



Welcome to Raw

Wholesome food at it's finest, Raw is all about helping you maintain a complete balance of wellness whilst at Huvafen Fushi.

The Islanders in charge of Spa and Cuisine have created the complete experience based your body's needs. Together we offer experiences assisting you to Detox, Rejuvenate, Relax or Energize.

It is a perfect unison, innovative food that integrates with Aquum Spa treatments.

Raw uses fresh organic vegetables and herbs from our own Chef's Garden. Clean, fresh, natural and crisp. Textures and ingredients are balanced to nourish the body, mind and soul.



Detox

USD

Night strength

12

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

13

Spinach, carrots, peppers, cucumber and rocket.

Excellent for the complexion and rids the body through the kidneys of toxins. High in Beta-Carotene and

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

Rejuvenate

Tropical squeeze

12

Papaya, banana, pear and pineapple.

Excellent for digestion. vitamin A.

Relax

Smooth

13

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.

Energise

Mineral chill

13

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.

Build your own juice

13

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

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

Full board guests will receive 25% discount off above menu prices.
All prices subject to 10% service charge



Detox

USD

Beetroot carpaccio with goats cheese, radicchio and orange salad	14/26
Brown rice, prawn and vegetable seaweed hand rolls	15
Organic wholemeal spaghetti, artichoke pesto and, parsley and ricotta	16/30
Hot seared Blue tuna sashimi with daikon and seaweed salad	16/30
Mashuni, the Maldives' Icon dish and most delicious tuna salad, Raw style	16/30
Rare Angus beef salad with marinated paw paw, mint and green chili	22/42

Something sweet

Red bean paste parcels with organic green tea ice cream	14
Tapioca, pandan and papaya pudding	10

Rejuvenate

Essentially Raw - Blue fin tuna, red snapper, and Atlantic salmon plate with Pickled cucumber and ginger, shredded vegetable salad	18/32
Lightly grilled lemon marinated reef fish, green beans and crunchy quinoa salad	18/32

Something sweet

Trio of melons in fresh apple juice, mint and ginger	14
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Relax

USD

Buckwheat Soba in vegetable broth with abalone mushrooms	12/24
Rice paper rolls with shredded vegetable and organic tofu	10
Free range chicken breast poached in oolong tea, brown rice, mushroom and brocolini salad	19/36

Something sweet

Homemade lemon yoghurt with sunflower seeds and berries	10
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Energize

Wholemeal pita bread, chick pea spread, organic garden leaves and vegetables	15
Indian spiced lentil cakes, mung beans and yoghurt dressing	16/30
Maldivian Lobster ceviche with lime, green mango and coconut	22/40

Something sweet

Very healthy sticky date pudding	10
Granny smith apple and vanilla granite, apple crackers	10
Lemongrass and Assam tea tart	10
Upside down gluten free banana cake, baked honeyed rhubarb	10

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