



prana

BREAKFAST

8am-11.30am

**CHIA BOWL / 490** **GF**

Chia soaked in coconut milk and honey,  
served with fruit and vanilla cashew cream

**TROPICAL FRUIT BOWL / 350** **GF** **V**

Seasonal fruit

**HOMEMADE MUESLI BOWL WITH FRUIT / 390** **GF** **V**

With oats, almonds, popped amaranth, dates and palm jaggery

**TOFU SCRAMBLE / 400** **V**

Tofu pan tossed with spices and chopped onions,  
tomatoes and coriander

**POHA / 290** **GF**

Beaten rice tossed with peanuts, curry leaves and spices

**EGGS KEJRIWAL / 450**

Two sunny side up eggs served on poee bread  
topped with coriander, chillies and grated cheese

**MILLET PANCAKES / 450** **GF**

Served with cashew cream and fruit

**CROISSANT FRENCH TOAST / 450****POACHED EGGS ON TOAST / 490**

With spinach and mushroom cream sauce

**AVOCADO TOAST WITH POACHED EGGS / 550****SMOOTHIE BOWLS****MANGO GOJI BOWL / 550** **GF**

Mango, banana, goji berries, strawberries,  
chia seeds, honey and coconut milk

**BLUEBERRY STRAWBERRY BOWL / 570** **GF**

Blueberries, strawberries, banana, almond milk,  
chia seeds and honey

**TOFU OR EGG SCRAMBLE BREAKFAST BOWL / 460**

Scrambled eggs or tofu with cherry tomatoes, spinach,  
mushrooms and bread

**OMELETTE OR SCRAMBLED EGGS**

Served with local bread

**PLAIN OR FRIED EGGS / 250****CHERRY TOMATO AND BASIL / 360****MUSHROOM LEEK / 390** **CLASSIC MASALA / 390****ADD ONS**

BACON / 95

SAUSAGES / 95

CHORIZO / 120

CHEESE / 60

BREAD / 40

**GF** Gluten Free **V** Vegan

All prices are exclusive of 5% GST and 10% Service Charge and 22% VAT on all alcoholic beverages



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LUNCH

12pm-4.30pm

## SMALL PLATES

POTATO WEDGES / 275

SWEET POTATO CRISPS / 340 **GF**

CHORIZ PAV / 390

CRISPY SESAME BEEF / 450

NORI ROLLS / 490 **V**

Crispy panko fried seaweed rolls stuffed with quinoa and veggies served with miso sauce and wasabi pea crumble

## HUMMUS PLATE

FALAFEL / 470 **GF V** BEEF / 550 **GF**

FISH / 550

WASABI PRAWNS / 570

CHICKEN YAKITORI / 550

MUSHROOM AND PEPPER YAKITORI / 400 **GF V**

GOAT CHEESE LABNEH / 370

With candied nuts and dried fruit served with crispy artisanal bread slices

## SALADS

COUSCOUS SALAD / 400 **GF**

Couscous, bell peppers, rocket, pomegranate, soft cheese and hummus

CALAMARI AND ROCKET SALAD / 590

Crispy calamari, served with rocket, and mango slivers tossed in a soy sesame dressing

BEETROOT CARPACCIO / 450 **GF**

Thinly sliced beetroot, topped with herbed cheese, mix seeds, walnuts and oranges with a red wine dressing and balsamic glaze

PRANA SALAD / 450 **V**

Crispy tofu, beetroot and mixed fresh greens in a miso lime dressing

QUINOA AND BEAN SALAD / 450 **GF V**

Quinoa, black beans, mixed greens and fresh diced veggies

CHICKEN SALAD / 550 **GF**

Grilled chicken, seasonal greens and soft cheese in a cherry vinaigrette

## TACOS

Two corn and wheat tortillas served with salsa and hot sauce

BATTERED FISH / 550

BATTERED SHRIMP / 550

GRILLED BEEF / 550

PULLED PORK / 550

ASSORTED MUSHROOM / 500

TOFU / 500

## BURGERS

Served with potato wedges

CLASSIC BEEF / 550

JACKFRUIT / 490

SPICY CRISPY CHICKEN / 500

**GF** Gluten Free **V** Vegan

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## BIG PLATES

### ASIAN GRILLED CHICKEN / 600 GF

Grilled chicken served with pan tossed sauteed veggies in a classic asian soy glaze

## PASTA

### BEEF BOLOGNESE / 600                      PESTO / 550

### POMODORO / 560

### LAKSA GF

Spicy coconut milk broth with rice noodles

### TOFU / 500    SHRIMP / 590

### FISH / 590    CHICKEN / 550

## COCONUT THAI CURRY

Creamy coconut milk curry with pok choy and mushroom served with organic Indrayani brown rice

### TOFU / 500    SHRIMP / 590

### FISH / 590    CHICKEN / 550

## CHICKEN SCHNITZEL / 600

Served with potato wedges and waldrof salad

## FISH 'N' CHIPS / 650

Battered fried fish with potato wedges

## PAN SEARED FILLET OF FISH / 780 GF

Served with turmeric kaffir lime sauce and a sweet potato mash

## MOILEE

Delicately spiced South Indian curry made with coconut milk

### SEASONAL VEGETABLES / 600    PRAWNS / 650

## BOWLS

### MEDITERRANEAN BOWL / 550 GF

Couscous, hummus, tortilla chips, falafel, grated beet and carrots

## CRISPY GARLIC BOWL

Tossed in a spicy garlic sauce served with brown rice and quinoa

### TOFU / 550    CHICKEN / 590

### FISH / 650

## KERALA BEEF BOWL / 580

Spicy beef cooked with curry leaves, coconut milk and spices served with kerala paratha

### TERIYAKI BOWL GF

Served with quinoa brown rice and steamed broccoli

### CHICKEN / 650    TOFU / 590 V

### SHOYU TUNA POKE BOWL / 890 GF

Cured tuna chunks with pickled cucumbers, pickled carrots, edamame and sushi rice

### SPICY TUNA POKE BOWL / 890 GF

Seared tuna slices in gochujang glaze with pickled cucumbers, carrots, onions, jalapenos, edamame and sushirice

### CRISPY PORK OR EGGPLANT POKE BOWL / 750 Veggplant

Crispy Pork or eggplant chunks with pickled carrots ,cucumbers, onions, red jalapenos, edamame and sushi rice

GF Gluten Free V Vegan

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SUNSET

4.30pm-6.30pm

## SMALL PLATES

**POTATO WEDGES / 275**

**SWEET POTATO CRISPS / 340** GF

**CHORIZ PAV / 390**

**CRISPY SESAME BEEF / 450**

**NORI ROLLS / 490** V

Crispy panko fried seaweed rolls stuffed with quinoa and veggies served with miso sauce and wasabi pea crumble

## HUMMUS PLATE

**FALAFEL / 470** GF V

**BEEF / 550** GF

**FISH / 550**

**WASABI PRAWNS / 570**

**CHICKEN YAKITORI / 550**

**MUSHROOM AND PEPPER YAKITORI / 400**

**GOAT CHEESE LABNEH / 370**

With candied nuts and dried fruit served with crispy artisanal bread slices

## SALADS

**COUSCOUS SALAD / 400** GF

Couscous, bell peppers, rocket, pomegranate, soft cheese and hummus

**CALAMARI AND ROCKET SALAD / 590**

Crispy calamari, served with rocket, and mango slivers tossed in a soy sesame dressing

**BEETROOT CARPACCIO / 450**

Thinly sliced beetroot, topped with herbed cheese, mix seeds, walnuts and oranges with a red wine dressing and balsamic glaze

**PRANA SALAD / 450**

Crispy tofu, beetroot and mixed fresh greens in a miso lime dressing

**QUINOA AND BEAN SALAD / 450**

Quinoa, black beans, mixed greens and fresh diced veggies

**CHICKEN SALAD / 550**

Grilled chicken, seasonal greens and soft cheese in a cherry vinaigrette

## TACOS

Two corn and wheat tortillas served with salsa and hot sauce

**BATTERED FISH / 550**

**GRILLED BEEF / 550**

**BATTERED SHRIMP / 550**

**PULLED PORK / 550**

**ASSORTED MUSHROOM / 500**

**TOFU / 500**

## BURGERS

Served with potato wedges

**CLASSIC BEEF / 550**

**JACKFRUIT / 490**

**SPICY CRISPY CHICKEN / 500**

GF Gluten Free V Vegan

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DINNER

6.30pm-10.30pm



## SMALL PLATES

POTATO WEDGES / 275

SWEET POTATO CRISPS / 340 GF

CHORIZ PAV / 390

CRISPY SESAME BEEF / 450

NORI ROLLS / 490 V

Crispy panko fried seaweed rolls stuffed with quinoa and veggies served with miso sauce and wasabi pea crumble

## HUMMUS PLATE

FALAFEL / 470 GF V BEEF / 550 GF

FISH / 550

WASABI PRAWNS / 570

CHICKEN YAKITORI / 550

MUSHROOM AND PEPPER YAKITORI / 400 GF V

GOAT CHEESE LABNEH / 370

With candied nuts and dried fruit served with crispy artisanal bread slices

## SALADS

COUSCOUS SALAD / 400 GF

Couscous, bell peppers, rocket, pomegranate, soft cheese and hummus

CALAMARI AND ROCKET SALAD / 590

Crispy calamari, served with rocket, and mango slivers tossed in a soy sesame dressing

BEETROOT CARPACCIO / 450 GF

Thinly sliced beetroot, topped with herbed cheese, mix seeds, walnuts and oranges dressed with a red wine dressing and balsamic glaze

PRANA SALAD / 450 V

Crispy tofu, beetroot and mixed fresh greens in a miso lime dressing

QUINOA AND BEAN SALAD / 450 GF V

Quinoa, black beans, mixed greens and fresh diced veggies

CHICKEN SALAD / 550 GF

Grilled chicken, seasonal greens and soft cheese in a cherry vinaigrette

## BIG PLATES

### ASIAN GRILLED CHICKEN / 600 GF

Grilled chicken served with pan tossed sauteed veggies in a classic asian soy glaze

### PASTA

Choice of spaghetti, semolina or gluten free pasta

### BEEF BOLOGNESE / 600

### PESTO / 550

### POMODORO / 560

### LAKSA

Spicy coconut milk broth with rice noodles

### FISH / 590

### CHICKEN / 550

### TOFU / 500

### SHRIMP / 590

### CHICKEN SCHNITZEL / 600

Served with potato wedges and waldrof salad

### PAN SEARED FILLET OF FISH / 780

Served with turmeric kaffir lime sauce and a sweet potato mash

### MOILEE

Delicately spiced South Indian curry made with coconut milk

### SEASONAL VEGETABLES / 600    PRAWNS / 650

### MISO FISH / 790

Pan seared fillet of fish served with miso glaze and asparagus

### BEEF STEAK / 750

Tenderloin steak on a cauliflower puree served with seasonal vegetables and red wine jus

### MUSHROOM RAGOUT GLUTEN FREE PASTA / 600 GF

Assorted mushroom ragout with gluten free pasta and parmesan

### PRINCE PRAWNS / 750

Grilled prawns with a smoked pumpkin puree and vegetable caponata

### PORK KEBAB / 600

Mildly spiced pork kebabs served with salad, sumac orange, tzatziki, toum and poi bread

### EGGPLANT PARMIGIANA / 550

Sliced eggplant layered with parmesan cheese and tomato sauce

## BOWLS

### TERIYAKI BOWL GF

Served with quinoa brown rice and steamed broccoli

### CHICKEN / 650

### TOFU / 590

### SHOYU TUNA POKE BOWL / 890 GF

Cured tuna chunks with pickled cucumbers, pickled carrots, edamame and sushi rice

### SPICY TUNA POKE BOWL / 890 GF

Seared tuna slices in gochujang glaze with pickled cucumbers, carrots, onions, jalapenos, edamame and sushirice

### CRISPY PORK OR EGGPLANT POKE BOWL / 750 GF

Crispy Pork or eggplant chunks with pickled carrots, cucumbers, onions, red jalapenos, edamame and sushi rice

GF Gluten Free   V Vegan

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DRINKS

## COFFEE

### THIRD WAVE COFFEE ROASTERS

MEDIUM DARK ROAST

	SINGLE	DOUBLE
ESPRESSO	130	150
AMERICANO	160	180
CAPPUCCINO	200	220
LATTE	210	240
MACCHIATO	160	180
ICE LATTE	250	280
ICE CAPPUCCINO	250	280
MOCHA	250	290
AFFOGATO	300	320
CORTADO	160	
SHAKERATO	170	

### ADD ONS

ALMOND MILK / 90

OAT MILK / 50

MAPLE SYRUP / 50

COCONUT MILK / 90

CINNAMON / 20

HAZELNUT / 50

### SMOOTHIES

#### OFF BEAT / 400

Peanut butter, dates, banana, almond milk and coconut milk

#### BLUEBERRY STRAWBERRY / 450

Blueberry, strawberry, banana, almond milk, pineapple, chia and honey

#### SURF BUSTER / 400

Almond milk, banana, cacao, coconut milk, chia seeds, spirulina and flax seeds

#### MELLOW YELLOW / 400

Turmeric, banana, mango, coconut milk, almond milk, honey, chia and ginger

#### GOJI / 410

Strawberry, banana, almond milk, goji berries and honey

#### TROPICALIA / 400

Coconut milk, mango, pineapple, goji berries and lime juice

#### STRAWBERRY COLADA / 430

Strawberry, banana, coconut and sesame milk, pineapple, chia and honey

#### MORNING STAR / 390

Pineapple and orange juice, spirulina and mint

#### ACAI / 500

Acai purée, banana, coconut milk, dates and strawberries

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## LEMONADES

	GLASS	PITCHER
CLASSIC LIME AND MINT	200	650
ELDERFLOWER MINT	250	800
STRAWBERRY MINT	250	800
COCUM BASIL	220	700
GINGER	220	700

## COOLERS & TEAS

BOOCH KOMBUCHA / 270  
GOLD • SILVER • JADE • RUBY

CLASSIC LEMON ICED TEA / 220

LEMONGRASS ICED TEA / 230

ORANGE CINNAMON ICED TEA / 240

GINGER LEMON TEA / 220

GREEN ICE TEA / 240

HIBISCUS ICE TEA / 240

MASALA CHAI / 120

BLACK TEA / 120

GINGER LEMON HONEY TEA / 200

MATCHA TEA GREEN / 220

MATCHA LATTE GREEN / 250

MATCHA TEA BLUE / 220

MATCHA LATTE BLUE / 250

## FRESH JUICES

ORANGE / 280

APPLE BEETROOT CARROT / 290

PINEAPPLE / 220

WATERMELON / 200

APPLE MINT CUCUMBER / 250

GRAPEFRUIT / 350  
(SEASONAL)

**WHISKY****BLENDERS PRIDE / 250****JAMESON / 400****BLACK AND WHITE / 300****WOOD BURNS / 300****CHIVAS REGAL / 400****MONKEY SHOULDER / 450****JACK DANIELS / 400****JIM BEAM / 350****TENJAKU / 350****ENSO / 400****GLENFIDDICH / 650****SINGLETON / 680****LAPHROAIG / 750****GLENLIVET / 700****VODKA****GREY GOOSE / 400****SMIRNOFF / 250****ABSOLUT / 350****KETEL ONE / 350****STOLICHNAYA / 350****BELENKAYA / 350****BELVEDERE / 450****RUM****OLD MONK / 200****BACARDI WHITE / 250****MAKA ZAI WHITE / 330****MAKA ZAI GOLD / 330****PLANTATION 3 STAR / 400****MOUNT GAY GOLD / 450****PLANTATION ORIGINAL DARK / 400****DIPLOMATIC / 700****GIN****GREATER THAN / 250****DOJA / 300****PUMORI / 350****PINK GIN SAMSARA / 350****STRANGERS AND SON / 300****BOMBAY SAPPHIRE / 350****TAMRAS / 300****ROKU / 450****SAMSARA / 300****THE BOTANIST / 750****TENQUERY / 350****HENDRICKS / 450****HAPUSA / 350****TEQUILA****VILLA VERCELLI / 250****CAMINO / 300****JOSE SILVER / 350****JOSE GOLD / 370****PISTOLA REPOSADO / 350****MEZCAL JOVEN / 760****PATRON SILVER / 750****1800 SILVER / 600****1800 GOLD / 700****DONJULIO SILVER / 800****BRANDY****ST-RÉMY VSOP / 350****HENNESSY / 700**

**LIQUEURS****JAGERMEISTER / 500****BAILEYS / 410****CASHEW FENI / 250****FIREBALL / 300****CABO COCONUT / 250****KAHLUA / 350****SELECT / 450****SCHNAPPS / 350****MARTINI ROSSO / 400****MARTINI BIANCO / 400****AMARO MONTENEGRO / 450****COCALERO / 450****WINES**

	<b>GLASS</b>	<b>BOTTLE</b>
<b>PROSECO</b>	600	2750
<b>HOUSE RED</b>	600	2750
<b>HOUSE WHITE</b>	550	2500

CHECK WITH SERVER FOR IMPORTED AND SPARKLING SELECTIONS

**BEER****CORONA / 390****KINGFISHER ULTRA / 200****HEINEKEN / 280****GREAT STATE HAZY DAYS / 350****GREAT STATE MORAL FIBRE / 350****PEOPLES LARGER / 250****BUDWEISER / 250****ARBOUR / 300****HOEGAARDEN / 390****HEMP BEER / 380**

## **PRANA ICONICS**

### **BASIL BEAUTY / 550**

Gin or vodka, basil, lime, pineapple, passion fruit, dash of coconut cream

### **GIN TINI / 550**

Gin, fresh pomegranate, lime

### **PRANA PASSION / 550**

Light rum, passion fruit puree, fresh orange, pineapple, lime, mint

### **SELECT SPRITZ / 700**

Aperitif Select liqueur, prosecco, grapefruit, olive

### **MEDITERRANEAN G&T / 600**

Olive oil washed gin, mediterranean tincture, balsamic, tonic water, basil

### **HUGO / 650**

Dry gin, elderflower, lime, prosecco, mint

### **NEGRONI SBAGLIATO / 700**

Sweet vermouth, campari, prosecco, orange

### **NEGRONI ORIGINALE / 700**

Himalayan dry gin, sweet vermouth, Campari, orange



## PRANA SIGNATURES

	GLASS	PITCHER
<b>PERUVIAN PUNCH</b>	650	2800
Vodka, guava, hibiscus, lime, sparkling wine Fruity, tangy, low abv. spritz		
<b>KULA CUP</b>	600	2500
In-house Pimm's liqueur, citrus, berries, cucumber, mint, ginger ale Fruity, light, fresh		
<b>OCEAN SWELL / 650</b>		
Dry gin, lichee, lemongrass, ginger, citrus Fruity and citrus-forward with subtle ginger notes		
<b>OLD STORY / 600</b>		
Dry gin, mint, orgeat, lime, bitters, club soda Super fresh with nutty undertones		
<b>MEDITERRANEAN G&amp;T / 600</b>		
Olive oil washed gin, mediterranean tincture, balsamic, tonic water, basil Refreshing, herbaceous, savoury		
<b>SHADOW PASSION / 700</b>		
Tequila, passion fruit, tabasco, pineapple Fruity and slightly spicy		
<b>COCA JAMBO / 700</b>		
Dry gin, coca leaf liqueur, matcha, lemon curd, basil foam Herbaceous and refreshing		
<b>ZING FLING / 700</b>		
Tequila blanco, pink grapefruit juice, sea salt, hibiscus Citrus-forward with a savory twist		
<b>SITAFAL SOOTHER / 700</b>		
Lemongrass gin, Martini Bianco, custard apple, citrus, vanilla Citrus-forward with a pleasant texture and a hint of vanilla		
<b>WILD LAND / 700</b>		
Sichuan pepper infused gin, grapefruit, passion fruit cordial, lime Citrus forward, ultra refreshing and tangy		
<b>PANDAN MIST / 700</b>		
Pandanus infused rum, aged gin, fresh orange, hazelnut, lime Tropical, flavourful with nutty undertones		