Get your healthy protein fix at Zing Bakery





For light breakfasts, healthy lunches or a mid-afternoon pick-me-up in Centara Grand at CentralWorld, Zing's range of salads are packed full of nutritious flavor – starting from just THB 180++.

For a protein fix, go for our recommended Grilled Chicken Tostada Salad (with avocado, salsa and sour cream) or the Smoked Duck Breast Salad with mixed greens and a citrus dressing.

Located on the ground floor of Centara Grand at CentralWorld, Zing also offers some tasty fish options (Smoked Salmon / Seared Tataki Tuna), vegetarian (Salade Nicoise), while those feeling extra hungry should opt for our Chef's Salad, which is includes an assortment of ham, Swiss cheese, pastrami, chicken breast, iceberg lettuce, tomatoes, olives and egg.

As well as salads, Zing Bakery's regular menu of sandwiches, freshly-baked pastries, cakes, homemade biscuits, and other sweet treats are also available all day, every day (07:00 to 21:00). For more information, please call us on: 02-100- 1234 ext.6485