

THE DINING

ROOM

English



# TIA Nourish Philosophy

Our philosophy is simple - eat real, natural food prepared using cooking methods that retain original nutrients to positively impact your energy and your mood.

Our Wellness focused kitchen concept offers a wholesome eating approach for guests pursuing well-being. We educate both our staff and guests on how varied and flavorful a healthy menu can be, inspiring them to view food with a fresh perspective. Guests learn to create culinary memories at TIA which can be replicated at home well-being that becomes a lifestyle.

Our menus emphasise Plant-Based Meals. Customised, detox and regenerative meal plans are also available.

The TIA signature Eat Light, Feel Bright scaling system is an effective tool to indicate how food choices impact how we feel.

Meals that score 5 points or below are considered light, allowing guests to make better food choices to enhance vitality and strengthen the mind-body connection. Healthy food makes us feel satisfied yet vibrant.

## Benefits To Eating Light

### GIVES THE BODY A BREAK:

Eating light, nutritious foods means better physical and mental energy, and more effective healing.

### ALLOW THE BODY TO FOCUS ON HEALING:

Eliminating toxic foods and simplifying the diet allows the digestive system to rest so that our body can focus on repair.

### HEALTH AND MOOD BENEFITS:

Guests will be inspired to feel consistently good which will have positively affect their outlook and mood, while easing inflammation, promoting weight loss and a better complexion.

Dishes are labeled for your convenience with the below symbols according to the ingredients:



Plant-Based



Gluten Free



Vegetarian

# VIETNAMESE STARTERS

Simple, traditional dishes showcasing fresh local ingredients

## HOI AN WONTON

Shrimp wonton with sweet & sour salsa



## VEGAN HOI AN WONTON

Vegetable wonton with sweet & sour salsa



## LEMONGRASS BEEF

Grilled Australian beef fillet strip on lemongrass



## CRISPY DUCK SPRING ROLLS

Duck breast, carrots, shallots, garlic, ginger with chili & hoi sin sauce



## CRISPY VEGAN SPRING ROLLS

Ear mushrooms, chick peas, green peas, carrots, chou chou with oyster mushroom & vegan fish sauce



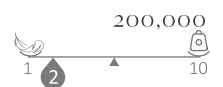
## TRADITIONAL CHICKEN SALAD

Shredded chicken, ram leaves, onions, chili with dried shallots & prawn cracker



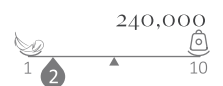
## BANANA BLOSSOM SALAD

Grilled shitake mushrooms with carrots, onion, chili, peanuts, basil & rice cracker



## SWEET & SOUR FISH SOUP

Red snapper, tomato, pineapple & chili



Plant-Based



Gluten Free



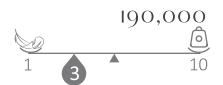
Vegetarian

All prices are in Vietnamese Dong, subject to government tax & service charge

# MODERN STARTERS



Exciting dishes combining local ingredients with modern tastes from around the world

**CRISPY TRUFFLE RICE**    
Crispy rice with plant-based truffle butter & herbs




**PORK RIB RAVIOLI**  
Homemade ravioli with celery, Vietnamese apple & daikon




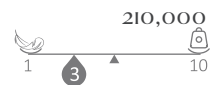
**BEETS & AVOCADO CARPACCIO**    
Shaved beetroot, avocado, walnuts & herbed cashew ricotta



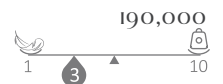
**DUCK & PINEAPPLE SALAD**   
Burnt coconut, cacao cashew nuts with duck & tamarind



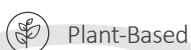
**GRILLED CHAMPAGNE OYSTERS**   
Oysters grilled with champagne butter



**OCTOPUS CARPACCIO**  
Steamed octopus, pickles, lace cracker & gochujang mayo



**SMOKED AUBERGINE**    
Furikake sprinkle, grilled baby bok choy & ponzu sauce



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# VIETNAMESE MAINS

Simple, traditional dishes showcasing fresh local ingredients

## TRADITIONAL CHICKEN RICE “COM GA”

Turmeric scented rice with poached chicken, ram leaves, pickled vegetables, HoiAn chili sauce & chicken broth



## WOK FRIED SOFT-SHELL CRAB

Smoked egg noodles, vegetables served with tamarind sauce



## MUSHROOM COCONUT CURRY

Mushroom, pumpkin, carrots in light Vietnamese yellow curry, served with coconut wild rice



## CHICKEN COCONUT CURRY

Chicken, pumpkin, carrots, served in light Vietnamese yellow curry, served with coconut wild rice



## VEGAN “BANH XEO”

Crispy savory rice pancakes, grilled shitake mushrooms, bean sprouts, served with rice paper & fresh local herbs



## TRADITIONAL “BANH XEO”

Crispy savory rice pancake with bean sprouts, shrimps, served with rice paper & fresh local herbs



## PORK BELLY CLAY POT

Pork belly cooked in a clay pot with shallots, salted caramel sauce, served with steamed rice



## CLAY POT RICE

Coconut scented rice with lightly stir-fried local vegetables, cooked in clay pot served with Hoi An chili sauce



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# MODERN MAINS

Exciting dishes combining local ingredients with modern tastes from around the world

## SPICED LOBSTER

Grilled half lobster, steamed local clams served on homemade squid ink spaghetti with fresh seaweed caviar & lobster bisque



## MISO MUSHROOM RISOTTO



Creamy plant-based risotto with miso, shitake mushrooms, baby broccoli & beetroot powder



## GRILLED BEEF TENDERLOIN

Australian beef tenderloin, wok fried morning glory, smoked garlic butter, fondant potato, a crispy oyster fritter & beef gravy



## ROASTED BUTTERNUT WITH SPICED PEANUTS



Sous vide butternut roasted, served with curried pumpkin & topped with spiced peanuts, burnt coconut & cherry tomatoes



## GRILLED SEA BASS



Sea bass fillet, vegetable spaghetti, turmeric & chive infused broth, served with wild rice



## QUINOA & VEGETABLE "NEATBALLS"



Served on tossed vegetable ribbons in homemade tomato sauce & topped with fresh garden herbs



## STEAMED TIGER PRAWNS

Tiger prawns steamed on hot lava stones with lemongrass, lime leaf, garlic, white wine, lime & chili, served with steamed wild rice & broccoli



## SMOKED CAULIFLOWER



Garlic & turmeric roasted cauliflower with sweet corn puree, quinoa with herbs, crisp moringa leaves lightly smoked with green tea



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# CREATIVE DESSERTS

Sweet creations from Vietnam and the rest of the world

BANANA FRITTERS   
With peanuts & coconut cream



SWEET CORN CRÈME CARAMEL   
With corn crumble & candied corn husk



ESPRESSO AFFOGATO GRANITA   
With cacao brittle, espresso foam & vanilla ice cream



FRESH MANGO & MATCHA ICE CREAM   
With chilli, basil & corn crumble



LIME TART   
Topped with vegan meringue & fresh passion fruit



CHOCOLATE MOUSSE   
With cacao meringues & tamarind caramel



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