



OCEAN SALA



peanuts



gluten



lupin



dairy / milk



soybeans



tree nuts



eggs



fish



shellfish

Although all due care is taken,
some allergens may still be present in dishes.
Please inform our hosts if you have any severe
allergies or intolerances before placing orders. Kindly
note that any bespoke orders cannot be guaranteed
as entirely allergen free.



The Four Pillars

Whilst each recipe has been curated to nourish all of the four pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

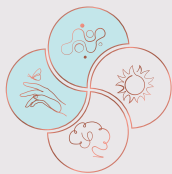
SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.

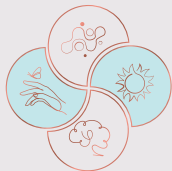
LIGHT



GRILLED FENNEL SALAD

32

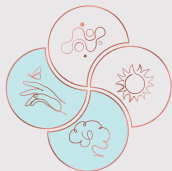
Cherry Tomatoes | Goat Cheese | Smoked Orange Vinaigrette
190 Kcal | 14 g carbs | 6 g protein | 13 g fat



PEACH PANZANELLA

28

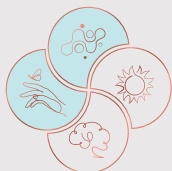
Brioche Croutons | Mozzarella | Lettuce
250 Kcal | 19 g carbs | 8 g protein | 16 g fat



CHARRED CORN AND BEAN SALAD

20

Avocado | Tomatoes | Chipotle Yoghurt Dressing
130 Kcal | 20 g carbs | 6 g protein | 5 g fat



SWISS POTATO SALAD

25

Eggs | Cured Ham | Gruyere | Gherkins
330 Kcal | 19 g carbs | 14 g protein | 7 g fat



Half Board credit applies

All prices listed in USD and subject to 10 percent Service Charge and 16 percent Government Tax



TUNA AND RICE SALAD

35

Olives | Bell Peppers | Pickled Onions | Vinaigrette
190 Kcal | 19 g carbs | 14 g protein | 7 g fat



SHRIMP AND GRAPEFRUIT SALAD

35

Avocado | Arugula | Tamarind Dressing
260 Kcal | 15 g carbs | 26 g protein | 14 g fat



BROTH



MUSHROOM AND COCONUT BROTH

25

Wild Mushrooms | Thyme | Coconut Milk
160 Kcal | 12 g carbs | 5 g protein | 11 g fat



GRAPE AND ALMOND GAZPACHO

25

Green Grapes | Toasted Almond | Sherry Vinegar
230 Kcal | 16 g carbs | 5 g protein | 18 g fat



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FROM OUR GRILL

THE PASTURELAND

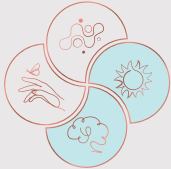
JAPANESE WAGYU



Hokkaido Wagyu Tenderloin Steak MB 10+ 250gm **220**
510 Kcal | 2 g carbs | 48 g protein | 34 g fat

Hokkaido Wagyu Rib Eye MB 10+ 250g **250**
600 Kcal | 1 g carbs | 52 g protein | 43 g fat

AUSTRALIAN BLACK ANGUS BEEF



Grass Fed Black Angus Top Sirloin Steak 250g **85**
460 Kcal | 5 g carbs | 46 g protein | 27 g fat

Grass Fed Black Angus Rib Eye Steak 250g **110**
640 Kcal | 1 g carbs | 48 g protein | 50 g fat

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AUSTRALIAN PREMIUM LAMB

Grass Fed Lamb Rack 200g **80**
520 Kcal | 1 g carbs | 45 g protein | 37 g fat

Grass Fed Lamb Loin 150g **90**
420 Kcal | 1 g carbs | 33 g protein | 32 g fat



AUSTRALIAN PREMIUM POULTRY

Free Range Chicken Spatchcock **60**
540 Kcal | 14 g carbs | 39 g protein | 36 g fat

SAUCES

Veal Jus | Bearnaise | Truffle Jus | Homemade Barbecue | Chipotle

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FROM OUR GRILL

FROM THE OCEAN



Japanese 10/20 Scallops
Homemade Seasoned Spices | Sea Salt
290 Kcal | 12 g carbs | 36 g protein | 9 g fat

60



Maldivian Grilled Lobster 700g
Homemade Seasoned Spices | Sea Salt
220 Kcal | 6 g carbs | 33 g protein | 6 g fat

180



Grilled King Prawns
Homemade Seasoned Spices | Sea Salt
160 Kcal | 4 g carbs | 27 g protein | 4 g fat

55

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Maldivian Tuna Steak 180g
Homemade Seasoned Spices | Sea Salt
240 Kcal | 2 g carbs | 44 g protein | 5 g fat

50



Local Reef Fish Fillet 180g
Homemade Seasoned Spices | Sea Salt
22 Kcal | 2 g carbs | 37 g protein | 6 g fat

50



Atlantic Salmon 180g
Homemade Seasoned Spices | Sea Salt
420 Kcal | 2 g carbs | 37 g protein | 28 g fat

70

SAUCES

Lemon Butter | Chimichurri | Orange Miso Emulsion
Herb Vinaigrette | Dill Honey Dijon

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FROM THE FARMLAND



Tandoor Marinated Vegetables

240 Kcal | 29 g carbs | 12 g protein | 12 g fat



35



Tandoori Paneer

390 Kcal | 9 g carbs | 25 g protein | 28 g fat



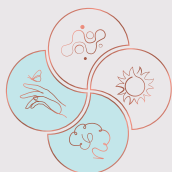
40



Cauliflower Steak

70 Kcal | 14 g carbs | 5 g protein | 1 g fat

30



Dry Rub Grilled Portobello Mushroom

160 Kcal | 10 g carbs | 6 g protein | 2 g fat



35

SAUCES

Mint Chutney | Dill Honey Dijon | Brown Butter Emulsion
Chimichurri

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SIDES

Seasonal Roasted Vegetables **15**
150 Kcal | 11 g carbs | 5 g protein | 11 g fat

Jacket Potatoes **12**
200 Kcal | 37 g carbs | 4 g protein | 5 g fat

Sweet Potato Wedges **12**
99 Kcal | 22 g carbs | 2 g protein | 1 g fat

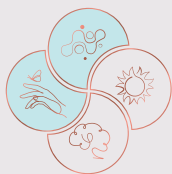
Sauteed Wild Mushrooms **15**
34 Kcal | 4 g carbs | 3 g protein | 1 g fat

Corn on the Cob **12**
80 Kcal | 19 g carbs | 3 g protein | 1 g fat

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FINALE

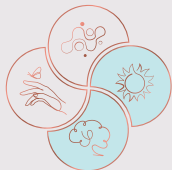


BURNT MANGO

23

Puffed Quinoa and Almond Granola | Coconut Yoghurt
Balsamic Vinegar

110 Kcal | 11 g carbs | 2 g protein | 0 g fat



EMMENTAL TART

25

Grilled Quince Ice Cream | Candied Oranges

220 Kcal | 19 g carbs | 7 g protein | 12 g fat



SELECTION OF SWEET BITES

24

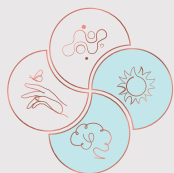
Please ask your host for available selection of the day

150-220 Kcal | 10-19 g carbs | 1-5 g protein | 1-7 g fat



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WALNUT PIE

25

Caramelised Apple | Organic Vanilla Ice Cream
360 Kcal | 33 g carbs | 6 g protein | 24 g fat



CHOCOLATE H2O

25

Homemade Chocolate Frozen Mousse
Kefir Lime Sorbet | Caramel Sauce
240 Kcal | 31 g carbs | 3 g protein | 13 g fat



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