

welcome to raw

Raw food

Raw food can be a healthy lunchtime dish or it can be a way of life.

The health benefits are numerous; we use only organics produce in the dishes and concentrate on healthy, nutritious proteins such as sprouting seeds, grains, nut milks, soy, almond, beans and pulses.

Raw is the ideal cuisine for those who prefer a vegetarian lifestyle where no meat, seafood or eggs are used, while our sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yoghurt, olive oil, vegetable purées and tahini creating scrumptious dishes that are both wholesome and tasty.

Healthy goodies & seriously raw food

RAW applies the same nutritious principles of healthy raw food whereby organic produce is used, however, these dishes can also include meat and seafood that can be served either dehydrated or in their natural state.

Incorporating an all over healthy attitude to food, we use only whole grains, organic herbs, in-house cured and pickled foods that are low in salt, unpasturised ingredients, refined sugar and fat and we never deep fry.

Rather than refined white flour we offer wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. You will also not see any artificial sweeteners on our menu. Instead our creative culinary team uses natural sugars such as honey, raw sugar, palm sugar, apple concentrate, fructose and fruit purées to add depth and bring out the real flavour in each dish.

Feeling hungry? Mmmm...





on arrival

Tapas. Raw Style. Asian

Should you have any specific dietary requirements or food preferences, we will be more than happy to oblige. Simply speak to a member of the team for assistance creating your bespoke culinary experience

Prices are quoted in US Dollars and subject to 10% service charge and government taxes





refreshing and energetic liquids

Chilled tom yam soup, young coconut flesh
Infused in galangal, lemongrass and Thai herbs US\$ 15

Jalapeno, chilli mango, pepper gazpacho,
cucumber spaghetti and basil US\$ 17

Beetroot and green tomato soup,
sandwich of goat's cheese and pickled beetroot US\$ 18

Full board guests will receive 25% discount off above menu prices

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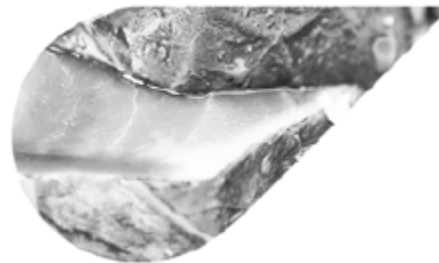
Trio of shaved cabbages, toasted linseed,
Asian betel leaves, sweet sesame vinaigrette US\$ 15

A variety of baby radish, vine ripe cherry tomato salsa,
Maldivian rocket, heart of palm,
local pine nuts and tofu, Tosazu dressing US\$ 15

Zucchini, cucumber, green tomato and walnut
ricotta lasagne, basil pistachio pesto US\$ 18

Butter squash gyoza filled with cashew herb ricotta.
carrot, fennel and balsamic fig salad, pumpkin
seed oil US\$ 22

Yuzu ceviche on Shimegi mushrooms,
pineapple avocado purée and
vine ripe cherry tomato salsa US\$ 23



simplicity of inspiration

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beyond your imagination

Local preserved spiced sardines, quinoa pilaf and salsa fresco	US\$ 18
Marinated crab meat in raw celeriac tortilla, lemony green pea hummus, pineapple salsa	US\$ 23
Horseradish cured Angus beef, tofu guacamole, scallion ginger dressing	US\$ 27
Carpaccio of avocado, local reef fish, wild mushroom, pomegranate and pink peppercorn	US\$ 26
Maldivian live lobster fondue, home-made pickles	US\$ 28

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Pizza, RAW style! Tuna sashimi on crunchy seaweed,
dehydrated dough, Jalapenos, baby sprouts,
anchovy aioli US\$ 19

Cambodian style raw vegetable curry,
cauliflower couscous, curry leaf sambal US\$ 19



to share the passion

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Oats parfait, exotic fruits, lemongrass jelly US\$ 12

Local organic pineapple carpaccio,
25-year old balsamic, vanilla ice cream US\$ 12

Mix berry soup, mascarpone sorbet US\$ 12



Soy bavaroise, pear mousse, tropical fruit purée US\$ 15

Crusty apple stack, sweet mango purée,
dates and almonds US\$ 15



sweet temptation

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harmony through balance

Juice: build your own

US\$ 15

Mix your own great tasting juice with combinations from those below.

Carrot, Ginger, Apple
boosts and cleanses the system

Apple, Cucumber, Celery
reduces cholesterol,
and improves stomach upset and headaches

Tomato, Carrot, Apple
improves skin complexion

Orange, Ginger, Cucumber
improves skin texture and moisture and reduces body heat

Apple, Cucumber, Kiwi
improves skin complexion

Carrot, Apple, Pear, Mango
clears body heat, counteracts toxicity,
decreases blood pressure and fights oxidization

Papaya, Pineapple, Milk
rich in vitamin C, E, Iron,
improves skin complexion and metabolism

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