



# CHILL BAR

*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 and sustainably fished.

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 that 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,

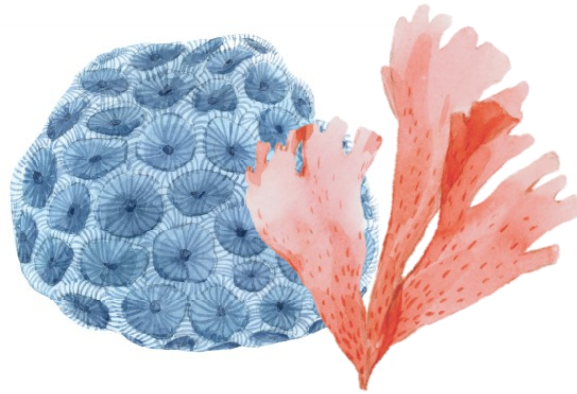
**Six Senses Culinary Team**



## 'HAADHA MEEREY'

*Appetizers*

<b>SAFFRON &amp; MASALA QUINOA CRACKERS</b>	<b>15</b>
<i>Whipped Dhal &amp; Cashew Cream, Charred Leek &amp; Curry Leaf</i>	
Detox   Sleep   Fitness	VEG   NF   DF   SF
<b>FIRE BURNT BEETROOT CARPACCIO</b>	<b>19</b>
<i>Roasted Walnuts, Honey Labneh, Sour Dough Crisps</i>	
Sleep   Fitness	V   SF
<b>HEIRLOOM TOMATO</b>	<b>25</b>
<i>Sun Dried, Roasted, Raw Burrata, Garden Rocket &amp; Orange</i>	
Fitness	V   NF   SF
<b>TUNA TATAKI</b>	<b>26</b>
<i>Pickled Island Mushrooms, Seaweed, Wasabi Emulsion</i>	
Sleep   Fitness	GF   DF   NF   SF
<b>VIETNAMESE RICE PAPER</b>	<b>18</b>
<i>Tofu, Vermicelli, Cucumber, Mint &amp; Basil, Peanut &amp; Hoisin Sauce</i>	
Detox   Sleep   Fitness	VEG   GF   DF   SF
<b>BEEF CARPACCIO</b>	<b>34</b>
<b>With fresh shaved truffle</b> 10 USD ++ Supplement for guests on meal plans	<b>44</b>
<i>Truffle Emulsion, Aged Balsamic, Pine Nuts, Parmesan</i>	
Sleep   Fitness	GF   SF
<b>SOFT SHELL CRAB</b>	<b>32</b>
<i>Green Mango Salad, Crisp Crab</i>	
Sleep   Fitness	DF   NF   SF



## 'THAAZA KAANA'

*Fresh*

<b>GRILLED HALOUMI &amp; PUMPKIN</b>	<b>26</b>
<i>Brocolini, Toasted Pumpkin Seeds &amp; Kale, Fermented Savoy</i>	
Sleep   Fitness	V   GF   NF   SF
<b>POWER HOUSE CHICKEN CAESAR</b>	<b>32</b>
<i>Romaine Lettuce, Bacon, Egg, Anchovies, Croutons, Roasted Chicken Breast</i>	
Sleep   Fitness	NF   SF
<b>HERBED FALAFEL &amp; BARLEY "SALAD"</b>	<b>26</b>
<i>Hummus, Cherry Tomatoes, Grilled Zucchini &amp; Baby Carrots, Pumpkin Seeds</i>	
Detox   Sleep   Fitness	VEG   NF   DF   SF
<b>HAND PULLED WARM SOBA</b>	<b>32</b>
<i>Marinated Chicken, Finely Cut Slaw, Yakiniiku, Sesame Seed &amp; Peanut Dressing</i>	
Sleep   Fitness	DF   SF
<b>GREEK STYLE GARDEN SALAD</b>	<b>27</b>
<i>Feta Cheese, Tomato, Cucumber, Bell Pepper, Olives</i>	
Sleep   Fitness	V   GF   SF

# 'MEERU MEERU'

*Comfort*

**KARAGE CHICKEN BAHN MI** 22  
*Crisp Karage Chicken Pickles & Salad, Chili Mayo*  
NF | SF

**MARINATED PORK BAHN MI** 26  
*Marinated & Crisp Pork Belly, Pickles & Salad, Chili Fries*  
NF | SF

**CHILL OUT CLUB** 26  
*Grilled Turkey Breast, Crispy Bacon, Fried Egg*  
DF | NF | SF

**CRISP MUSHROOM & FALAFEL BURGER** 28  
*Tempura Oyster Mushrooms, Crisp Falafel, Slaw & Pickles*  
NF | SF

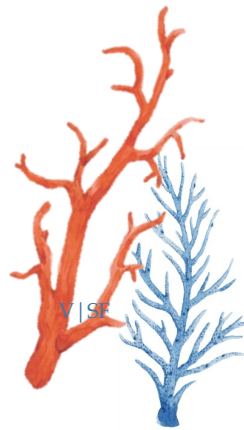
**FRIED REEF FISH BURGER** 30  
*Panko Crumbed, Smoked Tartar Sauce, Slaw & Pickles*  
NF | SF

**CARAMELIZED BEEF & CHESSE BURGER** 35  
**Add Fresh Shaved Truffle** 10 USD ++ Supplement for guests on meal plans 45  
*Caramelized Smashed Beef Patty, Onions, Pineapple & Salad, Sweet Potato Fries*  
NF | SF

**PARMA HAM** 35  
*Mozzarella & Basil*

**MUSHROOM & GOATS CHEESE** 35  
*Basil Pesto & Honey Roasted Walnuts*

**PIZZA WHOLESOME** 29  
*Artichokes, Spinach, Mushrooms*  
V | NF | SF



**Add Fresh Shaved Truffle To Your Pizza's For A Supplement Of USD 18**

# "ITHURAH"

## **GREEN GARDEN SALAD** **12**

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

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

## **TOMATO, RED ONION & CAPER SALAD** **12**

*Aged Olive Oil, Basil*

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

## **STEAMED VEGETABLES** **12**

*Olive Oil & Herbs*

Detox | Sleep | Fitness

VEG | GF | DF | NF | SF

## **GRILLED VEGETABLES** **12**

*Herbed Butter & Garlic Lemon*

Sleep | Fitness

V | GF | NF | SF

## **FRIES** **12**

*Maldon Sea Salt, Home Made Ketchup & Mayo*

V | GF | DF | NF | SF

## **SWEET POTATO FRIES** **12**

*Maldon Sea Salt, Home Made Ketchup & Mayo*

V | GF | DF | NF | SF





## 'BODU KEUN'

### MAIN FEASTS

<b>MAPLE GLAZED TEMPEH</b>	<b>25</b>
<i>Noodles, Hong Kong Kale, Bok Choy, Mushrooms &amp; Peppers</i>	
Sleep   Fitness	NF   SF
<b>PHO</b>	<b>35</b>
<b>With Sliced Hyogo Wagyu A5 Sirloin</b> 30 USD ++ Supplement for guests on meal plans	<b>65</b>
<i>Braised Beef Short Rib, Aromatic Vietnamese Broth, Lime &amp; Chili</i>	
Fitness	DF
<b>SEAFOOD LAKSA</b>	<b>35</b>
<b>With Lobster Tail</b> 30 USD ++ Supplement charge for guests on meal plans	<b>65</b>
<i>Reef Fish, Squid &amp; Scallop, Rice Noodles, Soft Boiled Egg, Lime &amp; Chili</i>	
Fitness	DF   SF
<b>IKO'S NASI GORENG</b>	<b>35</b>
<i>Chicken Satay &amp; Wing, Spiced Peanut Sauce, Sea Grass Crackers</i>	
	DF   SF
 <b>EQUATOR NOODLES</b>	<b>26</b>
<i>Rihaakuru Glazed Tuna Belly, Ladies Fingers, Kukhulu Egg, Maldivian Chili</i>	
	DF   NF   SF
<b>BUTTER ME UP</b>	
<b>With Tandoori Chicken</b>	<b>38</b>
<b>With Lobster Tail USD</b> 30 ++ Supplement charge for guests on meal plans	<b>68</b>
<i>Butter Masala, Chapati, Poppadum, Rice</i>	
	NF
<b>SUN RISE CATCH</b>	<b>35</b>
<i>Lemon Butter Emulsion, Indian Ocean Glazed Vegetables</i>	
Sleep   Fitness	GF   NF   SF
<b>CAFÉ DE LAAMU</b>	<b>58</b>
<b>With Shaved Truffle, Truffle Jus</b> 10 USD ++ Supplement charge for guests on meal plans	<b>68</b>
<i>Grass Fed Beef Tenderloin, Pepper Corn Jus, Sautéed Beans, Sweet Potato</i>	
Fitness	GF   SF



## 'FONI'

### CHEESE & DESSERTS

<b>MOLTEN CHOCOLATE CAKE</b>	<b>18</b>
<i>Vanilla Ice Cream, Chocolate Crumble (Please allow up to 20minutes for this treat)</i>	
V   GF   NF	
<b>STRAWBERRY CHEESE CAKE</b>	<b>18</b>
<i>Cold Set Cheese Cake, Strawberries, Vanilla Crumble</i>	
V   GF   NF	
<b>CHOCOLATE MOUSSE ENTREMENT</b>	<b>18</b>
<i>Dark, Milk &amp; White Chocolate, Cake Textures, Yuzu Sorbet</i>	
V   GF	
<b>COCONUT PARFAIT</b>	<b>18</b>
<i>Mango Gel, Fresh Mango &amp; Mint,</i>	
Sleep   Fitness	V   GF   NF
<b>COCONUT CAKE</b>	<b>18</b>
<i>Fruits Of The Moment, Guava Sorbet</i>	
Fitness	VEG   GF   DF
<b>LOCAL TROPICAL FRUITS</b>	<b>18</b>
<i>Lychee Basil Sorbet</i>	
Fitness	VEG   GF   NF   DF
<b>SELECTION OF RAW MILK CHEESE</b>	<b>26</b>
<i>Brillat Savarin, Langres Au Marc, Valencay, Roquefort, Mimolette</i>	