



BELIZE

PRANA MAYA

ISLAND RESORT

## The Cocktail and Ice Bar

### Signature Menu

- Prana Beet** \$13 USD  
Handcrafted aged Tiburon Gold Rum, house-made sage/beet syrup, lime juice, beet juice and passion fruit puree, shaken and strained over ice.
- Ixim** \$14 USD  
Copalli cacao rum, Kahlua, corn syrup, peanuts-pepitas rice horchata and coconut cream. Blended and garnished with corn.
- Maya Island** \$12 USD  
Belize Caribbean white rum, cherry tomatoes juice, fresh cucumber juice, lime juice and simple syrup, shaken and poured over ice. Garnished with plantain chips.
- Chaya Maya** \$16 USD  
Hendricks Gin, house-made chaya & olive juice, basil syrup, spices and lime juices, shaken and strained. Garnished with chaya oil.
- Sayab** \$12 USD  
Local Caribbean white rum, fresh watermelon juice, ginger syrup and lime juice, flavoured with coriander, shaken and strained over fresh ice.
- The Blooming Journey** \$16 USD  
From the highlands of Guatemala, Botran Rum, local Copalli Rum, home-made ginger/ lemongrass syrup, dragon fruit/ mango puree and lime juice, shaken and strained over fresh ice. Garnished with caramelized dragon fruit.
- Pranatini** \$14 USD  
Kahlua, house-made cinnamon, cloves and anise infused rum, espresso and simple syrup, shaken and strained. Garnished with grated local chocolate.
- Maya Sunset** \$12 USD  
High-proof Tiburon white rum, simple syrup, orange juice, pinch of salt, roasted pepitas and lime juice shaken and poured over ice. Garnished with Pepito's.
- Sweet Cane** \$16 USD  
12-year-old aged Flor de Cana, sweet vermouth, Domaine de Canton liqueur and aromatic bitters, gently stirred and poured over fresh ice. Garnished with a twist of orange peel.



Prana Picante \$ 16 USD  
White Mezcal, mango and passion fruit puree, mild-spiced Chile de arbol and allspice syrup and lime juice, blended and garnished with chili.

Force Energy \$14 USD  
Extra mature aged dark rum, coconut rum, fresh banana, coconut water and lime juice, blended and topped-off with sorrel reduction.

Prana Island \$14 USD  
Home-made cinnamon & allspice infused rum, fresh pineapple juice, rosemary syrup, and lime juice, shaken and poured over ice. Garnished with smoked rosemary.

## **THE CLASSICS**

Old Fashioned \$16 USD  
Sugar and bitters are muddled and combined with bourbon or rye.

Negroni \$14 USD  
Italian bitters, Campari, and Vermouth gently stirred with Gin.

Moscow Mule \$12 USD  
Tito's Vodka, freshly squeezed lime juice, simple syrup and ginger beer.

Caipirinha \$12 USD  
Brazilian cocktail made with cachaca, raw sugar and freshly squeezed lime juice.

Aperol Spritz \$14 USD  
Build Aperol, prosecco, and topped off with soda water. Garnished with fresh orange slices.

## **MOCKTAILS**

Tropical Breeze \$7 USD  
Fresh cucumber juice, pineapple juice, lime juice and topped with soda water.

Jugo Verde \$8 USD  
Celery, mint leaves, coconut water and simple syrup.

Shirley Temple \$6 USD  
Sprite, maraschino cherry, grenadine and gingerale.

Prana Splash \$7 USD  
Dragon fruit, basil, simple syrup and orange juice.

## **SMOOTHIES**

Spinach Smoothie \$8 USD  
Fresh Spinach, mango puree and apple juice.

Kale Smoothie \$8 USD  
Kale leaf, fresh ginger and honey



Chia Smoothie	\$8 USD
Chia Seeds, local banana flavoured with mint	

### **FRESH JUICE**

Watermelon	\$3 USD
Lime	\$3 USD
Pineapple	\$3 USD
Sorrel	\$3 USD
Cucumber & Spinach	\$3 USD
Orange	\$3 USD

### **WELLNESS JUICES**

Green Juice	\$10 USD
High in Iron, spinach increase the oxygen levels in blood, cucumber freshness for body cleansing, with lemons, apple and carrot.	

Pineapple Twist Juice	\$10 USD
Pineapple creates the perfect union to balance the blood, cucumber assist in body cleansing.	

Carrot/Pineapple/Ginger Juice	\$12 USD
The function of the natural sugar in carrots with energy and fibre of pineapple combines well, with Ginger results in quick energy boost.	

Celery Juice	\$10 USD
Celery and Cucumber both have a vas benefit for body cleansing as well as preventing oxidative stress.	

Lemon-ginger Turmeric Wellness	\$12 USD
Antioxidants lemons protect the body cell from damage, ginger results in quick energy boost. Flavoured with orange and turmeric.	

### **BEER**

Belikin Beer	\$4 USD
Stout	\$4 USD
Guinness	\$6 USD
Lighthouse Lager	\$4 USD
Landshark	\$5 USD

### **SODAS**

Coca-Cola	\$2.50 USD
Orange Fanta	\$2.50 USD
Ginger Ale	\$2.50 USD
Sprite	\$2.50 USD
Coke Zero	\$2.50 USD
Soda Water	\$2.50 USD



Tonic Water	\$2.50
USD	
San Pellegrino Water	\$4.50
USD	

### **COFFEE**

Cappuccino	\$5 USD
Latte	\$5 USD
Espresso	\$4 USD
Mochaccino	\$5 USD
French Vanilla	\$5 USD
Coffee	\$4 USD
Hot Chocolate	\$4 USD
Choco Milk	\$4 USD

### **TEA/HERBAL**

English Breakfast	\$3 USD
Earl Grey	\$3 USD
Camomile	\$3 USD
Mint	\$3 USD
Lemongrass	\$3 USD
Sorrel	\$3 USD
Cinnamon & Allspice	\$3 USD
Ginger & Moringa	\$3 USD

### **WINE LIST**

#### **Red Wine - Glass/Bottle**

Rutherford Hill Cabernet Sauvignon, California	\$105 USD
Cavalier de la Mediterranean Merlot, France	\$14/50 USD
Concrete Cabernet Sauvignon, Lodi California	\$16/58 USD
Buena Vista Zinfandel, California	\$55 USD
CK Mondavi Cabernet Sauvignon, California	\$17/60 USD
St. Elizabeth Spencer Pinot Noir, California	\$115 USD
Tempranillo Vino Bujada Reserva, Spain	\$15/55 USD

#### **White & Rosé - Glass/Bottle**

Orelle Rosé, France	\$14/55 USD
JSL Rosé, California	\$13/50 USD
Cavalier de la Méditerranée Chardonnay Pays, France	\$14/55 USD
Rippey Sauvignon Blanc, California	\$15/58 USD
Cavalier de la Méditerranée Sauvignon blanc	\$13/51 USD
Montalbano Pinot Grigio	\$13/51 USD
CK Mondavi Family Select Chardonnay, California	\$52 USD

#### **SPARKLING WINE - Glass/Bottle**

Sartori Love Story DOC Prosecco, Italy	\$12/45 USD
Deccolio Prosecco Brut	\$12 /45USD

#### **CHAMPAGNE -Bottle**

Dom Perignon	\$450
USD	
Moët & Chandon Imperial Brut, France	\$130 USD
Veuve Clicquot Brut Yellow Label, France	\$137 USD