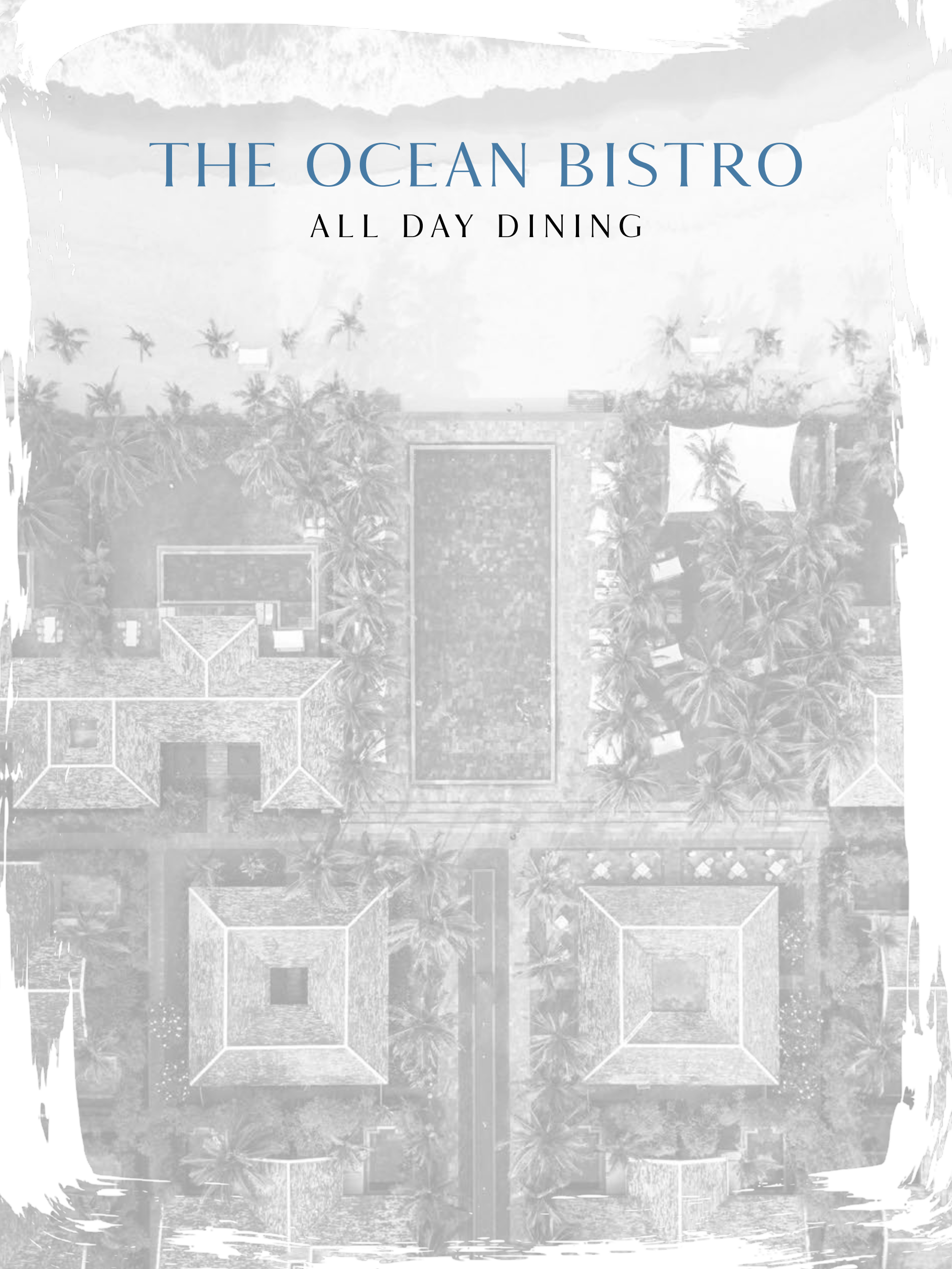


THE OCEAN BISTRO

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.

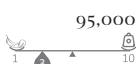
WHOLESUME BITES

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

SWEET POTATO & TARO CHIPS



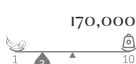
Served with homemade
vegan mayonnaise & tomato sauce



GUACAMOLE & TORTILLA CHIPS



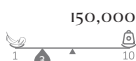
Homemade baked tortilla chips
with guacamole & tomato salsa



CRISPY CAULI WINGS



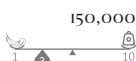
Lightly fried battered cauliflower wings
with sriracha vegan mayonnaise



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



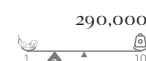
Fried calamari rings
with homemade vegan tartar & tomato sauce



BAKED SCALLOPS



5 pcs of tender scallops baked
with garlic panko crumble



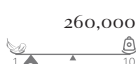
STARTER SALADS

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



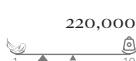
Kale, romaine, herbs, baby cucumber
& apple-cider mustard dressing



PINEAPPLE SPINACH SALAD



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



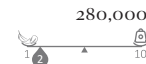
FRESH & CRISPY ROLLS

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

FRESH PRAWN SPRING ROLLS



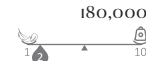
Lettuce, carrot, cucumber, herbs
peanut sauce & soy sauce



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

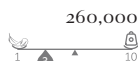
PHỞ

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



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 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

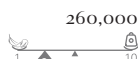
LOBSTER BÁNH MÌ

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

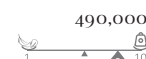
Regular Set Menu	640,000
Plant-based Set Menu	490,000

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



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SPAGHETTI CREATIONS

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

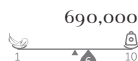
BEEF BOLOGNESE

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

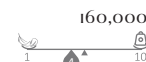
MANGO NO BAKE CHEESE CAKE

No-bake vegan cheesecake topped with fresh mango



CHOCOLATE BROWNIE

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



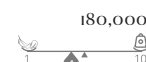
SALTED PEANUT BUTTER BAR

With vanilla nice cream



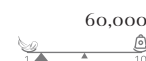
COCONUT SUNDAE

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



Plant-Based



Gluten Free



Vegetarian



Contains Nuts



High Protein



Contains Pork

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