



# YOUR GUIDE TO NOURISHMENT

*Enjoy this introduction to essential vitamins, minerals, fats and fibers, as well as a variety of nutritious ingredients to enjoy and savor.*

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## VITAMINS

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Best sourced through the foods we eat, vitamins are the building blocks of a healthy lifestyle.

### Foods rich in Vitamin B

MUSHROOMS | MILK | WHOLE GRAINS  
PISTACHIO | NUTS | SUNFLOWER SEEDS

### Foods rich in Vitamin C

CITRUS | KIWI | STRAWBERRIES  
MANGOES | PAPAYA | BROCCOLI  
DARK LEAFY VEGETABLES

### Foods rich in Vitamins A & D

MILK | FISH | EGGS

### Foods rich in Vitamins E & K

WHEAT GERM | SUNFLOWER SEEDS  
SOME NUTS | PEANUT BUTTER  
DARK GREEN LEAFY VEGETABLES  
KALE | SPINACH

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## MINERALS

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Minerals keep your bones strong and your body balanced.

**Calcium** is important for strong, healthy bones and teeth.

KALE | YOGURT | BROCCOLI | WATERCRESS  
CHEESE | BOK CHOY | OKRA | ALMONDS

**Potassium** is an electrolyte that regulates the flow of nutrients going in and out of cells.

POTATOES | SUN-DRIED TOMATOES  
KIDNEY BEANS | DRIED FRUITS | BANANA  
AVOCADOS | FISH

**Iron** is an essential element for blood production.

RED MEAT | PORK & POULTRY | SEAFOOD  
BEANS | KALE & DARK GREEN LEAF SPINACH

**Antioxidants** are beneficial in preventing diseases by prohibiting the oxidation of harmful molecules in the body.

EXTRA-VIRGIN OLIVE OIL | GOJI BERRIES  
WILD BLUEBERRIES | DARK CHOCOLATE  
PECANS | ARTICHOKE | KIDNEY BEANS  
CRANBERRIES | CLOVE | CINNAMON  
OREGANO | TURMERIC | COCOA | CUMIN  
PARSLEY | BASIL | THYME | WILD HONEY

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## HEALTHY FATS & FIBER

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Healthy fats and fiber stabilize blood sugar and cholesterol levels.

**Fiber** slows the rate that sugar is absorbed into the bloodstream, which keeps your blood glucose levels from rising too fast.

PEAS | LENTILS | BEANS | ARTICHOKE  
BROCCOLI | BRUSSELS SPROUTS  
AVOCADOS | OATS & WHOLE GRAINS

**Unsaturated fats**, including poly - and mono-unsaturated fats, have a positive effect on cholesterol levels.

OLIVE OIL | WALNUTS | PINE NUTS | PECANS  
AVOCADOS | PUMPKIN SEEDS | SPIRULINA

**Omega-3 fatty acids** are needed for many functions, from building healthy cells to maintaining brain and nerve function.

FLAXSEED OIL | FISH OIL | NUTS & SEEDS  
CHIA SEEDS | SALMON & COLD WATER FISH  
SOYBEANS | AVOCADOS | COOKED SPINACH

# FRESH JUICES & VITALIZING SMOOTHIES

*Looking for a refreshing start to your morning? All juices and smoothies are brimming with healthy benefits and essential nutrients to invigorate body and mind. Available all day.*

## SATISFYING SMOOTHIES

### Morning Infusion No.2

GF, V, VF | 140

Mango, banana, chia seeds

OMEGA 3 | POTASSIUM | VITAMIN C

### Antioxidant Blend No 3.

GF, V, VF | 140

Banana, turmeric, ginger, mango, cinnamon

POTASSIUM | VITAMIN C | ANTIOXIDANTS

## REVITALIZING JUICES

### Vegetable Infusion GF, V, VF | 140

Apple, lemon, cucumber, celery, ginger

FIBER | VITAMIN K | POTASSIUM

### Bold beets GF, V, VF | 140

Beet, cucumber, lemon, apple

VITAMIN A | POTASSIUM | VITAMIN C

### Energy Mix GF, V, VF | 140

Almond milk, dates, espresso

FIBER | VITAMIN B6 | ANTIOXIDANTS

### Cleansing Carrot GF, V, VF | 140

Carrot, apple, lemon, ginger

VITAMIN A | VITAMIN B | FIBER

# BREAKFAST

6.00 am – 11.00 am

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## A BALANCED START

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### **Premium Swiss yogurt** GF, V | 100

Plain, low fat, or fruit yogurt available upon request

CALCIUM | POTASSIUM | VITAMIN A | VITAMIN B6 | VITAMIN C

### **Bircher Muesli** V | 120

CALCIUM | FOLATE | IRON | VITAMIN C, E, K, B6

### **Cereal** V | 100

Cornflakes, Rice Krispies, All-Bran, Cocoa, Frosties, Raisin Bran with hot or cold milk  
Milk selection: soy milk, full cream, low fat, almond

CALCIUM | VITAMIN B6 | POTASSIUM

### **Honey almond granola parfait** V | 140

Plain, low fat, sugar-free or fruit yogurt available upon request

CALCIUM | PROTEIN | IRON

### **Hot oatmeal** V | 120

Soft cooked rolled oats, caramelized Banana & side of seasonal berries

IRON | MAGNESIUM | CALCIUM | VITAMIN B1

### **Chia, Coconut & blueberry** GF, V, VF | 180

Chia seeds & coconut pudding topped with blueberry

OMEGA 3 | ANTIOXIDANTS | FIBER

### **Egg white Omelet** GF, V | 200

Spinach, sun dried tomato & goats cheese

PROTEIN | VITAMIN B2 | VITAMIN D

### **Avocado Toast** V, VF | 180

Rye bread, crushed avocado, poached egg, arugula & lime

*Avocados are known for being high in healthy fats, loaded with fiber and vitamins, promoting a healthy heart, lowering cholesterol and stimulating weight loss.*

FIBER | VITAMIN C | PROTEIN

### **Local seasonal fruit plate** GF, V, VF | 200

Locally sourced Vietnamese fruits

VITAMIN C | FOLATE | POTASSIUM

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# BREAKFAST

6.00 am - 11.00 am

## CHEFS BREAKFAST

### **JW Breakfast | 450**

Choice of fresh juice: squeezed orange, carrot, pineapple, beetroot, watermelon or mango

Home baked crafted breakfast bakery selection:

Choice of white, wheat, or rye toast

Choice of muffin, croissant or Danish pastry

Served with locally sourced tropical jams and butter

Yoghurt: fruit, plain or low fat

Seasonal local fruits

Two eggs any style: omelet, fried, scrambled, boiled or poached

Selection of toppings: ham, mushroom, onion, pepper, tomato or cheese

House smoked thick cut pork bacon or crispy American bacon

Chicken or pork sausage

Served with grilled tomato and hash browns

Selection of hot or cold coffee, tea or chocolate

### **Well Being V | 350**

Choice of fresh juice: squeezed orange, carrot, pineapple, beetroot, watermelon or mango

Home baked crafted breakfast bakery selection:

Whole wheat toast or rye toast

Served with jams, honey and butter

Bircher muesli or hot oatmeal

Yoghurt: fruit, plain, low-fat or sugar free

Seasonal local fruits

Selection of hot or cold coffee, tea or chocolate

VITAMIN C | FOLATE | POTASSIUM | CALCIUM

V | VEGETARIAN

VF | VEGAN

GF | GLUTEN FRIENDLY

## CHEFS BREAKFAST

### **Go Local | 400**

Banh My Trung

Vietnamese baguette with omelet, pickles, herbs & chili sauce

Pho Bo

Vietnamese beef noodle soup

*Chicken option available*

Plain yoghurt

Fresh local fruit plate

Sugar cane juice & iced Vietnamese coffee with condensed milk

## INTERNATIONAL CLASSICS

### **All American | 280**

2 eggs any style, crispy bacon, sausage, hash browns & toast with preserves

### **Eggs Benedict | 240**

2 poached eggs, honey ham, hollandaise sauce and homemade English muffins

VITAMIN A | IRON | CALCIUM

### **American pancakes | 220**

3 fluffy pancakes, Canadian maple syrup, raspberry sauce & whipped cream

### **Signature French toast | 220**

Brioche French toast, mango compote & local Dalat ricotta

*Classic French toast available upon request*

### **Plain White Congee | 180**

Preserved egg, crispy donut, chives, shallots, peanuts, pork floss, tofu & pickles

## CHEF'S CHOICE LOCAL OMELET

### **Vietnamese Omelet | 180**

Minced pork, bean sprouts, fish sauce and mixed herbs

# BREAKFAST

6.00 am - 11.00 am

## CUSTOM EGGS

### Poached, scrambled, fried, omelets or boiled | 230

Every egg order is served with hash browns and grilled tomato and a choice of fillings

#### FILLINGS:

##### Proteins:

Smoked ham, bacon, smoked chicken, smoked salmon, chorizo

##### Cheese and Dairy:

Mozzarella, Cheddar, Emmental, Danish blue, Feta, Cream cheese

##### Vegetables:

Tomato, onion, bell peppers, spinach, mushrooms, chili

## REGIONAL CLASSICS

### Pho Bo | 200

Slow cooked Hanoi beef noodle soup  
Medium rare beef, coriander, onion, noodles, condiments

*Chicken Pho also available*

PROTEIN | IRON | VITAMIN C

### Bun Cha | 280

Pork patties, BBQ pork neck, cold rice noodles, herbs dipping sauce, crispy spring rolls

IRON | VITAMIN C | PROTEIN

### Banh Mi Trung | 160

Crispy Vietnamese baguette, fried egg, pickles & chili sauce

*Vegetarian and vegan options available*

## REGIONAL CLASSICS

### Xoi GF | 110

Sticky rice, braised pork, braised egg

### Banh Cuon V, VF, GF | 110

Freshly steamed rice rolls, mushroom, shallots, peanuts

IRON | VITAMIN A | VITAMIN C

### Banh Xeo GF | 140

Crispy mung bean pancake, prawns, herbs, bean sprouts

Served with rice paper and dipping sauce

*Vegetarian option available*

## CRAFTED BAKERY

*All of our Bakery items are freshly crafted and baked in-house*

### Muffin | 40

Chocolate muffin, blueberry muffin

CALCIUM | IRON | SODIUM

### Toast V | 40

White, whole wheat or Rye toast

CALCIUM | IRON | SODIUM

### Rolls V | 40

White soft roll, hard roll, sesame seed bagel

### Danish | 40

Strawberry, mango, cinnamon roll

### Croissant | 40

Butter croissant or Pain au Chocolat

### Gluten free Bread GF, V | 40

Sesame roll, poppy seed roll or toast

CALCIUM | IRON | SODIUM

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# BREAKFAST

6.00 am - 11.00 am

## KIDS

### Junior All American | 120

Eggs, bacon, fresh seasonal fruit

### Mini Pancakes | 120

3 mini pancakes, maple syrup & raspberry sauce

### Mini Pho | 120

Slow cooked Hanoi beef noodle soup

*Chicken Pho also available*

PROTEIN | IRON | VITAMIN C

### Congee V, VF | 120

Boiled rice porridge, pickles, fried donut

*All menu items can be served at half price & half portion for children*

# DAYLONG DINING

11.00 am - 11.00 pm

## TO START / APPETIZERS & SNACKS

### Banh Goi | 160

4 pieces fried dumplings, pork, mushroom, glass noodle, quail egg. Herbs, mixed greens, dipping sauce

### Caprese | 200

Dalat heirloom baby tomato and Mozzarella

### Nem Cuon Tom | 180

6 pieces fresh rice paper rolls, herbs, noodles

Locally sourced Nha Trang prawn, dipping sauce

*Gluten free option available*

PROTEIN | IRON | VITAMIN C

### Nem Cuon Tofu V, VF, GF | 120

6 pieces fresh rice paper rolls, herbs, noodles, fried tofu, dipping sauce

### Spicy Buffalo Chicken wings GF | 180

6 pieces wings, blue cheese dressing, crudities

IRON | CALCIUM | SODIUM

## SALADS

### Papaya salad GF | 160

Shredded green papaya, local fresh herbs, spicy air dried beef, peanuts

*Vegetarian & Vegan options available*

VITAMIN C - A - E | FOLIATE | CALCIUM

### Organic Red Quinoa V, VF, GF | 180

Preserved lemon, chili, tomato, olive

PROTEIN | FIBER | IRON

### Traditional Caesar salad | 180

Dalat romaine lettuce, shaved Parmesan cheese, croutons, house Caesar dressing

SODIUM | CALCIUM | IRON

### Cobb salad GF | 180

Ice berg, egg, tomato, avocado, smoked chicken, bacon

SODIUM | CALCIUM | IRON

V | VEGETARIAN

VF | VEGAN

GF | GLUTEN FRIENDLY

# DAYLONG DINING

11.00 am - 11.00 pm

## SOUPS

### Mushroom soup V | 160

Wild mushrooms and crouton

### Coconut & pumpkin V, GF | 160

Dalat organic butter nut pumpkin, coconut & ginger

Hanoi's brown rice crackers

### Double boiled black chicken soup | 120

Lotus seeds, goji berries

PROTIEN | ANTIOXIDANTS | VITAMINS C, B2, A

## WESTERN CLASSICS

Sandwiches, all of our sandwiches are served with French fries

### Steak sandwich | 300

Cape Grim, grass-fed beef

Flat iron steak, fried egg, onions & gruyere cheese

*(Vietnamese steak sandwich with lemongrass beef, pickles & chili sauce)*

### Classic Club | 260

Smoked chicken, bacon, lettuce, tomato, mayo, white toast

### Classic Cheese burger | 320

US beef patty, Cheddar cheese, bacon, lettuce, tomato, onion

*Vegetarian option available with a spiced chickpea & lentil patty*

## HOMEMADE PIZZA / PASTA

*Gluten free buck-wheat pasta available upon request*

### Penne alla Arrabbiata V | 220

Spicy tomato sauce

VITAMIN A | SODIUM | IRON

### Spaghetti Bolognese | 220

Tomato meat sauce, parsley, Parmesan cheese

### Fettucine Carbonara | 220

Bacon, Parmesan cheese, egg yolk, chopped parsley

### Margherita pizza V | 220

Fresh Mozzarella cheese, oven-dried tomato, basil, olive oil

### Chorizo pizza | 220

Mozzarella cheese, locally produced Chorizo

### Seafood pizza | 220

Prawns, salmon, squid, tomato, Mozzarella cheese

## MAINS

### Fish and chips | 280

Beer battered locally sourced sea bass, tartar sauce, chips, malt vinegar

### 300gm Cape Grim Ribeye | 920

Mable score 4+, grass-fed beef, Tasmania Australia

French fries, asparagus

PROTEIN | VITAMIN A, B12 | VITAMIN B, C | MAGNESIUM

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# DAYLONG DINING

11.00 am – 11.00 pm

## GRILL SECTION

Select 1 main course and 2 sides:

### Main course:

#### French Baby Chicken | 480

CALCIUM | PROTEIN | IRON

#### Rainbow trout fillet | 420

Local rainbow trout from the mountainous region of Sapa

PROTEIN | VITAMIN D-B12 | OMEGA 3'S

#### Lamb Chops | 620

Merri Valley, Australia

#### Pan fried Dalat Cauliflower steak V, GF, VF | 250

Extra virgin olive oil, capers, parsley, lemon

### Sides:

#### Creamy mash potato V, GF

#### French fries V, GF, VF

#### French beans with caramelized onions V, GF, VF

#### Caramelized bell peppers and onions V, GF, VF

#### Asparagus with Hollandaise sauce V, GF

#### Steamed broccoli V, GF, VF

#### Olive oil sautéed seasonal vegetables V, GF, VF

#### Steamed sweet corn with parmesan & chili flakes V, GF

## ALL DAY BREAKFAST

#### American breakfast | 280

2 eggs any style, crispy bacon, sausage, hash browns & beans

#### Banh Mi Trung | 160

Crispy Vietnamese baguette, fried egg, pickles & chili sauce

Vegetarian and vegan options available

## ASIAN

#### LA Galbi | 360

BBQ short-ribs, lettuce, denjung, seaweed soup, steamed rice

VITAMIN A | IRON | PROTEIN

#### Bibimbap | 220

Minced beef, vegetables, egg, steamed rice, seaweed soup

#### Hainan Chicken | 280

Poached yellow chicken, chicken rice, clear soup, ginger & chili

PROTEIN | IRON | VITAMIN B3

#### Aloo Gobi V | 220

Potato & cauliflower curry, poppadum

VITAMIN A | VITAMIN C | FIBER

#### Dahl Makani | 260

Black lentil curry, condiments

## REGIONAL CLASSICS

#### Pho Cuon | 180

6 pieces fresh rice rolls, lemongrass, marinated beef, fresh herbs

*A very traditional Hanoi dish can be found in many street vendor stalls*

#### Nems | 180

6 pieces crispy fried spring rolls with pork, mushroom & dipping sauce

#### Pho Bo | 200

Slow cooked Hanoi beef noodle soup

Medium rare beef, coriander, onion, noodles, condiments

*Chicken Pho also available*

PROTEIN | IRON | VITAMIN C

# DAYLONG DINING

11.00 am – 11.00 pm

## REGIONAL CLASSICS

### Bun Cha | 280

Pork patties, BBQ pork neck, cold rice noodles, herbs, dipping sauce, crispy spring rolls

### Five spices braised beef | 300

Slow cooked beef shank, steamed rice

### Pho Xao Bo | 180

Wok fried Pho noodles  
Assorted vegetables, choice of beef, chicken or pork

*Vegetarian & vegan options available*

## KIDS

### Grilled chicken fingers | 150

Creamy mash potato, broccoli

### Spaghetti | 150

- Traditional bolognaise sauce
- Tomato sauce V, VF
- Butter & cheese V

### Dumplings | 150

4 pieces steamed prawn & pork har kaw

### Mini Pho Bo | 150

Slow cooked Hanoi beef noodle soup

*Chicken Pho also available*

PROTEIN | IRON | VITAMIN C

### Grilled Ham & Cheese | 150

Served with fruit salad

*Kids Choice: A half portion of any ala carte food item can be ordered at half price*

## ARTFUL DESSERTS

### Chocolate tart | 200

*Vietnamese single origin 76% local chocolate.*

Raspberry sorbet, chocolate crumble, raspberry jelly

### Vanilla Panna cotta | 200

Served with salted caramel & passion fruit

### Hand crafted Chocolates | 340

12 pieces of assorted homemade truffles & pralines

### Che | 200

Lotus seed & longan sweet soup served with crushed ice

PROTEIN | THIAMIN | MAGNESIUM

### Young green rice Ice cream | 200

Served with fresh young coconut

*A local summer favorite*

### Ice cream – 3 scoops | 200

Chocolate, coconut, vanilla, lemon, mango, raspberry, strawberry

### Seasonal sliced fruits GF, V, VF | 200

Selection of locally sourced fruits

VITAMIN C | FOLATE | POTASSIUM

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# OVERNIGHT

11:00pm-06:00am

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## — TO START / APPETIZERS & SNACKS —

### **Nem Cuon Tom | 180**

6 pieces fresh rice paper rolls, herbs, noodles

Locally sourced Nha Trang prawn, dipping sauce

*Gluten free option available*

PROTEIN | IRON | VITAMIN C

### **Nem Cuon Tofu V, VF, GF | 120**

6 pieces fresh rice paper rolls, herbs, noodles. fried tofu, dipping sauce

### **Spicy Buffalo Chicken wings GF | 180**

6 pieces wings, blue cheese dressing, crudities

IRON | CALCIUM | SODIUM

### **Nems | 180**

6 pieces crispy fried spring rolls with pork, mushroom & dipping sauce

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## — SALADS —

### **Organic Red Quinoa V, VF, GF | 180**

Preserved lemon, chili, tomato, olive

PROTEIN | FIBER | IRON

### **Traditional Caesar salad | 180**

Dalat romaine lettuce, shaved Parmesan cheese, croutons, house Caesar dressing

SODIUM | CALCIUM | IRON

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## — SOUPS —

### **Mushroom soup V | 160**

Wild mushrooms and crouton

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## — SANDWICH / PASTA —

### **Classic cheese burger | 320**

US beef patty, cheddar, bacon, lettuce, tomato, onion

### **Spaghetti Bolognese | 220**

Tomato meat sauce, parsley, Parmesan cheese

### **Penne alla Arrabbiata V | 220**

Spicy tomato sauce

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## — MAINS —

### **Fish and chips | 280**

Beer battered locally sourced sea bass, tartar sauce, chips, malt vinegar

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## — ASIAN —

### **Bibimbap | 220**

Minced beef, vegetables, egg, steamed rice, seaweed soup

### **Aloo Gobi V | 220**

Potato & cauliflower curry, papadum

VITAMIN A | VITAMIN C | FIBER

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## — REGIONAL CLASSICS —

### **Pho Bo | 200**

Slow cooked Hanoi beef noodle soup

Medium rare beef, coriander, onion, noodles, condiments

*Chicken Pho also available*

PROTEIN | IRON | VITAMIN C

### **Five spices braised beef | 300**

Slow cooked beef shank, steamed rice

# OVERNIGHT

11:00pm-06:00am

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## ARTFUL DESSERTS

### Chocolate tart | 200

*Vietnamese single origin 76% local chocolate.*

Raspberry sorbet, chocolate crumble, raspberry jelly

### Young green rice Ice cream | 200

Served with fresh young coconut

*A local summer favorite*

### Ice cream - 3 scoops | 200

Chocolate, coconut, vanilla, lemon, mango, raspberry, strawberry

### Seasonal sliced fruits GF, V, VF | 200

Selection of locally sourced fruits

VITAMIN C | FOLATE | POTASSIUM

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## ALL DAY BREAKFAST

### American breakfast | 280

2 eggs any style, crispy bacon, sausage, hash browns & beans

### Banh Mi Trung | 160

Crispy Vietnamese baguette, fried egg, pickles & chili sauce

*Vegetarian and vegan options available*

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