

❖ *Traditional Maldivian Breakfast*

Spicy Maldivian Omlette

Fried tuna, red onion, curry leaf, kata sambal

Mas Huni

Cooked tuna, fresh coconut, red onion, curry leaf, kata sambal, chapatti

Faro Mas Riha

Spicy Maldivian reef fish curry, curry leaf, rice, chapatti

Garudhiya Soup

Clear Maldivian tuna broth, tuna, chilies, curry leaf, spring onion

❖ *Gili “Naasta”*

Toasted Croissant Sandwich

Croissant, scrambled egg, bacon

Bacon Cheddar Benedict or Classic Egg Benedict

Poached egg, back bacon, cheddar cheese, hollandaise sauce, chives

Organic Garden Breakfast Salad

Organic garden greens, cherry tomatoes, avocados, chicken breast, boiled egg

Mediterranean Breakfast

Toasted brown bread, vine ripened tomatoes, mozzarella, sea salt, olive oil

Breakfast Noodle Bowl

Choose either chicken, seafood or vegetable, spring onions, crispy garlic, fried egg

Rice Congee

Choose either chicken, seafood or vegetable, coriander, spring onion, boiled egg

Sushi & Sashimi Selection

Breakfast maki selection or assorted sashimi platter, wasabi, ginger, soya sauce

Morning Mezze

Hummus, tabbouleh, Kalamata olives, labneh, fresh pita bread

❖ *Eggs*

Your eggs any style

Sunny side up	Sausages
Over easy	Ham
Poached	Bacon
Scrambled	Baked beans
Boiled	Rosti
	Fried potato

❖ *Omelets*

Your two egg omelette with selection of

Onion	Chorizo
Garlic	Ham
Spring onion	Parma ham
Mushroom	Bacon
Tomatoes	Smoked salmon
Olives	
Bell pepper	Cheddar cheese
Maldivian chili	Mozzarella cheese
Indian masala	Goat cheese
Basil	
Rocket	
Coriander	

❖ *Pancakes, Crepes & Waffles*

*Your choice of American style pancakes, French Crepes or Belgian waffles
Garnished with:*

Honey	Banana
Maple syrup	Blueberries
Hazelnut chocolate cream	Strawberries
Chocolate chips	Whipped cream
Granola	Vanilla ice cream
Raspberry sauce	Caramel sauce

❖ *Juices*

Full of vitamins and squeezed “a la minute” to ensure the highest quality.

Fruit

Orange
Pineapple
Kiwi
Melon
Apple
Watermelon
Mango
Papaya
Grapefruit
Mixed

Vegetable

Carrot
Tomato
Cucumber
Capsicum
Celery
Mixed

❖ *Smoothies*

Cool, thick and creamy they are custom-blended with real fruit, making them a healthy alternative to fast food.

Strawberry
Peach
Raspberry
Banana
Mango
Mixed

❖ *Moringa Smoothies (The Tree of Life)*

Available with:

Pineapple, Orange, Basil
Passion fruit, Apple, Mint
Mixed berries, Mango, Banana

❖ *Spa Cocktails and Health Drinks*

Energy Drinks

Fast Breakfast Drink (Breakfast substitute)

Yoghurt, strawberries, passion fruit, honey

(Carbohydrate, protein, vitamin E, vitamin B, B6, zinc and magnesium)

Pineapple and Ginger lifter

Pineapple, ginger, and mint, with honey

(Enzymes in the pineapple keep you alert and also aid concentration)

Carrot, Tomato and Cucumber juice

Carrot, cucumber, tomato and basil

(Basil keeps you alert; tomato provides nutrients that help the blood circulation)

Tomato and Celery (after sport)

Tomato, celery, Worcestershire sauce

(To rebalance the electrolytes in your circulatory system)

Banana-pineapple-coconut milk (after sport)

(Tonic and detoxifier)

Banana – apple

(Energizing, vitamin C, B6)

Pineapple – grapefruit

(Energy drink and remedy against fatigue)

❖ *Immune Boosters*

Hot Lemon and Ginger healer (cold & flu)

Lemon, ginger, honey and chili powder *N.B. without the chili for the kids*
(The lemon provides vitamin C and the ginger and chili powder helps to clear the sinuses)

Citrus Cold Flu Fighter

Garlic, onion, lemon, orange and honey. (Garlic is a strong natural antibiotic, and vitamin C and honey soothe a sore throat)

Carrot, Bell pepper, and Lime Juice

Carrot, bell pepper and lime juice. (This juice provides antioxidants—beta carotene, falconoid and vitamin C)

❖ *Detoxifying and Cleansing*

Warm Grapefruit Reliever

Grapefruit and Hot water
(This should be drunk on an empty stomach. The bitter citrus stimulates the gallbladder function, which in turn helps stimulate the digestive system)

Strawberries – raspberries

Tonic, purifier, diuretic and good for rheumatism

❖ *Juice Remedies*

They are never the sole remedy, but will help to reduce the discomfort

Carrot and Lime juice

Ginger, carrot juice and lime zest
(Ginger helps expel mucus, carrot provides beta carotene and lime provides vitamin C)

Salad in the glass (Blood-pressure lifter)

Cucumber, apple, celery, tomato, and parsley
(To help in the regulation of blood pressure and can improve low blood pressure)

Mango – passion fruit

Stimulant, detoxifier rich in potassium, good for blood pressure

Water melon – orange – lemon

(To help to regulate the transit intestinal, rich in vitamins, mineral salt, oligo elements)

❖ *Coffee “A la carte”*

Cappuccino

Espresso with hot milk and cacao

Café latte

Espresso, slightly weaker with hot milk

Hot Chocolate

Dutch chocolate Hershey’s

A perfect blend of premium flavors and smooth cocoa, a good source of calcium

❖ *Brewed Tea*

Earl Grey tea

A rare, well twisted flowery broken orange pekoe tea processed to perfection, with natural bergamot extracts, giving a well balanced original flavor. This recipe is the result of an accident: on his trip back to England Earl of Grey VI was caught in a heavy storm, a barrel with bergamot oil fell and spilled over the precious tea leaves.....

English breakfast tea

A fine high grown seasonal quality gourmet Sri Lankan broken orange pekoe tea

Green tea

Unlike black tea, green is unfermented, thus the leaves maintain their olive green color. The delicacy of these leaves provides a smooth, mellow taste and distinctively fresh light aroma.

Organic Peppermint

A very high quality Peppermint tea. Soothing and refreshing. Clean to the palate.

Jasmine Tea

Jasmine Tea is a famous tea made from Green or Pouchong (Chinese Green) tea leaves that are scented with jasmine flowers

Home-made tea from our garden

Ginger – Lemongrass – Mint

❖ *Ayurvedic Teas*

Ayurveda Herbal Teas condense the rejuvenating powers of nature into liquid form. Our all-natural, organically grown teas are blended to ancient Ayurvedic recipes and consist purely of natural herbs, roots and leaves.

Ayur Immune

This tea relieves congestion, sore throat, headaches and other symptoms of the common cold. It also alleviates other respiratory disorders. It strengthens the immune system by detoxifying the body.

Ayur Serene

Historically this ancient formula has been used to relieve stress and anxiety by paving the way to calming sleep.

Ayur Cleanse

Historically this ancient formula has been used to ease elimination and help your body efficiently cleanse itself of toxins and waste but is gentle on your body.

Ayur Flow

Historically this ancient formula has been used to stimulate the blood to dispel toxins and maximize the body's natural defenses. Also strengthens the immune system and purifies the blood to maintain good health.

Ayur Slim

This tea helps shed unwanted pounds by controlling excessive appetites, normalizing metabolism and aiding the natural process of cleansing. Aralu performs the laxative function, Bulu, which is high in fibre, improves the metabolism and Nelli, which is very high in Vitamin C, helps with digestion.

Ayur Intellect

Ayur Intellect energizes, stimulates and revitalizes brain functions and improves memory.

Ayur Breathe

This tea is ideal for asthma sufferers as it aids the body to breathe in freely and deeply.

Ayur Vital

Made to an ancient formula, this tea stimulates the sexual appetite.

❖ *Ayurvedic Elixirs*

A tradition based on plant extracts matured in teak vats for 45 days to effect purity and goodness. The Elixir is used to balance the three 'doshas', and is devoid of any synthetic ingredients or preservatives.

Energy Tonic

Restores lost energy and increases stamina and vitality.

Well Being

Restores lost energy and makes the spine supple by improving nerve supply to the organs and all parts of the body.

Stress

Relieves any stress and anxiety.

Detoxifying

Stimulates the blood circulation while enriching the skin.

Cardiac Tonic

Helps to maintain a healthy heart.

Liver Tonic

Flushes out waste and maintains a healthy liver.

Aches & Pain

Restores lost strength, alleviates aches and pains in the limbs which are associated with daily life.

Purification-Blood

Purifies blood and detoxifies the body to maintain good health.

Cleansing

Helps body cleanse itself of toxins and waste.

Balance

Maintains the balance of the three Doshas i.e. Vatta, Pitta & Kapha, for a healthy lifestyle.

Cooling

Helps to keep your body cool and fresh.

Rejuvenate

Restores vitality for those with a busy, demanding lifestyle.