



THARI

Breakfast

Open from 7:00 until 10:30

Sandbank Caviar Breakfast

A romantic start to the day. We will transfer you by private speedboat to our secluded island, with a personal waiter in attendance to set up your own piece of beach with umbrella, blanket and your choice of breakfast basket. (Please bear in mind that this excursion is subject to weather conditions and tide times.) Paul Roger Blanc de Blanc Champagne served with Kaviari oscietra caviar 50g, Kaviari Kristol caviar 50g, and Salmon eggs 50g Blinis, black bread, deviled eggs, house smoked salmon, fingerling potatoes, shallot, parsley, Two Hundred Ninety Dollars per person

\$290.00 pp

Floating Breakfast

Enjoy your breakfast in your private pool.

\$100.00

Set Breakfast

Accompanied by tropical fruit, choice of freshly squeezed juice, and brewed coffee or Ceylon tea.

Maldivian Heritage

Enjoy a traditional Maldivian breakfast, composed of a salad of smoked tuna, onion, coconut, chili, lime and sour coppee leaf. All ingredients are finely chopped and mixed and accompanied by a fried omelette, freshly baked chapati flatbread and biskeemiyaa, a fried dumpling filled with cabbage, egg, onion and curry leaf. Best paired with sweet tea.

\$36.00

Middle Eastern

Organic chicken eggs baked in spiced vegetable tomato sauce, grilled pita bread, chickpea, avocado, and feta salad, pickles, garden greens and herbs.

\$35.00 pp

Chinese

Rice congee with soy sauce, ginger, and green onion served with traditional accompaniments, youtiao (Chinese donut), dim sum dumpling of the day, stir fried garden greens, steamed roots, and chilled bean curd. \$42.00

English

A classic fry up of black pudding, pork sausage, English bacon, fried eggs, beans, hash browns, roasted tomatoes, mushrooms, and choice of toast. \$54.00

Continental

Selection of cheese and charcuterie, yogurt with choice of fruit, a bakery basket with house made jams and butter. \$66.00

Sri Lankan

Hooper, coconut and rice crepe with sunny side up eggs, served with coconut sambal, Sri Lankan style pickle, chicken curry, coriander chutney, curry leaf, and crispy fried Onions. \$36.00

Egg Dishes

Classic Eggs Benedict

Jambon de Paris, toasted english muffin, poached eggs, and hollandaise sauce. \$30.00

Asian

Wonton Soup

Light sesame chicken broth, shrimp and pork dumpling, egg noodles, bok choy. \$24.00

Wellness

Travel Recovery

Aiding in jet-lag and hydration. Reframing your morning ritual or as an alternative and complementary energy sources. Our Chef hand-picked selection of specialized travel recovery breakfast menu has it all to fulfill your health needs to start your day.

Hass Avocado Toast

Hass avocado on toasted, wholegrain and seed bread, poached organic egg, sprouts, with sweet potato, coconut, and pineapple rolls. A must have for breakfast! One of the best seller loaded with healthy fats, fiber, and various important nutrients to lower risk of metabolic syndrome.

Beef Pho

Aromatic beef bone broth, rice noodles, shaved beef tenderloin, bean sprouts and herbs. Contains over 19 essential and nonessential amino acids in a form that is easy for the body to absorb. It also contains large amounts of collagen for connective tissue and skin health as well as nutrients that aid digestive functions, boost the immune system and support a healthy brain.

Brisk

Mango, passion fruit, yoghurt, honey, fulvic acid powder Bounceback in to your day as this juice helps to energize the mind and body and reduce the fatigue brought on by travel.

Green Tea Latte Green tea and rice milk latte An ideal elixir for a lactose intolerance and those having a high cholesterol. Provides energy to the body, rich in vitamin D and vitamin B to keep the nervous system, skin and eyesight healthy.

Second Brain

Food connection between the mind and gut emotions/health. What we eat affects how we feel. Our Chef hand-picked selection of second brain specialized breakfast menu has it all to fulfill your health needs to start your day.

Huevos Rancheros

Poached organic eggs, white beans, pico de gallo, corn tortillaA Mexican twist healthy breakfast. Perfect nutrition dish to fill up your missing powerhouse nutrient in your body.

Juice Booster

Carrot, oranges, apples, beetroot, kaleRich in nutrients that helps the body to release and remove toxins. Great for those who work out or for those wanting a more youthful complexion.

Coco Berries

Mixed berries, banana, pineapple juice, dates, coconut waterProvides a tangible increase in long-lasting energy that stimulates the body's natural repair process and helps maintain overall brain function.

Lunch

Open from 12:00 until 14:30

Salads

Som Tam

Thai spicy and sour green papaya salad with bean sprout, cherry tomato, long bean, cashew nuts and coriander. \$19.00

Nem Tuoi

Vietnamese fresh rice paper rolls, made with poached chicken, shrimp and fresh herbs, served with nouc cham (fish sauce, chili and garlic dip). \$22.00

Greek Salad

Feta cheese, sweet pepper, tomato, cucumber, red onion, olives, oregano, and parsley tossed with red wine Vinaigrette. \$26.00

Classic Caesar Salad

Hearts of romaine, crumbled smoked bacon, croutons, white anchovies, Parmigiano Reggiano, classic Caesar Dressing. \$34.00

Cobb Salad

Hass avocado, poached chicken breast, medium boiled egg, smoked bacon, cherry tomato, Roquefort AOP, iceberg lettuce, mustard wine vinaigrette. \$43.00

Sandwiches

Banh Mi

Vietnamese sandwich of grilled lemongrass pork belly, house made pate, fresh pickles, coriander, and chili on a toasted French baguette served with hand cut fries. \$30.00

Grass Fed Beef Burger

Grilled beef burger topped with Cabot Wisconsin cheddar, lettuce, tomato, red onion, mayonnaise and gherkin, on a toasted house made sesame seed bun, served with hand cut Fries. \$32.00

Club Sandwich

Poached organic turkey, roma tomato, iceberg lettuce, smoked bacon, and mayonnaise on toasted white bread served with hand cut fries. \$35.00

Main Course

Grilled Mahi Mahi

Grilled Mahi Mahi, romesco sauce, spring onion, almond, parsley, and olive oil. \$36.00

Phad Thai

Thai style stir-fried rice noodles with tamarind chili sauce with tofu, garlic chives, and coriander and choice of shrimp, pork, or chicken. \$26.00

Grilled Spring Chicken

Grilled free range spring chicken, salsa verde, roasted summer vegetables, crispy zucchini flower. \$36.00

Steak Frites

Grilled onglet (hanging tenderloin steak), hand cut fries, herb mustard butter. \$46.00

Yellow Tail Tuna Steak

Grilled yellow tail tuna steak, pepperonata, bitter greens, extra virgin olive oil and lemon. \$43.00

Wellness

Travel Recovery

Aiding in jet-lag and hydration. Boosting your day ritual or as an alternative and complementary energy sources. Our Chef hand-picked selection of specialized travel recovery lunch menu has it all to fulfill your health needs.

Superfood salad

quinoa, blueberries, kale, edamame, dried cherries, sunflower seeds, walnuts, orange kefir dressing An excellent accompany for your dish that contains a high volume of minerals, vitamins, and antioxidant. Help neutralize free radicals in our bodies for a better energy production.

Sesame crusted yellowfin tuna

warm mixed grain, beetroot, miso seaweed sauce A delicious Tuna dish with many health benefits to offer to your body. Rich in potassium and omega-3 fatty acid which help in bringing balance in the blood vessels thereby reducing cholesterol.

Iced gingseng

Gingseng and orange blossom honey tea Herb such as ginseng have been amongst Asia's most well-guarded secrets for rejuvenating, and strengthening the immune system and helps to fight fatigue. The ginsenosides and compound K found in ginseng helps to improve the brain functions like memory, mood and bring calmness at the same time.

Zing

apple, banana, spirulina. This blend is designed to enhance your endurance, stamina and performance. Its secret for rejuvenating our energy producing symptoms. Best for athletes and active individuals.

Second Brain

Food connection between the mind and gut emotions/health. What we eat affects how we feel.

Our Chef hand-picked selection of second brain specialized breakfast menu has it all to fulfill your health needs to start your day.

Green Vegetable Soup

Green vegetable, broccoli, garden greens, basil, tempeh croutons Rich of vitamins, minerals, and antioxidant to help in the growth and repair of the body tissues. Vitamin E found in green leafy vegetables works with vitamin C to keep the skin healthy as you age.

Lacto Fermented Vegetables

Wahoo, calamari, lacto fermented vegetables a la Grecque An excellent source of healthy and extra lean protein that helps the body to sustain energy and build muscle. Moreover the lacto fermented vegetables increases the availability of nutrients in food which are excellent to reduce inflammation, better blood sugar control, improve brain function, and reduced symptoms of lactose intolerance.

Coco Berries

Mixed berries, banana, pineapple juice, dates, coconut water Detoxifying and restorative, this powerful combination of mixed berries, banana, pineapple, dates, and coconut water to keep your body operating as a clean machine.

Beet Kvass

Spiced fermented beet juice Give your liver a break! This fermented juice supports the liver's detoxifying ability when it is challenged by stress, alcohol and a hectic lifestyle. Feel energized and uplifted and your liver will thank you.

Dessert

Chocolate Al Affogato

Praline mousse, 70% Guanaja marzipan cake, vanilla ice cream, hot chocolate espresso sauce.

\$24.00

Mango Souffle

Mango compote, raspberry sorbet.

\$18.00

Pavlova

Dry meringue, pink peppercorn cream, fresh mango, papaya lime sorbet.

\$17.00

Caramelized Pineapple

croustillant almandine, cream anglaise, lime zest.

\$22.00

Passion Fruit Crème Brulee

Served with warm cinnamon madeleines.

\$18.00

Tropical Fruit Salad

Mango passion sorbet, orange zest, exotic sauce.

\$26.00

Ice Cream and Sorbets

Ice Cream

Tahitian Vanilla Bean

\$11.00

Dark Chocolate

\$11.00

Pistachio

\$11.00

Lemon Basil

\$11.00

Banana

\$11.00

Ginger

\$11.00

Sorbet

Ginger \$11.00

Mango \$11.00

Papaya Lime \$11.00

Passion Fruit \$11.00

Coconut \$11.00

Pomelo \$11.00

Dinner

Open from 19:00 until 22:30

Appetizers

Western

Quail and Couscous Salad

Pan roasted french quail, couscous with dry apricot and almond, sweet garlic sauce.

\$30.00

Chilled Vichyssoise

Leek potato soup with house smoked salmon.

\$22.00

Beef Carpaccio

Shaved raw beef, ardiano extra virgin olive oil, Parmigiano Reggiano, arugula, fleur de sel.

\$36.00

Crab Cake

Picked Sri Lankan lagoon crab meat, sweet potato, whole grain mustard sauce.

\$30.00

Beetroot and Goat Cheese Salad

Chabichou AOP goat cheese, cucumber coulis, wild arugula, radish, mint.

\$28.00

Asian and Indian Ocean

Hudu Kaneli Mas Satani

Slices of Maldivian kingfish lightly cooked, chilled and served with copee leaf, lime, red onion, chili, and coconut Salad.

\$22.00

Tom Kha Gai

Fragrant Thai style coconut, chicken, straw mushroom and cherry tomato soup.

\$19.00

Som Tam

Thai spicy and sour green papaya salad with bean sprout, cherry tomato, long bean, cashew nuts and coriander.

\$19.00

Mung Dhal Kasambari

Sprouted mung dhal, coconut, shaved vegetables, tempered mustard seed, curry leaf.

\$18.00

Main Courses

Western

Scampi Pasta

Sri Lankan giant scampi, casarecce pasta, bottarga, lemon, parsley, and cherry tomatoes.

\$43.00

Spiny Lobster Tortellini

Spiny lobster meat seasoned with tarragon, sautéed snow peas and napa cabbage, lobster bisque sauce, orange zest.

\$54.00

Wild Mushroom Rissoto

Vialone nano rice, Parmigiano Reggiano, Ardiano extra virgin olive oil.

\$42.00

Grass Fed Beef Tenderloin

Grilled Grass Fed Beef Tenderloin, buttery potato puree, natural jus, seasonal vegetables, peppercorn tuile. \$45.00

Grilled Mahi Mahi

Grilled Mahi Mahi, romesco sauce, spring onion, almond, parsley, and olive oil. \$30.00

Grilled Spring Chicken

Grilled free range spring chicken, salsa verde, roasted summer vegetables, crispy zucchini flower. \$30.00

Asian & Indian Ocean

Vietnamese Caramel Pork

Pork belly braised with star anise, fish sauce and caramel, served with bok choy, coriander, chili, and steamed jasmine rice. \$34.00

Choo-Chee Goong Lai Sue

Thai style king prawn cooked in red curry with kaffir lime. \$29.00

Sri Lankan Style Fish Curry

bitter gourd salad, buttered basmati rice. \$29.00

Duck Rice

Five spice roasted duck, stir fried rice, double boiled vegetable and ginger soup. \$36.00

Chicken Tikka Masala

Sautéed organic chicken with masala spiced tomato sauce, drizzle of fresh cream, coriander, steamed basmati rice, mango pickle, papadam. \$31.00

Lamb Biryani

Spice marinated leg of lamb, slow cooked with Indian gravy and spiced basmati rice, served with raita.

\$34.00

Phad Thai

Thai style stir-fried rice noodles with tamarind chili sauce with shrimp, tofu, garlic chives, and coriander.

\$26.00

Wellness

Travel Recovery

Aiding in jet-lag and hydration. Calming your evening ritual with our Chef hand-picked selection of specialized travel recovery dinner menu has it all to fulfill your health needs and makes your evenings matter. c

Superfood salad

quinoa, blueberries, kale, edamame, dried cherries, sunflower seeds, walnuts, orange kefir dressing An excellent accompany for your dish that contains a high volume of minerals, vitamins, and antioxidant. Help neutralize free radicals in our bodies for a better energy production.

Seasame crusted yellowfin tuna

warm mixed grain, beetroot, miso seaweed sauce A delicious Tuna dish with many health benefits to offer to your body. Rich in potassium and omega-3 fatty acid which help in bringing balance in the blood vessels thereby reducing cholesterol.

Bitter chocolate

avocado, papaya sorbet A sweet treat doesn't have to compromise the health benefits of it and taste. Contains with powerful antioxidants and rich in fiber, iron, magnesium, copper, and few other minerals to improve brain function by increasing blood flow.

Aromatic beef bone broth

Contains over 19 essential and nonessential amino acids in a form that is easy for the body to absorb. It also contains large mounts of collagen for connective tissue and skin health as well as nutrients that aid digestive functions, boost the immune system and support a healthy brain.

Iced gingseng

and orange blossom honey tea Herb such as ginger have been amongst Asia's most well-guarded secrets for rejuvenating and strengthening the immune system and help to fight fatigue, The ginsenosides and compound K found in ginseng helps to improve the brain functions like memory, mood, and bring calmness at the same time.

Zing

apple, banana, spirulina Restoration and rejuvenation for athletes and active individuals This blend is designed to enhance your endurance, stamina and performance. It's a secrets for rejuvenating our energy producing symptoms.

Second Brain

Food connection between the mind and gut emotions/health. What we eat affects how we feel.

Our Chef hand-picked selection of second brain specialized dinner menu has it all to fulfill your health needs and add an elements of calming into your evening routine.

Pearl barley and mushroom risotto

cordyceps, asparagus, oven dried tomatoes One of the first cultivated grains in history that can offer a wide range of health benefits. Rich with potassium, calcium, and magnesium which are excellent to lower blood pressure, decreasing the risk of heart disease, and prevent constipation and promote regularity for a healthy digestive tract.

Steamed red snapper filet

wilted greens, chickpeas, turmeric ginger broth, lemon basil, cayenne Contains high in omega-3 fatty acids, nutrient including high quality protein which are incredibly important for your body and brain. Ginger and turmeric both have a very powerful nutritional value which are excellent for metabolism, reduce risk of heart attack and stroke, sharpen the brain memory, and are antidepressants.

Banana Coconut Tart

Unsweetened banana, coconut, and mango tart, chia seed crust Loaded with high level of vitamins from great source of ingredients such as mangoes, raspberry, chia seeds, coconut, and banana that your body simply crave to maintain the daily health needs. Chia seeds deliver a massive amount of nutrients, high fibers, and antioxidants that have important benefits for your body and brain.

Amazake

probiotic Japanese fermented rice drink Packed with nutrients, including vitamin B1, vitamin B2, vitamin B6, folic acid, ferulic acid, dietary fiber, glutamine, and a large amount of glucose – which are almost the same components as an IV drip which are powerful to fight the premature aging, increased metabolism, fatigue recovery, and strengthen immune system. Just one cup (200-250 ml) of amazake in a day is enough to provide you these health benefits.

Coco Berries

mixed berries, banana, pineapple juice, dates, coconut water Detoxifying and restorative, this powerful combination of mixed berries, banana, pineapple, dates, and coconut water to keep your body operating as a clean machine.

Beet Kvass

spiced fermented beet juice Give your liver a break! This fermented juice supports the liver's detoxifying ability when it is challenged by stress, alcohol and a hectic lifestyle. Feel energized and uplifted as your liver starts to thank you.

Dream

Aiding in finding a restful night sleep. Our Chef hand-picked selection of dream food specialized dinner menu to calm your racing mind and relax your body.

White gazpacho

chilled almond soup, grapes, mint essential oil Rich in minerals, antioxidants, fiber, and vitamin C, A, and E which serve as an anti-inflammatory agents as well as slows the ageing process, hydrates your body, and boost your immune system.

Warmed spiced poached pear

tart cherry yogurt, pistachios Enjoying sweets without being worried of the side effects as this recipe has been created thoroughly to provide many health benefits for the body. It contains cherry, pistachios, saffron and many more that are powerful enough to fight depression and mood boosting or emotional support supplements.

Warmed spiced poached pear

tart cherry yogurt, pistachios
Enjoying sweets without being worried of the side effects as this recipe has been created thoroughly to provide many health benefits for the body. It contains cherry, pistachios, saffron and many more that are powerful enough to fight depression and mood boosting or emotional support supplements.

Grilled turkey breast

green lentils, pomegranate, orange, and hazelnut salad, apple dressing
High in zinc and vitamin B that provides your body with a good source of protein. Moreover Turkey contains tryptophan, a sleep-inducing amino acid that regulates and resets your internal clock.

Banana Slumber smoothie

banana, Valrhona equitoriale dark chocolate, low fat milk, vanilla yogurt, Manuka honey
Add these sleep inducing drink for your restful night sleep. Loaded with nutrients and magnesium that helps cells to cope in the body's circadian rhythm and can positively affect your health.

Dream catcher smoothie

kiwi, orange, pineapple smoothie. Finding rest with our dream smoothie. Contains a powerful mix of kiwi, orange, and pineapple which are calming to the nervous system and boost metabolism.

Hot Cinnamon Tonic

Ceylon cinnamon, allspice, clove peppercorn, bay leaf, ginger
Cinnamon is high in cinnamaldehyde, which is what is responsible for most of the health benefits that come from cinnamon. Cinnamon also has antioxidants, anti-inflammatory properties, may cut the risk of heart disease, can improve an Insulin sensitivity, lowers blood sugar levels, has a powerful anti-diabetic effect, may have beneficial effects on Neurodegenerative diseases, may protect against cancer, and helps fight bacterial and fungal infections.

Sides

Spicy Ginger Tofu

\$18.00

Steamed Thai Jasmine rice

\$6.00

Aloo Gobi

Sautéed potato and cauliflower with garam masala and turmeric powder.

\$10.00

Bok Choy

stir fried with carrot, mushroom, and ginger soy.

\$14.00

Desserts

Chocolate Al Affogato Signature Dessert

Dark chocolate Disk | Praline Mousse | 70% Guanaja Marzipan Cake | Vanilla Ice Cream | Hot Chocolate-Espresso Sauce.

\$24.00

Mango Souffle

Mango Souffle | Mango Compote | Raspberry Sorbet.

\$18.00

Pavlova

Dry Meringue | Pink peppercorn cream | Mango | Papaya lime Sorbet.

\$17.00

Caramelized Pineapple

Caramelized pineapple with Diced Pineapple and Croustillant Almandine served with Cream Anglaise Lime Zest.

\$22.00

Passion Fruit Crème Brulee

Warm Cinnamon Madeline's.

\$18.00

Tropical Fruit Salad

Mango Passion sorbet | Mint Leaf | Orange Zest | Exotic Sauce.

\$14.00

Ice Cream and Sorbets

Ice Cream

Tahitian Vanilla Bean	\$11.00
Dark Chocolate	\$11.00
Pistachio	\$11.00
Lemon Basil	\$11.00
Banana	\$11.00
Ginger	\$11.00

Sorbet

Mango	\$11.00
Papaya Lime	\$11.00
Passion Fruit	\$11.00
Coconut	\$11.00
Pomelo	\$11.00

Kids Menu

Chicken Noodle Soup

served with bread roll/crouton and butter.

\$7.00

Wonton Soup

Light sesame chicken broth, pork and prawn dumpling, bok choy served with bread roll/crouton and butter.

\$19.00

Chicken Nuggets

\$10.00

Spaghetti

With tomato or bolognese sauce Eight Dollars - Tomato Sauce.

\$14.00

Grilled Organic Chicken Breast

with potato puree.

\$12.00

Fettuccini

Extra virgin olive oil, Parmigiano Reggiano.

\$10.00

Fish Nuggets

\$10.00

Stir Fried Rice

Choice of vegetable, chicken or shrimp.

\$12.00

Steamed Fish Fillet

With boiled potato and carrots.

\$14.00

Tomato Soup

served with bread roll/crouton and butter.

\$8.00

Cheeseburger

\$14.00

French Fries

\$7.00

Desserts

Diced Fruit Bowl \$11.00

Chocolate Profiteroles \$11.00

Ice Cream Sundae

An exciting way to create your own bowl of ice cream Sundae.
Let the kids get creative with all their favorite sweet treat.

\$11.00

Ice Cream and Sorbets

Ice Cream

Tahitian Vanilla Bean \$11.00

Dark Chocolate \$11.00

Banana \$11.00

Sorbet

Mango \$9.00

Papaya Lime \$9.00

Passion Fruit \$9.00

Coconut \$9.00