

All Day Superfood Snacks

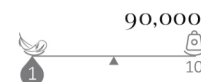
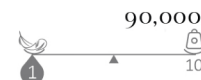
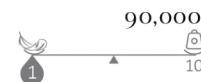
Late July

CREATIVE ENERGY BOOSTS

Mixed "Cheesy" nuts, nutritional yeast & popped corn

Peanut, matcha & cocoa nib protein bites

Cocoa chia, energy bites



ROOT VEGETABLE CRISPS

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



NORI ROLLS

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

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



MINI WHOLE-WHEAT BANH MI

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



Yugen
Bar



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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

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

| | |
|---|---------|
| BEEETROOT, 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

| | |
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| 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 açai berries, packed with antioxidants, healthy fats, fiber & essential nutrients, often used to support energy, skin health & overall wellness.

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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



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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

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| 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

| | |
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| 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.

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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

Chien
Hien

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

100,000

100,000

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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

Bing Sang

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 XỬU

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

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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

490,000

White Wines By Glass

CHATEAU CARBONNEAU, MARGOT



Sauvignon Blanc, Sainte-Foy Cotes de Bordeaux, France

290,000

BODEGA ARGENTO, ESTATE BOTTLED



Chardonnay, Mendoza, Argentina

285,000

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

290,000



Organic Wine



Biodynamic Wine

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4/11
Cùng

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 | |

TIA

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Ching Phic

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| 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.

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