

ALOHA KAKAHIKA

Good morning, from Manta!

Tropical Fruits

Island Fruits n' Honey ✨	17
Melons, Papaya, Seasonal Berries House Banana Bread, Kiawe Honey	
Sliced Pineapple	11
Half Papaya	8

Cereals & Yogurts

Selection of Assorted Brand Cereals	10
Sliced Bananas	
Steel Cut Oatmeal	13
Seasonal Berries or Sliced Bananas	
Bircher Muesli of Oats ✨	13
Raisins, Macadamia Nuts Seasonal Berries	
Greek Yogurt	13
Seasonal Berries	
Hawaiian Granola	14
Plain or Tropical Banana or Seasonal Berries Choice of Milk or Yogurt	

Soy Milk, Rice Milk, Almond Milk available upon request.

Side Dishes

Smoked Ham	9*
Pork Link Sausage	9*
Bangers Sausage	9*
Chicken Apple Sausage	9*
Portuguese Sausage	9*
Bacon, Canadian Bacon or Turkey Bacon	9*
Two Eggs Any Style	11*
Homemade Corned Beef Hash	11*
Steamed Rice, White or Brown	6
Breakfast Potatoes	6
Hash Brown Potatoes	6

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 16% will be added for all parties of 6 or more.

✨ Manta - Signature Item

Buffet

Mauna Kea Breakfast Buffet	38*
Selection of Juices, Fruits, Cereals Breakfast Meats, Omelet's, Waffles Pastries, Coffee or Tea	

Mauna Loa Breakfast Buffet	26
Selection of Juices and Fruits Cereals, Yogurt, Pastries, Coffee or Tea	

Breakfast Starter

Coffee and Donuts	10
Hawaiian Malasads, Mocha Creme Anglaise	

Breakfast Features

++ Items Served with Breakfast Potatoes of the Day

Two Egg Breakfast	22*
Two Eggs Any Style, Choice of Meat ++	

Manta Omelet	23*
Three Egg Omelet Choice of Vegetables, Meat & Cheese ++	

Egg White Omelet ✨	25*
Three Egg White Omelet, Sliced Tomatoes Feta Cheese, Spinach, Ali'i Mushrooms Kalamata Olives, EVOO ++	

Huevos Rancheros	23*
Blue Corn Tortilla, Black Beans, Fried Eggs Salsa Fresca, Cilantro Crema	

Traditional Eggs Benedict	25*
Canadian Bacon with Hollandaise' Sauce ++	

Homemade Corned Beef Hash ✨	25*
Two Eggs Any Style ++	

Classic Bagel	25*
Smoked Salmon with Toasted Bagel, Shaved Onion Sliced Tomatoes, Cream Cheese, Capers	

Japanese Breakfast Bento	27*
Egg Omelet, Half Papaya, Broiled Salmon, Miso Soup Pickled Vegetables, Ume, Teriyaki Nori, Steamed White Rice	

Surf & Turf Benedict ✨	30
Beef Tenderloin, Caramelized Onions Taro English Muffin with Lobster Hollandaise	

Hot off the Griddle

Choice of Pure Maple or Coconut Syrup

Buttermilk or Whole Wheat Pancakes	17
Choice of Macadamia Nuts, Blueberries or Sliced Bananas	

Belgian Waffle	17
Choice of Fresh Strawberries or Sliced Bananas and Whipped Cream	

French Toast	18
Homemade Portuguese Sweet Bread, Jam	



MANTA

Smoothies & Juices

Smoothie Operator 15

Choose three ingredients for your custom blend:
Carrot, Orange, Banana, Pineapple, Papaya,
Spinach, Avocado, Honeydew, Apple

Each Additional Ingredient 1
Add Tofu 2

Sunrise Smoothie 14

Carrot, Orange Juice, Banana, Pineapple
Papaya, Coconut Cream

Green Flash Smoothie 14

Apple, Spinach, Avocado
Honeydew, Greek Yogurt

C Boost 10

Apple, Carrot, Orange Juice

Live Long 10

Apple, Cucumber, Spinach

Juice Bar 10

Choose three ingredients for your custom blend:
Apple, Carrot, Orange Juice, Cucumber, Spinach, Beet

Each Additional Ingredient 1
Add Tofu 2

Smoothie of the Day 12

Ask your server for today's special!

Orange, Grapefruit, Pineapple, Guava,
POG or Lilikoi Juice 8

Apple, Cranberry, Prune, Tomato, V-8 Juice 6

Coffee & Teas

Freshly Brewed Hawaiian Blend 9 / 6

Decaffeinated Available

French Press 100% Kona Coffee * 15 / 8

Local Grower Select: Rancho Aloha & Green Forest

Espresso 7 / 5

Mocha, Americano, Cappuccino or Latte 6

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 Loaf 35 / 18

Tri Colored Macadamia Nuts 1lb. Box 36

Adult Coffee Favorites

Butterscotch Kiss 9

'Amona Punahele 9

Vanilla Hazelnut 11

MK Bourbon Bee's 11

Early Starters

Spiked Bloody Mary 10

Tropical Mimosa * 10

Lilikoi, Guava, Pineapple, Orange

Prices reflect purchase of a meal.

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. A live, local jazz duo performs Wednesdays and Saturdays and an award-winning wine list enhances every evening.

6:00pm-9:00pm Dinner

For dining reservations,
contact Concierge, x5707.



MANTA

KEIKI MENU

Ages 4 thru 12

Keiki Buffet

18.00

Recommended for ages 4 - 12 years.
Children 3 and under, eat free
with paying adult buffet.

Mini Pancakes

10.00

Buttermilk or Wheat Pancakes
with Fresh Strawberries or Sliced Bananas

Little Surfah' Eggs

10.00

Eggs Any Style with Potatoes or Toast
Choice of Meat

Waipio French Toast

10.00

Sweet Bread French Toast
with Pure Maple or Coconut Syrup

Assorted Cereals

10.00

Sliced Bananas

Oatmeal or Cream of Wheat

10.00

Sliced Bananas or Strawberries

