



CHILL BAR

At Six Senses we consider it a privilege to prepare wonderful culinary experiences for you. We love what we do, which is so much more than simply combining ingredients. Our belief is that the key to creating unforgettable epicurean moments in life is a combination of amazing taste, inviting presentations and healthful food that leaves the lightest environmental footprint.

All ingredients we use are handpicked and harvested by farmers whom we know personally. Our dishes are gluten-, sugar- and soy-free wherever possible, plus we keep a close watch on lectins, which are a natural pesticide in plants but may upset the digestive and other systems if consumed in excess.

If you are on one of our personalized Six Senses Integrated Wellness Programs such as Detox, Sleep and Fitness, the dishes in this menu are marked to indicate which items are suitable for your program. If you would like something that is not listed in the menu, my team and I would feel privileged to prepare a special dish at your request.

Bon Appétit

Six Senses Culinary Team



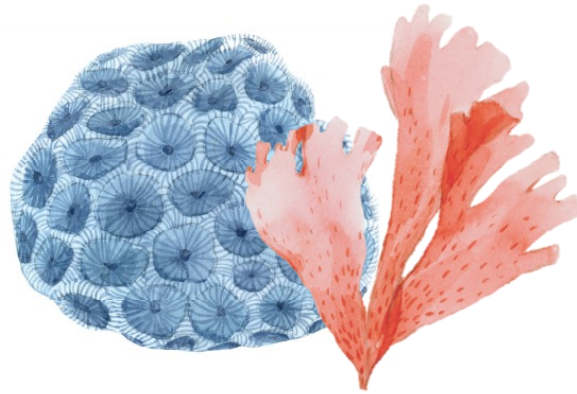
'HAADHA MEEREY'

CHILL-LICIOUS APPETIZERS

SAFFRON & MASALA QUINOA CRACKERS	15
<i>Whipped Dhal & Cashew Cream, Charred Leek & Curry Leaf</i>	
Detox Sleep Fitness	VEG NF DF SF
FIRE BURNT BEETROOT CARPACCIO	19
<i>Roasted Walnuts, Honey Labneh, Sour Dough Crisps</i>	
Detox Sleep Fitness	V
HEIRLOOM TOMATO	25
<i>Sun Dried, Roasted, Raw, Burrata, Garden Rocket & Orange</i>	
Fitness	V DF NF SF
TUNA TATAKI	26
<i>Pickled Island Mushrooms, Seaweed, Wasabi Emulsion</i>	
Sleep Fitness	GF DF NF SF
VIETNAMESE RICE PAPER	18
<i>Tofu, Vermicelli, Cucumber, Mint & Basil, Peanut & Hoisin Sauce</i>	
Detox Sleep Fitness	VEG GF DF
BEEF CARPACCIO CIPRIANI	34
<i>Truffle Emulsion, Aged Balsamic, Pine Nuts, Parmesan</i>	
Sleep Fitness	GF DF SF

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All prices listed in USD and subject to 16 percent government tax and 10 percent service charge.



'THAAZA KAANA'

FRESH & TASTY

CHARGRILLED HALOUMI & PUMPKIN	26
<i>Broccolini, Toasted Pumpkin Seeds & Kale, Fermented Savoy</i>	
Sleep Fitness	GF NF SF
POWER HOUSE CEASAR	22
<i>Romaine Lettuce, Bacon, Egg, Anchovy, Croutons</i>	(with Chicken) 32
Fitness	SF
HERBED FALAFEL & BARLEY "SALAD"	26
<i>Hummus, Cherry Tomatoes, Grilled Zucchini & Baby Carrots, Pumpkin Seeds</i>	
Detox Sleep Fitness	VEG GF DF NF SF
HAND PULLED WARM SOBA	32
<i>Marinated Chicken, Finely Cut Slaw, Yakiniiku, Sesame Seed & Peanut Dressing</i>	
Sleep Fitness	DF SF
GREEK STYLE GARDEN SALAD	27
<i>Feta Cheese, Tomato, Cucumber, Bell Pepper, Olives</i>	
Fitness	V GF NF SF
SOFT SHELL CRAB	32
<i>Green Mango Salad, Crispy Crab</i>	
Fitness	DF NF

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'MEERU MEERU'

SANDWICHES AND BURGERS

CHEESY TOASTIES	18
<i>Honey Glazed Broiled Ham, Taleggio, Island Mushrooms</i>	
	NF SF
'BUN ME UP' SAIGON MINI BAGUETTE	25
<i>Pork Belly, Home-Made Chicken Liver Paté, Hoisin Sauce</i>	
	Sleep DF NF
CHILL OUT CLUB	26
<i>Grilled Turkey Breast, Crispy Bacon, Fried Egg, Home Made Fries</i>	
	Sleep Fitness DF NF SF
TROPICAL BURGER	35
<i>Grass Fed Angus Beef, Caramelized Pineapple, Sweet Potato Fries</i>	
	NF

'SIDES DISHES'

GREEN GARDEN SALAD	10
<i>Mixed Lettuce, Cucumber, Micro Herbs, Olive Oil & Balsamic Emulsion</i>	
	Detox Sleep Fitness VEG GF DF SF NF SF
TOMATO, RED ONION & CAPER SALAD	10
<i>Aged Olive Oil, Basil</i>	
	Detox Sleep Fitness VEG GF DF SF NF SF
STEAMED VEGETABLES	8
<i>Olive Oil & Herbs</i>	
	Detox Sleep Fitness VEG GF DF SF NF SF
GRILLED VEGETABLES	8
<i>Herbed Butter & Grilled Lemon</i>	
	Sleep Fitness V GF SF NF SF
HOME FRIES	8
<i>Maldon Sea Salt, Home Made Ketchup & Mayo</i>	
	V GF DF SF NF SF
SWEET POTATO FRIES	8
<i>Maldon Sea Salt, Home Made Ketchup & Mayo</i>	
	V GF DF SF NF SF

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'BODU KEUN'

MAIN FEASTS

SATÉ NUSANTARA	23
<i>Jungle Wood Grilled Lamb Skewers, Lemongrass, Pickled Vegetable</i>	
Detox Sleep Fitness	GF DF SF
MAPLE GLAZED TEMPEH	25
<i>Noodles, Hongkong Kale, Bok Choy, Mushrooms, Peppers</i>	
Fitness	VEG GF DF
KADHAI PANEER	25
<i>Onions, Tomato, Bell Pepper, Coriander</i>	
Fitness	V DF
NASI GORENG	26
<i>Chicken, Spiced Peanut Sauce, Sea Grass Crackers</i>	
	GF DF SF
 EQUATOR NOODLES	26
<i>Rihakuru Glazed Tuna Belly, Ladies Fingers, Kukulhu Eggs, Maldivian Chili</i>	
	DF NF SF
PIZZA WHOLESOME	29
<i>Artichokes, Spinach, Mushrooms</i>	
	V NF SF
SUNRISE CATCH	35
<i>Fish Of The Day, Lemon Butter Emulsion, Indian Ocean Glazed Vegetable</i>	
Sleep Fitness	GF NF SF
BUTTER ME UP	38
<i>Chicken Butter Masala, Chapati, Poppadum, Rice</i>	
Sleep	GF
CAFÉ DE LAAMU	58
<i>Grass Fed Beef Tenderloin, Pepper Corn Jus, Sautéed Beans, Purple Sweet Potato</i>	
Fitness	GF SF

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'FONI'

CHEESE AND DESSERTS

MOLTEN CHOCOLATE CAKE	18
<i>Vanilla Ice Cream, Chocolate Crumble</i> <i>(Please allow up to 20 minutes for this treat)</i> GF NF	
STRAWBERRY KULFI	18
<i>Frozen Cream, Fresh Berries, Lace Tuille</i> Fitness GF NF	
MALDIVIAN MESS	18
<i>Crunchy Meringue, Tropical Sorbet, Cream</i> GF NF	
COCONUT CAKE	18
<i>Fruits of the Moment, Guava Sorbet</i> Fitness VEG GF DF	
LOCAL AND TROPICAL FRUITS	18
<i>Lychee Basil Sorbet</i> Fitness VEG GF DF NF	
SELECTION OF RAW MILK CHEESE	26
<i>Brillat Savarin, Langres Au Marc, Valencay, Roquefort, Mimolette</i> NF	

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