

FULL BOARD HALF BOARD MENU

LUNCH & DINNER

STARTER



KETO MACKEREL GF GI LC HP HT 🥚

Seared mackerel fillet, crushed Chiang Mai avocado, quail eggs, pecan. Ketones that generate during the keto diet provide neuroprotective benefits, strengthening and protecting the brain and nerve cells.



HUMMUS TACO VE LF HT 🥚

Crispy corn taco shell, butter head lettuce, hummus, shallot, confit tomato



MEDITERRANEAN BARLEY SALAD GF LC 🥛

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.



PROSCIUTTO & MELON GF GI 🥚

A genius twist on traditional melon and Parma, 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



VEGAN MUSHROOM SOUP 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.



GAI RUE MOO SATAY HP LC 🥚

Grilled chicken or pork satay with peanut sauce and cucumber pickle

🥛 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

LUNCH & DINNER

MAIN



CHARRED SALMON & CRISPY VEGGIES GF GI LC

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.



STEAMED SNAPPER FILLET WITH FRENCH BEAN "LAAB" THAI STYLE SALAD GF GI LF

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

Wok sautéed tofu, broccoli, carrots, roasted cherry tomatoes, sesame, organic berry rice good source of protein and contains all nine 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



LOTUS ROOT & VEGGIES MILD VEGAN CURRY GF GI VE

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



WELLNESS BOWL GI HP

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



BUDDHA BOWL GF GI VE HT

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

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HOMOK YAANG HP LC

Char grilled Fish & curry mousse wrapped in banana leaves



GREEN CURRY CHICKEN OR TUFU

Creamy of coconut green curry chicken or tofu



YUM CHA CHRAM LC

Cha chram local thai vegetable mixed with Thai herbs and seafood



GAENG POO BAI CHA PLU

Yellow curry with blue crab meat and wild pepper leaves served with rice noodles



PAD THAI GOONG

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



YUM WOON SEN TALAY LF

Spicy glass noodles salad with prawn, squid and mussels

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MUEK KHAI YAANG LC HP 🍷

Seared calamari eggs skewers with spicy Thai seafood sauce



KRAPOW KAI KHAI DAO 🍷

Stir fried pork or chicken with spicy holy basil sauce served with rice, fried egg



CLASSIC BEEF RAGU HP 🍷

Fettuccine pasta with classic beef stew, parmesan cheese



ANGEL HAIR SEAFOOD AGLIO E OLIO 🍷

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



CHICKEN QUESADILLA HP LF HT 🍷

Roasted bell peppers and onions in wheat tortilla, mozzarella cheese



VEGAN BURGER GI VE 🍷

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

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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

MARGHERITA MINI PIZZA i

Buffalo mozzarella, tomato sauce, fresh basil, EVO

FRUTTI DI MARE MINI PIZZA i

Prawn, squid, mussels, garlic, olive oil, basil, tomato sauce, mozzarella cheese

PICCANTE MINI PIZZA i

Spicy Italian salami, mozzarella cheese, tomato sauce

SPICY BASIL CHICKEN MINI PIZZA i

Tomato sauce, mozzarella, stir fried chicken or beef, spicy holy basil

GREEN CURRY CHICKEN MINI PIZZA i

Green curry base, thai aubergines, chicken or beef, sweet basil, mozzarella cheese

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ADD ON STEAK



INTRODUCING TAJIMA WAGYU 4/5 TENDERLOIN **HP** **THB1,300++ EXTRA**

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** **THB500++ EXTRA**

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 Ayurrah Experience with your favorite choice treatment

Wellness massage therapy | Body polish | Body nourishment | Beauty elegance Duration 2 hours

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LUNCH & DINNER

DESSERT



HOMEMADE COCONUT SORBET VE GF

Homemade coconut ice-cream with jackfruit



HOMEMADE MINT CHOCOLATE CHIP D

Mint ice cream with the real taste of mint and rich chocolatey chips



WHEATGRASS SORBET VE GF R

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



CHIA PUDDING VE GF R

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



PAK NAM PRAN FRUIT SALAD VE GF R

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



COCONUT CREME BRULEE D N

Organic coconut crême brulee, passion fruit sorbet

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DESSERT



HOMEMADE CHEESE CAKE 🥛

Choices of Strawberry Mango or Blueberry toppings



TIRAMISU ☕

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



MANGO STICKY 🥭

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



RAW CHOCOLATE TART VE GF R 🌱

Siamaya 85% (thai local produced) dark chocolate, passion/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



•• ALEENTA BEACH DINING EXPERIENCE

Join us for a wonderful evening of exotic cuisine and delicious wine, 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.

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