



MANA TAKEAWAY MENU
WHATSAPP +62-817-555-365

BREAKFAST

8 AM to 11:30 AM

SAVORY

- CRAB OMELET *Watercress/Miso/Salsa Macha/Peanut/Grilled Sourdough n,sf* 80
VEGGIE OMELET *Feta/Red Pepper/Kale/Tomato/Grilled Sourdough d* 60
BREAKFAST BURRITO *Eggs/Bacon/Cheese/Black Beans/Potatoes/Mixed Greens d* 75
VEGAN BURRITO *Tempe/Black Beans/Kale/Potato/Turmeric Rice/Mixed Greens v* 70
ULU EGG MUFFIN *Sourdough Muffin/Bacon/Cheddar/Arugula/Hash Brown Latkes d* 60
QUINOA BOWL *Kale/Arugula/Watercress/Corn/Beet/Guacamole/Miso Tahini v,gf* 70

SWEET

- MANA PANCAKES *Pineapple Confit/Mango/Dragon Fruit d* 65
CLASSIC FRENCH TOAST *Banana Brulée/Berry Compote/Honey d* 65
VEGAN BANANA PANCAKES *Banana/Strawberries/Pepitas/Palm sugar syrup v* 65
FRESH TROPICAL FRUIT BOWL *Greek Yogurt/Honey gf,d* 60
HOMEMADE CINNAMON BUN *d* 25

EXTRA SIDES

- EGG 15
GRILLED SOURDOUGH *Butter/Preserves* 20
HASH BROWN LATKES 20
BACON 25
BALINESE CHORIZO 25
SLICED AVOCADO 15
SAUTEED SPINACH 15
MIXED GREENS 15

gf = gluten free v = vegan n = contains nuts sf = shellfish d = dairy

All prices are subject to 10% Government Tax & 8% Service Charge

LUNCH & DINNER

11:30 AM to 8 PM

APPETIZERS

- CALAMARI *Fried Lemon/Green Chili/Onion/Salsa Macha n* 75
CHICKEN WINGS *Gochujang Sesame Glaze* 65
GUACAMOLE NOGADA *Mango/Tamarillo/Pico de Gallo/Dill/Peanut gf,v,n* 65

SALADS

- SOFT SHELL CRAB *Green Mango/Green Beans/Corn/Baby Romaine/Mint/Nam Jim sf* 85
TACO SALAD *Black Beans/Corn/Avocado/Mixed Greens/Creamy Cilantro Dressing gf,v* 75
PRAWN THAI *Beansprout/Green Mango/Red Pepper/Mix Greens/Nam Jim gf,n,sf* 90
BEET & ORANGE *Watercress/Feta/Almond/Radish/Lime Tarragon gf,d,n* 65
GRILLED ROMAINE *Eggplant/Red Pepper/Lemon Caper/Parmesan/Sourdough d* 60
PAHOLE *Fiddlehead Fern Tips/Cucumber/Cilantro/Wakame/Sesame Soy Dressing v* 60

SNACKS

- FALAFEL *Chickpeas/Cilantro/Vegan Chipotle Aioli gf,v* 45
CASSAVA FRIES *Parmesan/Nam Jim or Vegan Chipotle gf,d* 40
POLENTA FRIES *Parmesan/Ranchero Sauce gf,d* 45
FRENCH FRIES *Homemade Tomato Ketchup gf,v* 40
TRI COLOR CORN CHIPS *Choice of 3 sauces gf* 40

LUNCH

11:30 AM to 4 PM

BURRITOS

- PRAWN *Black Beans/Cheese/Kale/Potatoes/Turmeric Rice/Mixed Greens sf,d* 95
CHICKEN *Black Beans/Cheese/Kale/Potatoes/Turmeric Rice/Mixed Greens d* 80
BEAN & CHEESE *Kale/Potatoes/Turmeric Rice/Mixed Greens d* 75
TEMPE *Black Beans/Kale/Potatoes/Turmeric Rice/Mixed Greens v,d* 70
BALINESE CHORIZO *Black Beans/Cheese/Kale/Potatoes/Rice/Mixed Greens sf,d* 90

BOWLS

- ROAST CHICKEN *Black Beans/Turmeric Rice/Cassava Fries/Guacamole gf* 95
JACKFRUIT ENCHILADAS *Cheese/Black Beans/Cassava Fries/Turmeric Rice d* 70
QUINOA *Kale/Ruicola/Watercress/Corn/Beet/Guacamole/Miso Tahini v,gf* 70
FALAFEL *Kale/Watercress/Corn/Beet /Green Beans/Guacamole/Miso Tahini v,gf* 70

BURGERS (served with fries or salad)

- CHEESEBURGER *Grilled Beef/Cheddar/Pickled Slaw/Chipotle Mayo d* 110
ROAST CHICKEN BURGER *Grilled Onion/Pickled Radish/Arugula/Chipotle Mayo d* 90
AHI TUNA BURGER *Pickled Slaw/Watercress/Kimchi Mayo d* 95
CASHEW BLACK BEAN PATTY *Pickled Slaw/Guacamole/Vegan Chipotle Mayo v,n* 75
FALAFEL *Chickpea/Cilantro/Arugula/Avocado/Vegan Chipotle Mayo v* 75

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DINNER

4 PM to 8 PM

MAINS

- GARLIC BUTTER PRAWN *Polenta/Parmesan/Grilled Corn/Ranchero Sauce* gf,sf,d 130
GINGER SHOYU GLAZED MAHI MAHI *Pahole Salad/Turmeric Rice* gf 110
ROAST CHICKEN *Smashed Potato/Scallion/Feta/Tamarillo/Radish/Aji Verde* gf,d 115
MUSHROOM TRIO TAMALES *Kale/Pepitas/Salsa Verde/Rendang Mole* gf,v 70
JACKFRUIT ENCHILADAS *Cheese/Guacamole/Black Olive/Turmeric Rice* d 85

BAKED GOODS

- HOMEMADE CINNAMON BUN d 25
SPICED CHOCOLATE DIABLO COOKIE d 10
VEGAN CHOCOLATE CHIP COOKIE v 10
CHOCOLATE CHUNK SHORTBREAD COOKIE d 10
CARROT CAKE d 40

EXTRA SAUCES

7

- CHIPOTLE HOT SAUCE
ROASTED TOMATO SALSA
PICO DE GALLO
SALSA VERDE
GUACAMOLE
CHIMICHURRI
RANCHERO SAUCE
SAMBAL MATAH
HOMEMADE KETCHUP
VEGAN CHIPOTLE AIOLI
VEGAN AIOLI
SOY SESAME

SMOOTHIES

RACETRACKS 70

Mixed Berries/Dragon Fruit/Pomegranate/Papaya

THE PEAK 70

Pineapple/Banana/Spinach/Coconut Water/Bee Pollen

TEMPLES 80

Mixed Berries/Mango/Almond Milk/Yogurt/Cinnamon

SECRETS 75

Mango/Spinach/Almond Milk/Chia

THE BOMBIE 75

Mango/Passion Fruit/Banana/Coconut Water

THE DAWN PATROL 70

Espresso/Cocoa/Peanut Butter/Banana/Date/Soy Milk

MORNING LIGHT 70

Orange/Passion Fruit/Banana/Pineapple

THE GREEN ROOM 70

Peanut Butter/Kale/Banana/Soy Milk/Cinnamon

THE MAHALO 70

Blueberry/Banana/Pineapple/Lime

FRESH JUICES & BLENDS

SUMBA 60

Cucumber/Parsley/Spinach/Pineapple/Lime

KAYA 60

Carrot/Tangerine/Pineapple/Ginger

DAISY 60

Beetroot/Carrot/Apple/Ginger

TROPICAL JUICES 40

Tangerine/Watermelon/Pineapple/Banana/Papaya

ICE COLD WHOLE COCONUT 40

TEA

SINGABERA TEA 30

*Genmaicha/Sencha/Java Breakfast/Earl Grey/Chai/Peppermint
Chamomile/Rosella Pineapple/Ginger/Halimun Oolong*

ICED SHAKA 45

Green Tea/Ginger Flower/Lemongrass/Ginger Citrus Syrup

ICED ALOHA ZEN 45

Rosella Pineapple Tea/Hibiscus Pineapple Syrup/Passion Fruit

ICED LYCHEE LEMON 45

Java Breakfast Black Tea/Lemon Juice/Lychee Syrup/Lemon Slice

COFFEE & SPECIAL BREWS

TURMERIC LATTE 50

*Fresh Turmeric/Ginger/Honey/Coconut Milk
Almond Milk/Cracked Pepper*

DIRTY TURMERIC LATTE 50

*Espresso/Fresh Turmeric/Ginger/Honey/Coconut Milk
Almond Milk/Cracked Pepper*

MATCHA LATTE 50

Premium Matcha/Honey/Cinnamon/Milk

ICED COLD BREW & COCO 40

Cold Drip Coffee/Young Coconut Water

MANDAILING ESTATE COFFEE

ESPRESSO 30

LATTE 40

CAPPUCCINO 40

FRAPPUCCINO 40

MACCHIATO 40

MOCHA 40

POUR OVER COFFEE 40

PICCOLO 40

FLAT WHITE 40

COCONUT AFFOGATO 40

HOT COCOA 40

Extra Shot 10

Soy Milk 10 Almond Milk 10 Coconut Milk 10

WATER

EQUIL Spring Water 380ml (*Sparkling/Natural*) 30

SAN PELLEGRINO 750ml (*Sparkling*) 75

AQUA REFLECTIONS (*Sparkling/Natural*) 30

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