



**HEALTHY**

**RAW  
VEGAN  
GLUTEN-FREE**

*One&Only*

REETHI RAH



## MESSAGE FROM THE EXECUTIVE CHEF

One&Only Reethi Rah Maldives is proud to present a selection of nutritious and balanced foods that fit into a raw food, gluten-free and vegan diet. We believe in nourishing the body from the inside out to achieve optimal health, happiness and wellbeing.

What exactly is raw foodism? A raw food diet is made up of fresh, whole, unrefined, living, plant-based foods such as fruits, vegetables, leafy greens, nuts, and seeds, which are consumed in their natural state, without cooking or steaming. Following a raw food diet fundamentally allows the body to cleanse and heal itself while supporting a healthy digestion system.

A vegan diet is similar to that of a raw food diet in that it consists of plant-based foods, however they can be eaten raw and cooked. Vegans do not eat any animal produce, including dairy products, eggs or honey. Another popular way of healthy eating is the gluten-free diet. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. Research has proven in the last few years that 28% of adults have reduced or eliminated gluten from their diet. Gluten-free is also ranked 5th among the top restaurant trends of 2015 and approximately 17,000 new gluten-free products have been launched on the market in the past year. Moreover, the only proven method to alleviate symptoms of celiac diseases is also to start a 100% Gluten-Free diet.

Cutting out gluten, meat and fish may seem like a difficult and limiting task. Fortunately, there are many healthy and delicious foods that are naturally gluten-free and animal product free.

From the team at One&Only Reethi Rah, we hope you enjoy our raw, vegan and gluten-free options. We aim to inspire you to nourish your mind, body and soul with good food to reach your healthiest potential.

With our culinary regards,

A handwritten signature in black ink, appearing to read 'Pooley', written in a cursive style.

David Pooley  
Executive Chef

## SALAD

<b>ZUCCHINI</b>	<b>VG GF R</b>	22
Zucchini spaghetti, cherry tomatoes, basil, grapes, pea shoots, citrus zest and avocado-cucumber sauce		
<b>MANGO &amp; PAPAYA</b>	<b>VG GF R N</b>	24
Mango and papaya, carrot, cherry tomatoes, cashew, mint, soft tofu and light spicy mint dressing		
<b>AVOCADO</b>	<b>VG GF R</b>	26
Avocado and fennel, beetroot, carrots, cherry tomatoes, cucumber, zucchini and lemon-olive oil dressing		

*Zucchini is rich in vitamin B, potassium and pro-vitamin A  
100g of zucchini = 4g of protein*

*Mango is rich in vitamins C and B, papaya is rich in papain, vitamins A, B1, B2 and C  
100g of mango = 5g of protein  
100g of papaya = 1g protein*

*Avocado is rich in vitamins C, B, E and K, as well as potassium  
100g of avocado = 2g of protein*

## HOT APPETISER

<b>CHICKPEAS</b>	<b>VG GF</b>	24
Chickpeas pancake, mushrooms, tomato confit served with seasonal salad and artichokes aioli dressing		
<b>CORN</b>	<b>VG GF N</b>	22
Corn tortilla, artichokes, cashew nut paste, mushrooms, sun-dried tomatoes served with seasonal salad and guacamole dressing		
<b>BUCKWHEAT</b>	<b>VG GF</b>	26
Buckwheat pilaf, butternut squash, shitake mushrooms and extra virgin olive oil (1% acidity)		

*Chickpea is a nutrient-dense food (100g = 20% of daily value) providing rich contents such as magnesium or vitamin B6.  
100g of chickpea = 8.86g of protein*

*Corn is a nutrient-dense food as well (100g = 19% of daily value) rich in vitamins B3 and B6, fibres and antioxidants as well.  
100g of corn = 3.27g of protein*

*Buckwheat is rich in fibre, vitamin C, manganese, magnesium and potassium.  
It is also an excellent source of vitamins A and E (100g = 15% of daily value)  
100g of buckwheat = 1g of protein*

## MAIN COURSE

<b>PENNE PESTO</b> Gluten-free penne with pesto sauce	<b>VG GF N</b>	28
<b>PENNE POMODORO &amp; BASILICO</b> Gluten-free penne, oregano, tomatoes and fresh basil sauce	<b>VG GF</b>	26
<b>SEDANINI RAGÚ</b> Gluten-free sedanini and beef ragù sauce	<b>GF</b>	26
<b>PIZZA SPINACH &amp; CHERRY TOMATO</b> Gluten-free dough, baby spinach, cherry tomatoes, onion, oregano, rocket leaves, tomatoes and fresh basil sauce	<b>VG GF</b>	34
<b>PIZZA MARGHERITA</b> Gluten-free dough, oregano, tomatoes and fresh basil sauce	<b>VG GF</b>	32
<b>PIZZA MOZZARELLA &amp; HAM</b> Gluten-free dough, mozzarella, ham, onion, oregano, rocket, tomatoes and fresh basil sauce	<b>GF P</b>	36

*100g of pasta = 3.9g of protein  
100g of pizza = 9g of protein*

## SANDWICH

<b>TURKEY BURGER</b> Turkey burger, cucumber, romaine leaves, tomatoes, watermelon radish and mustard sauce on a gluten-free bun served with guacamole dip and crudités	<b>GF</b>	38
<b>VEGAN BURGER</b> Vegetable burger patty (sweet potatoes, chickpea and roasted pepper) iceberg leaves, tomatoes, roasted bell pepper and guacamole sauce on a gluten-free bun or multi-grain bun served with tomato salsa dip and crudités	<b>VG GF</b>	34

*100g of turkey = 22.3g of protein  
100g of sweet potato = 1.6g of protein*

# DESSERT

## BANANA & BERRIES

Banana and berries raw ice cream, coconut yoghurt and fresh berries

**VG GF R** 24

## COCONUT

Fresh coconut, raspberry and natural coconut yoghurt

**VG GF R** 24

## DATES & CACAO

Dates, cacao and cashew nuts truffles

**VG GF R N** 22

*Banana contains a very good source of vitamin B6 and moderate amounts of vitamin C, manganese and dietary fibre  
100g of bananas = 1.09g of protein*

*Coconut is rich in lauric acid, which is known for being antiviral, antibacterial and antifungal and boosts the immune system  
100g of coconuts = 3.33g of proteins*

*Dates provide a wide range of essential nutrients and are a very good source of dietary potassium  
Cacao powder contains several minerals including calcium, copper, magnesium, phosphorus, potassium, sodium and zinc  
100g of dates = 2.45% of protein  
100g of cacao = 19.6g protein*

