THE PANTRY x AVANI Well

NON-UPF FOOD MENU

MEDITERRANEAN DIET

Basque "Pipirrana" (Signature) / สลัดปลาทูน่าสไตล์สเปน 350
Tableside Cooking - Spanish Tuna, Tomato Salad, Toasted Sourdough

Why it's wellness: Nourishing, Balanced, Energising
Lean tuna protein meets raw tomato and olive-oil goodness. It's finished in front of you, so everything stays fresh, and the fermented sourdough keeps it honest. **This dish contains high protein and easy to digestive**

Smoked Salmon Salad / สลัดปลาแซลมอนรมควัน 450
Smoked Salmon, Avocado, Tomato, Bitter Lettuce, Raspberry Vinaigrette

Why it's wellness: Omega-3 rich
Salmon brings omega-3 fats, avocado adds creamy good fats and fibre, and bitter leaves and raspberries bring plant antioxidants. **LDL detox**

Tuna Salad / สลัดปลาทูน่า 400
Seared Tuna, Quinoa, Sweet Potato, Green Apple, Celery, Orange-Balsamic Reduction

Why it's wellness: Protein, Slow Carbs
Seared tuna and quinoa deliver complete-feeling protein, sweet potato gives steady energy, and apple and celery add crunch and fibre. **Fibre booster dish**

Spanakopita / พายผักโขม 260
Spinach and Ricotta with Tomato and Basil Essence

Why it's wellness: Nourishing, Colourful, Wholesome
Spinach is rich in folate and iron, ricotta adds calcium and protein, and tomato and basil keep it bright and herb-forward. Immunity profit

Baked Seabass / ปลากะพงอบเครื่องเทศ 400
Spice-Crusted Seabass, Sautéed Rocket Lettuce, Broccoli, Roasted Tomato in Olive Oil.

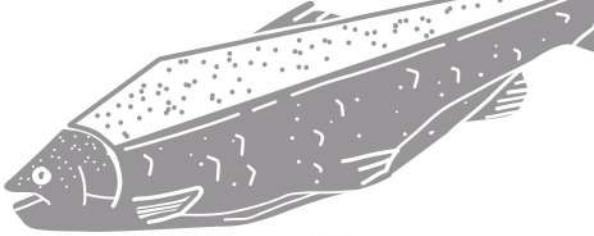
Why it's wellness: Protein, Fibre, Antioxidants
Lean white fish with peppery rocket and broccoli, roasted tomato for lycopene, and olive oil for heart-friendly fats. **Stay slim dish**

Grilled Chicken / ไก่ย่างโยเกิร์ต 350
Chermoula Chicken Breast with Mushrooms, Chickpea Casserole

Why it's wellness: Fibre, lean protein
Grilled breast keeps it lean, chickpeas add plant protein and fibre, and a fresh-herb chermoula brings flavour without heavy sauces. **Probiotic chicken and high protein**

= Fish = Gluten = Egg = Mustard = Celery = Raw
= Milk = Chicken = Soy Bean = Beef = Crustacean

If you have any concerns regarding food allergies, please alert the waiter prior to ordering
All prices in Thai Baht, exclusive of 7% Government tax & 10% service charge



ASIAN DIET

Tofu and Avocado / เต้าหู้เย็น 260

Cold Tofu, Avocado, Bonito, Chilli, Ponzu Oil

Why it's wellness: Plant protein, Fibre, Nourishment
Soy protein and avocado's good fats are served cold and light, with bonito for extra protein and citrusy ponzu for lift.
Clean protein and very low kilocalories

Matcha and Shoyu Ramen (Signature) / ราเมนมัทฉะกับปลาแซลมอนย่าง 450

Miso Ramen, Grilled Salmon, Sous-Vide Egg, Buckwheat Noodles, Seaweed

Why it's wellness: Protein, Fibre, Omega-3
Fermented miso, omega-3 salmon, seaweed minerals and buckwheat noodles make a comforting bowl that still feels clean. **Mineral and vitamin boost**

Roasted Chicken Breast / อกไก่อบ 350

Yoghurt-Marinated Chicken, Cous Cous, Chinese Black Pepper Sauce.

Why it's wellness: Tender, lean protein
A yogurt marinade tenderises lean chicken without extra fat, and couscous rounds out the plate with steady carbs.
Good for fitness man

Grilled Beef / ข้าวผัดกิมจิกับเนื้อย่าง 500

Grilled Beef Loin, Kimchi Fried Rice, Egg White and Vegetables

Why it's wellness: Protein, Iron, Energy
Beef loin supplies iron and B12, kimchi adds fermented tang, and egg white and vegetables keep the plate balanced.
Amino acid is necessary to muscle and cell maintaining





THAI DIET

Spicy Chicken Breast / ยำอกไก่ 350

Roasted Chicken, Vegetables, Root Vegetables, Dried Figs in Spicy Dressing.

Why it's wellness: Fibre-forward
Lean roasted chicken with root vegetables for slow-release energy, and dried fig for natural sweetness and fibre.
Balance of protein and fibre

Tuna Som Tum / ปอเปี๊ยะส้มตำปลาทูน่า 300

Thai Crudo Tuna Fresh Spring Roll, Green Papaya, Vegetables, Som Tum Dressing.

Why it's wellness: Protein, Fibre, Freshness
A fresh spring roll, so nothing is fried. Raw green papaya and crisp vegetables sit alongside protein-rich tuna.
Fresh mineral good comfort lunch dish

Local Seabass / ปลากะพงย่างกับแจ่วมะเขือเทศ 400

Oven-Baked Seabass, Chilli, Tomato, Garlic, Boiled Vegetables, Brown Rice.

Why it's wellness: Protein, Fibre, Energy
Oven-baked lean fish with garlic and tomato, gently boiled vegetables and wholegrain brown rice for fibre.
Non oil cooking fish dish

Spicy Roasted Salmon / พล่าปลาแซลมอนอบ 550

Roasted Salmon, Lemongrass, Chilli, Lime, Edamame and pumpkin seed.

Why it's wellness: Omega-3, Vitamin C
Roasted salmon for omega-3s, lime for vitamin C, and lemongrass and chili for aroma and heat. Asparagus Edamame and pumkin seed is super food. **High vitamin is wall for against flu**

