



A COUPLE OF WORDS FROM THE CHEF

Six Senses is passionate about food – not only how it tastes, but also how it keeps us healthy and thriving. All natural and selected organic are our ingredients of choice.

At Six Senses we consider it a privilege to prepare wonderful culinary experiences for you. We love what we do, which is so much more than simply combining ingredients. It's an art form that combines taste and good looks added to our commitment to create dishes that are good for you – the art of wellness through food.

The whole ingredients we use are handpicked and harvested by farmers whom we know personally. Our dishes are gluten-, sugar- and soy- free wherever possible, plus we keep a close watch on lectins, which are a natural pesticide in plants but may upset the digestive and other systems if consumed in excess.

Our belief is that the key to creating unforgettable epicurean moments in life is a combination of amazing taste, inviting presentations and healthful food that leaves the lightest environmental footprint.

If you are on one of our personalized Six Senses Integrated Wellness Programs such as Full Potential (100 percent), Sleep & Resilience, Cleanse & Detox or Trim & Fitness, the dishes in this menu are marked to indicate which items are suitable for your program. For those not on a program, you'll find them equally tempting and nutritious.

And if you would like something that is not listed in the menu, my team and I would feel privileged to prepare a special dish at your request.

Bon Appétit,

I Wayan Sudarma
Executive Chef

MALDIVIAN CORNER

PER PERSON 100.00

BEFORE

BASHI MAS HUNI

ROASTED EGGPLANT SALAD AND GRATED ISLAND BEACH COCONUT WITH
POTATO CUTLET

VEGETARIAN | ORGANIC

BAJIYA

LOCAL SAMOSA FRIED WITH SAVORY POTATO AND LAGOON FISH FILLING
SERVED WITH MILD GARDEN MINT CURRIED SAUCE

SLEEP

SUGAR FREE | LACTOSE FREE

MAIN MEAL

MAAVSH HAVAADHU RIHA

SPICY FISHERMAN CAUGHT SEAFOOD CURRY WITH FRESHLY RAW COCONUT
GRAVY SERVED WITH TRADITIONAL ACCOMPANIMENT

SLEEP

SUGAR FREE | LACTOSE FREE

DESSERT

“HUNI FONI”

MALDIVIAN STYLE CHEESE CAKE WITH “RAANBAA” PANDAN ICE CREAM



BEFORE

PER SELECTION 30.00

ENDIVE SALAD

ENDIVE AND GREEN SALAD WITH RASPBERRY DRESSING, GOAT CHEESE AND TOASTED WALNUTS

VEGETARIAN | GLUTEN FREE

SMOKED TOMATO AND CILANTRO VELOUTE

LIGHTLY SMOKED VINE RIPENED TOMATO, SERVE WITH CROUTON AND DRIZZLE OF OLIVE OIL

VEGETARIAN | SUGAR FREE

VEGETABLE SPRING ROLLS

MINI CRISPY FRIED VEGETABLE SPRING ROLLS WITH SWEET CHILI AND MANGO SAUCE

VEGAN | VEGETARIAN | LACTOSE FREE

WATERMELON & FETA SALAD

PARISIAN STYLE WATERMELON SALAD, WITH FETA CHEESE, MALDIVIAN PINE NUTS, ORGANIC GARDEN MINT SALAD

VEGETARIAN | GLUTEN FREE

GRILLED VEGETABLE ANTIPASTO

CHARGRILLED VEGETABLE, BUFFALO MOZZARELLA, GRISSINI AND PESTO SAUCE

VEGETARIAN | SUGAR FREE

MALDIVIAN TUNA TATAKI

SEARED RARE TUNA LOIN WITH SEAWEED SALAD, AVOCADO AND WASABI MAYO, TOASTED SESAME SEEDS, MODERN SOY DRESSING

SLEEP | TRIM | 100% | DETOX

LACTOSE FREE

LOBSTER WONTON

LOBSTER SALAD SERVED ON CRISPY WONTON SKIN WITH JALAPENO CREAM, MASHED AVOCADO AND TOMATO SALSA

SUGAR FREE

'POTTED PRAWNS'

FRESH PRAWNS BOUND TOGETHER IN WARM SAFFRON BUTTER WITH EDAMAME AND HERBS AND SERVED WITH CRISPY GARLIC CROUTON

SLEEP

SUGAR FREE

SEMOLINA CRUSTED SOFT-SHELL CRAB

CRISPY FRIED SOFT-SHELL CRAB WITH SHAVED FENNEL AND TOMATO SALAD, HARISSA AIOLI

SLEEP

LACTOSE FREE | SUGAR FREE

BEEF TARTAR

DICED BEEF FILLET WITH CAPERS, PARSLEY, SHALLOT, RAW QUAIL EGG, TRUFFLE FRIES, AND CAESAR DIP

LACTOSE FREE | SUGAR FREE

ALL PRICES ARE IN US DOLLARS AND ARE SUBJECT TO 10 PERCENT SERVICE CHARGE AND 12 PERCENT GST



MAIN EVENT

PER SELECTION 45.00

FRIED WHOLE FISH

CRISPY FRIED WHOLE FISH OF THE DAY, WITH LEMONGRASS TAMARIND SAUCE,
STEAMED RICE AND HERBS SALAD

GLUTEN FREE | LACTOSE FREE

BALINESE STYLE SEARED TUNA

SEARED NATIVE TUNA, SAUTÉED MORNING GLORY AND SPINACH, WITH
BALINESE RAW SAMBAL AND STEAMED RICE

SLEEP | TRIM 100% | DETOX

GLUTEN FREE | LACTOSE FREE | SUGAR FREE

SIMPLY GRILLED REEF FISH

QUINOA, POMEGRANATE AND A SHAVED FENNEL SALAD WITH CITRUS
VINAIGRETTE

SLEEP

GLUTEN FREE | LACTOSE FREE | SUGAR FREE

LINGUINE ALLE VONGOLE

SQUID INK LINGUINE TOSSED WITH GARLIC, CHILI, TOMATO, WHITE WINE,
CLAMS AND PARSLEY, SERVED WITH GARLIC BREAD

CHICKEN PARMIGIANA

BREADED CORN FEED CHICKEN BREAST, TOPPED WITH HOMEMADE TOMATO
SAUCE, PARMESAN AND MOZZARELLA CHEESE, SERVED WITH GARDEN SPINACH
SALAD

ROASTED DUCK SUPREME

PAN ROASTED AUSTRALIAN DUCK SUPREME, CONFIT DUCK PASTILLA, DRIED
APRICOT AND CHILI JAM WITH A ROASTED DUCK JUS

SLEEP

GRILLED BEEF TENDERLOIN

COOKED TO YOUR LIKING, WITH SUNDRIED TOMATO POLENTA CAKE, CHARRED
VEGETABLE AND TWICE REDUCED RED WINE JUS

'MILLIONAIRES BURGER'

GRILLED ANGUS PATTIES, COOKED TO YOUR LIKING WITH PROVOLONE
CHEESE, SMOKED BACON, TOMATO JAM AND LOBSTER HOLLANDAISE, SERVED
WITH OUR SIGNATURE TRUFFLE FRIES ON A BLACK SESAME BUN

RACK OF LAMB

BASTED WITH GARLIC AND ROSEMARY SERVED WITH PAN FRIED GNOCCHI
TOSSED WITH GREEN OLIVES, TOMATOES AND HERBS, FINISHED WITH A
NATURAL LAMB JUS



CURRIES

PER SELECTION 45.00

DAL MAKHANI

CREAMY LENTIL CURRY WITH SPINACH CAKES, STEAMED WHITE RICE AND MANGO CHUTNEY

SLEEP

VEGETARIAN

VEGAN "CHICKEN CURRY"

MALDIVIAN YELLOW CURRY OF MOCK CHICKEN, VEGETABLE AND BASIL, SERVED WITH CHAPATI AND STEAMED RICE

VEGAN | VEGETARIAN

STEAMED MUSSELS

STEAMED MUSSELS WITH CHINESE FERMENTED BLACK BEAN AND CHILI SAUCE, SERVED WITH BABY BOK CHOY AND WHITE RICE

TRIM

GLUTEN FREE | LACTOSE FREE

SEAFOOD STEW

SHRIMP, FISH AND SQUID STEW WITH TOMATO AND TURMERIC SAUCE, CHICKPEAS, TOASTED ALMOND AND CORIANDER, SERVED WITH COUSCOUS TABBOULEH

LACTOSE FREE | SUGAR FREE

SRI LANKA STYLE CHICKEN CURRY

SPICY, CREAMY PEPPER SPICED CHICKEN AND POTATO WITH ORGANIC RED RICE AND CORIANDER, EGGPLANT, PICKLE AND POPPADUM

TRIM

LACTOSE FREE | SUGAR FREE

BEEF RENDANG

FOUR HOURS BRAISED BEEF CURRY WITH COCONUT MILK AND KAFFIR LIME LEAVES, SERVED WITH COCONUT RICE AND TOMATO SAMBAL

SLEEP

LACTOSE FREE



AFTER

PER SELECTION 25.00

BANANA CHOCOLATE TRIFLE FUDGE

BAKED BANANA CREAM CHEESE, STICKY BAKED CHOCOLATE, CARAMELIZED BANANA, BRANDY SNAPS, BANANA ICE CREAM

CANNOLI

CRISPY CANNOLI FILLED WITH RICOTTA CHEESE, MASCARPONE CHEESE, CHOCOLATE CHIPS AND BURNT MILK ICE CREAM

APPLE CRUMBLE CLAFOUTIS

APPLE MOUSSE, MINT CHOCOLATE CHIP ICE CREAM, CHOCOLATE SOIL
VEGETARIAN

FRIED PINEAPPLE AND CHEESE CROISSANT

FROZEN VANILLA AND PINEAPPLE SNOW, CREAM DE MINT ICE CREAM
VEGETARIAN

SABLE CREME BRULEE

PISTACHIO SABLE COOKIES, VANILLA CRÈME BRULEE AND VANILLA ICE CREAM
VEGETARIAN

VANILLA BAKED CHEESE CAKE

RASPBERRY COMPOTE, SALTED CARAMEL ICE CREAM, AND FENNEL SEED BURNT CHOCOLATE
VEGETARIAN

LEMON MERINGUE TORTE

CRYSTALLIZE SUGAR BASE, LEMON CREAM AND CRISPY MERINGUE WITH WILD BERRY COMPOTE

TROPICAL FRESH FRUITS

TROPICAL FRUIT PLATE WITH MELON SORBET

SLEEP | DETOX | TRIM VEGAN | VEGETARIAN | GLUTEN FREE | LACTOSE FREE

“RAW” CASHEW NUT AND MANGO CAKE

WITH YOUNG COCONUT, MANGO AND VANILLA

TRIM VEGAN | VEGETARIAN | GLUTEN FREE | LACTOSE FREE | SUGAR FREE



LONGITUDE WELLNESS CUISINE

OUR CULINARY TEAM HAS CREATED THIS SECTION OF THE MENU, TO MAXIMIZE YOUR SENSE OF WELLNESS BRINGING YOU HEALTHY, FRESH, CREATIVE DISHES, FULL OF FLAVOURS

(DOES NOT APPLY WITH THE NUTRITIONAL GUIDELINE PROGRAM)

APPETIZER

PER SELECTION 25.00

RAW SOUP OF THE DAY

PLEASE ASK YOUR SERVER FOR TODAY'S SOUP

VEGAN | VEGETARIAN | SUGAR FREE | LACTOSE FREE | GLUTEN FREE

TOFU SKEWERS

GRILLED TOFU AND PEPPERS WITH TAMARI SOY, MINT AND NAPPA CABBAGE SALAD

VEGAN | VEGETARIAN | SUGAR FREE | LACTOSE FREE | GLUTEN FREE

SIX SENSES "RAW CAESAR"

ROMAINE LETTUCE, NUT CHEESE, AVOCADO & YOUNG COCONUT CREAMY DRESSING

VEGAN | VEGETARIAN | SUGAR FREE | LACTOSE FREE | GLUTEN FREE

ENTRÉE

PER SELECTION 40.00

STEAMED WHITE FISH

MISO BROTH WITH SOY, GINGER & BOK CHOY

SUGAR FREE | LACTOSE FREE | GLUTEN FREE

MUNG BEAN AND VEGETABLE CURRY

'LIVING' RAW VEGETABLE SALAD, WHOLE WHEAT CHAPATI, MINT RAITA

VEGETARIAN | SUGAR FREE

GRILLED SPICED LOCAL TUNA

WITH CAULIFLOWER AND POMEGRANATE TABBOULEH, SPICED EGGPLANT PUREE

SUGAR FREE | LACTOSE FREE | GLUTEN FREE



ZERO CARBON, TASTING DINNER MENU

STARTER

MALDIVIAN SPICED TUNA TARTARE
WITH SMOKED SEA SALT, MANGO AND COCONUT

SECOND STARTER

TUNA SASHIMI
WITH ORANGE AND MISO SAUCE SERVED WITH
GREEN PAPAYA SALAD

SORBET

COCONUT WATER ICE

MAIN EVENT

DUO OF LOBSTER
WITH BUTTERNUT SQUASH MOUSSE, GARDEN SPINACH
AND SHELLFISH *BEURRE BLANC*

DESSERT

SCREW PINE TASTING PLATE
WITH PINEAPPLE SHAVINGS

USD 130 PER PERSON



Kids Healthy Cordials

PER SELECTION 3.50

ORANGE AND PASSION FRUIT

High amount of fiber that the body needs to cleanse the colon, improve digestion and our vision.

Nutrients

Energy	★ ★ ★ ★
Detox	★ ★ ★ ★
Immunity	★ ★ ★ ★
Digestion	★ ★ ★
Skin	★ ★ ★ ★

KIWI AND CITRUS

Prevents Asthma, wheezing and coughing, especially in children, a healthy amount of antioxidants and high volume of vitamins

Nutrients

Energy	★ ★ ★ ★
Detox	★ ★ ★ ★
Immunity	★ ★ ★
Digestion	★ ★ ★
Skin	★ ★ ★ ★

APRICOT, PEACH AND HONEY

Helps treat sore throats; it can be a powerful immune system booster, can improve the digestive system and help you stay healthy and fight disease.

Nutrients

Energy	★ ★ ★ ★
Detox	★ ★
Immunity	★ ★ ★ ★
Digestion	★ ★
Skin	★ ★ ★ ★ ★

MANGO, LEMONGRASS AND VANILLA

Helps reduce uric acid, cholesterol, excess fats, improve the skin by reducing acne and pimples, helps tone the muscle and tissues.

Nutrient

Energy	★ ★ ★ ★
Detox	★ ★ ★ ★
Immunity	★ ★ ★ ★
Digestion	★ ★ ★
Skin	★ ★ ★ ★





“If everyone in the world would take three drinks, we would have no trouble.”
~ Humphrey Bogart

Welcome to Six Senses Laamu!

Within these pages you will find our cocktails and mixed drinks, spirits, liqueurs, beers, and our non-alcoholic selection. We hope that you will find something to your liking within these selection and welcome your suggestions and feedback.

Six Senses’ commitment to sustainability is visible in our values. Following one of these values, “Local Sensitivity & Global Sensibility”, we are proud to share that all of our fruits and herbs are sourced locally where applicable and sometimes even grown on the island to ensure maximum freshness and flavors. Juices are also freshly extracted, and herbs are picked daily.

Our value “Responsible and Caring” can be found in the Six Senses Drinking Water initiative. Globally, 780 million people are without access to treated/drinkable water. That is equal to one in nine people; an enormous amount! We believe that all people should have access to the fundamental cornerstone of life on earth; water. That is why Six Senses has created our own Six Senses Drinking Water. Not only does this water reduce our own environmental impact through minimizing bottled water waste created through packaging and transportation but also 50 percent of the water sales go directly to projects that bring clean, healthy and drinkable water to our local communities. Our Six Senses Drinking Water is offered with our compliments within your Villa. At all of our dining, bar, beach and lounge venues, the water is priced at minimal charge of USD 5 exclusive tax and gratuities. We thank you for your support of, and contribution to, this important initiative.

Thank you for visiting us and again we welcome your suggestions and feedback any time! If we can help in any way, please do not hesitate to contact any of Food & Beverage staff.

Pre-dinner Cocktails

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.

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.

Post-dinner Cocktails

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 WHISKY

Talisker 10Y (45.8%ABV)	10.00
Clynelish 14Y (ex-sherry & bourbon cask, 46%ABV)	16.00
Rosebank 1991 16Y (46%ABV)	22.00

COGNAC

Hennessy VS	10.00
Remy Martin VSOP	10.00
Remy Martin XO	24.00

ARMAGNAC

Baron De Lustrac 1981	26.00
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DARK RUM

Ron Zacapa 23Y (Guatemala)	16.00
Ron Zacapa XO (Guatemala)	24.00

VODKA

Stolichnaya (Russia, mixed grain)	10.00
Russian Standard (Russia, mixed grain)	10.00
Belvedere (Poland, rye)	10.00
Absolut 100	10.00
Grey Goose (France, wheat)	14.00
Imperia (Russia, mixed grain)	14.00
Crystal Head (Canada, corn)	16.00

GIN

Beefeater (England)	10.00
Hendricks (Scotland)	14.00

TEQUILA

Corralejo Blanco	10.00
Don Julio Blanco	12.00
Patron Blanco	14.00
Patron XO Café (Tequila-based coffee liqueur)	14.00
Don Julio Añejo	16.00

LIQUEUR/VERMOUTH/PASTIS

Campari	10.00
Martini Dry	10.00
Ricard	10.00
Pernod	10.00
Fernet Branca	10.00
DOM Benedictine	10.00
Dubonnet	10.00
Bailey's Irish Cream	10.00



Beer

LAGER

Heineken, Netherlands	10.00
Tiger, Singapore	10.00
Asahi, Japan	10.00
Carlsberg, Denmark	12.00
Singha, Thailand	12.00
Corona Extra, Mexico	12.00

ALE

Leffe 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.



Signature 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

FOAL ON THE PLAY 12.00

An unusual lot that go well together! House mango coriander cordial, ginger syrup and soda water

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

FRUIT 10.00

Orange, Grapefruit, Mango, Pineapple, Apple

VEGETABLE 10.00

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 & kaffir lime, Vanilla

Purified Six Senses Water 5.00

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

