



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



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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.

MANA KITCHEN FACTS

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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



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DRINKS MENU

HOT COFFEE

Espresso	25K
Long Black	30K
Americano	30K
Cappucino	35K
Latte	35K
Mocha	35K
Flat White	35K
Double shot	+10K

Milk options: Soy, oat, dairy

ICE COFFEE

Ice Americano	40K
Ice Cappucino	45K
Ice Latte	45K
Ice Mocha	45K

TEA

Black / Green / Peppermint
+10K Ice

FRESH COCONUT 35K

Served with lime

COLD PRESSED JUICE

PURE JUICE 35K

Check with our waiter
what's available today

MANA BOOST 40K

Carrot-apple-
lime-ginger

HYDRA BEET 40K

Watermelon-apple-
beetroot-mint

GREEN DETOX 40K

Pineapple-cucumber-
celery-spinach

SMOOTHIE DRINK

SUNNY DAYS 45K

Pineapple-mango-
ginger-yoghurt

STRAWBERRY BLISS 45K

Strawberry-banana-
orange-coconut milk

RISE AND SURF 45K

Banana-peanut butter-
cacao-dates-granola
+10K espresso shot

SOFT DRINK

Coca cola	25K
Sprite	25K
Soda water	25K

BEER

Bintang Small	40K
Kura Kura Island Ale	80K
Kura Kura Lager	80K
Albens Cider	50K

WINE

Glass	75K
Bottle	350K

Two Island
Choice of Chardonnay, Shiraz or Rose