

Dining By the Pool

Redefining Sustainable Cuisine

'..... It's a lifestyle!'

Today's fast changing 'e-world', with its ever increasing amount of information being available to us, often brings so much information that it becomes very confusing. We have tried very hard to outline some of the most important types of cuisines and 'eating habits' – especially the blood type diet- for you, so it is easier to digest. Most important is that the word 'diet' is often misused and unfortunately has become a negative word.

When choosing a particular lifestyle, one needs to ensure that you believe that the lifestyle can make you feel better about yourself. Only then have you succeeded in choosing the correct diet and lifestyle. Everybody has different needs and values, so one diet can never be suitable for all people. Of course, once the guidelines are clear, you can combine various concepts and create your own eating habit.

Feel like a chocolate sundae, go ahead, and don't let us impose. That chocolate sundae has its own rewards, because enjoying that usual diet 'sin' is good for your spirit, we like to call it spiritual food. As long as you don't over-indulge and perhaps combine it with a walk on the beach or simply a lap of the resort, it all combines for a healthy lifestyle in which you involve all aspects of mind, body and soul. In the end it is entirely up to you, we simply offer some recommendations.

Organic: Organic agriculture is an ecological production management system that promotes and enhances biodiversity, biological cycles and soil biological activity. It is based on a minimal use of off-farm inputs and on management practices that restore, maintain and enhance ecological harmony. The principal guidelines for organic production are to use materials and practices that enhance the ecological balance of natural systems and that integrate the parts of the farming system into an ecological whole.

Low carbohydrates: high protein diet: It is probably the most spoken about diet for weight loss. Everyone has thought about being healthy, but just beginning the lifestyle is difficult to do. Exercising and diet are the key words. This form of diet is often referred to as the Atkins Diet.

Vegetarian: Vegetarian is a widely used term and can get very confusing. For instance there are vegetarians that do not eat meat or seafood, but still can have products for animals such as eggs or cheese. Our vegetarian dishes are marked with a green dot.

The Culinary Team

'...something to chill out'

❖ 'Luong Son' seafood papaya-mango salad

Garden fresh herbs, tossed in lemon emulsion

300,000 VND

Saigon beef salad

Local beef, carrot, cucumber, young bamboo shoots and herb from the garden, home made fish sauce

277,000 VND

Nha Trang seafood hand rolls

Local salad, served with herbs, peanut and sweet and sour sauce

324,000 VND

Ninh Van chef's salad

Tiger prawns, banana flower, peanut and coriander dressing

439,000 VND

❖ Deep fried 'Nem Hanoi'

Mixed garden vegetables, mushroom and egg with sweet chilli sauce

277,000 VND

Pomelo salad

Pomelo, dry shrimps with peanut

255,000 VND

Water cress leaf

With sauted beef and shrimps and sweet fish dressing

325,000 VND

Chicken salad in a bowl 'Goi ga'

With cabbage and laksa leaves

300,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

‘...some all time favorites’

Garden green bean salad (V)

Mixed salad with cherry tomatoes, quail egg, asparagus and balsamic dressing

300,000 VND

Chicken Caesar salad

Baby cos, shaved parmesan, grilled chicken and garlic bread

300,000 VND

Salad Niçoise

Grilled rare tuna, egg, bean tomato, potato and lime olive oil

370,000 VND

Ninh Van summer salad

Orange, goat cheese, fennel and passion fruit dressing

347,000 VND

Fritto Misto

Deep fried mix seafood, garlic aioli, fennel and parsley salad

300,000 VND



Greek salad

Seasonal garden greens, olives, feta, garlic bread and oregano dressing

300,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

'...something light'

(V) Potato and cucumber Vichyssoise

Spanish cold soup with traditional condiments

231,000 VND

Braised fish in clay pot

With turmeric and green banana

439,000 VND

Sweet and sour clam soup

Local clam simmered in sweet and sour broth, banana blossom and dash of red chilli

277,000 VND

Pho

Traditional broth with beef or chicken, crispy shallots, rice noodles and herbs

254,000 VND

Fried rice with chicken 'Com Chien'

Chicken satay, peanut sauce, pickle, prawn and crackers

462,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

‘...something from Mediterranean’

(V) Penne Arrabbiata or Classic tomato sauce

With tomato sauce and basil oil

323,000 VND

Gnocchi Genovese

Green beans, basil pesto and cream

462,000 VND

Tagliatelle bolognaise

Cherry tomato, garlic, minced beef and garden basil

462,000 VND

Spaghetti with clams

Local clams, garlic, white wine, chilli and basil

405,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

'...between the bread'

Grilled steak sandwich

Ciabatta bread, mustard mayo, pickle, onions, French fries and mixed greens

439,000 VND

*****Ninh Van club sandwich**

Whole meal bread, bacon, chicken, smoked ham, fried egg, emmental cheese, French fries and organic green salad

428,000 VND

Beef burger

Australian beef in sesame bun, onion rings, gherkin and French fries

462,000VND

Chicken sandwich

Grilled chicken in foccacia bread, cheese and mixed greens

439,000 VND

Country side beef wrap

Tender marinated beef, cheese, onion and green salad in bread served with Tomato and coriander sauce

370,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

'...fillers'

Tuna

Pan-fried with tomato, lime salsa and Vietnamese cole slaw
555,000 VND

Snapper

Grilled snapper with French fries and garden greens
416,000 VND

Garlic prawns

Garlic butter with olive, and sauteed mixed peppers
532,000 VND

Australian rib eye steak

With roasted garlic, anchovy butter and artichoke salad
555,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

'...from the pizza oven'

(V) Margarita

Tomato paste, Mozzarella and black olives

347,000 VND

Chicken and mushroom

Sauteed, chicken with mushrooms, tomato paste, Mozzarella and black olives

370,000 VND

Ganberi Sicilian

Tomato paste, mushrooms, marinated prawns and Mozzarella

393,000 VND

Prosciutto e rucola

Prosciutto, Mozzarella and rucola

393,000 VND

Quattro stagione

Artichoke, olive, onion, anchovies, mushroom and goat cheese

347,000 VND

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

Dessert

Black forest cake

174.000 VND

Chocolate walnut brownie

139.000 VND

Passion fruit cheese cake

174.000 VND

Strawberry Tiramisu

116.000 VND

Cake of the month

174.000 VND

Ninh Van Ice Cream and Sorbet Selection

87.000 VND net per scoop

All our ice creams and sorbets are homemade and low in fat using selected free range eggs. We use only fresh ingredients in all our recipes. Herbs and vegetables used in some of the recipes come from our organic garden. However if you wish to have an ice cream or sorbet which is not in our menu, we would be happy love to try your recipe and churn out the flavor of your choice.

Sorbet

Passion fruit

Lemongrass and mint

Mango

Strawberry

Coconut

Ice Cream

Vanilla

Chocolate

Strawberry

Vietnamese coffee

Caramel

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A) Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge

❖ Healthy and low calorie cuisine • (V) Vegetarian Cuisine •  Organic Produce • (A)
Contains Alcohol • *** Contain pork product

All our herbs and vegetables are produced in our own organic herb garden and used as much as possible. We do served brown rice in all our F&B outlet kindly mention while placing you order. All prices are in Vietnamese Dong and inclusive of 10% government tax and 5% service charge