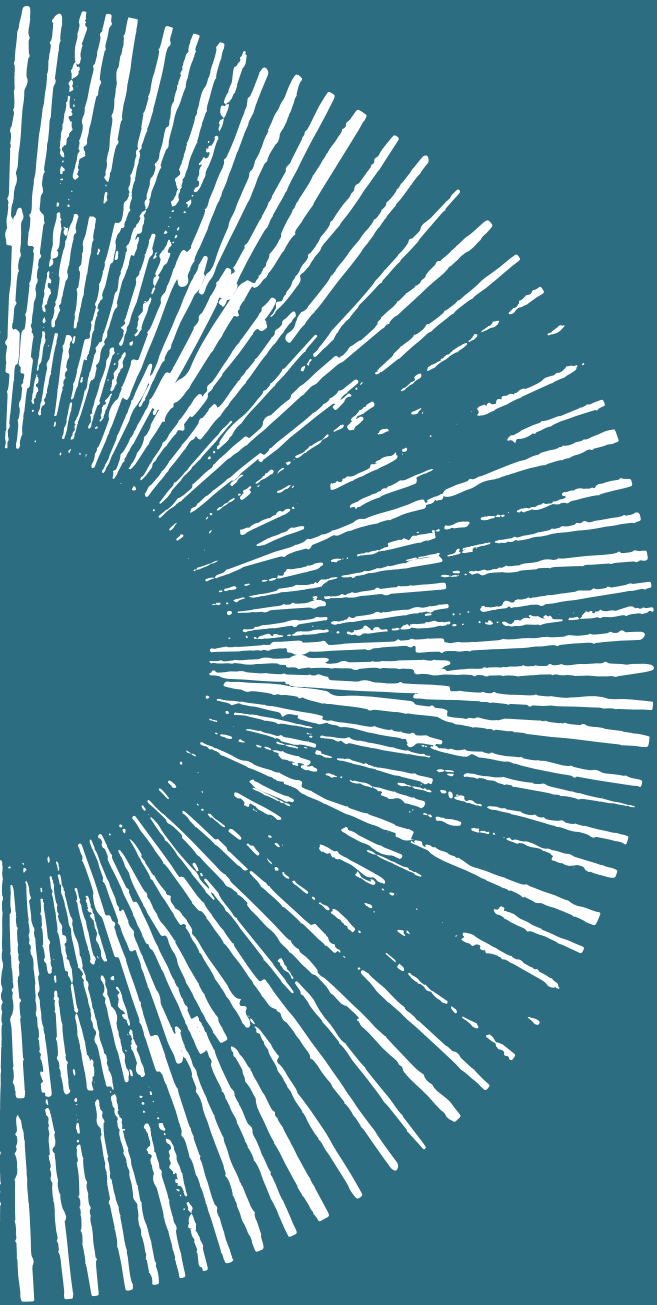


THE OCEAN  
BISTRO



Beverage  
Menu

# 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 Helps improve circulation, reduce oxidative stress & boost natural detoxification	120,000
CUCUMBER, KALE, GREEN APPLE, CELERY, LIME, GINGER & SPIRULINA POWDER Packed with chlorophyll & plant-based nutrients for alkalizing & energizing effects	120,000

## IMMUNITY BLENDS

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

ORANGE, CARROT, PASSION FRUIT, LEMON & GINGER High in vitamin C & beta-carotene to enhance immunity & reduce inflammation	120,000
BLUEBERRY, APPLE, LEMON, HONEY & ACAI POWDER Loaded with antioxidants & nutrients to support gut health & combat fatigue	120,000

## ENERGY BLENDS

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

BANANA, MANGO, PINEAPPLE & CHIA SEEDS Rich in healthy carbs and omega-3s to fuel your body & keep you energized	120,000
AVOCADO, BLUEBERRY, COCONUT WATER, DATES & LEMON Combines healthy fats & antioxidants for sustained energy & mental focus	120,000

## HYDRATION BLENDS

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

COCONUT WATER, CUCUMBER, LIME & CELERY Naturally hydrating with essential minerals to restore balance & fight dehydration	120,000
COCONUT WATER, WATERMELON, POMELO & SEA SALT A refreshing combination of electrolytes & natural sugars to rehydrate & energize	120,000

*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.*

# 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	

## 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

## 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.*

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

# 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.*

# 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 APPLETINI	110,000
Green apple, lime, sugar	
ZERO PROOF MARGARITA	110,000
Lemon, lime, salt, sugar & coconut water	
CINDERELLA	110,000
Orange juice, pineapple juice, lime, grenadine & soda	
CITRUS FIZZ	110,000
Egg white, maple syrup, lime, orange & soda	

# Single Juices

ORANGE   PINEAPPLE   MANGO   WATERMELON	100,000
PASSION FRUIT   COCONUT   LIME	

# Loose Leaves Teas By Ronnefeldt

ENGLISH BREAKFAST   DARJEELING   EARL GREY   FANCY SENCHA GREEN TEA	95,000
JASMINE GOLD GREEN TEA   VANILLA ROOIBOS   MINT   FRUITY CAMOMILE	

# Classic Coffees

Almond, oat or dairy milk

AMERICANO   ESPRESSO   CAFÉ LATTE   CAPPUCCINO MACCHIATO   MOCHA   DECAF	90,000
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# TIA Summer Coffee

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

COCO AMERICANO Espresso, ice & fresh coconut water	100,000
COCO CAFE LATTE Espresso, ice, fresh coconut water & almond milk	100,000

# Vietnamese Signature Coffees

Experience the rich & authentic flavors of Vietnamese coffee

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

# Soft Drinks

COKE   DIET COKE   SPRITE   SODA   TONIC   GINGER ALE	90,000
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# 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 	460,000
Chardonnay - Pinot Noir, France	

## White Wines By Glass

CHATEAU CARBONNEAU, MARGOT 	280,000
Sauvignon Blanc, Sainte-Foy Cotes de Bordeaux, France	
BODEGA ARGENTO, ESTATE BOTTLED 	260,000
Chardonnay, Mendoza, Argentina	

## Rosé Wines By Glass

LES VALENTINES, LE CAPRICE DE CLÉMENTINE 	280,000
Cinsault - Grenache, Côtes de Provence, France	

## Red Wines By Glass

JEAN LUC COLOMBO, "LA VIOLETTE" 	260,000
Syrah, IGP Pays d'OC, France	
ALVARO PALACIOS, LA VENDIMIA 	280,000
Garnacha - Tempranillo, Rioja, Spain	



Organic Wine



Biodynamic Wine

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# TIA Cocktails

BLOODY MARY	240,000
Vodka, fresh tomato juice, lime, celery, seasoning sauce	
CLASSIC MOJITO	240,000
Rum, lime, mint leaves, brown sugar, soda water	
CAIPIRINHA	240,000
Cachaca rum, lime wedges, brown sugar	
LONG ISLAND ICE TEA	240,000
Tequila, rum, gin, vodka, cointreau, lime, coke	
CLASSIC MARGARITA	240,000
Tequila, cointreau & lime juice	
DAIQUIRI	240,000
Rum, Citrus Liqueur, fresh lime and sugar	
PINA COLADA	240,000
Rum, Malibu, coconut cream, pineapple juice	
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.*