



COCOON WELLNESS

We highlight 'wellness cuisine' for items that feature
Synergistic combinations of notably nutrient dense
Ingredients that have been prepared with cooking
Methods that retain and enhance nutrient bio
Availability whilst being eco-friendly

Salads

TUNA POKÉ BOWL (Kcal 440)

Japanese rice, tuna fillet, avocado, edamame, seaweed, ginger, spicy soy - wasabi dressing
(Fat 16g, Carbs 34g, Protein 40g)

700

ROASTED PUMPKIN SALAD (Kcal 360)

Chicken, green beans, herbs, tarator dressing
(Fat 20gr, Carbs 10gr, Protein 35gr)

700

NICOISE SALAD (Kcal 163)

Greens, puy lentils, preserved tuna or seared tuna, hard boiled eggs, green beans, cherry tomato, anchovy, preserved lemon vinaigrette
(Fat 5g, Carbs 10g, Protein 39g)

750

HEIRLOOM BEETROOTS SALAD (Kcal 395)

Avocado, walnut, kalamata olive, pesto, cashew cheese parfait
(Fat 31gr, Carbs 24gr, Protein 5gr)

800

LIFE 'SOM TAM' (Kcal 450)

Green papaya, green bean, cherry tomato, garlic, Nuts, 'Nahm Yam' dressing, vegetable crudité
(Contains animal proteins, Fat 17gr, Carbs 38gr, Protein 36gr)

650

WELLNESS MEZZEH (Kcal 495)

Hummus, mouthabal, ajivar, crudité, quinoa crackers
(Fat 29gr, Carb 46gr, Protein 16gr)

800



mind cuisine by Layan Life

All our wellness menu dishes are thoughtfully crafted to be vegan and gluten-free.
Any exceptions will be clearly indicated.

Prices are in Thai Baht and are subject to 10% service charge plus applicable government tax.
Please inquire with senior management if you have any dietary restrictions, allergies or special consideration.

Mains

FOCACCIA LIFE *(Kcal 558)* 700

Hummus, roasted and grilled vegetables, rocket, hazelnuts, chili oil
(Kcal 742, Fat 60g, Carbs 41g, Protein 14g)

SUMAC-SAFFRON MARINATED CHICKEN 900 *(Kcal 343)*

Quinoa salad, mint, pomegranate, walnut
(Contains animal protein, Fat 11gr, Carbs 35gr, Protein 26gr)

DITALINI DI FARRO *(Kcal 793)* 750

spelt pasta, basil pesto, green beans, curly kale charred, broccolini, roasted garlic (low gluten)
(Fat 43g, Carbs 70g, Protein 25g)

LAMB FILLET KOFTAS *(Kcal 550)* 1200

Crispy Lebanese bread, labneh, Fattoush
(Contains animal protein, Fat 30gr, Carbs 40gr, Protein 30gr)

Desserts

BERRIES SMOOTHIE BOWL *(Kcal 107)* 450

Coconut yogurt, acai, dragon fruit, chia seeds, almonds
(Fat 7.5gr, Carbs 9gr, Protein 1gr)

WELLNESS COCOA POD *(Kcal 361)* 450

73% chocolate mousse, hazelnut, sea salt, coconut chips
(Fat 25gr, Carbs 31gr, Protein 8.2gr)

PHUKET PINEAPPLE CARPACCIO *(Kcal 215)* 400

Roasted pineapple, coconut sorbet, galangal, lemongrass, tapioca chips
(Fat 4.2gr, Carbs 44gr, Protein 2gr)

CHIA PUDDING *(Kcal 374)* 400

Coconut milk, passion fruit, raspberry, almond, cashew, hazelnut
(Fat 33gr, Carbs 10gr, Protein 10.5gr)



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