



WELLNESS

GLUTEN-FREE
RAW
VEGAN

MESSAGE FROM THE CULINARY DIRECTOR

One&Only Reethi Rah Maldives is proud to present a selection of nutritious and balanced foods that fit into a raw food, gluten-free or 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 digestive 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 or cooked. Vegans do not eat any animal product, 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. Healthier choices such as gluten-free and plant-based options continue to be a top restaurant trend in 2024 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.

Removing 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,



Raymond Rjaily
Culinary Director

SALADS

BEETROOT & ROCKET

GF N VG 26

Salt-baked beetroot, rocket leaves, vegan pecorino, aged balsamic vinegar, baby radish, candied walnuts

BARBEQUE PINK GUAVA

VG 28

Burnt pink guava, mesclun lettuce, cherry tomatoes, pomegranate seeds, pumpkin seeds, figs, cherry vinaigrette

WILD ORGANIC GARDEN GREEN

VG 28

French beans, grilled asparagus, zucchini, snow peas, edamame, kale, sesame, sundried tomatoes, molasses, extra virgin olive oil

*Beetroot is rich in vitamins A, C, B6 and B9.
100g of beetroot = 1.6g of protein*

*Pink guava is rich in vitamins A, B9, C and E.
100g of pink guava = 2.6g of protein*

*Kale is rich in vitamins A, B, C and K.
100g of kale = 2.9g of protein*

SOUP & STARTERS

GINGER-INFUSED BUTTERNUT SQUASH SOUP

VG 28

Honey, cumin, roasted butternut squash, ginger, coconut espuma

GRILLED CORN

GF VG 36

Thai marinated grilled baby corn, mixed pickles, kaffir lime and palm sugar dipping

GRILLED AUBERGINE

VG 24

Confit cherry tomatoes, rocket leaves, buckwheat, smoked vegan mozzarella

*Butternut squash is a nutrient-dense pulse (100g = 20% of daily value), providing rich nutrients such as magnesium and vitamins A, B6, B9, C and E.
100g of butternut squash = 1g of protein*

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

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

A - ALCOHOL | D - DAIRY | E - EGG | F - FISH | GF - GLUTEN-FREE | N - NUTS | P - PORK
S - SPICY | SF - SEAFOOD | V - VEGETARIAN | VG - VEGAN | ✓ - SUSTAINABILITY CERTIFIED | 🌱 - LOCALLY SOURCED

All prices are in US Dollars and are subject to 10% service charge and applicable GST.

Please notify our service colleagues if you have any known food allergies or intolerances. Our food is prepared in an environment where peanuts/nuts and other allergens are handled. Currently there is no separate concerned allergen-free preparation area.

MAINS

VEGAN BURGER

VG 32

Beetroot, red kidney beans, impossible meat, chickpeas, pickled cucumber, celery slaw, avocado, tomato jam, sweet potato fries

PALAK TOFU TWIST

GF VG 36

Spinach gravy, tofu balls, South Asian aromatics, tempered quinoa, pomegranate seeds

BARLEY RISOTTO

GF VG 46

Wild mushrooms, garlic scrapes, asparagus, black truffle

ROASTED CAULIFLOWER STEAK

D GF V 36

Hummus, pomegranate seeds, brown butter, molasses, parsley dust, tomato jam

Chickpeas are a nutrient-dense pulse providing a rich content of magnesium and vitamin B6. 100g of chickpeas = 8.86g of protein or 20% of the daily value

Tofu is a nutrient-dense grain rich in vitamins B1, B2, B6, B9 and K. It aids in blood clotting and bone health. 100g of tofu = 8g of protein

Barley is rich in fibre, vitamins B1, B3 (niacin), B6, B9, and E. It aids in digestion and energy production. 100g of barley = 12.5g of protein or 15% of the daily value.

DESSERTS

COCONUT & PASSION FRUIT JELLY

GF VG 24

Coconut cream, vegan cream, fresh passion fruit

CHOCOLATE & RASPBERRY COMPOTE

GF VG 22

Vegan chocolate, vegan cream, fresh raspberries

CARROT CAKE

GF VG 22

Carrot, vegan cream, coconut milk

RAW BROWNIE

GF N VG 24

Cacao, dates, cashews, pistachios, pecans, coconut oil

DATE & CACAO

GF N VG 22

Dates, cacao, cashews, orange

YOGHURT & BERRIES

GF VG 22

Coconut yoghurt, fresh berries, fresh banana

COCONUT & MANGO

GF VG 24

Coconut yoghurt, fresh coconut, fresh mango

CHOCOLATE MOUSSE

GF VG 24

Organic chocolate, vegan cream, fresh mango, mango coulis

Passion fruit is a good source of vitamin B6 and moderate amounts of vitamins A, B6, B9, C and E. It is beneficial for brain health and metabolism. 100g of passion fruit = 2.2g of protein

Coconut is rich in lauric acid, known for its antiviral, antibacterial, and antifungal properties. It also boosts the immune system. 100g of coconut = 3.33g of protein

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