



TASTE OF SIAM

WELLNESS CUISINE RESTAURANT

ENJOY A WELLNESS CUISINE
EXPERIENCE LIKE NO OTHER

At Chiva-Som Hua Hin, we are blessed with the ability to cultivate the freshest natural produce.

Every item on the menu is meticulously designed to create cuisine that is delicious, well- presented and healthy.

All dishes promise to deliver harmonious flavours, nutritional excellence and proportional balance to help you reach the goal on your wellness journey.

We recognise the importance of the digestive system in promoting and sustaining the health and wellbeing of your entire body.

Our wellness experts and culinary team are proud to present a menu designed specifically to heal and nurture the gut, featuring a variety of nourishing superfoods.



STARTER

CHIVA-SOM MIANG KAM

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

SATAY

Skewers served with curried almond sauce and cucumber relish
2 chicken sticks 82 Kcal, protein 8g, carb 4g, fat 4g
2 beef sticks 88 Kcal, protein 8g, carb 4g, fat 5g
2 prawn sticks 109 Kcal, protein 11g, carb 5g, fat 5g
2 tofu sticks 131 Kcal, protein 10g, carb 6g, fat 8g 
contains nuts, soy

NUE YANG

Grilled beef tenderloin with a spicy tamarind sauce
115 Kcal, protein 12g, carb 10g, fat 3g

SASHIMI WITH HIGH PROTEIN MAKI

104 Kcal, protein 17g, carb 6g, fat 2g
contains soy, egg

YAM WOONSEN

A spicy glass noodle salad with your choice of:
Chicken 134 Kcal, protein 12g, carb 21g, fat 0g
Seafood 136 Kcal, protein 9g, carb 23g, fat 1g
Mushrooms 103 Kcal, protein 2g, carb 22g, fat 1g 
contains soy

KONJAKU NOODLES SALAD

Thai style konjaku noodle salad serve 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 with roasted coconut flake and Thai herbs
Prawn 100 Kcal, protein 4g, carb 14g, fat 3g
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

CHICKEN CAESAR SALAD

Baby romaine tossed with our Chiva-Som Caesar dressing served with shredded chicken, anchovy, homemade semi-dried tomatoes and parmesan shavings
89 Kcal, protein 7g, carb 5g, fat 5g
contains dairy, nuts

Vegan option: without chicken, anchovy and parmesan shavings
77 Kcal, protein 2g, carb 6g, fat 1g 
contains nuts

PA RAM RONG SOUNG

A traditional morning glory, Indian spinach and fern salad served with FSA dressing
68 Kcal, protein 3g, carb 5g, fat 5g
contains soy, nuts



 = gluten free

 = vegan

 = spicy

SOUP

POTASSIUM BROTH

A 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

BEEF BONE BROTH

Gut healing bone broth
99 Kcal, protein 9g, carb 1g, fat 6g

CHICKEN BONE BROTH

Gut healing bone broth
39 Kcal, protein 4g, carb 3g, fat 0g

FISH BONE BROTH

Fish bone and ginger broth
28 Kcal, protein 3g, carb 2g, fat 1g

MISO

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

EMERALD SOUP

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

PUMPKIN VALOUTE

Golden pumpkin soup with crab meat, basil and chilli oil
71 Kcal, protein 2g, carb 9g, fat 4g

TOM KHA HUA PEE

Herbed coconut soup and banana blossom with your choice of:
Chicken 121 Kcal, protein 7g, carb 5g, fat 8g
Mullet 120 Kcal, protein 6g, carb 5g, fat 8g
Prawn 120 Kcal, protein 7g, carb 5g, fat 8g
Seafood 142 Kcal, protein 10g, carb 6g, fat 8g
Banana blossom 102 Kcal, protein 3g, carb 6g, fat 6g

TOM YUM

Hot and sour soup with your choice of:
Chicken 73 Kcal, protein 10g, carb 6g, fat 1g
Mullet 67 Kcal, protein 7g, carb 6g, fat 2g
Prawn 66 Kcal, protein 8g, carb 6g, fat 1g
Seafood 89 Kcal, protein 11g, carb 6g, fat 2g
Mixed mushrooms 47 Kcal, protein 4g, carb 6g, fat 1g

RED CAPSICUM AND SWEET POTATO SOUP

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



 = gluten free

 = vegan

 = spicy

MAIN COURSE

CLASSIC STEAK

Grass fed beef tenderloin steak served with broccoli, baked mushroom confit and demi-glaze
190 Kcal, protein 19g, carb 7g, fat 9g

SALMON FILLET AND IVY GOURD

Baked salmon fillet served with ivy gourd, glazed onion and tangy gravy
139 Kcal, protein 14g, carb 4g, fat 7g

LAMB RACK

Herb crusted lamb served with mashed cruciferous vegetables, a balsamic reduction gravy, and glazed carrots
160Kcal, protein 20g, carb 8g, fat 6g

HUA HIN CIOPPINO

A variety of seafood from Hua Hin cooked in tomatoes and coconut milk
124 Kcal, protein 18g, carb 7g, fat 2g

VEGGIE CIOPPINO

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

GINGERED LENTIL DHAL

107 Kcal, protein 4g, carb 12g, fat 5g
Serve with Naan bread:
77 Kcal, protein 2g, carb 12g, fat 2g
(Gluten free without naan bread)

GAENG DEANG

Red curry with your choice of:
contains soy
Chicken 162 Kcal, protein 13g, carb 9g, fat 8g
Prawn 145 Kcal, protein 8g, carb 9g, fat 8g
Seafood 188 Kcal, protein 15g, carb 11g, fat 9g
Beef 159 Kcal, protein 9g, carb 9g, fat 10g
Mixed local vegetables 151 Kcal, protein 3g, carb 13g, fat 8g

GAENG KHIEW WAAN

Green curry with your choice of:
contains soy
Chicken 151 Kcal, protein 10g, carb 8g, fat 9g
Prawn 142 Kcal, protein 8g, carb 9g, fat 8g
Seafood 186 Kcal, protein 15g, carb 10g, fat 9g
Beef 157 Kcal, protein 9g, carb 8g, fat 10g
Mixed local vegetables 127 Kcal, protein 3g, carb 11g, fat 8g

MASSAMAN

Southern Thai style curry with sweet potato and your choice of:
contains nuts, soy
Chicken 211 Kcal, protein 18g, carb 14g, fat 9g
Osso Buco 235 Kcal, protein 21g, carb 14g, fat 11g
Eggplant 123 Kcal, protein 2g, carb 16g, fat 6g 

NAM TOK

Spicy tamarind sauce with your choice of:
Chicken 112 Kcal, protein 12g, carb 8g, fat 4g
Beef 122 Kcal, protein 11g, carb 8g, fat 5g
Sea bass 128 Kcal, protein 17g, carb 8g, fat 3g
Tofu 139 Kcal, protein 10g, carb 9g, fat 7g
contains soy

 = gluten free

 = vegan

 = spicy



MAIN COURSE

PHAD KRAPROW

Stir-fried chili, garlic and holy basil sauce with your choice of:

contains soy

Chicken 103 Kcal, protein 11g, carb 7g, fat 4g

Barracuda 97 Kcal, protein 16g, carb 7g, fat 6g

Prawn 96 Kcal, protein 10g, carb 7g, fat 3g

Seafood 149 Kcal, protein 19g, carb 9g, fat 4g

Beef 118 Kcal, protein 11g, carb 7g, fat 5g

Tempeh 135 Kcal, protein 10g, carb 10g, fat 7g 

NUANG MANOA

Your selection below with a chili and lime sauce

contains soy

Grouper 112 Kcal, protein 17g, carb 6g, fat 1g

Silken tofu 80 Kcal, protein 5 g, carb 11 g, fat

2g 

Prawn 98 Kcal, protein 13g, carb 9g, fat 1g

Zucchini 50 Kcal, protein 2g, carb 11g, fat 0g 

PHAD MED MAMAUNG

Stir-fried cashew nuts, water chestnuts and bell pepper with your choice of:

contains nuts, soy

Chicken 172 Kcal, protein 9g, carb 15g, fat 8g

Barracuda 170 Kcal, protein 10g, carb 15g, fat 8g

Prawn 172 Kcal, protein 10g, carb 16g, fat 7g

Seafood 190 Kcal, protein 13g, carb 17g, fat 8g

Beef 185 Kcal, protein 10g, carb 15g, fat 9g

Tofu 201 Kcal, protein 10g, carb 17g, fat 11g 

PHAD NAM PHRIK PHAO

Stir-fried homemade chilli jam and straw mushrooms with your choice of:

contains soy

Chicken 119 Kcal, protein 9g, carb 9g, fat 5g

Barracuda 116 Kcal, protein 9g, carb 9g, fat 5g

Prawn 119 Kcal, protein 9g, carb 10g, fat 5g

Seafood 164 Kcal, protein 17g, carb 11g, fat 6g

Beef 139 Kcal, protein 11g, carb 9g, fat 7g

Tofu 169 Kcal, protein 12g, carb 12g, fat 9g 

FRIED GABA RICE

Stir-fried Gaba rice with your choice of:

contains egg, soy

Egg 99 Kcal, protein 4g, carb 13g, fat 3g

Crab meat 108 Kcal, protein 6g, carb 13g, fat 3g

Prawn 102 Kcal, protein 8g, carb 10g, fat 3g

Chicken 117 Kcal, protein 8g, carb 13g, fat 3g

Beef 120 Kcal, protein 7g, carb 13g, fat 4g

Mixed vegetables 103 Kcal, protein 4g, carb 14g, fat 3g

CHIVA-SOM PHAD THAI

Stir-fried brown rice noodles with date sauce and your choice of:

contains soy, nuts

Chicken 188 Kcal, protein 14g, carb 20g, fat 4g

Prawn 199 Kcal, protein 8g, carb 21g, fat 4g

Mixed vegetables 158 Kcal, protein 5g, carb 24g, fat 4g 



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 = spicy

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 3g, 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



 = gluten free

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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 mung 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

= gluten free

= vegan

= spicy



EAST-ASIAN DELIGHT

East-Asian Delights are a series of vibrant and flavourful dishes that celebrate the rich culinary traditions of East Asia. They feature a colourful medley of fresh vegetables, tender proteins, and aromatic herbs and spices. Prepared with a focus on savoury cuisine, the dishes incorporate ingredients such as soy sauce, ginger, garlic, and sesame oil. Chiva-Som Hua Hin's wellness cuisine experts have transformed rich East Asian cuisine into equally delicious, but healthier, options.

The presentation is visually stunning, highlighting the freshness and variety of the ingredients. Textures are thoughtfully balanced, combining crisp vegetables with succulent meats or tofu accompanied by either fluffy brown rice or noodles.

Whether stir-fried, steamed, seared, or served in a fragrant broth, the East-Asian Delight menu is crafted to offer a harmonious balance of flavours and textures, capturing the essence of East Asian culinary artistry.



STARTER

BOOH JA

Prawn and crab meat patty.
75 Kcal, protein 6g, carb 7g, fat 2g
contains nuts, egg, soy

GỎI CUỐN

Fresh spring roll with your choice of:
Prawn 74 Kcal, protein 4g, carb 12g, fat 1g
Tofu 70 Kcal, protein 3g, carb 12g, fat 2g 
contains nuts, soy

LARB PLA SALMON

North-Eastern Thai style grilled diced salmon with herbs and roasted ground rice
103 Kcal, protein 11g, carb 11g, fat 1.5g
contains soy

GRILLED OKRA WITH GINGER, TOASTED SESAME CREAM

Grilled okra, pickled turnips and onion with a ginger sesame cream
45 Kcal, protein 2g, carb 9g, fat 1g
contains soy

KINU SALAD

Silken tofu in spicy Ponzu with kombu and a toasted sesame salad
70 Kcal, protein 4g, carb 8g, fat 2g
contains soy

SOM TAM SEN KAEW

Kelp noodle salad with cashew nuts
102 Kcal, protein 3g, carb 14g, fat 4g
contains soy, nuts

YUM PAK GOUD

Paco fern vegetables and fresh herbs with a chilli and lime dressing
Chicken 105 Kcal, protein 10g, carb 10g, fat 3g
Prawn 98 Kcal, protein 7g, carb 10g, fat 4g
Seafood 134 Kcal, protein 13g, carb 12g, fat 1g
Cashew nuts 102 Kcal, protein 3g, carb 11g, fat 5g 
contains nuts, soy

SOUP

CRAB MISO

Kombu seaweed broth infused with organic miso paste and served with crab meat
33 Kcal, protein 3g, carb 4g, fat 1g
contains soy

KIMCHI JJIGAE

A spicy Korean stew of Korean fermented napa cabbage and Tofu simmered in a delicate vegetable broth with your choice of:
contains soy

Beef 46 Kcal, protein 5g, carb 3g, fat 2g
Chicken 43 Kcal, protein 5g, carb 3g, fat 1g
Konjaku 26 Kcal, protein 2g, carb 3g, fat 1g 

RED CAPSICUM AND SWEET POTATO SOUP

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



 = gluten free

 = vegan

 = spicy

MAIN COURSE

MONGOLIAN

Stir fried protein in a ginger and soy sauce with broccoli and your choice of:

contains soy

Beef 115 Kcal, protein 9g, carb 6g, fat 7g

Chicken 108 Kcal, protein 9g, carb 6g, fat 6g

Tempeh 106 Kcal, protein 7g, carb 8g, fat 6g 

PHAD TOA SEI

Stir-fried Chinese celery, garlic and fermented black soybean sauce

contains soy

Seabass 104 Kcal, protein 15g, carb 7g, fat 2g

Prawn 97 Kcal, protein 10g, carb 9g, fat 2g

Seafood 146 Kcal, protein 17g, carb 10g, fat 4g

Tofu 92 Kcal, protein 6g, carb 8g, fat 4g 

NUANG SI-EW

The steamed selection of your choice with braised mushrooms and a ginger and sesame soy sauce

contains soy

Seabass 127 Kcal, protein 18g, carb 9g, fat 2g

Silken tofu 92 Kcal, protein 5g, carb 11g, fat 3g

Prawn 108 Kcal, protein 15g, carb 9g, fat 0g

Zucchini 64Kcal, protein 3g, carb 11g, fat 1g 

CHICKEN HUMMUS

Tenderised chicken marinated with hummus and served with a coconut cucumber yoghurt salad

152 Kcal, protein 16g, carb 7g, fat 7g

SEAFOOD RASSA

A variety of seafood from Hua Hin cooked in light masala curry coconut soup

172 Kcal, protein 18g, carb 11g, fat 6g

VEGGIE RASSA

A variety of vegetables cooked in a light masala curry coconut soup

101 Kcal, protein 4g, carb 13g, fat 5g

KATHAL KI SABZI

Jack fruit masala curry Delectable young jack fruit in a masala curry served with assorted healthy accompaniments, including kachumber, mango chutney, pickled onion, papadum and Gaba rice

183 Kcal, protein 5g, carb 29g, fat 3g

Without rice

128 Kcal, protein 4g, carb 17g, fat 3g

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



 = gluten free

 = vegan

 = spicy



TRADITIONAL ARABIC AND ISLAMIC MEDICINE-INSPIRED MENU

This menu selection is inspired by Traditional Arabic and Islamic Medicine (TAIM).

TAIM draws on the rich heritage of ancient holistic health practices rooted in Arabic and Islamic traditions. It has been modernised and presented at our sister resort, Zulal Wellness Resort by Chiva-Som in Qatar. Sharing a commitment to your wellbeing, the food here consists of nutritious ingredients to support your mind, body, and spirit.



STARTER

TURMERIC HUMMUS

Middle Eastern dip. Chickpea, tahini, and turmeric with cruciferous vegetables and pomegranate

95 Kcal, Pro 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, Pro 4g, Carb 12g, Fat 6g

contains nuts

SOUP

CREAMY SEAFOOD WITH BLACK SEED

A dairy-free velvety lobster and shrimp soup with the traditional medicine black seed or 'seed of blessing' spice

85 Kcal, Pro 7g, Carb 5g, Fat 4g

contains nuts

TURMERIC AND GINGER BROTH

A flavourful and nutritious soup that combines the anti-inflammatory and antioxidant properties of turmeric and ginger

100 Kcal, Pro 4g, Carb 12g, Fat 6g



MAIN COURSE

LAMB RACK

Roasted lamb rack served with herbal tahini and spiced baked cauliflower

190 Kcal, Pro 24g, Carb 6g, Fat 5g

MUJADARA

A signature Middle Eastern dish of lentils and rice, topped with crispy onions. Served with a side of Fattoush salad, accompanied by a spicy herb sauce and coconut yogurt

190Kcal, Pro 5g, Carb 25g, Fat 9g

DESSERT

DATE AND HONEY SAFFRON CAKE

A flavourful naturally sweet date and honey cake infused with fragrantly aromatic saffron

57 Kcal, Pro 1g, Carb 7g, Fat 3g

contains egg

CAFFEINE-FREE ARABIC SPICED NICE CREAM

The delicate flavors of herbal Arabic spices and oat and chamomile tea, sweetened with honey and enhanced by the nutritional benefits of bee pollen

47 Kcal, Pro 0g, Carb 7g, Fat 2g

contains nuts

 = gluten free

 = vegan

 = spicy