La Vita Sana

BODY and MIND in HARMONY

LA VITA SANA MENU

For more information, kindly contact us at
E. info@lavitasanakhaolak.com | T. 076-428588
W. www.lavitasanakhaolak.com

SPECIAL RECOMMENDED MENU

You can choose the meat at your like

DRY AGED BEEF

CHAROLE & BRAMAN

Tendarloin
Srilploin
Tomahowk

SERVE WITH

GRILL

Potato
Pegetable

SAUCE

Garlic batten
Honey sauce
Roastmarry sauce
Spicy tamarinde sauce

100 G./250 .-

SPECIAL OF THE DAY

Kha-Nom-Jeen

"Southern fish curry with wild betel leaves, paired with homemade pasta and fresh local vegetables. Bold flavors and aromatic spices, capturing the essence of Thai cuisine."

"ขนมจีนน้ำยาปลาใบชะพลูปักษ์ใต้ เสิร์ฟคู่เส้นพาสต้าโฮมเมดและผักท้องถิ่นสด รสเข้มข้น หอมเครื่องแกงใต้ สัมผัสเสน่ห์ไทยในทุกคำ"

190.-

SALAD

LA VITA SALAD
Mixed Salad with Herb Dressing

150.-

CLASSIC PANZANELLA SALAD
Tuscan Style Salad with Local Vegetable
Served with Thai basil Dressing.

190.-

OPEN SANDWICH OF YOUR CHOICE

CHOICE OF HOMEMADE BREAD

- SOURDOUGH
- PUMPKIN
- PUMPERNICKEL

SAVORY SEASIDE DELIGHT

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

250 THB

ANDAMAN SHRIMP FUSION DELIGHT

OPEN SANDWICH TOPPED
SHRIMP, BASIL SAUCE, TOM YUM SAUCE

200 THB.

RUSTIC RYE DELIGHT / WAGYU PICANTE RYE ELEGANCE

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

350 THB.

SOUP

DRY AGE FISH PORRIDGE
ข้าวต้มปลา

150 THB.

DRY PORRIDGE SEAFOOD
ข้าวต้มแห้งซีฟู้ด

190 THB.

PASTA

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

AGED TO PERFECTION FISH STEAK

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

350 THB.

THE ART OF AGED BEEF STEAK

WITH GRILLED VEGETABLE SAUTÉED POTATOES AND ROSEMARY SAUCE
สเต็กเนื้อเสิร์ฟพร้อมผักย่างน้ำมันมะกอก,
มันฝรั่ง, โรสแมรี่ซอส

450 THB.

FLAVORFUL CHICKEN STEAKHOUSE

WITH HOMEMADE BEETROOT PASTA,
VEGETABLE AND HONEY SEA SAUCE.
สเต็กไก่เสิร์ฟพร้อมพาสต้าบีทรูท,ผักลวก,ซอสน้ำผึ้ง

300 THB.

THAI MAIN DISHES

PAD THAI
ผัดไทย
SHRIMP, PORK, CHICKEN HOMEMADE NOODLE AND EGG WRAP

190 THB.

PAD KAPRAOW
ผัดกระเพรา
STIRRED FRIED DRY AGE BEEF, PORK, CHICKEN WITH THAI BASIL

190 THB.

FRIED RICE BELLY MEAT BEEF
ข้าวผัดมันเนื้อ

150 THB.

FRIED RICE (SHRIMP, CHICKEN, PORK)
ข้าวผัด กุ้ง ,หมู ,ไก่

150 THB.

MINCED PORK OMELET
ไข่เจียวหมูสับ

150 THB.

La Vita Sana

HEALTHY WELLNESS CUISINE MENU

APPETIZER

VEGAN CHEESE BOARD 250 THB

GOOD HEART-HEALTHY FATS, FIBER, PLANT PROTEIN. CASHEW NUT, NUTRITIONAL YEAST, LEMON JUICE, APPLE CIDER, GARLIC.

SOUP

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.

MAIN COURSE

VEGAN BRAISED PORK

GOOD SOURCE OF ANTIOXIDANTS. SHALLOT, YOUNG JACKFRUIT, DATE SYRUP, SOY SAUCE, MUSHROOM SAUCE.

250 THB

STIRRED FRIED TEMPEH (WITH SOUTHERN SPICY HERBS AND SPICES)

GOOD SOURCE FOR PROTEIN AND VITAMIN B12. TEMPEH AND SOUTH THAI CURRY.

250 THB

LOCAL PAN FRIED FISH (WITH TORCH GINGER FLOWER SALAD)

REDUCE BLOATING AND GAS IN YOUR INTESTINE. GINGER FLOWER, CHILI, GARLIC, TOMATO, DRIED FISH, DRIED SHRIMP.

350 THB

GRILLED ANDAMAN PRAWN HOMEMADE PASTA AND SILKY COCONUT SAUCE

TURMERIC HELPS REDUCE INFLAMMATION. COCONUT MILK, TURMERIC, LEMON GLASS, SHALLOT, GARLIC, TURMERIC PASTA.

250 THB

“KAH – NOM – JEEN” (SOUTHERN THAI STYLE NOODLE AND VEGAN SPICY CURRY SAUCE)

HERICENONES AND ERINACINES

250 THB

“POKE BOWL” LOCAL RICE WITH DICED MARINATED RAW FISHAND VEGETABLES

CARBOHYDRATE, HIGH ANTHOCYANIN, LOW GLYCEMIC INDEX. KHAW-DOK-KHA, TURMERIC, RICE VINEGAR, SESAME OIL, SEAWEED SALAD, GINGER, MARINATED FRESH LOCAL FISH.

350 THB

La Vita Sana

WESTERN WELLNESS CUISINE MENU

CHEF RECOMMENDED

LA VITA SANA'S STARTER 190 THB

HOMEMADE PUMPKIN BREAD WITH ANDAMAN SEAFOOD SALSA

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.

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

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

ANDAMAN FISH STEAK 350 THB

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

GRAIN FIELD COW GOULASH 550 THB

INCREASES MUSCLE GROWTH BEEF, SWEET PURPLE POTATO.

LA VITA SANA'S GAZPACHO 120 THB

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

SOUP

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

AROMATIC PUMPKINS SOUP. PUMPKINS, LEMON GLASS

MAIN COURSE

HOMEMADE MELINJO RAVIOLI
350 THB

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

GAMBAS AL AJILLO (SPANiSH GARLIC SHRIMP)
250 THB

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

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

ANDAMAN BOUILLABAISSES
350 THB

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

La Vita Sana

PERANAKAN CUISINE MENU

CHEF RECOMMEND

"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.

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

SOUTHERN THAI HOT AND SOUR CURRY SOUP 250 THB

ANDAMAN FISH FILLET, GUAVA, SOUR CURRY HOMEMADE

STIR FRIED LEMONGRASS SHRIMPS 350 THB

PROTEIN FROM CASHEW NUT AND SHRIMP. SHRIMPS, CASHEW NUT, LEMON GLASS.

SMOKE-DRIED FISH WITH CUCUMBER SALAD 190 THB

REFRESHING SALAD FROM CUCUMBER, DRIED FISH, CUCUMBER, SHRIMP PASTE, GARLIC, GINGER, CHILI.

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.

La Vita Sana

SOUTHERN BEST MENU

STARTER

THOD MUN PLA. THRONG KHERNG

ทอดมันปลาทรงเครื่อง

150 THB

DEEP FRIED FISH CURRY CAKE WITH SWEET & SOUR PEANUT SAUCE. POPAIH KUA KLING MOO THOD

ปอเปี๊ยะคั่วกลิ้งหมูทอด

150 THB

La Vita Sana

MAIN DISH

NAM PRIK GOONG SEAB(S)

น้ำพริกกุ้งเสียบ

SMOKED SHRIMP DIP, ACCOMPANIED WITH FRESH AND COOKED VEGETABLES

120 THB

NAM PRIK GOONG SOD (S)

น้ำพริกกุ้งสด

FRESH SHRIMP DIP, ACCOMPANIED WITH FRESH AND COOKED VEGETABLES

120 THB

TOM KRA TI PHAK MEANG GOONG SOD

ต้มกะทิผักเหมียงกุ้งสด

COCONUT SOUP WITH FRESH PRAWNS AND LOCAL VEGETABLES

150 THB

GAI TUM KAMIN

ไก่ต้มขมิ้น

CHICKEN WITH TURMERIC SOUP

150 THB

La Vita Sana

KANG SOM PLA DOK KHAE (S)

แกงส้มปลาดอกแค

SOUR SOUP WITH SEA BASS, HUMMING BIRD BUD

150 THB

GOONG PHAD KA – PI SATO

กุ้งผัดกะปิสะตอ

WORK FRIED SHRIMP SOUTHERN STYLE WITH SHRIMP PASTE , BEEN BROAD

150 THB

MOO KUA KA-PI (P, S)

หมูคั่วกะปิ

WORK FRIED PORK BELLY SOUTHERN STYLE IN SHRIMP PASTE

150 THB

La Vita Sana

KANG SOM GOONG SUB PA ROD (S)

แกงส้มกุ้งสับปะรด

CLEAR YELLOW CURRY SOUTHERN STYLE WITH SHRIMP AND PINEAPPLE

190 THB

KHAI JEAW CHA OM

ไข่เจียวชะอม

THAI OMELET WITH ACACIA

100 THB

PHAD DOK KHEA

ดอกแคผัดน้ำมันหอย

STIR FRIED BUNYA TREE FLOWER WITH OYSTER SAUCE.

100 THB

La Vita Sana

PLA SINE TOD KA MIN

ปลาทรายทอดขมิ้น

DEEP FRIED MARINATE
TURMERIC SAND FISH

250 THB

MOO SAM ROD

หมูสามรส

FATTY PORK TENDERLOIN
STIR-FRIED WITH THAI SPICES
TASTE SOUR ,SWEET

190 THB

MOO KUA KELU

หมูคั่วเกลือ

STIR FRIED PORK BELLY IN
SALT.

150 THB

La Vita Sana

PHAD PHAK MEANG KUB KHAI (V)

ผัดผักเหมียงใส่ไข่

STIR FRIED LOCAL SPINACH VEGETABLE WITH GLASS NOODLE AND EGG

120 THB

MOO GROP PHAD PRIK KULE

หมูกรอบผัดพริกเกลือ

CRISPY PORK BELLY WITH CHILLI & GARLIC, SALT

250 THB

La Vita Sana

La Vita Sana

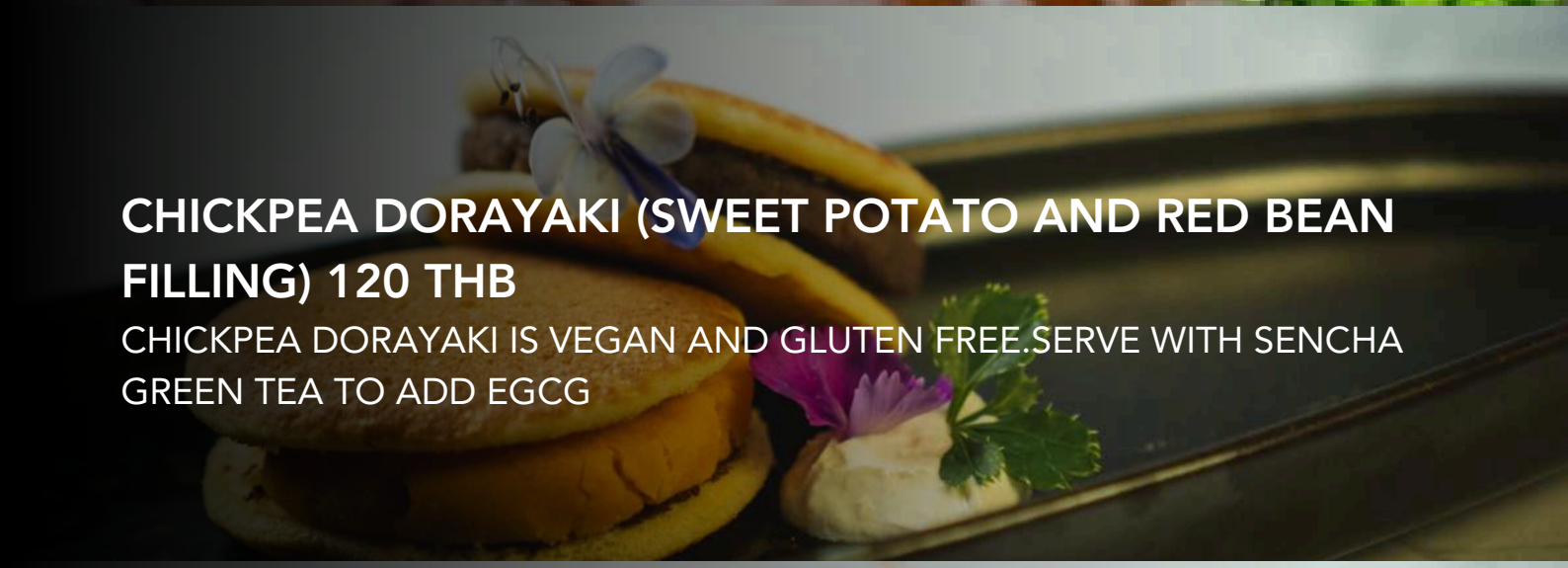
DESSERT

LEMON GRASS PANNACOTTA 120 THB

SOFT CAKE THERE IS MICROORGANISMS. YOGURT, COCONUT CREAM.

ASSORTED PERANAKAN DESSERT 120 THB

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



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.

La Vita Sana

BREAD

WHOLE WHEAT BREAD

Whole wheat flour / Bread flour / Salt

150.-

MULTI MALT BREAD

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

190.-

MAIZE MAX BREAD

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

150.-

RYE SOURDOUGH BREAD

Bread flour / Salt / Rye flour

150.-

DARK BAVARIAN BREAD

Rye flour / Bread flour / Salt

150.-

PUMPERNICKEL BREAD

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

190.-

FRENCH BAGUETTE

Bread flour / Salt / Water

70.-

PUMPKIN SAFFLOWER TURMERIC BREAD

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

150.-

BEETROOT SUNFLOWER SEAME BAGUETTE

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

90.-

PUMPKIN ROLL

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

1 PCS/ 20.-

BEETROOT ROLL

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

1 PCS/ 20.-

WHOLE QRAIN ROLL

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

1 PCS/ 20.-

FRENCH ROLL

Bread flour / Salt / Water

1 PCS/ 20.-

CROISSANT BUTTER

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

95.-

PAIN U CHOCOLATE

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

60.-

CINNAMON RAISIN ROLL

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

60.-