

== Plant-Based Menu ==





Breakfast

Freshly squeezed juice or smoothie or Selection of 5 freshly cut fruits

Banana	Honey melon	Papaya
Black grape	Kiwi	Passion fruit
Grapefruit	Mango	Pineapple
Apple	Orange	Watermelon

Each \$10

A choice of cereal served with plant-based milk or yoghurt

\$12

Organic garden breakfast salad

Organic garden greens, cherry tomato, avocado, citrus fruits

\$18

Vegetables crudités with hummus

\$12

Freshly baked morning goods served with homemade Jam

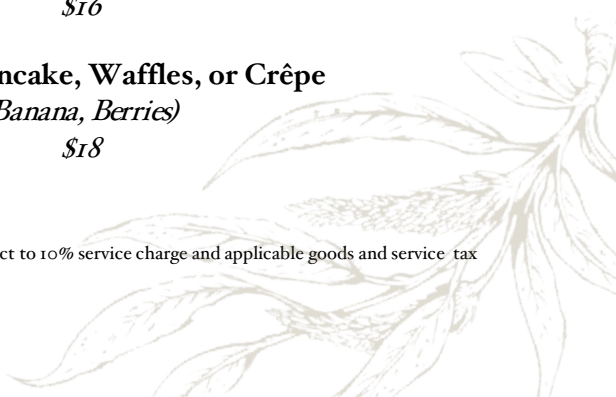
\$16

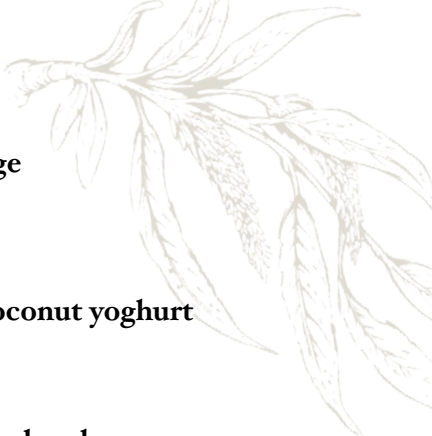
Choice of Pancake, Waffles, or Crêpe

(Banana, Berries)

\$18

Prices are in US dollars and is subject to 10% service charge and applicable goods and service tax





Choice of Porridge

(Rice or Oats)

\$20

Mixed berries in homemade coconut yoghurt

\$18

Breakfast granola super bowl

Mixed nuts, seeds, dry fruits, berries, fresh fruits, & plant-based milk

\$18

Masala crumbled tofu & whole wheat bread

Tofu, onion, tomato, coriander, cumin powder, turmeric

\$20

Avocado mix on toast

Grilled corn, onion, tomato, chili, lime, coriander

\$18

Morning Rice Noodles soup

Rice stick, mixed vegetables, soy

\$22

Yellow Vegetable Curry

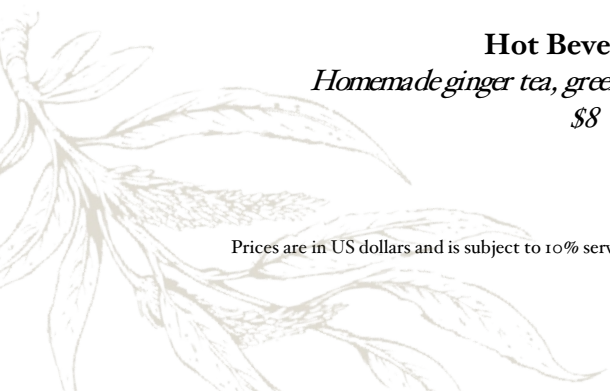
Steam rice, chapati, poppadum

\$25

Hot Beverages

Homemade ginger tea, green tea, or fresh mint tea

\$8



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Plant Based Dishes

* Appetizers

HEALTHY SALAD

Avocado, beetroot, spinach, broccoli, carrot, coconut, mushrooms, pomegranate, tomato, walnuts, olive oil, balsamic vinegar, chia, sunflower, & pumpkin seeds

\$24

Baked Beetroot Carpaccio

Slice red & golden beetroots, Balsamic dressing, arugula, local pinenut

\$26

POMELO SALAD

Beach lettuce, fresh coconut, red onion, pomegranate sauce, mint

\$26

VIETNAMESE ROLLS

Rice paper, mango, cucumber, carrots, mint, coriander, lettuce, tamarind peanut sauce

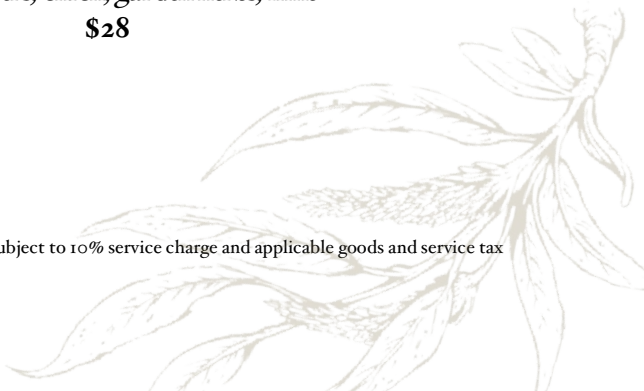
\$25

TOFU CEVICHE

Bell peppers, onion, garden herbs, lime

\$28

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VEGETABLE CRUDITÉS

Organic vegetables, greens, hummus

\$25

RADICCHIO & APPLE SALAD

Sliced apple, walnut, avocado, lime dressing

\$22

FOCACCIA PIZZA

Garlic, extra virgin olive oil, fresh rosemary, sea salt flakes

\$22

HOMEMADE GUACAMOLE

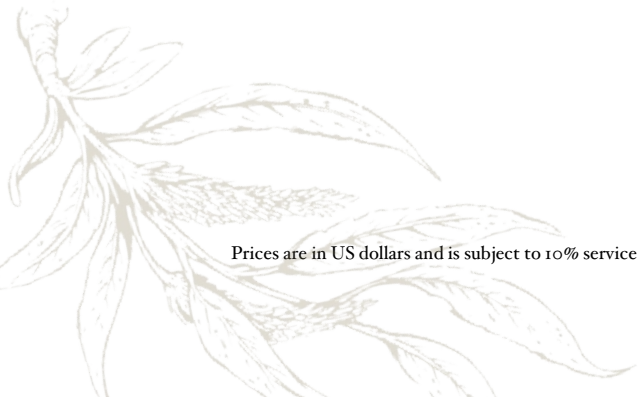
*Avocado, pumpkin seed, sunflower seed, coriander leaves,
onion, chili, lime, brown toast*

\$24

THAI GREEN MANGO & PAPAYA SALAD

*Long bean, roasted peanut, lime, tofu, coriander,
cherry tomato, mint*

\$26



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*** Soup**

CHILLED TOMATO SOUP

Plum tomato, cucumber, garden basil

\$24

SPICY THAI SOUP

*Mushroom, bok choy, carrots, green onion, lemongrass,
galangal, coriander, chili, coconut milk*

\$26

CITRUS CARROT SOUP

Cumin crouton, cilantro, garlic chives

\$26

PUMPKIN & COCONUT SOUP

Porcini mushrooms, walnuts, garden beach lettuce

\$26

ITALIAN MINESTRONE

Vegetables, legumes, herbs, olive oil

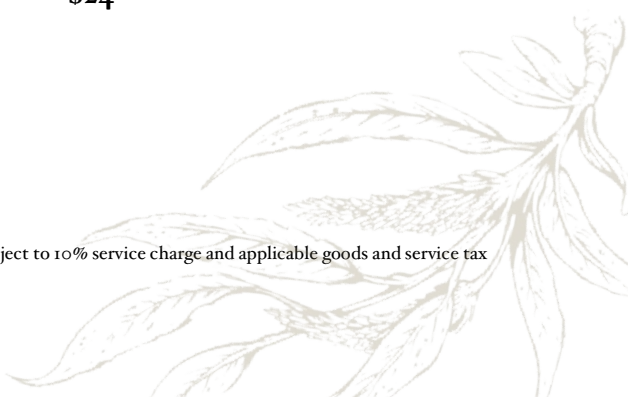
\$26

MISO SOUP

White miso, tofu, wakame, spring onion, soy

\$24

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* **Main Course**

EGG-FREE ARTISAN PASTA

Choice of: Garlic chili oil, tomato sauce, or chimichurri

\$35

PENNE WITH RED BEAN BOLOGNAISE

Red kidney beans, tomato, oregano

\$35

GRILLED EGG PLANT STEAK

Hummus, Cherry tomato, spinach, chimichurri

\$42

PUMPKIN RISOTTO

Green asparagus, cherry tomatoes confit, roasted almonds

\$38

BUCKWHEAT RISOTTO

Garden spinach, cherry tomato, leek, garlic, sage, freshly grated coconut

\$36

MALDIVIAN VEGETABLE CURRY

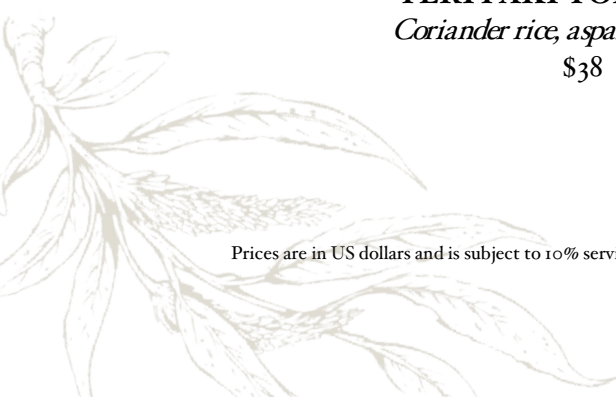
*Local vegetables, coconut sauce, rice, chapatti, poppadum
and a selection of pickles*

\$32

TERIYAKI TOFU STEAK

Coriander rice, asparagus, broccoli

\$38



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RICE STICK POMODORO

Flat rice noodles, heirloom tomatoes, garden basil, chili flakes, almond powder

\$35

MARINATED COUCOUS & ROASTED VEGGIES

Roasted local vegetables, tahini sauce

\$32

STIR FRY

Your choice of: Rice or Noodles with Vegetables and tofu

\$32

LOCAL SPICE TACOS

Local vegetables, coconut curry sauce, mango, Beach lettuce

\$32

CREATE YOUR OWN PIZZA

Your choice of 4 toppings

Toppings: *Artichoke, mushroom, onion, tomato, avocado, olives, pineapple*

\$30

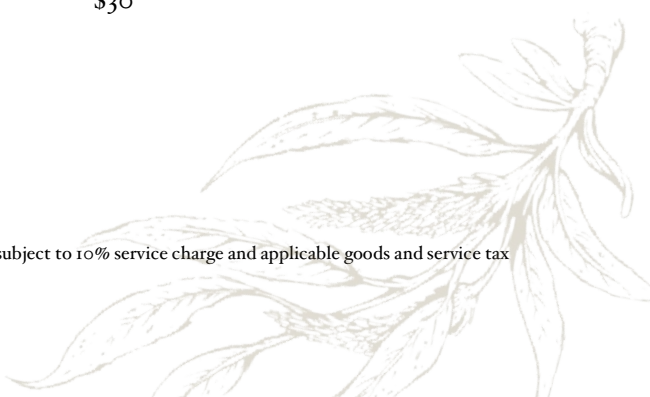
VEGAN BURGER

Curry potato patty, avocado, plum tomato, mango chutney,

Coleslaw. Vegetables crudité's.

\$30

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*** Dessert**

STEAMED BANANA CAKE

*Spice coconut agar-agar, fresh fruits, coconut cracker,
lemongrass sorbet*

\$25

TROPICAL FRUITS MELI-MELO

*Homemade organic sorbets of mango, guava and coconut,
chocolate wafer*

\$25

FLOURLESS BLACK BEAN BROWNIE

Chocolate sauce, toasted mixed nuts

\$25

MIXED FRUIT TART

Orange & mango curd, almond & coconut tart shall

\$25

BERRY FROYO

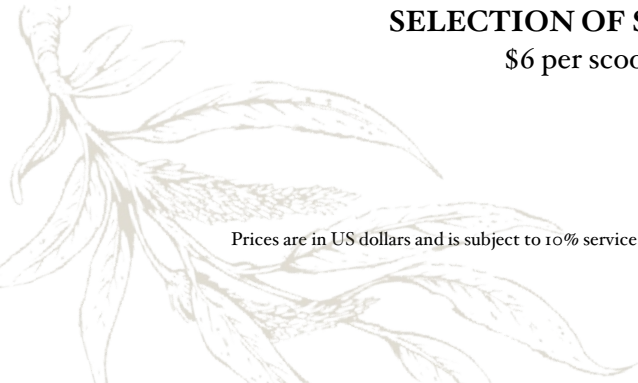
*Coconut milk parfait, strawberry agar-agar,
fresh citrus, pandan sorbet*

\$25

BANANA & DATES ICE CREAM

SELECTION OF SORBETS

\$6 per scoop



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Hari's Super Foods

Vegan Edition

\$25

EXOTIC

*Marinated Olives, Heirloom Tomato, Stuffed Wine Leaves, Couscous,
Hummus, Celery, Mint, Avocado, Pomegranate,
Walnut, Molasses, Pita Bread*

LOCAL (S)

*Gili Garden Beach Lettuce, Coconut, Onion, Tomato, Chili,
Sweet Potato, Local Spices, Yellow Rice,
Local Pine Nut, Lime Dressing, Chapati*

SPICY & SPICES

*Green Papaya, Fried Tofu, Gili Garden Coriander, Mint,
Long Beans, Cherry Tomato,
Farro, Green Curry Sauce, Peanut Bread*

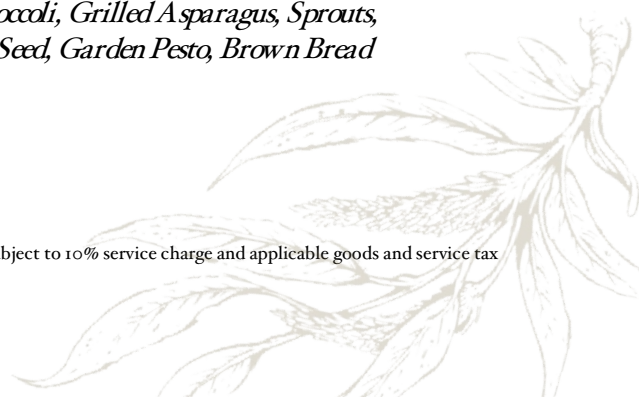
ROASTED VEGGIES

*Roasted Butter Squash, Bell Pepper, Carrot, Beetroot,
Orange, Chickpeas, Balsamic, Garden Green Tahini,
Buckwheat, Flax Bread*

GREENS

*Marinated Avocado, Quinoa, Gili Garden Rucola, Cucumber,
Celery, Broccoli, Grilled Asparagus, Sprouts,
Pumpkin Seed, Garden Pesto, Brown Bread*

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A detailed line drawing of a branch with long, narrow, pointed leaves and clusters of small flowers or seed pods, positioned in the upper right and lower left corners of the page. The main text is centered and framed by horizontal lines.

Teppanyaki

Zen

TRILOGY OF JAPANESE SALAD

Wakame, edamame, garden

BY THE SEA VEGETARIAN SUSHI ANTHOLOGY

Chefs gourmet sushi tasting

VEGETARIAN OKONOMIYAKI,

Cabbage, mushroom, kewpie, tonkatsu

MISO SOUP

GRILLED TOFU, GINGER, AVOCADO, AZUKI

Teppanyaki gourmet vegetable variation

Vegetable or Garlic Fried Rice

\$160 per person

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Healthy Choice Picnic Hamper

Vegetable Crudités

**Assorted raw vegetable crudités with yoghurt dill dip
and guacamole**

**Organic salad from our garden with crispy vegetables
and rocket dressing**

**Basil scented onion and vegetable tart with meli-melo
of vegetables and yoghurt with garden herb pesto**

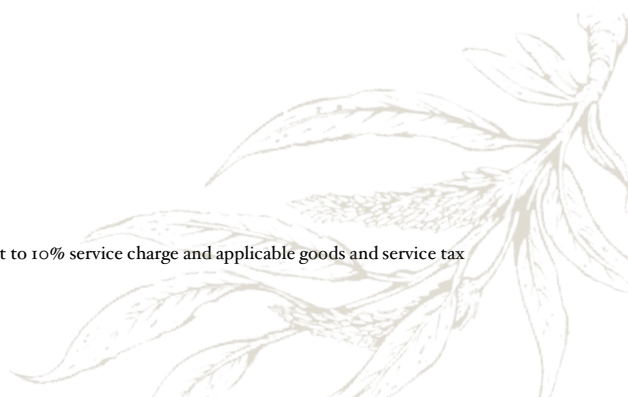
Vietnamese summer rolls

Basket of a variety of homemade breads and chapatti

Fresh exotic and tropical fruits

\$120 per person

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Plant Based BBQ Dinner

Private BBQ in Villa or at any of our private beachside locations.

Amuse Bouche

Starter

Garden salad (or)
Kullafilla and tofu salad

Soup

Cold avocado soup (or)
Vegetable Thai soup

Barbeque Live Station

Marinated Tofu
Eggplant Steak
Radish Scallops
Green Banana
Grilled Polenta

Sauces

Mango salsa
Light curry sauce
Organic garden sauce vierge

Side Dish (*Choice of 3*)

Basmati rice
Organic garden spinach
Mixed local vegetables
Baked potatoes
Roasted pumpkin

Dessert (*Choice of 1 per person*)

Steam Banana Cake

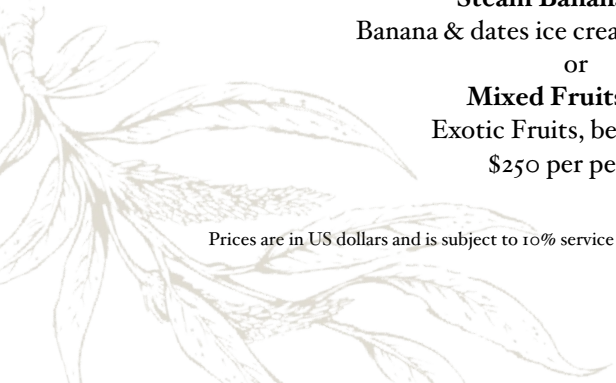
Banana & dates ice cream, mango sauce

or

Mixed Fruits Tart

Exotic Fruits, berry sorbet

\$250 per person



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