

ALOHA KAKAHIKA

Good morning, from Manta!

Cereals & Yogurts

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.

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

Buffet

Mauna Kea Breakfast Buffet 45

Keiki 23

Includes:

Assorted Juice, Coffee and Tea Upon Request,

Fruits, Cereals, Breakfast Meats, Omelet's,

Waffles, Pastries,

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

* 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

12 O'clock Somewhere	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

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

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

Home Bound**

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

Mauna Kea Banana Bread	
Full Loaf	35
Half Loaf	18
House-Made Chocolate-Macadamia Nut Clusters	
Half lb.	25
One lb.	50
Dark Chocolate or Milk Chocolate	

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.