

ALOHA KAKAHIKA

Good morning, from Manta!

Cereals & Yogurts

Selection of Assorted Brand Cereals Sliced Bananas	10
Steel Cut Oatmeal Seasonal Berries or Sliced Bananas	13
Bircher Muesli of Oats Raisins, Macadamia Nuts * Seasonal Berries	13
Greek Yogurt Parfait Local Granola, Tropical Fruits, Toasted Coconut, Cocoa Nibs, Mauna Kea Resort Honey	15

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
Grilled Fresh Catch	12
Two Eggs Any Style	11*
Steamed Rice, White or Brown	6
Manta Breakfast Potatoes *	8
Hash Brown Potatoes	6
Miso Soup	6

Mauna Loa Breakfast 28

Includes:

Seasonal Island Fruits, Assorted Danish, Yogurt Parfait, Steel-Cut Oatmeal with Bananas or Seasonal Berries, Selection of Cereals, Chilled Juices, Coffee, Tea

Breakfast Upgrades:

Guests may choose to upgrade their breakfast with any one of the items below at a cost of \$14.00 per person.

Belgian Waffle

Fresh Strawberries and Cream

Two Egg Breakfast

Two Eggs Any Style, Mauna Kea Breakfast Potatoes, choice of Breakfast Sides

Manta Omelet

Choice of Omelet Fillings and Breakfast Sides

Tropical Mimosa Special 5

Enjoy a classic mimosa or choose between one of our tropical juices: Guava, Liliko'i, Pineapple

Tropical Fruits

Island Fruits n' Honey * Melons, Papaya, Seasonal Berries, Kiawe Honey	12 / 18
Sliced Pineapple	11
Half Papaya	8

Breakfast Features

++ Items Served with Manta Breakfast Potatoes

Two Egg Breakfast Two Eggs Any Style, Choice of Meat ++	24*
Manta Omelet Three Egg Omelet Choice of Vegetables, Meat & Cheese ++	27*
Avocado Toast Sandwich * Whole Grain Bread, Two Eggs, Arugula Add Bacon \$6	19*
Eggs Benedict Traditional or Chef's Daily Creation ++	25*
Classic Bagel Smoked Salmon with Toasted Bagel, Shaved Onion Sliced Tomatoes, Cream Cheese, Capers	19* / 27*
Breakfast Sandwich Chef's Daily Creation ++	18
Energy Bowl Sunny Egg, Avocado, Arugula, Heirloom Tomato, Basil, Brown Rice	21

Hot off the Griddle

Choice of Pure Maple or Coconut Syrup

Soufflé Pancakes Add Bananas and Macnuts \$4	17
Kiawe Pancakes * Mauna Kea Resort Honey, Cocoa Nibs, Toasted Coconut	19
French Toast Sticks Homemade Sweetbread, Cinnamon, Sugar, Whipped Cream, Berries	18
Belgian Waffle Add Strawberries and Cream \$5	17

* 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

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

Adult Coffee Favorites

Vanilla Hazelnut 11

MK Bourbon Bee's 11

Early Starters

Mauna Kea Sunrise 10

Kuleana Mauna Kea Reserve White Rum
Tropical POG (Passion Orange Guava) Juice

Cutwater Bloody Mary 10

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.

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

House-Made Chocolate-Macadamia Nut Clusters 36

Dark Chocolate or Milk Chocolate

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.