



# Mana

YOGA • SLEEP • EAT • SPA

## SMALL PLATES

### SNACKS / APPETIZER

#### POPCORN



Sweet and salty popcorn. Recommended for our daily cinema nights, check out the weekly movie schedule with our staff.

25K

#### CHIPPIE PARTY



Homemade purple and orange sweet potato crisps served with vegan mayo. Perfect snack platter by the pool.

35k

#### VIETNAMESE SPRING ROLL



Fresh vegetables and herbs with sweet and savory tempeh wrapped in rice paper roll. Served with nuoc cham dipping sauce.

50k

#### HUMMUS PLATTER



Paprika and beetroot hummus served with crispy tortilla chips, cherry tomato, cucumber and carrot sticks.

50k

### KIDS MENU

#### HAPPY PANCAKES



Stack of 2 fluffy pancakes topped with strawberry compote, homemade coconut yoghurt, banana slices and cacao nibs.

45K

#### SPAGHETTI BOLOGNESE



Homemade red lentil bolognese with spaghetti pasta. Topped with vegan parmesan.

45K

*GF spaghetti available on request.*

#### MEDITERRANEAN

##### NO-MEATBALLS



2 PCS no-meatballs made of red rice, lentils and mushroom, served in mediterranean style tomato sauce. Toast on the side.

45K

#### NASI GORENG



Indonesian fried rice with vegetable, served with fried tofu, tempe.

40K

### MANA KITCHEN FACTS

We do not cook with palm oil.

We use mostly local produce.

We don't use plastic water bottles or straws.

Our homemade bread is freshly baked every day.

### EXTRAS +10K

Vegan mayo

Paprika hummus

Beetroot hummus

Tortilla chips

No-meatballs 1 pcs

Pancake 1 pcs

vegan

vegetarian

gluten-free



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## LUNCH & DINNER 11AM - 9PM

### THAI GREEN CURRY



Homemade non-spicy green curry cooked with mushroom, eggplant and red paprika. Served with choice of steamed white rice or red rice.

75K

### KITCHARI



Enjoy this cleansing Ayurvedic dish. Porridge of red lentils and white rice, cooked with locally sourced spices. Toasts on the side.

65k

### SPAGHETTI BOLOGNESE



Homemade red lentil bolognese with spaghetti pasta. Topped with vegan parmesan.

70k

*GF spaghetti available on request.*

### FETTUCCINE WITH PESTO



Homemade herby cashew pesto with fettuccine pasta and zucchini. Topped with vegan parmesan and lemon slice.

70k

*GF spaghetti available on request.*

### BBQ JACKFRUIT TACO



Homemade flour tacos with bbq pulled jackfruit with vegan bbq mayo, pico de gallo, pickled cabbage, topped with coriander and slice of lime.

80k

### LOMBOK SALAD BOWL



Red lentil, fresh salad leaves, purple cabbage, carrot, red onion, toasted peanuts, edamame.

Choice of dressing:

- Soy and ginger (recommended)
- Tahini lemon
- Classic vinaigrette

70k

### MANA BUDDHA BOWL



Red rice with ponzu dressing, purple cabbage, carrot, cucumber and cherry tomato salsa, sautéed spinach, peanuts, crispy sweet potato, vegan no-meatballs. Choice of dressing:

- Soy and ginger
- Tahini lemon (recommended)
- Classic vinaigrette

80k

### NASI GORENG



Indonesian style fried rice with vegetable, served with fried tofu, tempe and sambal.

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### EXTRAS +10K

White rice    Bread 1 pcs  
Red rice      No-meatballs 1 pcs  
Hummus      Egg 1 pcs

- vegan
- vegetarian
- gluten-free