



Light Bites

CHICKEN SATAY	450
Pickled Cucumbers, Chunky Cashew Fitness	
GF - DF - CN	
BONITO CEVICHE	750
Radish and Passion Fruit	
Fitness	GF - DF
SUMMER ROLLS	400
Summer Greens, Firm Tofu, Peanut Dipper	
Fitness	V - GF - DF - CN
SHEV PURI	460
Potato, Yogurt, Pomegranate and Mint Chutney	
Fitness Detox	VG
GRILLED PRAWNS	600
Cilantro Butter, Romesco	
Fitness Sleep	GF - DF
POKE BOWL	500
Bonito Tuna, Quinoa, Edamame, Wakame, Papaya, Sesame	
Fitness Detox	GF - DF
LES AILES POUL	400
Baked Chicken Drumettes, Creole Bbq Sauce, Sweet Potato Fries	
	GF - DF

If you have any dietary restrictions, please let us know

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All fish is caught locally in a sustainable manner Some vegetables, herbs and some fruits are grown in our organic garden, come and take a look, it is just at the end of the road!

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From the Garden



YUM SOM O 550

Thai Pomelo, Prawn and Peanut Salad

Fitness | Detox DF - GF - CN

FATTOUSH SALAD 450

Halloumi Cheese, Tomato, Cucumber, Onion, Peppers, Pita Crisps

Fitness | Detox VG

SCARLET GAZPACHO 400

Chilled Soup of Pickled Beetroot, Blackberries, Tomato, Sourdough

Fitness | Detox V - DF

WATERMELON SALAD 500

Rocket, Feta Cheese, Red Onions and Pinenut Vinaigrette

Fitness | Detox VG - GF - CN



HAIL CAESAR! 650

Baby Gems, Bacon, Focaccia Croutons, Anchovies, Parmesan Cheese

Add Roast Chicken 750

Add Grilled Shrimps 850

ORGANIC GARDEN SALAD 450

Mixed Leaves, Cucumber, Apple, Tomato, Pumpkin, Herb Vinaigrette

Fitness | Detox V - GF - DF

SOM TUM PAPAYA SALAD 500

Soft Shell Crab Tempura, Tomatoes, Snake Beans

Fitness | Detox GF - DF

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From the Deli

Served With Your Choice of Garden Salad, Sweet Potato Fries or French Fries

DUCK BAO	600
Sichuan Roast Duck, Spring Greens, Hoi Sin, Sesame	
DF	
ROYAL QUINOA PATTY	450
Wilted Kale, Tomato Jam, Emmental Cheese	
Fitness V - CN	
PECKISH PECKER CLUB	600
Roast Chicken, Bacon, Gruyère Cheese, Lettuce, Tomato, Fried Egg	
ISLAND BURRITO	900
Local Tuna Wrap, Avocado, Jalapenos, Ginger, Sour Cream	
Fitness	
CHICKEN BURGER	600
Peri-peri Chicken Patty, Lettuce, Tomato, Gruyere Cheese	
Fitness	
GRAVLAX BAGEL	600
Home-smoked Tuna, Chive Crème Cheese and Tomato	
Fitness	
JURASSIC PORK	600
Ciabatta, Salami, Prosciutto, Mortadella, Provolone, Olive and Artichoke Salad	
BEEF BURGER	700
Black Angus Patty, Cheddar Cheese, Dill Gherkins, Smoked Pancetta	



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Pizza e Pasta

Per essere felici, secondo me, basta unire la pizza e il mare

Pizza Bianca

CARCIOFI 550

Roast Artichokes, Smoked Scamorza, Wild Garlic, Tapenade
VG

ZUCCA 550

Butternut Squash, Wild Mushrooms, Mozzarella di Buffala, Black Truffle
VG



DOLCELATTE 550

Organic Kale, Blue Cheese, Semi-dried Pomodorini, Walnut Pesto
VG - CN

Pizza Rossa

DIAVOLA 600

Tomato, Fior di Latte, Spicy Sausage, Black Olives, Red Onions

MARGHERITA 450

Tomato, Mozzarella di Buffala, Basil, Extra Virgin Olive Oil
VG

FRUTTI DI MARE 600

Tomato, Ricotta Cheese, Calamari, Prawns, Smoked Tuna

Pasta

CRAB-ONARA 1100

Tagliatelle, Coconut, Blue Crab Meat, Chilli
DF

PAPARDELLE 750

Wild Mushrooms, Miso Cream, Black Truffle
VG

HEAD IN THE SAND 450

Rigatoni, Beef and Ostrich Bolognese, Pesto

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Bigger Bites

CREOLE TUNA KARI KOKO 900

Yellow Fin Tuna, Coconut Curry, Brown Rice, Mango Satini Fitness
GF - DF

PHILLY STEAK SANDWICH 990

Angus Beef Steak, Onions, Green Peppers, Mushrooms, Cheddar Cheese

RISOTTO PRIMAVERA 600

Carnaroli Rice, Peas, Asparagus, Carrots, Black Garlic, Pecorino Cheese
GF - VG

PAD THAI 450

Rice Noodles, Bean Sprouts, Firm Tofu, Egg, Peanuts
Fitness GF - DF - VG - CN

Add Chicken 550

Add Shrimps 750

FISHERMAN'S CHOICE 800

Grilled Local Fish, Garden Caponata, Ratte Potatoes
Fitness GF -DF



Locally-inspired

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Life Pleasures

CHEESECAKE 350

Bourbon Vanilla, Caramel, Berries
SF - VG -GF

COCONUT PARFAIT 350

Chocolate and Coffee Gel
SF - VG - GF - CN

GUANAJA ENTREMET 450

Chocolate Fondant, Tonka Beans
Fitness SF - VG

TIRAMISU 250

Italian Coffee, Savoiardi, Mascarpone Ice-cream
SF - VG

FRUIT PLATTER 450

Seasonal Fruit Platter
Detox SF - GF- V

LA DIGUE VANILLA CRÈME BRÛLÉE 350

Ask for Today's Special Flavour Delights
SF - GF - VG

ICE CREAMS

Homemade Ice creams
SF - GF

SORBETS

Plant-based Flavours
Detox SF - DF - GF - V - CN

A Taste Of 75 | A Bit More 120 | Got the Munchies 200

CHEESE PLATTER 850

Four Fine Cheeses with Compotes, Dry Fruits, Nuts
VG - SF - CN

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