

Wellness Cuisine








Our culinary team has created this section of the menu, to maximise your Sense of Wellness, Bringing you healthy, fresh, creative dishes, full of flavours

Appetizers

| | | |
|--|---|----|
| YOUNG COCONUT WATER |      | 12 |
| RAW SOUP OF THE DAY |   | 14 |
| Served with flaxseed crackers | | |
| SELECTION OF DIPS |   | 18 |
| Served with vegetable crudités and crackers | | |
| NATIVE TUNA TARTAR |   | 24 |
| Marinated tuna with fresh mango, chili, scallion and chickpea crackers | | |
| RAW SPROUTING SALAD |     | 20 |
| Young coconut, avocado, dehydrated onion and spicy Thai dressing | | |
| SIX SENSE RAW "CAESAR" |    | 26 |
| Romaine lettuce, nut cheese, avocado and young coconut creamy dressing | | |
| GARDEN GREENS |    | 18 |
| Organic leaves & seed salad with ginger, carrot dressing | | |
























Entrées

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| 'HOST' GREEK SALAD   | 26 |
| Goats cheese, tomato, cucumber, peppers and balsamic dressing | |
| POACHED SALMON AND PALM HEART SALAD   | 36 |
| Shaved fennel salad, with orange, asparagus and basil | |
| CHICKPEA AND CASHEW NUT HUMUS ROLLS    | 28 |
| Raw Sushi nori rolls with avocado, cucumber, peppers, Tamari soy | |
| LOBSTER HAND ROLLS   | 28 |
| Rice paper rolls with vegetables, poached lobster tail and spicy peanut sauce | |
| 'LAAMU' VEGGIE BURGER   | 28 |
| Sprouting slaw, Pineapple and chili yogurt in a seed bun | |
| STEAMED WHITE FISH   | 34 |
| Miso broth with soy, ginger and bok choy | |
| MUNG BEAN AND VEGETABLE CURRY  | 32 |
| 'Living' raw vegetable salad, whole wheat chiapati, Mint riata | |
| GRILLED SPICED CORN FED CHICKEN BREAST   | 34 |
| Quinoa, pomegranate tabbouleh with fennel, chili and onion puree | |



Desserts

| | |
|---|----|
| RAW APPLE CRUMBLE     | 16 |
| Cinnamon nut crumble | |
| SWEET DATE, BANANA WELLNESS COOKIE     | 16 |
| CASHEW NUT & MANGO CHEESECAKE     | 16 |
| With young coconut, mango & vanilla | |
| PINEAPPLE SUNDAE WITH SUGAR FREE COCONUT SORBET    | 16 |
| Fresh pineapple with young coconut sorbet | |
| TRIO OF SUGAR FREE SORBETS    | 16 |
| Chef selection served in fresh papaya | |
| TROPICAL FRESH FRUIT PLATE    | 16 |

