

La Vita Sana

BODY and MIND in HARMONY

HEALTHY WELLNESS

CUISINE MENU

La
Vita
Sana

For more information, kindly contact us at
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VEGAN CHEESE BOARD 250 THB

Good heart-healthy fats, fiber, plant protein. Cashew nut, Nutritional yeast, Lemon juice, Apple cider, Garlic.



APPETIZER

ANTHOCYANIN BOOSTER 250 THB

Red purple soup provides anthocyanins. Fiber from purple sweet potatoes.



GENTLE CLEANING SOUP 250 THB

Turmeric helps healing the stomach, reduce inflammation, and help boost up immunity. Yellow capsicum, Carrot, Zucchini, Turmeric, Coconut milk.



MUSHROOM BROTH 250 THB

Good probiotics to intestine. Shitake mushroom, Shimeji mushroom, Maitake mushroom, Onion, Garlic.



GREEN DETOX SOUP 250 THB

High in iron and contains sulforaphane, vitamin A, K and folic. Leek, Broccoli, Zucchini, Green peas, Spinat.



SOUP

MAIN COURSE

VEGAN BRAISED PORK 250 THB

Good source of antioxidants.
Shallot, Young jackfruit, Date syrup,
Soy sauce, Mushroom sauce.



STIRRED FRIED TEMPEH (WITH SOUTHERN SPICY HERBS AND SPICES) 250 THB

Good source for protein and
vitamin B12. Tempeh and South
Thai Curry.



LOCAL PAN FRIED FISH (WITH TORCH- GINGER FLOWER SALAD) 350 THB

Reduce bloating and gas in your
intestine. Ginger flower, Chili,
Garlic, Tomato, Dried fish,
Dried shrimp.



GRILLED ANDAMAN PRAWN HOMEMADE PASTA AND SILKY COCONUT SAUCE 250 THB

Turmeric helps reduce inflammation.
Coconut milk, Turmeric, Lemon glass,
Shallot, Garlic, Turmeric pasta.



"KAH – NOM – JEEN"
**(SOUTHERN THAI STYLE NOODLE
AND VEGAN SPICY CURRY SAUCE) 250 THB**
Hericenones and erinacines



**"POKE BOWL" LOCAL RICE WITH
DICED MARINATED RAW FISH
AND VEGETABLES 350 THB**
Carbohydrate, High anthocyanin,
Low glycemic index.
Khaw-Dok-Kha, Turmeric, Rice vinegar,
Sesame oil, Seaweed Salad, ginger,
Marinated fresh local fish.



DESSERT

**CHICKPEA DORAYAKI (SWEET POTATO
AND RED BEAN FILLING) 120 THB**
Chickpea dorayaki is vegan and gluten free.
Serve with sencha green tea to add EGCG



**TORCH GINGER FLOWER AND
STRAWBERRY FRANGIPANE TART 120 THB**
Torch ginger helps reduce bloating
and gas in your intestine.



GUILT FREE CHOCOLATE TART 120 THB

70% dark chocolate contains flavonoids which is an antioxidant that could anticancer, anti-inflammatory.



VEGAN MILLE FEUILLET WITH SEASONAL FRUITS 120 THB

This vegan Mille Feuillet contains turmeric that can help reduce the inflammation, by using coconut oil.

