



Mana

YOGA • SLEEP • EAT • SPA

ALL DAY BREAKFAST

BIG BREAKKIE

Toasts, sautéed spinach, sautéed mushroom, hashbrown, hummus paprika.
Choice of scramble tofu or eggs.

80k

BREAKFAST WRAP

Homemade flour tortilla, vegan bbq mayo, pico de gallo, sautéed spinach, rocket salad on the side.
Choice of scramble tofu or eggs.

70k

SCRAMBLE ON TOASTS

Scramble tofu or eggs on toasts with beetroot hummus spread, rocket salad on the side.

65k

MUSHROOM ON TOASTS

Sautéed garlic champignon on toasts with herby cashew pesto topped with vegan parmesan, rocket salad on the side.

70k

MEDITERRANEAN NO-MEATBALLS

No-meatballs made of red rice, lentils and mushroom, served in mediterranean style tomato sauce.
Toasts on the side.

70k

HAPPY PANCAKES

Stack of four fluffy pancakes topped with strawberry compote, homemade coconut yoghurt, banana slices and cacao nibs.

70k

POPEYE POWER

SMOOTHIE BOWL

Pineapple-banana-papaya-spinach. Topped with homemade granola, coconut flakes, chia seed, goji berries and pineapple slices.

65k

PINK DRAGON

SMOOTHIE BOWL

Dragon fruit-strawberry-banana-papaya. Topped with homemade granola, coconut flakes, chia seed, cacao nibs and dragon fruit slices.

65k

CHOCO NUTTY

SMOOTHIE BOWL

Banana-papaya-dates-peanut butter-cacao. Topped with homemade granola, coconut flakes, chia seed, cacao nibs and banana slices.

65k

YOGHURT BOWL

Seasonal fresh fruit topped with homemade coconut yoghurt, granola, coconut flakes, chia seeds, served with honey on the side.

65k

MANA BREAKFAST FACTS

All in-house guests receive:

Main + Fresh Orange Juice + Coffee / Tea

07:30AM - Last order 10:30AM


Extra breakfast: 100K / pax

EXTRAS +10K

Granola	Spinach	Bread 1 pcs
Peanut butter	Mushroom	Pancake 1 pcs
Coconut yoghurt	Scramble tofu	Egg 1 pcs
Strawberry compote	Hummus	No-meatballs 1 pcs
		Hashbrown 1 pcs

 vegan

 vegetarian

 gluten-free