



Sutera@Mantanani

ISLAND RESORT & SPA

(A Subsidiary of GSH Corporation Group)

**FOOD
&
BEVERAGE
MENU**
饮料菜单

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Garden Salad 青翠沙拉

Fresh greens with green olives, red capsicum, feta cheese, tomatoes, onion rings, and mustard vinaigrette.

新鲜沙拉，配有绿橄榄、红甜椒、黄甜椒、菲达奶酪、番茄、洋葱和芥末油醋汁

RM32.00nett



All prices are in nett and inclusive of the prevailing service tax
所有价格均为净价，包含现行服务税

APPETIZERS 开胃菜

Mantanani Gado – Gado 曼塔那尼加多加多沙拉

Local vegetables served with potatoes,
cucumber, egg, jicama and peanut sauce

本地时蔬、土豆、黄瓜、鸡蛋、沙葛和花生酱
RM33.00nett



Classic Caesar Salad 凯撒沙拉

Romaine Lettuce tossed with Caesar
Dressing, Boiled Egg, Cherry Tomatoes,
Olive, Croutons and Shredded Chicken

罗马生菜拌凯撒酱, 全熟水煮蛋, 樱桃
番茄, 橄榄, 面包丁和鸡肉丝

RM33.00nett

Malaysia Tropical Fruit Salad 马来鲜果沙拉

Cucumber, jicama, pineapple, young mango,
and young papaya with crushed peanuts and
spicy rojak sauce. (sweet and spicy dressing)

黄瓜, 沙葛, 凤梨, 青芒果与青木瓜,
搭配花生碎与香辣罗惹酱

RM30.00nett



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Spiced Oxtail Soup

香料炖牛尾汤

Slow Cooked Oxtail in Fragrant Spiced
Broth with Vegetables and Steamed Rice
慢火炖煮牛尾，配香料高汤，时蔬与米饭

RM54.00nett



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SOUPS 汤



Mushroom Soup 蘑菇汤

Forest Mushrooms, Olive Oil
and Garlic Bread

蘑菇和橄榄油佐蒜香面包

RM34.00nett

Tomato Ginger Soup 番茄嫩姜汤

Fresh tomato, young ginger, cream &
olive oil served with garlic bread

鲜番茄、嫩姜，鲜奶油和橄榄油，
佐蒜香面包

RM29.00nett



Seafood Chowder 海鲜浓汤

Prawn, clam, squid, corn and carrot,
served with garlic bread

鲜虾，蛤蜊佐鱿鱼搭配玉米，胡萝卜，
搭配蒜香面包。

RM38.00nett



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Curry Noodles 咖喱面

Choice of Yellow Noodles or Rice Vermicelli in Chef's Special Curry Broth with Vegetables simmered with wild-caught prawns
面或米粉，搭配主厨特制的咖喱高汤和蔬菜搭配野生捕捞鲜虾

RM49.00nett

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Crispy Fried Egg Noodles 香脆蛋面

Fried prawns, fish, and squid in a rich egg and vegetable sauce.

鲜虾、鱼片与鱿鱼配浓郁蛋香蔬菜酱汁。

RM58.00nett



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ASIAN NOODLES 亚洲面食

Fish Noodle Soup 鱼片米粉汤

Vermicelli noodles with fried fish, white bean curd, and salted vegetable broth.
米粉搭配炸鱼片, 白豆腐与咸菜高汤。

RM43.00nett



Fried Tuaran Mee 斗亚兰炒面

Fried Egg Noodles with Choice of Seafood or Chicken
沙巴特色斗亚兰蛋面,
可选择鸡肉或海鲜

RM43.00nett



Fried Mee Mamak 马来炒面

Wok-fried yellow noodles with Vegetables served with Fried Egg
Choice of Chicken or Seafood
炒马来黄面配新鲜蔬菜, 佐有煎蛋,
可选择鸡肉或海鲜

RM45.00nett

Char Kuey Teow 炒粿条

Fried Flat Noodles with Chili Paste, Bean Sprouts, Chives and Fried Egg
Choice of Seafood or Beef
炒粿条拌辣椒酱配豆芽, 韭菜和煎蛋, 可选择牛肉或海鲜

RM43.00nett

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Creamy Butter Prawns Rice

奶油虾饭

Prawns cooked in a creamy butter sauce, served with steamed rice and vegetables.

鲜虾以浓郁奶油酱炒制, 配白饭与蔬菜

RM58.00nett



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Mantanani Island Nasi Lemak

美人鱼岛椰浆饭

Fragrant coconut rice with crispy anchovies, peanuts, cucumber, prawn sambal, and fried chicken.

香浓椰浆饭搭配香脆江鱼仔、花生、黄瓜、虾米叁巴酱与炸鸡

RM52.00nett



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ASIAN RICE DISH 亚洲米饭料理



Oxtail Asam Pedas Fried Rice 辣牛尾炒饭

Wok-fried rice with vegetables
served with traditional spiced oxtail
asam pedas
香炒米饭搭配传统风味酸辣牛尾

RM56.00nett

Thai Style Crispy Chicken Rice 泰式炸鸡饭

Crispy fried chicken with spicy
sweet mango salad served with
steamed white rice
酥脆炸鸡搭配甜辣芒果沙拉和米饭

RM42.00nett

Malaysian Fried Rice 马来炒饭

Wok-fried rice with crispy
anchovies, chili paste, served with
chicken wings, fried egg, and
vegetable pickles
脆皮凤尾鱼炒饭，辣椒酱，配鸡翅、
煎蛋和蔬菜泡菜

RM45.00nett



Spaghetti Bolognese

肉酱意大利面

Spaghetti with Minced Beef in Tomato
Sauce served with garlic bread
经典意大利面番茄酱牛肉碎佐
蒜香面包

RM46.00nett



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PASTA 意大利面



Spaghetti Marinara 海鲜意大利面

Spaghetti tossed with olive oil, garlic, assorted seafood, and tomato sauce.

意大利拌橄榄油, 大蒜, 海鲜与番茄酱.

RM50.00nett

Linguine Carbonara 卡邦尼扁意大利面

Creamy pasta with streaky beef and cheese

浓郁奶油意大利
配牛肉培根与芝士

RM43.00nett



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Grilled Sirloin Steak 烤沙朗牛排

Served with steamed vegetables and French fries
choice of black pepper or mushroom sauce
搭配蒸蔬菜和炸薯条 可选黑胡椒酱或蘑菇酱

RM98.00nett

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WESTERN SELECTIONS 西式精选

Grilled Chicken Chop 烤鸡排

Slow grilled chicken thigh topped of sauce, served with French fries and Steamed Vegetables
烤鸡腿，搭配薯条和沙拉

RM48.00nett



Grilled Norwegian Salmon 烤挪威三文鱼

Served with steamed vegetables, potato wedges, capers and buttered sauce
搭配蒸蔬菜，薯角，刺山柑与柠檬黄油酱

RM72.00nett



Fish & Chips 炸鱼薯条

Battered fish fillet with French fries, lemon wedge, and tartar sauce
香炸鱼柳搭配薯条、柠檬角与塔塔酱

RM48.00nett

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WESTERN SELECTIONS 西式精选



Rack of Lamb 烤羊排

Grilled lamb rack served with mashed potatoes, sautéed vegetables, and your choice of black pepper, or mushroom sauce.
烤羊排搭配土豆泥、炒蔬菜以及您选择的黑胡椒或蘑菇酱

RM80.00nett



Beef Burger 牛肉汉堡

Grilled beef patty with cheddar cheese, served with French fries
烤牛肉饼搭配切达芝士与薯条

RM48.00nett

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SANDWICHES & WRAPS 三明治与卷饼

Club Sandwich 俱乐部三明治

Toasted whole wheat bread filled with lettuce, tomato, cucumber, fried egg, streaky beef, turkey toast, and grilled chicken.

烤全麦面包夹生菜, 番茄, 黄瓜, 煎蛋, 牛肉培根, 火鸡肉与烤鸡

RM45.00nett

Tuna Sandwich 金枪鱼三明治

Tuna mayonnaise with lettuce and gherkins, served with toasted bread and fries.

金枪鱼蛋黄酱配生菜与酸黄瓜, 搭配烤面包与薯条

RM30.00nett

Chicken Wrap 鸡肉卷饼

Grilled chicken with gherkins, lettuce, hummus, and cheese, served with fries.

烤鸡肉配酸黄瓜, 生菜, 鹰嘴豆酱与芝士, 附薯条

RM38.00nett



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SNACKS 小食

Fried Chicken Wings 炸鸡翅

Deep-fried chicken wings marinated with aromatic spices.

香料腌制炸鸡翅

RM45.00nett



French Fries 薯条

Served with mayonnaise and ketchup

附蛋黄酱与番茄酱

RM25.00nett



Chicken or Beef Satay 鸡肉或牛肉沙爹

Served with compressed rice, cucumber, onion, and spicy peanut sauce.

附马来饭团, 黄瓜, 洋葱与香辣花生酱.

½ Dozen

半打

RM32.00nett

1 Dozen

一打

RM64.00nett

Fried Vegetable Spring Rolls 炸蔬菜春卷

Crispy vegetable spring rolls served with Thai chilli sauce

香脆蔬菜春卷附泰式辣椒酱

RM28.00nett



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DESSERTS 甜点



Fresh Fruit Platter 新鲜水果拼盘

A selection of seasonal tropical fruits.
精选时令热带水果

RM28.00nett

Chocolate Brownie 巧克力布朗尼

Served warm with a scoop of ice cream.
温热布朗尼配一球冰淇淋

RM30.00nett



Waffle 华夫饼

Homemade waffle topped with
chocolate sauce, honey, vanilla ice
cream, and butter.
自制华夫饼，淋上巧克力酱、蜂蜜、
香草冰淇淋与黄油

RM28.00nett



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DESSERTS 甜点



Ais Kacang 红豆冰

Shaved ice with grass jelly, palm seeds, kidney beans, peach, peanuts, palm sugar, evaporated milk, and vanilla ice cream.
刨冰配仙草, 亚答籽, 红豆, 桃子, 花生, 椰糖, 淡奶与香草冰淇淋

RM28.00nett

饮料菜单 Beverage Menu



WHITE WINE 白葡萄酒		RM/BOTTLE
AUSTRALIA 澳大利亚		247
Penfold Koonunga Hill Autumn Riesling 奔富蔻兰山雷司令迟摘甜白葡萄酒		
NEW ZEALAND 纽西兰		215
Matua Sauvignon Blanc Marlborough 马尔堡马腾长相思干白葡萄酒		
AUSTRALIA 澳大利亚		205
Wolf Blass Yellow Label Chardonnay 禾富黄牌霞多丽干白葡萄酒		
RED WINE 红葡萄酒		
AUSTRALIA 澳大利亚		210
Penfold Koonunga Hill Shiraz Cabernet 奔富库农加山设拉子赤霞珠		
NEW ZEALAND 纽西兰		215
Matua Pinot Noir Marlborough 马尔堡马腾黑皮诺干红葡萄酒		
ITALY 意大利		221
Castello Di Gabbiano Chianti Classico 嘉比亚诺城堡经典基安蒂		
HOUSE POURING WINE 本店精选葡萄酒		137
AUSTRALIA 澳大利亚		
Wolf Blass Bilyara Cabernet Sauvignon (Red Wine) 禾富碧雅拉赤霞珠干红葡萄酒		
AUSTRALIA 澳大利亚		
Wolf Blass Bilyara Chardonnay (White Wine) 禾富碧雅拉霞多丽干白葡萄酒		
LIQUORS 蒸馏酒	RM/GLASS (30ML)	RM/BOTTLE (750ML)
GIN 金酒		
Beefeater 必富达	32	357
VODKA 伏特加		
Smirnoff Red 红斯米诺	32	252
RUM 朗姆酒		
Bacardi White 百加得白朗姆酒	32	362
Captain Morgan 摩根上尉	32	294
TEQUILA 龙舌兰酒		
Jose Cuervo 金快活	32	331
SCOTCH WHISKY 苏格兰威士忌		
Johnnie Walker Red Label 尊尼获加红方威士忌	29	389

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CLASSIC COCKTAILS 经典鸡尾酒

RM41

CLASSIC MOJITO 经典莫吉托

White Rum, Lime Juice, Brown Sugar and Soda Water 白朗姆酒、青柠汁、红糖和苏打水

CLASSIC MARGARITA 经典玛格丽特

Tequila, Triple Sec, Lime Juice, Sugar Syrup and splash of Chilled Orange Juice 龙舌兰酒、橙味利口酒、新鲜青柠汁、柠檬和糖。

FRENCH MARTINI 法式马天尼

Vodka, Cream De Cassis, Chilled Pineapple Juice 伏特加、黑加仑利口酒和冰鲜菠萝汁。

LONG ISLAND ICED TEA 长岛冰茶鸡尾酒

Vodka, Gin, Dark Rum, Tequila, Triple Sec, Lime Juice 伏特加、杜松子酒、朗姆酒、and splash of Coke 龙舌兰酒、橙味利口酒、青柠汁以及一点可乐。

TEQUILA SUNRISE 龙舌兰日出

Tequila, Grenadine Syrup and Chilled Orange Juice 龙舌兰酒、橙汁和石榴糖浆。

BLUE LAGOON 蓝色泻湖

Vodka, Blue Caracao and splash of Sprite 伏特加、蓝橙酒和一点雪碧

BEER 啤酒

TIGER, HEINEKEN, ANCHOR SMOOTH 虎牌, 喜力, 锚标顺啤

RM25

GUINNESS STOUT 吉尼斯黑啤

RM35

BOOST UP

RM42 per jug

Apple Lemonade Mint, Lavender Pop Up, 苹果柠檬薄荷饮料, 薰衣草POP UP
Passion Revive and Elderflower Fizzy 百香果力威, 接骨木花气泡水

CHILLED JUICE 冰鲜果汁

RM14

Orange, Apple, Mango, Guava, Pineapple 橙子, 苹果, 西瓜, 番石榴,

FRESH COCONUT 新鲜椰子

RM17

SOFT DRINKS 汽水

RM15

Coke, Sprite, Coke Zero, 100 Plus, Soda Water, Tonic Water
可口可乐, 雪碧, 零度可口可乐, 苏打水, 汤力水, 姜之地, 蜂蜜草甸, 洛神花乐园

MINERAL WATER 矿泉水

RM20

Drinking Water 饮用水

RM4

COFFEE 咖啡

Brewed 冲泡咖啡

RM15

Cappuccino, Café Latte 卡布奇诺, 拿铁

RM17

TITBITS 零食

RM9

Mister Potato (Original), Mister Potato (BBQ), Roller Coaster (Cheese),
Double Decker (Classic Prawn), Twister (BBQ Curry), Dried Fish Fillet,
Ventree Preserved Cuttlefish, Roasted Ground Nuts,
Mixed Peanuts with Anchovies, Salted Nuts, Honey Roasted Nuts

CUP NOODLE 杯面

Maggi Hot Cup

RM6

Shin Ramyun (small)

RM10

Shin Ramyun (big)

RM15

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