

# Chill'd

## Summer rolls

Kulha fila greens, fermented carrot, vermicelli noodles Vietnamese dipping sauce \$16  
 vegetarian, gluten free, plant based, dairy free

## Trio maki

Maldivian tuna, wild caught salmon, local reef fish served with pickled homegrown ginger and tamari \$20  
 gluten free, dairy free

## Slow Cooked Chicken Broth

Free range chicken frames broth with moringa and shredded chicken served with bread and homemade butter \$22  
 vegetarian. dairy free, gluten free, low carb option

## Vegetable Borsch

Light vegetable stock cooked with beetroot, red cabbage, garlic and onion \$18  
 gluten free, dairy free, plant based, vegetarian, low carb

## Wellness Your Way

Whatever your path to Wellness we have it. Make your perfect wrap, sandwich or salad from our delicious organic ingredients

### Sandwich or Wrap Your Way

\$24

Choose your Bread;

Pita Bread	Low carb bread
Vegan flaxseed roll	White sandwich
Sourdough roll	Rye Bread

Choose your filling;

Choose one

Lettuce*	Mizuna*
Spinach	Rocket*
Kulha fila greens*	Purslane*

Choose up to two

Carrot	Red cabbage
Tomato *	Cucumber*
Capsicum*	Mung Beans*
Avocado	Chicken
Ham	Cheddar cheese
Smoked salmon	Bacon

### Salad Your Way

\$24

Choose one or two

Lettuce*	Mizuna*
Spinach	Rocket*
Kulha fila greens*	Purslane*
Kopee Fai Greens	Roselle leaf
Seared broccoli	Mesclun

Choose up to three

Carrot	Red cabbage
Tomato *	Cucumber*
Capsicum*	Mung Beans*

Choose up to two

Avocado	Chicken
Ham	Cheddar cheese
Smoked salmon	Bacon
Chickpeas	Halloumi
Seared Tuna	Chilled Prawns

Choose your dressing

Miso	Balsamic
Mayonnaise	Mint yoghurt*
Cranberry	Apple Cider Vinegar

Above Prices are quoted in US Dollar and subject to 24.2% taxes and service

\*Denotes Homegrown or Homemade

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## Juices and Smoothies

<b>Garden Fresh</b> Zucchini, Celery, Spinach, Cucumber, Kopee Fai greens	\$18
<b>Detox Spice</b> Infusion of Ginger, Turmeric, Lemongrass and Cinnamon with raw Apple Cider Vinegar and Honey	\$12
<b>Immune Booster</b> Infusion of homegrown fresh lime and mint with Honey and immunity boost supplement	\$12
<b>Amilla Bounty</b> Coconut Nectar, Homemade coconut butter, Maca powder blended with homegrown coconut milk and young coconut flesh	\$16
<b>Plant Power</b> Avocado, activated cashew nuts, homemade almond butter and milk, banana, flaxseed and medicinal mushroom blend	\$18
<b>Green Protein</b> Homegrown Greens juice, MCT Coconut Oil, homemade activated Almond Milk, Psyllium husk, probiotic greens powder, plant based Vanilla Protein Powder	\$18
<b>Arabica Oasis</b> Cold Brew Coffee, MCT Coconut Oil, homemade activated Almond Milk and butter, date paste, pink Himalayan Sea salt	\$16
<b>Polyphenol boost</b> Raspberry puree, Acai powder, L-Carnitine, Raspberry vinegar, Camu Camu powder, homegrown Coconut water	\$18
<b>Sinus clear</b> Fresh Pineapple juice, Homemade coconut butter and milk, homegrown Mint and Royal Jelly	\$18
<b>Amilla Still or Sparkling Water</b> <i>100% of the revenue of this water goes into our sustainability fund.</i> San Pellegrino, Perrie, Acqua Panna, Evian	\$2 \$8

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## 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**

**\$10**

With hints of bergamot this black tea kombucha lifts the spirits

### **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

### **Ginger lemon**

Fresh ginger and lemon peel enrich this Earl Grey tea Kombucha

### **Lemongrass**

Immune boosting lemongrass highlights this jasmine tea kombucha

### **Raspberry Basil**

Hints of raspberry and homegrown basil complement this black tea kombucha

### **Mint**

Homegrown mint livens up this green tea Kombucha

### **Ginger Beer**

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

### **Turmeric Soda**

Health giving turmeric is fermented with the same method as ginger beer with black pepper added for activation

### **Screwpine Soda**

This local fruit grown on Amilla from the Pandanas tree is fermented with sugar to create this delicate soda

### **Living Lemonade**

Fresh lemon juice is lacto-fermented with whey produced from our homemade yoghurt to create this refreshing soda

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## Superfood Glossary

Some of our organic, Homegrown ingredients may be new to you. Here is some information about our local and speciality superfoods.

### **Kopee Fai**

This is a leafy green vegetable that is usually eaten in the Maldives in salad form with red onion and chili. It is from the same family as Kale and has high levels of polyphenols as well as vitamins and essential minerals.

### **Moringa**

This incredible plant, sometimes called the miracle tree, is high in protein, calcium, magnesium, potassium. It has 7 times more vitamin C than oranges and has 18 out of the 20 amino acids the body needs.

### **Malabar Spinach**

This tropical spinach, otherwise known as climbing spinach, packs a vitamin punch with high levels of vitamins A and C as well as being a good source of iron, calcium, protein and anti-oxidants. It can have a slightly slippery texture, however this itself is a good source of soluble fibre.

### **Kulha Fila Fai**

Known locally as Maldivian rocket this green leaf is from the Dandelion family. It is often seen growing on the beach but here we cultivate it in our Mystique garden as edging. This leaf has high levels of vitamin K and is a good source of vitamins a and C. It's true secret is the high level of Inulin it contains. Inulin is proven to assist in maintaining gut health and slows digestion to ensure a consistent release of energy, reducing spikes in blood sugars.

### **Purslane**

Thought of as a weed in some places, Purslane grows in many countries around the world. A succulent, it has a similar crunch to asparagus when eaten raw. This incredible plant has more Omega 3 fatty acids than wild salmon. It strengthens the immune system through high levels of betain which is a powerful antioxidant.

### **Roselle**

Known for the use of its red calyx in tea, the leaves of the plant are also valuable for health. It is rich in vitamins A, B1, B2, B9 and C as well as minerals such as calcium, potassium, magnesium and iron. It has a lemon like taste to it and it delicious with fish.

### **Slippery Spinach**

Abelmoschus Manihot is from the same family as okra and is used as edible leaves. Manly grown and used in the South Pacific it has bene cultivated here for its nutrition value. High in protein, calcium and magnesium this leaf is used cooked like spinach.

### **Activated Nuts**

At Amilla Fushi we activate all our nuts. This process destroys the Phytic acid contained in all nuts and seeds. This acid reduces our ability to absorb minerals such as magnesium, calcium and potassium.