

Western Wellness Cuisine

LA VITA SANA'S STARTER 190 THB

An Italian-styled appetizers that is popular combining savory items and thin cheese on bread. A bite-sized baguette with added sweet taste on the tip of the tongue with tomatoes and lettuce.



RATATOUILLE WITH ANDAMAN OYSTERS 250 THB

Stewed vegetables in olive oil of Provence and Nice the south of France used to be famous with its Mediterranean cuisine. The full-flavored ratatouille must be mixed with fresh local seafood and oysters to give it that full sensation of the Andaman Sea.

Western Wellness Cuisine



PALLILADA (LA VITA SANA'S GRILL SALAD WITH HONEY SEA DRESSING) 190 THB

Grilled vegetable salad with cheese for health lovers representing the richness of the local fresh vegetables then mix it with balsamic dressing. Very suitable as appetizers and vegetarian consumption.

LA VITA SANA'S GAZPACHO 120 THB

Gazpacho is a Spanish cold soup. Popular to eat in the summer put fresh vegetables blended with fresh tomato juice and refrigerate. Get the sweet taste from vegetables sour from tomatoes and tomato juice gives a refreshing feeling.

Western Wellness Cuisine

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

Popular appetizer menu is a vegetable with high nutritional value, containing over 245% of the amount of vitamin A that the body needs each day. Soothe your throat with the aromatic flavor of lemongrass. It has the property of expelling wind and improving appetite.



ANDAMAN PAELLA 350 THB

A Spanish cuisine that reflects the rich ocean. Cooked rice with turmeric instead of saffron. Stir until the spices seep into the rice grains until they turn yellow and orange.



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

"Arrabbiata" means anger, referring to spicy pasta sauce. The main ingredient is tomatoes in this recipe, twirling the pasta with seafood mixing in it.



Western Wellness Cuisine

ANDAMAN FISH STEAK 350 THB

Snapper fish fillets cut perpendicular to the spine. Grilled sea salt served with stir-fried liang vegetables in garlic butter which is a vegetable that can only be found in the south. This dish is served with mashed purple sweet potato and safflower sauce.

GRAIN FIELD COW GOULASH 550 THB



A Hungarian favorite, served hot with toasted bread. Crispy on the outside soft on the inside in general, this menu is popular as a soup or stew. Usually made from beef, pork or lamb and stewed for 3-4 hours.

HOMEMADE MELINJO RAVIOLI 350 THB

Ravioli is a type of pasta. Looks like a dumpling it is one of the most popular Italian cuisine. Our homemade ravioli comes with a special filing, stir-fried spinach with blue crab meat mixed with special ricotta cream sauce to make our own



GAMBAS AL AJILLO (SPAIN GARLIC SHRIMP) 250 THB



Fried Spain Garlic Shrimp topped with olive oil. Serve with sourdough starter that is little sour made easy to digest and it is Gastritis friendly.

Western Wellness Cuisine

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

French style roast chicken marinated with a variety of spices and then grilled over low heat, brushed with honey. The chicken is tender and juicy. The skin is crispy and not oily and served with baked potatoes.



"KAO DOK KHA" (LOCAL PHANG-NGA RICE) 350 THB

Black risotto it is very popular in Croatia. Main ingredients of black risotto is local squid or marinate squid mix with olive oil, garlic, red wine & squid ink mix stir fried with "kao dok kha".

ANDAMAN BOUILLABAISSES 350 THB



French-style fish soup is one of the most delicious delicacy in the world. Combining with various types of Andaman fishes and seafood, simmered with spices over a slow fire, bouillabaisse is a soup that the French are so proud of that every December 14th is bouillabaisse day.

LOCAL FRAGRANT SQUID ACALICA ala LA VITA SANA 450 THB



A menu that requires expertise until it is known as a secret recipe of Galicia style octopus from Spain. This is because the secret of making this squid dish is to get softness of the frozen squid for two days or "kill nerve" because when the squid's water is turned into ice, it will increase in volume and this makes the tissue split and the texture more tender. This menu makes a long time to incubate, so this menu takes 3 days to curing squid.

Western Wellness Cuisine



CITRUS CREAM BRÛLÉE SAFFLOWER 120 THB

French style dessert soft custard meat with topping, crispy, fragrant, honeysea, lemongrass, sea salt. It is a snack menu that gives a feeling of freshness from orange zest and sour taste of lemon.

LEMON GRASS PANNACOTTA 120 THB

Soft cake there is microorganisms from yogurt that help have a positive effect on digestion. Add a mild sweet taste with coconut cream. Suitable for eat a snack or eat with tea and coffee



Global Wellness Cuisine

SPICED NUT AND LETTUCE SALAD 190 THB

High protein plant based salad with several spices that can help reduce the inflammation in your body.

RAINBOW RICE SALAD 350 THB

Mediterranean inspired menu with a little twist to use “kao-rai-dok-kha” (local rice) a complex carbohydrate that contains anthocyanin which is an antioxidant that helps prevent heart and cardiovascular disease. Together with rainbow vegetables to give you complete phytonutrients and act as prebiotic for probiotic that is contained in your intestine.

DETOXIFICATION SALAD 190 THB

We use broccoli stem which contains indole-3-carbinal that helps detoxify and prevent cancer. Guava will add high vitamin C to your body to help boost up antioxidant levels. Tempeh fermented sauce and fried tempeh will add vitamin B12 level for vegan eaters.

SILKEN TOFU WITH VEGAN BROTH 190 THB

Silken tofu will add plant based protein for vegan eaters. Mushrooms contain beta-glucans which help reduce inflammation and Eri adenine to help reduce cholesterol level in blood. Gingerol in ginger will help boost up your immune system.

YAMABUSHITAKE MUSHROOM CAKE (WITH MANGO SALSA AND PINEAPPLE JELLY) 250 THB

Yamabushitake mushroom contains “hericenones and erinacines”, to help stimulate the growth of brain cells, and it has no cholesterol compared with crab meat. Ripe mangoes have vitamin K which helps blood clot and vitamin C from chili that is good for your blood vessels.



Global Wellness Cuisine

VEGAN CHEESE BOARD 250 THB

Vegan eaters can enjoy this vegan cheese plate which contains good heart-healthy fats, rich in fiber and plant protein. It is also a good source of copper, magnesium and manganese; nutrients important for energy production, brain health immunity, and bone health. Adding nutritional yeast to boost up vitamin B12 level and serve with dry nuts with good fats and delicious fried fruits.



MUSHROOM BROTH 250 THB

This soup contains beta-glucan from mushrooms and ginger contains antioxidants. It will help manage free radicals that might damage cells and anti-inflammatories. By adding miso into the last step before serving, it will help provide as much as live and good probiotics to your intestine.



ANTHOCYANIN BOOSTER 250 THB

Red purple soup provides anthocyanins. Fiber from purple sweet potatoes, which is resistant starch, helps reduce inflammation. Nourish blood vessels strengthens bones and help prevent cancer.

GREEN DETOX SOUP 250 THB

Green vegetable soup concentrated with nutrients, easy to digest, high in iron and also contains sulforaphane, vitamin A, K and folic acid, helping to reduce the risk of heart disease. Cancer and reduce inflammation.



GENTLE CLEANING SOUP 250 THB

Perfect soup for people with IBS (irritate bowel syndrome). Also contain turmeric to help heal the stomach, reduce inflammation and help boost up your immunity. Ginger will help cut down on fermentation, constipation and other causes of bloating and intestinal gas.



VEGAN BRAISED PORK 250 THB

Young jackfruit can mimic a great texture of pork. It is also rich in vitamin c and it is one of few fruits that's high in vitamin B. It could be a good source of antioxidants. The sweetness of this dish is from date syrup, which is a natural sweetener that diabetic patients can enjoy without any effect on the blood sugar level.

Global Wellness Cuisine

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

This dish is a good source for protein and also a good source for vitamin B12. The curry paste contains turmeric, garlic, shallot, and herbs that help boost up your antioxidants and reduce inflammation.

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

Grilled to perfection seasonal fish served with sauteed kale and torch ginger flower salad. Torch ginger flower will help reduce bloating and gas in your intestine, it also contains phenolics and flavonoids as a source of antioxidants. Salad dressing has a high level of lycopene from tomatoes in salad dressing and vitamin C from chili. Fiber from kale will help reduce the risk of intestine cancer. Dried shrimp with shell or small fish fried to crispy could be a good source of calcium.



GRILLED ANDAMAN PRAWN HOMEMADE PASTA AND SILKY COCONUT SAUCE 250 THB

This fusion dish contains shrimp paste which contains probiotics that are good for your intestine. Turmeric helps reduce inflammation and several herbs to help boost up your immunity.

“KAH – NOM – JEEN” (SOUTHERN THAI STYLE NOODLES AND MEATLESS SPICY CURRY SAUCE) 250 THB

Yamabushitake mushroom give a texture of crab meat but less in cholesterol. It also contains “hericenones and erinacines” to help stimulate the growth of brain cells. Curcumin in the curry paste will absorb well with the help of good fat from coconut milk. Serve with several local vegetables and pickles which will be a good source of prebiotic in your intestine. Fermented rice noodles contain good probiotics which resist the enzyme in the stomach and survive to the intestine.



Global Wellness Cuisine

“POKE BOWL” LOCAL RICE WITH DICED MARINATED RAW FISH AND VEGETABLES. 350 THB



Great fresh local fish which is freshly caught will give you good fats, served with local rice which is a good source of complex carbohydrate that is high in anthocyanin. Edamame bean contains high amounts of several vitamins and minerals as well as fiber, high in proteins, and low in glycemic index and pickles ginger helps boost up your immunity.

CHICKPEA DORAYAKI (SWEET POTATO AND RED BEAN FILLING) 120 THB



Chickpea dorayaki is vegan and gluten free, it contains high amounts of protein. Sweet potato is resistant starch that has a high amount of fiber and there is no sugar added in the sweet potato filling recipe. Red beans contain GABA which is good for your brain. Serve with sencha green tea to add EGCG to reduce inflammation, aiding weight loss, and preventing certain chronic diseases.

TORCH GINGER FLOWER AND STRAWBERRY FRANGIPANE TART 120 THB



Torch ginger helps reduce bloating and gas in your intestine. Strawberry is a good source of antioxidants which is polyphenols, it is also a good source of vitamin C that helps reduce the risk of insulin resistance.

VEGAN MILLE FEUILLET WITH SEASONAL FRUITS 120 THB

This vegan Mille Feuillet contains turmeric that can help reduce the inflammation, and by using coconut oil in this, it will help the absorption of the curcumin into our body. Nutritional yeast also adds in to provide vitamin B12. Serving this Mille Feuillet with seasonal fruits will add vitamins and phytonutrients as well.

GUILT FREE CHOCOLATE TART 120 THB



70% dark chocolate contains flavonoids which is an antioxidant that could anticancer, anti-inflammatory. The tart shell is made of date, pecans, and walnuts to provide good fats. Date is a good natural sweetener that has a low effect on blood sugar level and contains several vitamins and minerals.



Peranakan Cuisine

"POPIAH" CHINESE ROLLED CREPE 190 THB

A type of snack that is popular among Chinese people from the mainland whose migration to the Malay peninsula. It is popular to use the main local raw materials consisting of pork, crab meat, shrimp, bean sprouts, tofu, and spring roll wrappers or omelet sheets. Wrap it like a roll and inside use seasonings such as dark soy sauce and Chinese five spice powder which symbolized the origins of a deep identity found rooted in the kitchen as their cultural heritage.



All prices are NET, inclusive of 10% service charge + 7% prevailing VAT tax



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

"Lo Bak Kian" is a snack during the day, originated from Chaozhou communities – Hokkien (southern of China). Consists of main raw materials, minced pork marinated with other ingredients with unique oriental spices. Ingredients are then wrapped like sausages. The wrap is made from bean curd sheet then deep fried the "Lo Bak Kian" which is served with dipping local seasoning sauce.

"LOR MEE" HOKKIEN BRAISED NOODLES 250 THB

Hokkien noodles which round, soft yellow color that are unique to the Fujian or Hokkien peranakan people whom originally migrated to earn a living along the coast of the Andaman sea. Therefore, "Lor Mee" noodles are unique and different from other Chinese ethnicities. The thickness of the broth delivers a hearty and aromatic flavor. Pairing with the sour and spicy flavor of the seasoning. "Lor Mee" or southern noodle of peranakan people was prepared for the special guests reception.

SOUTHERN STYLE CHICKEN WITH NUTMEG FRUITS CURRY 250 THB

Migration and travel of people contribute to the exchange of food culture. Bay of Bengal and Andaman sea has geographic similarity which resulting in a source of raw materials consisting of herbs and spices that are used in medicine and are also hidden in local food.



STIR FRIED LEMONGRASS SHRIMPS 350 THB

Local side dish among Peranakan-Malays in the Andaman Sea gypsy village used natural ingredients from the sea and vegetables. Locally available ingredients such as shrimp paste together with the combination of Chinese and Malay cooking methods. Make stir-fry or "Goreng" dishes available in every family.

Peranakan Cuisine

BABA & NYONYA "MOO HONG SOM" BRAISED PORK BELLY 250 THB

Traditional Chinese Hokkien pork dish in Phang-Nga. It's called "Moo Hong Som". This means slow cook with low heat. "Moo Hong Som" gives a soft and juicy texture. It has a distinctive taste that is sweet, salty, sour, spicy, blended with the flavors and spices from the region's products perfectly.



Peranakan Cuisine

SMOKE-DRIED FISH WITH CUCUMBER SALAD 190 THB

Ancient menu from the original record in bringing the method of smoking wooden fish, which gives a different smell and taste. When mixed with spicy salad with local herbs, roasted coconut and shrimp paste, it gets a cool, refreshing taste that's good for the digestive system, so it's often served as an appetizer.



RIVER PRAWNS MARINATED WITH SALTED KRILL 350 THB

Shrimp marinated with salted krill is a fermented condiment with salty to sour flavors. From nature in brackish water as small shrimp or krill floating on the water surface in groups. It is an important raw ingredient for making condiments from the community who make shrimp paste and salted krill with different methods according to ethnic groups throughout the Malay Peninsula.

PERANAKAN "CHAP- CHAI" MIXED VEGETABLES BRAISED 350 THB

"Chap-chai" means mixed vegetables, commonly served as mixed vegetables during the vegetarian festival and in households throughout China, Cantonese, Hokkien, Hainan. Sometimes they add raw ingredients from the sea also fresh and dry items. When out of season the local used seasonings in the community like soybean paste or bean curd according to ethnic familiarity.

MARINATED FISH STOMACH CURRY 250 THB

Uh or Uk, it's a type of food preservation that is fermented using salt as the main ingredient. And the main raw materials from the Asian maritime region. The fishermen or local communities prefer to use fish organs that are readily available. In addition to other meats, you can use the uh or uk method as well. In some locals, some families cook "uh pong pla", which is different from the commonly seen "kaeng phung pla" or "tai pla". Multicultural community accepting local raw ingredients, both fresh and dry mixed together. "Uh pong pla" is therefore unique in raising the wealth of the local area.

"TU-MEE" HOT AND SOUR FISH CURRY 250 THB

Also known as Malay Tumis or Tumis Cara in the Malay peninsula and among the peranakans. Including local people it is a process of simmering oil with curry paste or stew to make the taste intense and mild and reduce the fishy smell from seafood ingredients.

PERANAKAN CHICKEN CURRY 250 THB

Originated from the British colonial heritage, concentrated Indian spices and potato are mixed with local herbs in a multicultural way. Chicken is the main raw ingredient in this peranakan dish and is regarded as a special bowl to celebrate the welcoming of any new family members.

SOUTHERN THAI HOT AND SOUR CURRY SOUP 250 THB

It is a local hot and sour soup in Phang-Nga and Ranong originally. During the dry season, fresh vegetables are difficult to find. It is popularly made with large dried chili peppers or “Dee Plee Mueang” and also added rice grain to thicken the soup.

SALTED FISH & TOFU SOUP 250 THB

This is a clear hot soup made with ingredients which easily found in the local area. Salted fish originated from the abundance of marine food sources. Combined with local wisdom, there is a way to use the sun drying process for food preservation. In the kitchens of Hakka people, the process of making this clear soup is can be done easily and quickly.

BABA & NYONYA PORK & CRAB MEATBALL SOUP 250 THB

Seasonal clear soup is very popular during the new year and weddings. The soup is very rich. Seasonal sweetness of bamboo shoot pork bone soup. Peranakan pork meatballs have a distinctive identity, because raw materials from the sea are used, such as lump crab, shrimp, and fish, seasoned, kneaded, and formed into balls which mean symbol of wealth.

RICE VERMICELLI “MEE HOON” SALAD 350 THB

Rice Vermicelli has deep roots from Chinese ancestors. When immigrants came down to the Malay peninsula area, they mixed together with raw materials. and local ingredients such as shrimp paste, chilly and local vegetables giving rise to the taste of a new homeland on the basis of mother earth.

DRIED SMOKE SHRIMP CHILI PASTE 250 THB

It is a local wisdom by using shrimp as a raw material from the sea as well as dried smoke shrimp used for food preservation. But the cooking process is different and the taste is different. Shrimp can be plugged from white leg shrimp, bird shrimp. It has a thin shell. when the skewers were arranged grilled over low heat will get skewered prawns with a beautiful orange peel, fragrant and crispy throughout the wood. That's why it's a popular product that can be processed into many foods.

LEMONGRASS CHILLI PASTE 190 THB

For local people, this menu is used during traveling for crops, gardening, farming, fishing, as it can be easily taken with as a flavor enhancer that can be stored for a long time.

BABA & NYONYA “ACAR” PICKLED VEGETABLES 120 THB

Local pickles in the Andaman sea area that emphasizes the flavor of the ingredients from herbs and seasonings giving intense sour, sweet, slightly spicy, popular from peranakan culture of Indian Chinese descent. It consists of 2 main ingredients: vegetables and curry. Then pickled with local natural vinegar. Causing the “acar “of this mixed ethnic group it is different from commonly seen pickles.

“TU-BO” ASSORTED PERANAKAN DESSERT 120 THB

A peranakan dessert combination of a variety of local ingredients. These variety of ingredients differs more or less depending on the source of ingredients in each location A colonial Peranakan sweet or “BuBur-Chacha” was a colorful dessert and has a thick consistency similar to boiled rice. It's popular to eat commonly in the household and during ceremonies or important festivals, which signify prosperity.



BEVERAGES



LA VITA'S SIGNATURE MIXES

THB 130 net/glass

Our own healthy mixes, all self-written concoctions mixing it up with a twist of organic and herbal sensation right from our own estate. Your body will have fun!

Immunity "To You" Shots

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

Benefits: Carrot has an important level of beta-carotene which helps promote vision. Ginger helps reduce bloating and boost up your immunity. Allicin in garlic helps reduce cholesterol and acts as a blood thinner that promotes better blood circulation.

Green Wellness

Ingredients: Celery, Green apple, Lemon, Ginger

Benefits: Celery reduces blood pressure, it is packed with antioxidants. It is a great anti-inflammatory drink with huge vitamin boost, which helps your blood from clotting up.

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. This drink adds coconut water which has phytoestrogens that help female hormones to function properly. Galangal helps reduce inflammation and prevent infection.

Tropical Rush

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

Benefits: Pineapple has enzymes that help promote digestion. This drink is incredibly good after meals. Basil helps reduce triglyceride and reduce blood pressure, it also has magnesium which helps in muscle and blood vascular relaxation.

Vitamin Mojito

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

Benefits: Golden kiwi holds important levels of vitamin c, which means a serving of two has more than twice the recommended daily value of vitamin c intake, it also has elevated levels of potassium which helps lower your blood pressure.



LA VITA SANA'S GARDEN SMOOTHIES

THB 120 net/glass

Our garden's smoothie is made by puréeing ingredients in a blender. Commonly has a liquid base, such as fruit juice or milk, yogurt, or ice cream. We add in more ingredients, including fruits, vegetables, non-dairy milk, crushed ice or whey powder or nutritional supplements.

Green Garden

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

Benefits: A light, vegetable-based smoothie perfect for a cleansing regimen.

Orange Garden

Ingredients: Organic Carrot, Orange, Red Apple

Benefit: Designed to boost your 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 100 net/glass

Our cold-pressed juices are boundless. Whether you are a hardcore fitness junkie, diehard vegan, proud carnivore, or chill couch-potato, you can use cold-pressed juice to improve your overall health. Drinking cold-pressed juices aids your body in detoxification.

Metabolic Booster

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

Benefits: Assists in lowering cholesterol and boosting metabolism.

A Hearty Care

Ingredients: A combination of Carrot, Cucumber, Lemon, and Mint.

Benefits: Aids digestion, strengthens the heart, and supplies essential nutrients.

Antioxidant Rich

Ingredients: Composed of Tomato, Pineapple, and Papaya.

Benefits: Packed with antioxidants and energy enhancer.

Green Revitalizer

Ingredients: A mix of Cabbage, Ginger, and Green Apple.

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

Body Fortifier

Ingredients: Composed of Cucumber, Guava, and Mint.

Benefits: Rich in vitamins, fortifies the body.

Immunity Elevator

Ingredients: A blend of Tomato, Asparagus, Pineapple, and Lemon.

Benefits: Strengthens the immune system and improves vitality.

Age Defyer

Ingredients: A mix of Guava, Celery, and Mint.

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

Digestion Enhancer

Ingredients: Composed of Broccoli, Apple, and Melon.

Benefits: Boosts digestion, helps control blood pressure.

Powerful Reds

Ingredients: A combination of Carrot, Ginger, Beetroot, and Lemon.

Benefits: An excellent source of antioxidants and vitamins, enhances skin glow.

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 and Mint Kombucha
Kiwi and Orange Kombucha
Apple Kombucha



FRUITY-INFUSED WATER (1Litre)

THB 70 net/lit

The main benefits of fruit-infused water come from the simple fact that it's water. Adequate hydration is key to being healthy. By infusing tasty flavors, you tend to drink more thus is another way to make water more appealing. Infused water has all the hydration of a cool glass of water and the bright, sweet, and tangy flavors of your chosen ingredients. Lime-infused water is some of the most popular choices, but you can also infuse water with herbs like mint or rosemary.

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.

All prices are NET, inclusive of 10% service charge + 7% prevailing VAT tax

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



BEVERAGES

BEERS & ALES

THB 100 net/bot

Budweiser Zero (0%)

Budweiser Zero is an alcohol-free brew with only 50 calories and zero grams of sugar and is made for those who want to cut back on alcohol without missing out on the full flavor.

Budweiser Beer

Budweiser is a golden beer with a light aroma. Of noble malts and hops with notes of citrus and fruit. Crisp and clean with a great finish, Budweiser, an American lager from the Midwest, is a golden beer with a light aroma.

Heineken 0.0 (0%)

With all natural ingredients and low levels of carbohydrates, sugar and calories, it's a very good substitute to alcoholic and soft drink alternatives.

Heineken Beer

It's a Dutch beer. It's a lager type of beer. Contains approximately 5% alcohol by volume, produced by Heineken. Dutch giant company It started with a small Amsterdam brewery in the Dutch family business Gerard Adrian Heinegen in 1864. The highlight is the green bottle and red star packaging.

Hite Zero Non Alcohol Malt (0%)

Produced by Hite Jinro which is most famous for Soju, Hite Beer and Max beer. Lower in calories (Only 60 KCAL) and enhance smooth & original taste. Enjoy Anyone, Anytime, Anywhere.

Singha Beer

Singha is a pale lager beer manufactured in Thailand by the Singha Corporation Co. Ltd., a subsidiary of its parent company, Boon Rawd Brewery. Singha was first brewed in 1933, and in 1939 officially endorsed by King Rama VIII by allowing the royal Garuda symbol on the bottle.

Corona Beer

THB 120 net/bot

Corona is a brand of beer produced in multiple breweries in Mexico and imported to markets around the world. Corona Brewed with 100% Natural Ingredients such as Water, Barley, Hops, Maize. Beer carbonated before bottling.

Khao Lak Ale

THB 160 net/bot

Khao lak ale is a craft beer brand that features locally sourced ingredients from the region of khaolak. It is made from local rice farms blended with red tea leaves, the end result is a floral and fruity taste, just a perfect match for the bustling and vibrant of khaolak's surf town.

Chalawan Pale Ale Beer

THB 160 net/bot

This Pale Ale balances bitterness vs. sweetness. Crafted from the blends of Pilsner malt, and roasted Munich malt, it has a medium body with moderate carbonation. It delivers a malty caramel note flanked by Lychee, citrus and floral.

Bussabaex-Weisse Beer

THB 160 net/bot

A mix of Pilsner and Munich malts. Golden hue in color, pours white foamy heads with great bodied. Refreshing ripe tropical fruit and clove notes with a hint of fresh-cut bouquet aroma befitting its name: Bussaba, the most beautifully scented woman in Thai literature.

Pheebok Sawasdee Beer

THB 250 net/bot

Beautiful citric hops nose, clean palate with balanced malt flavor throughout. The taste changed to an orange flavor, it seemed to sparkle. But it dries in half quickly, leaving you wanting more from the flavor

LA VITA SANA'S HOUSE BLEND & ROAST JAVA

Organic Coffee Blend

THB 75 hot/cup THB 85 ice/cup

Organic coffee refers to coffee that is grown and produced without the use of chemicals, emphasizing natural cultivation methods. It insists on coffee growing in natural areas, ensuring no chemical residues in the soil, air, or water. This results in clean, safe, and high-quality produce.

Roasted Decaf Coffee

THB 75 hot /cup. THB 85 ice /cup

Roasted decaf coffee beans deliver a deep, aromatic scent and a balanced medium body. Perfect for those who crave the taste of coffee, sans the caffeine."

Cold Brew Coffee

THB 100 net /cup

Cold brew coffee has significantly less acidity because the cold brewing process allows fewer acids from the coffee beans to dissolve compared to heat treatment. This makes this type of coffee deal for people with gastritis or acid reflux.

Matcha Latte Butterfly Blue Pea

THB 100 net/cup

Blue Butterfly Pea Matcha Latte is a perfect blend of concentrated Matcha green tea from Japan and fresh milk, infused with butterfly pea flowers. This concoction not only quenches thirst effectively but also provides excellent cooling properties.



Yuzu Orange Coffee

THB 120 net/cup

Yuzu Orange Coffee is a refreshing blend of tart and sweet, freshly squeezed fruit juice perfectly combined with black coffee. This easy-to-drink beverage offers a unique flavor profile while maintaining low calories.

Dirty Coffee

THB 120 net/cup

Dirty Coffee is a bold, caffeine-charged fusion of dark espresso of our house blend, It presents layered hues, a robust taste contrasted by sweet undertones, and a creamy, frothy finish.

"Thep Taro" Drip Coffee

THB 150 net/cup

Our signature coffee from Phang Nga, is an Arabica blend that marries the region's identity with our finest coffee beans, all roasted in our top tier roastery. The unique characteristic of this coffee lies in the infusion of the divine Taro element, making it truly distinctive. The inherent sweet and sour notes derived from the coffee beans, coupled with the absorbed flavors, create an intriguing complexity in both taste and aroma. This blend exudes the scent of aromatic wood, akin to spices, culminating in a refined woody fragrance."

Bulletproof Coffee/Bulletproof Americano

THB 150 net/cup

Bulletproof coffee combines coffee, made from high quality beans with grass-fed ghee butter and MCT oil (medium chain triglyceride), such as that derived from coconut oil. The ingredients are blended together, served warm and take on the look of a creamy latte. The Americano version is with same process minus the ghee-fed butter sensation but retains the tanginess and aromas of the coffee beans.

LA VITA SANA'S ORGANIC TEA SELECTION

Signature Organic Tea (House Blend)

THB 80 net/cup

La Vita Sana Signature Tea is a blend of naturally sourced, organic tea that is not only fragrant but also rich in antioxidants, vitamins C and E, amino acids, and beneficial minerals. This nutritious infusion helps reduce the risk of rheumatism, slows down the aging process, and minimizes facial wrinkles. Upon drinking our white tea, you will experience a rejuvenating effect, promoting relaxation and stress reduction.

PREMIUM FLOWER ORGANIC TEA

THB 70 net /cup

All-natural, organic tea cultivated through eco-friendly farming practices. (Hot or Ice)

Chrysanthemum Tea

Natural Flower Tea - 'Organic Chrysanthemum Flower,' a warm and soothing aroma to promote relaxation and better sleep, conveniently packed in biodegradable tea bags.

Organic Rose Tea

Organic Rose Tea: All roses are dried through a careful process to preserve their natural fragrance. This caffeine-free tea serves as a gentle laxative, promoting comfortable sleep.

Butterfly Pea Tea

Organic Butterfly Pea Flowers cultivated organically and blossom every season. These flowers undergo a careful production process to become floral tea, offering a gentle, natural color and aroma.

Ten Thousand Li Fragrant Tea

The distinct fragrance of Ten Thousand Miles' flowers, reminiscent of apricot, elderflower, and peach, harmonizes wonderfully with the depth of oolong tea.

PREMIUM ORGANIC TEA

T HB 70 net / cup

White Tea

(Hot or Ice)

White tea contains three times more antioxidants than green tea, and is rich in vitamins C and E, amino acids, and beneficial minerals. It helps in preventing Alzheimer's disease, reduces the risk of rheumatism, slows down aging, and lessens facial wrinkles. Drinking white tea refreshes the body, promotes relaxation, and reduces stress.

Green Tea

Green tea increases the rate of calorie burning by 4% and enhances fat oxidation by 17%, making it an excellent choice for those focusing on weight management.

Oolong Tea

Oolong tea, a traditional Chinese tea, promotes good health by protecting against heart disease, reducing blood pressure, managing diabetes, and providing antioxidants. It also helps reduce the risk of brain diseases.

Peppermint Green Tea

Peppermint Green Tea offers a fresh scent derived from natural mint herbs, blended with the smooth taste of green tea. It can be enjoyed with every meal for sustained health.

Lemongrass-Ginger Tea

Lemongrass-Ginger Organic Herbal Tea aids in relieving flatulence. As a caffeine-free healthy beverage, it can be enjoyed throughout the day.



Summer Berry Herbal Tea

THB 120 net/cup/ice

Mixed Berry tea, Apple juice, Lychee Syrup and Tonic. Berry tea, rich in Vitamin C, is beneficial for heart, digestive, and cognitive health. It can also help reduce stress, improve mood, and promote better sleep.

Peach Blossom Tea

THB 120 net/cup/ice

Peach tea, cranberry Juice, peach syrup, and Tonic Peach Tea rich in Vitamin A&C, are beneficial for heart, digestive, and cognitive health. It can also help reduce stress, improve mood peach tea can contribute to hydration. It's especially refreshing when served iced on a hot day.

INFUSED TEA

THB 110 net/glass

Infusions can be a fantastic way to stay hydrated and, with a cup having around 4 calories, they can be a tasty way to enjoy a sweet, fruity, or spicy drink without sugar. With a flavor to suit every palette, they're a delicious plant-powered way to boost a healthy lifestyle.

Phang-Nga Turmeric, Ginger, Sea Honey

Helpful in preventing cancer and fighting diabetes, as well as being a natural treatment for high cholesterol.

Lemongrass and Chrysanthemum Tea

It may help you reduce inflammation, serve as a reliable source of vitamins A and C, and lower blood pressure and cholesterol. Stomach or indigestion.

Fresh Lemon Mint Tea

Helps in building immunity and fighting diseases, relieves headaches, nausea, diarrhea, and vomiting

