



## COCOON WELLNESS

We highlight 'wellness cuisine' for items that feature synergistic combinations of notably nutrient dense ingredients that have been prepared with cooking methods that retain and enhance nutrient bio-availability whilst being eco-friendly

## SUSHI, CRUDO

- W o **Vegan roll**, shiitake mushroom, tofu, kimchi, padron pepper 600  
Shitake is well known as both a culinary medicinal mushroom, due to its vast array of health benefits. Enjoy it alongside protein-rich organic tofu, Our house-made kimchi which is brimming with pre- and probiotics, And a vitamin C kick from padron pepper
- W o **White snapper ceviche - passion fruit, ginger, chili, lotus chips, coriander** 600  
Snapper is a great source of healthy fats including omega-3, Which can protect against inflammation and supports brain function. Zesty ginger aids in digestion, and provides unique plant compounds Along with passion fruit, coriander, chili and ginger.
- W o **Roasted octopus ceviche - red onion, avocado, cherry tomato, lime, roasted chili** 700  
A refreshing synergy of tender octopus, a great source of omega 3 fatty Acids and protein combined with fresh vegetables providing and Highly nourishing mélange of phytonutrients, fiber and vitamins whilst Offering also a great amount of fiber

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# SALADS, SOUP

- W ○ **Reformed greek salad - quinoa, buckwheat, grilled onion, peppers feta, kalamata olive (vegan without feta)** 500  
Quinoa and buckwheat are each a complete source of plant protein,  
As they contain all nine essential amino acids, and are synergistically  
Combined with antioxidant rich vegetables, particularly kalamata olive  
Which contain significant amounts of iron, calcium, copper,  
And vitamins A and E
- W ○ **Green goddess bowl - rice berry, charred broccoli, edamame, greens purple carrot, cashew cheese, avocado, Kimchi (vegan)** 500  
Enjoy the benefits of a rainbow of plant pigments, plant protein,  
Probiotics and prebiotics soluble and insoluble fiber and that provide  
A storehouse of phytonutrients that combat inflammation  
And free radicals, leaving you refreshed and nourished
- W ○ **Mezzeh - hummus, moutthabal, tarator, fowl modamas, dolmades vegetable crudité, zaatar bread (vegan)** 650  
This Mezza plate will delight both your senses and your microbome.  
With an enriching range prebiotic fiber found in the chickpeas and  
Fava beans combined with a complex range of beneficial plant  
Compounds from the diverse range of potent herbs and spices,  
This dish is sure to support overall health and longevity
- W ○ **Superfood bowl - avocado, quinoa, chickpea, almonds, orange fillet sprouts, tempeh, hummus (vegan)** 530  
Boost your mind and body with this potent bowl of superfoods,  
Providing you with essential nutrients, fiber, antioxidants, and protein.  
Tempeh is an Indonesian delicacy, made by a natural fermentation  
Process that binds soybeans into a cake form, resulting in an excellent  
Source of probiotics, whilst also being a prebiotic



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## SALADS, SOUP

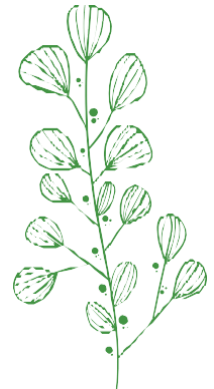
- W ○ **Caprese - burrata, heirloom cherry tomato, basil, extra virgin olive oil sicilian oregano, sea salt** 600  
This classic Italian dish offers a burst of nutrient dense flavour.  
Burrata provides probiotics, calcium and protein. Olive oil aids in the body's Absorption of vitamin A, E and K, whilst providing potent antioxidant Properties. Oregano is highly beneficial for boosting the immune system.
- W ○ **Beach house gazpacho - avocado, poached shrimp, quail egg croutons garnish (Vegan without shrimp + egg)** 380  
This refreshing and alkalizing soup is made of the freshest of vegetables In order to retain the full nutritional profile. Avocado is truly a favourite Superfood, as it provides an unusually high quantity of nutrients And plant compounds and healthy fats

## PASTA & MAINS

- W ○ **Zucchini ribbons - 'pesto trapanese', sundried tomato pesto** 550  
Black olive, pine nut, nutritional yeast (raw, vegan and gluten free)  
A wonderful low-carb alternative to traditional pasta, high in fibers acting As probiotic supporting the good bacteria in the gut.  
Rich in antioxidant and polyphenolics given by the extra virgin olive oil,  
The nutritional yeast offer essential amino acids and healthy proteins

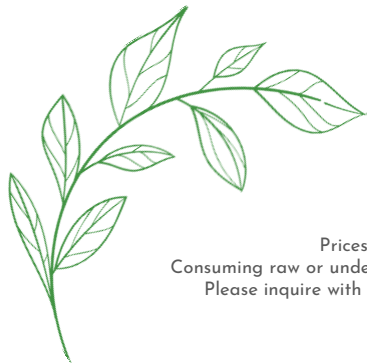
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## PASTA & MAINS

- W ○ **Poached seabass - fennel ,vegetable ratatouille, sauce vierge** 720  
An highly balanced nourishing dish, with healthy omega 3 fatty acids,  
Easy to metabolize proteins and a wide range of spices, herbs  
And vegetables that will promote an healthy digestion  
Whilst supporting and optimal health, refreshing sauce vierge is rich  
In vitamins and polyphenolics
- W ○ **Falafel tajine - tangy tomato sauce, olives, capers, moroccan spices herbs (vegan)** 500  
Falafel are an exceptional source of plant protein, alongside potent herbs  
And spices that offer unique nutritional benefits including antioxidant  
Effects and essential vitamins and minerals
- W ○ **Tiger prawns - simply grilled jumbo prawns, citrus zest, evoo, garden salad, avocado** 1350  
Enjoy freshly grilled prawns, brimming with B vitamins to help the body  
Produce energy, as well as trace minerals such as iodine, zinc  
And selenium. Zesty avocado salad with fresh greens give a healthy dose  
Of minerals, vitamins and healthy fats



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# THAI FAVORITES

- W ○ **Thai poh phia sot phuket - rice paper roll with avocado, prawns, carrot cucumber, crispy shallot, Orange, tamarind sauce (vegan without prawns)** 450  
Refreshing, alkalizing and nourishing - this dish provides a wide range Of fibre, nutrients and antioxidant plant pigments. The tangy flavours Of tamarind stimulate digestion, whilst providing significant proportion Of magnesium and calcium
- W ○ **Tom yam goong - spicy and sour prawns soup with lemongrass galangal and kaffir lime** 510  
A Thai classic, this nourishing soup is brimming with a potent range Of medicinal herbs to support the immune system and overall vitality. Lemongrass and kaffir lime give this tonic-soup its intense signature Aroma and flavour, which provides potent immune boosting properties
- W ○ **Somtum goong yang - green papaya salad, garlic, chili, peanuts, lime grilled tiger prawns (Vegan without prawns)** 520  
Green papaya is an excellent source of fiber, whilst providing digestive Enzymes to enhance the extraction and body's assimilation of nutrients. Enjoy with zesty beneficial flavours of garlic, lime and mineral-rich prawns
- W ○ **Gaeng keaw wan gai - green curry of chicken or tofu in coconut milk with sweet basil (vegan with tofu)** 570  
Thai green curries offer a guilt-free satiating comfort food - with deeply Nourishing aromatics, herbs and spices and coconut milk, rich in healthy Fats including medium chain triglycerides (MTCs), which prolong the Feeling of satiety, and are easily converted to energy by the body
- W ○ **Pla neung manao - steamed fillet of local seabass with thai herbs, lime and black garlic, Steamed brown rice** 680  
Fresh seabass provides an excellent source of protein and essential omega Fatty acids. The fermentation and aging process of black garlic enhances its Many health properties, especially its antioxidant and detoxifying properties

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## ENERGY BITES AND HEALTHY COOKIES

<b>CARROT, QUINOA AND PISTACHIO CAKE</b>	<b>50</b>	<b>COCONUT COOKIE</b>	<b>50</b>
Low fat cream cheese frosting, lemon peel			
<b>VEGAN BROWNIE</b>	<b>50</b>	<b>PEANUT BUTTER, OAT AND BANANA COOKIE</b>	<b>50</b>
<b>LIME AND COCONUT SQUARES</b>	<b>50</b>	<b>SUGAR FREE TRIPLE CHOCOLATE CHIP COOKIE</b>	<b>50</b>
<b>SPIRULINA, OATS AND DATES SQUARES</b>	<b>50</b>	<b>VEGAN OATMEAL COOKIE</b>	<b>50</b>
<b>LEMON AND CHAMOMILE BAR</b>	<b>50</b>	<b>CITRUS AND BUTTER COOKIE</b>	<b>50</b>
<b>COCOON GRANOLA AND GOJI BERRY BAR</b>	<b>50</b>		
<b>TURMERIC AND CASHEWS ENERGY BALL</b>	<b>50</b>		
<b>RAW COCOA AND DRIED STRAWBERRY ENERGY BALL</b>	<b>50</b>		

## SORBETS AND NATURAL ICE CREAM

<b>COCONUT SORBET</b>	<b>230</b>
<b>SUGAR FREE RASPBERRY</b>	<b>230</b>
<b>SUGAR FREE STRAWBERRY</b>	<b>230</b>
<b>PASSIONFRUIT</b>	<b>230</b>
<b>VEGAN PISTACHIO</b>	<b>230</b>
<b>AVOCADO</b>	<b>230</b>



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