

# THE RETREAT

LUNCH

## SPECIALS

<b>David Herve Fine Oysters 6 pcs   France</b>	<b>SF</b>	<b>56</b>
Avruga caviar, lemon, mignonette dressing		
Full Board and All Inclusive:		<b>40</b>
<b>Iberico Jamon Platter</b>	<b>P</b>	<b>62</b>
Sourdough baguettes, homemade tomato jam, taggiasche olives		
Full Board and All Inclusive:		<b>40</b>
<b>Garlic Butter Spanner Crab Rolls</b>	<b>SF   D   E</b>	<b>65</b>
Brioche hot dog bun, Mesclun salad, Avruga caviar, Avocado, creamy chipotle Mayonnaise, French fries		
Full Board and All Inclusive:		<b>46</b>

**N** - Nuts | **D** - Dairy | **P** - Pork | **V** - Vegetarian | **VG** - Vegan  
**SF** - Seafood | **S** - Spicy | **E** - Egg | **GF** - Gluten-free | **A** - Alcohol

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## FARM TO TABLE

### **Watermelon Poke** **VG | N | V** 30

Ponzu lime marinade, pickled ginger, kale, macadamia, mint

### **Little Gem + Kale Caesar** **VG | GF | N | V** 32

Pumpkin seed dressing, croutons, cashew parmesan cheese

Add grilled chicken 12

Add grilled prawn **SF** 14

Add smoked salmon **SF** 14

### **Dukkah Avocado** **VG | N | GF | V** 30

Greens, quinoa, lemon tahini, radish, tomato jam

## NOURISHING BOWL

### **Retreat Salad** **GF | VG | N | V** 32

Red kale leaves, baby spinach, rocket leaves, beetroot, sweet potato, roasted walnut, mixed berries, balsamic glaze, citrus vinaigrette, cashew cheese

### **Wellness Bowl with MCT Oil** **VG | GF | V** 32

Quinoa, millet, lettuce, roasted beet, cucumber, broccoli, black beans, avocado, sesame seeds, MCT oil, rice vinegar, miso dressing

### **Amaranth Tabouleh** **GF | N** 30

Amaranth, cucumber, tomato, parsley, mint, scallion, coriander, lemon, olive oil, sumac, pine nuts, grilled chicken

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## SOUPS

**Tomato Gazpacho** **D | N** 28  
Burrata cheese, tomato caviar, basil pesto, green oil

**Super Green Soup** **VG | GF | N | V** 28  
Spinach leaves, spirulina, courgette, garden peas,  
fresh mint, cashew cream, crispy sourdough

## BURGER & SANDWICHES

**Angus Beef Slider** **P | D** 44  
Brioche bun, tomato, lettuce, smoked pork bacon,  
cheddar cheese, truffle, caramelized onion

**Halloumi Sandwich** **D | N** 36  
Olive focaccia bread, grilled halloumi cheese,  
avocados, tomatoes, iceberg leaves,  
pistachio pesto, roasted sweet potatoes

**Maldivian Yellowfin Tuna Burger** **SF | D | E** 42  
Curry leaf bun, seared tuna, capers, lettuce,  
tangy mayonnaise

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## MAINS

- Grilled Mahi Mahi Fish** **SF | D** 40  
Herb roasted potatoes, asparagus,  
tangy tomato sauce
- Cauliflower Steak** **VG | V | N** 36  
Lima beans puree, macadamia,  
pearl onions, chimichurri
- Fregola Seafood** **SF | D** 42  
Prawn, reef fish, calamari, mussels,  
crab meat, shaved pecorino
- Homemade Squid Ink Fettuccini** **SF | D | A** 42  
Fresh cherry tomatoes, creamy white wine sauce,  
prawns, anchovies, parsley
- Angus Rib Eye** **D** 64  
Potato purée, grilled asparagus, roasted fennel,  
mushroom sauce

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## DESSERT

### **Acai Mango Bowl** **GF | D | E** 28

Acai pudding, mango crémeux, MCT snow,  
fresh berries, chia seeds

### **Vegan Sweet potato brownie bowl** **VG | GF | V | N** 28

Sweet potato and soya custard, banana fluid gel,  
caramelized banana, green tea

### **Apple and Cinnamon** **D | E | N** 28

Cinnamon cream, compressed apple,  
crispy hazelnut crust, whipped mascarpone ganache

### **Fruits and Coyo Yoghurt** **VG | V | GF** 26

Assorted fruits, natural coyo coconut yoghurt

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