

# La Vita Sana

BODY and MIND in HARMONY

## LA VITA SANA

## BEVERAGE MENU

La  
Vita  
Sana

For more information, kindly contact us at  
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## LA VITA'S SIGNATURE

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

### **Tropical Rush**

**THB 150 net/glass**

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

**Benefits:** promote digestion, reduce triglyceride and reduce blood pressure

### **Vitamin Mojito**

**THB 130 net/glass**

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

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

### **Khao Rai Dok Kha 001**

**THB 100 net/glass**

**Benefits:** Helps combat free radicals and effectively reduce cholesterol levels, slowing down cell degeneration. Suitable for diabetics as it uses sweetness derived from stevia.

### **Turmeric Phang-nga 003**

**THB 100 net/glass**

**Benefits:** Supports the digestive system, aids in detoxifying the liver, and reduces inflammation in the body. Relieves symptoms of bloating, indigestion, headaches, body aches, menstrual cramps, and general abdominal pain.

## 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.

## 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.

## 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.

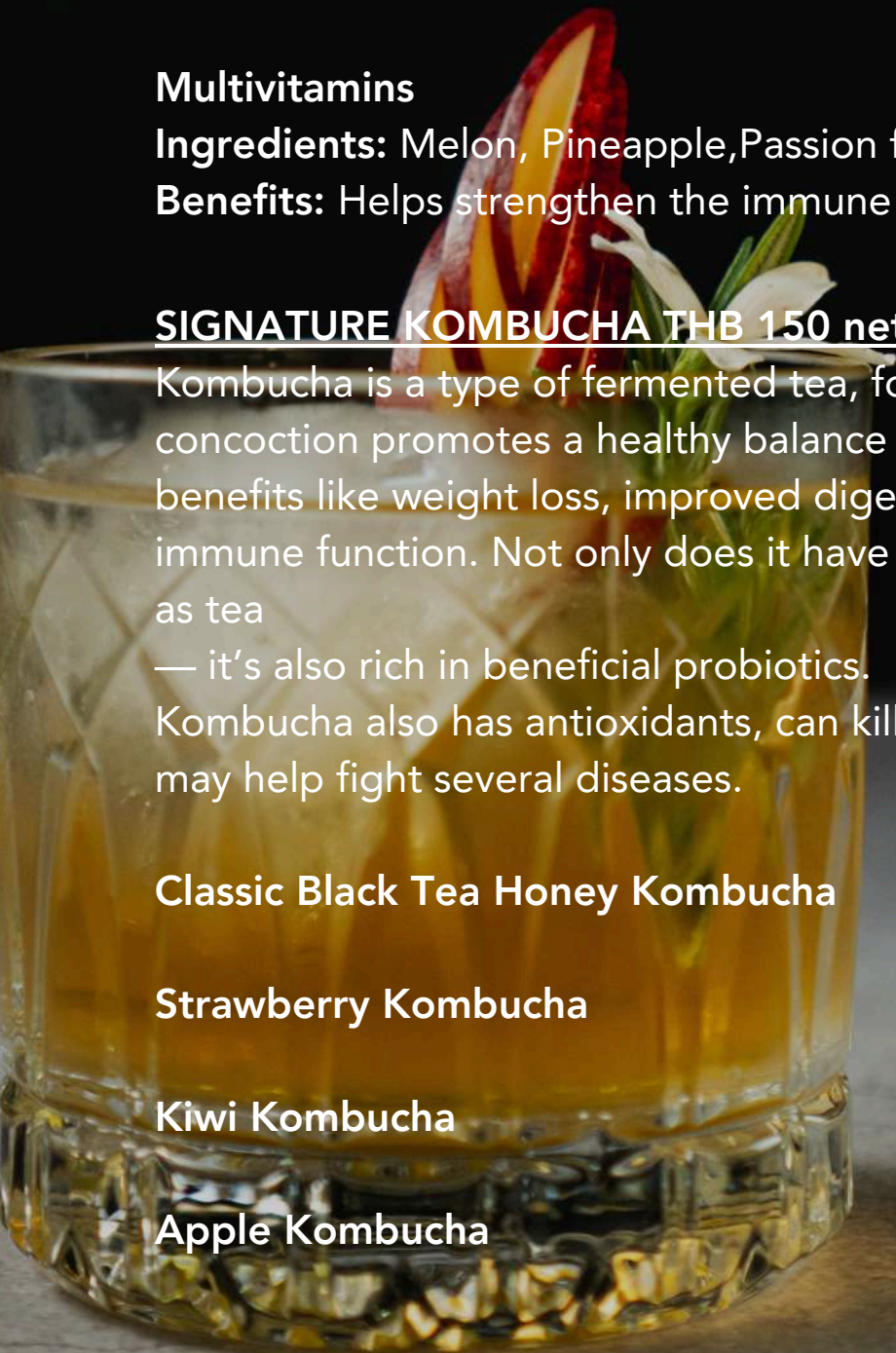
Kombucha also has antioxidants, can kill harmful bacteria, and may help fight several diseases.

**Classic Black Tea Honey Kombucha**

**Strawberry Kombucha**

**Kiwi Kombucha**

**Apple Kombucha**





## FRUITY-INFUSED WATER (1Litre)

THB 120 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.

## SMOOTHIES

THB 120 net/glass

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

**Coconut**

**Orange**

**Watermelon**

**Pineapple**

**Green Apple**

**Lemon**

**Melon**

**Passion Fruit**

## FRESH JUICE

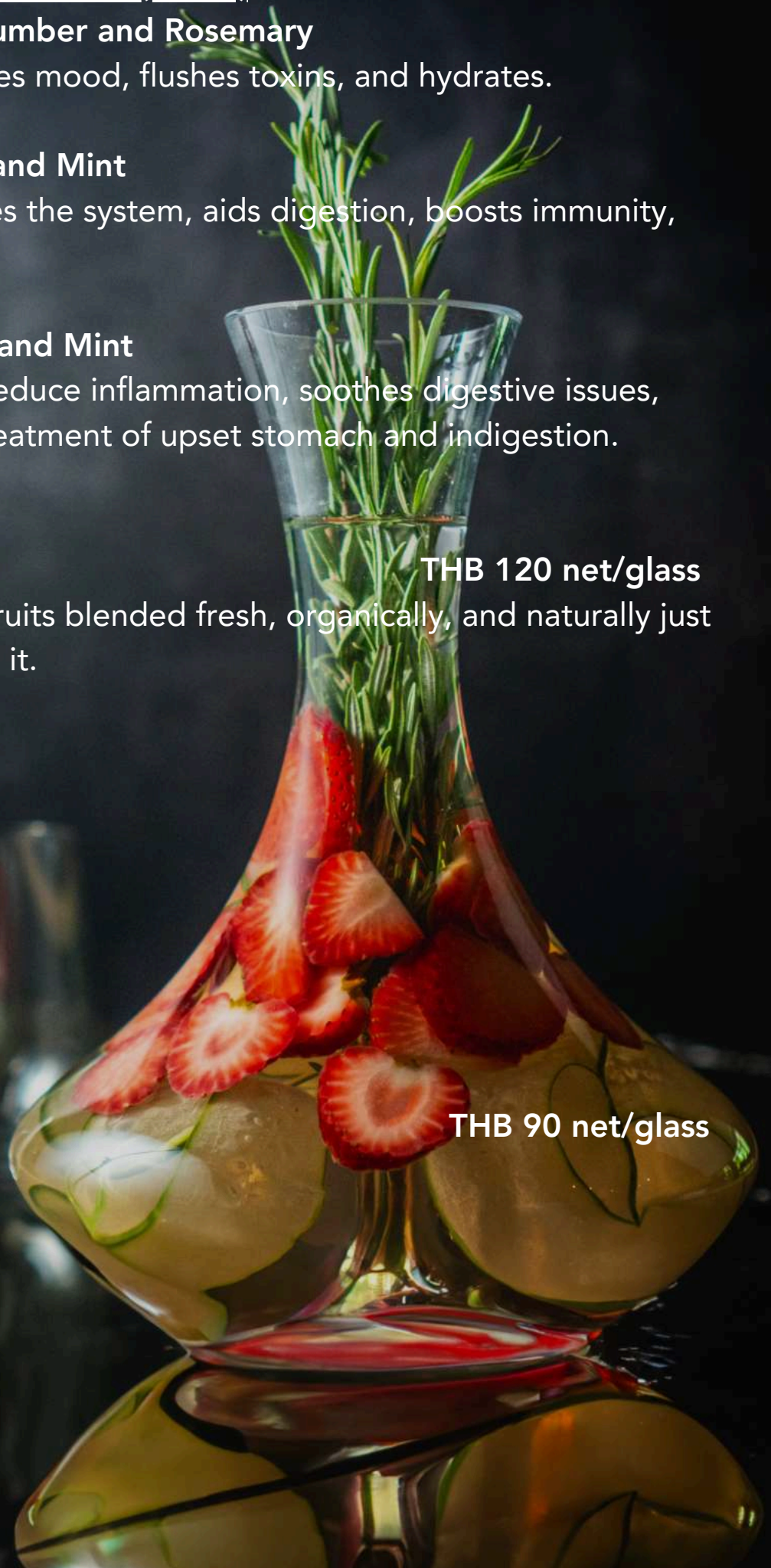
THB 90 net/glass

**Coconut**

**Orange**

**Watermelon**

**Pineapple**





## ICE COFFEE AND TEA

A glass pitcher is pouring a golden liquid, likely tea, into a clear glass cup. The cup sits on a rustic wooden tray. In the background, a glass pitcher with a lemon slice is visible. The scene is set on a light-colored, textured surface.

Cappuccino	THB 85 net/glass
Espresso	THB 85 net/glass
Macchiato	THB 85 net/glass
Latte	THB 85 net/glass
Mocha	THB 85 net/glass
Chocolate	THB 85 net/glass
Americano Orange	THB 120 net/glass
Thai Tea Milk	THB 100 net/glass
Green Tea Milk	THB 100 net/glass
Matcha Green Tea	THB 100 net/glass
Matcha Latte Butterfly Blue Pea	THB 120 net/glass
Yuzu Orange Coffee	THB 120 net/glass
Dirty Coffee	THB 120 net/glass
Butterfly Pea Tea	THB 75 net/glass
Ten Thousand Li Fragrant Tea	THB 75 net/glass
Rose Tea	THB 75 net/glass
Peach Tea	THB 75 net/glass
Mix Berry Tea	THB 75 net/glass
Chamomile Tea	THB 75 net/glass
Earl Grey Tea	THB 75 net/glass
Oolong Tea	THB 75 net/glass
Peppermint Tea	THB 75 net/glass



## HOT COFFEE AND TEA

A wooden cutting board with several dark brown coffee beans scattered on it. A single butterfly pea flower with light blue petals and a long, thin stem is also on the board. The background is a light-colored wooden surface.

Cappuccino	THB 75 net/glass
Espresso	THB 75 net/glass
Macchiato	THB 75 net/glass
Latte	THB 75 net/glass
Mocha	THB 75 net/glass
Butterfly Pea Tea	THB 75 net/glass
Ten Thousand Li Fragrant Tea	THB 75 net/glass
Rose Tea	THB 75 net/glass
Peach Tea	THB 75 net/glass
Mix Berry Tea	THB 75 net/glass
Chamomile Tea	THB 75 net/glass
Earl Grey Tea	THB 75 net/glass
Oolong Tea	THB 75 net/glass
Peppermint Tea	THB 75 net/glass
Chocolate	THB 75 net/glass

## BEERS & ALES

Singha Beer	THB 100 net/bot
Chang Beer	THB 100 net/bot
Budweiser Zero (0%)	THB 120 net/bot
Budweiser Beer	THB 120 net/bot
Heineken 0.0 (0%)	THB 120 net/bot
Heineken Beer	THB 120 net/bot
Hite Zero Non Alcohol Malt (0%)	THB 160 net/bot
Corona Beer	THB 160 net/bot
Khao Lak Ale	THB 160 net/bot
Chalawan Pale Ale Beer	THB 160 net/bot



## SOFT DRINK

Soda	THB 90 net/bot
Coke	THB 90 net/bot
Coke Zero	THB 90 net/bot
Fanta	THB 90 net/bot
Sprite	THB 90 net/bot
Tonic	THB 90 net/bot
Water	THB 50 net/bot

## SODA

THB 120 NET/BOT

Kiwi Soda  
Strawberry Soda  
Passion Fruit Soda  
Lemon Sode

## COCKTAIL

190 THB

Passion Mojito  
Lavita Mojito

## SPARKLING WATER (CHANG)

S 350 ML

100 THB

L 700 ML

180 THB

