

# welcome to raw

## Raw food

Raw food can be a healthy lunchtime dish or it can be a way of life.

The health benefits are numerous; we use only organics produce in the dishes and concentrate on healthy, nutritious proteins such as sprouting seeds, grains, nut milks, soy, almond, beans and pulses.

Raw is the ideal cuisine for those who prefer a vegetarian lifestyle where no meat, seafood or eggs are used, while our sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yoghurt, olive oil, vegetable purées and tahini creating scrumptious dishes that are both wholesome and tasty.

## Healthy goodies & seriously raw food

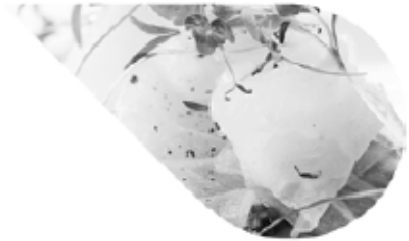
RAW applies the same nutritious principles of healthy raw food whereby organic produce is used, however, these dishes can also include meat and seafood that can be served either dehydrated or in their natural state.

Incorporating an all over healthy attitude to food, we use only whole grains, organic herbs, in-house cured and pickled foods that are low in salt, unpasturised ingredients, refined sugar and fat and we never deep fry.

Rather than refined white flour we offer wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. You will also not see any artificial sweeteners on our menu. Instead our creative culinary team uses natural sugars such as honey, raw sugar, palm sugar, apple concentrate, fructose and fruit purées to add depth and bring out the real flavour in each dish.

Feeling hungry? Mmmm...





Tapas. Raw Style. Asian

on arrival





refreshing and energetic liquids

Beetroot and green tomato soup,  
sandwich of goat's cheese and pickled beetroot US\$ 18

Chilled tom yam soup, young coconut flesh  
Infused in galangal, lemongrass and Thai herbs US\$ 15

Jalapeno, chilli mango, pepper gazpacho,  
cucumber spaghetti and basil US\$ 17

Full board guests will receive 25% discount off above menu prices.

Should you have any specific dietary requirements or food preferences  
we will be more than happy to oblige. Simply speak to a member of the team  
for assistance creating your bespoke culinary experience.

All prices are quoted in US Dollars and subject to 10% service charge.



Trio of shaved cabbages, toasted linseed,  
Asian betel leaves, sweet sesame vinaigrette US\$ 15

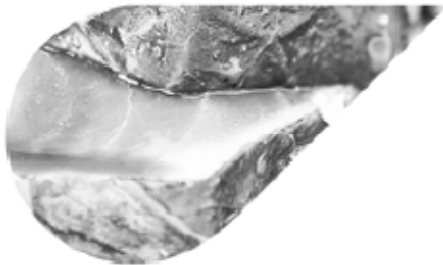
Carpaccio of avocado, local reef fish,  
wild mushroom, pomegranate and pink peppercorn US\$ 26

A variety of baby radish, vine ripe cherry tomato salsa,  
Maldivian rocket, heart of palm,  
local pine nuts and tofu, Tosazu dressing US\$ 15

Butter squash gyoza filled with cashew herb ricotta.  
carrot, fennel and balsamic fig salad, pumpkin  
seed oil US\$ 22

Yuzu ceviche on Shimegi mushrooms,  
pineapple avocado purée and  
vine ripe cherry tomato salsa US\$ 23

(Live moo shu) – Sea vegetables,  
unpasteurised barley miso,  
nuc cham tossed in hoi sin dressing US\$ 18



**simplicity of inspiration**

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beyond your imagination

Zucchini, cucumber, green tomato and walnut  
ricotta lasagne, basil pistachio pesto US\$ 18

Maldivian live lobster fondue,  
home-made pickles US\$ 28

Horseradish cured Angus beef,  
tofu guacamole, scallion ginger dressing US\$ 27

Local preserved spiced sardines,  
quinoa pilaf and salsa fresco US\$ 18

Cambodian style raw vegetable curry,  
cauliflower couscous, curry leaf sambal US\$ 19

Marinated crab meat in raw celeriac tortilla,  
lemony green pea hummus, pineapple salsa US\$ 23

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Gado gado of vegetables, preserved meat,  
pickled fish, mixed sprouts,  
marinated tofu and variety of olives US\$ 21

Pizza, RAW style! Tuna sashimi on crunchy seaweed,  
dehydrated dough, Jalapenos, baby sprouts,  
anchovy aioli US\$ 19



to share the passion

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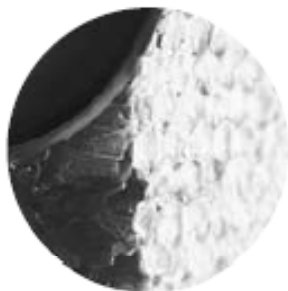
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Crusty apple stack, sweet mango purée,  
dates and almonds

US\$ 15



Oats parfait, exotic fruits, lemongrass jelly

US\$ 12

Local organic pineapple carpaccio,  
25-year old balsamic, vanilla ice cream

US\$ 12



Mix berry soup, mascarpone sorbet

US\$ 12

Soy bavaroise, pear mousse, tropical fruit purée

US\$ 15

**sweet temptation**

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harmony through balance

## Juice: build your own

US\$ 15

Mix your own great tasting juice with combinations from those below.

Carrot, Ginger, Apple  
boosts and cleanses the system

Apple, Cucumber, Celery  
reduces cholesterol,  
and improves stomach upset and headaches

Tomato, Carrot, Apple  
improves skin complexion and bad breath

Orange, Ginger, Cucumber  
improves skin texture and moisture and reduces body heat

Apple, Cucumber, Kiwi  
improves skin complexion

Carrot, Apple, Pear, Mango  
clears body heat, counteracts toxicity,  
decreases blood pressure and fights oxidization

Papaya, Pineapple, Milk  
rich in vitamin C, E, Iron,  
improves skin complexion and metabolism

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