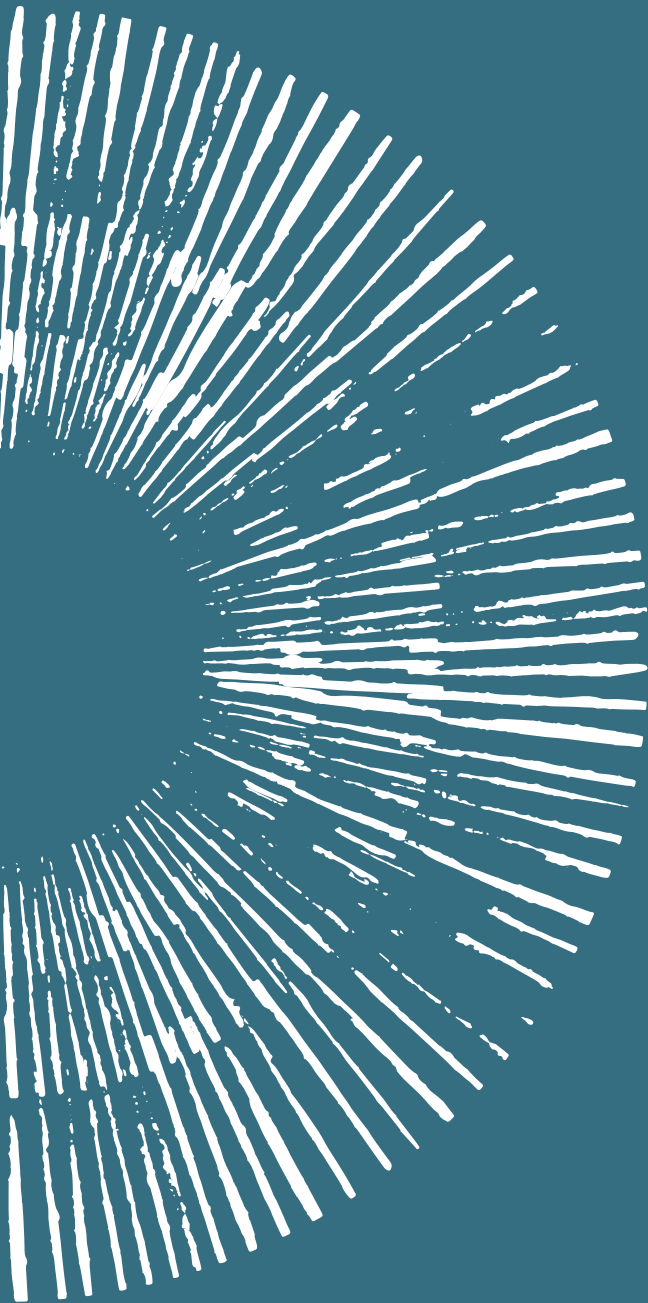


THE OCEAN
BISTRO



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:



Plant-Based



Gluten Free



Vegetarian

BITES & POWER SNACKS

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

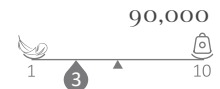
CRISPY KIMCHI

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



GUACAMOLE & HOMEMADE TORTILLA CHIPS

Homemade baked tortilla chips, guacamole & tomato salsa



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



SALT & PEPPER CALAMARI RINGS

Crispy calamari rings with spicy tomato salsa & vegan tartar 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



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



SESAME EDAMAME SALAD

Edamame, red cabbage, red capsicum, mint, shallots & black sesame with peanut sauce



Protein add-ons:

Fried tofu 



Steamed shrimps



Grilled chicken



Plant-Based



Gluten Free



Vegetarian

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

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



Plant-Based



Gluten Free



Vegetarian

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

SPAGHETTI

Choose from regular, whole wheat or gluten-free spaghetti

CREAMY MUSHROOM

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



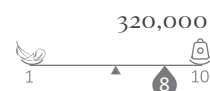
PESTO & TOMATO

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



JAPANESE CARBONARA

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



CLASSIC BOLOGNAISE

Spaghetti topped with a classic Bolognese sauce, fresh parmesan shavings



LOBSTER & CLAM

Half lobster, giant clams, salmon roe, cherry tomatoes, Vietnamese basil & lobster bisque sauce



Plant-Based



Gluten Free



Vegetarian

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

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



VEGAN BURGER

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



CALAMARI BURGER

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



ANGUS BEEF & TRUFFLE BANH MI

Australian Angus beef tenderloin, caramelized onion, homemade truffle butter,
vegan mayonnaise, served on whole wheat baguette



FRESH LOBSTER BANH MI

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



BANH MI CHAY

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



VEGGIE REUBEN BANH MI

Pickled red cabbage, gherkins, shitake mushroom with horseradish sauce
served on whole wheat baguette



GREEN SUPER BANH MI

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



Plant-Based



Gluten Free



Vegetarian

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

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



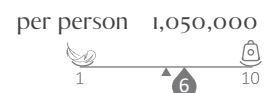
TIGER PRAWNS 6 pcs 
Crusted with chili & coconut









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 



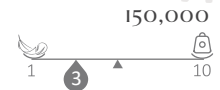
All prices are in Vietnamese Dong, subject to government tax & service charge

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



Plant-Based



Gluten Free



Vegetarian

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

GUILT FREE DESSERTS

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

MANGO “CHEESE” CAKE



No-bake vegan cheese cake topped with fresh mango



140,000

HOT CHOCOLATE MUD CAKE



150,000

COCONUT NICE CREAM SUNDAE



Coconut nice cream topped with papaya, pineapple, mango, raspberry coulis, chocolate sauce & roasted almonds



170,000

PEANUT BUTTER COOKIE BAR



With vanilla nice-cream



180,000

DAIRY FREE NICE CREAM SELECTION



Vanilla or coconut or chocolate



55,000

SORBET SELECTION



Mango or lemon & lime



55,000



Plant-Based



Gluten Free



Vegetarian

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