



GLOW

COLD

HEART OF PALM SALAD (GF)	58
Scallop, oscietra caviar prestige, passion fruit, chardonnay vinegar, parsley	
VIETNAMESE CHICKEN RICE PAPER ROLL (GF) (DF)	36
Basil, mint leaf, cucumber, vermicelli, organic chicken breast, sweet chili dip	
ENERGIZING SALAD (VG) (GF)	34
Broccoli, mushroom, cauliflower, avocado, carrot, zucchini, squash, apple, raisins, mozzarella, sunflower seeds, citrus dressing	
SEARED MALDIVIAN YELLOW FIN TUNA SALAD	39
Crunchy vegetable, pomelo, wakame, yuzu soy dressing	
HEART OF BABY ROMAINE (GF) (DF)	36
Chicken breast, pear, avocado, hazelnut vinaigrette dressing	
MARINATED TIGER PRAWN (GF) (N)	42
Green mango, papaya salad, mint leaves, lemongrass sauce	
SUPER FOOD ORGANIC SPINACH & QUINOA SALAD (VG) (GF) (DF) (V)	39
Green apple, pumpkin seeds, pomegranate, extra virgin olive oil	

(V) Vegetarian | (VG) Vegan | (GF) Gluten Free | (DF) Dairy Free | (N) Contains Nuts
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THE AVOCADO (VG) (GF) (DF) (V) 38

Organic tri-colours quinoa, grape fruit, heirloom tomato, organic lettuce, chardonnay dressing

GRILLED HALLOUMI CHEESE (VG) (V) 38

Bulgur, chickpea, rocket salad, roasted walnut dressing

KING PRAWN RICE PAPER ROLL (GF) (DF) (N) 42

Vermicelli, basil, mint leave, crunchy vegetable, chili dip

SOUP

LOW FAT CREAMY BROCCOLI-KALE 32

Poached free range egg, emmental, parmesan toast

WHITE ASPARAGUS SOUP 36

Black truffle, himalayan salt, tomato oil, crispy avocado toast

OXTAIL BROTH (GF) (DF) 38

Coriander, fried shallots

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MAIN

GREATER OMAHA BLACK ANGUS BEEF (GF) (DF)	78
Warm cauliflower, fennel salad, baked sweet potato chips	
GRILLED ATLANTIC SALMON (DF)	56
Organic spelt buckwheat noodle, spring onions, toasted sesame seeds, shoyu dressing	
PATAGONIAN TOOTHFISH (DF)	72
Organic basil crusted, wild mushrooms, green asparagus, thyme natural jus	
FREE RANGE CHICKEN LEMONGRASS CURRY (GF)	49
Spicy turmeric curry, potato, brown rice, organic okra	
GRILLED RIVER WATER PRAWN (GF)	68
Organic risotto, lemon, asparagus, parmesan, crustacean foam	
ORGANIC GLUTEN FREE CORN AND RICE PASTA (VG) (GF) (V)	39
Vine-ripe tomatoes, green asparagus, kalamata olives, parmesan, basil	
KIMCHI FRIED RICE (GF)	40
Poached organic egg, seaweed, spring onions, green peas	

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AUBERGINE RIGATONI PASTA	40
Vine tomatoes, green olives, garlic, Parmigiano Reggiano	
GLOW PLANT BURGER (V) (VG)	52
Organic spirulina bun, tomatoes, butter lettuce, homemade pickled cucumber, avocado mayo, vegan cheese	
GRILLED MALDIVIAN LOBSTER (100g)	24
LOCAL REEF FISH (100g)	12
TOM YAM QUINOA FRIED RICE (DF) (GF)	46
Crabmeat, carrot, cabbage, spring onion, organic quail egg	

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DESSERT

GUAVA SORBET (GF) (DF) 22
Chilled hibiscus soup, dehydrated meringue

ORGANIC FLOURLESS CHOCOLATE CAKE (GF) 24
Avocado mousse, wild berries

VEGAN COCONUT PANNACOTTA (VG) (GF) (DF) 24
Almond milk, passion fruit

TROPICAL FRUIT (VG) (GF) (DF) (N) (V) 38
Wild berries, lemongrass sorbet

NON-DAIRY ICE CREAM AND SORBET 8 | SCOOP

ICE CREAM

Blueberry pop, honey macadamia, sticky date pecan,
strawberry choc chip

SORBET (GF)

Peach, lemon, raspberry

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