

WELLNESS & LONGEVITY MENU

Welcome to WELLNESS & LONGEVITY MENU, a collection of dishes crafted exclusively for Layan Life by Anantara, designed to bring the pleasure of eating healthily using the finest organic ingredients. Each dish has been thoughtfully created to nourish both body and soul, following Layan Life's nutritional philosophy.

Our entire menu is gluten- and dairy-free, as these foods often cause digestive discomfort, inflammation, and issues for those with intolerances. Gluten, found in some grains, may negatively impact gut health, even for people without coeliac disease, while dairy can be difficult to digest and linked to inflammation. We've also removed refined sugars and grains, which contribute to glycaemic spikes and long-term health issues, opting instead for whole, organic ingredients.

The menu blends flavours and nutrition, featuring Thai, Arabic, Japanese, Greek, and Indian dishes, all enhanced by superfoods like chia seeds, moringa, quinoa, goji berries, and spirulina, selected for their exceptional health benefits. Açai provides antioxidant protection, matcha boosts energy and metabolism, and goji berries strengthen the immune system. Spices such as turmeric and cinnamon not only enrich flavour but also offer anti-inflammatory benefits.

Attention to digestion is at the heart of our wellness cuisine. Ingredients such as galangal, cardamom, and ginger support digestion and overall health. Fermented foods like miso and umeboshi boost the microbiome, while plant proteins from tempeh and tofu contribute to muscle and bone health. Seaweeds such as kombu and spirulina, rich in minerals, help detoxify and regenerate the body.

Additionally, tamarind and adzuki beans promote healthy digestion and provide essential fibre and nutrients. Each dish is a journey through nutritious, conscious cuisine, carefully chosen for its balance and wellness benefits.

Enjoy every moment of this culinary experience.

With gratitude,

Filippo Tawil

Wellness Chef & Consultant

ALL DAY BREAKFAST

Rustic Banana Bread (<i>Kcal 484</i>) Hazelnut, chocolate, cinnamon (<i>Fat 20g, Carbs 70g, Protein 6g</i>)	550
Buckwheat Porridge (<i>Kcal 274</i>) Turmeric, goji, roasted fruits, almonds (<i>Fat 10g, Carbs 35g, Protein 11g</i>)	550
Healthy Grain Pancakes, Mango Papaya Salad (<i>Kcal 491</i>) Passion fruit, chia seeds, coconut yoghurt, kafir lime (<i>Fat 17g, Carbs 70g, Protein 9g</i>)	600
Cacao Smoothie (<i>Kcal 350</i>) Flax, hemp, cacao, banana, blueberry (<i>Fat 9g, Carbs 44g, Protein 5g</i>)	600
Beef Bone Broth (<i>Kcal 173</i>) Collagen rich beef tail broth (<i>Fat 5g, Carbs 2g, Protein 30g</i>)	600
Crushed Avocado on Toast (<i>Kcal 367</i>) High protein bread, poached eggs, cayenne, coriander (<i>Contains animal protein, Fat 23g, Carbs 26g, Protein 14g</i>)	700
Scrambled Tofu (<i>Kcal 403</i>) Turmeric, baby spinach, mushroom, spring onion, garden greens (<i>Fat 31.5g, Carbs 15g, Protein 15g</i>)	650
Eggwhite Frittata (<i>Kcal 263</i>) Smoked salmon, herbs, salmon roe, pickled red onion, radish (<i>Fat 8.5g, Carbs 3.5g, Protein 42g</i>)	600

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.

SOUPS

Beef Bone Broth (Kcal 173) Collagen rich beef tail broth (Fat 5g, Carbs 2g, Protein 30g)	600
Vegetable ‘Pho’ (Kcal 545) Herbs, soba noodles, chili, lime, soy, tofu or beef fillet (Fat 13g, Carbs 60g, Protein 47g)	600/800
Beans Minestrone (Kcal 355) Lentils, chickpeas, beans, vegetable, crispy kale; sauce vierge (Fat 12g, Carbs 44.5g, Protein 14.7g)	600

SALADS

Chole Chaat (Kcal 374) Shallot, coriander, mint chutney, chickpea crackers (Fat 18g, Carbs 42g, Protein 13g)	650
Roasted Pumpkin Salad (Kcal 360) Chicken, green beans, herbs, tarator dressing (Fat 20g, Carbs 10g, Protein 35g)	700
Sprouts Salad Bowl (Kcal 327) Edamame, baked broccoli, wok seared wagyu beef striploin, Garlic-ginger dressing, sesame seeds (Contains animal protein, Fat 26g, Carbs 9g, Protein 16.3g)	1200
Heirloom Beetroots Salad (Kcal 395) Avocado, walnut, kalamata olive, pesto, cashew cheese parfait (Fat 31g, Carbs 24g, Protein 5g)	800
Life ‘Som Tam’ (Kcal 450) Green papaya, green bean, cherry tomato, garlic, nuts, ‘Nahm Yam’ dressing, Vegetable crudité (Fat 17g, Carbs 38g, Protein 15g)	650
Wellness Mezzeh (Kcal 495) Hummus, moutthabal, ajivar, crudité, quinoa crackers (Fat 29g, Carb 46g, Protein 16g)	800

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MAINS

Goan Fish Curry (Kcal 370) Fillet of Barramundi, in spiced tamarind gravy, turmeric, wilted red onion, green chili (Contains animal protein, Fat 13g, Carbs 57g, Protein 24g)	850
Sumac-Saffron Marinated Chicken (Kcal 343) Quinoa salad, mint, pomegranate, walnut (Contains animal protein, Fat 11g, Carbs 35g, Protein 26g)	900
Aloo Gobi (Kcal 285) Indian curry of purple cauliflower and potato, garam masala, coriander, lime (Fat 19g, Carbs 122g, Protein 39g)	700
Lamb Fillet Koftas (Kcal 550) Crispy Lebanese bread, labneh, Fattoush (Contains animal protein, Fat 30g, Carbs 40g, Protein 30g)	1200

DESSERTS

Berries Smoothie Bowl (Kcal 107) Coconut yogurt, acai, dragon fruit, chia seeds, almonds (Fat 7.5g, Carbs 9g, Protein 1g)	450
Wellness Cocoa Pod (Kcal 361) 73% chocolate mousse, hazelnut, sea salt, coconut chips (Fat 25g, Carbs 31g, Protein 8.2g)	450
Phuket Pineapple Carpaccio (Kcal 215) Roasted pineapple, coconut sorbet, galangal, lemongrass, pineapple chips (Fat 4.2g, Carbs 44g, Protein 2g)	400
Chia Pudding (Kcal 374) Coconut milk, passion fruit, raspberry, almond, cashew, hazelnut (Fat 33g, Carbs 10g, Protein 10.5g)	400

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Filippo Tawil

Wellness Chef Consultant
Anantara Life

Filippo Tawil, an Italian chef with over a decade of experience in wellness cuisine, is the culinary mastermind behind Layan Life's dining concept. Driven by a passion for transformative wellness, he has crafted a bespoke menu in line with Layan Life's philosophy, blending delicious flavours with nutritional value to support members on their personal journeys to better health.

Most recently, Filippo made a significant impact at the award-winning Accademia Restaurant in Switzerland's grand dame, Hotel d'Angleterre. He also played a key role in establishing the fine-dining and wellness restaurants at the luxury Ayurvedic wellness resort, Kings Mansion, in Goa. From 2017 to 2019, Filippo worked closely with the renowned Clinique

La Prairie in Montreux, Switzerland, pioneering detox and weight-loss concepts using local biodynamic ingredients. He has further collaborated with prestigious global hotel chains to develop bespoke wellness concepts. Prior to this, he served as a private chef around the world, tailoring menus for discerning clients.