Wellness

HEALTHY FOOD MENU

SOUP

SUPER GREEN VEGETABLE SOUP

A rich soup made from spinach, kale, broccoli, asparagus, wolffia, served with a soft poached egg

NUTRITION FACTS:
Serving Size: 1 Bowl

Calories	290 kcal
Protein	16 g
Total Fat	14 g
Carbohydrates	28 g
Dietary Fiber	9 g
Sodium	320 mg

220 THB

APPETIZER

PLA KRAPONG TOM KHAMIN

Southern-style turmeric and lemongrass poached snapper in aromatic herbal broth

NUTRITION FACTS:
Serving Size: 1 Bowl

Calories	205 kcal
Protein	32 g
Total Fat	3.5 g
Carbohydrates	8 g
Dietary Fiber	2 g
Sodium	480 mg

260 THB

CHICKEN & MANGO SALAD

Herb steamed chicken with cucumber, organic salad and spicy mango salsa

NUTRITION FACTS:
Serving Size: 1 Salad

Calories	420 kcal
Protein	36 g
Total Fat	17 g
Carbohydrates	82 g
Dietary Fiber	7 g
Sodium	210 mg

260 THB

MAIN

BABY GEM SALAD

Baby romaine, coconut flakes, sourdough croutons, homemade nori dressing, nutritional yeast and hard-boiled eggs

NUTRITION FACTS:
Serving Size: 1 Plate

Calories	430 kcal
Protein	12 g
Total Fat	32 g
Carbohydrates	26 g
Dietary Fiber	6 g
Sodium	510 mg

240 THB

YUM TA-KRAI GAI CHEEK

Shredded chicken salad with lemongrass, kaffir lime leaf, chili, peanut, tofu and lime dressing

NUTRITION FACTS:
Serving Size: 1 Plate

Calories	305 kcal
Protein	32 g
Total Fat	11 g
Carbohydrates	19 g
Dietary Fiber	3 g
Sodium	350 mg

240 THB

NUT N CHEESE

Gluten-free fusilli in a rich, creamy sauce of butternut squash, cashew nuts, and nutritional yeast.

NUTRITION FACTS:
Serving Size: 1 Platel

Calories	480 kcal
Protein	14 g
Total Fat	23 g
Carbohydrates	58 g
Dietary Fiber	7 g
Sodium	550 mg

280 THB

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MAIN

ZUCCHINI SPAGHETTI

Spiralized zucchini pasta tossed with cherry tomatoes, basil, and garlic olive oil

NUTRITION FACTS:
Serving Size: 1 Plate

Calories	160 kcal
Protein	4 g
Total Fat	11 g
Carbohydrates	14 g
Dietary Fiber	4 g
Sodium	260 mg

240 THB

PLA NEUNG MANAO

Steamed Samui island snapper served with chili, garlic, and lime sauce

NUTRITION FACTS:
Serving Size: 1 Plate

Calories	280 kcal
Protein	38 g
Total Fat	4 g
Carbohydrates	15 g
Dietary Fiber	4 g
Sodium	460 mg

280 THB

CAULIFLOWER STEAK

Roasted Cauliflower with Spices, burnt butter, pistachios, capers, dill served with beetroot hummus and chimichurri

NUTRITION FACTS:
Serving Size: 1 Plate

Calories	410 kcal
Protein	9 g
Total Fat	24 g
Carbohydrates	30g
Dietary Fiber	10 g
Sodium	360 mg

280 THB

DESSERTS

BERRY VERRINE

Layered silky cashew cream, raw tangy lemon curd, and home made mixed berry compote

NUTRITION FACTS:
Serving Size: 1 Dessert

Calories	360 kcal
Protein	6 g
Total Fat	22 g
Carbohydrates	30 g
Dietary Fiber	4 g
Sodium	20 mg

240 THB

BLUE PEA BUTTERFLY SAGO

Phatthalung sago pearls in a light butterfly-pea coconut cream, fresh longan, served in young coconut shell

NUTRITION FACTS:
Serving Size: 1 Dessert

Calories	260 kcal
Protein	2 g
Total Fat	10 g
Carbohydrates	32 g
Dietary Fiber	4 g
Sodium	40 mg

240 THB