



# 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

## WHOLESMOME 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



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# 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



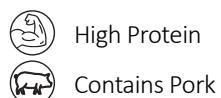
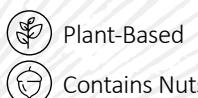
## SALT & PEPPER CALAMARI

Fried calamari rings  
with homemade vegan tartar & tomato sauce



## BAKED SCALLOPS

5 pcs of tender scallops baked  
with garlic panko crumble



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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

280,000



## FRESH PULLED “PORK” SPRING ROLLS



Barbecue-marinated pulled king oyster mushrooms with lettuce  
carrot, cucumber, purple cabbage & hoisin sauce

180,000



## CRISPY PRAWN & PORK SPRING ROLLS



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

280,000



## CRISPY VEGAN SPRING ROLLS



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

180,000



Plant-Based  
 Contains Nuts

Gluten Free  
 Vegetarian

High Protein  
 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



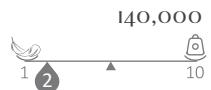
Green papaya, cucumber, tomato, chili, peanuts & shallots  
served with Vietnamese dressing



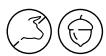
## MIXED GREEN SALAD



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



## PINEAPPLE SPINACH SALAD



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



Plant-Based



Contains Nuts



Gluten Free



Vegetarian



High Protein



Contains Pork

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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, reimagined with premium fillings & served with sweet-potato and taro chips

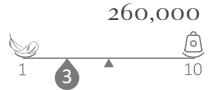
## LOBSTER BÁNH MÌ

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

 Plant-Based Contains Nuts Gluten Free Vegetarian High Protein Contains Pork

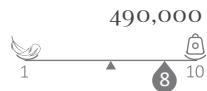
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# POWER BURGERS

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



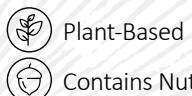
## FALAFEL BURGER

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



Contains Nuts



Vegetarian



Contains Pork

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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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Gluten Free

Vegetarian

High Protein

Contains Pork

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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



550,000



## PEANUT TEMPEH with ORGANIC RICE

Tempeh, broccoli, carrot, black sesame, onions, roasted peanut with homemade red curry, peanut sauce



290,000



## ORGANIC SESAME GINGER CHICKEN with ORGANIC RICE

Marinated sesame-ginger chicken served with broccoli, peas, red capsicum & sesame seed



360,000

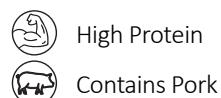
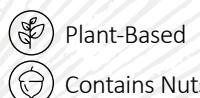


## GLAZED MUSHROOM & EDAMAME UDON NOODLES

Glazed shiitake mushrooms, edamame, garlic leeks, sesame seed & tamari sauce



280,000



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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



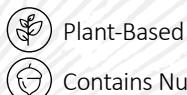
## CREAMY MUSHROOM

Rich vegan creamy mushroom sauce  
served with chives & vegan parmesan

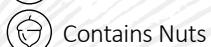


## PESTO & TOMATO

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



160,000



## CHOCOLATE BROWNIE

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



160,000



## SALTED PEANUT BUTTER BAR

With vanilla nice cream



190,000



## COCONUT SUNDAE

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



180,000



## SORBET & NICE CREAM

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



60,000



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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



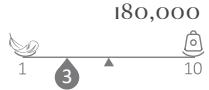
Lettuce, carrot, cucumber, herbs  
peanut sauce & soy sauce



## 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



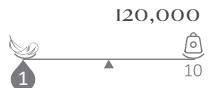
Tender organic chicken, mild yellow coconut curry, capsicum, onion, carrot with lemongrass & turmeric



## 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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