

## ALL DAY BREAKFAST

### BIG BREAKKIE ●●● 100K

Toasts, sautéed spinach, sautéed mushroom, hash brown, hummus paprika. Choice of scramble tofu or eggs.  
*GF Bread +5k*

### BREAKFAST WRAP ●●● 90K

Homemade flour tortilla, vegan bbq mayo, pico de gallo, sautéed spinach, rocket salad on the side. Choice of scramble tofu or eggs.  
*GF Wrap +5k*

### SCRAMBLE ON TOASTS ●●● 80K

Scrambled tofu or eggs on toasts with beetroot hummus spread, rocket salad on the side.  
*GF Bread +5k*

### MUSHROOM ON TOASTS ●● 95K

Sautéed garlic champignon on toasts with herby cashew pesto topped with vegan parmesan, rocket salad on the side.  
*GF Bread +5k*

### SKILLET LENTIL BALLS ●● 90K

Lentil balls made of red rice, lentils, mushroom & tofu, served in mediterranean style tomato sauce. Served with toasts.  
*GF Bread +5k*

### CARAMELIZED BANANA PORRIDGE ●● 90K

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

### SMOOTHIE BOWL ●● 90K

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 ●● 90K

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

### HAPPY PANCAKES ●● 90K

Stack of three fluffy pancakes topped with:

- strawberry compote, homemade coconut yoghurt, banana slices and cacao nibs.
- chocolate sauce, shredded coconut and banana slices.

*GF Pancakes +5k*

#### BREAKFAST FACTS

All in-house guests receive:  
Main + Fresh Orange Juice + Coffee / Tea

7AM - Last order 11 AM

#### EXTRAS

**+17K**

(GF) Bread 1 pcs  
(GF) Pancake 1 pcs  
Plain Rice  
Lentil balls 1 pcs  
Hashbrown 1 pcs

Scramble egg 1pcs  
Avocado  
Mushrooms  
Spinach

● GLUTENFREE  
● VEGAN  
● VEGETARIAN

## SMALL PLATES

### SNACKS

#### POPCORN ●● 35K

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

#### CHIPPY PARTY ●● 45K

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

#### FRIES ●● 45K

Double-fried till golden perfection served with mayo.

### APPETIZER / SMALL MEALS

#### VIETNAMESE RICE PAPER ROLLS ●● 70K

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 ●● 70K

Paprika and beetroot hummus served with crispy tortilla chips and fresh veggie sticks.  
*GF option available with Corn Chips*

#### ROASTED PUMPKIN SOUP ●● 70K

Slow roasted pumpkin and carrot soup served with garlic bread.  
*GF Bread +5k*

#### CREAMY SPINACH SOUP ●● 70K

Vibrant and nutritious green soup made with spinach, zucchini and carrot, served with garlic bread.  
*GF Bread +5k*

#### CAULIFLOWER POPCORN ● 70k

Once you start, you cannot stop.

#### MANA NACHOS ●● 85K

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

#### DIP THE SEED CRACKERS ●● 70K

Homemade seed crackers served with eggplant dip and fresh veggie sticks.

### KIDS MENU

#### SPAGHETTI BOLOGNESE ●● 65K

Homemade red lentil bolognese with spaghetti pasta. Topped with vegan parmesan.  
*Gluten-free spaghetti +5k*

#### SKILLET LENTIL BALLS ●● 65K

2 PCS no-meatballs made of red rice, lentils and mushroom, served in mediterranean style tomato sauce. Toast on the side.  
*GF Bread +5k*

#### NASI GORENG ●● 65K

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

#### HAPPY PANCAKES ●● 65K

Stack of 2 fluffy pancakes topped with:

- strawberry compote, homemade coconut yoghurt, banana slices and cacao nibs.
- chocolate sauce, shredded coconut and banana slices.

*GF Pancakes +5k*

### KITCHEN FACTS

We do not cook with palm oil.  
We use mostly local produce and where possible organic and from our own gardens.  
We don't use plastic water bottles or straws.  
Our homemade bread is freshly baked every day.

### EXTRAS

#### +17K

(GF) Bread 1 pcs	Scramble egg 1 pcs
(GF) Pancake 1 pcs	Mushrooms
Plain Rice	Avocado
Lentil balls 1 pcs	Spinach
Hashbrown 1 pcs	

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## LUNCH & DINNER 12:00PM - 9:30PM

### NASI GORENG

●● 85K

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

### NASI CAMPUR

●● 100K

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!

### THAI GREEN CURRY

●● 100K

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

*Ask for extra spice / pedas if you like it hot.*

### LAKSA

●● 100K

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

*Ask for extra spice / pedas if you like it hot.*

### LOMBOK SALAD BOWL

●● 100K

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

●● 100K

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

●● 100K

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*

### KITCHARI

●● 95K

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

*GF Bread +5k*

### SPAGHETTI BOLOGNESE

●● 100K

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

*GF spaghetti +10k*

### FETTUCCINE WITH PESTO

● 100K

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

*GF fettuccine +10k*

### BBQ JACKFRUIT TACO

● 95K

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

### KEBAB PLATTER

●● 100K

Marinated tofu-vegs kebabs, fresh quinoa tabbouleh, vegan feta, pickled onions, pita bread and a zesty tzatziki dip.

*GF Pita bread +5k*

### ULTIMATE VEGAN BURGER

● 110K

Homemade burger bun with a thick vegan patty, avocado, tomato and salad. Served with fries and chili mayo on the side. *Ask for normal mayo if you don't like spicy.*

### PROTEIN PACKED BOWL

●● 100K

Marinated tofu, sautéed chickpeas and grilled vegetables on a bed of rucola. Topped with candied nuts and sweet balsamic dressing.

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Plain Rice  
Lentil balls 1 pcs  
Hashbrown 1 pcs

Scramble egg 1 pcs  
Mushrooms  
Avocado  
Spinach

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## SOMETHING SWEET

### CHOCO MOUSSE ●● 60K

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

### BROWNIE ● 45K

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

### COOKIE TIME ●● 45K

Choco Chip or Choco Peanut Butter. Sooo good!

### BANANA BREAD ●● 45K

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

### CARROT CAKE ●● 55K

Enjoy this healthy, raw carrot cake naturally sweetened 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

### SMALL FRUIT PLATTER ●● 45K

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## BEVERAGES

HOT DRINKS	SOFT DRINK 30K	KOMBUCHA 45K
Espresso 25K	Coca cola	<i>Homemade goodness</i>
Long Black 30K	Coke zero	<b>BERRY ROSE</b>
Americano 30K	Sprite	Strawberry-rosella-mint
Cappuccino 35K	Soda water	
Latte 35K	Tonic water	<b>ISLAND TIME</b>
Mocha 35K		Mango-passionfruit-lime
Flat White 35K	<b>HERBAL TEA INFUSION 40K</b>	
Homemade Masala Chai 40K	<i>Caffeine-free</i>	<b>JAMU GLASS/SHOT 45K/15k</b>
Hot Chocolate 40K		Traditional Herbal Turmeric drink
Spiced Golden Latte 40K	<b>CALMING</b>	<b>GINGER SHOT 25K</b>
Matcha Latte 40K	Chamomile, Lavender, Spearmint	
Extra shot +5K	<b>CLEANSING</b>	<b>BEER</b>
Expat Roasters Decaf +10K	Lotus Leaf, Dried Lemon,	Bintang Small 45K
Any iced coffee/drink +5K	Chrysanthemum	Kura Kura Ale/Lager 75K
Milk options: Soy or Dairy		Albens Cider 55K
Oatmilk +5K	<b>LIVELY</b>	
Add Vegan protein powder +30K	Rooibos, Orange, Lemongrass,	<b>COCKTAIL 105K</b>
<b>TEA 30K</b>	Marigold	
	<b>IMMUNITY</b>	<b>PIÑA COLADA</b>
Java Black Tea	Echinacea, Lingzhi, Marshmallow Root	Rum, fresh pressed pineapple juice,
Organic Green Tea		coconut cream, squeeze of lime juice
Peppermint Tea	<b>DOPAMINE BOOST</b>	
Ginger Lime Honey Tea	Blue Lotus	<b>CUCUMBER BASIL G+T</b>
		Gin, cucumber, basil, tonic, fresh lime
<b>COLD PRESSED JUICE</b>	<b>SMOOTHIES 60K</b>	<b>GINGER MOJITO</b>
<b>PURE JUICE 50K</b>	<b>SUNNY DAYS</b>	Rum, soda water, fresh ginger syrup,
Check with our waiter	Pineapple-mango-	fresh lime, fresh mint
what's available today	ginger-yoghurt	
<b>MANA BOOST 60K</b>	<b>STRAWBERRY BLISS</b>	<b>MOCTAIL 60K</b>
Carrot-apple-	Strawberry-banana-	Pineapple & Mint Blast
lime-ginger	orange-coconut milk	Virgin Apple Mojito
<b>HYDRA BEET 60K</b>	<b>RISE AND SURF</b>	Passion Cucumber Delight
Watermelon-apple-	Banana-peanut butter-	<b>WINE</b>
beetroot-mint	cacao-dates-granola	<i>Two Islands - Bali</i>
<b>GREEN DETOX 60K</b>	+5K espresso shot	<i>Choice of Chardonnay, Shiraz or Rose</i>
Pineapple-cucumber-	+30K Vegan protein powder	Bottle 400K
celery-spinach	<b>FRESH COCONUT 45K</b>	<b>La La Land Rose - AUS</b>
		<b>Mc Guigan Chardonnay - AUS</b>
		Bottle 580K

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