MANDHOO

CONRAD MALDIVES RANGALI ISLAND

THE 5 ELEMENTS MENU

The Essence of the Five Elements. Welcome to a journey inspired by the ancient wisdom of the Five Elements: Air, Earth, Fire, Water and Plant. Rooted in a philosophy over 2,000 years old, these elements symbolize a balanced approach to health and well-being. As you explore our menu, discover how each element, with its unique qualities, influences the body, mind and spirit.

THE 5 ELEMENTS MENU

AIR — BRING YOUR LIFE INTO BALANCE

Handpicked Crab Meat *(SF)(E)* — $38 starter
Avocado, tomato, passion fruit gel, fresh mint

Beetroot and Organic Ricotta Cheese Salad *(D)* — $32 starter
Heirloom beetroots, radish, compressed local watermelon, smoked ricotta cheese

Parmesan Roasted Seasonal Asparagus *(D)(N)(G)* — $32 starter
Asparagus, parmesan mornay, roasted hazelnuts, parmesan crackers, lemon oil

Garden Vegetable Salad — $28 starter | $36 main
Fava beans, asparagus, charred cherry tomatoes, baby peas, radish, local cucumber, tropical lime dressing

Yellow Fin Tuna Poke Bowl — $38 starter
Mixed mesclun lettuce, fresh local tuna, sweet potato, fava beans, wakami and sweet corn

EARTH — REACH INNER PEACE AND SOOTHE YOUR SOUL WHILST REVIVING YOUR SENSES

Grass-Fed Beef Tenderloin* *(A)(G)(D)* — $72 main | $28*
Bone marrow crust, potato mousseline, pickle mushroom, beer oats, seasonal truffle, bordelaise jus

Sage Marinated Chicken Breast* *(D)* — $48 main | $16*
Local pumpkin & shallot risotto, apple & horseradish chutney, warm orange broth

Australian Lamb Chops* *(A)* — $52 main | $18*
Marinated Australian lamb chops, pea and mushroom ragu, red wine jus

Sous Vide Cooked Local Octopus *(SF)(D)* — $42 starter
Fresh taziki, paprika, caramelized onion, sundried tomatoes

FIRE — EASE AWAY STRESSES OF MODERN DAY LIVING

Korean Style Seared Yellowfin Tuna *(G)(SF)(N)* — $34 starter | $48 main
Maldivian Yellowfin tuna, stir-fry bok choy, chili, lime and coriander

Coconut Crusted Job Fish *(D)* — $48 main
Curried cauliflower purée, curry leaf, peas, broad beans, arugula leaves

VEGETARIAN VEGAN

(A) Alcohol · (D) Dairy · (DF) Dairyfree · (E) Egg · (G) Gluten · (GF) Gluten free · (N) Nuts
(S) Sesame · (SF) Shellfish

All produce is prepared in an area where allergens are present. For those with allergies, intolerances, and special dietary requirements who may wish to know about the ingredients used, please ask a member of the Management Team.
Please notify the service staff if you have any dietary preferences or allergies. All prices are in US$ and subject to 10% service charge and 17% T-GST.
*For the guests on the half/full Board meal plan, dishes mark with asterisk (*) will incur additional charges, while all the other dishes are included.

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FIRE · CONTINUED

Tomato Gazpacho with Lobster Confit *(SF)(G)* — $38 starter
Chilled tomato gazpacho, garlic croutons, local Maldivian lobster meat

Pan Fried Tofu *(G)* — $27 starter | $38 main
Fennel, pomelo & dill, fresh tomato ponzu

WATER

AWAKEN YOUR SENSES TO INNER TRANQUILITY

Pan-Fried Reef Fish *(SF)(D)* — $48 main
Smoked potato garlic purée, baby shrimp, shellfish butter, bottarga

Maldivian Lobster Tail* *(SF)(D)* — $88 main | $38*
Homemade bisque, sautéed garden greens, pickled daikon radish, coconut foam

Seared Scallops *(SF)(N)(D)* — $38 starter | $52 main
Apple, charred leek, sea beet, celeriac purée, roasted almond

Citrus Infused Jumbo Prawns* *(SF)(D)* — $38 starter | $58 main | $24*
Handpicked lemon, pickled cucumber and fresh arugula

PLANT

DISCOVER A POWERFUL FORCE WITH AN ALIVE AND PURE ESSENCE

Charred Local Pumpkin *(D)* — $29 starter
Pumpkin seeds, mint, crispy buckwheat, turmeric, honey, thyme dressing and coconut yogurt

Asparagus & Pea Risotto *(N)(D)* — $44 main
Oyster mushroom, sage foam, peanut crumble, lemon balm

Roasted Cauliflower Steak *(D)* — $38 main
Pumpkin curry purée, fermented mango & ginger, eggplant tartare, crisp garlic

Quinoa & Broccoli *(N)(G)(D)* — $42 main
Cherry tomato ragout, crisp asparagus, pistachio dust, fresh mesclun

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SWEETS

ENJOY PURE TEMPTATION

Air *(E)(D)(GF)* — $28
Mandarin Semifreddo with vanilla cream, citrus salad and lemongrass soup

Earth *(G)(N)(A)(D)(E)* — $26
Chocolate brownie, peanut cream, pistachio crumble, Irish coffee sorbet

Fire *(S)(GF)(DF)* — $24
Coconut sticky rice with dragon fruit sauce and fresh mango

Water *(D)(GF)* — $26
Matcha white chocolate terrine with mascarpone cream and watermelon granite

Plant *(G)(E)(D)* — $28
Seasonal fresh fruit, nut free granola, mango ice cream

ALSO ON THE MENU

Green Goddess Detox Soup *(GF)* — $28 starter
Spinach, zucchini, watercress and leeks: are a rich source of Vitamin C and antioxidants - they assist with preventing premature skin ageing and also supports a healthy immune system.

Roasted Eggplant, Hummus and Lentil Salad *(N)(GF)* — $32 starter
Lentils are a gluten free grain that is nutritious and high in fiber, which supports good gut health. Hummus is a digestive calmative.

Herb and Local Tropical Almond Crusted Maldivian Snapper with Sweet Potato Mash* *(N)(D)(GF)* — $54 main | $18*
This fish is full of healthy oils for good skin health and hormonal balance. It is also grain free, supporting good gut health. The sweet potato is high in beta-carotene - an antioxidant that fights off free radicals in the body, helping to reduce signs of ageing. Also supports the immune system.

Tomato & Basil with Local Squash Noodles *(N)(D)(GF)* — $42 main
A meal that is rich in iron to boost energy levels. The tomato and basil are full of nutritious ingredients to boost energy levels.

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