

AVANI+

Hua Hin



Live Like Your Best Self.



Chef Gibb

Avani Cooking Lab

Because wellness should taste
as good as it feels.

The greatest investment is the one you make in yourself. Join Chef Gibb for an intimate, hands-on culinary experience where you'll master professional techniques, discover the purpose behind every ingredient, and learn how wellness food can be both nourishing and genuinely delicious. Create flavourful, wellness-inspired dishes you'll want to recreate at home.



24-HOUR ADVANCE BOOKING REQUIRED.

Start from 12.00 pm | At PDC: Phetchaburi Dining Club
Book now: fb.vhhv@avanihotels.com or call 032 898 989

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THE WELLNESS TABLE

Master three signature wellness dishes.

THB 2,200 net per person



PROTEIN BOOSTS

Discover how delicious healthy eating can be. Packed with premium protein and wholesome ingredients, this menu supports muscle health, boosts metabolism, and provides steady energy without compromising on flavour.



***Tuna Tartare with quinoa,
green herbs and egg
white cream***



***Grilled prawns with silken
tofu and almond chili oil***



***Grilled pork tenderloin with
avocado and peanut puree
and greek yogurt***

INGREDIENT

Tuna	60 g
Quinoa	80 g
Olive oil	40 ml
Coriander	10 g
Parsley	10 g
Thai Basil	10 g
Egg white pasteurizes	50 g
Rice bran oil	500 ml
Dijon mustard	30 g
White vinegar	30 ml
Spring onion	10 g
Shallot	10 g
Lime 1 no.	
Salt and pepper	

INGREDIENT

White prawns	150 g
Silken tofu	100 g
Sesame oil	180 ml
Garlic	50 g
Shallot	50 g
White Sesame seed	50 g
Almond slice	60 g
Rocket salad (optional)	
Olive oil	100 g

INGREDIENT

Pork tenderloin	150 g
Avocado	2 pcs.
Lime	2 Pcs.
Olive oil	150g
Raw peanut	80g
Yogurt	250 g
Dill	5 g
Parley	5g





SLEEP WELL

Enjoy a calming menu featuring sleep-supporting ingredients that help relax the body, promote restful sleep, and leave you feeling refreshed the next morning.



Thai green curry with green banana, almond milk and chicken



Grilled salmon with pumpkin, brown rice and spinach pesto sauce



Passion fruits, chamomile, yogurt, chia seed, pumpkin seed

INGREDIENT

Pork tenderloin	150 g
Avocado	2 pcs.
Lime	2 Pcs.
Olive oil	150g
Raw peanut	80g
Yogurt	250 g
Dill	5 g
Parley	5g

INGREDIENT

Salmon	150 g
Pumpkin	100 g
Roasted pumpkin seed	20 g
Brown rice	120 g
Rice bran oil	120 ml
Spinach cooked and drain	120 g
Rosted garlic	20 g
Walnut	30 g
Parmesan cheese	20 g
Olive oil	120 g

INGREDIENT

Passion fruits	1 kg
Honey	80 g
Chamomile tea	5 sachet
Lime	2 Pcs.
Yogurt	200 g
Chia seed	60 g
Roasted pumpkin seed	30 g





ANTI – INFLAMMATORY

Packed with powerful anti-inflammatory ingredients, this menu helps reduce oxidative stress, support immunity, and encourage your body's natural healing process.



Marinated tuna with avocado & wasabi, ginger and blueberry in extra virgin oil



Steamed salmon with purple cabbage, cranberry, celery and orange & turmeric reduction



Stir-fried free-range chicken with walnut, broccoli and miso

INGREDIENT

Tuna	120 g
Avocado	1 pc.
Wasabi	1 tsp
Lime	2 pcs.
Olive oil	200 ml
Ginger	8 g
Blueberry	30 g
Calamansi orange	3 pcs
Japanese shoyu	20 g

INGREDIENT

Salmon	180 g
Orange juice	200 ml
Fresh turmeric	20 g
Lime juice	2 tbsp
Extra virgin olive oil	60 ml
Purple cabbage	100 g
Celery	30 g
Dried cranberry	20 g
Rice bran oil	100 ml

INGREDIENT

Chicken breast slice	150g
Broccoli	80g
Roasted walnut	30g
Rice bran oil	50ml
Miso paste	20 g
Low sodium soy sauce	50 ml
Low sodium oyster sauce	60 g
Brown sugar	1 tbsp
Sesame oil	1 tsp
White sesame seed (optional)	
Nori seaweed (optional)	





HIGH FIBER

High-fiber meals help promote healthy digestion, support gut health, keep you feeling fuller for longer, and maintain steady energy levels throughout the day.



BBQ broccoli, prawns, chia and peanut cracker finish with sesame and ginger dressing



Steamed okra with chicken, crab meat and garlic, chili, herbs, parmesan cheese and organic coconut oil



Dark chocolate fondant with mixed berries and pistachio

INGREDIENT

Broccoli	150 g
White prawns	200 g
Chia seed	100 g
Boiled peanut	100 g
Water	50 ml
Paprika	1 tsp
Coriander	40 g
Low sodium oyster sauce	100g
Japanese soy sauce	30 g
Sesame oil	80 g
Shallot	20 g
Spring onion	20 g
Ginger	30 g
Mixed sesame seed	1 bsp

INGREDIENT

Okra	200 g
Crabmeat	60 g
Chicken breast	100 g
Low sodium soy sauce	1 tbsp
White pepper powder	1 tsp
Coconut oil	120 ml
Red chili	20 g
Garlic	30 g
Parsley	10 g
Oregano	2 g
Thyme	2 g
Parmesan cheese	20 g

INGREDIENT

Dark chocolate	250 g
Unsalted butter	250 g
Sugar	125 g
Cake flour	50 g
Egg yolk	5 pcs.
Whole egg	5 pcs.
Pistachio	30 g
Honey	30 g
Red wine	100 ml
Cacao powder	100 g
Mixed berries	120 g



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