BELIZE

PRANA MAYA

ISLAND RESORT

PRANA POOL BAR MENU

WINTER 2026 · NOURISHMENT, WITH A SENSE OF PLACE

"Extraordinary food begins with extraordinary ingredients, and the finest ingredients need very little intervention."

Our kitchen follows the rhythm and seasons of Belize — its fertile earth, generous sea, and the time-honoured culinary traditions of its Garifuna, Maya, and Mestizo cultures.

BITES & PLATES

Chips and Dips **$10 USD / $20 BZ**
Handmade tortilla, plantain and cassava chips with pico de gallo and guacamole
VG | Contains Gluten

Tenderloin Steak on Toasted Sourdough **$20 USD / $40 BZ**
Seared grass-fed beef with roasted tomato chimichurri, aioli and fresh arugula
DF | Contains Gluten

Chicken Wings with Hot Honey & Chili Mint Yoghurt **$14 USD / $28 BZ**
Crispy fried chicken wings glazed with hot honey, served with cooling chili-mint yoghurt
Contains Dairy & Gluten

Fish and Chips **$24 USD / $48 BZ**
Beer-battered locally caught snapper with coleslaw, fries and tartare sauce
DF | Contains Gluten

Slow-Cooked Pork Belly Confit on Grilled Flatbread **$19 USD / $38 BZ**
Twelve-hour tallow-confit pork, house-baked grilled cassava flatbread, finished with charred scallion labneh, shredded cabbage, pickled radish, and a vibrant parsley and cilantro salsa verde
GF | Contains Dairy

Fresh from the land. Drawn from the sea. Shared with love.

Proudly sourced with Phatt Farmer, Running W, Crazy Coconut Dairy, and Valley Stream Gardens. Seafood is landed daily by local Belizean fishermen; bread and pastry are baked fresh each day by our in-house baker.

V — Vegetarian · VG — Vegan · GF — Gluten Free · DF — Dairy Free

Please advise your server of any allergies. Prices are in USD and inclusive of 12.5% GST. Gratuity not included.

SALADS

Pan-Fried Snapper **$22 USD / $44 BZ**
Watermelon salsa, cherry tomatoes, pickled jicama and arugula
DF | GF

Grilled Chicken **$18 USD / $36 BZ**
With pineapple, bacon, cherry tomatoes and pesto
GF | DF

Quinoa **$14 USD / $28 BZ**
Kale, red cabbage, cherry tomatoes, toasted pumpkin seeds, broccoli and toasted almonds with chili basil cilantro dressing - Add chicken $6 USD or shrimp $8 USD
VG | GF

BURGERS

Served with tallow skinny fries

Grass-Fed Beef Burger **$21 USD / $42 BZ**
With avocado mojo verde, aioli, arugula, tomato and pickled shallot
Contains Dairy & Gluten

Chicken Burger **$18 USD / $36 BZ**
With beer-candied bacon and chipotle mayonnaise
Contains Dairy & Gluten

Bean Burger **$16 USD / $32 BZ**
With chili jam, arugula, slow roasted tomato and gremolata
VG | Contains Gluten

Fresh from the land. Drawn from the sea. Shared with love.

Proudly sourced with Phatt Farmer, Running W, Crazy Coconut Dairy, and Valley Stream Gardens. Seafood is landed daily by local Belizean fishermen; bread and pastry are baked fresh each day by our in-house baker.

V — Vegetarian · VG — Vegan · GF — Gluten Free · DF — Dairy Free

Please advise your server of any allergies. Prices are in USD and inclusive of 12.5% GST. Gratuity not included.

QUESADILLA

Topped with guacamole, papaya salsa, chili mint yoghurt and pickled jalapeños

Chicken **$16 USD / $32 BZ**

Shrimp **$18 USD / $36 BZ**

Re-Fried Bean **$12 USD / $24 BZ**

TACOS

3 tacos per serving

Chicken **$18 USD / $36 BZ**
Pico de gallo, avocado, cilantro sour cream, pickled red onion
GF | Contains Dairy

Beef **$21 USD / $42 BZ**
Apple slaw, chimichurri, avocado cream, pickled shallot
GF | DF

Fish **$21 USD / $42 BZ**
Orange ginger salsa, jicama slaw, chili aioli, toasted coconut and pickled carrot
GF | DF

Crispy Cauliflower **$14 USD / $28 BZ**
Guacamole, pico de gallo, pickled jalapeño, vegan chili sauce and crispy onions
VG | GF | DF

Flight of Tacos — Any 3 Tacos **$20 USD / $40 BZ**

Fresh from the land. Drawn from the sea. Shared with love.

Proudly sourced with Phatt Farmer, Running W, Crazy Coconut Dairy, and Valley Stream Gardens. Seafood is landed daily by local Belizean fishermen; bread and pastry are baked fresh each day by our in-house baker.

V — Vegetarian · VG — Vegan · GF — Gluten Free · DF — Dairy Free

Please advise your server of any allergies. Prices are in USD and inclusive of 12.5% GST. Gratuity not included.

CHILDREN'S MENU

Kids Burger **$14 USD / $28 BZ**
Homemade bun with grilled chicken or beef, cheese, tomato, lettuce and fries
Contains Dairy & Gluten

Chicken or Fish Fingers **$14 USD / $28 BZ**
Breaded or grilled chicken or fish fingers with homemade ketchup and fries
Contains Gluten — ask for GF

Penne Pomodoro **$12 USD / $24 BZ**
Penne pasta with tomato and pesto
Contains Gluten

Kids Quesadilla **$14 USD / $28 BZ**
Flour tortilla filled with cheese and chicken, served with tomato salsa and sour cream
Contains Dairy & Gluten

Fresh from the land. Drawn from the sea. Shared with love.

Proudly sourced with Phatt Farmer, Running W, Crazy Coconut Dairy, and Valley Stream Gardens. Seafood is landed daily by local Belizean fishermen; bread and pastry are baked fresh each day by our in-house baker.

V — Vegetarian · VG — Vegan · GF — Gluten Free · DF — Dairy Free

Please advise your server of any allergies. Prices are in USD and inclusive of 12.5% GST. Gratuity not included.