



### WELLNESS CUISINE

#### **NUTRITIOUS STARTERS**



STEAMED EDAMAME GF VE HP LF

Steamed young Japanese beans High protein, fiber, vitamins, minerals, supports heart, bone health.



#### SEARED SESAME CRUSTED TUNA GF HP LF LC HT 380 WITH QUINOA SALAD

Seared Andaman Sea tuna fillet served with steamed quinoa salad organic coconut oil and coconut cider vinaigrette, High protein, fiber, rich in vitamins, minerals; gluten-free, nutritious.



#### 290 TEMPEH SILKY TOFU HP LC LF HT VE GF GI RICEBERRY ROLLS

Rice berry paper wrap, crispy organic veggies, seared tempeh, organic silky tofu garden herbs, Lime, chili dipping High protein, probiotics, rich in vitamins, minerals, aids digestion.



#### TUFU-LETTUCE GF HP LF HT LC VE GI MIANG KAM DIY

Baby roman, toasted rice, shallots, lime, cilantro, crumbled tofu organic tamarind vinaigrette High protein, iron, calcium, low calorie, rich in nutrients.



KETO MACKEREL GF GI LC HP HT §

Seared mackerel fillet, crushed Chiang Mai avocado, quail eggs, Walnut, Keto diet ketones provide Neuroprotective benefits, enhancing brain and nerve health.



VEGAN MUSHROOM GF VE

This delicious & creamy mushroom is dairy free, gluten free, and is made without any added flour. It's made with wild mushrooms, light yet creamy.

Dairy Nuts Pork Seafood GI Low Glycemic Index VE Vegan GF Gluten Free LC Low Carb **HP** High Protein LF Low Fat HT Heart Healthy R Raw Food ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

## WELLNESS CUISINE

#### MAIN COURES

580



CHARRED SALMON & CRISPY VEGGIES GF GI LC

Line caught salmon fillet, steamed quinoa, jicama, walnut, cucumber and radish, Rich in omega-3, protein, astaxanthin, may reduce heart disease risk.



VEGAN BURGER GF GI ®

Lentils patty, organic whole wheat bun, vegan mayonnaise, English mustard, sweet potato fries. Rich in minerals, vitamins C, K, folate, high in nutrients.



STEAMED SNAPPER FILLET WITH GF GI LF

White snapper, raw French beans, kaffir lime leaf, cilantro in dry chili & lime vinaigrette Lowers triglycerides, blood pressure, inflammation, heart disease, stroke risk, provides omega—3.



LOTUS ROOT & VEGGIES GI VE

Fresh lotus root, asparagus, spinach, pumpkin, coconut milk, sambal curry, rice berry Rice berry's Vitamin B, pyridoxine, reduces stress, irritability, headaches.

320



FREE RANGE CHICKEN BREAST GF HP LF LC GI HT 390

Steamed and lightly seared organic chicken breast, sauteed crispy spring veggies lime vinaigrette **High protein**, **low fat, provides vitamins, minerals, aids muscle growth**.



•• KITE SURFING

Catch a wave and feel your adrenaline soar while trying out kitesurfing in the Gulf of Thailand, the Aleenta is positioned in the most perfect beach for kitesurfing, come and give it a try with us. Check with our front office for the kite surfing equipment.

⑤ Dairy
 ⑥ Nuts
 ⑥ Pork
 ⑥ Seafood
 GI Low Glycemic Index
 VE Vegan
 GF Gluten Free
 LC Low Carb
 HP High Protein
 LF Low Fat
 HT Heart Healthy
 R Raw Food

### LNESS CUISI

#### SUPER BOWLS

390



BUDDHA BOWL GF GI VE HT S

Featuring homemade tahini sauce, avocado, curried chickpeas toasted sweet potato, broccoli and quinoa no diary, gluten free, vegan, high protein, low glycemic index, high fiber, all superfood goodness



Salmon, tuna, avocado, edamame, salmon roe, tamago, mango, berry rice, and other superfood ingredients makes this a healthy and satisfying



CRAB MEAT INCA SALAD BOWL GI LC .

510 Giant lump crab meat served with quinoa tri color salad and nam yum



HIGH-PRO BOWL GF VE HP LC HT GI 🔊 Chickpeas, black beans, Local craft soft tofu, tempeh, steamed



GLOW BOWL VE GF R GI HT Powerful antioxidant super food snack

STEAMED PRAWNS & FRUIT SALAD LC LF GF . 490 Market steamed king prawns, Thai herbs, diced seasonal fruit and citrus chili dressing

Dairy Nuts Pork Seafood GI Low Glycemic Index VE Vegan HP High Protein HT Heart Healthy R Raw Food GF Gluten Free LC Low Carb LF Low Fat

# WELLNESS CUISINE

#### SUPER BOWLS



#### RICH, SMOOTH, CREAMY AND REFRESHING ACAI BOWLS ARE HERE AT ALEENTA BRACH CAFE!

Enjoy our guilt free food with premium fresh fruit and superfood toppings. We use Single Origin Acai to keep consistency in taste and quality, and our bowls are crafted with passion and care and taste as great as they look!

#### **ACAI BENEFITS**

- Immunity Booster
- Promotes Glowing Skin
- · Muscle Recovery

- · Healthy Fats
- · Good Digestion
- · Lower Cholesterol



ACAI GREEK YOGURT BOWL HT LC 🔊 📵

Acai puree, Greek yogurt, Frozen banana, Fresh kiwi, Fresh strawberry, Fresh blueberry, Fresh mango, Coconut flakes, Pumpkin seeds, Sunflower seeds, Homemade granola



CRUNCHY NUTTY ACAI BOWL HP LC §

370

Acai berry powder, Almond milk, Frozen banana, Frozen blueberry, Frozen strawberry, Peanut butter, Sliced banana, Coconut flakes, Pumpkin seeds, Sunflower seeds, Flax seeds, Homemade granola



GREEN AVOCADO ACAI BOWL HT LC S

Acai puree, Almond milk , Young baby spinach, Frozen Banana Avocado green, Fresh blueberry, Fresh kiwi, Peanut butter, Walnut, Fresh blueberry, Coconut flakes

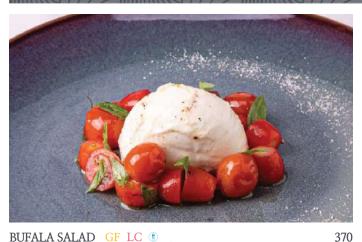


MIXED BERRY ACAI BOWL HT LC §

370

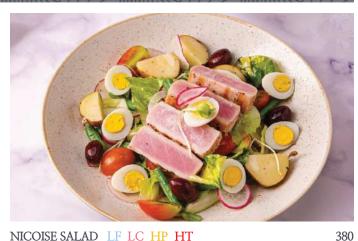
Acai berry powder, Almond milk, Peanut butter, Frozen blueberry, Frozen blackberry, Frozen strawberry, Frozen blueberry, Dried goji berry, Chai seeds, Flax seeds, Homemade granola, Coconut flakes

#### SALAD & APPETIZER



BUFALA SALAD GF LC (8)

Buffalo mozzarella "bocconcino", vine cherry tomato (raw and roasted), basil leaves, extra virgin olive oil.



NICOISE SALAD LF LC HP HT

Char grilled tuna fillet, green haricot, tomato, hard boiled quail eggs, new potato anchovies, kalamata olives, lemon vinaigrette



ALEENTA GREEK SALAD GI GF LF R ®

Fresh cucumber and mint salad with feta, made of chopped raw cherry tomatoes bel pepper, cucumber, parsley and feta cheese



300

BACON HONEY DIJON SALAD HP 👀 🖶 🗈

A delicious mix of cos, cherry tomatoes, almond sticks, bacon shredded parmesan cheese, croutons and honey lemon dressing



ALEENTA WALDORF SALAD GF LC VE §

Organic mix lettuce, celery, grapes, walnut, green apple in plant-based ranch dressing (plant-based mayo and yogurt)



• SPA BUFFET

Create your own exclusive Ayurah wellness experience with your favorite treatment choices. Wellness massage therapy | Body polish Body nourishment | Beauty elegance: Duration 2 hours

Dairy Nuts ● Pork Seafood GI Low Glycemic Index VE Vegan GF Gluten Free LC Low Carb HP High Protein LF Low Fat HT Heart Healthy R Raw Food

#### SALAD & APPETIZER





PROSCIUTTO & MELON GI GF 🖘

A genius twist on traditional melon and Parma, our chef lovingly grills the watermelon until it's fragrant and naturally sweeten which then set off the aromatic authentic prosciutto di Parma 18 months that we have selected to present to you



TUNA OR SALMON TARTAR R GI HT

Diced Andaman tuna fillet or Tasmanian salmon with citrus dressing, Chiang Mai avocado garden herbs Organic leaves and lime

320

### SALAD & APPETIZER



HUMMUS TACO VE LF HT S

Crispy corn taco shell, organic mix lettuce, hummus, shallot,



SEA-BASS TACO HP HT GI

Seared sea-bass, crispy corn taco shell, guacamole mayo, organic lettuce selection, lemon



AUS beef, cheddar cheese, onion, tomato, lettuce, sour cream



310

CRISPY CALAMARI . Crispy crumbed Pak Nam Pran squid and tartare sauce



ORGANIC TOMATO SOUP LF VE HT GI

250 Garden ripe tomatoes creamy soup, with garlic whole wheat bread croutons and virgin olive oil



HUA HIN SEAFOOD SOUP

Medley seafood catch of the day, garlic, cherry tomatoes, Hua Hin with wine, parsley Served with crispy garlic bread

Dairy Nuts Pork Seafood GI Low Glycemic Index VE Vegan **HP** High Protein HT Heart Healthy R Raw Food **GF** Gluten Free LC Low Carb LF Low Fat ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

#### MAIN COURES



ANGEL HAIR SEAFOOD AGLIO E OLIO .

Easy delicious spaghetti with seafood, olive oil, garlic and chili flakes



CLASSIC BEEF RAGU HP ®

Fettuccine pasta with classic beef stew, parmesan cheese



WITH EGG YOLK, NO CREAM

Artisanal spaghetti pasta, Aleenta organic farm egg & parmesan cheese sauce crispy guanciale ham, black pepper



PENNE AI GAMBERI •

Penne pasta with market king prawns, zucchini, Hua Hin white wine creamy tomato sauce

390



•• ALEENTA BEACH CAFE

Our Beach Cafe is the perfect hangout for enjoying a coffee, fresh juice or snack with a superb view of the ocean. Open daily 12pm - 7pm



•• ALEENTA BAKERY

Aleenta Bakery fresh bread and pastries are served daily and complemented with an extensive coffee range. Enjoy home-made cakes and pastries. Fresh bread, rolls, and croissants for take away.

Dairy GF Gluten Free LC Low Carb

Nuts

Pork

Seafood

**HP** High Protein

GI Low Glycemic Index VE Vegan

LF Low Fat

HT Heart Healthy R Raw Food

### MAIN COURES



LOBSTER 'TERMIDOR' • •

Andaman lobster au gratin in mushroom bechamel

WHOLE / HALF

1800 / 1000



SALMON FILLET LC HP HT
Seared salmon fillet with lemon and wild rice



CHICKEN PUTTANESCA LC GF HT 390
Pan seared organic breast of chicken with white wine tomato sauce, cherry tomatoes Capers, black olives served with wilted spinach

#### FROM THE CHAR GRILL



MIX SEAFOOD PLATTER . LC GF

Half lobster, 4 tiger prawns, sea bass fillet, Pak-Nam Pran calamari

#### SAUCE OPTIONS (CHOOSE UP TO 2) LC GF

Chimichurri, Mustard Trio, Garlic Herb Butter, Homemade Teriyaki

SIDE DISH GF GI ® §

Organic green salad with walnut and house made vinaigrette dressing, Sauteed spinach with butter and garlic, Sweet potato fries (with truffles add THB 100), Truffle organic green salad (add THB 100)

> Dairy Seafood GI Low Glycemic Index VE Vegan Nuts ● Pork GF Gluten Free LC Low Carb HP High Protein LF Low Fat HT Heart Healthy R Raw Food ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

#### FROM THE CHAR GRILL



INTRODUCING TAJIMA WAGYU 4/5 TENDERLOIN HP LC GF



LOBSTER • LC GF HALF / WHOLE

1000 / 1800



Half lobster, 4 tiger prawns, sea bass fillet, Pak-Nam Pran calamari



AUSTRALIAN GRAIN FED RIB EYE STEAK HP LC GF

FREE RANGE CHICKEN BREAST HP LC LF HT GF GI 390

SAUCE OPTIONS (CHOOSE UP TO 2) LC GF

Chimichurri, Mustard Trio, Garlic Herb Butter, Homemade Teriyaki

SIDE DISH GF GI (8) (8)

Organic green salad with walnut and house made vinaigrette dressing, Sauteed spinach with butter and garlic, Sweet potato fries (with truffles add THB 100), Truffle organic green salad (add THB 100)

® Dairy № Nuts ● Pork ● Seafood GI Low Glycemic Index VE Vegan
GF Gluten Free LC Low Carb HP High Protein LF Low Fat HT Heart Healthy R Raw Food
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### SALAD & APPETIZER



"LOBSTER" YUM SOM-O | WHOLE / HALF  $\,$  GF  $\,$  LC  $\,$   $\,$   $\,$   $\,$ 

1800 / 1000

Steamed Andaman lobster, pomelo, roasted coconut, crumble peanut, mint 'yaam' traditional dressing



**GAI RUE MOO SATAY** LC HP • Grilled chicken or pork satay with peanut sauce and cucumber pickle

YUM WOON SEN TALAY LF 

Spicy glass noodles salad with prawn, squid and mussels

350

#### SALAD & APPETIZER

290

220



TOD MUN PLA LC HP

Snapper fillet curried fritters & string beans with sweet chili sauce



370

350

250 / 350

TOM YUM GOONG HT .

Traditional spicy prawn soup with lemongrass broth and chili oil



POR PIA SOD VE LF

Fresh farm veggies wrapped in brown rice paper with sweet chili sauce



SOM TUM SEAFOOD GF LC CHICKEN / BLUE CRAB

Green organic papaya salad, dried shrimps, tamarind dressing

#### •• ALEENTA BEACH DINNER EXPERIENCE

Join us for a wonderful evening of exotic cuisine and delicious win, whilst dining under the canopy of Mother Nature's natural beauty.



#### •• FAMILY MOVIE NIGHTS AT ALEENTA HUA HIN

Join us every friday for a pleasant movie night session for the whole family! with homemade popcorns, mini hot–dogs and sweets. Time: Every Friday, from 7pm to 9pm

® Dairy
 Nuts
 ● Pork
 ● Seafood
 GI Low Glycemic Index
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#### **CURRIES AND SEAFOOD**



SEA-BASS FILLET NEUNG MANAO HP LC LF HT GF GI 590 Steamed sea-bass fillet in young garlic & garden-fresh chili served with Chinese Cabbage



**KUNG PAD NAM MAKHAM LC** • • Wok sauteed king prawns in tamarind sweet chili sauce

580



GAENG KIEW WAN GAI LC GF
Creamy of coconut green curry chicken or pork or beef or seafood



PANANG BEEF TENDERLOIN HP LC GF
Shredded local beef tenderloin in aromatic orange coconut curry
CHICKEN

320

320

420

#### RICE, NOODLE AND WOK

340



Traditional wok fried rice noodles with prawn, vegetable and tamarind sauce



GAI PAD MED MA MUANG HP 
Wok fried chicken with cashew nut and vegetable with chili oyster sauce

fried rice noodies with prawn, vegetable and tamaring sauce

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#### RICE, NOODLE AND WOK



KHAO PAD PORK 250 Fried rice with pork chicken or seafood, onion tomato mixed vegetable and fried

CHICKEN / SEAFOOD . 250 / 280



JASMINE RICE (Khao Hom Mali) VE GF

Jasmine rice is grown primarily in Thailand. It is moist and soft in texture when cooked, with a slightly sweet flavor. The grains cling and are somewhat sticky when cooked.



PAD KRA PAO CHICKEN 290 Stir fried pork or chicken with spicy holy basil sauce served with rice, fried egg TOFU / PORK / SEAFOOD 220 / 290 / 320



ORGANIC BERRY RICE VE GF

Riceberry's signature characteristics originate from crossing two renowned rice strains from Thailand. This combination also makes Riceberry rich in antioxidants and minerals.

70

370

#### PAK NAM PRAN SPECIALITY



YUM CHA CHRAM LC .

Cha charm local Thai vegetable mixed with Thai herbs and seafood



YUM PAK KOOD THALAY LC GF .

Poached fern salad with medley seafood, crispy shallots & sweet chili

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#### PAK NAM PRAN SPECIALITY

270



MUEK KHAI YAANG HP LC 
Seared calamari eggs skewers with spicy Thai seafood sauce



250

HORMOK YAANG HP LC
Char grilled Fish & curry mousse wrapped in banana leaves



**GAENG POO BAI CHA PLU** • Yellow curry with blue crab meat and wild pepper leaves served with rice noodles



PAD PAK KOOD FAI DANG LC GI • 160 wok sauteed fern with garlic, chili, oyster sauce, fermented bean & soya sauce



•• BICYCLE ROUTE AROUND THE RESORT

Aleenta Hua Hin is the perfect destinations for enthusiastic cyclists, training triathletes, ironman hopefuls, or even just families who enjoy taking scenic bike rides together.



•• ALMS – GIVING TO MONKS

Tak Bat it's an important part of culture in Thailand. Tak Bat is about showing goodness to others, doing good deeds and being a good person. Join us in the alms-giving ceremony daily. Kindly check with our front office for more information.

### BETWEEN BREAD

#### BURGER AND SANDWICH



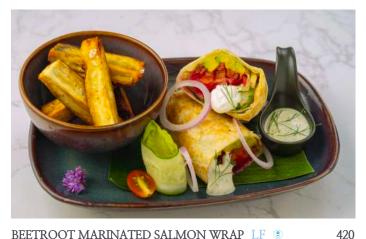


An authentic club sandwich with all its trimmings and fanfare that makes this dish your favorite go to comfort food Perfectly balanced within the homemade toast are the perfectly fried eggs, streaky smoke bacon and smoked chicken and of course crunchy lettuce and heirloom tomatoes



ALEENTA SIGNATURE BURGER

This is no ordinary burger; we make it with love. The bun is freshly baked in the bakery high grade beef patty topped with fried egg on melted cheddar, bacon and slowly caramelized onions, served with hand cut fries.



BEETROOT MARINATED SALMON WRAP LF ® seared salmon fillet marinated in beetroot juice and garden herbs, dill sour cream—mayo, Avocado, roasted peppers.

180

**FRENCH FRIES**Homemade potato fries with condiments



#### •• ALEENTA FARMER MARKET

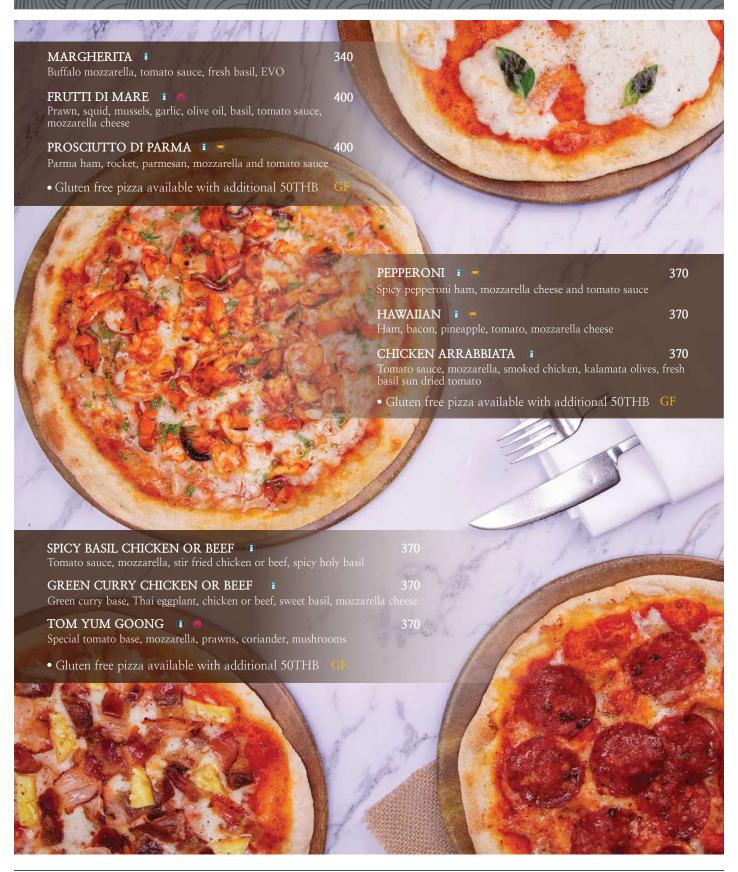
We will be selling items from the Aleenta organic farm, including:

- Fresh organic vegetables
- Spa products including floral mist, body butter, natural insect repellents
- Full range of Ayurah wellness guest room amenities
- Handmade soap, cut to order, all organic, no chemical
- Bakery product...and many more!
- Aleenta farmers market is open daily 9am 6pm

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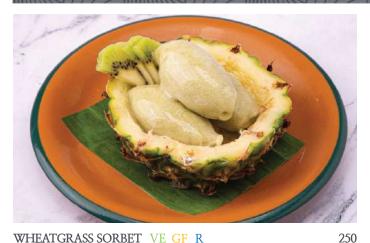
### BETWEEN BREAD

#### PIZZA



### DESSERT & FRUIT

#### HEALTHY SWEETS



WHEATGRASS SORBET VE GF R Wheat grass juice and protein, kiwi, pineapple, coconut flower syrup Wheatgrass rich in potassium, fiber, vitamins, and essential minerals.



PAK NAM PRAN FRUIT SALAD Organic tropical fruit selection in pandan & stevia syrup Rich sources of under-consumed nutrients like potassium, fiber, Vitamin C.



CHIA PUDDING VE GF R 260 White chocolate, organic chia seeds, coconut milk, yellow mango Chia seeds, a powerhouse of nutrition, brim with fiber, protein, and omega-3s



LIME & MATCHA RAW TART HP LC VE GF R • Raw cake biscuit, Chiang Mai organic matcha tea, lime, cashew nut Matcha, with its abundance of antioxidants and metabolism-boosting properties, is rich in vitamins and minerals.



RAW CHOCOLATE TART VE GF R • 270 Siamaya 85%(Thai local produced) dark chocolate, strawberry, chia jam, raw cacao nibs, hazelnut, cashew, raisins

Dark chocolate, rich in flavonoids, improves blood flow, lowers cholesterol.



COCONUT ICE CREAM Traditional coconut ice cream mixed with 'Lod chong' traditional dessert and jack fruit topping with peanuts

Seafood Dairy Nuts Pork GI Low Glycemic Index VE Vegan HT Heart Healthy R Raw Food GF Gluten Free LC Low Carb HP High Protein LF Low Fat ALL PRICES ARE SUBJECT TO 10% SERVICE CHARGE AND 7% GOVERNMENT TAX

# DESSERT & FRUIT

#### SWEET TOOTH





MANGO STICKY-RICE 
Ripe yellow mango, sweet sticky rice, coconut cream, sesame



COCONUT CREME BRULEE 
• 
©
Organic coconut crème brulee, passion fruit sorbet

**HOMEMADE CHEESECAKE** © Choices of strawberry, mango or blueberry toppings



Arabica espresso coffee and mascarpone cheese mousse, lady finger biscuit coco dust

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250





