

La Vita Sana

BODY and MIND in HARMONY

LA VITA SANA MENU

La
Vita
Sana

For more information, kindly contact us at
E. info@lavitasanakhaolak.com | T. 076-428588
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SPECIAL RECOMMENDED MENU

Choose your favorite kind of beef

Dry Aged Beef

Charolais & Brahman

Wagyu 100gr./350 THB

Sirloin 100gr./250 THB

Tomahawk 100gr./250 THB



SERVE WITH GRILLED

- potato
- vegetable

SAUCE

- garlic
- honey
- rosemary
- spicy tamarind

SPECIAL OF THE DAY

Grobe Bratwurst

ไส้กรอกหมูเยอรมันโฮมเมด
ทานคู่กับมันฝรั่งผัดเนย และผักย่าง

350 THB



SPECIAL OF THE DAY

Kha-Nom-Jeen

Southern Local Fish Curry

Homemade Pasta

ขนมจีนน้ำยาปลาใบชะพลูผักชีใต้
เส้นีฟพร้อมเส้นพาสต้าโฮมเมดและผักท้องถิ่น

190 THB



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ALL DAY MENU

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CHEF RECOMMENDED

HOMEMADE MELINJO

RAVIOLI 350 THB

CALCIUM FROM SHRIMP
PASTE SAUCE MELINJO,
SPINAT, SHRIMP PASTE.



ANDAMAN BOUILLABAISSES

350 THB

GOOD SOURCE OF PROTEIN
TO HELP LOSING WEIGHT.
OMEGA-3 FISH FILLET,
SQUID, SHRIMP, MUSSEL,
TOMATO SAUCE.



ANDAMAN FISH STEAK 350 THB

OMEGA-3 , DHA FISH FILLET,
MELINJO, PURPLE POTATO.



STARTER

"POPIAH" CHINESE ROLLED CREPE 190 THB

PROTEIN AND FIBER. CONSISTING OF PORK, BEAN SPROUTS, TOFU, CHINESE SAUSAGE, DRIED SHRIMP, STIR-FRIED YAM, HOMEMADE KHA-DOK-KHA WRAP.



BABA & NYONYA "LO BAK KIAN" CRISPY MEAT ROLLS 190 THB

PROTEIN, CALCIUM. MINCED PORK MARINATED, LEBER, BELLY FAT, GAM PORK ORIENTAL SPICES.



RATATOUILLE WITH ANDAMAN OYSTERS 250 THB

HELPS NOURISH THE NERVES AND BRAIN. FRENCH STYLE VEGETABLE STEW SEASONED WITH THAI SPICES SERVED WITH ANDAMAN SEA OYSTERS.



SALAD

LA VITA SALAD 150 THB.
MIXED SALAD WITH HERB
DRESSING



**CLASSIC PANZANELLA
SALAD 190 THB.**
TUSCAN STYLE SALAD WITH
LOCAL VEGETABLE
SERVED WITH THAI BASIL
DRESSING.



**SMOKE-DRIED FISH WITH
CUCUMBER SALAD
190 THB**
REFRESHING SALAD FROM
CUCUMBER, DRIED FISH,
CUCUMBER, SHRIMP PASTE,
GARLIC, GINGER, CHILI.



OPEN SANDWICH OF YOUR CHOICE

CHOICE OF HOMEMADE BREAD

- SOURDOUGH
- PUMPKIN
- PUMPERNICKEL

LA VITA SANA'S STARTER

190 THB

HOMEMADE PUMPKIN BREAD
WITH ANDAMAN SEAFOOD SALSA



SAVORY SEASIDE DELIGHT

250 THB.

OPEN SANDWICH TOPPED
VEGAN CHEESE, DRY GRAD FISH,
AVOCADO, TOMATO



ANDAMAN SHRIMP FUSION DELIGHT 200 THB.

OPEN SANDWICH TOPPED
SHRIMP, BASIL SAUCE, TOM YUM
SAUCE



RUSTIC RYE DELIGHT / WAGYU PICANTE RYE ELEGANCE 350 THB.

OPEN SANDWICH TOPPED GRILLED
WAGYU BEEF STEAK ,CREAMY
PICANTE SAUCE.



SOUP

LA VITA SANA'S GAZPACHO

120 THB

MIXED VEGETABLES BLENDED WITH FRESH TOMATO JUICE AND FRESH VEGETABLES. BELL PEPPER, GINGER, CARROT, TOMATO



GARDEN CHOWDER (LA VITA SANA'S LOCAL HOT SOUP)

120 THB

AROMATIC PUMPKINS SOUP. PUMPKINS, LEMON GLASS



WAGYU NOODLE SOUP

190 THB.

DRY AGE BEEF NOODLE SOUP WITH HOMEMADE NOODLE (PHAK MIANG (MELINJO), TURMERIC, BEETROOT, CARROT, KHAO – DOK-KHA, WATERCRESS AND EGG



DRY AGE FISH PORRIDGE

ข้าวต้มปลา 150 THB.



DRY PORRIDGE SEAFOOD

ข้าวต้มแห้งซีฟู้ด 190 THB.



PASTA

**ORGANIC TWIRLING PASTA
(LA VITA SANA'S HOMEMADE
MELINJO PASTA WITH
ARRABIATA SAUCE) 350 THB**

NOURISH THE HEART. MELINJO,
TOMATOES SAUCE, ANDAMAN
SEAFOOD.



**HOMEMADE SPAGHETTI
CARBONARA WITH
MUSHROOM CREAM SAUCE
250 THB.**



**HOMEMADE FETTUCCINE
WITH DRY AGE FISH AND
MAMA ROSA SAUCE 250 THB.**



**HOMEMADE PURPLE POTATO
GNOCCHI WITH TOM KHA
CREAM SAUCE 250 THB.**



**HOMEMADE SQUID INK
SPAGHETTI WITH
TOM YAM CREAM SAUCE 250
THB.**



STEAK

CHICKEN ROTISSERIE LA VITA SANA'S STYLE(WITH LOCAL HERB AND HONEY SEA SAUCE) 350 THB

PROTEIN FROM CHICKEN. CHICKEN,
POTATO, MIXED VEGETABLE, HONEY SEA,
TURMERIC, LEMON GLASS



AGED TO PERFECTION FISH STEAK 350 THB.

WITH PAPOACO SALSA SERVED TOGETHER
GRILLED KHAO-DOK-KHA WITH NUTMEG
CURRY AND EGG, TURMERIC HOLLANDAISE
SAUCE.

สเต็กปลาไทยตามฤดูกาลเสิร์ฟพร้อม
ซาลซ่าผักกูด, ข้าวจี, ซอสขมิ้น



THE ART OF AGED BEEF STEAK 450 THB.

WITH GRILLED VEGETABLE SAUTÉED
POTATOES AND ROSEMARY SAUCE

สเต็กเนื้อเสิร์ฟพร้อมผักย่างน้ำมันมะกอก,
มันฝรั่ง, โรสแมรี่ซอส



FLAVORFUL CHICKEN STEAKHOUSE 300 THB.

WITH HOMEMADE BEETROOT PASTA,
VEGETABLE AND HONEY SEA SAUCE.

สเต็กไก่เสิร์ฟพร้อมพาสต้าบีทรูท, ผักลวก, ซอสน้ำผึ้ง



WESTERN MAINS COURSE

ANDAMAN PAELLA 350 THB

OMEGA-9 AND REDUCED
CHOLESTEROL PHANG NGA'S DOK
KHA RICE SEASONED WITH LOCAL
INGREDIENTS, TURMERIC. ANDAMAN
SEAFOOD, SERVED SPANISH STYLE.



GAMBAS AL AJILLO (SPANISH GARLIC SHRIMP) 250 THB

GOOD SOURCE OF PROTEIN TO
HELP YOU LOSE WEIGHT. OLIVE
OIL, GARLIC, SHRIMP, DRY CHILLI.



GRAIN FIELD COW GOULASH 550 THB

INCREASES MUSCLE GROWTH BEEF,
SWEET PURPLE POTATO.



THAI SOUTHERN (PERANAKAN)

BABA & NYONYA "MOO HONG SOM" BRAISED PORK BELLY 250 THB
PORK BELLY, CHINESE HERBS.



SOUTHERN STYLE CHICKEN CURRY WITH NUTMEG FRUIT 250 THB
CHICKEN, NUTMEG



"PERANAKAN CHICKEN CURRY 250 THB
PROTEIN AND CARBOHYDRATES. CHICK, POTATOES, YELLOW CURRY, COCONUT MILK.



SOUTHERN THAI HOT AND SOUR CURRY SOUP 250 THB
ANDAMAN FISH FILLET, GUAVA, SOUR CURRY HOMEMADE



HOT AND SOUR FISH CURRY

250 THB

HELP FILLING THE STOMACH.

ANDAMAN FISH FILLET, TORCH GINGER
FLOWER, FRESH OKRA.



SALTED FISH & TOFU SOUP

250 THB

ANDAMAN DRY FISH FILLET, TOFU,
PORK BELLY, DRIED SHRIMP, GINGER.



DRIED SMOKE SHRIMP CHILI PASTE 250 THB

DRIED SMOKE, CHILI, SHRIMP PASTE,
ONION, GINGER.



LEMONGRASS CHILLI PASTE 190 THB

LEMON GLASS, GARLIC, CHILI,
RED ONION, PEPPER CORN, SHRIMP
PASTE.



THAI MAIN DISHES

PAD THAI ผัดไทยกุ้ง

190 THB.

SHRIMP, PORK, CHICKEN HOMEMADE
NOODLE AND EGG WRAP



PAD KAPRAOW ผัดกระเพราเนื้อ

190 THB.

STIRRED FRIED DRY AGE BEEF, PORK,
CHICKEN WITH THAI BASIL



FRIED RICE BELLY MEAT (BEEF, CHICKEN, PORK)

ข้าวผัดมัน เนื้อ ,หมู ,ไก่ 150 THB.



FRIED RICE (SHRIMP, CHICKEN, PORK)

ข้าวผัด กุ้ง ,หมู ,ไก่ 150 THB



MINCED PORK OMELET

ไข่เจียวหมูสับ 150 THB.



DESSERT

LEMON GRASS PANNACOTTA

120 THB

SOFT CAKE THERE IS MICROORGANISMS.
YOGURT, COCONUT CREAM.



CITRUS CREAM BRÛLÉE

SAFFLOWER 120 THB

FRENCH STYLE DESSERT SOFT CUSTARD
WITH TOPPING, HONEY SEA AND SOUR
TASTE OF LEMON.



ASSORTED PERANAKAN

DESSERT 120 THB

SWEET PEOPLE POTATO, SWEET YELLOW
POTATO,
TARO, BANANA, COCONUT MILK.



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BREAD

WHOLE WHEAT BREAD 150 THB

Whole wheat flour /
Bread flour / Salt



MULTI MALT BREAD 190THB

Bread flour/ Salt / Sunflower seed
/ Sesame / Oat seed



MAIZE MAX BREAD 150THB

Bread flour/ Salt / Sunflower seed /
Sesame / Corn seed



RYE SOURDOUGH BREAD 150 THB

Bread flour / Salt / Rye flour



DARK BAVARIAN BREAD 150THB

Rye flour / Bread flour / Salt



PUMPERNICKEL BREAD 190 THB

Rye flour / Bread flour / Salt /
Sunflower seed / Sesame /
Oat seed / Lin seed



FRENCH BAGUETTE 70 THB

Bread flour / Salt / Water



PUMPKIN SAFFLOWER T URMERIC BREAD 150 THB

Whole wheat flour / Bread flour /
Salt / Sunflower seed / Sesame /
Oat seed / Pumpkin seed / Turmeric /
Safflower



BEETROOT SUNFLOWER SEAME BAGUETTE 90THB

Bread flour / Salt / Sunflower seed /
Sesame / Oat seed / Fresh beetroot



PUMPKIN ROLL 1PCS/ 20 THB

Whole wheat flour / Bread flour /
Salt / Sunflower seed / Sesame /
Oat seed / Pumpkin seed / Turmeric / Safflower



BEETROOT ROLL 1PCS/ 20 THB

Bread flour / Salt / Sunflower seed /
Sesame / Oat seed / Fresh beetroot



WHOLE GRAIN ROLL 1PCS/ 20 THB

Rye flour / Bread flour / Salt /
Sunflower seed / Sesame / Oat seed



FRENCH ROLL 1PCS/ 20 THB

Bread flour / Salt / Water



CROISSANT BUTTER 60 THB

Eggs / Fresh milk / Cake flour /
Butter / Milk powder / Bread flour



PAIN U CHOCOLATE 60 THB

Eggs/ Fresh milk / Cake flour / Butter /
Milk powder / Bread flour / Chocolate



CINNAMON RAISIN ROLL 60 THB

Eggs / Fresh milk / Cake flour / Butter /
Milk powder / Bread flour / Raisin



La Vita Sana

DRINK MENU

LA VITA'S SIGNATURE MIXES

THB 130 net/glass

Our own healthy mixes with organic and herbal sensation right from our own estate.

Immunity Elevator

Ingredients: Carrot, Ginger, Lemon juice, Garlic, Apple cider

Benefits: reduce flatulence, enhances immunity and lowers cholesterol.

Green Wellness

Ingredients: Celery, Green apple, Lemon, Ginger

Benefits: helps control high blood pressure.

A Longevity Booster

Ingredients: Coconut water, Turmeric powder, Galangal, Salt, Lime juice

Benefits: Curcumin (Turmeric extract) helps promote white blood cells' function; it helps boost immunity.

Tropical Rush

Ingredients: Pineapple, Ginger, Basil leaves, Apple cider, Lime juice

Benefits: promote digestion, reduce triglyceride and reduce blood pressure

Vitamin Mojito

Ingredients: Golden kiwi, Mint leaves, Honey, Soda, Ginger

Benefits: Full of vitamin c and Potassium, helps lower a blood pressure.

COLD-PRESSED JUICES

THB 150 NET/GLASS

Drinking cold-pressed juices aids your body in detoxification.

Metabolic Booster

Ingredients: A blend of Avocado, Melon, and Green Apple.

Benefits: lowering cholesterol and boosting metabolism.

A Hearty Care

Ingredients: Carrot, Cucumber, Lemon, and Mint.

Benefits: strengthens the heart, and supplies essential nutrients.

Antioxidant Rich

Ingredients: Tomato, Pineapple, and Papaya.

Benefits: antioxidants, energy enhancer.

Green Revitalizer

Ingredients: Cabbage, Ginger, and Green Apple.

Benefits: A healthy remedy for hangovers and a source of essential vitamins.

Body Fortifier

Ingredients: Cucumber, Guava, and Mint.

Benefits: Full of vitamins, fortifies the body.

LA VITA SANA'S GARDEN SMOOTHIES

THB 120 net/glass

Our garden's smoothie is made by puréeing ingredients in a blender.

Green Garden

Ingredients: Organic Kale, Celery, Green Apple, Sea Honey

Benefits: Cleansing regimen.

Orange Garden

Ingredients: Organic Carrot, Orange, Red Apple

Benefit: boost immune system and enhance overall wellbeing.

Red Garden

Ingredients: Organic Tomato, Phuket Pineapple,

Organic Papaya

Benefits: Supports healthy digestion and can help alleviate abdominal discomfort.

Powerful Reds

Ingredients: Carrot, Ginger, Beetroot, and Lemon.

Benefits: Antioxidants, vitamins, enhances skin glow.

Multivitamins

Ingredients: Melon, Pineapple, Passion fruit, Orange

Benefits: Helps strengthen the immune system.

SIGNATURE KOMBUCHA THB 150 net/glass

Kombucha is a type of fermented tea, for thousands of years this concoction promotes a healthy balance of gut bacteria with health benefits like weight loss, improved digestion, and enhanced immune function. Not only does it have the same health benefits as tea

— it's also rich in beneficial probiotics.

Kombucha also has antioxidants, can kill harmful bacteria, and may help fight several diseases.

Classic Black Tea Honey Kombucha

Strawberry Kombucha

Kiwi Kombucha

Apple Kombucha

Immunity Elevator

Ingredients: Tomato, Asparagus, Pineapple, and Lemon.

Benefits: Strengthens the immune system and improves vitality.

Age Defyer

Ingredients: Guava, Celery, and Mint.

Benefits: Nutrient-dense, combats aging and wrinkles, a reliable source of vitamin C.

Digestion Enhancer

Ingredients: Broccoli, Apple, and Melon.

Benefits: Boosts digestion, helps control blood pressure.

Powerful Reds

Ingredients: Carrot, Ginger, Beetroot, and Lemon.

Benefits: Antioxidants, vitamins, enhances skin glow.

Age Defyer

Ingredients: Guava, Celery, and Mint.

Benefits: Nutrient-dense, combats aging and wrinkles, a reliable source of vitamin C.

Digestion Enhancer

Ingredients: Broccoli, Apple, and Melon.

Benefits: Boosts digestion, helps control blood pressure.

FRUITY-INFUSED WATER (1Litre)_

THB 70 net/lit

Strawberry, Cucumber and Rosemary

Benefits: Enhances mood, flushes toxins, and hydrates.

Apple, Orange, and Mint

Benefits: Cleanses the system, aids digestion, boosts immunity, and revitalizes.

Lime, Pineapple and Mint

Benefits: Helps reduce inflammation, soothes digestive issues, and aids in the treatment of upset stomach and indigestion.

LA VITA SANA'S FRESH BLENDS

THB 90 net/glass

Our own grown fruits blended fresh, organically, and naturally just like the locals like it.

Organic Coconut

Orange

Watermelon

Carrot

Pineapple

Organic Coffee Blend	75 THB (hot) 85 THB (iced)
Roasted Decaf Coffee	75 THB (hot) 85 THB (iced)
Cold Brew Coffee	100 THB net /cup
Matcha Latte Butterfly Blue Pea	100 THB net/cup
Yuzu Orange Coffee	120 THB net/cup
Dirty Coffee	120 THB net/cup
"Thep Taro" Drip Coffee	150 THB net/cup
Bulletproof Coffee/Bulletproof Americano	150 THB net/cup
Butterfly Pea Tea	
Ten Thousand Li Fragrant Tea	
Signature Organic Tea (House Blend)	80 THB net/cup
PREMIUM FLOWER ORGANIC TEA	70 THB net /cup
Chrysanthemum Tea	
Organic Rose Tea	

PREMIUM ORGANIC TEA

75 THB net / cup

White Tea (Hot or Ice)

Green Tea

Oolong Tea

Peppermint Green Tea

Lemongrass-Ginger Tea

SUMMER BERRY HERBAL TEA

THB 120 NET/CUP/ICE

PEACH BLOSSOM TEA

THB 120 NET/CUP/ICE

INFUSED TEA

THB 110 net/glass

Phang-Nga Turmeric, Ginger, Sea Honey

Lemongrass and Chrysanthemum Tea

Fresh Lemon Mint Tea

BEERS & ALES

THB 120 net/bot

Budweiser Zero (0%)

Budweiser Beer

Heineken 0.0 (0%)

Heineken Beer

Hite Zero Non Alcohol Malt (0%)

Singha Beer

Corona Beer

THB 160 net/bot

Khao Lak Ale

THB 160 net/bot

Chalawan Pale Ale Beer

THB 160 net/bot



**PLEASE SCAN
TO VIEW OUR
WELLNESS CENTER**



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TO VIEW OUR LA VITA
SANA WELLNESS MENU**