

WELCOME TO ZEN, OUR INTERPRETATION OF SOME CLASSIC JAPANESE DISHES, IN A RELAXED AREA OVERLOOKING THE LAAMU ATOLL, GUEST ON FULL AND HALF BOARD PLEASE ENJOY ONE APPETIZER, ENTRÉE AND DESSERT

寿司 SUSHI

握り寿司 THREE PIECES PER PORTION
NIGIRI

HAND PRESSED SUSHI SHAPED WITH SUSHI RICE AND WRAPPED IN SEAWEED THAT CHEF HERMES PRESSES INTO A SMALL BITE SIZE PIECES

TUNA	YELLOWTAIL	EEL	REEF FISH
8.00	8.00	12.00	8.00
SQUID	PRAWN	OCTOPUS	
10.00	12.00	12.00	

炙り寿司 THREE PIECES PER PORTION
ABURI (BROILED)

ABURI SUSHI CONSISTS OF NIGIRI SUSHI WITH A FISH TOPPING THAT IS PARTLY SERVED GRILLED AND PARTLY RAW

TUNA	EEL	SQUID	REEF FISH
10.00	14.00	10.00	10.00

巻き寿司 EIGHT PIECES PER PORTION
MAKIMONO (ROLL)
SPECIALTY ROLLED SUSHI

THE DRAGON PRAWN, EEL, AVOCADO AND TEMPURA CRISPS	25.00
RAINBOW ROLL CRAB, SHRIMP, TUNA, SALMON, AVOCADO	25.00
CALIFORNIA ROLL CRAB, CUCUMBER AVOCADO AND TOBIKKO	20.00
SPIDER ROLL SOFT SHELL CRAB TEMPURA WITH SPICY AIOLI	20.00
SPICY TUNA ROLL TUNA, SPRING ONION AND TEMPURA CRISPS	20.00
ZEN ROLL CREAM CHEESE, ASPARAGUS, TEMPURA PRAWN, GOUDA	20.00
GREEN VEGGIE ROLL GRILLED MIXED GREEN VEGETABLES VEGETARIAN	18.00

手巻き寿司 TWO PIECES PER PORTION
TEMAKI ZUSHI (HAND ROLL)
CONE SHAPE HAND ROLL

CRISPY CALIFORNIA TEMAKI CRAB, AVOCADO, CUCUMBER, TOBIKKO AND TEMPURA CRISPS	22.00
PRAWN TEMPURA TEMAKI PRAWN AND AVOCADO	20.00

刺身 THREE PIECES PER PORTION

SASHIMI

SASHIMI IS A DELICACY CONSISTING OF RAW SEAFOOD SLICED INTO THIN PIECES (OR LEAVE IT TO US TO PUT IT TOGETHER A MIX OF OUR FRESHEST SASHIMI THREE TYPES USD 30)

TUNA	SQUID	REEF FISH	YELLOWTAIL
10.00	10.00	8.00	14.00
SCALLOP			
14.00			

その他
TARTAR

TUNA TARTAR CONE (TWO PIECES PER PORTION) 20.00
SPICY RAW TUNA IN SESAME MISO CONES WITH TOBIKO

DIVER SCALLOP 20.00
SIMPLY PREPARED WITH DASHI CAVIAR, MISO PONZU AND FURIKAKE

寿司盛り合わせ

SUSHI BOAT

SHARING BOATS OF SUSHI & SASHIMI DESIGNED FOR 2 PEOPLE

MAAMENDHOO BOAT 40.00
SASHIMI - TUNA & REEF FISH
MAKI - CUCUMBER, CALIFORNIA & SPICY TUNA
NIGIRI - YELLOW TAIL

HITHADHOO BOAT 50.00
SASHIMI - TUNA, SQUID & YELLOW TAIL
MAKI - CALIFORNIA & RAINBOW (TUNA, REEF FISH, CRAB & AVOCADO)
NIGIRI - SHRIMP

GAADHOO BOAT 60.00
SASHIMI - TUNA, REEF FISH, YELLOW TAIL & SCALLOP
MAKI - SPIDER AND ZEN ROLL
SUSHI - SHRIMP & TOBIKKO

天ぷら
TEMPURA

海鮮 THREE PIECES PER PORTION
SEAFOOD

PRAWN	SQUID	REEF FISH	SOFT SHELL CRAB
10.00	10.00	8.00	18.00

野菜 THREE PIECES PER PORTION
VEGETABLES

EGGPLANT 8.00	MUSHROOM 8.00	BELL PEPPER 8.00	ZUCCHINI 8.00
PUMPKIN 8.00	SWEET POTATO 8.00	ASPARAGUS 8.00	DAIKON 8.00
BABY CORN 8.00	BROCCOLINI 8.00		

ZEN CREAM CHEESE TEMPURA 12.00

SHRIMP TEMPURA `TACO` 20.00
SPICY MAYO, CORN TACO AND JAPANESE SLAW



サラダ

SALADS

DRUNKEN ICEBERG "WEDGE" TOMATO, AVOCADO, CRISP FURIKAKE, JAPANESE DRESSING	15.00
CLASSIC ORGANIC LEAVES CARROT AND GINGER DRESSING	15.00
ZEN SEAWEED SALAD TOASTED SESAME DRESSING	20.00

温かいお食事

HOT DISHES

MISO SOUP MISO SOUP WITH WAKAME, SPRING ONION AND TOFU	16.00
ZEN BROTH PRAWN, REEF FISH AND MIXED VEGETABLES IN DASHI BROTH	22.00
ASARI MISO SOUP CLAMS, SCALLIONS, UDON NOODLES	25.00
GYOZA CHICKEN AND PRAWN DUMPLING WITH BLACK VINEGAR AND CHILI SAUCE	30.00

YAKI UDON

YOUR SELECTION FROM BELOW SERVED STIR-FRY STYLE
WITH SHREDDED VEGETABLES WITH YOUR CHOICE OF MAIN
EVENT

	SALMON	BEEF	CHICKEN	TOFU
	45.00	40.00	36.00	34.00
MUSHI ZAKANA POACHED SEA BREAM FILLET OF THE DAY WITH NITSUKE SAUCE AND MISO BUTTER SAUCE SERVED WITH STEAMED VEGETABLES AND RICE				40.00
SEARED MULWARRA BEEF FILET RARE SEARED BEEF FILET WITH SOY, SESAME & PINK PEPPERCORN SAUCE				40.00

デザート

DESSERT

MOCHI CHOCOLATE, RED BEAN AND GREEN TEA ICE CREAM TASTING	20.00
FURUTSU SELECTION OF SEASONAL FRUITS WITH MELON SORBET MOCHI	20.00
MATCHA GREEN TEA ROLL ALMOND GREEN TEA ROLL AND POACHED PEAR, LYCHEE SORBET	20.00
KOKONYUTTO SAGO PUDDING SAGO AND MANGO COCONUT PUDDING, GREEN TEA TRUFFLES, MANGO COULIS	20.00



Zen Signature Cocktails

HIRAKATA HIGBALL	18.00
Blended and single malt whiskies mixed with citrus and sugar then lengthened with club soda. A favorite in Japanese bars	
SAITAMA SANGRIA	16.00
An oriental take on the classic sangria. Junmai sake, London dry gin, peach, ginger, and lemon are mixed in a wine glass then decorated with seasonal fruit	
SAKE-TINI	16.00
We switch out the vermouth for Junmai Sake for an interesting take on the classic gin martini. Served in a chilled martini glass with the usual accompaniments of olives or a twist	
FUJI SUNSET	16.00
Junmai sake and London dry gin shaken with maraschino cherry, orange, and lemon then served in a chilled cocktail glass with a splash of pomegranate syrup	
CHIBA COBBLER	16.00
Orange and pineapple muddled then mixed with Junmai sake and sugar then served over crushed ice in a tumbler glass and finished with a float of blueberry liqueur	
SAKE-ITO	16.00
A twist on the classic Mojito. Junmai sake swizzled with white rum, citrus, sugar, and fresh Six Senses grown mint	

Asian Spirits

JAPANESE SINGLE MALT WHISKY	
Nikka From the barrel	10.00
Nikka Yoichi 12 Year	26.00
JAPANESE SHŌCHŪ	
Beniotome Goma	10.00
CHINESE BAIJIU	
Liu He Ye	10.00
Wu Liang Guo Bin Jiu	10.00



Sake

JUNMAI DAIGINJŌ-SHU

Ultra super premium/pure rice

Hakutsuru (200ml) 35.00

TOKUBETSU HONJŌZŌ-SHU

Special/fortified

Suigei Shuzo (200ml) 32.00

JUNMAI-SHU

Premium/pure rice

Joppari (200ml) 40.00

Isake Classic (200ml) 32.00

Eisen (200ml) 35.00

Hakutsuru Superior (200ml) 30.00

Shirotaki Karakuchi 'Uonuma' (200ml) 40.00

HONJŌZŌ-SHU

Premium/fortified

Tateyama Tokubetsu (200ml) 35.00

SPARKLING

Suehiro Shuzo "Puchi Puchi" (330ml) 61.00



Zen-Out

Aperitif Cocktails

Our most popular drinks from the bar downstairs. Well suited for arrival, departure and all the magical moments in-between.

AFTERNOON TEA & G 16.00

A refreshing alternative to the traditional Gin & Tonic that evolves as you drink it. Hendricks Gin, bespoke greet tea syrup and organic purple basil.

DAY BREAKER SPRITZ 16.00

Crisp and refreshing with a bright, dry finish. An interactive spritz for day and night. Vanilla Martini Bianco, acidified green apple juice, prosecco and a pipette of Campari.

Zen-Out

Specialty Cocktails

Selection of seasonal sundowners that offer a special something for everyone.

MANGOSTEEN SOUR 16.00

Beefeater Gin is shaken with house-pickled mustard seed mangosteen, citrus and egg white, yielding a tangy take on the traditional sour.

ABANDON SHIP 17.00

Tequila Corralejo Blanco, mango coriander cordial, pineapple, citrus and a spicy fire water tincture will bring the party to your mouth both day and night.

MY-OH-MAI-TAI 18.00

When its done right its oh so good. An island favorite the world over. Six Senses house blend of exotic rums, Cointreau, bespoke dark-orgeat and lime juice.

FOUND IN TRANSLATION 18.00

She traveled from San Francisco to Auckland and Singapore, Laamu is now her home. 42 Below Manuka vodka, Umeshu plum wine, pear liquor, lemon and a pickled ginger rim.



Six Senses Laamu

Signature Six Cocktails

Six cocktails that washed ashore in paradise and decided to never leave.

LUCKY STARS 16.00

Starfruit cordial is mixed with pandan infused Sagatiba Cachaça and lime to create a lively cocktail with surprising depth.

WE'RE NOT IN FLORIDITA ANYMORE 16.00

Sometimes it's the simple things in life that make all the difference, like swinging in a sea-hammock with a tall chilled glass full of Stolichnya vodka, raspberry, fresh ginger, lemon and soda.

MALDIVIAN MILK PUNCH 16.00

Aged Arrack, Bacardi Gold and a 24hr spiced syrup are the backbone to this tasty tipple with a silky mouth-feel yet none of the milkiness.

PEARL DIVER 18.00

A frozen tiki favorite that was almost lost in time. We proudly present Trinidadian and Puerto Rican rum, housemade orgeat, hand-folded gardenia mix, lime juice and Angostura bitters.

READY, SET, CHILL 20.00

The fast-paced city life is hard to get away from. Well, you finally made it, so here's a bracer to calm your qualms. Cognac, Bourbon, Dom Benedictine, coffee cigar bitters and a chocolate treat.

WHISK-Y AWAY 22.00

The not-so-sweet dessert for the discerning adult drinker, whether you want to start or end the evening try this twist on the classic Espresso Martini (...also with a chocolate treat).

Liquid Experiences

Please contact your guest experience maker if you would like to book one and please allow half a day to organize

COCKTAILS & BEACHES PER PERSON 100.00

Forget about cocktails and dreams, we've got cocktails and private beaches! Grab a bartender, choose your two favorite cocktails, pick up some tasty canapés from the kitchen then set off to our secluded sandbank for a once in a lifetime sip

WHISKY & CHOCOLATE PER PERSON 120.00

Wait..... what? Yep! We had a chat with our chefs and asked them to recommend some of their best chocolates to go with some of our finest single malts to create an event of epic indulgence. A whiskey and chocolate tasting not to forget!

We also have a wide variety of fantastic wine experiences. Please ask your host for more information.



Whisk(e)y

SINGLE MALT

Lowland

Rosebank 1991 16Y (46%ABV) 22.00

Highland

Glengoyne 18Y 12.00

Glen Garioch 1797 (ex-sherry & bourbon cask, 48%ABV) 16.00

Clynelish 14Y (ex-sherry & bourbon cask, 46%ABV) 16.00

Aberlour 10Y (ex-oloroso cask) 16.00

Speyside

The Macallan 12Y (ex-sherry & bourbon cask) 10.00

The Macallan 18Y (ex-sherry & bourbon cask) 26.00

Glenfiddich 12Y (ex-oloroso & bourbon cask) 10.00

Glenlivet 12Y (American & European oak cask) 10.00

The Glenrothes Select Reserve 10.00

Cardhu 12Y 10.00

Aberlour 16Y (ex-sherry & bourbon cask) 16.00

Islay

Bruichladdich 15Y (ex-Sauterne cask, 46%ABV) 10.00

Bunnahabhain 25Y (ex-sherry cask, 46.3%ABV) 52.00

Isle Of Skye

Talisker 10Y (45.8%ABV) 10.00

Talisker 18Y (45.8%ABV) 12.00

Campbeltown

Longrow 14Y (ex-sherry & bourbon cask, 46%ABV) 20.00

Isle Of Jura

Isle of Jura 16Y 18.00

Isla of Jura 21Y 32.00

Irish

Clontarf Triple Distilled (ex-bourbon cask) 12.00

Bushmills 16Y (ex-bourbon & sherry cask) 20.00

Connemara Peated 12Y (57.9%ABV) 20.00

Canadian

Glen Breton 10Y 20.00



BLENDDED MALT

Scottish

Highland Harvest Organic 9Y	10.00
Compass Box "The Peat Monster" (46%ABV)	14.00

Japanese

Nikka From the barrel	10.00
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BLENDDED WHISKY

Scottish

Compass Box "Asyla"	10.00
Haig Dimple 15Y	10.00
Justerini & Brooks Rare	10.00
Dewars "White"	10.00
Ballantine's Finest	10.00
Chivas Regal 12Y	10.00
Chivas Regal Royal Salute 21Y	28.00
Johnnie Walker Swing	10.00
Johnnie Walker Red Label	10.00
Johnnie Walker Black Label 12Y	12.00
Johnnie Walker Gold Label	14.00
Johnnie Walker Blue Label	32.00

Irish

Jameson	10.00
Clontarf Classic Blend (charcoal filtered)	12.00

BOURBON

Jim Beam White Label 4Y	10.00
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TENNESSEE

Jack Daniels	10.00
Jack Daniels Silver Select	12.00

RYE

Pikesville	12.00
Sazerac Straight	14.00

CANADIAN

Canadian Club	10.00
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Fruit Spirits

COGNAC

Hennessy VS	10.00
Remy Martin VSOP	10.00
Martell VS	10.00
Ragnaud-Sabourin VS	14.00
Remy Martin XO	24.00

ARMAGNAC

Domaine de Cassagnoles 5Y	16.00
Cles de Ducs XO	22.00
Baron De Lustrac 1976 32Y	22.00
Baron De Lustrac 1981	26.00
Francis Darroze Domaine de Rieston 1992 17Y (52%ABV)	34.00

CALVADOS

Lecompte 5Y	10.00
Lecompte 15Y	14.00
Adrien Camut 6Y	18.00

BRANDY DE JEREZ

Cardenal Mendoza Gran Reserva	16.00
Cardenal Mendoza Carta Real	32.00

GRAPPA

Alexander Nebbiolo da Barolo	10.00
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EAU-DE-VIE

G. Miclo Eglantine (rosehip distillate)	12.00
G. Miclo Framboise Sauvage (strawberry distillate)	16.00

ARRACK

Rockland Old (coconut distillate)	10.00
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R(h)um

WHITE

Bacardi White (Bermuda)	10.00
Ron Pampero Blanco (Venezuela)	12.00
J Bally (Martinique)	14.00
Diplomatico Blanco (Venezuela)	14.00
Wray & Nephew Over Proof (Jamaica)	16.00
Trois Rivières Blanc (Martinique)	18.00
Green Island Over Proof (Mauritius)	16.00



GOLD

Bacardi Oro (Bermuda)	10.00
Appleton VX (Jamaica)	10.00
Plantation Trinidad	16.00
Plantation Jamaican	16.00
English Harbor 5Y (Antigua & Barbuda)	16.00
Clement VSOP (Martinique)	16.00
Cruzan Estate 5Y (U.S Virgin Islands)	18.00
R.L Seales 10Y (Barbados)	20.00
Cockspurs 12Y (Barbados)	22.00
Trois Rivières 8Y (Martinique)	32.00

DARK

Captain Morgan's	10.00
Appleton 12Y (Jamaica)	14.00
St Lucia "Chairman's Reserve" (St Lucia)	10.00
Pyrat XO	14.00
Ron Zacapa 23Y (Guatemala)	16.00
Pussers 15Y	20.00
Ron Zacapa XO (Guatemala)	24.00

CACHAÇA

Brazilian sugar cane spirit

Cachaça 51	10.00
Sagatiba Pura	12.00

Tequila

BLANCO – AGED 0 TO 3 MONTHS

Corralejo Blanco	10.00
Don Julio Blanco	12.00
Patron Blanco	14.00
Arette Blanco	14.00

REPOSADO – AGED 3 TO 12 MONTHS

Corralejo Reposado	12.00
Patron Reposado	14.00
Don Julio Reposado	14.00

AÑEJO – AGED MORE THAN 12 MONTHS

Don Julio Añejo	16.00
Patron Añejo	18.00

OTHER

Patron XO Café (Tequila-based coffee liqueur)	14.00
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Gin

LONDON DRY

Beefeater (England)	10.00
Gordon's (England)	10.00
Jensen Dry Bermondsey (England)	14.00
G.J Greenalls (England)	10.00

NEW WORLD

Bombay Sapphire (England)	10.00
Tanqueray No 10 (47.3%ABV, Scotland)	12.00
G.J Greenalls Bloom Premium (England)	12.00
Old Raj (Scotland)	12.00
Hendricks (Scotland)	14.00
Citadelle (France)	14.00
Citadelle "Reserve" (6 months in oak, France)	16.00
Junipero (49.3%ABV, USA)	20.00

OLD TOM

Hayman's Old Tom (England)	12.00
Jensen Old Tom (England)	14.00

NAVY STRENGTH

Plymouth Navy Strength (57%ABV, England)	14.00
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Vodka

STRAIGHT

Stolichnaya (Russia, mixed grain)	10.00
Russian Standard (Russia, mixed grain)	10.00
Belvedere (Poland, rye)	10.00
42 Below (New Zealand, mixed grain)	10.00
Grey Goose (France, wheat)	14.00
Imperia (Russia, mixed grain)	14.00
Crystal Head (Canada, corn)	16.00
U'luvka (Poland, mixed grain)	18.00
Ciroc (France, grapes)	20.00
Chase (UK, potato)	20.00
Hangar One (USA, wheat/grapes)	24.00
Beluga (Russia, malted barley)	26.00

FLAVORED

42 Below (<i>assorted flavors</i>)	12.00
Cariel Vanilla	16.00
Hangar One (<i>assorted flavors</i>)	18.00



Beer

TAP

Lion, Sri Lanka	10.00
Carlsberg, Denmark	12.00

BOTTLE

Lager

Heineken, Netherlands	10.00
Tiger, Singapore	10.00
Lion Lager, Sri Lanka	10.00
Asahi, Japan	10.00
Corona Extra, Mexico	12.00
Carlsberg, Denmark	12.00

Ale

Lefte Blonde (Belgian Pale Ale), Belgium	12.00
Sir Thomas IPA (bottle fermented, 440ml), South Africa	14.00
Sir Thomas Blonde Ale (4% ABV, bottle fermented, 440ml), South Africa	14.00

Wheat

Erdinger Hefeweizen (500ml), Germany	16.00
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CIDER

When life gives you apples 'You make cider'

Savanna dry cider (6% ABV), South Africa	14.00
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Please note: It is an offence to import or export alcohol into Maldives and violations of this law can carry severe penalties, including life imprisonment.



Zen-Out Mocktails

MANGO LASSI 12.00

The all-time favorite! Fresh Mango juice mixed with yoghurt and honey

BODU BERU 12.00

Bodu Beru in the local language means "big drum". In this case it's a fine blend of fresh pineapple, fresh mango and coconut

PEACH AND BASIL BREEZE 12.00

An unusual lot that go well together! Fresh sweet Thai basil from our organic garden, peach and apple juice

SUNNY SIDE OF LIFE 12.00

Enjoy the sunny side of life with a blend of passion fruit, raspberry, apple and lime juice

Soft Drink 6.00

Coca cola, Diet coke, Zero coke, Fanta orange, Sprite, Ginger ale, Tonic water, Bitter lemon, Soda

Fresh Juice 10.00

Fruit

Orange, Grapefruit, Mango, Pineapple, Apple

Vegetable

Carrot, Cucumber, Celery, Beetroot

Fresh Coconut 8.00

Hot Coffee 6.00

Espresso, Macchiato, Americano, Mocha, Cappuccino, Latte

Iced Coffee 10.00

Iced mocha, Iced coffee

We also have the following flavors that can be added to any coffee / hazelnut, vanilla, cinnamon, caramel, macadamia nut, almond

Hot Tea 6.00

Royal Darjeeling, Earl grey, English breakfast, Japanese sencha, Jasmine queen (green), Silver moon (green), Chamomile, Vanilla bourbon

Iced Tea 10.00

Quench your thirst with a choice of Cinnamon, Mint, Lemon, Lemongrass, Vanilla

Purified Six Senses Water 5.00

Still, Sparkling (50 percent of revenue forwarded to charity)

