



Mandhoo

naturally inspired dining



THE 5 ELEMENTS MENU

The Essence of the Five Elements

Welcome to a journey inspired by the ancient wisdom of the
Five Elements:

AIR, EARTH, FIRE, WATER and PLANT

Rooted in a philosophy over 2,000 years old, these elements symbolize a balanced approach to health and well-being. As you explore our menu, discover how each element, with its unique qualities, influences the body, mind and spirit.

Characteristics of the five elements

AIR

Energizing | Ideal for mental and physical rejuvenation

EARTH

Nourishing | Perfect for a sense of grounding and
nourishment

FIRE

Detoxifying | Great for stimulating appetite and promoting
inner strength

WATER

Relaxing | Best for hydrating and soothing the body

PLANT

Fortifying | Excellent for a natural vitamin boost and overall
nourishment



FOOD ALLERGY

All produce is prepared in an area where allergens are present. For those with allergies, intolerances, and special dietary requirements who may wish to know about the ingredients used, please ask a member of the Management Team.



LUNCH MENU



STARTERS



FRESH GARDEN GREEN SALAD (VG)

Mango, pomegranate, radish, local cucumber, tomato, avocado lemon dressing

TOMATO GAZPACHO WITH LOBSTER CONFIT (SF, G)

Chilled tomato gazpacho, garlic croûtons and local Maldivian lobster meat

BEETROOT AND ORGANIC RICOTTA CHEESE SALAD (D)

Heirloom beetroots, radish, edamame, compressed local watermelon

YELLOW FIN TUNA POKE BOWL

Mixed mesclun lettuce, fresh local tuna, sweet potato, fava beans, wakami and sweet corn

CHARRED CAULIFLOWER (V, N, D)

Cauliflower florets, cured tomatoes, tahini and yogurt, toasted hazelnuts



D – DAIRY | E – EGG | G – GLUTEN | SF – SHELLFISH | N – NUTS | VG – VEGAN | V – VEGETARIAN



Please notify the service staff if you have any dietary preferences or allergies.



MAIN COURSES

THYME AND LEMON MARINATED CORN FED CHICKEN BREAST (D)

Pan-seared corn fed chicken breast, zucchini, cherry tomatoes and thyme infused jus

AUSTRALIAN LAMB CHOPS* (A)

Marinated Australian lamb chops, pea and mushroom ragu, red wine jus

SOUS VIDE OCTOPUS TENTACLE (D)

Fresh taziki, paprika, caramelized onion, sundried tomatoes

LOCAL GREEN JOB FISH (D)

Maldivian Green job, sautéed spinach, spiced carrot purée, fresh mango salsa

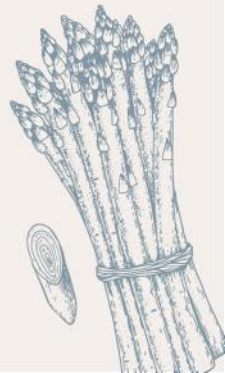
PAN FRIED TOFU (G, V)

Fennel, pomelo & dill, fresh tomato ponzu, homemade tofu

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For the guests on the half /full Board meal plan, dishes mark with asterisk () will incur additional charges, while all the other dishes are included





DESSERTS

MATCHA WATERMELON (D, GF)

Matcha white chocolate terrine, mascarpone cream, watermelon granite

MANDARIN LEMONGRASS (D, E, GF)

Mandarin semifreddo with vanilla cream, citrus salad, lemongrass soup

CHOCOLATE PEANUT BROWNIE (G, N, A, D, E)

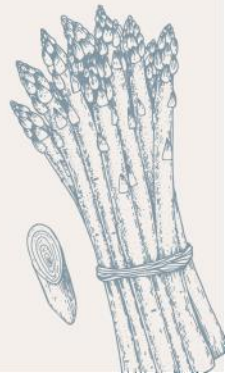
Chocolate brownie, peanut cream, pistachio crumble, Irish coffee sorbet

SEASONAL FRESH FRUIT (G, E, D)

Seasonal fresh fruit, nut free granola, ginger bites, mango ice cream

A – ALCOHOL | D – DAIRY | E – EGG | G – GLUTEN | G – GLUTEN FREE | N – NUTS

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DINNER MENU



AIR

Bring your life into balance

HANDPICKED CRAB MEAT (SF, E)

Avocado, tomato, passion fruit gel, fresh mint



BEETROOT AND ORGANIC RICOTTA CHEESE SALAD (D, V)

Heirloom beetroots, radish, compressed local watermelon, smoked ricotta cheese

PARMESAN ROASTED SEASONAL ASPARAGUS (D, N, G)

Asparagus, parmesan mornay, roasted hazelnuts, parmesan crackers, lemon oil



GARDEN VEGETABLE SALAD (VG)

Fava beans, asparagus, charred cherry tomatoes, baby peas, radish, local cucumber, tropical lime dressing

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EARTH

Reach inner peace and soothe your soul whilst reviving your senses

GRASS-FED BEEF TENDERLOIN (A, G, D)*

Bone marrow crust, potato mousseline, pickle mushroom, beer oats, seasonal truffle, bordelaise jus

SAGE MARINATED CHICKEN BREAST (D)

Local pumpkin & shallot risotto, apple & horseradish chutney, warm orange broth

HERB-CRUSTED LAMB LOIN (G, D)*

Sweet potato mousse, crisp copy leaves, charred cauliflower, minted jus

SOUS VIDE COOKED LOCAL OCTOPUS (SF, D)

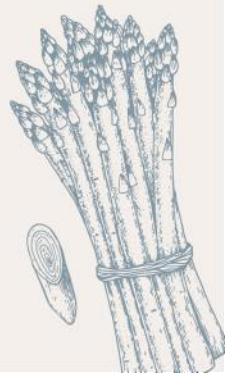
Fresh taziki, paprika, caramelized onion, sundried tomatoes



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FIRE

Ease away stresses of modern day living

KOREAN STYLE SEARED YELLOW FIN TUNA (G)

Maldivian Yellowfin tuna, stir-fry bok choy, chili, lime and coriander

COCONUT CRUSTED JOB FISH (D)

Curried cauliflower purée, curry leaf, peas, broad beans, kulha fila leaves

ROASTED CAULIFLOWER STEAK (G)

Pumpkin curry purée, fermented mango & ginger, eggplant tartar, crisp garlic



PAN FRIED TOFU (G, VG)

Fennel, pomelo & dill, fresh tomato ponzu

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WATER

Awaken your senses to inner tranquility

PAN-FRIED REEF FISH (SF, D)

Smoked potato garlic purée, baby shrimp, shellfish butter, bottarga

MALDIVIAN LOBSTER TAIL (SF, D)*

Homemade bisque, sautéed garden greens, pickled daikon radish, coconut foam

SEARED SCALLOPS (SF, N, D)

Apple, charred leek, sea beet, celeriac purée, roasted almond

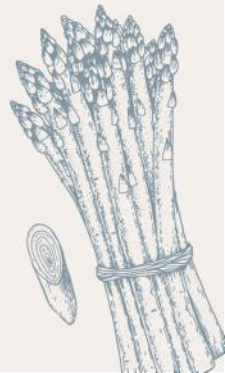
CITRUS INFUSED JUMBO PRAWNS (SF, D)*

Finger lime, pickled cucumber and fresh arugula

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PLANT

Discover a powerful force with an alive and pure essence

CHARRED LOCAL PUMPKIN (VG, D)

Pumpkin seeds, mint, crispy buckwheat, turmeric, honey and thyme dressing

ASPARAGUS & PEA RISOTTO (N, V, D)

Oyster mushroom, sage foam, peanut crumble, lemon balm

VEGETABLE GARDEN (V, D)

Sweet and sour baby vegetables, buttermilk curd, onion ash, parsley oil

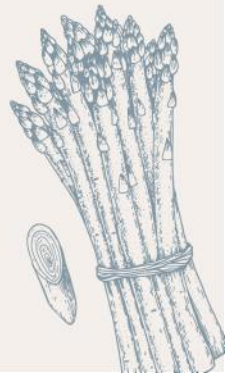
QUINOA & BROCCOLI (N, G, V, D)

Cherry tomato ragout, crisp asparagus, pistachio dust, fresh mesclun

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SWEETS

Enjoy pure temptation

AIR (E, D, GF)

Mandarin Semifreddo with vanilla cream, citrus salad and lemongrass soup

EARTH (G, N, A, D, E)

Chocolate brownie, peanut cream, pistachio crumble, Irish coffee sorbet

FIRE (S, GF, DF)

Coconut sticky rice with dragon fruit sauce and fresh mango

WATER (D, GF)

Matcha white chocolate terrine with mascarpone cream and watermelon granite

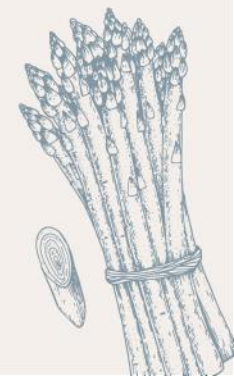
PLANT (G, E, D)

Seasonal fresh fruit, nut free granola, ginger bites, mango ice cream

A - ALCOHOL | D - DAIRY | D - DAIRYFREE | E - EGG | G - GLUTEN | GF - GLUTEN FREE | N - NUTS | S - SESAME

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J S H E A L T H

BY JESSICA SEPEL

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naturally inspired dining

A wellness menu designed by expert nutritionist, Jessica Sepel to help you increase energy, reduce sugar cravings, cleanse your body and support a healthy weight.



Jessica Sepel (BHlth, Adv Dip Nutritional Medicine) is a clinical nutritionist, bestselling health author and international health blogger. She is the beloved voice behind the 'JSHealth' brand and one of Australia's most sought after health and wellness advocates, encouraging a balanced lifestyle filled with delicious and nourishing wholefoods and recipes.

She believes we need to give up 'diets' in order to live a healthy life and advocates balance and moderation with food, mindfulness at meals and healthy body image. Jess is the author of two best-selling books, where she shares her health philosophy and favourite recipes, and the creator of the JSHealth Program, an 8-week online plan to quit diets forever, find a balanced weight and live the healthy life.

Jess has built a vibrant and loyal social media community on Instagram, Facebook and YouTube and maintains her blog where she updates the JSHealth community with her own health journey and everything she is learning along the way.



GREEN GODDESS DETOX SOUP (VG, GF)

Spinach, zucchini, watercress and leeks: are a rich source of Vitamin C and antioxidants - they assist with preventing premature skin ageing and also supports a healthy immune system.

ROASTED EGGPLANT, HUMMUS AND LENTIL SALAD (N, GF, V)

Lentils are a gluten free grain that is nutritious and high in fiber, which supports good gut health. Hummus is a digestive calmative.

HERB AND LOCAL TROPICAL ALMOND CRUSTED MALDIVIAN SNAPPER WITH SWEET POTATO MASH (N, D, GF)

This fish is full of healthy oils for good skin health and hormonal balance. It is also grain free, supporting good gut health. The sweet potato is high in beta-carotene - an antioxidant that fights off free radicals in the body, helping to reduce signs of ageing. Also supports the immune system.

TOMATO & BASIL WITH LOCAL SQUASH NOODLES (N, D, V, GF)

A meal that is rich in iron to boost energy levels. The tomato and basil are full of nutritious ingredients to boost energy levels.

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MANDHOO

SIGNATURE COCKTAILS

NATURE'S BIRTHPALCE

Our Island grown Bilimbi & Tari meyva concoction mixed with Panda Organic Gin and natural orange essence, this will switch you in island mood.

INNOCENCE

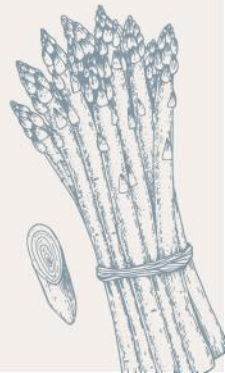
Kafir lime, chili, coconut infused into Belvedere vodka and finished with traditional local island healthy drink “Kurumba feni” a beverage made with young Kurumba and it's pulp.

UNCHAINED MELODY

Havana club rum, orange liqueur carefully combined with fresh pineapple, ginger, lemon, raw honey and a hint of beet. This drink is earthy, smoky and spicy, while still being refreshing and light.

THE SOUND OF WAVE

Rosemary and grapefruit infused with Campari, Aperol and finished with organically produce Prosecco.



MANDHOO

ALCOHOLIC BEVERAGES

COGNAC (40ML)

Martell xo
Chabot Armagnac Napoleon

GIN (40ML)

Monkey 47
Hendrick's
Panda Organic

RUM (40ML)

Zacapa XO
El Dorado 15 Years Old Special
Reserve

TEQUILA (40ML)

Patron Silver
Patron Reposado

WHISKEY (40ML)

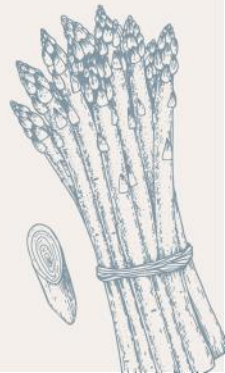
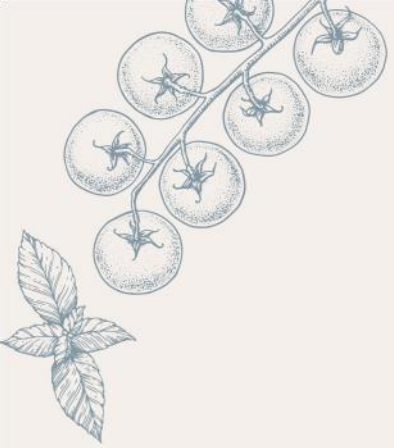
Chivas Regal 25 Scotch Whiskey
Oban 14 Years
Jack Daniel's Frank Sinatra
Laphroaig 10 Years

VODKA (40ML)

Absolute Blue
Ultimat

BEERS

Peroni
Asahi
Erdinger Weissbier
Erdinger Dunkel





MANDHOO

NON-ALCOHOLIC BEVERAGES



MINERAL WATER

Evian 750ml
San Pellegrino 750ml
Voss Still 800ml
Voss Sparkling 800ml

SOFT DRINKS

Coca Cola
Diet Coke
Fanta Orange
Sprite

NON-ALCOHOLIC WINE

NV, Isabella Spognolo,
Bella 750ml



ZERO PROOF SPIRITS

Sober-rum 0.0% France
Sober-gin 0.0% France
Sober-whiskey 0.0% France

ORGANIC COFFEE

Americano
Café Latte
Cappuccino
Espresso

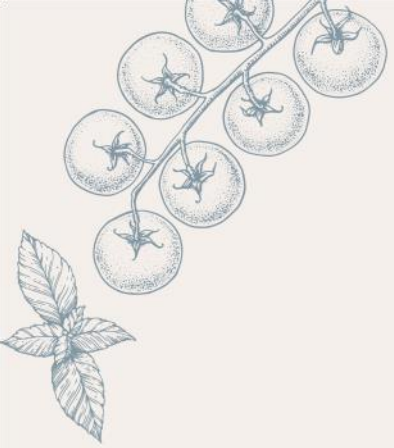
HOMEMADE GINGERALE

Lemon Cardamom & Honey
Lychee & Mint
Orange & Passion fruit

FRESH COLD PRESS JUICES

Carrot & Ginger
Mango
Watermelon
Pineapple
Green Apple





MANDHOO TEA SELECTION

The purest taste of the world's best tea gardens discover, whole leaf, organic teas, our tea is an exceptional teas from the most prestigious tea growing regions and stunning tea ware designed to bring the ceremony of tea at your table.

TEA | HOT, ICED AND FRAPPE STYLE

REFRESHMENT TEA | Tea Flowers | White Teas

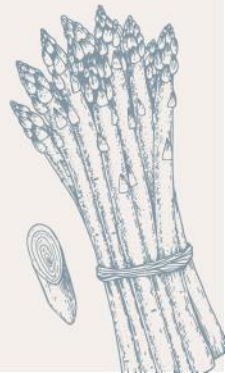
SILVERMOON TEA | Exclusive Tea Blends—Green Teas

MILK OOLONG TEA | Blue Teas (Oolong)

JASMINE PEARL TEA | Grand Classic Tea Blends—Green Teas

EMPRERO SENCHA TEA | Green Teas

GOLDEN PU-ERH TEA | Matured Teas (Pu-Erh)





LASSIES

PLAIN

Natural yoghurt, salt, sugar, mineral water

APPLE

Full of fiber, antioxidants and flavonoids. Apples have been noted to decrease blood cholesterol levels in the body and may help regulate the bowels. Traditionally, they have been used to ease the pain and inflammation of arthritis, rheumatism and gout.

MANGO

Full of vitamin C and beta-carotene, mango fruit may strengthen the immune system and reduce the severity and incidence of respiratory infections. In addition, these antioxidants may also reduce the ageing process to help us look younger.



PINEAPPLE

Contains the enzyme bromelain which may reduce inflammation in the body and help digest protein-rich foods. Pineapple may be very good in assisting sore, inflamed throats.

MINT

Wonderful for soothing all digestive upsets and can provide relief to bloating and heaviness associated with a large meal. A very refreshing drink recommended for all times throughout the day.

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KIDS MENU



KIDS MENU



KIDS SALAD

Fresh green salad with tomatoes, cucumber and beans

MIKADO (RAW OR COOKED)

Vegetables sticks with cocktail sauce

CLEAR FISH SOUP

CREAMY CHICKEN SOUP (D)

TEMPURA PRAWN (SF, G, E)

Served over white rice or French fries

PANKO CHICKEN OR WHITE FISH (G)

Served over white rice or French fries

BEEF WITH BROCCOLI (D)

Beef steak, steamed broccoli and tomato ketchup

DESSERTS

COCO LOCO PANNA COTTA (GF, DF)

Fresh fruits, mixed berries, coconut chips

WARM ALMOND CAKE (D, E, N)

Mascarpone cream, raspberry sorbet

KIDS FRUIT PLATTER

Mixed Seasonal Fruits

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