

# 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



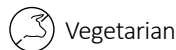
### TROPICAL GRANOLA BOWL

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



## 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

## 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

95,000



### GUACAMOLE & TORTILLA CHIPS



Homemade baked tortilla chips with guacamole & tomato salsa

170,000



### CRISPY CAULI WINGS



Lightly fried battered cauliflower wings with sriracha vegan mayonnaise

150,000



### SAVORY KOREAN PANCAKES



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

150,000



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



Contains Pork

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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



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



Contains Pork

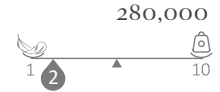
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# FRESH & CRISPY ROLLS

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

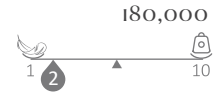
## FRESH PRAWN SPRING ROLLS

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



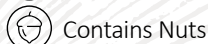
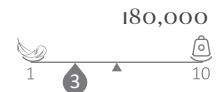
## CRISPY PRAWN & PORK SPRING ROLLS

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

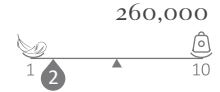


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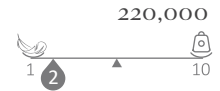
# STARTER SALADS


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

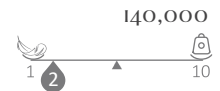
PINK POMELO AVO   
Pomelo, avocado, kale, shallot, radish  
& pomegranate with Vietnamese dressing



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



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



Contains Pork

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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



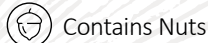
## ANGUS BEEF & TRUFFLE BÁNH MÌ

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



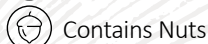
## FALAFEL BURGER

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



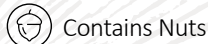
MÌ QUẢNG   

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



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



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



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



## LOBSTER MISO “CARBONARA”

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



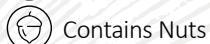
## CREAMY MUSHROOM

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



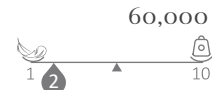
Coconut nice cream topped with papaya, pineapple, mango  
raspberry coulis, chocolate sauce & roasted almonds



## SORBET & NICE CREAM



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



Plant-Based



Gluten Free



High Protein



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Vegetarian



Contains Pork

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# ALL NIGHT DINING

22:00 - 06:30

## SWEET POTATO & TARO CHIPS

Served with homemade vegan mayonnaise & tomato sauce



95,000

## CRISPY CAULI WINGS

Lightly fried battered cauliflower wings with sriracha vegan mayonnaise



150,000

## FRESH PRAWN SPRING ROLLS

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



280,000

## CRISPY VEGAN SPRING ROLLS

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



180,000

## BEEF BURGER

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



490,000

## PULLED "PORK" MUSHROOM BURGER

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



280,000

## BEEF BOLOGNESE

Spaghetti topped with a classic Bolognese sauce & fresh parmesan shavings



450,000



Plant-Based



Gluten Free



High Protein



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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



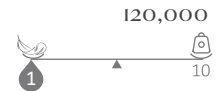
## COCONUT CHICKEN CURRY

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



Plant-Based



Gluten Free



High Protein



Contains Nuts



Vegetarian



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