

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

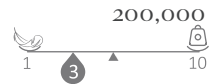
All prices are in Vietnamese Dong, subject to government tax & service charge

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



200,000

PORK RIB RAVIOLI

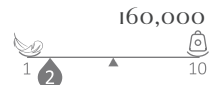
Homemade ravioli with celery, Vietnamese apple & daikon



190,000

BEETS & AVOCADO CARPACCIO

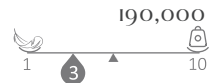
Shaved beetroot, avocado, walnuts & herbed cashew ricotta



160,000

DUCK & PINEAPPLE SALAD

Burnt coconut, cacao cashew nuts with duck & tamarind



190,000

GRILLED CHAMPAGNE OYSTERS

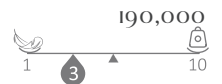
Oysters grilled with champagne butter



240,000

OCTOPUS CARPACCIO

Steamed octopus, pickles, lace cracker & gochujang mayo



190,000

SMOKED AUBERGINE

Furikake sprinkle, grilled baby bok choy & ponzu sauce



150,000



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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 RISOTTO

Spiced lobster with squid ink risotto & seaweed caviar



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 CAMEL 
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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