



Good Morning from Chef Chris

Welcome to the most important meal of the day.

Each ingredient on our breakfast menu is thoughtfully sourced from three continents and over five countries, ensuring only the finest and most flavourful selections reach your table. From organic eggs and exotic fruits to grass-fed, free-range produce, every item reflects our commitment to quality and authenticity.

Let us embark on a culinary journey together, where each bite is a celebration of the art of breakfast.



THYME BREAKFAST BEVERAGES

Sweet Spice Kick \$18

Celery, cucumber, apple, ginger, moringa, lemon, jalapeño.
The perfect treat for your immune system and potential benefit against cancer.
Lowers blood sugar levels, lowers cholesterol.

The Cleanser \$18

Wheatgrass, raspberry, strawberry, passion fruit, grapefruit, orange, K special.
Antioxidants fight free radicals in the body, reducing oxidative stress.
High in nutrients, helps in weight loss, and boosts metabolism.

Aloe Wellness \$18

Spinach, pineapple, ginseng honey, lemon, apple, ginger, grapefruit.
May support heart health and fights against infection, keeping the body well.

Beat The Bloat \$18

Acai berries, strawberry, blueberry, yoghurt, ginseng honey, spirulina, almond milk, beetroot.
Supports brain wellness, healthy blood pressure and provides minerals essential for maintaining a healthy immune system.

Neutraliser \$18

Cucumber, coriander leaves, beetroot, mango, bitter gourd, celery, moringa.
Reduces acidity, rich in calcium, adds strength to bones.

Selection of Tea

Green Tea

Green Tea with Jasmine Flavour
Sencha Green Extra Special
Moroccan Mint Green Tea
Naturally Minty Ceylon Pekoe

Special Black Tea

Brilliant Breakfast
The Original Earl Grey
Single Estate Darjeeling

White Tea

Ceylon Silver White Tea

Herbal Tea

Pure Chamomile Flowers

Fruit Tea

Peach
Blueberry & Pomegranate
Rose with French Vanilla
Mango & Strawberry
Vanilla Ceylon
Lychee with Rose & Almond
Ceylon Cinnamon Spice

Selection of Coffee

Espresso
Double Espresso
Americano
Cappuccino
Caffè Latte
Latte Macchiato
Decaffeinated Espresso
Decaffeinated Double Espresso
Decaffeinated Americano
Decaffeinated Cappuccino
Decaffeinated Caffè Latte
Decaffeinated Latte Macchiato

Selection of Iced Coffee & Tea

Iced Black Coffee
Iced Coffee with Milk
Iced Cafe Latte
Iced Chocolate
Iced Lemon Tea

We are delighted to prepare any of the above coffee options with your preferred choice of milk: skimmed, soy, almond, oat, or coconut.

TO BEGIN WITH

Eggs

-   **Eggs Benedict**
Poached eggs with hand-whipped hollandaise on toasted house-made English muffins with breakfast greens and heirloom cherry tomatoes.
(available with Canadian bacon or house-smoked salmon gravlax)
-   **Eggs Your Way**
Two eggs any way you like them with breakfast greens and heirloom cherry tomatoes.
-  **Avocado Toast**
Two poached eggs on brioche or multigrain toast with fresh guacamole, pickled red onions and micro-seedlings.
-   **Breakfast Burrito**
Crispy flour tortilla wrap with scrambled eggs, caramelised onions, avocado, mozzarella cheese and tomato salsa.
-  **Sourdough Spinach Toast**
Arugula, spinach, avocado and feta cheese.
-   **Rye Bread Prosciutto**
2 poached eggs, asparagus, mushroom, pork ham and hollandaise sauce.

Sides

(Available with all the above)

Pork, beef or turkey bacon

Pork, beef, chicken or lamb sausage

Crispy hash browns or breakfast potatoes

Maple Baked Beans (pork-free available)

Classics

-   **Buttermilk Pancakes**
Freshly prepared house-made buttermilk pancakes with maple syrup, icing sugar topped with vanilla mascarpone cream and seasonal berries.
(available with blueberries, strawberries, bananas, or chocolate chips)
-   **Belgian Waffles**
Classically prepared light and crispy belgian waffles with icing sugar and seasonal berries.
-   **Caramel Brioche French Toast**
Thick-cut brioche French toast with maple syrup, icing sugar, and seasonal berries
-   **Buttermilk Crepes**
Freshly prepared house-made buttermilk crepes with maple syrup, pastry cream, icing sugar and seasonal berries. Available with berries, bananas, or chocolate.
-  **Lox Breakfast Bagel**
Fresh baked toasted sesame Montreal bagel with house-smoked salmon gravlax, cream cheese, capers, pickled red onions and baby spinach.



EXOTIC BREAKFAST JOURNEYS

-  **Naasthaa (Maldivian)**
Freshly cut yellowfin tuna 'kulhi mas', 'mas huni', 'kukulhu riha' with fresh shredded coconut, green chilli, red onion, coriander leaves, drumstick leaves omelette, and fresh griddle chapatti.
-   **Shakshuka**
Slow-poached eggs in roasted tomato harissa paste, crumbled labneh peppers, onion, cumin, coriander, and parsley with fresh pita.
-     **Nasi Lemak (Malaysian)**
Breakfast coconut lemongrass rice, chilli sambal, crispy anchovy, peanut, boiled egg, cucumber and chicken curry.
-    **Huevos Divorciados (Mexican)**
Corn tortilla, sunny side eggs, tomato, guacamole, coriander leaves, and sour cream.
-   **Syrniki (Ukrainian, Belarusian, Russian Cuisine)**
Sweet and fluffy farmers cheesecakes with sour cream, whipped cream cheese, snipped chives and fresh seasonal berries.
-   **Middle Eastern Breakfast**
Labneh cheese, foul mudammas with tomato, lemon juice, hummus baba ghanoush, olives, boiled eggs with pita bread.

BREAKFAST BOWLS



Granola and Yoghurt

House-made granola, bananas and mixed berries.



Bircher Muesli

Old-fashioned oats with dried cranberries, cinnamon, peanut butter, apples, almond milk, chopped pecans and honey.



Frozen Breakfast Bowl

Frozen açai, blueberry, strawberry and yoghurt bowl with fresh fruit and toasted granola.



Oat & Chia Porridge

Oats, chia, groats, banana, raspberries and coconut.
(available with almond milk, coconut milk or oat milk)



Congee

Prawns or chicken, spring onion, eggs, sesame oil, with Chinese flavours.

SUBCONTINENTAL 'MUST TRY'



Adai Dosa

Savory dal crepes with rice, coconut and coriander chutney.



Masala Uttapam

Savory rice pancake, coconut, and coriander chutney sambar.



Sri Lankan Plain or Egg Hoppers

24-hour marinated rice flour and coconut milk batter, with caramelised onion sini sambal, onion chilli katta sambal.

MORNING CURRY



Asian Vegetables Curry

Carrot, potato, green pea, pumpkin, coconut served with chapati and rice.



Atoll Reef Fish Curry

Curry leaves, ginger, garlic, chilli, coconut served with chapati and rice.



Vegetarian



Vegan



Raw



Dairy



Nuts



Spicy



Shellfish



Gluten-free



Dairy-free



Pork



Alcohol

APERITIFS	3cl	Hayman's London Dry England	\$14
Pernod Anis France	\$12	Roku Gin Japan	\$14
Ricard Anis France	\$12	Tanqueray No. 10 England	\$17
Campari Italy	\$12	Plymouth England	\$17
Aperol Italy	\$12	Hendrick's Scotland	\$17
Martini Italy Rosso / Dry / Bianco	\$12	The Botanist Islay Scotland	\$17
Carlo Alberto Italy Bianco / Extra Dry	\$14	Tarquin's Cornish England	\$17
Noilly Prat Dry France	\$14	Bulldog England	\$18
Lillet Blanc French	\$16	Bols Genever Holland	\$18
Carpano Antica Formula Italy	\$16	Oxley Cold Distilled England	\$22
		Monkey 47 Sloe Germany	\$26
		Monkey 47 Germany	\$26
BEER Bottle		Gin Mare Spain	\$26
Carlsberg 33cl Denmark	\$10	Nolet's Silver Netherlands	\$28
Heineken 33cl Netherlands	\$11	Brooklyn USA	\$36
Stella Artois Belgium	\$11		
Corona 33cl Mexico	\$11	RUM	3cl
Asahi 33cl Japan	\$14	Cachaça 51 Brazil	\$10
Hoegaarden 33cl Belgium	\$14	Malibu Coconut Barbados	\$11
Erdinger 50cl Germany	\$16	Bacardi White Puerto Rico	\$11
		Myer's Jamaica	\$11
CIDER		Bacardi 8yrs Puerto Rico	\$12
Savanna Cider 33cl S Africa	\$12	Plantation 3 Stars Caribbean	\$13
		Havana Club 7yo Cuba	\$16
GIN	3cl	Appleton 12yrs Jamaica	\$16
Bols Sloe Holland	\$11	Plantation Barbados	\$16
Hayman's Sloe England	\$12	Plantation Trinidad	\$16
Tanqueray England	\$12	Plantation Jamaica	\$16
Bombay Sapphire England	\$12	Plantation Fiji	\$16
London No.1 England	\$12	El Dorado Cask Aged 8 Yrs Guyana	\$17
Bitter Truth Pink England	\$12	El Ron Prohibido Mexico	\$18
Martin Miller's England	\$14	Diplomatico Reserva Exclusiva Venezuela	\$18

Prices are in US dollars excluding 10% service charge and 16% GST

El Dorado Special Reserve 12 Yrs Guyana	\$18	Isle Of Jura Sup Island	\$17
Ron Zacapa Solera 23 Guatemala	\$22	The Glenlivet 15Yrs French Oak Speyside	\$17
Dictador Solera Rum 12yrs Colombia	\$22	Glenfarclas 15yrs Highland	\$18
Eminente Reserva 7yrs Cuba	\$28	Glenfiddich 12 Yrs Speyside	\$18
Ron Zacapa Solera XO Guatemala	\$32	The Macallan 12yrs Fine Oak Speyside	\$22
Flor De Cana Centenario 25 Yrs Nicaragua	\$42	Oban 14yrs Highland	\$23
Havana Club Máximo Cuba	\$390	Lagavulin 16yrs Island	\$25
		Ardgberg 10yrs Islay	\$28
VODKA	3cl	Highland Park 18yrs Island	\$33
Absolut Sweden	\$12	Dalmore Cigar Malt Highland	\$39
Absolut Citron Sweden	\$12	The Macallan 18yrs Fine Oak Speyside	\$42
Ketel One Netherlands	\$15	The Macallan 30yrs Fine Oak Speyside	\$290
Pravda Poland	\$15		
Grey Goose France	\$17	Irish Whiskey	3cl
Belvedere Pure Poland	\$18	Jameson Ireland	\$12
Crystal Head Canada	\$22	Bushmills Ireland	\$13
Beluga Nobel Russia	\$22		
Ultimat Vodka Poland	\$23	Blended Whisky	3cl
Ciroc Coconut France	\$24	J/W Black Label Scotland	\$14
Ciroc Red Berry France	\$24	Chivas Regal 12yrs Scotland	\$16
Chopin Poland	\$25	Chivas Regal 18yrs Scotland	\$24
Roberto Cavalli Italy	\$25	Royal Salute 21yrs Scotland	\$25
U'luvka Poland	\$26	J/W Blue Label Scotland	\$38
Kauffman Hard Russia	\$26	Chivas Regal 18yrs Scotland	\$45
Beluga Gold Line Russia	\$42	Bourbon	3cl
WHISKY & WHISKEY		Maker's Mark Kentucky	\$14
Single Malt	3cl	Bulleit Bourbon Kentucky	\$14
Balvenie DoubleWood 12Yrs Speyside	\$16	Buffalo Trace Kentucky	\$14
Glenkinchie 10yrs Highland	\$17	Woodford Kentucky	\$18
Caol Ila 12yrs Islay	\$17	Evan Williams 2000 Single Barrel Kentucky	\$21
Talisker 10yrs Island	\$17		

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Tennessee Whiskey	3cl	Jose Cuervo Reserva de la Familia Extra Añejo Mexico	\$69
Jack Daniel's Tennessee	\$12		
Jack Daniel's Single Barrel Tennessee	\$21	Mezcal	3cl
		Beneva Mexico	\$14
Japanese Whisky	3cl	SCHNAPPS	3cl
Nikka Whiskey From The Barrel Japan	\$19	Archers Peach England	\$11
Nikka Pure Malt Black Japan	\$23	Roner Waldhimbeergeist Italy	\$12
Nikka Coffey Malt Japan	\$28	Roner Kirschwasser Italy	\$14
Canadian Whisky	3cl	GRAPPA	5cl
Canadian Club Canada	\$12	Nonino Merlot Italy	\$16
Crown Royal Canada	\$18	Nonino Chardonnay Barrique Italy	\$16
COGNAC	3cl	GAJA Nebbiolo Barrique 'Sperss' Italy	\$28
Martell VSOP France	\$18	Stravecchia Italy	\$28
Hennessy VSOP France	\$26	Nonino Riserva 8yrs Italy	\$32
Remy Martin XO France	\$49	SHERRY	1ocl
Martell XO France	\$57	Lustau Solera Reserva Fino Jarana Spain	\$20
Hennessy XO France	\$57	Lustau Solera Reserva Pedro Ximenez San Emilio Spain	\$22
Hennessy Paradis Extra Rare France	\$168		
Rémy Martin Louis XIII France	\$540	PORT	1ocl
TEQUILA	3cl	Niepoort Lbv Portugal	\$22
Corralejo Blanco Mexico	\$12	Quinta Do Noval 10yrs Tawny Portugal	\$22
Don Julio Blanco Mexico	\$14	Niepoort Colheita 2005 Portugal	\$36
Corralejo Anejo Mexico	\$14	DIGESTIVE	3cl
Patron XO Café Mexico	\$15	Jägermeister Germany	\$12
Patron Silver Mexico	\$17	Fernet Branca Italy	\$12
Volcan Blanco Mexico	\$19	Limoncino Italy	\$12
Patron Reposado Mexico	\$23	Kahlua Mexico	\$12
Don Julio 1942 Anejo Mexico	\$46	Amaretto Di Saronno Italy	\$12
Clase Azul Mexico	\$47	Amaro Averna Italy	\$12
Gran Patron Platinum Mexico	\$64		

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Ramazzotti <i>Italy</i>	\$13
Amaro Montenegro <i>Italy</i>	\$16
LIQUEUR	3cl
Crème De Menthe <i>France</i>	\$11
Blue Curacao <i>France</i>	\$11
Apricot Brandy <i>France</i>	\$11
Cherry Brandy <i>France</i>	\$11
Crème De Cacao Brown <i>France</i>	\$11
Crème De Cacao White <i>France</i>	\$11
Crème De Peach <i>France</i>	\$11
Crème De Fraise des Bois <i>France</i>	\$11
Crème De Banana <i>France</i>	\$11
Crème De Cassis <i>France</i>	\$11
Lychee <i>France</i>	\$11
Triple Sec <i>France</i>	\$11
Chambord <i>France</i>	\$12
Cointreau <i>France</i>	\$12
Absinthe <i>France</i>	\$12
Baileys Irish Cream <i>Ireland</i>	\$12
Molinari Sambuca <i>Italy</i>	\$12
St Germain <i>France</i>	\$12
Southern Comfort <i>USA</i>	\$12
Tia Maria <i>Jamaica</i>	\$12
Grand Marnier <i>France</i>	\$12
D.O.M. Benedictine <i>France</i>	\$12
Parfait Amour <i>France</i>	\$13
Drambuie <i>Scotland</i>	\$14

STILL WATER

Aqua Panna <i>Italy</i>	\$16
Evian <i>France</i>	\$18

SPARKLING WATER

Perrier <i>France</i>	\$16
San Pellegrino <i>Italy</i>	\$16
Evian <i>France</i>	\$18

AERATED WATER

Coca Cola <i>Maldives</i>	\$9
Sprite <i>Maldives</i>	\$9
Fanta <i>Maldives</i>	\$9
Zero Coke <i>Maldives</i>	\$9
Diet Coke <i>Maldives</i>	\$9
Schweppes Soda <i>Maldives</i>	\$9
Schweppes Tonic <i>Maldives</i>	\$9
Schweppes Ginger Ale <i>Maldives</i>	\$10
Ginger Beer <i>Sri Lanka</i>	\$10

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SIGNATURE COCKTAILS MOCKTAILS

Mikan Fizz \$22	First Guest \$14
Dry Sake, Yuzu Sherbet, Aperol, Prosecco, Absinthe	Orange, Lime, Vanilla Syrup, Mango Chutney, Tonic Water
Agua Fresca \$22	Hatsuhi Fizz \$14
Gin Hendrick's, Peach Schnapps, Cucumber Juice, Lemon Juice, Simple Syrup	Strawberry Purée, Orange, Yuzu, Rose Syrup, Lemonade
Sak-Jito \$26	The White Temple \$14
Sake, Vodka, Green Apple Juice, Lime Juice, Brown Sugar, Lime Wedges, Shisho Leave, Lemongrass, Ginger Ale	Coconut Milk, Pineapple, Lime, Passion Fruit Purée, Fresh Basil
Spicy Margarita \$22	Come Into Bloom \$14
Tequila, Triple Sec, Jalapeño Pepper, Ginger, Lime Juice, Yuzu, Vanilla Syrup	Brewed Jasmine Tea, Lemon Juice, Rose Syrup, Tonic Water
Agrumes Elixir \$22	Trail Mix \$14
Bourbon Whisky, Benedictine, Luxardo Maraschino, Orange Juice, Lemon Juice	Lemon, Mango Purée, Honey, Ginger Ale
Bohemian Martini \$22	Mediterranean Lemonade \$14
Irish Whisky, Apricot Brandy, Sloe Gin, Lime Juice, Simple Syrup, Egg White, Apricot Fruit	Brewed Fruit Tea, Lemon, Orange Blossom, Soda Water
Dhon Kamana \$22	Kasato Maru \$14
Ceylon Arrack, Spice Cinnamon Tea, Apple Juice, Lemon Juice, Simple Syrup, Ginger	Cranberry Juice, Yuzu Juice, Passion Fruit Purée, Ginger Ale
Meeru Buin \$22	Matcha Made In Heaven \$14
Ceylon Vx Arrack, Malibu, Passion Coconut Water, Lemon Juice, Vanilla Syrup	Matcha Tea, Apple, Lime, Passion Fruit Purée, Soda Water
Mignardises \$22	
Rum Prohibido, Brown Cacao, Frangelico, Pedro Ximénez, Espresso	

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A Personal Welcome from Chef Chris

Welcome to Thyme, our all-day dining experience, where a world of flavours awaits you.

Each vegetable on our menu has been carefully handpicked by the dedicated farmers we proudly collaborate with. We are thrilled to introduce our new Health & Wellness section, showcasing organic vegetables, single-leaf lettuce, and off-the-vine organic tomatoes—just a few highlights of the freshness we offer.

Our Lobster, Tuna, and Reef Fish are sourced locally, ensuring the finest quality and celebrating the bounty of Maldivian waters. Be sure to ask about our Fish of the Day, freshly caught and prepared to perfection.

At Thyme, freshness meets your plate in every dish.



SMALL BITES

 	Organic Crudité Cauliflower & Tahini Dip	\$24
  	Roasted Butternut & Apple Soup Coconut, Sunflower Seeds, Cinnamon	\$27
	Reef Fish Crudo Burnt Ruby Grapefruit, Pickled Fennel, Herbal Aromatics, Toasted Nori	\$32
 	Salt & Pepper Squid Radicchio Citrus Salad, Yuzu Aioli	\$34
 	Fire Roasted Tomato Bisque Buttered Banquette Toast	\$24
  	Rice Paper Roll Carrots, Cabbage, Peanuts, Mango	\$16
	• Chicken	\$20
	• Prawn	\$32
	• Crab	\$36
  	Prawn Steamed Dumplings Chiu Chow Chilli Sauce or Sweet Chilli	\$34



HEALTH & WELL BEING

 	Nautilus Signature Salad Artisan Greens, Tomatoes, Cucumber, Avocado, Mango, Pomelo, Lemon Dressing	\$28
 	Heirloom Tomato Sourdough Croutons, Refreshing Tomato Water, Nautilus Grown Basil	\$35
 	Baby Spinach Salad Sun-dried Tomato, Strawberry, Roasted Almonds, Smoked Ricotta Salata	\$32
   	Som Tum Goong Green Papaya, Green Beans, Coriander, Peanuts, Thai Red Chilli, Prawns	\$34
 	Burrata Arugula, Mint, Cherry Tomato, Aged Balsamic	\$36

 Vegetarian  Vegan  Raw  Dairy  Nuts  Spicy

 Shellfish  Gluten-free  Dairy-free  Pork  Alcohol

All the above side dishes are available as main course upon request.
All prices are in USD and are exclusive of 10% Service Charge and 16% GST.












*These items are not included in the half board meal plan.

SANDWICHES & WRAPS

	Smoked Turkey Club	\$34
	Handpicked Spinach & Avocado, Mayo, Homemade Cranberry Marmalade, Lettuce, Tomato	
 	Lobster Roll	\$60*
	Maldivian Lobster, Lemon Zest, Celery, Chives	
	Tandoori Chicken Wrap	\$34
	Homemade Naan Bread, Yoghurt & Mint, Mango Chutney	
 	Oven-Roasted Pulled Pork Sandwich	\$38
	Brioche Bun, Cabbage Slaw, Hickory Cider Espresso BBQ Sauce	
	Banh Mi	
	Coriander, Chilli, Pickled Carrots & Daikon	
	• Pork	\$38
	• Chicken	\$30
	Blackened Fish Burger	\$35
	Roasted Corn Salsa, Crispy Mint Slaw, Banana Ketchup	
 	Black Angus Beef Burger	\$44
	Thyme Brioche Bun, Lettuce, Red Onion Jam, Tomato, Crispy Pork Bacon, Cheddar Cheese	
 	Vegan Burger	\$32
	Vegan Homemade Patty, Carrot Sauce, Sweet Potato, Pickled Jalapeño	

PASTA & RISOTTO












	Rigatoni Bolognese	\$42
	Black Angus Beef Short Rib, Pecorino Romano	
  	Courgette Linguini	\$32
	Courgette Sauce, Sun-dried Tomato, Mint, Roasted Pistachio	
  	Lemon Risotto	\$30
	Mint, Sage, Rosemary, Parmesan	
 	Creamy Wild Mushroom Gnocchi	\$36
	Potato Gnocchi, Black Truffle, Parmesan	

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ASIAN FAVOURITES












  	Tom Yum Soup Shrimp, Mushroom, Coriander, Chilli	\$47
 	Vietnamese Pho Beef, Coriander, Bean Sprouts, Ginger, Rice Noodles	\$53
 	Beef Cheek Rendang, Kazakhstan Coconut Milk, Spices, Galangal, Turmeric Leaf	\$62
  	Black Pork Curry Roasted Curry Powder, Curry Leaves, Cinnamon, Coconut Milk	\$46
	Kandu Kukulhu (Maldivian Fish Curry) Marinated Tuna, Onions, Garlic, Pandan, Curry Leaves, Havaadhu	\$40
  	Gong Bao Roasted Cashew Nuts, Chilli, Bell Peppers, Scallions	\$40
	• Chicken	\$48
	• Pork	\$48
 	Butter Chicken Tomato, Kasuri Methi, Butter, Naan Bread	\$40
   	Pad Thai Bean Sprouts, Peanuts, Rice Noodle, Dried Shrimp, Tamarind	\$32
	• Vegetable	\$42
	• Chicken	\$47
	• Prawns	\$38
 	Maldivian Chicken Curry Steamed Rice, Roshi, Curry Leaves	\$38
 	Thai Red Vegetable Curry Tofu, Green Beans, Thai Eggplant, Coconut Milk	\$32
	• Vegetable	\$38
	• Chicken	\$44
	• Prawns	\$44

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MAIN PLATES












 	Catch of the Day (Grilled or Steamed) Grilled Vegetables, Salsa Verde or Salmoriglio	\$45
	Pan Seared Maldivian Yellow Tail Tuna Vine-Ripened Cherry Tomato, Olives, Capers, Tomato Sauce, Sautéed Spinach	\$50
  	Caribbean Jerk Potato Salad, Johnny Cakes, Coleslaw • Chicken  • Pork	\$39 \$46
 	Organic Chicken Breast Roulade Spinach & Apricot, Celeriac Puree, Root Vegetables, Corn Butter Sauce	\$46
 	Grass-Fed Beef Tenderloin, Tasmania Loaded Hasselback Potato, Wilted Greens, Béarnaise sauce	\$68*
  	Nautilus Seafood Boil (For Two) Maldivian Lobster, Reef Fish, Octopus, Squid, Clams, Mussels, Crab Legs, Prawns, Corn on the Cob, Potatoes, Garden Salad Flavours: Cajun Butter, Garlic Butter, Lemon Pepper or Red Chilli & Honey	\$480*
 	Roasted Rack of Lamb, Australia Aubergine Caponata, Mint Gastrique	\$70*
 	Fish & Chips Tartar Sauce	\$51
  	Tuna & Matcha Rice Poke Bowl Pickled Red Cabbage, Edamame, Togarashi, Avocado, Cucumber, Kombu Dressing	\$40

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 ON THE SIDE

 	Steamed or Grilled Vegetables	\$12
  	Polenta Fries	\$12
 	Truffle Fries	\$12
 	Sautéed or Steamed Greens	\$12
 	Five Cheese Loaded Mac & Cheese	\$12
  	French Beans & Almonds	\$12
 	Mixed Garden Salad	\$12
 	Steamed White Rice	\$12
 	Parmesan & Zucchini Frits	\$12

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Welcome To The Ananda World Of Creative, Healthy Cuisine












These dishes are curated by The Ayurvedic Specialists and Chefs from our valued partner retreat situated at The Himalayan Foothills in Northern India. The multi-award-winning destination spa, Ananda in The Himalayas. They Symbolize The ayurvedic cuisine philosophy of balancing all fundamental taste elements while incorporating macro and micronutrients, and are tridoshic or nourishing for everyone.

Read more about Ananda's Ayurvedic cuisine philosophy by scanning the QR code below.






GOURMET AYURVEDIC DISHES












- | | |
|--|--------------------|
| <p>  Ayurvedic Roasted Vegetable Creamy Soup</p> <p>Broccoli, Zucchini, Peppers, Carrots, Onion, Potatoes, Garlic, Olive Oil, Coconut Cream</p> <p>Total Calories: 278</p> <p>Nutrition Per Serving: 27.6% from Fat (9 Grams Fat), 8 Grams Protein, 47 Grams Carbohydrate</p> | <p>\$35</p> |
| <p>  Sprouted Lentil Salad</p> <p>Mung Beans, Red Lentil, Chickpeas, Tofu, Onion, Tomato, Coriander</p> <p>Total Calories: 92.65</p> <p>Nutrition Per Serving: 28% from Fat, 5.15 Grams Protein, 14.51 Grams Carbohydrates</p> | <p>\$40</p> |
| <p>   Chukandar Ki Shami 'Beetroot kebab'</p> <p>Beetroot, Garlic, Ginger, Chilli, Turmeric, Cumin, Coriander, Fresh Coriander Chutney</p> <p>Total Calories: 158</p> <p>Nutrition Per Serving: 62.2% from Fat (8 Grams Fat), 2 Grams Protein, 10 Grams Carbohydrate</p> | <p>\$35</p> |
| <p>  Prawn Polichattu 'Prawn Masala'</p> <p>Cumin, Coriander, Garam Masala, Garlic, Curry Leaf, Chilli, Coconut Cream, Cucumber Yoghurt Pachadi, Jeera rice</p> <p>Total Calories: 485</p> <p>Nutrition Per Serving: 53.5% From Fat (28 Grams Fat), 29 Grams Protein, 25 Grams Carbohydrate</p> | <p>\$75</p> |

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  Pork
  Alcohol

All the above side dishes are available as main course upon request.
All prices are in USD and are exclusive of 10% Service Charge and 16% GST.
*These items are not included in the half board meal plan.

SWEET SURRENDER

	Lemon & Thyme Cheese Cake Lemon, Thyme	\$24
	Apple Mille Feuille Star Anise Custard	\$21
 	Flourless Chocolate Cake Raspberry, Chocolate	\$24
 	Spiced Carrot Cake Salted Butterscotch Sauce, Cinnamon, Pecan	\$21
 	Coconut Tart Pineapple Compote	\$22
	Homemade Ice Cream and Sorbet	\$7 per scoop
	Ice Cream Vanilla Chocolate Strawberry Caramel Pistachio	
	Sorbet Coconut Mango Basil & Lime	

-  Vegetarian
  Vegan
  Raw
  Dairy
  Nuts
  Spicy
 Shellfish
  Gluten-free
  Dairy-free
  Pork
  Alcohol

All the above side dishes are available as main course upon request.
 All prices are in USD and are exclusive of 10% Service Charge and 16% GST.
 *These items are not included in the half board meal plan.