

ZEN

SAMPLE MENU

A modern twist on a traditional Japanese menu.

The Zen Menu changes every day, thus what is to follow is a sample to give you an idea of what kind of culinary experience awaits.

FISHERMAN OF THE DAY

*ALI
SHAREEF*

Ali Shareef is from the island of Fonadhoo. He has been supplying freshly caught dogtooth tuna, wahoo and rainbow runners to the resort for more than five years.

He enjoys spending time alone, and spends his mornings patiently cruising along the outer reefs of the atoll in his small dinghy. Much of his time is spent locating and catching live bait which is used to catch the bigger semi-pelagic fish, one fish at a time, using single line trolling and drift lines.



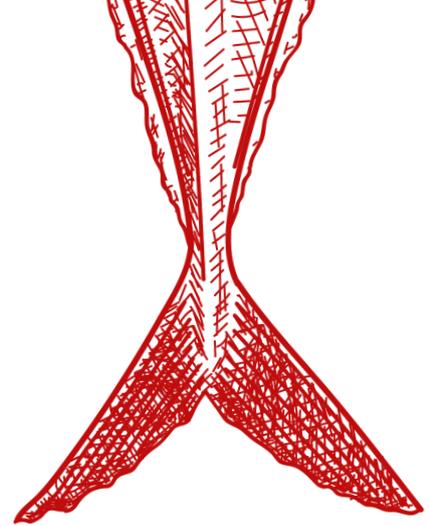
The coral reef fish available on this menu were caught by local Maldivian fishermen from Laamu Atoll. Every fish caught is caught by handline- a low-impact fishing gear-, is mature and from a population deemed to be healthy.

These fishermen are part of our "Laamaseelu Masveriya" program, meaning "Exemplary Fisherman" in the local language Divehi. This is an initiative by Six Senses Laamu and Blue Marine Foundation. All local fishermen in this program have signed a code of conduct which stipulates rules that the fishermen and the resort agree to follow to ensure they fish and trade in a sustainable way. Abundant and diverse coral reef fish populations are integral to the health of Maldivian coral reefs.



**BLUE MARINE
FOUNDATION**

Six Senses Laamu is committed to sourcing sustainable produce to ensure its operations do not harm the surrounding marine environment. We are proud to sponsor Blue Marine Foundation- a charity dedicated to solving the crisis of overfishing.



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OMAKASE

'Trust the chef'

For you tonight I have created two different seven course tasting menus based on the highest quality products from the local fishermen and the freshest ingredients from our organic island garden.

I wish you a memorable dining experience.

Marlon Burfi Parian
Japanese Chef De Cuisine

TASTING 1

USD 110.00

OTOSHI

CHUKA WAKAME

Endives, Radish, Cress

SEARED SALMON ROLL

Avocado, Cucumber, Tanuki

SCALLOP POPCORN

Masago, Gochujang, Chives

SASHIMI

Tuna, Yellowtail, Snapper

SHIO SAKANA

Jackfish, Mushrooms, Tomatoes

FRUTUSU

Peach Sorbet



TASTING 2

USD 110.00

OTOSHI

HAMACHI MARINATED

Orange Ponzu, Anticucho, Shichimi

ABURI

Beef, Seaweed Puree, Sampuro

TEMPURA

Crab, Green Tea, Wasabi Mayonnaise

SUSHI

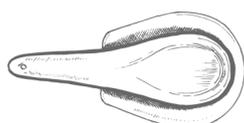
Sashimi, Nigiri, Maki

TERRIYAKI

Chicken, Green Beans, Carrots

ZOHI KEHRI

Coffee Jelly, Vanilla Ice Cream, Japanese Mint



SIGNATURE COCKTAILS

HIRAKATA HIGHBALL

18.00

Blended and single malt whiskies mixed with citrus and sugar then lengthened with club soda. A favorite in Japanese bars

SAKE-TINI

16.00

We switch out the vermouth for Junmai Sake for an interesting take on the classic gin martini. Served in a chilled martini glass with the usual accompaniments of olives or a twist

FUJI SUNSET

16.00

Junmai sake and London dry gin shaken with maraschino cherry, orange, and lemon then served in a chilled cocktail glass with a splash of pomegranate syrup

CHIBA COBBLER

16.00

Orange and pineapple muddled then mixed with Junmai sake and sugar then served over crushed ice in a tumbler glass and finished with a float of blueberry liqueur

SAKE-ITO

16.00

A twist on the classic Mojito. Junmai sake swizzled with white rum, citrus, sugar, and fresh Six Senses grown mint

ASIAN SPIRITS

JAPANESE WHISKY

Nikka from the Barrel

10.00

Yoichi Single Malt

22.00

Hibiki Harmony

25.00

JAPANESE SAKE SELECTION (130ML)

Joppari, Sho Chu

40.00

Isake Classic, Junmai Ginjo

32.00

Eisen, Junmai Shu

35.00

Hakutsuru Superior, Junmai Ginjo

30.00

Shirotaki Karakuchi 'Uonuma', Junmai

40.00

CHINESE BAIJIU

10.00

Liu He Ye

Wu Liang

BEER

Tiger, Singapore

10.00

Singha, Thailand

12.00