



VEGETARIAN
DINNER MENU



STARTER

CHIVA-SOM MIANG KAM

Betel leaf wrap
95 Kcal, protein 2g, carb 9g, fat 6g
contains nuts, soy

SATAY

Tofu Skewers served with curried almond sauce and cucumber relish
131Kcal, protein 10g, carb 6g, fat 8g
contains nuts, soy

GỎI CUỐN

Fresh spring roll with Tofu
70 Kcal, protein 3g, carb 12g, fat 2g
contains nuts, soy

YAM WOONSEN

A spicy grass noodle salad with Mushroom
103Kcal, protein 2g, carb 22g, fat 1g

TURMERIC HUMMUS

Middle Eastern dip. Chickpea, tahini, and turmeric Serve with cruciferous vegetables and pomegranate
95 Kcal, protein 3g, carb 8g, fat 6g
contains nuts

MUHAMMARA WITH BUCKWHEAT MELBA CHIPS AND FATTOUSH

Walnut and red pepper dip with a traditional Middle Eastern salad and a buckwheat cracker
100 Kcal, protein 4g, carb 12g, fat 6g
contains nuts

KONJAKU NOODLES WITH MUSHROOM

89 Kcal, protein 2g, carb 18g, fat 0g
contains soy

SOM TAM MALAKOR

Green papaya salad with cashew nuts
99 Kcal, protein 3g, carb 15g, fat 4g
contains nuts, soy

YUM SOM O BORAN

Pomelo Salad
A salad featuring pomelo and roasted coconut flakes, enhanced with aromatic Thai herbs
Pomelo 80 Kcal, protein 1g, carb 14g, fat 3g

CHIVA-SOM GARDEN SALAD

A variety of herbs and vegetables from our organic garden served with our healthy signature dressing and assorted seeds
72 Kcal, protein 3g, carb 11g, fat 2g

CAESAR SALAD

Baby romaine tossed with our Chiva-Som dressing
Vegan option: without chicken, anchovy and parmesan shavings
77 Kcal, protein 2g, carb 6g, fat 1g
contains nuts



 = gluten free

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 = spicy

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PA RAM RONG SOUNG

A traditional salad featuring morning glory, Indian spinach, and fern, served with a flavorful FSA dressing

68 Kcal, protein 3g, carb 5g, fat 5g

contains nuts, soy

GRILLED OKRA WITH TOASTED GINGER SESAME CREAM

Grilled okra, pickled turnips and onion with a ginger sesame cream

45Kcal, protein 2g, carb 9g, fat 1g

contains soy

KINU SALAD

Silken tofu in spicy Ponzu with kombu and a toasted sesame salad

70Kcal, protein 4g, carb 8g, fat 2g

contains soy

SOM TAM SEN KAEW

Kelp noodle salad with cashew nuts

102Kcal, protein 3g, carb 14g, fat 4g

contains nuts, soy

YUM PAK GOUD

Paco fern vegetables and fresh herbs with a chili and lime dressing

102Kcal, protein 3g, carb 11g, fat 15 g

contains nuts, soy



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SOUP

POTASSIUM BROTH

High potassium beetroot-based broth served with cleansing condiments
40 Kcal, protein 2g, carb 8g, fat 1g
contains soy

MUSHROOM BROTH

Double boiled essence of mushroom from our garden
37 Kcal, protein 2g, carb 8g, fat 0g
contains soy

MISO

Kombu seaweed broth infused with organic miso paste
31 Kcal, protein 2g, carb 4g, fat 1g
contains soy

KIMCHI JJIGAE

Spicy Korean stew of Korean fermented napa cabbage and Tofu simmered in a delicate vegetable broth
26Kcal, protein 2g, carb 3g, fat 1g
contains soy

RED CAPSICUM AND SWEET POTATO SOUP

34 Kcal, protein 1g, carb 7g, fat 0g

EMERALD SOUP

Green power cleansing soup
54 Kcal, protein 4g, carb 10g, fat 1g
contains soy

PUMPKIN VALOUTE

Golden pumpkin with basil and chili oil
71 Kcal, protein 2g, carb 9g, fat 4g

TOM KHA HUA PEE

Herbed coconut soup and banana blossom with banana blossom
102 Kcal, protein 3g, carb 6g, fat 6g

TOM YUM

Hot and sour soup with mixed mushrooms
47 Kcal, protein 4g, carb 6g, fat 1g

TURMERIC AND GINGER BROTH

A flavourful and nutritious soup that combines the anti-inflammatory and antioxidant properties of turmeric and ginger
50 Kcal, protein 1g, carb 1g, fat 5g



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MAIN COURSE

TOFU STEAK

Grilled tofu with vegetables gravy serve with mushroom confit and broccolini
121Kcal, protein 10g, carb 6g, fat 7g
contains soy

ROASTED CAULIFLOWER AND IVY GOURD

served with glazed onion and tangy gravy
60 Kcal, protein 3g, carb 12g, fat 1g

VEGGIE CIOPPINO

A variety of vegetables cooked in tomato jus and coconut milk
66 Kcal, protein 2g, carb 8g, fat 3g

TEMPEH HUMMUS

A fermented cooked soya beans with hummus serve with coconut cucumber yoghurt salad
159Kcal, protein 10g, carb 10g, fat 10g
contains soy

MUJADARA

A signature Middle Eastern dish of lentils and rice with crispy onions and a side of Fattoush salad, with a spicy herb sauce and coconut yogurts
190Kcal, protein 5g, carb 25g, fat 9g

KATHAL KI SABZI

Jack fruit masala curry
Delectable young jack fruit in a marsala curry served with assorted healthy accompaniments, including kachumber, mango chutney, pickled onion, papadum and Gaba rice.
183 Kcal, protein 5g, carb 29g, fat 3g



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TANDOORI GOBI

Low carb Indian dish of baked cauliflower with coconut yoghurt and Indian spices mango chutney, pickled onion, cucumber kachumber and papadum
116 Kcal, protein 4g, carb 11g, fat 8g

PHAD TOA SEI

Stir-fried Tofu with Chinese celery, garlic in fermented black soybean sauce
92Kcal, protein 6g, carb 8g, fat 4g
contains soy

MONGOLIAN

Stir fried tempeh with ginger, soy sauce and broccoli
106 Kcal, protein 7g, carb 8g, fat 6g
contains soy

NUANG SI-EW

The steamed zucchini with braised mushrooms and a ginger and sesame soy sauce
64Kcal, protein 3g, carb 11g, fat 1g
contains soy

NUANG MANOA

Steamed Zucchini with a chili and lime sauce
50 Kcal, protein 2g, carb 11g, fat 0g
contains soy

VEGGIE RASSA

A variety of vegetables cooked in a light masala curry coconut soup
128 Kcal, protein 6g, carb 16g, fat 6g

NAM TOK

Tofu with spicy tamarind sauce
139 Kcal, protein 10g, carb 9g, fat 7g
contains soy

MAIN COURSE

GAENG DEANG

Red curry with Thai eggplants and tofu
147 Kcal, protein 7g, carb 9g, fat 8g
contains soy

GAENG KHIEW WAAN

Green curry with Thai eggplants and tofu
147 Kcal, protein 7g, carb 9g, fat 10g
contains soy

MASSAMAN

Southern Thai style curry with sweet potato and eggplant
123 Kcal, protein 2g, carb 16g, fat 6g
contains nuts, soy

GINGERED LENTIL DHAL

107 Kcal, protein 4g, carb 12g, fat 5g
Plus Naan bread: Contain gluten 

PHAD KRAPROW

Stir-fried tempeh with chili, garlic and holy basil sauce
135 Kcal, protein 10g, carb 10g, fat 7g
contains soy

PHAD MED MAMAUNG

Stir-fried Tofu with cashew nuts, water chestnuts and bell pepper
201 Kcal, protein 10g, carb 17g, fat 11g
contains nuts, soy

PHAD NAM PHRIK PHAO

Stir-fried tofu with homemade chili jam and straw mushrooms
169Kcal, protein 12g, carb 12g, fat 9g
contains soy

FRIED GABA RICE

Stir-fried Gaba rice with mixed vegetables
82 Kcal, protein 2g, carb 14g, fat 2g
contains soy

CHIVA-SOM PHAD THAI

Stir-fried brown rice noodles with mixed vegetables and date sauce
158 Kcal, protein 5g, carb 24g, fat 4g
contains soy



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SIDE DISH

FRESH ORGANIC SALAD SERVED WITH APPLE CIDER VINEGAR 🌱🌿

16 Kcal, protein 1g, carb 3g, fat 0g

SAUTÉED SEASONAL MUSHROOMS 🌱🌿

24 Kcal, protein 2g, carb 5g, fat 0g

WILTED SPINACH 🌱🌿

18 Kcal, protein 2g, carb 3g, fat 0g

SAUTÉED OKRA 🌱🌿

24 Kcal, protein 1g, carb 5g, fat 0g

SAUTÉED ZUCCHINI 🌱🌿

13 Kcal, protein 1g, carb 2g, fat 0g

MASHED CRUCIFEROUS VEGETABLES 🌱🌿

19 Kcal, protein 1g, carb 3g, fat 0g

STEAMED CRUCIFEROUS VEGETABLES 🌱🌿

17 Kcal, protein 1g, carb 3g, fat 0g

PHAD PHAK 🌱🌿

Stir-fried seasonal local vegetables
51 Kcal, protein 2g, carb 6g, fat 2g
contains soy

KHAO GLONG 🌱🌿

Steamed organic GABA mixed rice
78 Kcal, protein 2g, carb 17g, fat 1g



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DESSERT



SPECIAL THAI DESSERT OF THE DAY

Approximately: 75 kcal, protein 1g, carb 7g, fat 4g

RAW CHOCOLATE MOUSSE

Young coconut and chocolate mousse with avocado
72 Kcal, protein 1g, carb 7g, fat 5g

YOGURT AND FRUIT PARFAIT

Greek yoghurt with tropical fresh fruit and chocolate sponge
127 Kcal, protein 3g, carb 22g, fat 4g
contains dairy, egg

PINEAPPLE SEMIFREDDO

Pineapple sorbet cube topped with Thai style chilli caramel sauce
35 Kcal, protein 0g, carb 9g, fat 0g

SUPER GRAIN BRÛLÉE

Quinoa and Job's tears pudding with fresh mango and passion fruit
183 Kcal, protein 3g, carb 16g, fat 13g

KHAO NEAW MAMUANG

Black sticky rice with ripe mango and green bean crisp
69 Kcal, protein 1g, carb 12g, fat 2g

POLLAMAI RUAM

Assorted seasonal tropical fruit
Approximately: 79 Kcal protein 1g, carb 19g, fat 0g

MINT CHOCOLATE BANANA NICE CREAM

Almond milk, cacao fiber powder, banana and mint
53 Kcal, protein 2g, carb 4g, fat 3g
contains nuts

VANILLA NICE CREAM

Almond milk, vegan protein powder, coconut nectar syrup and vanilla pod
58 Kcal, protein 4g, carb 4g, fat 3g
contains nuts

ANTHOCYANIN SORBET

Raspberry, strawberry, cranberry, kefir water, acai and coconut nectar syrup
29 Kcal, protein 0g, carb 6g, fat 0g

SUPER FOOD SORBET

Avocado, kiwi, wheatgrass, lime juice and coconut nectar syrup
38 Kcal, protein 0g, carb 4g, fat 1g

GREEN SORBET DETOX

Red apple, green apple, kale, mint, celery, Gotu kola and lime juice
20 Kcal, protein 0g, carb 4g, fat 0g

CURCUMIN SORBET DETOX

Turmeric, Asian pear, olive oil and black pepper
14 Kcal, protein 0g, carb 2g, fat 1g

PROBIOTIC SORBET

Kefir mineral water, pineapple, aloe vera
10 Kcal, protein 0g, carb 2 g, fat 0g

CC NICE CREAM

A complex carbohydrate from sweet potato and almond milk nice cream
24 Kcal, protein 1g, carb 3g, fat 1g
contains nuts

I-TIM GATI

Coconut milk and organic palm sugar
60 Kcal, protein 0g, carb 5g, fat 5g

I-TIM MAMUANG

Mango Sorbet
33 Kcal, protein 0g, carb 9g, fat 0g

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