

In-Villa Dining Menu

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.

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



Plant-Based



Gluten Free



Vegetarian



Contains Nuts

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, vegan mayonnaise



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

WHOLE SOME BITES

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

SWEET POTATO & TARO CHIPS



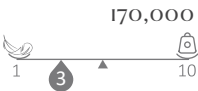
Served with homemade vegan mayonnaise
& tomato sauce



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



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



Contains Pork

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

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



240,000

SPICY CRAB WONTON



Steamed homemade crab wonton
with chili sauce & scallion



320,000

SALT & PEPPER CALAMARI



Fried calamari rings
with homemade vegan tartar & tomato sauce



360,000

BAKED SCALLOPS



5 pcs of tender scallops baked
with garlic panko crumble



290,000



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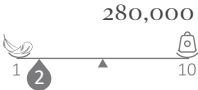
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FRESH & CRISPY ROLLS

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

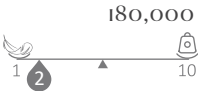
FRESH PRAWN SPRING ROLLS

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



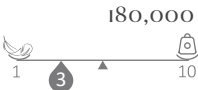
CRISPY PRAWN & PORK SPRING ROLLS

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



High Protein



Contains Nuts



Vegetarian



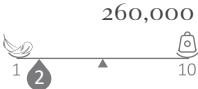
Contains Pork



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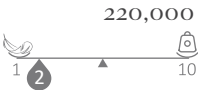
STARTER SALADS


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

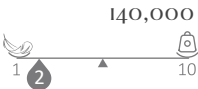
PINK POMELO AVO 
Pomelo, avocado, kale, shallot, radish
& pomegranate with Vietnamese dressing



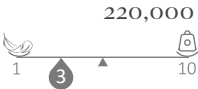
SPICY PAPAYA TOMATO  
Green papaya, cucumber, tomato, chili, peanuts & shallots
served with Vietnamese dressing



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



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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



PROTEIN SHAWARMA CHICKEN BOWL
Grilled tender chicken, red quinoa red onion, cherry tomato, baby cucumber & pita bread with a light yoghurt dressing



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



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



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NOURISHING BÁNH MÌ'S

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

LOBSTER BÁNH MÌ

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



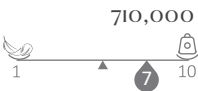
BÁNH MÌ CHAY

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



ANGUS BEEF & TRUFFLE BÁNH MÌ

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



BÁNH MÌ ỐP LA

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



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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



PRAWN CHARCOAL BURGER

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



FALAFEL BURGER

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



PULLED “PORK” MUSHROOM BURGER

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



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SOULFUL VIETNAMESE NOODLES

Authentic noodle dishes highlighting beloved regional flavors

PHỞ  

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



VEGAN PHỞ  

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



CAO LẦU PORK  

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



VEGAN CAO LẦU 

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



MÌ QUẢNG   

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



BÚN CÁ 

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



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BALANCED WOK CREATIONS

Quick-seared dishes combining vibrant flavor and 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, black sesame, onions, 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



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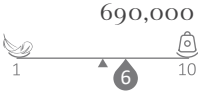
SPAGHETTI CREATIONS



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



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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



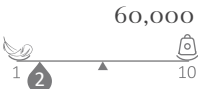
Coconut nice cream topped with papaya, pineapple, mango
raspberry coulis, chocolate sauce & roasted almonds



SORBET & NICE CREAM



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



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ALL NIGHT DINING

22:00 - 06:30

SWEET POTATO & TARO CHIPS



Served with homemade vegan mayonnaise
& tomato sauce



CRISPY CAULI WINGS



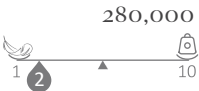
Lightly fried battered cauliflower wings
with sriracha vegan mayonnaise



FRESH PRAWN SPRING ROLLS



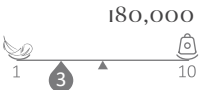
Lettuce, carrot, cucumber, herbs
peanut sauce & soy sauce



CRISPY VEGAN SPRING ROLLS



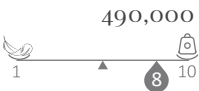
Brown-rice rolls with ear mushroom, tofu, vegetables
served with Vietnamese dressing & hoisin chili sauce



BEEF BURGER



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



BEEF BOLOGNESE



Spaghetti topped with a classic Bolognese sauce
& fresh parmesan shavings



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PHỞ

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



BÁNH MÌ CHAY

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



COCONUT CHICKEN CURRY

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



SLICED FRESH LOCAL FRUIT

Seasonal fruits with lemongrass & star anise syrup



SALTED PEANUT BUTTER BAR

With vanilla nice cream



NICE CREAM

Vanilla, coconut or chocolate nice cream



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