



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 6:00PM - 10:30PM

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 COASTAL

SEAFOOD & MEAT



THE GROVE

VEGETARIAN



THE ANDAMAN

SEAFOOD & MEAT



THE FIELD

VEGETARIAN



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 / THE COASTAL

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.

SILKEN 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.



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.

SILKEN 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.

Vegetarian tasting • THB 1,590++ per person

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

MENU TWO

THE GROVE / THE ANDAMAN

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.



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.

Vegetarian tasting • THB 1,590++ per person

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

MENU THREE

THE FIELD / THE HEARTH

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.



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.

Vegetarian tasting • THB 1,590++ per person

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

WELLNESS DRINKS

Fresh juices and tonics to support the rhythm of the table

FRUIT-BASED JUICES

ENZYME PLUS Papaya, pineapple, basil	220++
REFRESH Passion fruit, lime, mint	220++
HYDRATION PLUS Watermelon, pineapple	220++
ACTIVE CIRCULATION Beetroot, apple, passion fruit	220++
VITALIZE Green apple, pineapple, cucumber, lime	280++
CLEAR SIGHT Carrot, passion fruit, pineapple, lime	180++
DETOX Green apple, beetroot, pineapple	200++
IMMUNE PROTECTION Dragon fruit, pineapple, guava	280++
RECOVERY Coconut, beetroot, turmeric, ginger, lime	280++

VEGETABLE JUICES

ANTIOXIDANT SHIELD Cucumber, celery, spinach, kale, lemon, green apple, ginger	220++
VASCULAR PROTECTION Beetroot, carrot, cucumber, lemon, ginger, apple	220++
DEFENSE PLUS Carrot, celery, cucumber, ginger, lemon, orange	220++

FRESH JUICES & SODA

FRESH YOUNG COCONUT Organic Phuket coconut	180++
FRESH ORANGE JUICE Freshly squeezed	180++
FRESH LIME SODA Homemade	220++

PROTEIN SHAKES

DAIRY PROTEIN SHAKE Milk, banana, cashew	260++
PLANT-BASED PROTEIN SHAKE Soy milk, banana, cashew	280++

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