

Healthy goodies and seriously raw food!

Raw food can be a healthy lunchtime dish, or it can be a way of life. The health benefits are numerous. It is a cuisine ideal for those who prefer a vegetarian lifestyle with no meat, seafood, or eggs. Meat and seafood, if used, are served either dehydrated or in their natural state.

Incorporating an all-over healthy attitude to food, we use only whole grains, organic herbs, in-house cured and pickled foods that are low in salt, unpasteurized, and not deep-fried. Our focus is to use organic produce, which is healthy, along with nutritious proteins such as sprouting seeds, grains, nut milk, soy, almond, beans, and pulses.

Rather than refined white flour, we offer wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. And instead of artificial sweeteners, our creative team of chefs uses natural sweeteners like honey, raw sugar, palm sugar, apple concentrate, fructose, and fruit purées to add depth and bring out the real flavor in each dish. Even our sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yogurt, olive oil, vegetable purées, and tahini to create scrumptious dishes that

A Contains Alcohol D Dairy Products **GF** Gluten

Free

N Contains Nuts P Contains Pork RP Raw Protein SF Contain Sea Food V Vegetarian

Sustainability / Locally Sourced Products



HARMONY THROUGH BALANCE USD 14

DETOX & BOOSTS

Mix your delectable juice or choose from combinations from below:

THE JET LAG

Lime, Mint, Fresh Grapefruit, Cantaloupe, Green Melon

Clears body heat, counteracts toxicity, decreases blood pressure and fights oxidization

DETOXIFIER

Fresh Pineapple, Banana with Spirulina

Reduces cholesterol and improves upset stomach and headaches

VITALITY

Nashi, Ginger, Cucumber

Helps in reducing body heat, improve skin texture and moisture

ALKALINE

Apple, Watermelon, Kiwi

Improves skin complexion & helps to maintain blood pH level

GREEN PIGMENT

Green Apple, Spinach, Wheatgrass, Cucumber

Rich in vitamin A, C & D, it helps in improving bone health and improves blood glucose, thus controlling diabetes

CALCIUM JAR

Carrot, Ginger, Papaya, Apple, Curry Leaves

Lowers blood pressure, boosts circulation and improves bone mineral density

ANTI-INFLAMMATORY

Beetroot, Ginger, Pear, Coriander

Rich in vitamin C, E, and Iron, this juice improves skin complexion, metabolism, and reduces inflammation

THE VISION

Mint, Passion Fruit, Pear, Orange

Boosts immune functions and improves eyesight

SELECTION OF ORGANIC WINES

HALF BOTTLES 2019 Babich Sauvignon Blanc 45 Marlborough, New Zealand 2015 Antinori Cervaro della Sala Castello della Sala Chardonnay 106 Umbria, Italy 2020 Whispering Angel 65 Côtes de Provence, France **WHITE WINES** 2020 Domaine Hamelin 100 Chablis Burgundy, France 2018 Domaine Olivier Leflaive Bourgogne Blanc 120 Burgundy, France **ROSÉ WINE** 2020 Domaine des Nouelles Rose d'Anjou 55 Loire Valley, France

RED WINES

2019 Overstone Pinot Noir 75

New Zealand / Hawke's Bay



ON ARIVAL

Tapas; Raw Style Asian Bites

REFRESHING AND ENERGETIC LIQUIDS Chilled Tom Yam Soup (V) Young Coconut Flesh Infused in Galangal, Lemongrass, And Thai Her	24
SALAD: NUTRITION BOWL Japanese Soba Salad (V) Green Tea Soba Noodle, Lotus Root, Carrots, Tomato, Rocket, Shoots, Sprouts, Sunflower Seeds and Orange-Miso Dressing	30
Atlantic Salmon Sashimi Salad Atlantic Salmon, Apple, Shaved Asparagus, Red Radish, Baby Spinach, Garlic Chips, Yuzu Garlic Dressing	30
SIMPLICITY OF INSPIRATION Trio Of Fish Ceviche (RP) (S) Maldivian Yellowfin Tuna, Atlantic Salmon, Local Reef Fish	30
Zucchini, Cucumber, And Tomato Lasagne (V) (N) With Walnut, Ricotta Cheese, and Arugula Pesto	30
Crunchy Iceberg Lettuce Salad (V) With Onion Sesame Dressing, Green Onion, Nori Seaweed, Togarashi, Snow Pea Tendrils and Sesame Seed BEYOND YOUR IMAGINATION Maldivian Yellow Fin Tuna Tartar (RP) Yuzu Avocado Salsa, Wasabi Mayonnaise, Balsamic Cream and Pickle Cherry Tomatoes	30
Fresh Sashimi (3 Slice Each) 3 Kinds Salmon, Tuna, Reef fish 5 Kinds	30 48
Salmon, Tuna, Hamachi, Sweet prawn, Reef fish, served with Wasabi, soy sauce, Pickle ginger	40
Wagyu Beef Tartare (Marble Score 7) (RP) Spicy Mayo, Egg Yolk, Shiso Leaves, Scallion and Aromatic Furikake Powder	48
Signature Carpaccio of Avocado (V) (GF) or Reef Fish (RP) Miso Orange Dressing, Avocado Pomegranate, and Pink Peppercorns	30
TO SHARE THE PASSION Tuna Pizza Raw Style (RP) Yellowfin Tuna Sashimi, Crunchy Seaweed, Dehydrated Dough, Jalapeños and Anchovy Aioli	32
SWEET TEMPTATIONS Chia Seed And Mango Trifle (GF) (N) With almond-poppy seed sponge, blueberries, and coconut cashew nut creaters.	22 am
Three Flavoured Mochi Ice Cream or Choice of Sorbet	18
Sliced Tropical Fruits With Lime Cheek	20
Selection of Ice Cream (D) (GF) Chocolate Vanilla Strawberry Black Sesame	oop) 6
Selection of Sorbet (GF) Lime Mango Coconut Green Tea	oop) 6