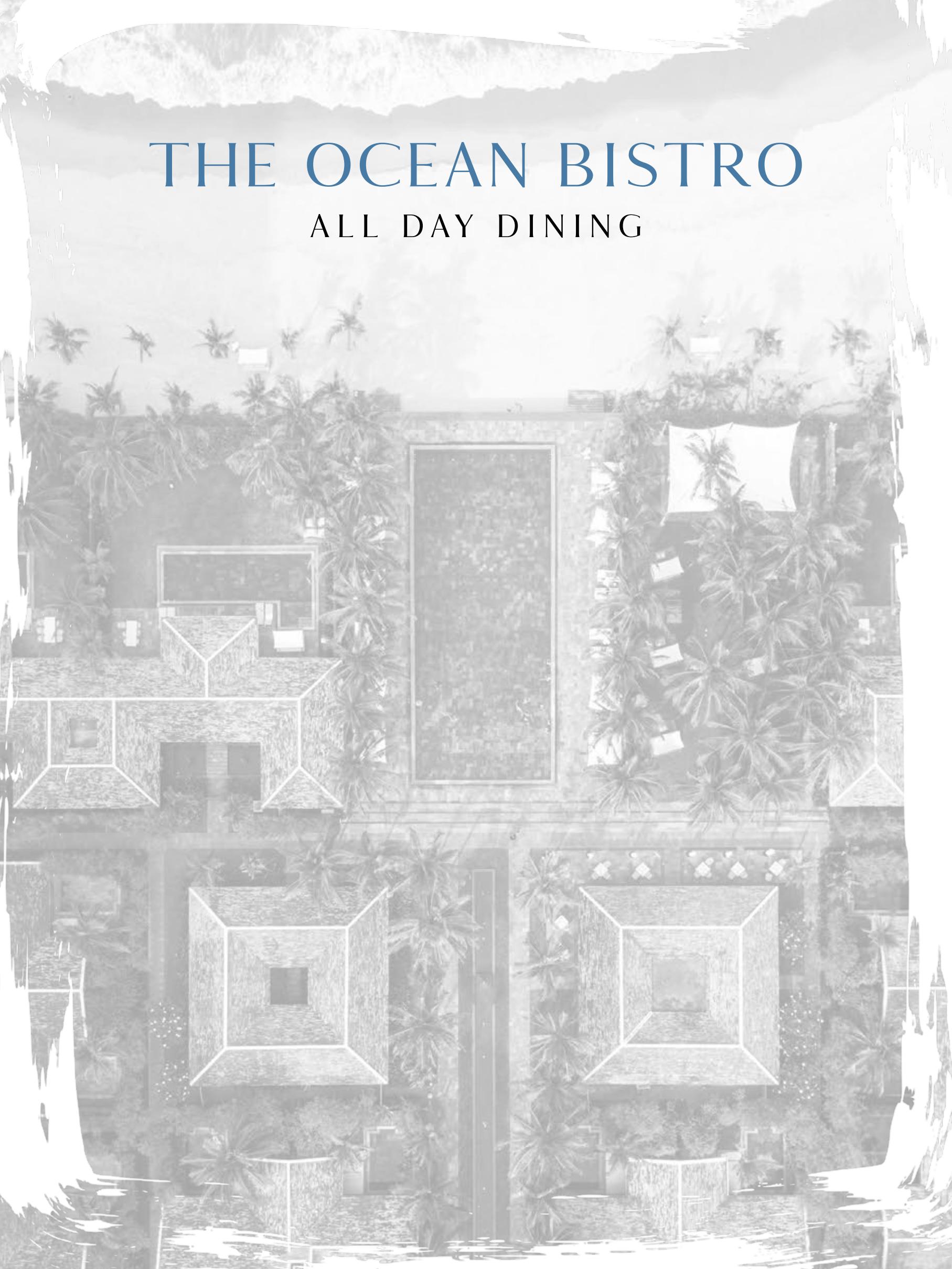


# THE OCEAN BISTRO

## 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.

## WHOLESMIE 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



95,000  
1 2 3 4 5 6 7 8 9 10

### GUACAMOLE & TORTILLA CHIPS

Homemade baked tortilla chips with guacamole & tomato salsa



170,000  
1 2 3 4 5 6 7 8 9 10

### CRISPY CAULI WINGS

Lightly fried battered cauliflower wings with sriracha vegan mayonnaise



150,000  
1 2 3 4 5 6 7 8 9 10

### SAVORY KOREAN PANCAKES

Pan-seared Korean pancakes served with chilli-flakes soy sauce



150,000  
1 2 3 4 5 6 7 8 9 10

## 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  
1 2 3 4 5 6 7 8 9 10

### SPICY CRAB WONTON

Steamed homemade crab wonton with chili sauce & scallion



320,000  
1 2 3 4 5 6 7 8 9 10

### SALT & PEPPER CALAMARI

Fried calamari rings with homemade vegan tartar & tomato sauce



360,000  
1 2 3 4 5 6 7 8 9 10

### BAKED SCALLOPS

5 pcs of tender scallops baked with garlic panko crumble



290,000  
1 2 3 4 5 6 7 8 9 10

## 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



260,000  
1 2 3 4 5 6 7 8 9 10

### SPICY PAPAYA TOMATO

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



220,000  
1 2 3 4 5 6 7 8 9 10

### MIXED GREEN SALAD

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



140,000  
1 2 3 4 5 6 7 8 9 10

### PINEAPPLE SPINACH SALAD

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



220,000  
1 2 3 4 5 6 7 8 9 10

## 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  
1 2 3 4 5 6 7 8 9 10

### FRESH PULLED “PORK” SPRING ROLLS

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



180,000  
1 2 3 4 5 6 7 8 9 10

### CRISPY PRAWN & PORK SPRING ROLLS

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



280,000  
1 2 3 4 5 6 7 8 9 10

### CRISPY VEGAN SPRING ROLLS

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



180,000  
1 2 3 4 5 6 7 8 9 10



Plant-Based



Gluten Free



Vegetarian



Contains Nuts



High Protein



Contains Pork

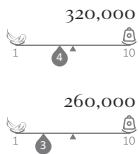
All prices are in Vietnamese Dong, subject to government tax & service charge

# SOULFUL VIETNAMESE NOODLES

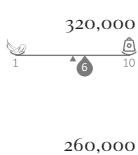
Authentic noodle dishes highlighting beloved regional flavors



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



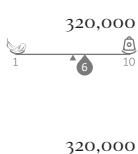
VEGAN PHỞ Rice noodles, tofu, mushrooms, herbs & anise-scented vegetable broth



CAO LÀU PORK Cao Lâu noodles with sliced pork char xiu, sprouts & local herbs with rich pork jus, crispy wonton squares & lime



VEGAN CAO LÀU Cao Lâu noodles, tofu, mushroom, bean sprouts, local herbs crispy wonton squares & lemongrass soy sauce



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



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

## 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



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



## 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



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



## 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



Plant-Based



Gluten Free



Vegetarian



Contains Nuts



High Protein



Contains Pork

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## SPAGHETTI CREATIONS

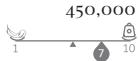
Classic comfort pasta with your choice of regular, whole-wheat or gluten-free noodles

### BEEF BOLOGNESE

Spaghetti topped with a classic Bolognese sauce & fresh parmesan shavings



450,000

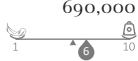


### LOBSTER MISO "CARBONARA"

Lobster, miso, white wine, egg yolk, Italian basil served with parmesan cheese & seaweed



690,000



### CREAMY MUSHROOM

Rich vegan creamy mushroom sauce served with chives & vegan parmesan



290,000



### PESTO & TOMATO

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



290,000



## 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



550,000



### PEANUT TEMPEH

with ORGANIC RICE

Tempeh, broccoli, carrot, onions, black sesame & 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



## 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



420,000



### COCONUT CHICKEN CURRY

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



390,000



### MARINATED CITRUS TOFU

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



290,000



### 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



690,000



### FRESH TIGER PRAWNS

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



490,000



### WHOLE SQUID

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



450,000



### ANGUS BEEF TENDERLOIN

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



850,000



## 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

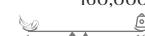


### CHOCOLATE BROWNIE

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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Contains Pork

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