

ALOHA KAKAHIKA

Good morning, from Manta!

Tropical Fruits

- Island Fruits n' Honey** ✨ 17
Melons, Papaya, Seasonal Berries
House Banana Bread, Kiawe Honey
- Sliced Pineapple** 11
- Half Papaya** 8

Cereals & Yogurts

- Selection of Assorted Brand Cereals** 10
Sliced Bananas
- Steel Cut Oatmeal** 13
Seasonal Berries or Sliced Bananas
- Bircher Muesli of Oats** ✨ 13
Raisins, Macadamia Nuts
Seasonal Berries
- Greek Yogurt** 13
Seasonal Berries
- Hawaiian Granola** 14
Plain or Tropical
Banana or Seasonal Berries
Choice of Milk or Yogurt

Soy Milk or Almond Milk available upon request.

Side Dishes

- Smoked Ham** 9*
- Pork Link Sausage** 9*
- Bangers Sausage** 9*
- Chicken Apple Sausage** 9*
- Portuguese Sausage** 9*
- Bacon, Canadian Bacon or Turkey Bacon** 9*
- Two Eggs Any Style** 11*
- Steamed Rice, White or Brown** 6
- Breakfast Potatoes** 6
- Hash Brown Potatoes** 6

We provide the freshest of ingredients in the preparation of our cuisine. In the event a certain product is not available, we will use a similar product to ensure quality and/or freshness. Please let your server know if there are any allergies to products of which we should know.

*Consuming raw or undercooked Meats, Poultry, Seafood, Shellfish, or Eggs may increase your risk of foodborne illness.

A service charge of 18% will be added for all parties of 6 or more.

✨ Manta - Signature Item

BYOB

Small 22 / Large 28

Choose From the Items Below to *Build Your Own Breakfast:*

Continental & Cold Items

- Pastries
- Fruit
- Smoked Salmon
- Green Salad
- Yogurt
- Oatmeal with Condiments

Hot Items

- Two Eggs Any Style
- Bacon, Turkey Bacon, Bangers,
- Chicken Sausage, Portuguese Sausage
- White Rice, Brown Rice, Potatoes
- Traditional Eggs Benedict
- Daily Griddle - Pancakes or Waffles
- Omelet with Choice of - Bacon, Ham, Spinach, Mushrooms, Onions, Peppers, Cheddar, Swiss, Goat Cheese

Breakfast Features

++ Items Served with Breakfast Potatoes of the Day

- Two Egg Breakfast** 24*
Two Eggs Any Style, Choice of Meat ++
- Manta Omelet** 23*
Three Egg Omelet
Choice of Vegetables, Meat & Cheese ++
- Egg White Omelet** ✨ 25*
Three Egg White Omelet, Sliced Tomatoes
Feta Cheese, Spinach, Ali'i Mushrooms
Kalamata Olives, EVOO ++
- Huevos Rancheros** 23*
Blue Corn Tortilla, Black Beans, Fried Eggs
Salsa Fresca, Cilantro Crema
- Traditional Eggs Benedict** 25*
Canadian Bacon with Hollandaise' Sauce ++
- Classic Bagel** 25*
Smoked Salmon with Toasted Bagel, Shaved Onion
Sliced Tomatoes, Cream Cheese, Capers
- Japanese Breakfast Bento** 27*
Egg Omelet, Half Papaya, Broiled Salmon, Miso Soup
Pickled Vegetables, Ume, Teriyaki Nori, Steamed White Rice

Hot off the Griddle

Choice of Pure Maple or Coconut Syrup

- Buttermilk or Whole Wheat Pancakes** 17
Choice of Macadamia Nuts, Blueberries
or Sliced Bananas
- Belgian Waffle** 18
Choice of Fresh Strawberries or Sliced Bananas
and Whipped Cream
- French Toast** 18
Homemade Portuguese Sweet Bread, Jam



MANTA

Smoothies & Juices

Smoothie Operator 15

Choose three ingredients for your custom blend:
Carrot, Orange, Banana, Pineapple, Papaya,
Spinach, Avocado, Honeydew, Apple

Each Additional Ingredient 1
Add Tofu 2

Sunrise Smoothie 14

Carrot, Orange Juice, Banana, Pineapple
Papaya, Coconut Cream

Green Flash Smoothie 14

Apple, Spinach, Avocado
Honeydew, Greek Yogurt

C Boost 10

Apple, Carrot, Orange Juice

Live Long 10

Apple, Cucumber, Spinach

Juice Bar 10

Choose three ingredients for your custom blend:
Apple, Carrot, Orange Juice, Cucumber, Spinach, Beet

Each Additional Ingredient 1
Add Tofu 2

Smoothie of the Day 12

Ask your server for today's special!

Orange, Grapefruit, Pineapple, Guava,
POG or Lilikoi Juice 8

Apple, Cranberry, Prune, Tomato, V-8 Juice 6

Coffee & Teas

Freshly Brewed Hawaiian Blend 9 / 6

Decaffeinated Available

French Press 100% Kona Coffee * 15 / 8

Local Grower Select: Rancho Aloha & Green Forest

Espresso 7 / 5

Mocha, Americano, Cappuccino or Latte 6

Mauna Kea Selection of Hot Teas 6

Home Bound**

Take the traditions of Mauna Kea Beach Hotel
with you wherever you go!

Mauna Kea Banana Bread Loaf 35 / 18

Tri Colored Macadamia Nuts 1lb. Box 36

Adult Coffee Favorites

Butterscotch Kiss 9

'Amona Punahele 9

Vanilla Hazelnut 11

MK Bourbon Bee's 11

Early Starters

Spiked Bloody Mary 10

Tropical Mimosa * 10

Lilikoi, Guava, Pineapple, Orange

Prices reflect purchase of a meal.

JOIN US

for dinner at Manta.

As the Big Island of Hawai'i's sun sets, the ambiance changes as the Bar & Lounge come to life and chefs prepare culinary delights in Manta's exhibition kitchen. Be sure to check for the schedule of live entertainment throughout the year.

For dining reservations,
contact Concierge, x5707.