

W e l c o m e T o R a w



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

The health benefits are numerous. We only use 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. Our sauces and dressings are blended with uncooked oils, nut sauces, miso sauces, yoghurt, olive oil, vegetable purées and tahini to create scrumptious dishes that are both wholesome and tasty.

Healthy goodies and seriously raw food

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, unpasteurised ingredients, refined sugar and fat and we never deep fry. Meat and seafood is served either dehydrated or in its natural state.

Rather than refined white flour, we offer wheat alternatives such as oats, quinoa, millet, rye, spelt, buckwheat and barley. You won't 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 to bring out the real flavour in each dish.

ON ARRIVAL

Tapas; Raw Style Asian bites

BEYOND YOUR IMAGINATION

ATLANTIC SALMON SASHIMI SALAD 30
Atlantic salmon, apple, shaved asparagus, red radish, baby spinach, Yuzu garlic dressing

Or

MALDIVIAN YELLOW FIN TUNA TARTAR (RP) 30
Yuzu avocado Salsa, wasabi mayonnaise, Balsamic cream, pickle cherry tomatoes



TO SHARE THE PASSION

FRESH SASHIMI (3 Slice each) 30
3 kind,
Salmon, Tuna, Reef fish

Or

SIGNATURE CARPACCIO OF AVOCADO (V, GF) OR REEF FISH (R) 30
Orange miso, avocado pomegranate and pink peppercorns

Or

TUNA PIZZA RAW STYLE (RP) 32
Yellow fin tuna sashimi, crunchy seaweed, Dehydrated dough, Jalapeños, anchovy aioli



SWEET TEMPTATIONS

CHIA SEED AND MANGO TRIFLE (GF) (N) 22
With almond-poppy seed sponge, blueberries, coconut cashew nut cream

Or

THREE FLAoured MOCHI ICE CREAM OR CHOICE OF SORBET 18

Set Menu \$ 72++pp

A - Alcohol, D - Dairy Products, GF - Gluten Free, N - Nuts, P - Pork,
RP - Raw Protein, S - Seafood, V - Vegetarian

Please note there may be health risks associated when consuming raw protein products if you are pregnant or have other immune disorders, you should eat these products fully cooked.

Should you have any specific dietary requirement 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 12% GST.

HARMONY THROUGH BALANCE

DETOX & BOOSTS

Mix your own great tasting juice or choose from the Combinations from those below.

14

DETOXIFIER

Fresh Pineapple & soy milk with spirulina
Reduces cholesterol and improves stomach upset and headaches

ALKALINE

Apple, Watermelon and Kiwi
Improves skin complexion & help to maintain its blood pH level.

CALCIUM JAR

Carrot, Ginger, Papaya, Apple and Curry Leaves
Lowers blood pressure, boosts circulation and improves bone mineral density

ANTI-INFLAMMATORY

Beetroot, Ginger, Pear and Coriander
Rich in vitamin C, E and Iron. This juice improves skin complexion and metabolism, reduce inflammation

THE VISION

Mint, Passion Fruit, Pear and Orange
Boosts immune function and improve eyesight



SELECTION OF ORGANIC WINES

HALF BOTTLES

2017 ERRAZURIZ ESTATE SERIES SAUVIGNON BLANC 🌿 34
Valle De Aconcagua, Chile

2016 DOMAINE ST ANDRE DE FIGUIERE 'MAGALI' ROSÉ 🌿 48
Côtes De Provence, France

2011 PENFOLD KOONUNGA HILL, SHIRAZ 🌿 48
Barossa Valley, Australia

SPARKLING WINE

NV GRAMONA IMPERIAL GRAN RESERVA BRUT CAVA 🌿 170
Catalonia, Spain

WHITE WINES

2014 JOSEPH DROUHIN 'DROUHIN-VAUDON' CHABLIS 🌿 120
Burgundy, France

2015 ALOIS LAGEDER SAUVIGNON BLANC. ALTO AOIGE 🌿 110
Trentino-Alto Adige, Italy

ROSÉ WINE

2015 PASCAL JOLIVET SANCERRE ROSÉ 🌿 150
Loire Valley, France

RED WINES

2010 D'ARENBERG THE LAUGHING MAGPIE SHIRAZ VIOGNIER 🌿 150
Mclaren Vale, Australia

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