

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 11:00pm Daily
Breakfast 730 to 11am - Lunch 11am to 5pm - Dinner 5 to 930pm

Breakfast

Juice

Daily fresh juice options made with seasonal fruits.

Coffee

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

Tea

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

Please choose a juice plus tea or coffee,
and one of the following breakfast options

Fruit Crêpe

Thin Crêpe with your choice of
banana or pineapple. Served with
fruit plate.

= 85,000Rp =

Eggs & Bacon

Two eggs (any style), bacon, toasted
bread, fresh tomatoes. Served with
fruit plate.

= 95,000Rp =

Continental

Toasted bread, butter and jam.
Served with fruit plate.

= 75,000Rp =

Healthy

Yogurt, seasonal fruits and
tasty organic muesli.

= 95,000Rp =

Mie Breakfast

Fried noodles with chicken and egg.
Served with fruit plate.

Vegetarian option available

= 95,000Rp =

Nasi Breakfast

Fried rice with chicken and egg.
Served with fruit plate.

Vegetarian option available

= 95,000Rp =

Extras

2pc Bacon
2 Eggs
2 Toast

= 15,000Rp =

Add-ons

Pork Sausage
Potato Croquettes

= 25,000Rp =

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

Our prices include 16% tax

CeninganResort.com

Tips are always welcome!

Please take a moment to review your experience at Mangrove Restaurant on TripAdvisor.

Lunch

The Club Sandwich

Toasted tripple decker with an attitude!
Grilled chicken, bacon, lettuce, and tomatoes.
Served with fries and mayonnaise.

= 95,000Rp =

Classic BLT

Bacon, lettuce, and tomato sandwich
on toasted multigrain bread.

= 50,000Rp =

Chicken Sandwich

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

= 75,000Rp =

Ham & Cheese Sandwich

Toasted bread, mustard, ham,
and cheddar cheese.
Served with fries and mayonnaise.

= 75,000Rp =

Vegetarian Sandwich

Grilled zucchini, falafel, avocado, tomatoes,
lettuce and hummus spread on grilled
sourdough bread.

= 75,000Rp =

Pita Pocket

Tasty grilled pita bread stuffed
with your choice of **chicken** or **falafel**,
plus lettuce, onion, and tomatoes.
Served with a side of fries and tzatziki.

= 75,000Rp =

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 =

Spaghetti Bolognese

Classic house-made bolognese sauce
served on a bed of spaghetti and
topped with parmesan cheese.

= 90,000Rp =

Pasta Aglio e olio

Traditional Italian pasta dish made with
crushed garlic in olive oil, basil, and dried
red chilli flakes served on a bed of spaghetti.

= 60,000Rp =

Seafood Pasta

Squid and prawns cooked
with garlic, butter, basil, and dried red
chilli flakes served on a bed of spaghetti.

= 95,000Rp =

Curry

Green or red curry made with vegetables,
coconut milk and local spices. Served with rice.
Choice of **chicken**, **seafood** or **vegetarian**.

= 80,000Rp =

Dumplings

House-made savoury dumplings,
boiled and fried with onion and **bacon**.
Served with sour cream.
Choice of **pork** or **potatoes** filling.

= 85,000Rp =

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Lunch

Grilled Chicken Salad

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

= 75,000Rp =

Greek Salad

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

= 70,000Rp =

Zucchini Pesto Salad

Zucchini cut in the shape of spaghetti served with green pesto and nuts.

Raw goodness!

= 70,000Rp =

Gado Gado

A popular Indonesian steamed vegetable salad topped with a hard-boiled egg, fried tofu and peanut sauce

= 65,000Rp =

Sweet & Spicy Tempeh

Fried tempeh cooked in a sweet & spicy sauce served with steamed rice and sautéed veggies.

= 65,000Rp =

Saté

Chicken or fish skewers served with steamed rice, sautéed vegetables and peanut sauce.

= 65,000Rp =

Nasi Goreng

Traditional Indonesian fried rice with mixed veggies and chicken.

Available without chicken for vegetarians.

= 55,000Rp =

Mie Goreng

Traditional Indonesian fried noodles with mixed veggies and chicken.

Available without chicken for vegetarians.

= 55,000Rp =

Soto

Flavourful soup with potatoes, beans, and noodles. Top with a hard boiled egg.

Choice of **chicken, fish or vegetarian.**

= 65,000Rp =

Pepes

Fish or tofu mixed with herbs and spices grilled in a banana leaf. Served with steamed rice and sautéed vegetables.

= 65,000Rp =

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Dinner

Starters

Mezza Plate

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

= 95,000Rp =

Onion Rings

Large cheese filled-onion rings served
with our home-made tzatziki sauce.

= 45,000Rp =

Cheese Balls

Iluh's home-made potato and cheese
balls served with a fresh tomato salsa.

= 45,000Rp =

Bruschetta

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

= 45,000Rp =

Garlic Bread

Grilled bread with crushed garlic butter.

= 35,000Rp =

Pomme Frites

French fries served with
mayonnaise and ketchup.

= 45,000Rp =

From the Garden

Greek Salad

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

= 70,000Rp =

Zucchini Pesto Salad

Zucchini cut in the shape of spaghetti served
with green pesto and nuts.
Raw goodness!

= 70,000Rp =

Beetroot and Pear Salad

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

= 70,000Rp =

Grilled Chicken Salad

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

= 75,000Rp =

Vegetable Paradise

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

= 65,000Rp =

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Dinner

The Club Sandwich

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

= 95,000Rp =

Vegetarian Sandwich

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

= 75,000Rp =

Spaghetti Bolognese

Classic house-made bolognese sauce
served on a bed of spaghetti and
topped with parmesan cheese.

= 95,000Rp =

Pasta Aglio e olio

Traditional Italian pasta dish made with
crushed garlic in olive oil, basil, and dried
red chilli flakes served on a bed of spaghetti.

= 70,000Rp =

Seafood Pasta

Squid and prawns cooked
with garlic, butter, basil, and dried red
chilli flakes served on a bed of spaghetti.

= 95,000Rp =

Curry

Green or red curry made with vegetables,
coconut milk and local spices. Served with rice.
Choice of **chicken**, **seafood** or **vegetarian**.

= 80,000Rp =

Cheeseburger

150g beef patty with caramelized onions,
cheddar cheese, bacon, and fresh toppings.
Served with a hefty portion of fries.

= 125,000Rp =

Veggieburger

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

= 90,000Rp =

Tenderloin

200g local beef tenderloin.
Served with veggies and
potatoes, rice or couscous.

= 135,000Rp =

Bangers & Mash

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

= 110,000Rp =

Stir Fry

Sautéed vegetables served
on a bed of rice noodles with your
choice of **Chicken**, **Seafood** or **Vegetarian**

= 85,000Rp =

Dumplings

House-made savoury dumplings,
boiled and fried with onion and **bacon**.
Served with sour cream.
Choice of **pork** or **potatoes** filling.

= 85,000Rp =

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Dinner

Squid and Prawns

Grilled squid and prawns with Teriyaki sauce.
Served with sautéed veggies and 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 french fries.

== 85,000Rp ==

Grilled Tuna

Grilled tuna steak with garlic butter.
Served with sautéed veggies and french fries, potatoes, rice or couscous.

== 95,000Rp ==

Mahi-Mahi

Grilled Mahi-Mahi fillet with garlic butter.
Served with sautéed veggies and french fries, potatoes, rice or couscous.

== 110,000Rp ==

Baramundi

Grilled Baramundi fillet with garlic butter.
Served with sautéed veggies and french fries, potatoes, rice or couscous.

== 110,000Rp ==

Healthy Options

We've got you covered!

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

Our kitchen is able to handle most reasonable requests: From no carbs diet to gluten allergies, we can adjust our preparation to ensure you enjoy your meal without unfortunate consequences later on.

The Dogs

Please don't feed the beasts

You may have noticed our 2 black dogs: Blackie and Boy. They used to be stray beasts and they adopted us as their humans.

If you do not like dogs, just tell them to go away or let our staff know.

Our eco-friendly Dive Resort was founded in 2015. Since then, we have won several awards including the BlueGreen360 Award for the Best Resort in 2019, the BlueGreen360 Award for the Best Dive Operator, and in 2018, and we were voted 3rd Best Dive Resort in the World by the Dive Travel Awards. TripAdvisor has also recognised us with several Certificates of Excellence since we opened our doors.

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Something Sweet

Ricotta Pancake

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

= 45,000Rp =

Choco Muffin

Homemade double chocolate muffin served with fresh fruit compote.

= 40,000Rp =

Dadar

Sweet Indonesian Crêpe filled with shredded coconut and sugar.

= 35,000Rp =

Fruit Plate

Seasonal 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.

= 45,000Rp =

Tea & Coffee

French Press Coffee

We serve coffee from Sumatra, brewed in a French Press. Served with 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. Help yourself! Refill your bottle or grab a glass and enjoy.

= 00,000Rp =

Our food and beverage team is fully trained in cross contamination and serve it right. A food industry training program created to ensure that service personnel understand the risks and impact related to unsanitary food handling.

The ice used for our drinks is made on site with Aqua gallon water.

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Snacks

Classic BLT

Bacon, lettuce, and tomato sandwich on toasted multigrain bread.

= 50,000Rp =

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 =

Mezza plate

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

= 95,000Rp =

Onion Rings

Large cheese-filled onion rings served with our home-made tzatziki sauce.

= 45,000Rp =

Cheese Balls

Iluh's potato and cheese balls served with a fresh tomato salsa.

= 45,000Rp =

Brushchetta

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

= 45,000Rp =

Garlic Bread

Grilled bread with crushed garlic butter.

= 35,000Rp =

Pomme Frites

French fries served with mayonnaise and ketchup.

= 45,000Rp =

Cashews

East Bali Cachew Company
Various flavours.

= 40,000Rp =

Krupuk

A bowl of Indonesian krupuk.
(deep fried shrimp crackers)

= 15,000Rp =

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