

Breakfast Menu

❖ *Traditional Maldivian Breakfast*

Spicy Maldivian Omelet

Fried tuna, red onion, curry leaf, kata sambal

Faro Mas Riha

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

Garudhiya Soup

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

❖ *Gili “Naasta”*

Toasted Croissant Sandwich

Croissant, scrambled egg, bacon

Bacon Cheddar Benedict

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

Classic Eggs Benedict

Poached eggs, hollandaise sauce, with your choice of:

- *Salmon*
- *Bacon*

Huevos Rancheros

Fried egg, corn tortilla, spicy tomato sauce, goats cheese, guacamole

Organic Garden Breakfast Salad

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

Breakfast Noodle Soup

Spring onions, crispy garlic, fried egg, with your choice of:

- *Chicken*
- *Seafood*
- *Vegetables*

Rice Congee

Coriander, spring onion, boiled egg, with your choice of:

- *Chicken*
- *Seafood*
- *Vegetables*

Morning Mezze

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

❖ Eggs

Eggs of your style (2 Eggs)

Accompaniments:

Sunny side up
Over easy
Poached
Scrambled
Boiled

Sausages
Ham
Bacon
Baked beans
Rosti
Fried potato

❖ Omelette

Omelette (2 Eggs) with selection of:

Onion
Garlic
Spring onion
Mushroom
Tomatoes
Olives
Bell pepper
Maldivian chili
Indian masala
Basil
Rocket
Coriander

Chorizo
Ham
Parma ham
Bacon
Smoked salmon

Cheddar cheese
Mozzarella cheese
Goat cheese

❖ Griddle Selection

Pancakes, Crepes, Waffles, & French Brioche
Your choice of garnish:

Honey
Maple syrup
Hazelnut chocolate cream
Chocolate chips
Granola
Raspberry sauce

Banana
Caramel sauce
Seasonal berries
Whipped cream
Vanilla ice cream

❖ *Juices*

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

Fruit

Orange
Pineapple
Kiwi
Melon
Apple
Watermelon
Mango
Papaya
Grapefruit

Vegetable

Carrot
Tomato
Cucumber
Capsicum
Celery

❖ *Smoothies*

Thick and creamy, custom-blended with real fruit, making them a healthy alternative to fast food

Strawberry
Apple
Melon
Banana
Mango
Papaya
Watermelon
Honey



Vegan Breakfast

Freshly Squeezed Juice or Smoothie or Selection of 5 Freshly Cut Fruits

Banana
Black grape
Grapefruit
Apple

Honey melon
Kiwi
Mango
Orange

Papaya
Passion fruit
Pineapple
Watermelon

Cereal served with Plant-based Milk or Yoghurt

Organic Garden Breakfast Salad

Organic garden greens, cherry tomato, avocado, citrus fruits

Vegetables Crudités with Hummus

Freshly Baked Morning Goods served with Homemade Jam

Choice of Pancake, Waffles, or Crêpe
(Banana, Berries)

Mixed Berries in Homemade Coconut Yoghurt

Porridge (Rice or Oats)

Breakfast Granola Super Bowl

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

Masala Crumbled Tofu & Whole Wheat Bread

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

Avocado Mix on Toast

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

Morning Rice Noodles Soup

Rice stick, mixed vegetables, soy

Yellow Vegetable Curry

Steamed rice, chapati, pappadum



Healthy Juice Menu

Ocean Basic

Apple, Carrot

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium,
Phosphorus, Potassium, Sodium, Sulphur

Sweet C Too

Apple, Orange

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium,
Phosphorus, Potassium, Sodium, Sulphur

Grape Ape

Apple, Grapes

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium,
Phosphorus, Potassium, Sodium, Sulphur, Vitamin E, Manganese

Grapefruit Tonic

Grapefruits, teaspoon of spirulina

Nutrients

Beta carotene, Folic Acid, Vitamins B1, B3, B5, B6 and C,
Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium,
Sulphur, Protein, Essential fatty acids

Surprising Sweetie

Grapefruit, Lemon, Peach

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium,
Phosphorus, Potassium, Sodium, Sulphur, Vitamin B3

Orange Morning

Grapefruit, Carrots, Ginger Roots

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium,
Phosphorus, Potassium, Sodium, Sulphur

Orange Basic

Orange, Apple, Carrot, Celery Stick, Ginger

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Bright Orange

Orange, Carrot

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Morning Berry

Apple, Orange, Teaspoon of spirulina

Nutrients

Beta carotene, Folic Acid, Vitamins B1, B3, B5, B6 and C, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sulphur, Protein, Essential fatty acids

Bloody Pineapple

Pineapple, Beetroot

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Pineapple Basic

Pineapple, Apple, Carrot, Celery

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Breath Freshener

Carrot, Parsley

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Veggie Carotene

Carrot, Red bell pepper, Broccoli, Potato

Nutrients

Beta Carotene, Folic Acid, Vitamin C, B5 & E, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Bloody Carrot

Carrot, Beetroot, Celery, Lime

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Water Water

Cucumber, Watermelon

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Vitamin B5, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Mellow Melon

Cucumber, Melon, Pear, Mint leaves

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Green 'n' Pear it

Broccoli, Celery, Pear

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Vitamin B5, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

Beet Basic

Beetroot, Carrot, Apple, Orange, Celery, Ginger

Nutrients

Beta Carotene, Folic Acid, Vitamin C, Calcium, Magnesium, Phosphorus, Potassium, Sodium, Sulphur

❖ *Healthy Breakfast Cocktails*

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 (The lemon provides vitamin C, ginger and chili powder helps clear sinuse)

Citrus Cold Flu Fighter

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

❖ *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 helps stimulate the digestive system)

Strawberries & Raspberries

Tonic, purifier, diuretic and good for rheumatis

❖ *Juice Remedies*

Carrot, Lime, and Ginger

Ginger, carrot juice and lime

(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

Stimulant, detoxifier rich in potassium, good for blood pressure

Watermelon, Orange and Lemon

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

❖ *Coffee “A la carte”*

Decaffeinated options are available for all the types of coffees

Freshly brewed coffee

Espresso

Americano

Cappuccino

Café latte

Café Mocha

Hot Chocolate

❖ *Brewed Tea*

English Breakfast Tea

Earl Grey Tea

Green Tea

Peppermint

Jasmine Tea

Home-made tea from our garden (Served with Honey and Lemon)

- Ginger
- Lemongrass
- Mint

❖ *Iced Teas*

Lemon

Peach

Mint

Ginger

Vanilla

❖ *Iced Coffees*

Decaffeinated options are available for all the types of coffees

Iced Americano

Iced Latte

Iced Mocha

Cold Chocolate