



welcome to raw

Raw food

Raw food can be a healthy lunchtime dish or it can be a way of life.

The health benefits are numerous; we use only organic produce in the dishes and concentrate on healthy, nutritious proteins such as sprouting seeds, grains, nut milks, soy, almond, beans and pulses.

Raw is the ideal cuisine for those who prefer a vegetarian lifestyle where no meat, seafood or eggs are used, while our sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yoghurt, olive oil, vegetable purees and tahini creating scrumptious dishes that are both wholesome and tasty.

Healthy goodies & seriously Spa food

Healthy spa food is based on the same nutritious principles of RAW whereby organic produce is used, however these dishes can also include meat and seafood and can be served either cooked or in their natural state.

Incorporating an all over healthy attitude to food, we use only whole grains, lots of brown rice, in-house cured and pickled foods that are low in salt, refined sugar and fat and we never deep fry.

Rather than refined white flours we offer wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. You will also not see any artificial sweeteners on our menu. Instead our creative culinary team uses natural sugars such as honey, raw sugar, palm sugar, apple concentrate, fructose and fruit purees to add depth and bring out the real flavour in each dish.

Feeling hungry? Mmmm....





the finest in spa cuisine

on arrival

Raw antipasto platter

Vietnamese rice paper roll, water chestnut with tahini and roasted sesame seed, chili & lemongrass marinated green olives, fresh vegetable skewers, mixed root vegetable salsa, and fresh avocado- coriander dip





the natural state of creativity



Carpaccio of avocado and lemon scented white reef fish with marinated wild mushrooms & a red miso, preserved lemon dressing	22	35
Chilled beetroot soup with goat's cheese and pickled beetroot		22
Pine nut and mascarpone filled Kohlrabi ravioli with chilled tomato essence and broccoli juice	24	39
Thai style green mango salad with fresh herbs and peanuts	18	35
Hot seared blue fin tuna sashimi with diakon and seaweed salad	21	37

Full board guests will receive 25% discount off above menu prices.
All the prices in US\$ and subject to 10% service charge

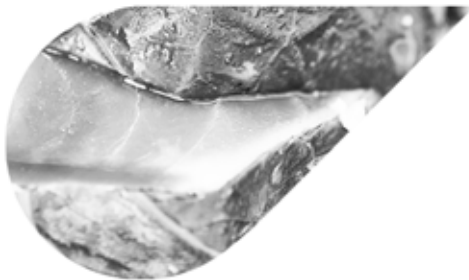


the essential elements of beauty



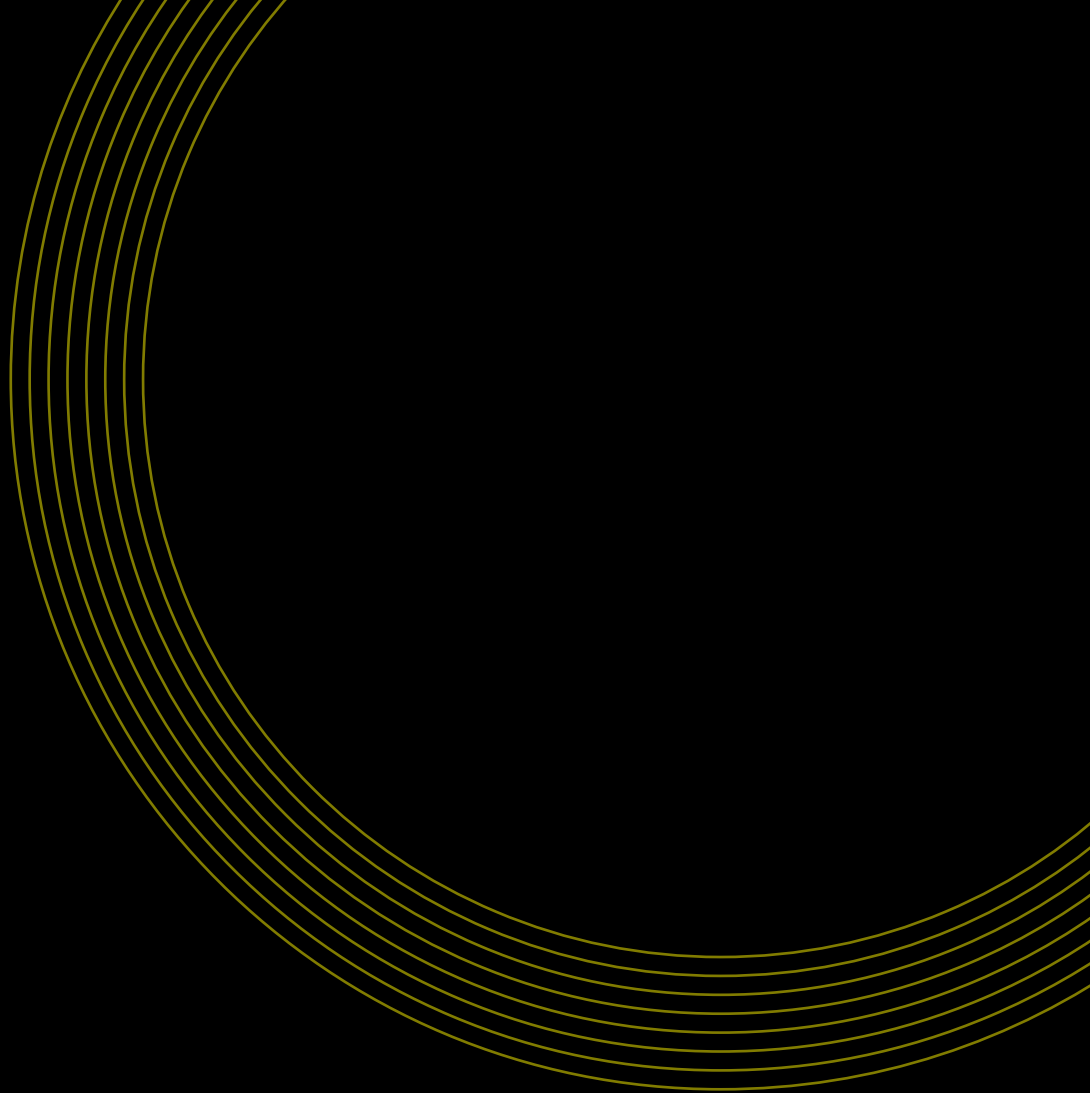


Mashuni with a twist, seared yellowfin tuna, kuhlufilla leaves, breadfruit with a lime and rihaakuru dressing	23	39
Seared Angus beef fillet wraps, with green tea soba noodles and kopee leaves, garlic soy peanut sauce	24	39
Saffron bouillon poached local reef fish with Moroccan spiced baby vegetables	21	35
Tangy green puy lentil and organic orzo salad with pan crisped sardine fillets	22	35
Master stock poached, breast of chicken with wild black rice & barley risotto, broccolini, kaffir lime leaf tapenade	21	35



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refinement in simplicity



Prawn and shiitake filled steamed rice paper rolls with nahm jim dressing, spicy bean sprout salad 22 37

Two minute ceviche of Maldivian lobster, tossed with yuzu, served on an organic quinoa tabouli with toasted island coconut 24 40

Sashimi of fresh fish on chilled rocks, blue fin tuna and red snapper, served with a shredded vegetable salad of pickled diakon radish, mint and ginger 22 35

Marinated tofu salad with watercress and Maldivian spinach, tossed with a spicy sesame dressing 17 20

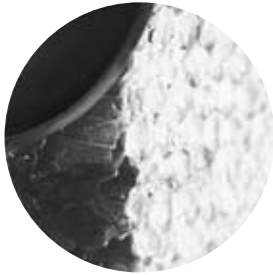
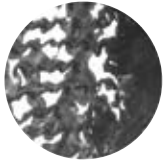
Healthy hand roll of brown rice, marinated steamed prawns, baby shiso leaf and nori 20 35

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temptations for the senses



Black rice pudding with sweet mango puree and pandan crisp 14

Chai semolina with exotic fruit salsa 14

Green tea and yoghurt set with agar agar, orange and
rhubarb sauce 14

Steamed polenta and banana pudding 14

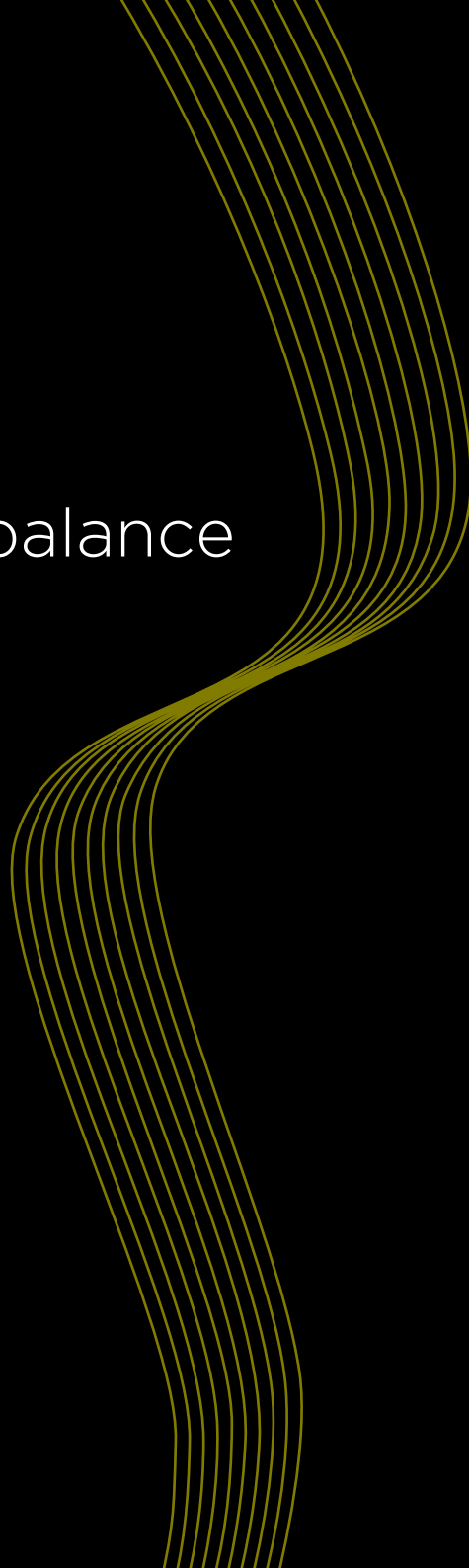
Selection of granita 14

Mixed berry lemon curd tart with toasted coconut ice cream
and pomegranate reduction 14

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harmony through balance





juice: detox

Night strength 15
Cucumber, beetroot, carrots and ginger. Designed for cleansing and enhancing the prostate gland and sex glands. High in Vitamin B and C, with good antioxidant properties

The Skin Revitaliser 15
Spinach, carrots, peppers, cucumber and rocket. Excellent for the complexion and rids the body through the kidneys of toxins. High in Beta-Carotene

Refresh and cleanse 13
Strawberries, mint and watermelon. Excellent for flushing the body of toxins, high in Vitamin A, C, magnesium and potassium. Good for minor skin

juice: rejuvenate

Tropical squeeze 14
Papaya, banana, pear and pineapple. Excellent for digestion. Vitamin A.

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juice: relax

Smooth

15

Young coconut milk, mango, lime and pineapple. Young coconut has been used as a nutritive tonic for centuries here in the Maldives. Good builder of red bloodcells and muscle strengthener, high in Vitamins A, C and Beta-Carotene. problems and assists kidney function whilst the mint helps with digestion.

juice: energise

Mineral chill

15

Carrots, parsley, spinach, celery and ice. Blended with ice to assist fast hydration, helps with symptoms of fluid retention and assist bone building. High in essential minerals, calcium, magnesium and potassium.

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juice: build your own

Mix your own great tasting juice with combinations from those below. 18

Apple - An apple a day ...

Beetroot - Blood liver and bowel builder

Carrot - Full of Beta-carotene and great for lungs

Cucumber - Good for the hair, skin and nail builder

Coconut - Diuretic and nutritive

Ginger - Increases metabolism, great for digestion

Mango - Rehydrating to the body, improves blood circulation

Orange - High in vitamin C and fiber

Papaya - Digestive enzymes

Pineapple - Digestive enzymes

Spinach - Calcium and chlorophyll

Tomato - Great liver booster, high in Vitamin A and mineral salts

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