

WEIGHT MANAGEMENT MENU

STARTER

MAIN COURSE NON-VEGETARIAN

MAIN COURSE VEGETARIAN

DESSERT

DRINK

SUN

Chiva-Som Garden Salad

Variety of herbs and vegetables from our organic garden served with our healthy signature dressing

Chicken Tikka Masala

A British favourite with its roots in India served with brown rice and assorted healthy accompaniments

Massaman Curry

Jack fruit seeds and aubergine cooked in a massaman sauce served with gaba rice

Sliced Seasonal Fresh Fruit

Minty Green

Green apple, cucumber, celery, kale, mint leaf

MON

Natural Collagen Beef Bone Broth

with caramellized onions, edamame beans and vegetable brunoise

Pla Yang Kha Min

Pan-seared tumeric seabass fillet served with mixed vegetables and a spicy tamarind sauce

Tofu Yang Kha Min

Pan-seared tumeric tofu served with mixed vegetables and a spicy tamarind sauce

Sliced Seasonal Fresh Fruit

Immune Aid

Carrot, beetroot, green apple, ginger

TUE

Yam Sen Book

A spicy shiratake noodle salad with mushrooms

Hua Hin Cioppino

A wide variety of seafood from Hua Hin cooked with tomatoes and coconut milk

Veggie Cioppino

A wide variety of vegetables cooked with tomatoes and coconut milk

Sliced Seasonal Fresh Fruit

Wheatgrass Shot

WED

Pumpkin Velouté

Roast pumpkin infused with Thai herbs and blended with coconut cream

Phad Nam Phrik Phao Gai

Chicken stir-fried with homemade chili jam served with steamed gaba rice

Phad Nam Phrik Phao Phak

Mixed vegetables stir-fried in homemade chili jam served with steamed gaba rice

Sliced Seasonal Fresh Fruit

Minty Green

Green apple, cucumber, celery, kale, mint leaf

THU

Roasted Red Bell Pepper Soup

A puree of red bell peppers

Kao Soy Chicken Curry

Glass noodle Khao Soy curry with shredded sous vide chicken breast and vegetables

Kao Soy Vegetable Curry

Glass noodle Khao Soy curry with vegetables

Sliced Seasonal Fresh Fruit

Immune Aid

Carrot, beetroot, green apple, ginger

FRI

Natural Collagen Chicken Bone Broth

with natural collagen, edamame beans and vegetable brunoise

Massaman Chicken with Jackfruit Seed and Aubergine Curry

Braised chicken, jack fruit seeds and aubergine served with gaba rice

Massaman Jackfruit Seed and Aubergine Curry

Braised jack fruit seeds and aubergine served with gaba rice

Sliced Seasonal Fresh Fruit

Wheatgrass Shot

SAT

Yam Som O

A tangy pomelo salad enhanced with a homemade chili paste dressing

Salmon Pepper Fondue

Baked balsamic and mustard marinated salmon with a capsicum fondue and Indian spinach

Cauliflower Pepper Fondue

Baked balsamic and mustard marinated cauliflower with a capsicum fondue and Indian spinach

Sliced Seasonal Fresh Fruit

Vit C Booster

Green apple, pineapple, orange juice

THB 2,229 (3 days)

THB 3,715 (5 days)

THB 5,200 (7 days)

IMMUNE SUPPORT

STARTER

MAIN COURSE NON-VEGETARIAN

MAIN COURSE VEGETARIAN

DESSERT

DRINK

SUN

Chiva-Som Garden Salad

A variety of herbs and vegetables from our organic garden served with our healthy signature dressing

Massaman Osso Buco Curry

Braised beef osso buco, jack fruit seeds and aubergine served with gaba rice

Massaman Curry

Jack fruit seeds and aubergine cooked in a massaman sauce served with gaba rice

Sliced Seasonal Fresh Fruit

Immune Aid

Carrot, beetroot, green apple, ginger

MON

Natural Collagen Beef Bone Broth

with caramellized onions, edamame beans and vegetable brunoise

Phad Med Ma Muang Gai

Stir-fried chicken and cashew nuts served with steamed gaba rice

Phad Med Ma Muang Tofu

Stir-fried tofu and cashew nuts served with steamed gaba rice

Sliced Seasonal Fresh Fruit

Wheatgrass Shot

TUE

Hummus and Cruciferous

Creamy chickpeas served with cruciferous vegetables and mixed ground nuts

Hua Hin Cioppino

A variety of seafood from Hua Hin cooked with tomatoes and coconut milk

Veggie Cioppino

A variety of vegetables cooked with tomatoes and coconut milk

Sliced Seasonal Fresh Fruit

Minty Green

Green apple, cucumber, celery, kale, mint leaf

WED

Pumpkin Velouté

Roast pumpkin infused with Thai herbs and blended with coconut cream

Ginger Lentil Dahl

Lentil stew served with naan bread

Sliced Seasonal Fresh Fruit

Vit C Booster

Green apple, pineapple, orange juice

THU

Yam Som O

A tangy pomelo salad enhanced with a homemade chili paste dressing

Phad Nam Phrik Phao Gai

Chicken stir-fried in homemade chili jam served with steamed gaba rice

Phad Nam Phrik Phao Phak

Mixed vegetables stir-fried in homemade chili jam served with steamed gaba rice

Sliced Seasonal Fresh Fruit

Wheatgrass Shot

FRI

Natural Collagen Chicken Bone Broth

with edamame beans and vegetable brunoise

Chicken Tikka Masala

A popular British dish with its roots in India served with brown rice and assorted healthy accompaniments

Veggie Tikka Masala

A popular British dish with its roots in India served with brown rice and assorted healthy accompaniments

Sliced Seasonal Fresh Fruit

Immune Aid

Carrot, beetroot, green apple, ginger

SAT

Emerald Soup

A puree of spinach, pumpkin and zucchini

Salmon Pepper Fondue

Baked balsamic mustard marinated salmon with a capsicum fondue and Indian spinach

Cauliflower Pepper Fondue

Baked balsamic mustard marinated cauliflower with a capsicum fondue and Indian spinach

Sliced Seasonal Fresh Fruit

Minty Green

Green apple, cucumber, celery, kale, mint leaf

THB 2,229 (3 days)

THB 3,715 (5 days)

THB 5,200 (7 days)

HIGH PROTEIN MENU

STARTER

MAIN COURSE NON-VEGETARIAN

MAIN COURSE VEGETARIAN

DESSERT

DRINK

SUN

Chiva-Som Caesar Salad

Romaine lettuce tossed with our macadamia dressing served with homemade semi-dried tomatoes, whole wheat croutons and parmesan shavings

Massaman Osso Buco Curry

Braised beef osso buco, jack fruit seeds and aubergine served with gaba rice

Massaman Curry

Jack fruit seeds and aubergine cooked in a massaman sauce served with gaba rice

Sliced Seasonal Fresh Fruit

Chairman's Shake

Banana, cocoa, almond butter, protein powder

MON

Natural Collagen Beef Bone Broth

with caramellized onions, edamame beans and vegetable brunoise

Pla Yang Kha Min

Pan-seared tumeric seabass fillet served with mixed vegetables and a spicy tamarind sauce

Tofu Yang Kha Min

Pan-seared tumeric tofu served with mixed vegetables and a spicy tamarind sauce

Spicy Curried Mixed Nuts

Coco Pump

Coconut water, coconut oil, protein powder

TUE

Hummus and Cruciferous

Creamy chickpeas served with cruciferous vegetables and mixed ground nuts

Phad Med Ma Muang Gai

Stir-fried chicken and cashew nuts served with steamed gaba rice

Phad Med Ma Muang Tofu

Stir-fried tofu and cashew nuts served with steamed gaba rice

Carrot Cinnamon Cake

Carrot and cinnamon cake topped with yoghurt frosting and crushed almonds

Chairman's Shake

Banana, cocoa, almond butter, protein powder

WED

Pumpkin Velouté

Roast pumpkin infused with Thai herbs and blended with coconut cream

Hua Hin Cioppino

A variety of seafood from Hua Hin cooked with tomatoes and coconut milk

Veggie Cioppino

A variety of vegetables cooked with tomatoes and coconut milk

Spicy Curried Mixed Nuts

Coco Pump

Coconut water, coconut oil, protein powder

THU

Roasted Red Bell Pepper Soup

A puree of red bell peppers

Ginger Lentil Dahl

Stewed lentils served with Naan bread

Flourless Chocolate Parfait

A fluffy chocolate flourless sponge with organic yoghurt, crumble and candied lemon zest

Chairman's Shake

Banana, cocoa, almond butter, protein powder

FRI

Natural Collagen Chicken Bone Broth

with edamame beans and vegetable brunoise

Chicken Tikka Masala

A popular British dish with its roots in India served with brown rice and assorted healthy accompaniments

Chickpea Tikka Masala

A popular British dish with its roots in India served with brown rice and assorted healthy accompaniments

Banana Custard

Dairy free banana custard topped with cranberry granola

Coco Pump

Coconut water, coconut oil, protein powder

SAT

Sunchoke and Mushroom Soup

A puree of Jerusalem artichokes with mushrooms from our garden

Salmon Pepper Fondue

Baked balsamic mustard marinated salmon with a capsicum fondue and Indian spinach

Tofu Pepper Fondue

Baked balsamic mustard marinated tofu with a capsicum fondue and Indian spinach

Sliced Seasonal Fresh Fruit

Chairman's Shake

Banana, cocoa, almond butter, protein powder

THB 2,229 (3 days)

THB 3,715 (5 days)

THB 5,200 (7 days)