



Wellness Longevity Lifestyle Menu

*A special wellness focused initiative created through a collaboration between
Marriott International and the Tourism Authority of Thailand to inspire healthier,
longer living lifestyle choices*

Paleo Mexican Tuna Tostada THB 390

Sustainably sourced tuna lightly dressed with lime, mustard, and sesame oil, served over a crisp tostada and finished with fresh, creamy guacamole

203.5 KCAL



Quinoa Dal Khichadi THB 450

Slow-cooked quinoa and yellow moong lentils gently simmered with turmeric, cumin, and fragrant Indian spices. Enriched with seasonal vegetables and soft paneer, then finished with a drizzle of aromatic ghee for a comforting, nourishing bowl.

1085 KCAL



Grilled Free-range Chicken Breast, Humus & Wild Arugula Salad THB 590

Creamy hummus made from chickpeas blended with tahini, lemon, and extra virgin olive oil. Served with grilled marinated free range chicken breast, wild arugula, and fresh vegetables.

1039 KCAL



Spaghetti al Pesto with Prawns THB 490

Fine spaghetti tossed with fresh basil pesto and a silky broccolini passata, enriched with pine nuts and Parmigiano Reggiano. Topped with delicate tiger prawns gently poached in aromatic olive oil infused with garlic, lime, and thyme.

437 KCAL



Pan-Seared Salmon, Puttanesca Style THB 650

Crispy-skinned salmon served over a rich, slow-simmered puttanesca sauce layered with anchovy, capers, Kalamata olives, and ripe tomatoes

461.6 KCAL



Southern Thai Style Grilled Seabass and Rice Salad THB 450

Finely sliced herbs, lemongrass, kaffir lime leaf, long beans, and bean sprouts creating a fragrant and perfumed mix tossed with rice.

518.4 KCAL



Steamed Eggplant with Minced Pork served with Rice Berries THB 450

Tender steamed eggplant gently wok tossed with minced pork, shiitake mushrooms, fish maw, and capsicum in a savory Shanghai style sauce. Finished with spring onion and coriander for aromatic freshness. Served with nutritious rice berry

232.7 KCAL



Steamed Seabass with Soy Sauce served with Jasmine Rice THB 590

Delicate seabass fillet marinated with ginger, spring onion, and cooking wine, steamed with diced shiitake mushrooms and red bell pepper. Served over crisp chilled celery for freshness, with fragrant soy sauce on the side, paired with warm jasmine rice.

606 KCAL



Grilled Seasonal Fish Donburi THB 690

Freshly steamed rice topped with perfectly grilled seasonal fish. Served simply and swiftly, celebrating the clean, delicate flavors of fish and rice in classic donburi style.

339.1 KCAL



Golden Pumpkin & Coconut Vitality THB 290

A silky pumpkin-coconut mousse, crafted for natural sweetness and gentle comfort balanced with coconut soil, roasted pumpkin elements, tropical gel, seeds, and fresh acidity.

468.4 KCAL



All prices are in Thai baht and inclusive of government tax and 10% service charges



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