

Welcome to the Mangrove Restaurant at Ceningan Resort



Mangrove Restaurant

ESTABLISHED
2015

Menu

We use local suppliers and freshly sourced ingredients.
Please let us know if you have any dietary needs or allergies.

Business Hours > 7:30am to 10:00pm Daily.

Bits to Share

Mezza plate

Middle-Eastern inspired homemade dips. A generous portion of baba ganoush and hummus, falafel, pita bread, and crudities.

= 95,000Rp =

Onion Rings

3 large cheese filled, onion rings dipped in our homemade crispy batter.

= 40,000Rp =

Brushcheta

Italian classic antipasto; grilled bread rubbed with garlic and topped with tomatoes, basil, olive oil, salt and pepper.

= 40,000Rp =

Garlic Bread

Grilled bread with crushed garlic butter.

= 35,000Rp =

Pomme Frite

French fries served with mayonnaise and ketchup.

= 45,000Rp =

From the Garden

Vegetable Paradise

Mixed bell peppers, cucumbers, tomatoes, and onion on a bed of green lettuce. Served with our house dressing.

= 65,000Rp =

Grilled Chicken Salad

Grilled chicken, bell peppers, cucumbers, tomatoes, and onion on a bed of green lettuce. Served with our house dressing.

= 75,000Rp =

Beetroot and Pear

Raw beetroot salad with feta and pear. Amazing deep, earthy flavour, lots of crunch and incredible colours.

= 65,000Rp =

Greek Salad

Bell peppers, tomatoes, cucumbers, onion, feta cheese, and olives. Seasoned with salt and oregano, and our house dressing.

= 70,000Rp =

Roasted Salad

Roasted eggplant, squash, bell peppers, garlic, and onions. Served on a bed of lettuce, topped with capers and feta cheese.

= 75,000Rp =

We use local suppliers and source organic, fresh ingredients for our dishes. Our raw ingredients are rinsed with purified water.

Ceningan Resort is a proud supporter of The Last Straw Lembongan, a collective effort to ban the use of plastic straws in Nusa Paradise.

We banned all single use plastic products from our property in 2016.

All prices include taxes

CeninganResort.com

Tips is always welcome!

Sandwich

The Club

*Toasted triple decker with attitude:
Grilled chicken, bacon, lettuce, and tomatoes.
Served with fries and mayonnaise.*

= 95,000Rp =

Grilled Tuna

*Grilled tuna in a tasty ciabatta bread
with lettuce and tomatoes.
Served with fries and mayonnaise.*

= 75,000Rp =

Grilled Chicken

*Grilled chicken in a tasty ciabatta bread
with lettuce and tomatoes.
Served with fries and mayonnaise.*

= 75,000Rp =

Ham & Cheese

*Toasted bread, dijon mustard,
cured ham, and cheddar cheese.*

= 45,000Rp =

BLT

*The classic BLT: Bacon, Lettuce, and Tomatoes.
On toasted multigrain bread.*

= 45,000Rp =

Ze Vegetarian

*Grilled Zucchini, falafel, avocado, tomatoes,
lettuce, hummus spread on grilled
sourdough bread.*

= 60,000Rp =

Le Grilled Cheese

*Two thick slices of cheddar cheese
between bread, grilled in a pan with
butter to make the whole thing melt together.*

= 45,000Rp =

SAY NO TO PLASTIC

Stuffed Pita

Chicken

*Tasty pita bread stuffed
with chicken, lettuce, and tomatoes.
Served with a side of fries and tzatziki.*

= 70,000Rp =

Vegetarian

*Tasty pita bread stuffed
with falafel, lettuce, and tomatoes.
Served with a side of fries and tzatziki.*

= 65,000Rp =

**We use local suppliers and source organic, fresh ingredients for our dishes.
Our raw ingredients are rinsed with purified water.**

**Ceningan Resort was founded on August 1st 2015. Our mission is to
create a safe and welcoming, eco minded dive resort for our guests to enjoy.
We treat you with the same respect we hope to receive when we go travelling.**

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CeninganResort.com

Tips is always welcome!

Main Dishes

Cheeseburger

150g beef patty with cameralized onion, cheddar cheese, bacon, and fresh toppings. Served with french fries and an onion ring.

= 135,000Rp =

Veggieburger

Iluh's homemade veggie patty served with healthy toppings and a generous portion of fries.

= 100,000Rp =

Tenderloin

200g local beef tenderloin. Served with your choices of side dish: Salad or veggies and potatoes, rice or couscous.

= 135,000Rp =

Bangers & Mash

A local twist on a British classic. 2 bratwurst sausages served with garlic mash and our special mushroom sauce.

= 110,000Rp =

Spaghetti Bolognese

Our bolognese sauce served on a bed of spaghetti, topped with parmesan cheese.

= 90,000Rp =

Seafood Pasta

Squid and prawn cooked with garlic, butter, basil, and dried red chilli flakes.

= 95,000Rp =

Pasta Aglio e olio

Traditional Italian pasta dish made of crushed garlic in olive oil, basil, and dried red chilli flakes.

= 60,000Rp =

Curry

Indonesian green or red curry made with vegetables, coconut milk and local spices.

Choice of Chicken, Seafood or Vegetarian

= 80,000Rp = 85,000Rp = 75,000Rp =

Stir Fry

Sautéed vegetables served on a bed of rice noodles.

Choice of Chicken, Seafood or Vegetarian

= 80,000Rp = 85,000Rp = 75,000Rp =

Varenyky

Homemade dumplings stuffed with savoury filling, boiled and fried with onion and bacon. Served with sour cream.

Choice of Pork Filling or Potatoes Filling.

= 85,000Rp = 80,000Rp =

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Ceningan Divers is the winner of the 2018 Dive Operator of the Year BlueGreen360 Award. Project AWARE's Green Star Award and a lifetime member of the International Ecotourism Society.

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Tips is always welcome!

From the Sea

Grilled Tuna

*Grilled tuna steak with garlic butter.
Served with your choice: Sautéed veggies or salad,
french fries, potatoes, rice or couscous.*

= 95,000Rp =

Baramundi

*Grilled Baramundi fillet with garlic butter.
Served with your choice: Sautéed veggies or salad,
french fries, potatoes, rice or couscous.*

= 110,000Rp =

Mahi-Mahi

*Grilled Mahi-Mahi fillet with garlic butter.
Served with your choice: Sautéed veggies or salad,
french fries, potatoes, rice or couscous.*

= 110,000Rp =

Squid and Prawns

*Grilled squid and prawns with Teriyaki sauce.
Served with your choice: Sautéed veggies or salad,
french fries, potatoes, rice or couscous.*

= 95,000Rp =

Salt & Pepper Squid

*Breaded Salt and Pepper squid (calamari).
Served with lime wedge and a side of fries or
salad.*

= 85,000Rp =

Healthy Choices

We Got You Covered!

*We appreciate that not everyone enjoys the same
dishes prepared the same way or with the same sides.*

*If you have any food allergies or preferences,
please let us know when placing your order.*

*Our kitchen is able to handle almost any
reasonable requests: From halal food to gluten
allergies, we can adjust our preparation to ensure
you enjoy your meal without unfortunate
consequences later on...*

Sides

You Have Options

*You can choose two sides with your
Main or Seafood dishes:*

*Steamed Rice
Potatoes (Sautéed, boiled, mashed)
French Fries
Couscous*

and

*Sautéed vegetables
Boiled veggies
Side salad
Cruiddies (Carrots and cucumbers)*

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**You may have noticed our shy but friendly dog “Blaky”. He was once a stray beast
and we welcomed him in our family. We would kindly ask that you do not feed him
at the table. He gets more than his fair share!**

**If like us you are a dog lover and wish to lend a hand, you can support
Paws of Lembongan. (Visit their facebook page for more details)**

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Tips is always welcome!

Makanan Lokal

Pepes Ikan

Local favourite; fish mixed with spices wrapped in banana leaf. Served with steamed rice and sautéed vegetables.

= 70,000Rp =

Pepes Tahu

Local favourite; tofu mixed with spices wrapped in banana leaf. Served with steamed rice and sautéed vegetables.

= 65,000Rp =

Sate Ayam

You can't go wrong with meat on a stick! Chicken skewers served with steamed rice, sautéed vegetables and peanut sauce.

= 65,000Rp =

Sate Ikan

You can't go wrong with meat on a stick! Fish skewers served with steamed rice, sautéed vegetables and lime wedge.

= 70,000Rp =

Gado Gado

Gado-gado, is an Indonesian steamed vegetable salad topped with a hard-boiled egg, fried tofu and peanut sauce

= 65,000Rp =

Nasi Campur

Rarely the same "mixed rice". Local favourites such as sate, tempe, and tofu. Served with steamed rice and sautéed veggies.

= 65,000Rp =

Nasi Gorang

Traditional Indonesian fried rice with mixed veggies and chicken.

Available without chicken for vegetarians.

= 55,000Rp =

Mie Gorang

Traditional Indonesian fried noodles with mixed veggies and chicken.

Available without chicken for vegetarians.

= 55,000Rp =

Sweet and Spicy Tempeh

Fried Indonesian soy bean cake served with steamed rice and sautéed veggies.

= 65,000Rp =

Soto

Homemade tumeric vegetable soup with vermicelli noodles commonly found in Indonesia.

Choice of Soto Ayam or Soto Ikan

= 65,000Rp = 70,000Rp =

We use local suppliers and source organic, fresh ingredients for our dishes. Our raw ingredients are rinsed with purified water.

Our kitchen and bar team are fully trained in cross contamination and serve it right. A certification program to ensure that service personal understand the risks related to unsanitary food handling.

The ice in our drinks is made on site from Aqua purified water.

All prices include taxes

CeninganResort.com

Tips is always welcome!

Something sweet

Ricotta Pancake

Light and fluffy sweet cream ricotta pancakes that will literally melt in your mouth!

= 40,000Rp =

Choco Muffin

Homemade double chocolate muffin served with fresh fruit compote.

= 35,000Rp =

Dadar

Sweet Indonesian Crêpe filled with shredded coconut and sugar.

= 35,000Rp =

Fruit Plate

Seasonable selection of fresh fruits served with a wedge of lime.

= 35,000Rp =

Pisang Gorang

Deep fried batter banana served with chocolate sauce.

= 35,000Rp =

Fruit Crêpe

Thin Crêpe with your choice of banana or pineapple served with honey.

= 35,000Rp =

Ice Cream Sunday

Vanilla or chocolate ice-cream topped with fruits, nuts and chocolate sauce.

= 40,000Rp =

Tea & Coffee

French Press Coffee

We serve coffee from Sumatra, brewed in a French Press. Served with palm sugar and milk.

= 40,000Rp =

Selection of Tea

We have a selection of tea, ask our staff what is available today. Served with lime, sugar and/or milk.

= 30,000Rp =

Water

Water is FREE at our water station next to the kitchen. Go nuts! Refill your bottle or grab a glass & drink up!

= 00,000Rp =

We use local suppliers and source organic, fresh ingredients for our dishes. Our raw ingredients are rinsed with purified water.

In an effort to reduce our impact on the environment, we stopped selling Aqua bottles or providing plastic straws in 2016. We support local initiatives such as RefillBali; water refill stations and the Last Straw Lembongan.

You can support us with these projects by buying our stainless steel bottle. Join us, take the pledge to stop using single use plastic products!

All prices include taxes

CeninganResort.com

Tips is always welcome!

Rehydration

Soft Drinks

We offer a wide selection of soft drinks:
Coke, Sprite, Soda water, Ginger Ale,
Fanta, Tonic water.

= 20,000Rp =

Fresh Juices

We make fresh juice with seasonal fruits,
ask our bar staff for today's selection.

= 35,000Rp =

Water

Water is FREE at our water station
next to the kitchen. Go nuts!
Refill your bottle or grab a glass & drink up!

= 00,000Rp =

Young Coconut

Fresh coconut right off our trees.
Served chilled.

= 25,000Rp =

Milkshake

Milk and ice cream with your choice of
strawberry, banana, chocolate,
avocado, and dragon fruit.

= 40,000Rp =

French Press Coffee

We serve coffee from Sumatra,
brewed in a French Press.
Served with palm sugar and milk.

= 40,000Rp =

Selection of Tea

We have a selection of tea,
ask our staff what is available today.
Served with lime, sugar and/or milk.

= 30,000Rp =

Lime Squash

Fresh lime juice, simple sugar
topped with soda water

= 30,000Rp =

Lime Ice Tea

Homebrewed tea with lime juice
and simple sugar.

= 30,000Rp =

Ice Coffee

French pressed coffee, sugar and milk

= 40,000Rp =

From the Bar

Bintang / Radler

Happy hour from 12-8pm daily!
(Buy 2, 3rd one on us)

= 35,000Rp =

Sangria

Try our tasty homemade Sangria
Wine, brandy, tripple sec, juice...

= 75,000Rp =

Cider

Local apple cider.
Choice of Classic, strawberry and Mango

= 55,000Rp =

Cocktails

Check out the bar or ask our staff for our
cocktail and alcohol selection.

= 50,000Rp++ =

Wine

Local Plaga Red or White Wine
by the glass.

= 50,000Rp =

We use local suppliers and source organic, fresh ingredients for our dishes.
Our raw ingredients are rinsed with purified water.

We have a large selection of imported and local alcohol.
Whiskey, Baileys, Scotch, Gin, Vodka, Rum, shooters and mixers!
The wine and Sangria are available by the bottle.

The ice in our drinks is made on site from Aqua purified water.

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Tips is always welcome!

Breakfast

Eggs & Bacon*

Two eggs (any style), bacon, toasted bread, fresh tomatoes. Served with fruit plate, tea or coffee and fruit juice.

= 90,000Rp =

Healthy*

Yogurt, fruits and organic granola. Served with tea or coffee and fruit juice.

= 90,000Rp =

Fruit Crêpe*

Thin Crêpe with your choice of banana or pineapple. Served with fruit plate, tea or coffee and fruit juice.

= 75,000Rp =

Continental*

Toasted bread, butter and jam. Served with fruit plate, tea or coffee and fruit juice.

= 65,000Rp =

Mie Breakfast*

Mie Gorang with chicken and egg. Served with fruit plate, tea or coffee and fruit juice.

= 80,000Rp =

Nasi Breakfast*

Nasi Gorang with chicken and egg. Served with fruit plate, tea or coffee and fruit juice.

= 80,000Rp =

Le Canadien

Two eggs (any style), bacon, sausage, toasts, beans, tomatoes. Served with fruit plate, tea or coffee.

= 140,000Rp =

Tea & Coffee

French Press Coffee

We serve coffee from Sumatra, brewed in a French press. Served black or with palm sugar and milk.

= 40,000Rp =

Selection of Tea

We have a selection of tea, ask our staff what is available today. Served with lime, sugar and/or milk.

= 30,000Rp =

Water

Water is FREE at our water station next to the kitchen. Go nuts! Refill your bottle or grab a glass & drink up!

= 00,000Rp =

Breakfast items with an * next to the name are included in our Bungalow rates for guests staying with us.

Breakfast is the most important meal of a day, eaten in the morning before undertaking the day's fun activities. The word in English refers to breaking the fasting period of the prior night.