

All Day Superfood Snacks

Những món ăn nhẹ từ siêu thực phẩm

Lẩu Nấu

CREATIVE ENERGY BOOSTS



Mixed "Cheesy" nuts, nutritional yeast & popped corn

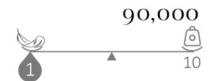
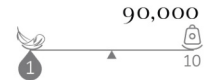
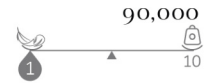
Hạt tằm hương vị rang giòn & bỏng ngô

Peanut, matcha & cocoa nib protein bites

Viên protein đậu phộng, trà xanh & hạt cacao rang

Cocoa chia, energy bites

Viên năng lượng từ cacao & hạt chia



ROOT VEGETABLE CRISPS



Lotus root, sweet potato & beetroot crisps with salsa & Spirulina guacamole

Củ sen, khoai lang & củ dền đỏ với sốt salsa & sốt quả bơ, rong biển kiểu Mexico



NORI ROLLS

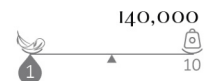


Nori rolls, smoked salmon, avocado with tahini ginger citrus dipping sauce

Rong biển Nori cuộn cá hồi xông khói, bơ tươi với sốt mè tahini vị cam gừng

Nori rolls, avocado, vegetables with tahini ginger citrus dipping sauce

Rong biển nori cuộn bơ tươi, rau củ với sốt mè tahini vị cam gừng

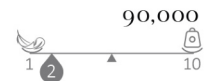


MINI WHOLE-WHEAT BANH MI



Wholewheat baguette with mushroom pate, char sui mushrooms & pickled vegetables

Bánh mì từ bột nguyên cám với pa tê nấm, nấm rim xá xíu & rau củ ngâm chua



Yến
Bún



Plant-Based
Món thuần chay



Contains Nuts
Thành phần chứa hạt



Gluten Free
Không chứa đạm gluten



Vegetarian
Món chay - có thể chứa trứng hoặc sữa động vật

All prices are in Vietnamese Dong, subject to government tax & service charge
Giá trên được tính bằng Việt Nam đồng, chưa bao gồm thuế giá trị gia tăng và phí dịch vụ

Vitamin & Nutrient Juice Blends

Replenish, energize & protect your body with our carefully crafted juice blends rich in natural nutrients to support your overall wellness



ANTIOXIDANT BLENDS

Bursting with vitamins, minerals & antioxidants to combat free radicals, reduce inflammation, support healthy skin & cellular repair

BEETROOT, GINGER, GREEN APPLE, FRESH TURMERIC & CARROT 120,000
Helps improve circulation, reduce oxidative stress & boost natural detoxification

CUCUMBER, KALE, GREEN APPLE, CELERY, LIME, GINGER & SPIRULINA POWDER 120,000
Packed with chlorophyll & plant-based nutrients for alkalizing & energizing effects

IMMUNITY BLENDS

Fortified with immune-boosting ingredients to strengthen your defenses against common illnesses like colds & flu

ORANGE, CARROT, PASSION FRUIT, LEMON & GINGER 120,000
High in vitamin C & beta-carotene to enhance immunity & reduce inflammation

BLUEBERRY, APPLE, LEMON, HONEY & ACAI POWDER 120,000
Loaded with antioxidants & nutrients to support gut health & combat fatigue

ENERGY BLENDS

Designed to provide a natural energy boost & sustain you during workouts or busy days

BANANA, MANGO, PINEAPPLE & CHIA SEEDS 120,000
Rich in healthy carbs and omega-3s to fuel your body & keep you energized

AVOCADO, BLUEBERRY, COCONUT WATER, DATES & LEMON 120,000
Combines healthy fats & antioxidants for sustained energy & mental focus

HYDRATION BLENDS

Replenish electrolytes & maintain optimal hydration levels after workouts or exposure to heat

COCONUT WATER, CUCUMBER, LIME & CELERY 120,000
Naturally hydrating with essential minerals to restore balance & fight dehydration

COCONUT WATER, WATERMELON, POMELO & SEA SALT 120,000
A refreshing combination of electrolytes & natural sugars to rehydrate & energize



Spirulina is a nutrient-dense blue-green algae rich in protein, vitamins, minerals & antioxidants, known for boosting energy, supporting immune health & promoting overall well-being.

Açaí powder is a nutrient-rich superfood made from freeze-dried açaí berries, packed with antioxidants, healthy fats, fiber & essential nutrients, often used to support energy, skin health & overall wellness.

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

Refreshing Gut Health Elixirs

Enhance your digestion & invigorate your palate with our curated selection of gut-loving refreshments
These offerings help soothe, balance & support your digestive system, providing a refreshing boost for overall well-being

APPLE CIDER VINEGAR LEMONADE

105,000

A tangy blend of apple cider vinegar, fresh lemon juice & honey
to support healthy digestion

PEPPERMINT SODA

105,000

A refreshing mix of peppermint tea, pea flower, soda water & mint leaves
perfect for calming your stomach

GINGER ALE

105,000

A zesty combination of fresh ginger, lemon, mint leaves, soda water & stevia
great for soothing digestion

MATCHA SODA

105,000

A bubbly twist on matcha green tea, spirulina, lightly sweetened
with stevia & paired with soda water for a gut-friendly treat

Ket Yoh

Protein-Packed Smoothies

All our protein shakes are made with plant-based & gluten free protein powder made from
green peas, chickpeas, lentils, sweet potato, seeds & green beans. 20 grams protein per smoothie

BANANA, PEANUT BUTTER, HIMALAYA SALT & ALMOND MILK

160,000

MANGO, CASHEW BUTTER, TURMERIC & ALMOND MILK

160,000

DARK CHOCOLATE, COCONUT & CHIA SEED

160,000

STRAWBERRY, BLUEBERRY, COCONUT & DATES

160,000

Pho
Koi

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



Collagen Peptides Boosters



Support your health with our collagen-enhanced beverages, each crafted with 15 grams of **VITAL PROTEINS COLLAGEN PEPTIDES** to nourish your skin, hair & bones while promoting joint and gut health

COLLAGEN ALMOND CAFÉ LATTE	180,000
Coffee, almond milk & collagen peptides, served hot or iced	
COLLAGEN CHAI LATTE	180,000
Coconut milk, dates, cinnamon, ginger, cardamom, nutmeg, cloves & collagen peptides	
TURMERIC COLLAGEN JUICE	180,000
Orange, carrot, lemon, fresh turmeric, a pinch of pepper & collagen peptides	
COLLAGEN COLADA	180,000
Coconut water, coconut milk, pineapple juice & collagen peptides	
Boost any beverage!	120,000
Add 15 grams of collagen peptides to your coffee, juice, or smoothie for a healthful twist	

Vital Proteins Collagen Peptides is a high-quality, easily dissolvable supplement made from grass-fed, pasture-raised bovine collagen.

Mind Calming Drinks

Soothe your nerves, ease anxiety & promote a sense of calm with our anti-anxiety beverages
Perfect for any time of the day to relax your mind & especially ideal in the evening to support restful sleep

LAVENDER REISHI LATTE	120,000
A calming blend of lavender leaves, reishi mushroom powder, almond milk & honey to reduce stress & enhance emotional balance	
REISHI CHOCOLATE MILK	120,000
A comforting mix of cacao powder, reishi mushroom powder, almond milk & honey to calm the mind, uplift your mood & promote tranquility	
BEETROOT MOON MILK	120,000
A soothing infusion of beetroot powder, ashwagandha root, almond milk & honey to ease anxiety & support inner peace	
CHAMOMILE MOON MILK	120,000
A gentle combination of chamomile tea, ashwagandha root, almond milk & honey to relax the nerves & encourage restful sleep	

Reishi mushrooms are scientifically recognized for their ability to reduce anxiety, improve mood & support mental clarity by regulating stress hormones & promoting relaxation.

Ashwagandha is scientifically proven to reduce stress & anxiety, enhance mood & improve cognitive function by balancing cortisol levels & supporting the body's ability to adapt to stress.

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

Sic
Song

TIA Mocktails - All the Flavor, None of the Alcohol

Feeling like a cocktail but without the spirits?

Our handcrafted mocktails offer the perfect balance of refreshing flavors and creative flair - ideal for any time of the day

DESIGNATED APPLETONI

Green apple, lime, sugar

ZERO PROOF MARGARITA

Lemon, lime, salt, sugar & coconut water

CINDERELLA

Orange juice, pineapple juice, lime, grenadine & soda

CITRUS FIZZ

Egg white, maple syrup, lime, orange & soda

Ling
Man

110,000

110,000

110,000

110,000

Single Juices

ORANGE | PINEAPPLE | MANGO | WATERMELON

PASSION FRUIT | COCONUT | LIME

100,000

Loose Leaves Teas By Ronnefeldt

ENGLISH BREAKFAST | DARJEELING | EARL GREY | FANCY SENCHA GREEN TEA

JASMINE GOLD GREEN TEA | VANILLA ROOIBOS | MINT | FRUITY CAMOMILE

95,000

Classic Coffees

Almond, oat or dairy milk

AMERICANO | ESPRESSO | CAFÉ LATTE | CAPPUCINO

MACCHIATO | MOCHA | DECAF

90,000

TIA Summer Coffee

Specials seasonal coconut-infused brews made to cool you down and lift you up

COCO AMERICANO

Espresso, ice & fresh coconut water

COCO CAFÉ LATTE

Espresso, ice, fresh coconut water & almond milk

Chien
Hien

100,000

100,000

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

Vietnamese Signature Coffees

Experience the rich & authentic flavors of Vietnamese coffee

Bing Sang

CÀ PHÊ ĐEN ĐÁ

Smooth & robust black Vietnamese coffee.
Strong coffee with ice cubes in short glass

95,000

CÀ PHÊ SỮA ĐÁ

Iced coffee with sweetened condensed milk.
Strong coffee with ice cubes & condensed milk in short glass

95,000

CÀ PHÊ PHIN

Traditional Vietnamese drip coffee brewed slowly in a phin filter.
Ice cubes & condensed milk served on the side for your own customized

95,000

CÀ PHÊ SAIGON

Aromatic Vietnamese-style coffee.
Medium strong with crushed ice in long glass, add condensed milk as optional

95,000

BẠC XỈU

A lighter, sweeter coffee with fresh milk & condensed milk for a milder flavor

95,000

HIMALAYA SALTED ICED COFFEE

A creamy & slightly salty coffee delight

100,000

COCONUT ICED COFFEE

Refreshing iced coffee blended with fresh coconut & condensed coconut milk

100,000

CÀ PHÊ BƠ

A rich, creamy avocado coffee for a unique, indulgent twist

100,000

Mineral Water

ALBA STILL 0.45L

85,000

EVIAN 0.75L

210,000

Sparkling Water

ALBA SPARKLING 0.45L

85,000

SAN PELLEGRINO 0.25L

100,000

SAN PELLEGRINO 0.75L

210,000

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

Soft Drinks

COKE | DIET COKE | SPRITE | SODA | TONIC | GINGER ALE

90,000

Beers

LOCAL LARUE BEER

90,000

TIGER

95,000

HEINEKEN

100,000

Organic & Biodynamic Wines By Glass

150ml

Champagne By Glass

CHAMPAGNE J.M. LABRUYERE, PROLOGUE, GRAND CRU BRUT RESERVE
Chardonnay - Pinot Noir, France



460,000

White Wines By Glass

CHATEAU CARBONNEAU, MARGOT
Sauvignon Blanc, Sainte-Foy Cotes de Bordeaux, France



280,000

BODEGA ARGENTO, ESTATE BOTTLED
Chardonnay, Mendoza, Argentina



260,000

Rosé Wines By Glass

LES VALENTINES, LE CAPRICE DE CLÉMENTINE
Cinsault - Grenache, Côtes de Provence, France



280,000

Red Wines By Glass

JEAN LUC COLOMBO, "LA VIOLETTE"
Syrah, IGP Pays d'OC, France



260,000

ALVARO PALACIOS, LA VENDIMIA
Garnacha - Tempranillo, Rioja, Spain



280,000



Organic Wine



Biodynamic Wine

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

4/11
Bong

TIA Cocktails

BLOODY MARY

Vodka, fresh tomato juice, lime, celery, seasoning sauce

240,000

CLASSIC MOJITO

Rum, lime, mint leaves, brown sugar, soda water

240,000

CAIPIRINHA

Cachaca rum, lime wedges, brown sugar

240,000

LONG ISLAND ICE TEA

Tequila, rum, gin, vodka, cointreau, lime, coke

240,000

CLASSIC MARGARITA

Tequila, cointreau & lime juice

240,000

DAIQUIRI

Rum, Citrus Liqueur, fresh lime and sugar

240,000

PINA COLADA

Rum, Malibu, coconut cream, pineapple juice

240,000

TIA

Wang Wang

Chinh Phuc

MAI TAI	240,000
Light Rum, dark rum, cointreau, amaretto, orange, lime & pineapple	
DRY MARTINI	240,000
Gin, Vermouth, green olive	
SINGAPORE SLING	240,000
Gin, cherry brandy, DOM, cointreau, lime, pineapple, angostura bitter, grenadine	
TEQUILA SUNRISE	240,000
Tequila, orange juice, grenadine	
NEGRONI	240,000
Gin, sweet vermouth, campari, yellow orange	
MANHATTAN	240,000
Whiskey, sweet vermouth, angostura bitter	
WHISKEY SOUR	240,000
Jim Beam, lime & sugar syrup	
APEROL SPRITZ	300,000
Prosecco, aperol, soda	

For spirits, whiskeys & more, please ask our team for the detailed menu.

Chang Hoa

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

