

ALOHA KAKAHIKA

Good morning, from Manta!

Cereals & Yogurts

Fruits and Pastry included

Selection of Assorted Brand Cereals 11
Sliced Bananas

Steel Cut Oatmeal 14
Seasonal Berries or Sliced Bananas

Bircher Muesli of Oats * 15
Raisins, Macadamia Nuts
Seasonal Berries

Greek Yogurt Parfait 15
Local Granola, Tropical Fruits,
Toasted Coconut, Cocoa Nibs,
Mauna Kea Resort Honey

Acai Bowl 19
Local Granola, Blueberry
Banana, Flax Seed

Soy Milk or Almond Milk available upon request.

Mauna Loa Breakfast 45
Keiki 23

Includes:

Enjoy Our Served Buffet Selection and
Made to Order Omelet or Eggs Any Style
Served Table Side:
Fruit and Assorted Danish
Assorted Juice, Coffee, Tea Upon Request

All Breakfast Entrees

Served with:

Seasonal Island Fruits, Fresh Baked Danish and
Mauna Kea Banana Bread

Tropical Fruits

Island Fruits n' Honey 12 / 18
Melons, Papaya, Seasonal Berries,
Kiawe Honey

Sliced Pineapple 11

Half Papaya 9

Breakfast Features

++ Items Served with Manta Breakfast Potatoes

Two Egg Breakfast 26*
Two Eggs Any Style, Choice of Meat ++

Manta Omelet 29*
Three Egg Omelet
Choice of Vegetables, Meat & Cheese ++

Avocado Toast Sandwich * 21*
Whole Grain Bread, Two Eggs, Arugula
Add Bacon \$6

Eggs Benedict 27*
Traditional or Chef's Daily Creation ++

Classic Bagel 19* / 29*
Smoked Salmon with Toasted Bagel, Shaved Onion
Sliced Tomatoes, Cream Cheese, Capers

Energy Bowl 23
Sunny Egg, Avocado, Arugula, Heirloom Tomato,
Basil, Brown Rice

Hot off the Griddle

Choice of Pure Maple or Coconut Syrup

Buttermilk Pancakes 19
Add Bananas and Macnuts \$4

Cinnamon & Sugar French Toast * 21
Homemade Sweetbread, Cinnamon,
Sugar, Whipped Cream, Berries

Belgian Waffle 19
Add Strawberries and Cream \$5

* Manta - Signature Item

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

Smoothies & Juices

Sunrise Smoothie	15
Orange Juice, Banana, Pineapple Papaya, Coconut Cream	
Live Long	11
Apple, Cucumber, Spinach	
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.

Tropical Mimosa Special 5

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

Coffee & Teas

Freshly Brewed Hawaiian Blend	9 / 6
Decaffeinated Available	
French Press 100% Kona Coffee *	15 / 8
Espresso	6 / 4
Mocha, Americano, Cappuccino or Latte	7
Mauna Kea Selection of Hot Teas	6

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

Home Bound**

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

Mauna Kea Banana Bread
35 - Full Loaf / 18 - Half Loaf

House-Made Chocolate-Macadamia Nut Clusters
20 - ½ lb. / 40 - lb.

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.