

In-Villa Dining Menu

TIA Nourish Philosophy

Our philosophy is simply based on eating real, natural food to keep as much original nutrients during cooking as possible so that your meal nourishes you and positively impacts your energy and your mood.

The TIA signature Eat Light, Feel Bright scaling system is a simple tool used to educate you on how food impacts the energy and mood. All meals with 5 points or below are considered to be light and we give our guests the choice to balance according to each individual's current state of well-being.

Benefits to Eating Light

Gives the body a break: Eating light nutritious foods provides a break from heavy, unhealthy foods to experience a new level of physical and mental energy, and healing. When heavy food is consumed, extra blood is required for digestion and the body diverts all attention to this process.

Allow the body to focus on healing: Eliminating toxic foods and simplifying the diet allows the digestive system to rest. Our body can then focus on healing and repairing. Health and mood benefits: Guests will be inspired to continue feeling good in the long-term, have a more positive outlook, improved mood, decreased inflammation, weight loss and a better complexion. All dishes are labeled for your convenience with the below symbols according to the ingredients:







BREAKFAST IN BED

06:30 - 22:00

Start With Our

Breakfast Platter

MINDFUL VEGAN



Assorted fruits, pumpkin bread, seed loaf, mindful mangoes, cashew cheese on sesame rice crackers, vegan ricotta, sundried tomatoes, homemade jam, cashew butter

SAVORY WELLNESS

Smoked salmon, camembert cheese on sesame rice crackers, whole wheat bread rolls seed bread, croissant, marinated olives, cherry tomatoes, cucumber, sundried tomatoes



SWEET TOOTH (3)



Assorted pastries & muffin, chocolate croissant, fruit yogurt, cashew butter tropical jam & assorted fruits



Select One

A La Carte Breakfast

All breakfasts are served with fresh herb bundles to sprinkle on your food

GREEN GOODNESS SMOOTHIE BOWI



Avocado, banana, mango, mint & spinach smoothie bowl topped with fresh fruit, crispy coconut, dried pineapple & chia seeds

TROPICAL GRANOLA BOWL



Homemade granola, plain vogurt, pineapple, dragon fruit mango, watermelon, coconut flakes, dark chocolate sprinkles & cashew butter



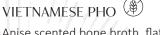
CARING PANCAKES (*)



Gluten free pancakes made from young coconut served with home-made vegan ricotta fresh mango salsa drizzled with maple & kumquat syrup



NUTTY CHOCOLATE TOAST Cashew & peanut butter on toasted sourdough topped with dark chocolate chips coconut flakes, pecans, chocolate sauce & coconut cream, served with fresh strawberries AVO & MUSHROOM TACOS (\$) Avocado, pico de gallo, black beans, red onions, grilled & crispy mushrooms, coriander chimichurri sauce & garden herbs Add scrambled egg or tofu SCRAMBLED TOFU SIZZLE Scramble tofu, onions, mushrooms, tomatoes, baked beans, baked potatoes & fresh herbs on hot sizzle plate ENGLISH BREAKFAST SI77LF Choice of fried, scrambled eggs or omelet, grilled bacon, chicken sausage grilled tomatoes, baked beans & mushrooms TOMATO & SPINACH FRITTATA Egg white or whole egg frittata with tomatoes, spinach, parmesan, Italian basil roasted garlic & served with a fresh herb salad "JAPANESE" EGGS BENEDICT Poached eggs, smoked salmon, sesame teriyaki spinach, miso hollandaise sauce seaweed & chili flakes BREAKFAST BURGER Wholewheat charcoal bun, egg, avocado, tomato, mushrooms, homemade tomato ketchup & spicy vegan mayo



Anise scented bone broth, flat rice noodles, bean sprouts.



Beef | Chicken



Breakfast Beverages

FRESHLY PRESSED JUICES

Orange | Carrot | Watermelon | Pineapple

VIETNAMESE COFFEE (hot / iced)

Cà phê sữa - Vietnamese coffee with condensed milk Cà phê đen - Vietnamese coffee black

WELLNESS COFFEE (Almond milk)

Vanilla Coffee | Coconut Cinnamon Coffee | Turmeric Coffee | Brain Energy Coffee

CLASSIC COFFEE SELECTION (Almond milk or Dairy milk)

Plunger Coffee | Americano | Café Latte | Cappuccino | Espresso

RONNEFELDT TEA SELECTION

English Breakfast | Darjeeling | Earl Grey | Fancy Sencha Green Jasmine Gold Green | Mint | Vanilla Rooibos | Fruity Camomile

LATE NIGHT BREAKFAST

22:00 - 06:30

All dishes are served with the following:

Pastry selection, homemade yoghurt, mindful mangoes, camembert on sesame rice crackers, homemade jam & butter

CONTINENTAL BREAKFAST

Selection of sliced honey glazed ham, salami, emmental cheese, mini croissants and fresh fruit salad

ENGLISH BREAKFAST

Choice of fried, scrambled eggs or omelet grilled bacon, chicken sausage, tomato, sautéed mushroom

SALMON CHARCOAL CIABATTA

Scrambled egg, home smoked salmon, mustard cress fresh red radish salsa & Vietnamese garden herb sauce







10:30 - 22:00

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





10,000

90,000

150,000

150,000

240,000

220,000

140,000

150,000

240,000

350,000

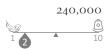
SALADS

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

PINK POMELO & AVO



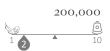
Pink pomelo, avocado, crispy kale, shallots, radish & pomegranate (seasonal) with Vietnamese dressing



GREEN SUPERPOWER



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

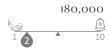


SPICY PAPAYA & TOMATO





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



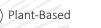
Steamed shrimps



Grilled chicken



95,000





Gluten Free



Vegetarian

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



/egetarian

SPAGHETTI

Choose from regular, whole wheat or gluten-free spaghetti

CREAMY MUSHROOM Rich, vegan creamy mushroom sauce, served with chives & vegan parmesan	1	240,000 <u>0</u> 10
PESTO & TOMATO Homemade basil pesto, cherry tomatoes & pine nuts with vegan parmesan	1	250,000 © 10
JAPANESE CARBONARA Eggs, bacon, miso, parmesan, sprinkled with spring onion & nori	1	320,000 <u>8</u> 10
CLASSIC BOLOGNAISE Spaghetti topped with a classic Bolognese sauce, fresh parmesan shavings	1	360,000 <u>a</u>
LOBSTER & CLAM Half lobster, giant clams, salmon roe, cherry tomatoes Vietnamese basil & lobster bisque sauce	1	650,000 <u>©</u> 10

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



ORGANIC FRIED RICE POTS

Served with chilli soy sauce & homemade kimchi

VEGETABLES (*)

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

150,000

SEAFOOD & VEGETABLES



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

270,000

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

240,000

RED LENTIL CURRY



Red lentils, red peppers & tomatoes

260,000

GREEN SEAFOOD CURRY 2 2 2



Prawns, calamari, fish, green beans & okra

410,000

RED BEEF CURRY () 5



Beef filet strips, potatoes, onions & red peppers

410,000

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

HOT CHOCOLATE MUD CAKE (*)







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

PEANUT BUTTER COOKIE BAR 🏵 🏵





With vanilla nice-cream

DAIRY FREE NICE CREAM SELECTION



Vanilla or coconut or chocolate

SORBET SELECTION



Mango or lemon & lime

140,000 150,000

170,000

180,000

55,000

55,000



Plant-Based



Gluten Free



Vegetarian

ALL NIGHT DINING

22:00 - 06:30

CRISPY KIMCHI 10,000 Korean kimchi coated & lightly fried in coconut oil with lime pepper sauce SWEET POTATO FRIES 90,000 Sweet potato fries with homemade plant-based mayo & tomato sauce FRESH SHRIMP SPRING ROLLS 220,000 Brown rice rolls with poached shrimp, peanut sauce & soy sauce CRISPY SPRING ROLLS 150,000 Brown rice rolls with ear mushrooms, vegetables served with Vietnamese dressing & hoi sin chili sauce **BEEF BURGER** 410,000 150g homemade beef patty, cheddar cheese, tomatoes, iceberg lettuce red onions, gherkin, homemade tomato ketchup & plant-based mayonnaise CLASSIC BOLOGNAISE 360,000 Spaghetti topped with a classic Bolognese sauce, fresh parmesan shavings CHICKEN or BEEF PHO 260,000 Rice noodles, beef or chicken, herbs & anise scented bone broth



Plant-Based



) Gluten Free



Vegetarian

BANH MI CHAY

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

170,000

YELLOW VEGETABLES CURRY



Carrots, sweet potatoes, broccoli & zucchini

240,000

SLICED FRESH LOCAL FRUIT



Seasonal fruits with lemongrass and star anise syrup

110,000

PEANUT BUTTER COOKIE BAR



With vanilla nice-cream

180,000

DAIRY FREE NICE CREAM SELECTION



Vanilla or coconut or chocolate



