

# 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 Parfait** 15  
Local Granola, Pineapple, Papaya,  
Toasted Coconut, Cocoa Nibs,  
Mauna Kea Resort Honey
- 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\*
- 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
- Manta Breakfast Potatoes** \* 8
- Hash Brown Potatoes** 6

## Tropical Mimosa Special 5

Enjoy a classic mimosa or choose between one of our tropical juices:

Guava, Liliko'i, Pineapple

## Chef's Breakfast Table 42\*

### Includes:

Banana Bread, Danish Basket, Island Fruit Plate,  
Tropical Fruit Juices, Coffee, Tea

*Choose a Variety of Dishes Below to Suit Your Palate*

## Breakfast Features

*++ Items Served with Manta Breakfast Potatoes*

- Two Egg Breakfast** 24\*  
Two Eggs Any Style, Choice of Meat ++
- Manta Omelet** 23\*  
Three Egg Omelet  
Choice of Vegetables, Meat & Cheese ++
- Egg White Frittata** \* 25\*  
Arugula, Basil, Heirloom Tomatoes, Garden Citrus
- Avocado Toast Sandwich** \* 19\*  
Whole Grain Bread, Two Eggs, Arugula  
Add Bacon \$6
- Loco Moco** 23\*  
Grass Fed Beef, Ali'i Mushrooms  
Sunny Egg, Steamed Rice
- Eggs Benedict** 25\*  
Traditional or Chef's Daily Creation ++
- Classic Bagel** 25\*  
Smoked Salmon with Toasted Bagel, Shaved Onion  
Sliced Tomatoes, Cream Cheese, Capers
- Breakfast Sandwich** 18  
Chef's Daily Creation ++
- Japanese Breakfast Bento** 27\*  
Egg Omelet, Half Papaya, Broiled Fresh Catch, Miso Soup  
Pickled Vegetables, Ume, Teriyaki Nori, Steamed White Rice

## Hot off the Griddle

*Choice of Pure Maple or Coconut Syrup*

- Soufflé Pancakes** 17  
Add Bananas and Macnuts \$4
- Kiawe Pancakes** \* 19  
Mauna Kea Resort Honey, Cocoa Nibs, Toasted Coconut
- French Toast Waffle** \* 18  
Homemade Sweetbread, Strawberries, Whipped Cream  
Add Chocolate, Banana, and Bacon \$7
- Belgian Waffle** 17  
Add Strawberries and Cream \$5
- Malasadas** 15  
Lilikoi Curd, Powdered Sugar

\* Manta - Signature Item



# 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

### 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

Cutwater Bloody Mary 10

Tropical Mimosa \* 5

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.

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.