

LAYAN LIFE BY ANANTARA  
WELLNESS MENU



Filippo Tawil

LAYAN  
**LIFE**  
BY ANANTARA

# WELLNESS DRINK MENU

*Juices, smoothies, drinks*

- **Detox Juice;** spinach, green apple, cucumber, lime, ginger, celery, chlorella 450
- **Antioxidant Juice;** beetroot, carrot, blueberry, pomegranate, coconut water, ginger 450
- **Autoinflammatory Smoothies;** papaya, lime, turmeric, ginger, cayenne, chia, coconut water 450
- **Ginger beer;** in house fermented ginger bug 450

# BREAKFAST

*From 7 am till 10.30 am*

- **Rustic banana bread;** hazelnut, chocolate, cinnamon 550
- **7 cereals porridge;** turmeric, goji, fresh fruits, almonds 550
- **Crushed avocado on toast;** high protein bread, poached eggs, cayenne, coriander 700
- **Miso soup;** genmai miso, spring onion, daikon, seaweed, tofu, or chicken 400/500
- **Spinach 'kuku';** egg frittata, garlic, spring onion, spices 600

Prices are in Thai Baht and are subject to 10% service charge plus applicable tax. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Please inquire with senior management if you have any dietary restriction, allergies or special considerations.

# SALADS

- **Seaweed salad;** greens vegetables, seaweed, extra virgin olive oil, spirulina dressing 630
- **Roasted pumpkin salad;** chicken, green beans, herbs, tarator dressing 700
- **Ceviche;** green vegetables, fennel, baby spinach, dry aged fish fillet or tempeh 600/700
- **Sprouts salad;** edamame, baked broccoli, pumpkin or wok seared beef with umeboshi dressing 600/900
- **Life 'som tam';** green papaya, yard long beans, cherry tomato confit, crispy tempeh or spicy chicken breast, lime-soy dressing 650/700
- **Wellness hummus;** chickpea, spinach, edamame, white beans, smoked paprika, red peppers, quinoa crackers 680

# SOUPS

- **Vegetable 'pho';** herbs, buckwheat noodles, chili, lime, soy, tofu, or beef fillet 600/800
- **Dal;** black lentil, azuki beans, coconut yogurt, coriander, garam masala 500

# MAINS

- **Sumac-saffron** marinated chicken; quinoa salad, mint, pomegranate, walnut 900
- **Dry aged grouper** in miso; kale, broccolini, chilled soba noodles 1000
- **Wok seared beef fillet;** shaoxing wine, chinese cabbage, bok choy, riceberry 1500
- **Lamb fillet koftas;** lebanese bread, labneh, fattoush 1200

# DESSERTS

- **Berry smoothie bowl;** soy yogurt, acai, dragon fruit, chia seeds, almonds **600**
- **Valrhona abinao chocolate mousse;** tofu, hazelnut, sea salt, coconut chips **600**
- **Red fruit cheesecake;** cashew-coconut yogurt cream, on dates and macadamia, forest berries sauce **600**

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