

SEASONS

The Middle Path Thai Wellness Menu

Gut-friendly Thai inspired cuisine

light nourishing easy to digest full of flavour

ALEENTA PHUKET-PHANG NGA

DINNER DAILY 6:00 PM - 10:30 PM


MICHELIN
2025


THE LEADING HOTELS
OF THE WORLD®

WELCOME TO SEASONS

This season, the table follows the Middle Path.

SEASONS moves with time, place and nature. This season, our table turns toward Thai wellness cuisine that is lighter, gentler and more supportive of digestion, while remaining refined, beautiful and deeply connected to the Andaman coast.

Guided by AYURAH's Middle Path philosophy, the menu is designed to be light, nourishing, easy to digest and full of flavour. Our kitchen builds flavour through Thai aromatics, fresh herbs, clear broths and gentle cooking steamed, poached, simmered, banana-leaf baked, roasted and lightly charred - using coastal ingredients, local produce and the rhythm of the seasons.

Dinner unfolds in four gentle steps: a warm tonic, shared small plates, one balanced main and a light dessert. Each evening offers two set tastings: Vegetarian, or Seafood & Locally Sourced Meat. Eat slowly, share generously, and enjoy the natural rhythm of a Thai table.



A NOTE FROM OUR FOUNDER

This season's SEASONS menu was created from a simple belief: wellness cuisine should never feel like compromise. Inspired by AYURAH's Middle Path philosophy, it brings together Thai flavours, coastal ingredients and gentle cooking to create food that feels light, balanced and deeply pleasurable.

Warmly,
Anchalika Kijkanakorn
Founder, Aleenta & AYURAH Wellness

DAILY-CHANGING DINNER TASTING

Two sets each evening: Vegetarian or Seafood & Locally Sourced Meat



Menu One: The Garden / The Coastal Menu Two: The Grove / The Andaman Menu Three: The Field / The Hearth

A DAILY-CHANGING DINNER

One evening, two expressions: vegetarian or seafood and locally sourced meat.



THE GARDEN

VEGETARIAN



THE GROVE

VEGETARIAN



THE FIELD

VEGETARIAN



THE COASTAL

SEAFOOD & MEAT



THE ANDAMAN

SEAFOOD & MEAT



THE HEARTH

SEAFOOD & MEAT

SET MENU PRICING

VEGETARIAN TASTING THB 1,590++

SEAFOOD & LOCALLY SOURCED MEAT TASTING THB 1,790++

Menus rotate daily. Please ask your host which pairing is being served this evening.

MENU ONE

THE GARDEN

Two expressions of one seasonal table



THE GARDEN

A plant-based evening of Thai garden aromatics

TO BEGIN

WARM LEMONGRASS, GALANGAL & GINGER TONIC

Fresh ginger, lime and lemongrass to gently awaken the appetite.

TO SHARE

PUMPKIN, GALANGAL & THAI BASIL VELOUTE

Roasted pumpkin, lemongrass, young coconut, Thai basil and white pepper.

GARDEN GREENS, SESAME, GINGER & TOASTED RICE

Seasonal greens blanched bright with ginger, lime and toasted rice.

STEAMED TOFU, YOUNG GINGER & SPRING ONION

Steamed silken tofu with warm ginger and spring onion.

BANANA-LEAF WILD MUSHROOM PARCELS

Wild mushrooms baked in banana leaf with lemongrass, kaffir lime and Thai basil.

THE MAIN

GAENG LIANG GARDEN VEGETABLES

A light Thai herbal vegetable broth with white pepper, lemon basil and rice berry.

TO SWEETEN

GLUAY BUAT CHI

Banana gently simmered in coconut milk with a little palm sugar.

Vegetarian tasting THB 1,590++ per person

MENU ONE

THE COASTAL

Two expressions of one seasonal table



THE COASTAL

Poached seafood, clear broths and coastal Thai herbs

TO BEGIN

WARM LEMONGRASS, GALANGAL & GINGER TONIC

Fresh ginger, lime and lemongrass to gently awaken the appetite.

TO SHARE

PUMPKIN, GALANGAL & THAI BASIL VELOUTE

Roasted pumpkin, lemongrass, young coconut, Thai basil and white pepper.

GARDEN GREENS, SESAME, GINGER & TOASTED RICE

Seasonal greens blanched bright with ginger, lime and toasted rice.

STEAMED TOFU, YOUNG GINGER & SPRING ONION

Steamed silken tofu with warm ginger and spring onion.

ANDAMAN PRAWNS, LEMONGRASS & KAFFIR LIME

Local prawns poached gently with a warm lime dressing.

THE MAIN

POACHED LOCAL SEABASS, LEMONGRASS BROTH

Seabass poached in a clear galangal broth with garden vegetables

TO SWEETEN

GLUAY BUAT CHI

Banana gently simmered in coconut milk with a little palm sugar.

Seafood & locally sourced meat THB 1,790++ per person

MENU TWO

THE GROVE

Two expressions of one seasonal table



THE GROVE

A fragrant plant-based table of herbs, coconut and lime

TO BEGIN

WARM TURMERIC & GINGER TONIC

Turmeric, ginger and lime - quietly warming and bright.

TO SHARE

COCONUT, GALANGAL & KAFFIR LIME BROTH

A tom kha-style broth of coconut, galangal, lemongrass and kaffir lime.

WING BEAN, LIME, THAI HERBS & TOASTED RICE

Blanched wing bean dressed with lime, toasted rice and fresh herbs.

WARM MUSHROOM LARB

Mushrooms, toasted rice, shallot, lime and Thai herbs.

CHARRED AUBERGINE, THAI BASIL & LIME

Aubergine lightly charred with garlic, basil and a clean squeeze of lime.

THE MAIN

HOLY BASIL TOFU, THAI EGGPLANT & RICE BERRY

Tofu and Thai eggplant with holy basil, garlic and chilli.

TO SWEETEN

MELON, LEMONGRASS, LIME & THAI BASIL

Chilled melon in a light lemongrass syrup with lime and Thai basil.

Vegetarian tasting THB 1,590++ per person

MENU TWO

THE ANDAMAN

Two expressions of one seasonal table



THE ANDAMAN

Banana-leaf fish, aromatic broths and Andaman flavours

TO BEGIN

WARM TURMERIC & GINGER TONIC

Turmeric, ginger and lime - quietly warming and bright.

TO SHARE

COCONUT, GALANGAL & KAFFIR LIME BROTH

A tom kha-style broth of coconut, galangal, lemongrass and kaffir lime.

WING BEAN, LIME, THAI HERBS & TOASTED RICE

Blanched wing bean dressed with lime, toasted rice and fresh herbs.

WARM MUSHROOM LARB

Mushrooms, toasted rice, shallot, lime and Thai herbs.

ANDAMAN FISH & LEMONGRASS CLEAR BROTH

Local fish in a clear broth of lemongrass and galangal.

THE MAIN

HOR MOK PLA

Local fish steamed in banana leaf with gentle red curry and kaffir lime.

TO SWEETEN

MELON, LEMONGRASS, LIME & THAI BASIL

Chilled melon in a light lemongrass syrup with lime and Thai basil.

Seafood & locally sourced meat THB 1,790++ per person

MENU THREE

THE FIELD

Two expressions of one seasonal table



THE FIELD

Earthy vegetables, Thai herbs and slow-roasted sweetness

TO BEGIN

WARM GINGER, KAFFIR LIME & LEMONGRASS TONIC

Clean, aromatic and gently warming.

TO SHARE

SPINACH & GALANGAL SOUP

Spinach, Thai herbs, galangal, young coconut and white pepper.

ROASTED PUMPKIN, THAI BASIL & TOASTED SEEDS

Pumpkin with lime-coconut dressing, kaffir lime zest and toasted seeds.

TURMERIC-ROASTED CAULIFLOWER & LONG BEAN

Roasted cauliflower, just-blanching long beans and ginger.

NORTHERN YOUNG JACKFRUIT & THAI HERBS

Young jackfruit simmered with a Northern Thai herb paste and Thai basil.

THE MAIN

ROASTED BEETROOT, COCONUT & THAI HERBS

Slow-roasted beetroot with toasted coconut, lime, Thai herbs and rice berry.

TO SWEETEN

WARM PINEAPPLE, LIME & TOASTED COCONUT

Warm pineapple with lime, toasted coconut and a whisper of chilli-salt.

Vegetarian tasting THB 1,590++ per person

MENU THREE

THE HEARTH

Two expressions of one seasonal table



THE HEARTH

Gentle braises, banana-leaf fish and warm Thai aromatics

TO BEGIN

WARM GINGER, KAFFIR LIME & LEMONGRASS TONIC

Clean, aromatic and gently warming.

TO SHARE

SPINACH & GALANGAL SOUP

Spinach, Thai herbs, galangal, young coconut and white pepper.

ROASTED PUMPKIN, THAI BASIL & TOASTED SEEDS

Pumpkin with lime-coconut dressing, kaffir lime zest and toasted seeds.

TURMERIC-ROASTED CAULIFLOWER & LONG BEAN

Roasted cauliflower, just-blanching long beans and ginger.

SOUTHERN TURMERIC FISH IN BANANA LEAF

Local fish baked with Southern turmeric aromatics and kaffir lime.

THE MAIN

SLOW-BRAISED BEEF IN AROMATIC BROTH

Beef gently braised with star anise, cinnamon and ginger, blanched greens and rice berry.

TO SWEETEN

WARM PINEAPPLE, LIME & TOASTED COCONUT

Warm pineapple with lime, toasted coconut and a whisper of chilli-salt.

Seafood & locally sourced meat THB 1,790++ per person

WELLNESS DRINKS

Fresh juices and tonics to support the rhythm of the table

FRUIT-BASED JUICES

ENZYME PLUS	220.-++	CLEAR SIGHT	180.-++
Papaya, Pineapple & Basil		Carrot, Passion Fruit, Pineapple, Lime	
REFRESH	220.-++	DETOX	200.-++
Passion Fruit, Lime & Mint		Green Apple, Beetroot, Pineapple	
HYDRATION PLUS	220.-++	IMMUNE PROTECTION	280.-++
Watermelon & Pineapple		Dragon Fruit, Pineapple, Guava	
ACTIVE CIRCULATION	220.-++	RECOVERY	280.-++
Beetroot, Apple, Passion Fruit		Coconut, Beetroot, Turmeric, Ginger, Lime	
VITALIZE	280.-++		
Green Apple, Pineapple, Cucumber, Lime			

VEGETABLE JUICES

ANTIOXIDANT SHIELD	220.-++	VASCULAR PROTECTION	220.-++
Cucumber, Celery, Spinach, Kale, Lemon, Green Apple, Ginger		Beetroot, Carrot, Cucumber, Lemon, Ginger, Apple	
DEFENSE PLUS	220.-++		
Carrot, Celery, Cucumber, Ginger, Lemon, Orange			

VEGETABLE JUICES

FRESH YOUNG COCONUT	180.-++	FRESH ORANGE JUICE	180.-++
Organic Phuket Coconut		Freshly Squeezed	
FRESH LIME SODA	220.-++		
Homemade			

PROTEIN SHAKES

DAIRY PROTEIN SHAKE	260.-++	PLANT-BASED PROTEIN SHAKE	280.-++
Milk, Banana, Cashew		Soy Milk, Banana, Cashew	

Please inform us of any allergies or dietary preferences.
Vegan, gluten-free, dairy-free, nut-free and Jain vegetarian adaptations are available with notice.



SEASONS

Thank you for dining with us

A TABLE THAT CHANGES WITH NATURE

Thank you for choosing SEASONS. We hope this evening has offered a lighter, more nourishing way to enjoy Thai-inspired cuisine - refined in flavour, gentle in feeling and connected to the coast around us.

Our menu changes daily with the season, the harvest and the rhythm of the kitchen. We look forward to welcoming you back for a new expression of the Middle Path table.

SEASONS

Open daily from 6:00pm to 10:30pm