



FOOD	Price
Rosted Carrot Hummus <i>Marinated Carrot, Rosemary Feta, Chickpeas, Extra Virgin Olive Oil, Caramelized Pecan Nuts</i>	195
Mushroom Soup <i>Wild mushrooms and crouton</i>	180
Bread with Mushroom <i>Grilled King Oyster Mushrooms, Aged Cheddar Cheese Truffle Butter, Spring Onion, Marinated Shimeji Mushroom, Micro Herbs</i>	190
La Galbi <i>BBQ Short Ribs, Lettuce, Seaweed Soup, Gochujang Sauce, Steamed Rice</i>	420
Nha Trang Prawn Salad <i>Nha Trang Prawn & Avocado, Heirloom Cherry Tomatoes, Grilled Mango, Pine Nuts, Yuzu Dressings</i>	220
Grilled Australia Rib Eye <i>Rib Eye Steak, Butter Mashed Potato, Grilled Green Asparagus, Braised Baby Onions, Cafe de Paris Butter</i>	650
Bolognaise Cabonara Spaghetti	250
Club Sandwich <i>Smoked Chicken Breast, Grilled Bacon, Fried Egg, Lettuce, Tomato, Mayonaise</i>	280
Norwegian Salmon <i>Mediterranean Ratatouille, Kalamata Olive Tapenade, Rucola Lettuce, Parmesan Shavings</i>	420
Bibimbap <i>Minced Beef, Vegetables, Egg Yolk, Steamed Rice, Gochu-jang Sauce, Seaweed Soup</i>	280
Cobb Salad <i>Iceberg Lettuce, Avocado, Soft Boiled Egg, Tomato, Sweet Corn, Blue Cheese, Smoked Chicken, Crispy Bacon</i>	230
Caesar Salad <i>Romaine Lettuce, Aged Parmesan Cheese, White Anchovies, Quail Egg, Bacon, Croutons, Pine Nuts</i>	210

FOOD	Price
Buttermilk Fried Free Range Chicken <i>Mango slaw, red chili dip, mini milk buns</i>	190
Crispy Korean Chicken Burger <i>Crispy Chicken Thigh, Lettuce, Spicy Mayo, Kimchi Slaw</i>	340
Bun Cha <i>'Bun Cha' BBQ Pork Patties & BBQ Pork Skewers, Springrolls, Fresh Noodles, Mixed Herbs & Salad, Vietnamese Dressing</i>	300
Pho (Chicken Beef) <i>Vietnamese Noodle Soup, 24-Hour Beef Soup, Fresh Noodles, Spring Onion with Beef or Chicken</i>	235
Pho (Wagyu Beef) <i>Japanese Wagyu Beef Miyazaki A5, Vietnamese Noodle Soup, 24-Hour Beef Soup, Fresh Noodles, Spring Onion</i>	800
Lobster Pho <i>Nha Trang Lobster, Lobster Noodle Soup, Fresh Noodles, Spring Onion, Bean Sprouts, Basil</i>	880
Hanoi Prawn Spring Rolls <i>Prawn, Mushroom, Spring Onion, Garden Herb, Vietnamese Dressing</i>	170
Fresh Summer Rolls <i>Pork Tenderloin, Steamed Prawns, Coriander, Pickled, Vietnamese Dressing</i>	190
Margherita Pizza <i>Fresh Mozzarella cheese, oven-dried tomato, basil, olive oil</i>	220
Chorizo Pizza <i>Mozzarella cheese, locally produced Chorizo</i>	220
French Fries	120

AFTERNOON TEA TEA AND COFFEE WORKSHOP

Afternoon Set	1,295 990
Tea Workshop Coffee Workshop (min 5 pax)	350

COFFEE TEA	Price
Vietnamese Coffee	120
Coconut Coffee	150
Cappuccino Latte Espresso (Double)	135
Salted Pandan Lemon-Rosemary Cold Brew	150
Jasmine Chamomile Tea	180
Oolong	250
Bamboo Tea	350
White Shan Tea	300
Hot Chocolate	135

NUTRITION IN THE GYM	Price
Back Squat <i>Red Apple, Pineapple, Red Cabbage</i>	165
Kettlebell Swing <i>Red Cabbage, Pineapple, Red Apple, Mint</i>	165
Split Squat <i>Avocado, Orange, Spinach, Honey</i>	165
Dumbbell Lunges <i>Blueberry, Banana, Spinach, Red Apple, Pineapple</i>	165
Hip Band Ladder <i>Kale, Spinach, Pineapple, Cucumber, Lemon, Honey</i>	165
Leg Raise <i>Greek Yogurt, Avocado, Mango, Oat Milk</i>	165



Herbs from JW Lakeside Gardens

* All prices are in (,000) VND & are subject to 8% VAT & 5% service charge

* If you have any concerns regarding food allergies or dietary restrictions, please alert our staff prior to serving yourself

* All juice are fresh squeeze

MILK & CO. 7 DAYS OF WELLBEING DRINK

Price: 165

MON

AVOCADO,
COCONUT WATER,
CUCUMBER, KALE

Healthy heart
Prevent kidney stones
Weight loss and low calories

Calories: 129
Fat: 0.62 G
Carbs: 29.8 G
Protein: 2.72 G

TUE

PINEAPPLE,
COCONUT WATER,
CARROT, BEETROOT

Heart healthy
Fights high blood pressure
Cognitive health
Low sugar

Calories: 141
Fat: 0.47 G
Carbs: 34.61 G
Protein: 0.99 G

WED

GREEN APPLE,
CELERY, SPINACH

Heart healthy
Fights high blood pressure
Cognitive health
Low sugar

Calories: 141
Fat: 0.47 G
Carbs: 34.61 G
Protein: 0.99 G

THU

GREEK YOGHURT,
BANANA, PAPAYA,
HONEY

Protect against aging
Lowering blood pressure
High in vitamin A, B2, B5, B12
Support a healthy digestive system

Calories: 270
Fat: 4.5 G
Carbs: 39 G
Protein: 17 G

Price: 165

FRI

PINEAPPLE, MANGO,
AVOCADO, SPINACH

Helps burn fat & tone the belly
Great immune booster
Digestive aid
Highly cleansing and detoxifying

Calories: 107
Fat: 1.7 G
Carbs: 32 g
Protein: 1 g

SAT

RED APPLE, ORANGE,
CARROT

Nourishing vitamins and minerals
Boosts the brain and sharpens memory
Strengthens internal organs
Detoxifies our body

Calories: 144
Fat: 0.6 G
Carbs: 35.7 G
Protein: 2.3 G

SUN

GREEN TEA,
COCONUT WATER,
CHIA SEED

Improves digestion
Natural detoxification
Aid weight loss
Support exercise recovery
Reduce the risk of heart disease

Calories: 174
Fat: 8.2 G
Carbs: 26.4 G
Protein: 1.8 G

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** Nutritional information is for reference only*



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