

# Chill'd

## LIGHT BITES

<b>Summer Rolls</b>	19
homegrown kulha fila greens, vermicelli noodles, mango, vietnamese sauce	
<b>Spicy Tuna Maki</b>	21
tuna, spicy yuzu mayo, tobiko, ginger, wasabi	
<b>Tandoori Marinated Chicken Skewers</b>	19
cucumber salad, riata yoghurt, lime	
<b>Tuna Tartar</b>	23
lime chili dressing, cucumber, avocado, onion, sesame	
<b>Tomato Tartar</b>	19
confit tomato, basil, shimeji mushroom, garlic crisp	
<b>Salmon Maki Roll</b>	25
wasabi, pickled ginger, soy sauce	

## SALAD

<b>Roasted Pumpkin Salad n</b>	23
almond, spinach, avocado, red cabbage, apple, lemon chia seed dressing	
<b>Caesar Salad</b>	21
cos lettuce, shaved aged parmigiano, pork bacon, soft boiled egg, anchovy, crouton	
chicken	25
poached prawn	28
<b>Greek Salad</b>	21
feta cheese, olive, cucumber, mixed bell pepper, tomato and lemon vinaigrette	
<b>Fattoush Salad</b>	21
cucumber, tomato, lettuce, fried pita, sumac, lemon	
<b>Som Tam</b>	21
green papaya, carrot, bean sprouts, peanuts, fish sauce	
<b>Mystique Garden salad</b>	23
mixed green, red cabbage, shredded carrot, avocado, radish, apple cider vinegar, olive oil	
boiled egg	24
seared tuna	25
smoked salmon	

n-Contains Nuts. Please ask our team for our Gluten Free, Dairy Free, Low Carb, Vegan and Vegetarian menus. Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you.

Prices are quoted in US Dollar and subject to 23.2% taxes and service  
Full board entitled to 2 courses

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## SOUP

<b>Chill'd Gazpacho</b>	19
basil, sesame seeds, cucumber, zucchini	
<b>Borscht</b>	21
traditional beef and vegetable soup, sour cream, garlic	
<b>Tomato Soup</b>	19
aromatic tomato, crispy basil, garlic bread	

## INFLUENCES OF ASIA

<b>Maldivian Mas Riha</b>	29
traditional maldivian tuna curry, rice, curry leaf, mashuni, chapati	
<b>Indian Dhal Curry</b>	27
paratha, pickled lime, poppadum, mango chutney, steamed rice	
<b>Indonesian Nasi Goreng</b>	29
spicy fried rice, fried egg, crispy garlic, chicken, shrimp crackers	
<b>North Indian Masala</b>	
paratha, pickle lime, poppadum, mango chutney, steamed rice	
chicken	29
lamb	31
prawn	33
vegetables	27
<b>Phad Thai n</b>	25
rice noodles, vegetable, bean sprout, egg, peanuts v	
chicken	28
prawn	30

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## PASTA

*Gluten Free Spaghetti and Penne available*

<b>Broccoli Orecchiette</b>	25
chilli flakes, parmigiano, lemon zest	
<b>Spaghetti Aglio E Olio</b>	25
fresh chilli flakes, olive oil, parsley, crispy garlic	
<b>Spaghetti Bolognese</b>	29
prime beef sauce, pomodoro, aged parmigiano	
<b>Penne Carbonara</b>	27
cured pork, black pepper, egg	
<b>Penne Arrabbiata</b>	25
garlic, pomodoro, red chilli	
<b>Tuna Orecchiette</b>	27
turmeric, tomato, mas mirus, crispy curry Leaf	
<b>Seafood Spaghetti</b>	32
prawn, scallop, reef fish, mussel in tomato sauce	

## BURGERS & SANDWICHES

*All served with fries. Gluten free and low Carb breads available on request*

<b>Wagyu Burger</b>	31
fried egg, gem lettuce, tomato, caramelized onion, pork bacon, cheese	
<b>Falafel Burger</b>	25
chickpea, beetroot, yoghurt, lettuce, tomato	
<b>Warm Chicken Tikka Wrap</b>	27
white onion, cucumber, tomato, cucumber yoghurt	
<b>Amilla Club Sandwich</b>	28
poached chicken, pork bacon, tomato, sriracha mayonnaise, fried egg, lettuce	
<b>Hummus Wrap</b>	25
kulha fila satini, mint, avocado, sesame	

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## GRILL SELECTION

<b>Locally Caught Tuna Steak</b> sautéed spinach, mash, herb oil	31
<b>Moroccan Spiced Corn fed Chicken</b> lemon & coriander scented cous cous	33
<b>Beef Ribeye 200g</b> mashed potato, sauteed vegetables, mushroom, red wine jus	48*
<b>Norwegian Salmon</b> crushed potato, spinach, sauce vierge	38
<b>Reef Fish of The Day</b> grilled vegetable, lemon butter sauce	33
<b>Cauliflower Steak</b> cauliflower puree, capers, raisin	31
<b>Fisherman Basket</b> grilled prawns, calamari, fish tempura, lobster skewers, grilled vegetables, lemon butter sauce	85*

## SIDES

Natural Fries	7
Sweet Potato Fries	7
Truffle & Parmesan	9
Roasted Vegetables	7
Grilled Asparagus	11
Mixed Leaves Salad	9

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## DESSERT

<b>Exotic Fruit Mousse</b>	23
<b>Passion Fruit Cigar</b> mango sorbet	21
<b>Sticky Date Pudding</b> butterscotch sauce	21
<b>Double Chocolate Fondant</b> vanilla ice cream	21
<b>Mango Sticky Rice</b>	21
<b>Home Made Ice cream</b> – please check for today's flavours. Per scoop	0

**USD AI**

## COFFEE

Espresso, Ristretto, Macchiato	4	0
Café Latte, Double Espresso, Cappuccino, Americano, Flat White	6	0
Mocha	6	0

## ICED COFFEE

Café Latte, Mocha	6	0
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## TEA AND INFUSIONS

English Breakfast, Earl Grey, Ever-Green, Masala Chai, Chamomile	6	0
Cranberry Sunrise, Healing Garden, Peppermint, Jasmine Pearls, Oolong		

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	USD	DAI
<b>SMOOTHIES</b>		
Mango, Strawberry, Banana, Blueberry, Passionfruit	12	6
Mixed Fruit Flavors		
Choose from Full Cream Milk Low Fat Milk, Almond Milk, Coconut Milk		
<b>MALTED MILKSHAKES</b>	8	0
Please see available ice cream flavour		
<b>FRESHLY SQUEEZED JUICE</b>		
Orange, Pineapple, Watermelon, Papaya	9	5
Apple, Mango, Celery, Carrot, Ginger, Cucumber	12	6
<b>CHILLED JUICES</b>		
Cranberry, Mango, Apple, Pineapple, Orange, Tomato	6	0
<b>WATER</b>		
Amilla Still or Sparkling Water	0	0
San Pellegrino, Perrier, Acqua Panna, Evian	8	4
Amilla Fresh Coconut Water	8	0
<b>SOFT DRINK</b>	4.5	0
Coca Cola, Coca Cola Light, Coke Zero, Ginger Ale, Sprite, Fanta		
Soda Water, Tonic Water		
Ginger Beer	6.5	0

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DAI indicates price for guests on our Dine Around Inclusive Meal Plan

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## Wellness Your Way Drinks Menu

### Kombucha and More

Our homemade sodas provide a probiotic boost to improve gut health and overall wellbeing. 50% of all revenue goes to our Sustainability Fund. We hold weekly workshops so you can learn to make your own sodas at home. Served in 500ml bottle.

#### Earl Grey

With hints of bergamot this black tea kombucha lifts the spirits

USD AI  
10 0

#### English Breakfast

A strong black tea is the base for this boosting kombucha

#### Evergreen Lemon

Delicate green tea kombucha with hints of sauvignon blanc

#### Jasmine

Pearls of jasmine green tea create a flowery sense to this kombucha

#### Raspberry Basil

Hints of raspberry and homegrown basil complement this black tea kombucha

#### Mint

Homegrown mint livens up this green tea Kombucha

#### Lemongrass

Homegrown lemongrass infused into jasmine green tea

#### Ginger and Lemon Peel

An oleosaccharum is made from lemon peel before being fermented with Earl Grey tea

#### Ginger Beer

Made the traditional way with wild yeasts our ginger beer packs a probiotic punch

#### Living Lemonade

Lacto-fermented fresh lemon juice

#### Mango Soda

Mango stones are fermented to create this delicious healthful drink.

#### Tepache

Pineapple skins are fermented to create Bromelain packed soda

#### Screwpine Soda

The homegrown fruit of the Pandanus tree is fermented into this energy boosting soda.

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## Wellness Your Way Drinks Menu

USD DAI

### Tonics 150ml

8 4

#### Detox Tonic

*Wellness ingredient – Activated Charcoal is powerful at removing toxins*

Cucumber, lemon, activated charcoal, cayenne pepper, filtered water

#### Rise and Shine Tonic

*Wellness ingredient – Ginger, cardamom and cinnamon are effective digestive aids and turmeric is a anti-inflammatory*

Ginger, lemongrass, turmeric, ginger, cardamom, cinnamon, honey, apple cider vinegar

#### Flower Tonic

*Wellness ingredient – Dandelion is packed with inulin and is a digestive aid*

Dandelion root tea, watermelon, basil, lime

### Smoothies 250ml

16 8

#### Amilla Dreams

*Wellness ingredient – Coconut oil is rich in fiber and MCT oils, it assists with heart health and digestion*

Coconut cream, coconut butter, fresh coconut, coconut milk and coconut nectar

#### Macacao

*Wellness ingredient – Maca Root boosts energy and endurance as well as reducing blood pressure*

Maca root powder, coconut butter, cacao powder, almond milk, plant-based protein powder

#### Matcha Bliss

*Wellness ingredient – Matcha tea is high in antioxidants and boosts brain function*

Avocado, matcha green tea, probiotic greens powder, coconut nectar, mint, almond milk

#### Green Bee

*Wellness ingredient – Bee Pollen is a powerful tool in boosting the immune system and reducing inflammation*

Spinach, avocado, been pollen, banana, coconut milk, date

#### Cacao Lion

*Wellness ingredient – Lions Mane mushroom powder reduces inflammation and relieves anxiety*

Cacao, cinnamon, coconut oil, coconut nectar, lion's mane mushroom powder, espresso, coconut milk

#### Hemp Love

*Wellness ingredient – Hemp seeds are rich in Omega-3 and Omega-6 and raspberry high in polyphenols*

Hemp hearts, raspberry, almond milk, date

#### Camu Here

*Wellness ingredient – Camu Camu berries are very high in Vitamin-C to boost your immune system*

Coconut milk, Camu camu powder, banana, pineapple



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## Wellness Your Way Drinks Menu

	USD	DAI
<b>Hot Drinks</b>		
<b>Bulletproof Coffee</b> <i>Wellness ingredient – The combination of fats and caffeine boosts cognitive function</i> Grass fed butter, coconut MCT oil, espresso	8	4
<b>Coconut Bulletproof</b> <i>Wellness ingredient – A high fat coffee can reduce hunger cravings</i> Coconut butter, MCT oil, espresso	8	4
<b>Calendula Tea</b> <i>Wellness ingredient – Calendula is packed with antioxidants and improves skin health. It has antifungal and antimicrobial properties.</i>	6	2
<b>Astragalus Tea</b> <i>Wellness ingredient – Astragalus is immune boosting, antiaging and anti-inflammatory. It is believed to prolong life and used to treat a wide variety of ailments, such as fatigue, allergies and the common cold.</i>	8	2
<b>Dandelion Tea</b> <i>Wellness ingredient – Dandelion is an excellent source if potassium and polysaccharides in dandelion are known to reduce stress on the liver.</i>	6	4
<b>Mint Tea</b> <i>Wellness ingredient – Mint can relieve clogged sinuses, relieve tension and improve sleep. It was can improve energy and freshen your breath</i>	6	4
<b>Fresh Lemongrass Tea</b> <i>Wellness Ingredient – Lemongrass is antioxidant, antimicrobial and anti-inflammatory. It promotes healthy digestion and acts as a diuretic</i>	6	4