

ELLNESS CUISINE-

NUTRITIOUS STARTERS



KETO MACKEREL GF GI LC HP HT

Seared mackerel fillet, crushed Chiang Mai avocado, quail eggs, Walnut, ketones that generate during the keto diet provide Neuroprotective benefits, strengthening and protecting the brain



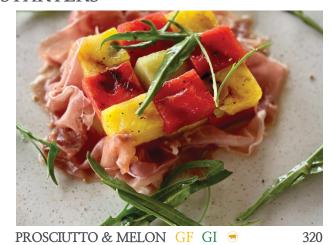
VEGAN MUSHROOM GF VE

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. It's heart healthy, low fat, and oh so good.



SEA-BASS TACO HP HT GI

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



A genius twist on traditional melon and parma, Our chef lovingly grill 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



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



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

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

WELLNESS CUISINE

MAIN COURSES



CHARRED SALMON & CRISPY VEGGIES

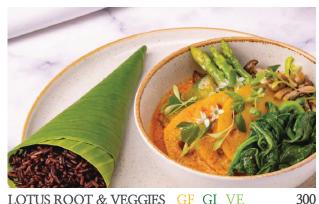
GF GI LC 560

Line caught salmon fillet, steamed quinoa, jicama, walnut, cucumber and radish rich in omega-3 fatty acids, great source of protein, contains the antioxidant astaxanthin, may reduce the risk of heart disease.



BAKED CAULIFLOWER GF GI (§

Cauliflower, roasted tomato, basil, parmesan cheese, mozzarella, pine nuts in addition to featuring a host of vitamins and minerals, cauliflower also contains important phytonutrients, many which have antioxidant activity



LOTUS ROOT & VEGGIES GF GI VE MILD VEGAN CURRY

Fresh lotus root, asparagus, spinach, pumpkin, coconut milk, sambal curry, rice berry have Vitamin B complex, which has a compound known as pyridoxine. This compound interacts with neural receptors in the brain, which are responsible to reduce stress, irritability and headaches



GF GI LF 420

White snapper, raw french beans, kaffir lime leaf, cilantro in dry chili & lime vinaigrette lowering triglycerides, blood pressure, inflammation, macular degeneration and reducing the risk of heart disease and stroke. It also provides a lean source of omega-3 fatty acids, proteins and minerals



TERIYAKI TOFU GI VE

350

Wok sautéed tofu, broccoli, carrots, roasted cherry tomatoes, sesame, organic berry rice good source of protein and contains all nice essential amino acids. It is also a valuable plant source of iron and calcium and the minerals manganese and phosphorous in addition to this, it also contains magnesium, copper, zinc and Vitamin B1



VEGAN BURGER GI VE 🦠

320

Lentils patty, organic whole wheat bun, vegan mayonnaise, english mustard, sweet potato fries. High in minerals, such as calcium, phosphorous, magnesium, and potassium. Lentils are packed with Vitamin C, Vitamin K, and folate

WELLNESS CUISINE

SUPER BOWLS



WELLNESS BOWL GI HP

420

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



CRAB MEAT INCA SALAD BOWL GI LC • \$\infty\$ 490
Giant lump crab meat served with quinoa tri color salad and nam yum



•• ALEENTA BEACH DINING EXPERIENCE

Join us for a wonderful evening of exotic cuisine and delicious win, whilst dining under the canopy of Mother Nature's natural beauty. Cool breezes and sumptuous food are but the beginning of this evening. Our team will personally attend to your every need,

whilst feeling totally alone on this romantic beach.



BUDDHA BOWL GF GI VE HT

380

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



230

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



•• 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.

Don't forget to spend some time here whilst visiting Aleenta Open daily 12pm - 7pm

ALL DAY YUMMIES

HEALTHY FOOD



Rich, smooth, creamy and refreshing Acai Bowls are here at Aleenta Beach 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

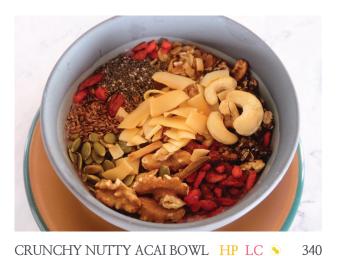
- Immunity Booster
- Promotes Glowing Skin
- Muscle Recovery

- · Healthy Fats
- Good Digestion
- Lower Cholesterol



ACAI GREEK YOGURT BOWL HT LC • 340

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

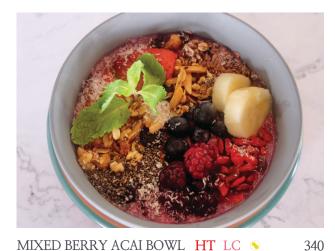


Acai berry powder, Almond milk, Frozen banana, Frozen blueberry, Frozen strawberry, Peanut butter, Sliced banana, Coconut flakes, Pumpkin seeds, Sunflower seeds, Flax seeds, Homemade granola



GREEN AVOCADO ACAI BOWL HT LC

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



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

WESTERN COMFORT



BUFFALA SALAD LG LC GF ®

350

Buffalo mozzarella" Bocconcino ",vine cherry tomato(Raw & Roasted), basil leaves, extra virgin olive oil.



ALEENTA CLUB SANDWICH HP HT 😠 380

An authentic club sandwich with all it's 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



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

280



NICOISE SALAD

HP HT LF

F L

360

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



ALEENTA SIGNATURE BURGER

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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.



FRENCH FRIES

150

Homemade potato fries with condiments

WESTERN COMFORT





BACON HONEY DIJON SALAD HP © © © 280 A delicious mix of cos, cherry tomatoes, almond sticks, bacon, shredded parmesan cheese, croutons and honey lemon dressing



ALEENTA WALDORF SALAD LC GF VE 280 Organic mix lettuce, celery, grapes, walnut, green apple in plant-based ranch dressing (plant-based mayo & yogurt)

WESTERN COMFORT



MEDITERRANEAN BARLEY SALAD GF LC ® 290

Organic barley, feta cheese, roasted heirloom tomatoes, red onion, kalamata olive, bell pepper. Full of fiber, vitamins, and minerals (potassium, folate, iron, and Vitamin B6) supporting cardiovascular health.



ALEENTA GREEK SALAD GIR LF GF ®

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



ANGEL HAIR SEAFOOD AGLIO E OLIO • 350
Easy delicious spaghetti with seafood, olive oil, garlic and chili flakes



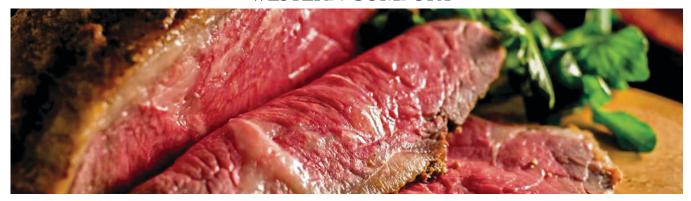
CLASSIC BEEF RAGU HP ®
Fettuccine pasta with classic beef stew, parmesan cheese



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

SPAGHETTI CARBONARA HP (8) 📻 350 Artisanal spaghetti pasta, Aleenta organic farm egg & parmesan cheese sauce, crispy guanciale ham, black pepper

WESTERN COMFORT



INTRODUCING TAJIMA WAGYU 4/5 TENDERLOIN HP

1750

Tajima Wagyu Tenderloin, known for intricate marbling. We have selected the 4-5 for you here. Special limited time only while supply lasts. Served with a selection of 2 side dishes and 2 sauces

SAUCE OPTIONS (CHOOSE UP TO 2)

Chimichurri • Mustard Trio • Garlic Herb Butter • House Made Teriyaki

SIDE DISH (CHOOSE 2)

Cauliflower gratin

• Sautéed spinach with butter and garlic

• Sweet potato fries (with truffles add THB100)

Organic green salad with walnut and house oil and vinaigrette dressing

• Truffle organic green salad (add THB100)

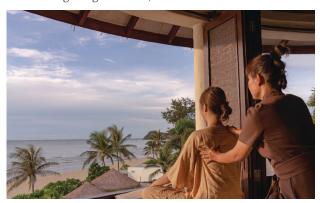


AUSTRALIAN GRAIN FED RIB EYE STEAK HP

940

Prime cut of Rib Eye steak, served with hand cut fries, Caramelized onion, and roasted garlic.

Optional sauces: Mustard trio or teriyaki Wine Pairing one glass THB1,200



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



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.

® 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

THAI FAVORITES



THAI FAVORITES



PAK NAMPRAN SPECIAL



YUM CHA CHRAM LC S S
Cha chram local Thai vegetable mixed with Thai herbs and seafood



GAENG POO BAI CHA PLU
Solution 390
Yellow curry with blue crab meat and wild pepper leaves served with rice noodles



MUEK KHAI YAANG LC HP • 290
Seared calamari eggs skewers with spicy Thai seafood sauce



TOD MAN PLA HP LC 290
Snapper fillet curried fritters & string beans with sweet chili sauce

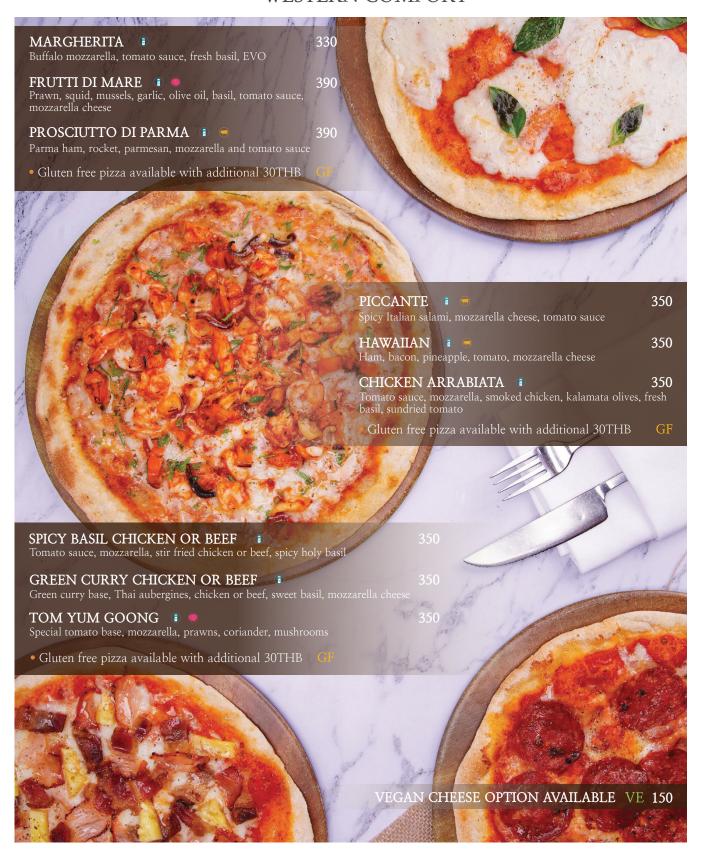


Wok fried chicken with cashew nut and vegetable with chili oyster sauce



JASMINE RICE GF VE 50 ORGANIC BERRY RICE GF GI VE 70

WESTERN COMFORT



WELLNESS CUISINE

HEALTHY SWEETS



PAK NAM PRAN FRUIT SALAD VE GF R 240

Organic tropical fruit selection in pandan & stevia syrup sources of many essential nutrients that are under consumed, including potassium, dietary fiber, Vitamin C, and folate (folic acid). Diets rich in potassium may help to maintain healthy blood pressure



WHEATGRASS SORBET VE GF R 210

Wheat grass jus & protein, kiwi, pineapple, coconut flowers syrup wheatgrass is a source of potassium, dietary fiber, Vitamin A, Vitamin C, Vitamin E (Alpha tocopherol), Vitamin K, thiamin, riboflavin, niacin, Vitamin B6, pantothenic acid, iron, zinc, copper, manganese, and selenium



HOMEMADE TRADITIONAL COCONUT ICE CREAM VE §

Traditional coconut ice cream mixed with Lod chong traditional dessert and jack fruit topping with peanuts



RAW CHOCOLATE TART VE GF R S 250

Siamaya 85%(Thai local produced) dark chocolate, strawberry/chia jam, raw cacao nibs, hazelnut, cashew, raisins dark chocolate also contains antioxidants called flavonoids which improves blood flow and lowers blood pressure, also help in lower levels of low-density lipoprotein (ldl) cholesterol in the body and increase levels of high-density lipoprotein (hdl) cholesterol



CHIA PUDDING VE GF R

240

White chocolate, organic chia seeds, coconut milk, yellow mango chia seeds are one of the most nutritious foods on the planet. They're loaded with fiber, protein, omega-3 fatty acids and various micronutrients



•• ALEENTA FARMER MARKET

We will be selling items from the Aleenta organic farm Aleenta farmers market is open daily 9am – 6pm

150

SWEET TOOTH





COCONUT CREME BRULEE

Organic coconut crème brulee, passion fruit sorbet

250



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

TIRAMISU ® 260

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



HOMEMADE CHEESECAKE
Choices of strawberry, mango or blueberry toppings

220