



PESCATARIAN MENU

At Chiva-Som Hua Hin, we believe wellness starts on your plate, which is why we are excited to introduce our Pescatarian menu—a vibrant addition to our wellness cuisine. This menu blends taste, nutrition, and sustainability, featuring seasonal fish and seafood, alongside plant-based ingredients from our organic garden.

A Symphony of Flavours and Nutrients

From light starters to hearty mains, our Pescatarian menu celebrates the benefits of a seafood-rich diet while honouring traditional and modern wellness principles. Each dish balances lean proteins, heart-healthy omega-3s, and essential vitamins, to support your health and vitality.

Additionally, we offer a selection of vegan choices to cater to diverse dietary preferences, ensuring that everyone can find a delicious and healthful option every time you dine.



STARTERS & SALADS

GREAT GREEN GARDEN SALAD

A variety of herbs and garden vegetables with mixed seeds and our healthy signature dressing.

58 Kcal, protein 1g, carb 4g, fat 5g

contains soy

CLASSIC CAPRESE SALAD

A classic Italian salad with fresh tomato, fresh mozzarella, basil, olive oil, salt, pepper and balsamic reduction

159 Kcal, protein 8g, carb 2g, fat 13g

contains nuts, dairy

SPICE-CURED SALMON CAESAR SALAD

House cured salmon, combined with chilled romaine lettuce tossed with a Caesar dressing, and topped with parmesan cheese.

135 Kcal, protein 10g, carb 8g, fat 8g

contains nuts, dairy

TUNA CEVICHE

South American inspired fresh tuna with a mango passionfruit dressing, crushed onions and cilantro.

116 Kcal, protein 12g, carb 4g, fat 6g

CAJUN SPICED PRAWN WITH POMELO SALSA


Fresh pomelo and locally caught prawns with our unique house blend of spices.


126 Kcal, protein 8g, carb 9g, fat 7g

contains soy



 = gluten free

 = vegan

 = spicy

SOUP

EMERALD

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

CRAB MISO SOUP

Kombu seaweed infused with organic miso paste
40 Kcal, protein 2g, carb 7g, fat 1g
contains soy

LOBSTER BISQUE

89 Kcal, protein 11g, carb 9g, fat 1g
contains nuts

CHUNKY TOMATO

Palm tomatoes, onions, olives and the vibrant flavour of basil.
46 Kcal, protein 2g, carb 7g, fat 1g

FISH BONE BROTH WITH GOJI BERRIES

Slow cooked fish bone and goji berry soup.
27 Kcal, protein 3g, carb 2g, fat 1g

PUMPKIN SPICE PUREE


Golden pumpkin soup with cinnamon and nutmeg.
84 Kcal, protein 2g, carb 11g, fat 5g


MUSHROOM CREAM WITH MCT CHILI OIL

A baked local mushroom cream soup with chili-infused medium chain triglyceride coconut oil
107 Kcal, protein 2g, carb 5g, fat 10g



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VEGETARIAN MAINS

VEGETABLE PARMIGIANA

Layers of eggplant, zucchini, and fresh tomatoes melded perfectly with melted vegan cheese.

88 Kcal, protein 3g, carb 7g, fat 5g

contains nuts

TEMPEH SHISHTAOUK

Lebanese inspired skewers of tempeh marinated in coconut yogurt, lemon and garlic and perfectly served with parsley salad and harissa dip.

180 Kcal, protein 8g, carb 14g, fat 11g

contains soy

OAT PASTA

Stir-fried low calorie oat konjaku noodles with homemade chilli paste and garden vegetables.

67 Kcal, protein 1g, carb 7g, fat 3g

BAKED CAULIFLOWER KOJI SHIO

Baked cauliflower Japanese koji and turmeric marinate with sweet potato and Cajun spiced mixed nuts

125 Kcal, protein 4g, carb 14g, fat 6g

contains nuts

EMERALD DHAL


Spinach, yellow lentil and ginger spiced curry served in a baked dough bowl.


196 Kcal, protein 6g, carb 23g, fat 10g

contains dairy, egg



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PESCATARIAN MAINS

ROASTED KING FISH IN A CITRUS SAUCE 🌿

King mackerel fillet with a lime sauce and
steamed cruciferous vegetables
124 Kcal, protein 14g, carb 7g, fat 5g

OVEN-BAKED SNOW FISH 🌿

Chickpea miso marinated snow fish served
with warm pickled cabbage
122 Kcal, protein 18g, carb 4g, fat 4g
contains soy

SZECHUAN PRAWN AND SCALLOP 🌿 🌶️

Sauteéd tiger prawn and scallop in Szechuan
chilli sauce with baked mushrooms and
scallions
157 Kcal, protein 11g, carb 6g, fat 10g

GRILLED LOBSTER TAILS 🌿

A classic herb marinated lobster with lemon
butter, served with asparagus and marinated
beetroot
159 Kcal, protein 16g, carb 3g, fat 9g
contains dairy

TUNA STEAK 🌿

Shio koji marinated chunky tuna with ponzu
and sautéed Asian greens
146 Kcal, protein 23g, carb 10g, fat 2g



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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 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

STEAMED CRUCIFEROUS VEGETABLES 🌱 🌿

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



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SORBET DESSERT

FROZEN ORANGE SOUFFLÉ 🌾 🌿

40 Kcal, protein 0g, carb 10g, fat 0g

RAW CHOCOLATE AND STRAWBERRY JELLY WITH SESAME CRUMBLE 🌾 🌿

68 Kcal, protein 1g, carb 9g, fat 4g
contains nuts

VEGAN CHEESECAKE 🌿

84 Kcal, protein 1g, carb 8g, fat 6g
contains nuts

TARO AND CHESTNUT CRÈME BRÛLÉE 🌾 🌿

75 Kcal, protein 1g, carb 18g, fat 0g
contains nuts

PROBIOTIC STRAWBERRY AND PISTACHIO SEMIFREDDO 🌾 🌿

35 Kcal, protein 1g, carb 6g, fat 1g
contains nuts

ASSORTED SEASONAL TROPICAL FRUIT 🌾 🌿

Approximately: 79 Kcal, protein 1g, carb 19g,
fat 0g



GREEN SORBET 🌾 🌿

20 Kcal, protein 0g, carb 4g, fat 0g

ANTHOCYANIN SORBET 🌾 🌿

16 Kcal, protein 0g, carb 4g, fat 4g

RED SORBET 🌾 🌿

17 Kcal, protein 0g, carb 4g, fat 0g

SUPER SORBET 🌾 🌿

38 Kcal, protein 0g, carb 4g, fat 1g

MANGO SORBET 🌾 🌿

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

TAMARIND AND CHILLI SORBET 🌾 🌿 🌶️

43 Kcal, protein 0g, carb 11g, fat 0g

PROBIOTIC DATE KOMBUCHA 🌾 🌿

18 Kcal, protein 0g, carb 5g, fat 0g

COCONUT SORBET 🌾 🌿

60 Kcal, protein 0g, carb 5g, fat 0g

TROPICANA SORBET 🌾 🌿

21 Kcal, protein 0g, carb 5g, fat 0g

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