



SIP SIP
MENU





FROM THE CHEF

*Six Senses is passionate about food – not only how it tastes, but also how it keeps us healthy and thriving. All natural and selected organic are our ingredients of choice.
We love what we do – The art of wellness through food*

The Coral reef fish available on this menu were caught by local fishermen from Laamu Atoll. Every fish caught is caught by handline – a low-impact fishing gear, is mature and from a population deemed to be healthy & sustainably caught.

These fishermen are part of our “Laamaseelu Masveriya” program, meaning “Exemplary Citizen” in the local language Divehi. This is an initiative by Six Senses Laamu and Blue Marine Foundation. All local fishermen in this program have signed a code of conduct which stipulates rules that the fishermen and resort agree to follow to ensure they fish and trade in a sustainable way. Abundant and diverse coral reef fish populations are integral to health

The whole ingredients we use are handpicked and harvested by farmers whom we know personally. Our dishes are gluten-, sugar- and soy- free wherever possible, plus we keep a close watch on lectins, which are a natural pesticide in plants but may upset the digestive and other systems if consumed in excess.

If you are on one of our personalized Six Senses Integrated Wellness Programs such as Detox, Sleep or Fitness, the dishes in this menu are marked to indicate which items are suitable for your program. For those not on a program, you’ll find them equally tempting and nutritious.

From our garden we source as many herbs and greens as possible and our chefs forage the garden daily to add the finishing touch to your dishes. While it is difficult to source locally in a country with such little agriculture, we do our best to showcase what we can on our menus



Bon Appétit,

Six Senses Culinary Team

LEAFY – ESSENTIAL - MINDFUL

DETOX CURE	24
Kale, Asparagus, Pomegranate, PX Sherry Vinegar Dressing Detox Sleep Fitness	VEG GF DF NF
LOVE SALAD	25
Beetroot, Mango, Avocado, Pear, Lavender Vinaigrette Detox Sleep Fitness	VEG GF DF NF SF
OLHUVELI SALAD	27
Marinated Locally Caught Fish, Tuna Cutlet, Island Greens, Rihakuru Detox Fitness	DF SF
LAAMU CRUNCHY BABY LEAVES	29
Goat Cheese, Raspberry Dressing, Pecan Nuts Detox Sleep Fitness	V GF SF
POWERHOUSE CHICKEN CAESAR	32
Romaine Lettuce, Bacon, Egg, Anchovies, Croutons, Roasted Chicken Breast Sleep Fitness	DF NF SF

APPETIZERS

SPICY THAI MINCED CHICKEN SALAD	26
Napa Cabbage, Pineapple, Morning Glory, Cashew Nuts Fitness	GF DF
SIGNATURE COCONUT CEVICHE	29
Jack Fish, Lemongrass, Chili, Sweet Potato Chips Detox Fitness	GF DF NF SF
TUNA TARTAR	32
Avocado, Daikon Radish, Ginger Infusion Detox Sleep Fitness	GF DF NF SF
SUMMER PANZANELLA	33
San Danielle Ham, Figs, Parmesan, Garden Rocket, Aged Balsamic Fitness	SF

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SOUPS OF LIFE

ISLAND SPICY PUMPKIN SOUP Pumpkin Seeds & Curry Leaves Sleep Fitness	20	VEG GF DF NF SF
GAZPACHO ANDALOUSE Crisp Seafood Cigar, Aged Olive Oil, Micro Basil Sleep Fitness	28	NF SF
TOM KHA GAI Aromatic Coconut, Chicken & Mushroom Soup, Lemon Grass & Coriander Fitness	32	GF DF NF SF

SANDWICHES

QUINOA AND VEGETABLE COLLARD ROLL Avocado, Carrot, Beans Sprouts, Sweet & Sour Dressing Detox Sleep Fitness	24	VEG GF DF NF
TRIO DE TARTINES Goat Cheese & Fig, Tuna & Avocado, Air Dried Beef & Truffle Fitness	28	SF
CHICKEN SHAWARMA WRAP Garlic Mayonnaise, Crunchy Arabic Salad, Rustic Fries	29	NF SF
CHICKEN CAESAR SOUR DOUGH PANINI Romaine Lettuce, Bacon, Egg, Anchovies, Tomatoes, Confit Chicken Sleep Fitness	32	NF SF

FLAWLESS BURGERS

VEGAN BURGER Lentil & Chickpea Patties, Avocado, Tomato Chutney Detox Sleep	23	VEG GF DF NF
DILSHAN'S FRIED CHICKEN Brined & Butter Milk Fried Chicken, Grilled Cheese, Classic Slaw	30	NF SF
TRUFFLE & CHEESE "SMASH BURGER" With Fresh Shaved Truffle Caramelized Beef Patties, Cheese, Tomato, Lettuce & Pickles, Truffle Sauce	30 40	NF SF
GOURMET BURGER With Fresh Shaved Truffle Grass Fed Angus Beef, Crispy Bacon, Avocado, Blue Cheese	35 45	NF SF

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REFRESHING COMFORT

PENNE RIGATE Artichokes, Kohlrabi, Ladies Fingers, Garden Herbs V SF NF	32
FISH & CHIPS Tartar Sauce, Mushy Peas, Crispy Onion Rings, Home Fries DF NF SF	35
SRI LANKAN STYLE FISH OR CHICKEN CURRY Passion Fruit Leaf Salad, Pickles & Poppadum, Basmati Rice & Chapati DF NF SF	38
SIP SIP CHILI CHICKEN Fried Rice, Tempura Mushrooms & Cashew DF SF	38
LOBSTER – POACHED & MARINATED <i>USD 20 ++ Supplement for guests on Full Board meal plans</i> Bisque Poached Lobster Tail, Marinated Lobster, Apple & Herb Salad, Celeriac Sleep Fitness NF SF	65
LOBSTER QUESADILLA <i>USD 10 ++ Supplement for guests on Full Board meal plans</i> Avocado Dip, Tomato Salsa, Sour Cream NF SF	56

SENSE OF FIRE

From The Jungle Wood Grill

GLAZED OCTOPUS	34
JOBFISH IN BANANA LEAF	34
MALDIVIAN SPICED TUNA	38
GRAS FED ANGUS BEEF TENDERLOIN	49

All Dishes Come With Accompaniment Of

Maldivian Sea Salt And Sea Grass Baked Vegetable
Carrots
Beetroot
Sweet Potatoes

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STONE BAKED PIZZA

SOUR DOUGH BASED

Is sour dough healthier for you?

Because the lactic acid in sourdough bread is low glycemic, it means that sourdough bread is converted to blood glucose more slowly. It is much easier to digest and has been linked to a healthy gut. The lengthy fermentation process of 36 hours makes sourdough release nutrients including iron, zinc, magnesium, antioxidants, folic acid and other B vitamins.

MARGHERITA SPECIALE	23
Cherry Tomatoes, Buffalo Mozzarella, Basil V NF SF	
GREEN PESTO & PUMPKIN	26
Plant Based Basil Pesto, Honey Roasted Pumpkin, Rocket VEG DF NF SF	
ROASTED VEGETABLE & CHIMICHURI	26
Pumpkin, Broccolini, Cherry Tomato, Capsicum & Red Onion VEG DF NF SF	
PEPPERONI	27
Sliced Pepperoni, Mozzarella NF SF	
SPICEY KHALHU BILAMAS	26
Brinjal, Ladies Fingers, String Beans, Capsicum & Paneer NF SF	
TROPICAL	28
Grilled Pineapple & Glazed Ham, Basil & Chili Jam NF	
GOURMET	36
Pancetta, Taleggio, Truffle, Anchovy, Oregano NF SF	
RUSTICHELLA	39
Parma Ham, Burrata, Arugula, Pine Nuts, Sage SF	

Add Fresh Shaved Truffles To Your Pizza for a supplement of USD 18 ++

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SIDES

12

GARDEN GREEN SALAD

Mixed Lettuce, Cucumber, Micro Herbs, Olive Oil & Balsamic Emulsion

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

TOMATO, RED ONION & CAPER SALAD

Aged Olive Oil, Basil

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

STEAMED VEGETABLES

Olive Oil & Herbs

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

GRILLED VEGETABLES

Herbed Butter & Grilled Lemon

Sleep | Fitness

V | GF | NF | SF

FRIES

Maldon Sea Salt, Home Made Ketchup & Mayo

V | GF | DF | NF | SF

SWEET POTATO FRIES

Maldon Sea Salt, Home Made Ketchup & Mayo

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WONDER BARS

Selection of Home Made Magnums

'MELLOW YELLOW' Vanilla Caramel, Hazelnut	V GF	12
'PINK LADY' White Chocolate, Raspberry, Hibiscus	V GF NF	12
'MAN IN BLACK' 78% Chocolate	V GF NF	12
'STRAWBERRY ME' Strawberry, Vanilla, Lemon	V GF NF	12
'COCO QUEEN' Coconut, White Chocolate, Grated Coconut	V GF NF	12
'LECHE QUEMADA' Burnt Milk, Sea Salt, Madagascar Vanilla	V GF NF	12

SORBET

VEG | GF | DF | NF

Mango
Passion Fruit
Kaffir Lime
Sour Sop
White Peach

6

ICE CREAM

V | GF | NF

Vanilla
Strawberry
Honey Lavender
Chocolate
Cookie Monster

6

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