



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
Guiness	\$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