

PRANA

RESTAURANT

Lunch Menu

Club sandwich

Triple Decker toasted sandwich filled with chicken breast, smoked bacon, fried egg, lettuce, cheese, tomato and honey mustard mayonnaise, served with fries

Soup of the day

Ask our friendly wait staff for today's selection, served with warm ciabatta bread

Pho Bo

Vietnamese beef noodle soup - Clear beef broth with Asian spices, cooked sliced beef, fresh rice noodles accompanied with coriander and chilli

Fish & chips

Today's fillet, tempura-style or grilled, served with green leaf salad, straight cut fries and tartare sauce

Tuna

Grilled sashimi tuna with avocado, tomato, sour cream and palm chilli dressing

Sushi

Prawns, avocado, cucumber, wrapped in seaweed and served with ginger pickle

Steak sandwich

Beef tenderloin fillet with grilled haloumi cheese, lettuce, onion jam, barbecue sauce and mayonnaise, served on toasted sour dough bread with home made beer battered chips

Beef burger

Char grilled beef topped with lettuce, tomato, beetroot, smoked bacon, pineapple, cheese and barbecue sauce, served with fries

Chicken burger

Grilled chicken tenderloin topped with avocado, cheddar cheese, lettuce and onion jam, served with fries

Thai beef

Marinated eye fillet pieces tossed with Asian greens, vermicelli noodles, roasted peanuts and mango, finished with a tamarind dressing

Caesar

Grilled chicken tenderloins set on top of cos lettuce with pancetta, shaved parmesan, toasted ciabatta and home made Caesar dressing, topped with a soft poached egg and anchovies

Bento Box's

Fish Teriyaki

Grilled fish marinated in teriyaki sauce, served with maki sushi, prawn and vegetable tempura with Japanese white rice

Chicken Karaage

Fried chicken pieces served with sashimi salmon, pork and prawn gyoza, Japanese white rice and miso soup

Beef kushiyaki

Grilled skewered beef served with maki sushi, prawn and vegetable tempura, Japanese white rice and edamame

Vegetarian

Tempura of vegetables with aga dashi tofu, vegetable maki sushi and a tomato, cucumber salad

Asians

Nasi goreng

Indonesian fried rice with your choice of chicken, beef, pork, seafood or vegetables

Rendang

Served with fragrant steamed rice and Balinese fern vegetables

Gado gado

Steamed mixed vegetables, tofu, tempe, boiled egg and peanut sauce

Mie goreng

Work fried egg noodles with your choice of chicken, beef, pork, seafood or vegetables

Ikan bakar

Traditional Indonesian grilled fish fillet in curry sauce with seasonal vegetables and steamed rice

Stir - fry

Crispy pork stir fried with Asian greens, vermicelli noodles in an oriental sauce topped with cashew nuts

PRANA

RESTAURANT

Lunch Menu

Perfect for Sharing

Small amounts of food served before a meal or with drinks – perfect small sharing dishes

Indonesian for two

Sate lilit (marinated minced chicken on lemongrass stick), tahu isi (deep fried stuffed tofu), chilli prawn, cucumber, pineapple and shallot pickle, siomay (seafood dumpling), pepes ikan (steamed fish in banana leaf), shredded chicken salad, chicken lumpia (spring roll) and rendang (braised beef in rendang sauce)

Thai tapas for two

Beef lalot (minced beef with lemongrass and coriander), coconut Thai chicken, Thai fish cake, sticky Thai prawn, crab wonton, mango salad, rice paper roll, basil tofu and sweet chilli pork ribs

Bruschetta

Tomato, olive, basil and feta cheese on a toasted baguette

Spring rolls

Served with Asian coleslaw and soy sauce

Dumpling

Steamed tofu and spinach dumpling with ponzu sauce

Nachos

Choose from beef, chicken, seafood or refried bean

Fish cake

Classic Thai fish cake with sweet chilli sauce

Calamari

Deep fried calamari accompanied by a saffron aioli

Quesadillas

With chicken, mushroom, onion, jalapeño and cheese

Gyoza

Japanese dumpling with tamarind ponzu sauce

Arancini

Risotto ball with mozzarella, pumpkin and wild rucolla sauce

Siomay

Minced seafood dumplings with chilli soy sauce and peanut sauce served on the side

Dessert

Homemade ice cream

Select your own 3 scoops choosing from vanilla, chocolate crunch, strawberry, coconut and green tea

Homemade sorbet

Select your own 3 scoops choosing from lime, mint, basil, orange and mango

Prana creme brulee

Vanilla cream brulee - a rich and creamy treat

Chocolate fondant

A baked, self-saucing Valrhona chocolate pudding served with vanilla ice cream (please allow 20 minutes cooking time)

Apple pie

Caramelised apples with raisins and cinnamon served with vanilla ice cream

Strawberry and praline millefeuille

Crispy layer of puff pastry, strawberries and praline cream, served with vanilla ice cream

Cheese board

A selection of three (3) cheeses served with dried fruits and crackers

Island fruit

Daily selection of freshly sliced tropical fruits

Tiramisu

Layers of coffee liqueur soaked cake and mascarpone cheese topped with whipped cream and a sprinkling of chocolate

Carrot cake

Moist house baked carrot cake, served with vanilla ice cream