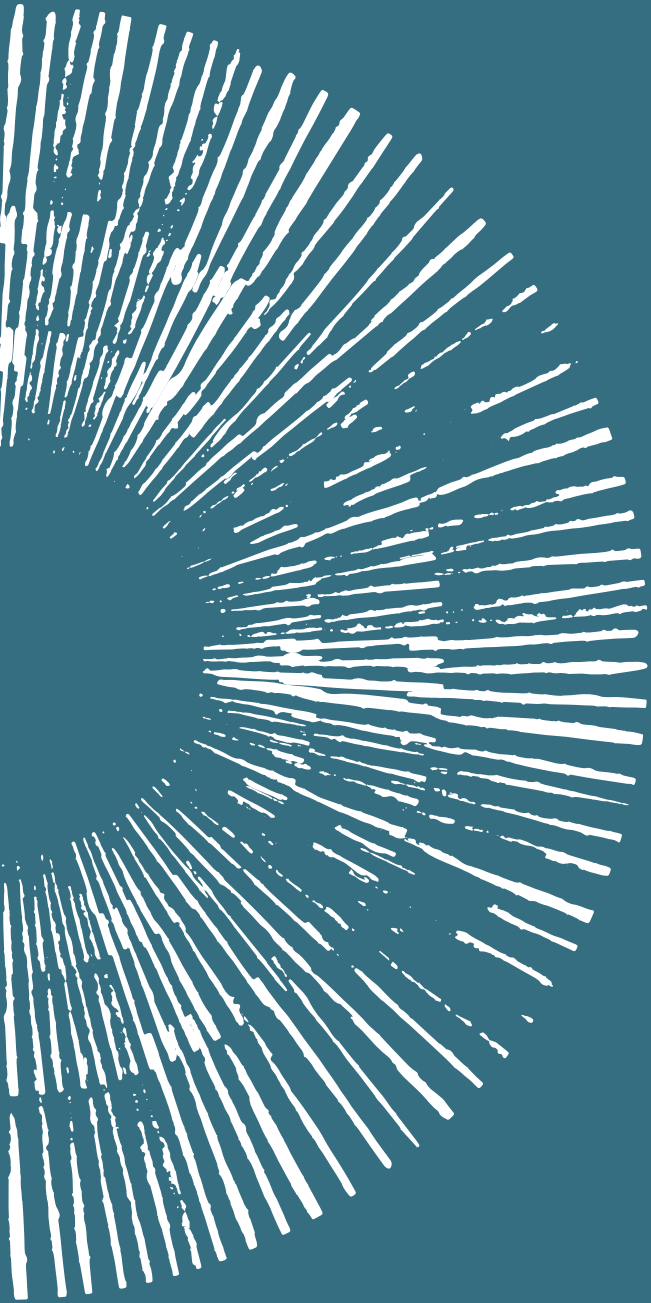


THE OCEAN

BISTRO



All Day  
Dining

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:



# BITES & POWER SNACKS

Small bites & nibbles to start with or just to nibble during the day

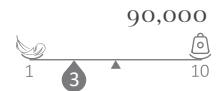
## CRISPY KIMCHI

Korean kimchi coated & lightly fried in coconut oil with lime pepper sauce



## SWEET POTATO FRIES

Sweet potato fries with homemade plant-based mayo & tomato sauce



## AVOCADO FRIES

Local avocado fries served with spicy tomato salsa & lime pepper sauce



## VEGAN GIMPAP

Tofu, organic rice, carrots, lettuce, cucumber, red cabbage, seaweed coriander & lettuce, served with spicy vegan mayo & pickled radish



## BEEF GIMPAP

Spicy beef strips, organic rice, carrots, betel leaves, cucumber, red cabbage seaweed & coriander, served with spicy vegan mayo & pickled radish



## CRISPY OKRA "LADY FINGERS"

Lightly battered & fried okra with sesame soy dipping sauce



## SPICY FISH CAKES

Homemade fish cakes with coconut milk, red curry & coriander served with Vietnamese dressing



## FRESH SHRIMP SPRING ROLLS

Brown rice rolls with poached shrimp, peanut sauce & soy sauce



## FRESH VEGAN SPRING ROLLS

Brown rice rolls with mushrooms, peanut sauce & Vietnamese dressing



## CRISPY SPRING ROLLS

Brown rice rolls with ear mushrooms, vegetables served with Vietnamese dressing & hoi sin chili sauce



## CRISPY PORK & PRAWN SPRING ROLLS

Brown rice rolls with pork, prawn, ear mushrooms, shallot, garlic, taro Phu Quoc black pepper, Vietnamese dressing & hoi sin chili sauce



Plant-Based



Gluten Free



Vegetarian

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

# SALADS

Light & healthy salads to start with or for the small hunger

## PINK POMELO & AVO

Pink pomelo, avocado, crispy kale, shallots, radish & pomegranate (seasonal) with Vietnamese dressing



## GREEN SUPERPOWER

Mixed green leaves & herbs, green peas, beans, avocado, cucumber spirulina & seeds served with lime dressing



## RAINBOW TAHINI

Carrots, cabbage, cucumber, capsicum, tomatoes, shallots & mixed greens with tahini dressing



## SPICY PAPAYA & TOMATO

Green papaya, cucumber, tomato, chili, peanuts & shallots served with Vietnamese dressing



## TOMATO, STRAWBERRY & MELON

Cherry tomatoes, Da Lat strawberries, watermelon, shallots, garlic & basil with balsamic dressing



### Protein add-ons:

Fried tofu 



Steamed shrimps



Grilled chicken



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# VIETNAMESE NOODLES

Traditional Vietnamese dishes with delicious healthy plant-based options

## VEGAN CAO LAU

Cao Lau noodles, tofu, mushroom, bean sprouts, local herbs  
crispy wonton & lemongrass soy sauce



## CAO LAU

Cao Lau noodles with sliced pork char siu, sprout and local herbs  
with rich pork jus, crispy wonton squares & lime



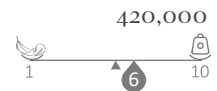
## VEGAN BUN CHA

Brown rice noodles, shitake, ear mushroom, tofu, green herbs  
pickled vegetables & vegan fish sauce



## BUN CHA BO

Brown rice noodles, beef skewer, beef balls, green herbs  
pickled vegetables & fish sauce



## VEGAN PHO

Rice noodles, tofu, mushrooms, herbs & anise scented vegetable broth



## CHICKEN or BEEF PHO

Rice noodles, beef or chicken, herbs & anise scented bone broth



## MY QUANG

White flat rice noodles, five spiced chicken, local herbs  
crispy vegetable spring roll with tomato gravy, fresh herbs, rice crackers & lime



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# SPAGHETTI

Choose from regular, whole wheat or gluten-free spaghetti

## CREAMY MUSHROOM

Rich, vegan creamy mushroom sauce, served with chives & vegan parmesan

240,000



## PESTO & TOMATO

Homemade basil pesto, cherry tomatoes & pine nuts with vegan parmesan

250,000



## JAPANESE CARBONARA

Eggs, bacon, miso, parmesan, sprinkled with spring onion & nori

310,000



## CLASSIC BOLOGNAISE

Spaghetti topped with a classic Bolognese sauce, fresh parmesan shavings

340,000



# BURGERS & BANHS

Made with whole wheat flour, served with garden salad & sweet potato fries

## BEEF BURGER

150g homemade beef patty, cheddar cheese, tomatoes, iceberg lettuce red onions, gherkin, homemade tomato ketchup & plant-based mayonnaise

410,000



## VEGAN BURGER

Soy & vegetables based patty, tomatoes, iceberg lettuce, red onions, gherkin homemade tomato ketchup & plant-based mayonnaise

310,000



## CRISPY 'SHROOM BURGER

Crispy mushrooms, kimchi, coriander, spring onions lettuce served with sriracha vegan mayo, served on charcoal burger bun

260,000



## CALAMARI BURGER

Crispy calamari, iceberg lettuce, tomato, shallots & microgreens served with vegan ranch dressing on charcoal burger bun

310,000



## FRESH LOBSTER BANH MI

Chilled steamed lobster, iceberg lettuce, tomatoes & garlic plant-based tartar sauce, served on whole wheat baguette

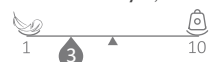
510,000



## BANH MI CHAY

Sautéed shitake mushrooms, mushroom pate, tofu, herbs, pickled papayas & carrot, soy sauce & sweet chilli on whole wheat baguette

170,000



## GREEN SUPER BANH MI

Avocado, cucumber, crispy kale, microgreens with home-made pesto & vegan cream cheese, served on whole wheat baguette

250,000



Plant-Based



Gluten Free



Vegetarian

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# FRESH LOCAL SEAFOOD

GRILLED GIANT CLAMS   
Served with peanuts & spring onion




STEAMED GIANT CLAMS   
Lemongrass & chilli broth



WHOLE CRAB   
Wok fried with tamarind



WHOLE SQUID   
Grilled, steamed or fried with salt and pepper



TIGER PRAWNS 6 pcs   
Crusted with chili & coconut






LOCAL MINI LOBSTER 1 pcs   
Steamed or grilled

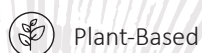


SEAFOOD SHARING PLATTER FOR TWO  
Grilled giant clams, whole crab, whole squid, tiger prawns  
& local mini lobster



**Sauces:** Homemade tartar , lime & garlic butter , vegan ranch dressing , nuoc cham fish sauce

**Sides:** Asian slaw salad , steamed wild rice  or sweet potato fries 



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# ORGANIC FRIED RICE POTS

Served with chilli soy sauce & homemade kimchi

## VEGETABLES

Carrots, broccoli, beans, red peppers, corns & spring onion



## EGG & VEGETABLES

Quail egg, carrots, broccoli, beans, red peppers, corns & spring onion



## SEAFOOD & VEGETABLES

Shrimp, squid, carrots, broccoli, beans, red peppers, corns & spring onion



## CHICKEN & VEGETABLES

Chicken, carrots, broccoli, beans, red peppers, corns & spring onion



# SPICY CURRY HOT POTS

Southeast Asian style, served with organic rice

## YELLOW VEGETABLES CURRY

Carrots, sweet potatoes, broccoli & zucchini



## RED LENTIL CURRY

Red lentils, red peppers & tomatoes



## GREEN SEAFOOD CURRY

Prawns, calamari, fish, green beans & okra



## RED BEEF CURRY

Beef filet strips, potatoes, onions & red peppers



# GREEN SIDES

## MORNING GLORY



## BOK CHOY



## GREEN SALAD



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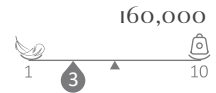
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# GUILT FREE DESSERTS

Fully plant-based & no added sugar, but even more delicious

**SWEET POTATO BROWNIE**    
With coconut nice-cream



**PEANUT BUTTER COOKIE BAR**    
With vanilla nice-cream



**FRESH FRUIT SPRING ROLLS**    
Fresh fruits spring rolls with plant-based chocolate sauce



**GRILLED POMELO TARTLET**   
Vegan pastry based filled with vanilla & thyme scented custard topped with fresh local pomelo



**DAIRY FREE NICE CREAM SELECTION**    
Vanilla or coconut or chocolate



**SORBET SELECTION**    
Mango or lemon & lime



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