASIL, GARLIC & CHILLI

THE SMOKED SALMON 240

CREAM CHEESE, CUCUMBER, SALAD, PICKLE

THE CHICKEN 240

- GARLIC MAYO, PESTO, SALAD, TOMATO, SPRING ONION & CORIANDER

THE VEG 240

HOMEMADE HUMMUS, PESTO & PUMPKIN MASH, TOFU, SAUTÉED MUSHROOM, RED CABBAGE, BROCCOLI, CARROT & EGGPLANT

ADD FRIED EGG 30

ADD FRIES 80

SPICY LOCAL PRAWN 280

WOOD SMOKED SALMON 280

LOCAL CHICKEN 240

TUNA & HOMEMADE HUMMUS 240

HOMEMADE FALAFEL & HUMMUS 240

Curries

ADD FRENCH FRIES 80

AUTHENTIC CURRIES WITH RICEBERRY

RED, GREEN OR MASSAMAN?

CHICKEN OR TOFU OR CHICKPEA 200

PRAWN 240

Specialty Curry Bowls

AUTHENTIC CURRY & RICE-NOODLE BOWLS, WITH A CRUNCHY CROWN OF VEGETABLE & SEED

RED, GREEN OR MASSAMAN?

CHICKEN OR TOFU OR CHICKPEA 240 **PRAWN** 280

Lunch Bowls

LARGE, LUSCIOUS BOWLS

THE FRESH PRAWN 380

HOMEMADE PESTO, AVOCADO, SALAD, GARLIC BROCCOLI & CAULIFLOWER, TOMATO, NUT & SEED.

THE WILD TUNA 350

GARLIC MAYO, HOMEMADE HUMMUS, AVOCADO, GARLIC KALE, CARROT & CUCUMBER SHREDS, TOMATO & ONION, NUT & SEED.

THE SMOKED SALMON 380

CREAM CHEESE & AVOCADO, SALAD, GARLIC KALE, CUCUMBER, TOMATO, NUT & SEED, DILL, CAPERS.

THE LOCAL CHICKEN 350

WITH HOMEMADE PESTO & HUMMUS, FRIED EGG, SALAD, GARLIC MUSHROOM, TOMATO, GHERKIN & FETA.

THE HOMEMADE FALAFEL 350

HOMEMADE HUMMUS & AVOCADO, CARROT & CUCUMBER SHREDS, GARLIC MUSHROOM, PICKLE & TOMATO, FETA, NUT & SEED.

THE BEAST 400

TWO EGGS, AVOCADO, HOMEMADE HUMMUS, GHERKIN, SMOKED SALMON, GARLIC MUSHROOMS, CARROT & CUCUMBER SHREDS, TOMATO, FETA, NUT & SEED.

Love To Lunch you. baby



Hot Coffee

100% Arabica Coffee



Iced Coffee

WITH A DOUBLE SHOT OF ESPRESSO

espresso	70
long black	70
cappuccino/latte/piccollo/ cortado	80
flat white	110
DOBLE ESPRESSO & SILKEN MILK	
macchiato	80
koh panna	90
ESPRESSO & FRESH CREAM	
affogato	140
peanut butter & almond	140
3 of cups	200
1 FLAT WHITE; 1 ESPRESSO; 1 ICED BLEND	
mocha/mochabu	100/220
WITH CHOC/CHOC & MALIBU	
caramel cappuccino/latte	90

espresso	110
long black	110
sweet long black	120
HONEYLIME / PASSIONFRUIT / CARAMEL	
long black fruit soda	140
POMEGRANATE OR ORANGE	
espresso & fresh fruit	140
COCONUT WATER / ORANGE / WATERMELON	
shakeasom	150
SHAKEN W/ FRESH ORANGE	
shakeatonic	150
SHAKEN W/ LEMON & TONIC	
cappuccino/latte	120
caramel capp./latte	130
oat honey	150
mocha/mochabu	140/260
WITH CHOC/CHOC & MALIBU	

perfectly weighed, timed & blended

30THB TO ADD AN EXTRA ESPRESSO

30THB FOR OAT, ALMOND, SOY OR COCONUT

Hot Tea

pot of hot tea	80
ASK FOR OUR RANGE OF LEAVES	
ginger, honey, lemon	120
COLD PRESSED, RAW & ORGANIC	

DRINKS @ THE RLT

FIND PICS OF OUR FABULOUS DRINKS ON:



The Road Less
Travelled Cafe Bistro



therltsamui

Iced Tea

butterflypea lemon soda	120
earl grey orange soda	120
ginger black tea	120
COLD PRESSED, PINEAPPLE OR ORANGE	

Matcha

Hot	RAW ORGANIC HOKKAIDO	Iced
110	matcha	120
120	matcha latte	130
	coconut water	150
170	espresso fusion	180
160	cocoa fusion	170
160	caramel	170
160	peanut butter fusion	170

Ice Cold Sodas

WITH HOMEMADE PASSIONFRUIT SYRUP	
lime samui soda	90
lemon samui soda	120
WITH FRESHLY SQUEEZED LIME &	
lemon	120
orange	120
pomegranate	120
WITH COCONUT WATER	
lemon	120

soda water	30
sparkling mineral water	130

drench your quench

NO SYNTHETIC SYRUPS - ALL SWEETNESS IS HOMEMADE

WIFI: THERLTSAMUI

PASSWORD: nathonrocks

Cocoa or Caramel

Hot	ORGANIC & HOMEMADE	Iced
120	cocoa	130
120	caramilk	130
120	cocoanut	130
WITH PEANUT BUTTER		
120	caranut	130
WITH PEANUT BUTTER		

Thai

TRADITIONAL THAI DRINKS	Hot/Iced
thai tea	80
green thai tea	80
milk & sala syrup	80
THAI NOM	
thai coffee	120
SWEET MILK & DOUBLE ESPRESSO	

Milkshake

passion fruit	100
caramel	100
lime & raw honey	110

*The
Road
& Less
ravelled
CAFE BISTRO*

Smoothies & Cold Pressed

Natural, local produce

120

No extra sweetness added

buxom

BANANA MILK MANGO HONEY COCONUT WATER

groove

GUAVA PINEAPPLE BANANA

elixir

WATERMELON PINEAPPLE LIME

mangonut

MANGO ORANGE COCONUT WATER

payamelo

PAPAYA WATERMELON BANANA COCONUT WATER

drag queen

DRAGON FRUIT ORANGE LIME HONEY

ginnamon

CARROTS GUAVA PAPAYA CINNAMON

anna

PINEAPPLE ORANGE CARROT BANANA

DELUXE SMOOTHIE: 160

spirulavo

AVOCADO BANANA PINEAPPLE LIME HONEY COCONUT MILK
SPIRULINA

150

green

GUAVA KALE LIME CUCUMBER

golden

PINEAPPLE CARROT BASIL LEMON HIMALAYAN SALT

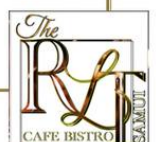
rouge

WATERMELON BELL PEPPER BEETROOT LIME GINGER

smoothie

cold pressed

FRESH & LOCAL PRODUCE, BLITZED & SQUEEZED TO PERFECTION



Afternoon Cocktail

LET'S CELEBRATE THE SUN AT ITS MOST HEDY

Afternoon Delight

AFTERNOON DELIGHT

EARL GREY VODKA PEACH LIQUEUR PASSION FRUIT CUCUMBER BITTERS

Honey Ginger

HONEY GINGER

VODKA COINTREAU GINGER HONEY LIME SPARKLING WATER

Breakfast Martini

BREAKFAST MARTINI

GIN COINTREAU LEMON MARMALADE

Espresso Martini

ESPRESSO MARTINI

320

Bloody Mary

BLOODY MARY

340

Bistro 74

BISTRO 74

PROSSECCO GIN LEMON HONEY

Clarified Coffee Fizz

CLARIFIED COFFEE FIZZ

CLARIFIED PUNCH TEQUILA ESPRESSO CARAMELISED LEMON SPARKLING WATER

360

WIFI: THERLTSAMUI

PASSWORD: nathonrocks

