



avenue | flavors

ABSOLUTE FIT FOOD

Best for: Health nuts.

Owned by the team behind Absolute Yoga, the plan starts from B1,500 a day, if you just want to give it a try, or B36,000 a month. While that might seem a pretty hefty price tag, it does guarantee you only the most natural dishes: no chemicals, processing, refining or other artificial preservatives. Dishes include ceviche, seafood quinoa paella and spring rolls. They offer a range of programs, from those for people who want to lose weight to ones tailored to prenatal and postnatal moms. Free delivery if you live in the inner city.

081-371-3721. www.absoluteyogabangkok.com



Absolute Fit Food