



Mana

YOGA • SLEEP • EAT • SPA



ALL DAY BREAKFAST

BIG BREAKKIE

●●● 95K

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

GF options: swap toasts for hashbrowns.

BREAKFAST WRAP

●● 85K

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

SCRAMBLE ON TOASTS

●● 75K

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

MUSHROOM ON TOASTS

● 90K

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

SKILLET LENTIL BALLS

●● 85K

Lentil balls made of red rice, lentils, mushroom & tofu, served in mediterranean style tomato sauce. Served with toasts.

GF options: swap toasts for hashbrowns.

CARAMELIZED BANANA PORRIDGE

●● 85K

Blend of quinoa and GF oatmeal served warm, topped with caramelized banana, peanut butter, cacao nibs, coconut flakes, honey.

SMOOTHIE BOWL

●● 85K

Creamiest smoothie topped with homemade granola, coconut flakes, chia seed, cacao nibs and fresh fruits. Choose your flavour:

- PINK DRAGON

Dragonfruit-strawberry-banana-papaya.

- CHOCO NUTTY

Banana-papaya-dates-peanut butter-cocoa

GRANOLA FRUIT BOWL

●● 85K

Seasonal fresh fruit topped with homemade coconut yoghurt, granola, coconut flakes, chia seeds, honey.

HAPPY PANCAKES

● 85K

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

BREAKFAST FACTS

All in-house guests receive:

Main + Fresh Orange Juice + Coffee / Tea

7AM - Last order 11 AM

EXTRAS +15K

Bread 1 pcs

Pancake 1 pcs

Scramble egg 1 pcs

Lentil balls 1 pcs

Hashbrown 1 pcs

Spinach

Mushroom

Scramble tofu

Hummus

Granola

Peanut butter

Coconut yoghurt

Strawberry compote

Avocado

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SMALL PLATES

SNACKS

POPCORN ●● 30K

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

CHIPPIE PARTY ●● 40K

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

FRIES ●● 40K

Double-fried till golden perfection served with mayo.

APPETIZER / SMALL MEALS

VIETNAMESE RICE PAPER ROLLS ●● 60K

3 Big rice paper rolls filled with fresh veggies, herbs, sweet and savory tempeh. Served with nuoc cham dipping sauce.
GF sauce option available

HUMMUS PLATTER ● 60K

Paprika and beetroot hummus served with crispy tortilla chips and fresh veggie sticks.

ROASTED PUMPKIN SOUP ● 65K

Slow roasted pumpkin and carrot soup served with garlic bread.

CREAMY SPINACH SOUP ● 65K

Vibrant and nutritious green soup made with spinach, zucchini and carrot, served with garlic bread.

CAULIFLOWER POPCORN ● 60k

Once you start, you cannot stop.

MANA NACHOS ●● 75K

This could be a main or perfect to share with your friends.
GF option available with Corn Chips

KIDS MENU

HAPPY PANCAKES ● 60K

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

SPAGHETTI BOLOGNESE ●● 60K

Homemade red lentil bolognese with spaghetti pasta. Topped with vegan parmesan.
Gluten-free spaghetti available on request.

SKILLET LENTIL BALLS ●● 55K

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

NASI GORENG ●● 55K

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

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 +15K

Bread 1 pcs	Scramble tofu
Pancake 1 pcs	Hummus
Scramble egg 1 pcs	Granola
Lentil balls 1 pcs	Peanut butter
Hashbrown 1 pcs	Coconut yoghurt
Spinach	Strawberry compote
Mushroom	Avocado

● GLUTENFREE
● VEGAN
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LUNCH & DINNER 12:00PM - 9:30PM

NASI GORENG ●● 80K

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

KITCHARI ●● 90K

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

THAI GREEN CURRY ●● 95K

Homemade non-spicy green curry cooked with cauliflower, broccoli & oyster mushroom. Served with choice of steamed white rice or red rice.

LAKSA ●● 90K

Aromatic and slightly spicy coconut broth with rice noodle, topped with vegetables, tofu and tempeh.

LOMBOK SALAD BOWL ●● 90K

Protein-packed lentils salad bowl, with fresh salad leaves, purple cabbage, carrot, red onion, toasted peanuts, edamame. Soy & ginger dressing on the side.
GF sauce option available

MANA BUDDHA BOWL ●● 90K

Red rice with ponzu dressing, purple cabbage, carrot, cucumber and cherry tomato salsa, sautéed spinach, peanuts, crispy sweet potato, lentil balls.
Tahini lemon dressing on the side.

NORI TOFU POKE BOWL ●● 90K

Nori wrapped tofu with savory teriyaki sauce, white rice, avocado, edamame, sesame cucumber salad, purple cabbage, carrot, spring onion and vegan chili mayo.
Extra teriyaki sauce on the side.
GF sauce option available

SPAGHETTI BOLOGNESE ●● 90K

Homemade red lentil bolognese with spaghetti pasta. Topped with vegan parmesan.
GF spaghetti available on request.

FETTUCINE WITH PESTO ●● 90K

Homemade herby cashew pesto with fettuccine pasta and zucchini. Topped with vegan parmesan and lemon slice.
GF fettuccine available on request.

BBQ JACKFRUIT TACO ● 90K

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

CHICKPEA CRUNCH BAGUETTE ● 90K

Baguette style sourdough sandwich. Fresh and tasty chickpea spread on a bed of crisp salad, topped with cherry tomatoes and radishes.

ULTIMATE VEGAN BURGER ● 100K

Homemade burger bun with a thick vegan patty, avocado, tomato and salad. Served with fries and mayo on the side.

NASI CAMPUR ●● 90K

A combination of the best of vegan Indonesian food: Rice served with jackfruit curry, corn fritters, flavored tempe and tofu, pickled veggies, urap and sambal. Absolute Delicious!

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Scramble egg 1 pcs	Granola
Lentil balls 1 pcs	Peanut butter
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Spinach	Strawberry compote
Mushroom	Avocado

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SOMETHING SWEET

CHOCO MOUSSE ●● 55K

Guilt-free dark choco mousse served with strawberry compote and shredded coconut

BROWNIE ● 40K

Classic fudge chocolate brownie topped with chunks of chocolate and walnuts.

COOKIE TIME ●● 40K

Choco Chip or Choco Peanut Butter. Sooo good!

BANANA BREAD ●● 40K

Deliciously moist, vegan, gluten-free banana bread, topped with coconut flakes, walnut and salted caramel sauce.

CARROT CAKE ●● 50K

Enjoy this healthy, raw carrot cake naturally sweeten by dates and honey, topped with cashew buttercream frosting.

ENERGY BALLS ●● 25K

Perfect pre-surf or pick-me-up snack.
- Coconut Lime
- Choco Cashew

ICE CREAM ●●

1 Scoop **35K**
2 Scoop **60K**
3 Scoop **75K**

Indulge in our creamy vegan ice cream, made from scratch with cashew and coconut milk. Choose your favourite or try all three:

Salted Caramel | Raspberry | Mango

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BEVERAGES

HOT DRINKS	SOFT DRINK 30K	KOMBUCHA
Espresso 25K	Coca cola	Homemade goodness
Long Black 30K	Coke zero	Glass 40K
Americano 30K	Sprite	Bottle 95K
Cappuccino 35K	Soda water	BERRY ROSE
Latte 35K	Tonic water	Strawberry-rosella-mint
Mocha 35K	HERBAL TEA INFUSION 35K	ISLAND TIME
Flat White 35K	<i>Caffeine-free</i>	Mango-passionfruit-lime
Homemade Masala Chai 40K	CALMING	JAMU GLASS/SHOT 40K/15K
Hot Chocolate 40K	Chamomile, Lavender, Spearmint	Traditional Herbal Turmeric drink
Spiced Golden Latte 40K	CLEANSING	BEER
Matcha Latte 40K	Lotus Leaf, Dried Lemon, Chrysanthemum	Bintang Small 40K
Extra shot +5K	LIVELY	Kura Kura Ale/Lager 75K
Expat Roasters Decaf +10K	Rooibos, Orange, Lemongrass, Marigold	Albens Cider 55K
Any ice coffee/drink +15K	IMMUNITY	COCKTAIL 105K
Milk options: Soy or Dairy	Echinacea, Lingzhi, Marshmallow Root	PIÑA COLADA
Oatmilk +5K	DOPAMINE BOOST	Rum, fresh pressed pineapple juice, coconut cream, squeeze of lime juice
Add Vegan protein powder +20K	Blue Lotus	CUCUMBER BASIL G+T
TEA 30K	SMOOTHIES 50K	Gin, cucumber, basil, tonic, fresh lime
Java Black Tea	SUNNY DAYS	GINGER MOJITO
Organic Green Tea	Pineapple-mango-ginger-yoghurt	Rum, soda water, fresh ginger syrup, fresh lime, fresh mint
Peppermint Tea	STRAWBERRY BLISS	MOCTAIL 50K
Ginger Lime Honey Tea	Strawberry-banana-orange-coconut milk	Pineapple & Mint Blast
COLD PRESSED JUICE	RISE AND SURF	Virgin Apple Mojito
PURE JUICE 40K	Banana-peanut butter-cacao-dates-granola +5K espresso shot +20K Vegan protein powder	Passion Cucumber Delight
Check with our waiter what's available today	FRESH COCONUT 40K	WINE
MANA BOOST 45K		Two Islands - Bali
Carrot-apple-lime-ginger		<i>Choice of Chardonnay, Shiraz or Rose</i>
HYDRA BEET 45K		Bottle 400K
Watermelon-apple-beetroot-mint		La La Land Rose - AUS
GREEN DETOX 45K		Mc Guigan Chardonnay - AUS
Pineapple-cucumber-celery-spinach		Bottle 580K

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