



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





# LUNCH MENU



# STARTERS



## FRESH GARDEN GREEN SALAD (VG) | \$28

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

## TOMATO GAZPACHO WITH LOBSTER CONFIT (SF, G) | \$34

Chilled tomato gazpacho, garlic croûtons and local Maldivian lobster meat

## BETROOT AND ORGANIC RICOTTA CHEESE SALAD (D) | \$28

Heirloom beetroots, radish, edamame, compressed local watermelon

## YELLOW FIN TUNA POKE BOWL | \$32

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

## CHARRED CAULIFLOWER (V, N, D) | \$29



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

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

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

All prices are in US\$ and subject to 10% service charge and 16% T-GST.





# MAIN COURSES

## THYME AND LEMON MARINATED CORN FED CHICKEN BREAST (D) | \$35

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

## AUSTRALIAN LAMB CHOPS\* (A) | \$50 | \$16\*

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

## SOUS VIDE OCTOPUS TENTACLE (D) | \$42

Fresh taziki, paprika, caramelized onion, sundried tomatoes

## LOCAL GREEN JOB FISH (D) | \$42

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

## PAN FRIED TOFU (G, V) | \$36

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

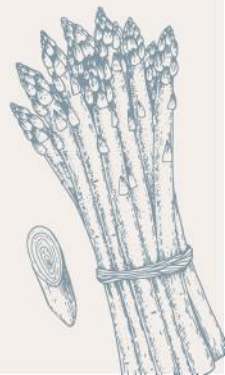
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# DESSERTS

## MATCHA WATERMELON (D, GF) | \$23

Matcha white chocolate terrine, mascarpone cream, watermelon granite

## MANDARIN LEMONGRASS (D, E, GF) | \$21

Mandarin semifreddo with vanilla cream, citrus salad, lemongrass soup

## CHOCOLATE PEANUT BROWNIE (G, N, A, D, E) | \$23

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

## SEASONAL FRESH FRUIT (G, E, D) | \$20

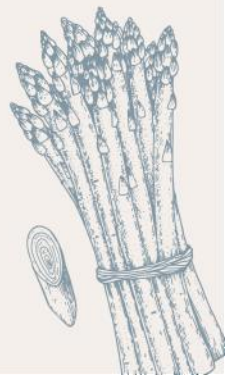
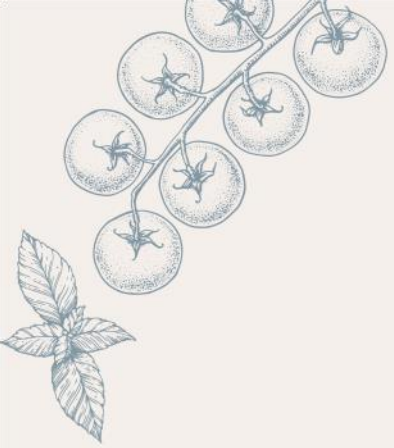
Seasonal fresh fruit, nut free granola, ginger bites, mango ice cream

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

\$34 starter

## BEETROOT AND ORGANIC RICOTTA CHEESE SALAD (D, V)

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

\$24 starter

## PARMESAN ROASTED SEASONAL ASPARAGUS (D, N, G)

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

\$28 starter

## GARDEN VEGETABLE SALAD (VG)

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

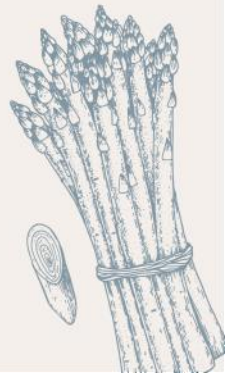
\$22 starter | \$34 main

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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

\$68 main | \$18\*

## SAGE MARINATED CHICKEN BREAST (D)

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

\$48 starter

## HERB-CRUSTED LAMB LOIN (G, D)\*

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

\$42 main | \$16\*

## SOUS VIDE COOKED LOCAL OCTOPUS (SF, D)

Fresh taziki, paprika, caramelized onion, sundried tomatoes

\$31 starter


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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

\$20 starter | \$34 main

## COCONUT CRUSTED JOB FISH (D)

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

\$42 main

## ROASTED CAULIFLOWER STEAK (G)

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

\$28 main

## PAN FRIED TOFU (N, VG)

Fennel, pomelo & dill, fresh tomato ponzu

\$21 starter | \$36 main

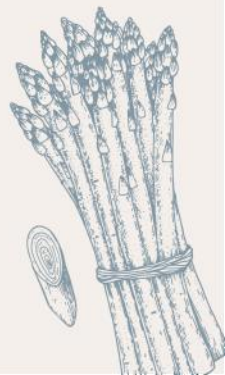
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# WATER

Awaken your senses to inner tranquility

## PAN-FRIED REEF FISH (D)

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

\$42 main

## MALDIVIAN LOBSTER TAIL (SF, D)\*

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

\$86 main | \$18\*

## SEARED SCALLOPS (SF, N, D)

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

\$34 starter | \$45 main

## CITRUS INFUSED JUMBO PRAWNS (SF, D)\*

Finger lime, pickled cucumber and fresh arugula

\$32 starter | \$50 main | \$18\*


D – DAIRY | SF – SHELLFISH | N – NUTS

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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

\$27 starter

## ASPARAGUS & PEA RISOTTO (N, V, D)

Oyster mushroom, sage foam, peanut crumble, lemon balm

\$30 main

## VEGETABLE GARDEN (V, D)

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

\$29 starter

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

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

\$39 main

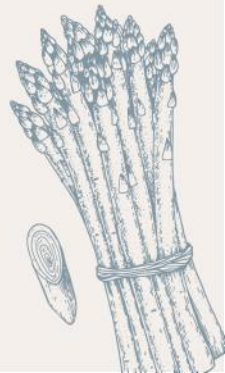
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# SWEETS

Enjoy pure temptation

## AIR (E, D, GF)

Mandarin Semifreddo with vanilla cream, citrus salad and lemongrass soup

\$21

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

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

\$23 main

## FIRE (S, GF, DF)

Coconut sticky rice with dragon fruit sauce and fresh mango

\$22 starter

## WATER (D, GF)

Matcha white chocolate terrine with mascarpone cream and watermelon granite

\$23 main

## PLANT (G, E, D)

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

\$20 main

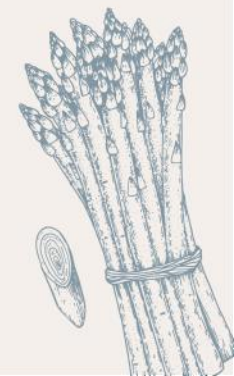
A - ALCOHOL | D - DAIRY | D - DAIRYFREE | E - EGG | G - GLUTEN | GF - GLUTEN FREE | N - NUTS | S - SESAME

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J S H E A L T H

BY JESSICA SEPEL

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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)

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.

**\$22 starter**

### ROASTED EGGPLANT, HUMMUS AND LENTIL SALAD (N, D, E)

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

**\$24 starter**

### HERB AND LOCAL TROPICAL ALMOND CRUSTED MALDIVIAN SNAPPER WITH SWEET POTATO MASH

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.

**\$48 starter**

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

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

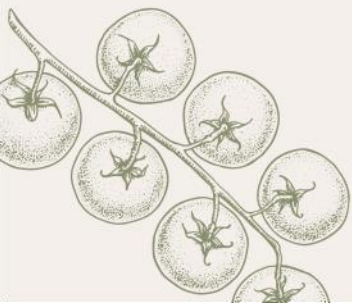
**\$34 main**

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# BEVERAGE SELECTION



# MANDHOO

## SIGNATURE COCKTAILS

### NATURE'S BIRTHPALCE

\$20

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

### INNOCENCE

\$21

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

\$29

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

\$26

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

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# MANDHOO

## ALCOHOLIC BEVERAGES



### COGNAC (40ML)

Martell xo	\$34
Chabot Armagnac Napoleon	\$34

### GIN (40ML)

Monkey 47	\$31
Hendrick's	\$25
Panda Organic	\$25

### RUM (40ML)

Zacapa XO	\$42
El Dorado 15 Years Old Special Reserve	\$24

### TEQUILA (40ML)

Patron Silver	\$37
Patron Reposado	\$37

### WHISKEY (40ML)

Chivas Regal 25 Scotch Whiskey	\$42
Oban 14 Years	\$25
Jack Daniel's Frank Sinatra	\$32
Laphroaig 10 Years	\$22

### VODKA (40ML)


Absolute Blue	\$17
Ultimat	\$16

### BEERS

Peroni	\$12
Asahi	\$16
Erdinger Weissbier	\$18
Erdinger Dunkel	\$18

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# MANDHOO

## NON-ALCOHOLIC BEVERAGES



### MINERAL WATER

Evian 750ml	\$15
San Pellegrino 750ml	\$13
Voss Still 800ml	\$16
Voss Sparkling 800ml	\$15

### SOFT DRINKS

Coca Cola	\$9
Diet Coke	\$9
Fanta Orange	\$9
Sprite	\$9

### NON-ALCOHOLIC WINE

NV, Isabella Spognolo, Bella 750ml	\$40
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### ZERO PROOF SPIRITS

Sober-rum 0.0% France	\$14
Sober-gin 0.0% France	\$14
Sober-whiskey 0.0% France	\$14

### ORGANIC COFFEE

Americano	\$7
Café Latte	\$10
Cappuccino	\$12
Espresso	\$7

### HOMEMADE GINGERALE

Lemon Cardamom & Honey	\$13
Lychee & Mint	\$13
Orange & Passion fruit	\$13

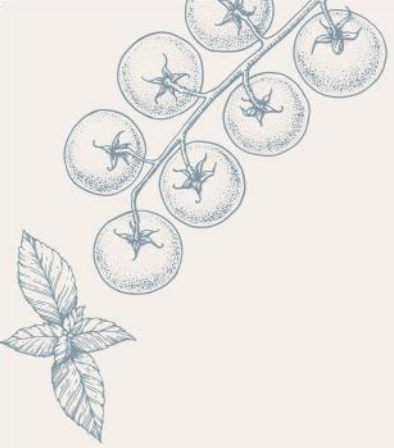
### FRESH COLD PRESS JUICES

Carrot & Ginger	\$13
Mango	\$13
Watermelon	\$13
Pineapple	\$13
Green Apple	\$13

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# 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 | \$9

REFRESHMENT TEA | Tea Flowers | White Teas

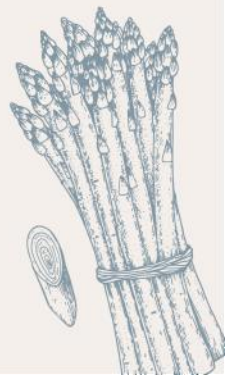
SILVERMOON TEA | Exclusive Tea Blends—Green Teas

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)



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# LASSIES

## PLAIN

Natural yoghurt, salt, sugar, mineral water

\$16

## 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.

\$16

## 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.

\$16

## 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.

\$16

## 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.

\$16

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# KIDS MENU



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## KIDS SALAD | \$16

Fresh green salad with tomatoes, cucumber and beans

## MIKADO (RAW OR COOKED) | \$13

Vegetables sticks with cocktail sauce

## CLEAR FISH SOUP | \$15

## CREAMY CHICKEN SOUP (D) | \$18

## TEMPURA PRAWN (SF, G, E) | \$21

Served over white rice or French fries

## PANKO CHICKEN OR WHITE FISH (G) | \$18

Served over white rice or French fries

## BEEF WITH BROCCOLI (D) | \$21

Beef steak, steamed broccoli and tomato ketchup

## DESSERTS

## COCO LOCO PANNA COTTA (GF, DF) | \$16

Fresh fruits, mixed berries, coconut chips

## WARM ALMOND CAKE (D, E, N) | \$20

Mascarpone cream, raspberry sorbet

## KIDS FRUIT PLATTER | \$18

Mixed Seasonal Fruits

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