

## Sustainable Amilla

At Amilla Resort and Residence we are committed to providing quality meat products and ingredients. Our meats come from farmers who raise their animals with humane protocols. Animals that are allowed to roam freely and eat foods that are natural to them. To do this we have partnered with the following suppliers



### Cape Grim Beef

Tasmania is world-renowned for its rugged wilderness, pristine beauty and landscape of vivid contrast. Cape Grim in the far northwest corner, shaped by wild Southern Ocean swells, abundant rainfall has the cleanest air in the world.

Raised on rich pastures with nothing else added, Cape Grim Beef is hand-selected and rigorously graded, rewarding you with pure beef flavour – made by nature.

### Dingley Dell Pork



Third-generation UK family farmers and brothers with a deep love and respect for the countryside and agriculture. Starting 15 years ago with the philosophy of animal welfare, taste and sustainability.

For them it is a privilege to work with animals and it is their belief that it is the human-animal relationship that defines welfare. This is what is cultivated at farm level.

The Dingley Dell Farm is also helping to save bumble bees through vast planting of wild flowers on 33.8 hectares of land.



### Silver Fern Farms Lamb

Raising sheep as nature intended on pure New Zealand grass with clean air and plentiful water, Silver Fern farmers pasture raise animals with the ability to wander and graze freely. The animals can eat and live as they would naturally – reducing stress and promoting better animal welfare.



### Maldivian Fish and Seafood

The Maldives promotes traditional and sustainable fishing methods. Net and drag line fishing are not allowed in the country. All local fish served in Amilla is caught with pole and line methods by small scale local fishermen. This supports not only healthy fish stocks but the local economy.



### Regal King Salmon

Raised in the clean and cold waters of New Zealand's Marlborough Sounds, Regal Marlborough King Salmon is known for its incredible flavour, colour, texture and healthy omega-3 fatty acids. It's the unique mix of currents, water quality and temperatures

Their farms are scattered through the cool, deep waters of the Marlborough's pristine Pelorus and Queen Charlotte Sounds. The salmon have plenty of room to grow with only 2% of the sea farm being occupied by salmon and the remaining 98% by water.



### Hazeldenes Chicken

Farming free range chickens since 1960 as a proud family-owned company based at Lockwood, near Bendigo in Central Victoria. Their free-range birds have the ability to forage naturally and instinctively amongst grasses, weeds, bushes and trees in a secure environment. Their diet is supported with locally-supplied multi-grains, blended with spice extracts and essential oils, creating happy, healthy and tasty chicken.

They have state of the art facility for breeding and rearing chicks before moving them to the pastures.

Wellness Your Way – Keto/Paleo/Low Carb Menu

ENTREE

<b>Antipasto all'Italiana (for two)</b> Italian cheese and cold cuts, Kalamata olives, cassava flour crackers <i>keto, paleo, low carb</i>	36
<b>Caprese Insalata</b> Heirloom tomato, basil, burrata, balsamic glaze <i>paleo, low carb</i>	26
<b>Insalata di Mare</b> Prawn, octopus, reef fish, Kalamata olives, red onion <i>keto, paleo, low carb</i>	24
<b>Prawn Consommé</b> Almond gnocchi, tomato, prawn <i>paleo, low carb</i>	28
<b>Minestrone Soup</b> Seasonal vegetables, confit tomato <i>paleo, low carb</i>	24
<b>Tuna Tartar</b> Lime dressing, cucumber, avocado, onion, sesame <i>keto, paleo, low carb</i>	23
<b>Classic Caesar</b> Cos lettuce, shaved aged parmigiana, pork bacon, soft boiled egg, anchovy <i>paleo, low carb</i>	21

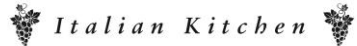
KONJAC PASTA

	Entrée	Main
<b>Spaghetti Bolognese</b> Rich beef ragout, crispy parmesan <i>paleo, low carb</i>	22	30
<b>Traditional Spaghetti Carbonara</b> Pancetta, egg yolks, parmesan black pepper <i>keto, paleo, low carb</i>	22	30
<b>Spaghetti Pomodoro</b> Home made tomato sauce, extra virgin olive oil, Amilla basil, parmesan <i>keto, paleo, low carb</i>	18	24
<b>Eggplant alla Parmigiana</b> Mozzarella, tomato, basil <i>paleo, low carb</i>	22	28

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**BAROLO GRILL**


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**Wellness Your Way – Keto/Paleo/Low Carb Menu**
**GRILL & MAINS**

<b>Cape Grim Striploin 200g</b>	40	<b>Norwegian Salmon 180g</b>	35
<b>Cape Grim Tenderloin MB2 200g</b>	54*	<b>Maldivian Reef Fish</b>	30
<b>Cape Grim Cube Roll MB4 250g</b>	58*	<b>King Prawns 4 pces</b>	52*
<b>Dingley Dell Pork Belly</b>	40	<b>Maldivian Lobster per 100g</b>	20*
<b>Dingley Dell Baby Back Ribs</b>	44	<b>Maldivian Tuna Steak 200g</b>	38
<b>Silver Fern Lamb Rack</b>	48	<b>Grilled Cauliflower</b>	28
<b>Chicken Maryland</b>	38		
<i>Choose</i>		<i>Choose</i>	
Red Wine Jus, Peppercorn		Salsa Verde	

**SIDES**

<b>Island Salad</b>	7
<b>Roasted Vegetables</b> rosemary, garlic, butter	9
<b>Grilled Broccoli</b> extra virgin olive oil, toasted almonds	9
<b>Sweet Potato</b> <i>paleo, low carb</i>	9

**DESSERT**

<b>Seasonal Fruit Platter</b> <i>paleo, low carb</i>	12
<b>Chocolate Fondant</b> <i>keto, paleo, low carb</i>	12
<b>Coconut Raspberry Ice Cream</b> <i>keto, paleo, low carb</i>	0

**GRAPPA**  
**USD    DAI**

<b>Santa Cristina Di Merlo</b>	10	0
<b>Eligo Dell'ornellaia</b>	15	5
<b>Poli Miele Honey</b>	15	5
<b>Poli Pear</b>	15	5
<b>Poli Raspberry</b>	15	5
<b>Tiganello</b>	20	15

Please ask for our Wellness Your Way Gluten Free, Dairy Free, Vegan/Vegetarian and Low Carb Menus

The above prices are quoted in USD and are subject to 23.2% Tax and Service

\*These dishes carry a 50% surcharge on the menu price to your Half Board/Full Board meal plan  
 Half Board and Full Board are entitled to 3 course. Off menu items carry a surcharge

Wellness Your Way – Gluten Free Menu

	ENTREE
<b>Antipasto all'Italiana (for two)</b> Italian cheese and cold cuts, semi dried tomatoes, Kalamata olives, cassava flour crackers	36
<b>Caprese Insalata</b> Heirloom tomato, basil, burrata, balsamic glaze	26
<b>Insalata di Mare</b> Prawn, octopus, reef fish, Kalamata olives, red onion	24
<b>Prawn Consommé</b> Almond gnocchi, tomato, prawn	28
<b>Minestrone Soup</b> Seasonal vegetables, confit tomato	24
<b>Tuna Tartar</b> Lime dressing, cucumber, avocado, onion, sesame	23
<b>Classic Caesar</b> Cos lettuce, shaved aged parmigiana, pork bacon, soft boiled egg, anchovy	21

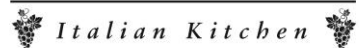
GLUTEN FREE PASTA AND RISOTTO

	Entrée	Main
<b>Spaghetti Bolognese</b> Rich beef ragout, crispy parmesan	22	30
<b>Traditional Spaghetti Carbonara</b> Pancetta, egg yolks, parmesan black pepper	22	30
<b>Spaghetti Pomodoro</b> Home made tomato sauce, extra virgin olive oil, Amilla basil, parmesan	18	24
<b>Saffron Risotto</b> Parmesan, black olive, shaved asparagus	26	34
<b>Truffle Risotto</b> Mushroom, parmesan, fresh truffle	40*	48
<b>Eggplant alla Parmigiana</b> Mozzarella, tomato, basil	22	28

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**BAROLO GRILL**


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**Wellness Your Way – Gluten Free Menu**
**GRILL & MAINS**

<b>Cape Grim Striploin 200g</b>	40	<b>Norwegian Salmon 180g</b>	35
<b>Cape Grim Tenderloin MB2 200g</b>	54*	<b>Maldivian Reef Fish</b>	30
<b>Cape Grim Cube Roll MB4 250g</b>	58*	<b>King Prawns 4 pces</b>	52*
<b>Dingley Dell Pork Belly</b>	40	<b>Maldivian Lobster per 100g</b>	20*
<b>Dingley Dell Baby Back Ribs</b>	44	<b>Maldivian Tuna Steak 200g</b>	38
<b>Silver Fern Lamb Rack</b>	48	<b>Grilled Cauliflower</b>	28
<b>Chicken Maryland</b>	38		

*Choose*

Red Wine Jus, Peppercorn

*Choose*

Salsa Verde

**SIDES**

<b>Island Salad</b>	7
<b>Ocean Water Potato</b> sour cream, chives	9
<b>Roasted Vegetables</b> rosemary, garlic, butter	9
<b>Grilled Broccoli</b> extra virgin olive oil, toasted almonds	9
<b>Sweet Potato</b>	9
<b>Wild Rice</b> with coconut and chili oil	7

**DESSERT**

<b>Chocolate Fondant</b>	12
<b>Seasonal Fruit Platter</b>	12
<b>Vanilla Ice cream</b> per scoop	0
<b>Affogato</b> vanilla ice cream, shaved chocolate, espresso	10

**GRAPPA  
USD DAI**

<b>Santa Cristina Di Merlo</b>	10	0
<b>Eligo Dell'ornellaia</b>	15	5
<b>Poli Miele Honey</b>	15	5
<b>Poli Pear</b>	15	5
<b>Poli Raspberry</b>	15	5
<b>Tiganello</b>	20	15

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**Wellness Your Way – Dairy Free Menu**

	ENTREE
<b>Antipasto all'Italiana (for two)</b> Italian cold cuts, semi dried tomatoes, Kalamata olives, bruschetta selection	36
<b>Insalata di Mare</b> Prawn, octopus, reef fish, Kalamata olives, red onion	24
<b>Prawn Consommé</b> Gnocchi, tomato, prawn	28
<b>Minestrone Soup</b> Seasonal vegetables, confit tomato	24
<b>Tuna Tartar</b> Lime dressing, cucumber, avocado, onion, sesame	23
<b>Classic Caesar</b> Cos lettuce, vegan parmesan, pork bacon, soft boiled egg, anchovy, crouton	21

**HOMEMADE PASTA AND RISOTTO**

	Entrée	Main
<b>Spaghetti Bolognese</b> Rich beef ragout, dairy free parmesan	22	30
<b>Traditional Spaghetti Carbonara</b> Pancetta, egg yolks, dairy free parmesan, black pepper	22	30
<b>Spaghetti Pomodoro</b> Home made tomato sauce, extra virgin olive oil, Amilla basil, dairy free parmesan	18	24
<b>Squid Ink Linguini</b> King crab, lemon, parsley, chili	30*	36
<b>Saffron Risotto</b> Dairy free parmesan, black olive, shaved asparagus	26	34
<b>Truffle Risotto</b> Mushroom, dairy free parmesan, fresh truffle	40*	48

**BAROLO GRILL**

*Italian Kitchen*

Wellness Your Way – Dairy Free Menu

GRILL & MAINS

Cape Grim Striploin 200g	40	Norwegian Salmon 180g	35
Cape Grim Tenderloin MB2 200g	54*	Maldivian Reef Fish	30
Cape Grim Cube Roll MB4 250g	58*	King Prawns 4 pces	52*
Dingley Dell Pork Belly	40	Maldivian Lobster per 100g	20*
Dingley Dell Baby Back Ribs	44	Maldivian Tuna Steak 200g	38
Silver Fern Lamb Rack	48	Grilled Cauliflower	28
Chicken Maryland	38		
<i>Choose</i> Red Wine Jus, Peppercorn		<i>Choose</i> Salsa Verde	

SIDES

Island Salad	7
Ocean Water Potato chives	9
Roasted Vegetables rosemary, garlic	9
Grilled Broccoli extra virgin olive oil, toasted almonds	9
Sweet Potato	9
Wild Rice with coconut and chili oil	7

DESSERT

Seasonal Fruit Platter	12
Chocolate Fondant	12
Sorbet	0

GRAPPA  
USD DAI

Santa Cristina Di Merlo	10	0
Eligo Dell'ornellaia	15	5
Poli Miele Honey	15	5
Poli Pear	15	5
Poli Raspberry	15	5
Tiganello	20	15

Please ask for our Wellness Your Way Gluten Free, Dairy Free, Vegan/Vegetarian and Low Carb Menus

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**Wellness Your Way - Vegan/Vegetarian**
**ENTREE**

<b>Caprese Insalata</b> Heirloom tomato, basil, dairy free mozzarella, balsamic glaze	26
<b>Minestrone Soup</b> Seasonal vegetables, confit tomato	24
<b>Classic Caesar</b> Cos lettuce, dairy free parmesan, crouton	21

**PASTA AND RISOTTO**

	Entrée	Main
<b>Spaghetti Pomodoro</b> Home made tomato sauce, extra virgin olive oil, Amilla basil, dairy free parmesan	18	24
<b>Saffron Risotto</b> Dairy free parmesan, black olive, shaved asparagus	26	34
<b>Truffle Risotto</b> Mushroom, dairy free parmesan, fresh truffle	40*	48
<b>Eggplant alla Parmigiana <i>vegetarian</i></b> Mozzarella, tomato, basil	22	28

**GRILL & MAINS**

<b>Cauliflower Steak</b> <i>Choose</i> Peppercorn, Salsa Verde	28
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**SIDES**

<b>Island Salad</b>	7
<b>Ocean Water Potato chives</b>	9
<b>Roasted Vegetables</b> rosemary, garlic	9
<b>Grilled Broccoli</b> extra virgin olive oil, toasted almonds	9
<b>Sweet Potato</b>	9
<b>Wild Rice</b> with coconut and chili oil	7

**DESSERT**

<b>Seasonal Fruit Platter</b>	12
<b>Dairy Free Ice Cream or Sorbet</b> per scoop	0