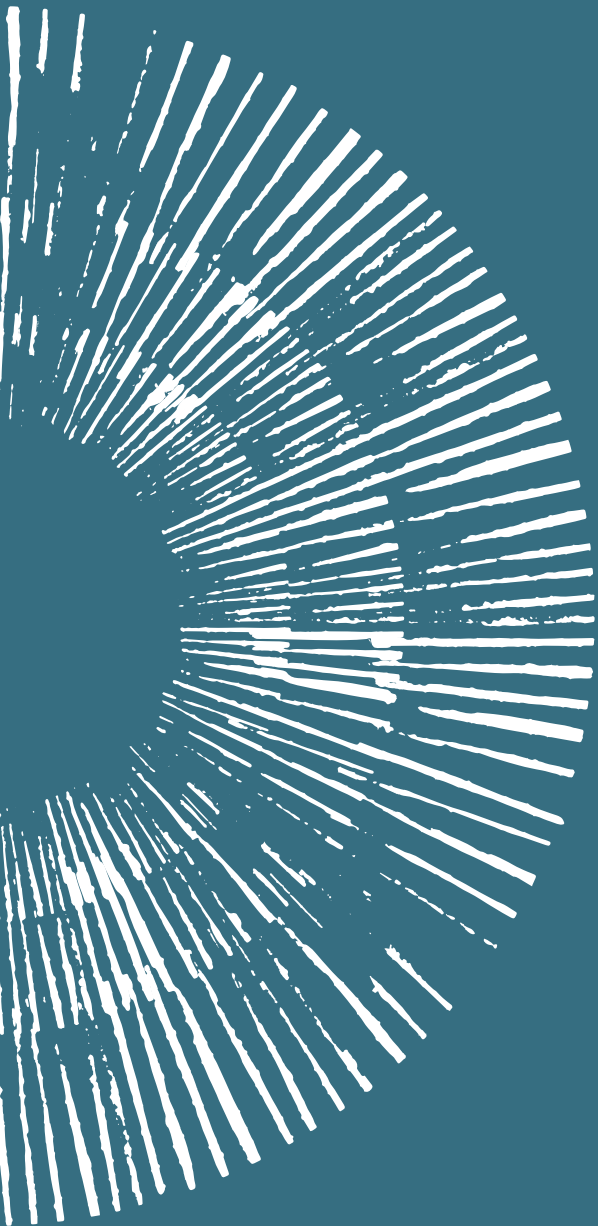




In-Villa Dining Menu

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:



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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



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 BOWL



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



TROPICAL GRANOLA BOWL



Homemade granola, plain yogurt, 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



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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 SIZZLE



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



VIETNAMESE PHO



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

Choice of: *Mushroom & Tofu*



Beef | Chicken



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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



ALL DAY DINING

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



120,000



95,000



160,000



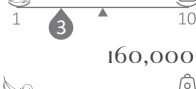
160,000



260,000



240,000



160,000



180,000



250,000



370,000



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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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



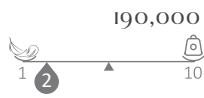
GREEN SUPERPOWER

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



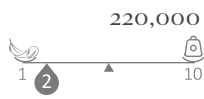
SPICY PAPAYA & TOMATO

Green papaya, cucumber, tomato, chili, peanuts & shallots served with Vietnamese dressing



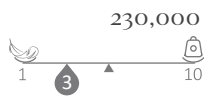
TOMATO, STRAWBERRY & MELON

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:

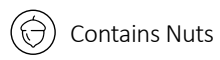
Fried tofu 



Steamed shrimps



Grilled chicken



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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



Contains Nuts

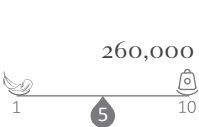
All prices are in Vietnamese Dong, subject to government tax & service charge

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



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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



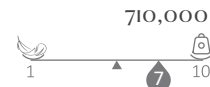
CALAMARI BURGER

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



Plant-Based



Gluten Free



Vegetarian



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ORGANIC FRIED RICE POTS

Served with chilli soy sauce & homemade kimchi

VEGETABLES

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



Plant-Based



Gluten Free



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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   



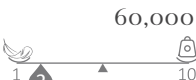
COCONUT NICE CREAM SUNDAE   
Coconut nice cream topped with papaya, pineapple, mango, raspberry coulis
chocolate sauce & roasted almonds



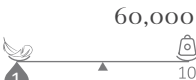
PEANUT BUTTER COOKIE BAR   
With vanilla nice-cream



DAIRY FREE NICE CREAM SELECTION  
Vanilla or coconut or chocolate



SORBET SELECTION  
Mango or lemon & lime



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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ALL NIGHT DINING

22:00 - 06:30

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



FRESH SHRIMP SPRING ROLLS  
Brown rice rolls with poached shrimp, peanut sauce & soy sauce



CRISPY SPRING ROLLS   
Brown rice rolls with ear mushrooms, vegetables served with
Vietnamese dressing & hoi sin chili sauce



BEEF BURGER
150g homemade beef patty, cheddar cheese, tomatoes, iceberg lettuce
red onions, gherkin, homemade tomato ketchup & plant-based mayonnaise



CLASSIC BOLOGNAISE
Spaghetti topped with a classic Bolognese sauce, fresh parmesan shavings



CHICKEN or BEEF PHO 
Rice noodles, beef or chicken, herbs & anise scented bone broth



Plant-Based



Gluten Free



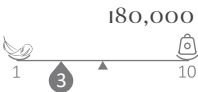
Vegetarian



Contains Nuts

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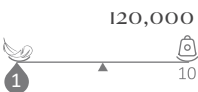
BANH MI CHAY  
Sautéed shitake mushrooms, mushroom pate, tofu, herbs, pickled papayas
& carrot, soy sauce & sweet chilli on whole wheat baguette



YELLOW VEGETABLES CURRY   
Carrots, sweet potatoes, broccoli & zucchini



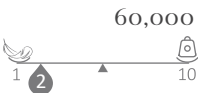
SLICED FRESH LOCAL FRUIT  
Seasonal fruits with lemongrass and star anise syrup



PEANUT BUTTER COOKIE BAR   
With vanilla nice-cream



DAIRY FREE NICE CREAM SELECTION  
Vanilla or coconut or chocolate



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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