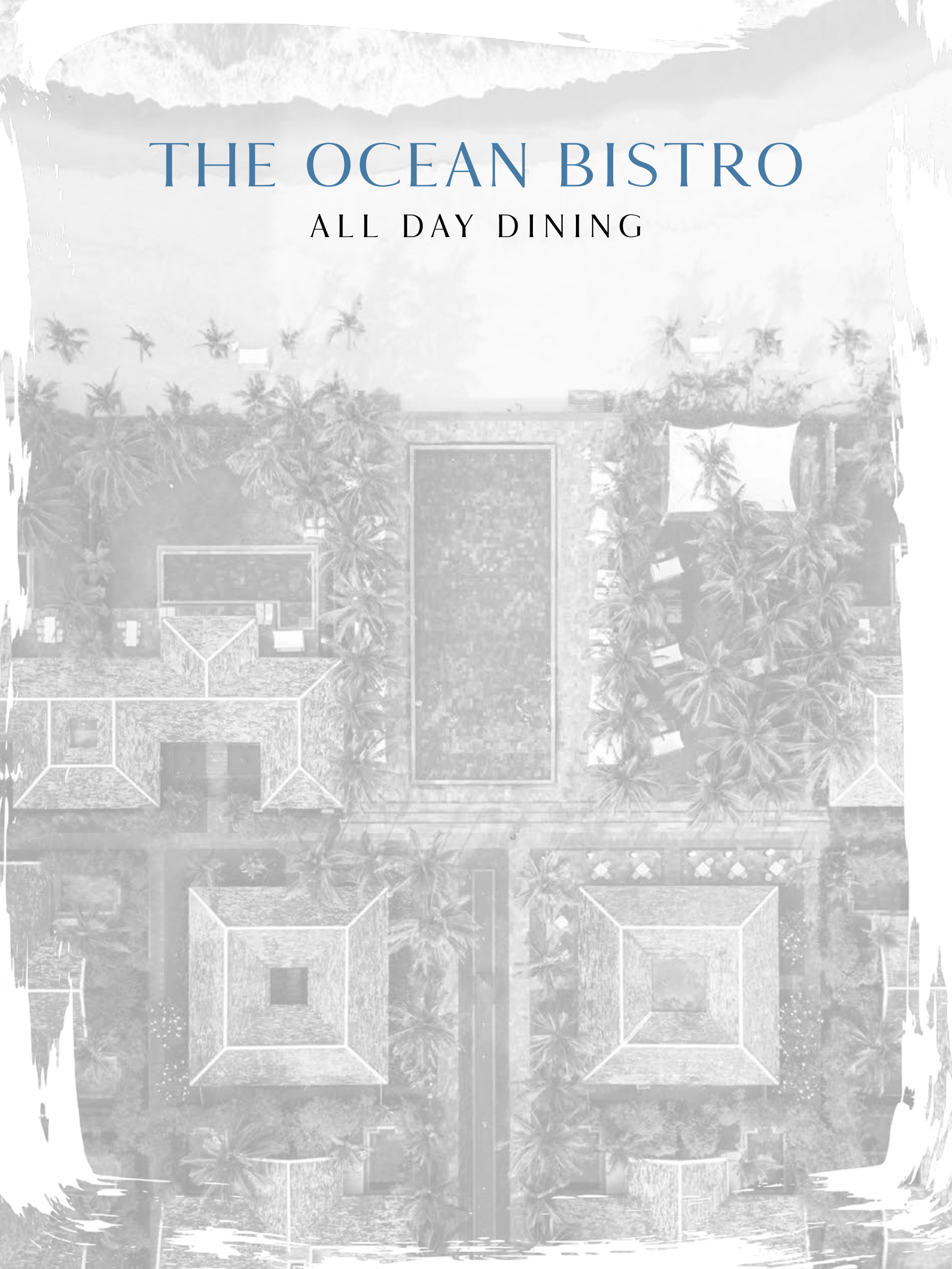


THE OCEAN BISTRO

ALL DAY DINING



TIA NOURISH PHILOSOPHY

We focus on real, natural food cooked to preserve nutrients, boosting energy and mood. Our wellness kitchen shows how healthy eating can be flavorful and inspiring, helping guests create lasting habits and replicate dishes at home.

Our menus emphasize vibrant plant-based dishes complemented by wholesome lean proteins, crafted without refined sugars or nutrient-poor carbohydrates to deliver balanced, nourishing meals.

The TIA **"Eat Light, Feel Bright"** scale guides choices, allowing guests to make better food decisions to enhance vitality and strengthen the mind-body connection. Healthy food leaves you satisfied yet vibrant.

Benefits to Eating Light

GIVES THE BODY A BREAK

Light, nutrient-rich meals boost physical and mental energy for more effective healing.

ALLOWS THE BODY TO HEAL

Removing toxic foods and simplifying the diet lets the digestive system rest so the body can repair itself.

HEALTH & MOOD BENEFITS

Guests feel consistently better, with improved mood, reduced inflammation, support for weight management, and a clearer complexion.

WHOLESOME BITES

Comforting with a light, healthy twist - perfect for sharing or a small starter

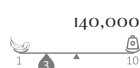
SWEET POTATO & TARO CHIPS  
Served with homemade
vegan mayonnaise & tomato sauce



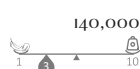
GUACAMOLE & TORTILLA CHIPS 
Homemade baked tortilla chips
with guacamole & tomato salsa



CRISPY CAULI WINGS 
Lightly fried battered cauliflower wings
with sriracha vegan mayonnaise





SAVORY KOREAN PANCAKES 
Pan-seared Korean pancakes
served with chilli-flakes soy sauce




SEAFOOD NIBBLES


Savory seafood treats, ideal for sharing or enjoying as a starter

VIETNAMESE PRAWN CAKES  
Crispy homemade thin prawn cakes
served with sriracha & Tra Que herbs




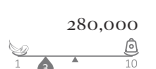
SPICY CRAB WONTON 
Steamed homemade crab wonton
with chili sauce & scallion



SALT & PEPPER CALAMARI 
Fried calamari rings
with homemade vegan tartar & tomato sauce




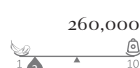
BAKED SCALLOPS 
5 pcs of tender scallops baked
with garlic panko crumble



STARTER SALADS


Refreshing, petite salads served as a starter, light meal, or side

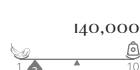
PINK POMELO AVO 
Pomelo, avocado, kale, shallot, radish & pomegranate
with Vietnamese dressing





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



MIXED GREEN SALAD 
Kale, romaine, herbs, baby cucumber
& apple-cider mustard dressing





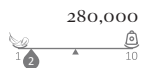
PINEAPPLE SPINACH SALAD  
Fresh & grilled pineapple, baby spinach, feta cheese & walnuts
with pineapple dressing





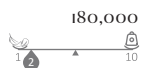
FRESH & CRISPY ROLLS





Light, flavorful rolls - fresh or fried - to suit every craving

FRESH PRAWN SPRING ROLLS  
Lettuce, carrot, cucumber, herbs
peanut sauce & soy sauce





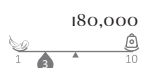
FRESH PULLED "PORK" SPRING ROLLS  
Barbecue-marinated pulled king oyster mushrooms with lettuce
carrot, cucumber, purple cabbage & hoisin sauce



CRISPY PRAWN & PORK SPRING ROLLS    
Brown-rice rolls with pork, prawn, ear mushroom, vegetables
served with Vietnamese dressing & hoisin chili sauce



CRISPY VEGAN SPRING ROLLS  
Brown-rice rolls with ear mushroom, tofu, vegetables
served with Vietnamese dressing & hoisin chili sauce



Plant-Based



Gluten Free



Vegetarian



Contains Nuts



High Protein



Contains Pork

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

SOULFUL VIETNAMESE NOODLES

Authentic noodle dishes highlighting beloved regional flavors

PHỞ

Rice noodles, beef or chicken, herbs & anise-scented bone broth

290,000
1 4 10

VEGAN PHỞ

Rice noodles, tofu, mushrooms, herbs & anise-scented vegetable broth

240,000
1 5 10

CAO LẦU PORK

Cao Lầu noodles with sliced pork char xiu, sprouts & local herbs with rich pork jus, crispy wonton squares & lime

290,000
1 6 10

VEGAN CAO LẦU

Cao Lầu noodles, tofu, mushroom, bean sprouts, local herbs & crispy wonton squares & lemongrass soy sauce

240,000
1 4 10

MÌ QUẢNG

White flat rice noodles, five-spiced chicken, local herbs, crispy vegetable spring roll with tomato gravy, rice crackers & lime

290,000
1 6 10

BÚN CÁ

Chitala & mackerel fish cake, butternut, sprout, white bamboo served with herbs & garlic chili fish sauce

290,000
1 5 10

BURGER SET MENU

MIXED GREEN SALAD

POWER BURGER of CHOICE

COCONUT SUNDAE

Beef Burger Set Menu	720,000
Prawn Charcoal Burger Set Menu	620,000
Plant-based Burger Set Menu	520,000

NOURISHING BÁNH MÌ'S

Vietnam's iconic sandwich, reimagined with premium fillings & served with sweet-potato & taro chips

LOBSTER BÁNH MÌ

Steamed lobster tail, salmon roe, lettuce, tomato & vegan tartar sauce, served on whole-wheat baguette

690,000
1 5 10

BÁNH MÌ CHAY

Sautéed shiitake mushrooms, mushroom pâté, tofu, herbs pickled papaya & carrot, soy sauce & sweet chili on whole-wheat baguette

250,000
1 3 10

ANGUS BEEF & TRUFFLE BÁNH MÌ

Australian Angus beef tenderloin, caramelized onion, homemade truffle butter, lettuce, vegan mayonnaise served on whole-wheat baguette

710,000
1 7 10

BÁNH MÌ ỐP LA

Fried eggs, mushroom pâté, pickled cucumber, tomato spring onion & chili soy sauce served on whole-wheat baguette

260,000
1 5 10

VIETNAMESE SET MENU

CRISPY or FRESH SPRING ROLLS

VIETNAMESE SOULFUL NOODLE of CHOICE

Pho, Cao Lau, My Quang, Bun Ca

FRESH TROPICAL FRUITS & MANGO SORBET

Regular Set Menu 640,000

Plant-based Set Menu 490,000

POWER BURGERS

Boldly flavored patties on artisanal sourdough buns served with sweet potato & taro chips

BEEF BURGER

100% Australian beef patty, sourdough bun, tomato, lettuce, onions & pickle, cheddar cheese (optional) homemade tomato ketchup & plant-based mayonnaise

490,000
1 8 10

PRAWN CHARCOAL BURGER

Prawn patty, charcoal sourdough bun, grilled pineapple, coleslaw & baked corn with cilantro-lime cream

390,000
1 5 10

FALAFEL BURGER

Falafel patty, sourdough bun with crispy lettuce cucumber & coleslaw served with aioli vegan mayonnaise

280,000
1 5 10

PULLED "PORK" MUSHROOM BURGER

BBQ-marinated pulled king oyster mushrooms, lettuce, avocado tomato, served with vegan ginger-sesame mayonnaise

280,000
1 4 10

VITALITY BOWLS

Colorful, nourishing bowls brimming with fresh ingredients - hearty enough for a main course

PROBIOTIC POWER BOWL

Tempeh, brown rice, beets, cauliflower, rocket pickled yellow capsicum & cabbage, walnuts & cucumber pickles with orange-cider vinaigrette

290,000
1 3 10

PROTEIN SHAWARMA CHICKEN BOWL

Grilled tender chicken, red quinoa, red onion, cherry tomato baby cucumber, pita bread with a light yoghurt dressing

360,000
1 4 10

KETO BURGER BOWL

150g Australian Angus ground beef, cheddar cheese iceberg salad, cherry tomatoes, avocado, red onion cucumber pickles & sriracha vegan mayonnaise

590,000
1 5 10

ANTIOXIDANT BOWL

Roasted butternut, red onion, lentil, quinoa, blueberry, avocado cranberry, sunflower seed & kale with balsamic vinaigrette

320,000
1 3 10

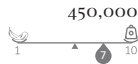



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SPAGHETTI CREATIONS



Classic comfort pasta with your choice of regular, whole-wheat or gluten-free noodles

BEEF BOLOGNESE 
Spaghetti topped with a classic Bolognese sauce & fresh parmesan shavings





LOBSTER MISO "CARBONARA" 
Lobster, miso, white wine, egg yolk, Italian basil served with parmesan cheese & seaweed



CREAMY MUSHROOM  
Rich vegan creamy mushroom sauce served with chives & vegan parmesan



PESTO & TOMATO  
Homemade basil pesto, cherry tomatoes & pine nuts with vegan parmesan



BALANCED WOK CREATIONS


Quick-seared dishes combining vibrant flavor & balanced nutrition

SCALLOPS & CLAMS 
with **SQUID INK NOODLES**
Fresh giant clams, scallops, squid ink noodles, ginger, shallots with a kaffir-lime coconut chili sauce



PEANUT TEMPEH   
with **ORGANIC RICE**
Tempeh, broccoli, carrot, onions, black sesame & roasted peanut with homemade red curry peanut sauce



ORGANIC SESAME GINGER CHICKEN 
with **ORGANIC RICE**
Marinated sesame-ginger chicken served with broccoli, peas red capsicum & sesame seed




GLAZED MUSHROOM & EDAMAME 
UDON NOODLES
Glazed shiitake mushrooms, edamame, garlic, leeks sesame seed & tamari sauce



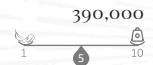
CHEFS SPECIALS


Signature creations from our chef, favorites of both guests & staff

MAHI MAHI IN BANANA LEAF 
Grilled Mahi Mahi fish, spring onion bulb, shallot, grilled pineapple, young banana, star fruit, cucumber, rice noodle & chili rock salt sauce



COCONUT CHICKEN CURRY  
Tender organic chicken, mild yellow coconut curry, capsicum, onion carrot with lemongrass & turmeric



MARINATED CITRUS TOFU 
Tofu marinated with soya, sesame oil, lemon leaf served with herbs & sesame seed, baby bok choy & organic brown rice noodles





DAILY SPECIALS
Ask about today's chef-selected dish



ELEMENTAL GRILL

Fresh picks from sea and earth, simply prepared to showcase natural taste

ALL GRILL ITEMS INCLUDE YOUR CHOICE OF:
Sweet Potato & taro chips or steamed organic rice
Wok-tossed seasonal greens or butter-glazed baby vegetables

FRESH WHOLE LOBSTER  
Approx. 350g grilled lobster served with garlic-lemon butter or ginger-scallion sauce



FRESH TIGER PRAWNS  
6 pcs grilled tiger prawns served with garlic-lemon butter or tamarind sauce



WHOLE SQUID   
Approx. 350g whole squid served with garlic-lemon butter or satay peanut sauce



ANGUS BEEF TENDERLOIN  
150g Australian Angus beef tenderloin served with truffle herb butter or peppercorn sauce






SWEET ENDINGS

Sugar-free indulgences to satisfy every sweet tooth

MANGO NO BAKE CHEESE CAKE   
No-bake vegan cheesecake topped with fresh mango



CHOCOLATE BROWNIE   
Sweet potato, almond, coconut & hazelnut brownie with coconut nice cream





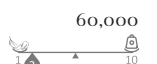
SALTED PEANUT BUTTER BAR    
With vanilla nice cream



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



SORBET & NICE CREAM  
Mango or lemon & lime sorbet, vanilla, coconut or chocolate nice cream



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