



Welcome

From Executive Chef-Food & Beverage Director Chris Long

Please allow me to take you through our culinary offering here in Blue Salt Restaurant. We are very much aware of the importance that food plays in our guest's time with us, and we have extended every effort to create a balance of choice and variety in the 100+ dishes available.

The first chapter of the menu contains our **'Premium Selection'** and **'Seafood Specialties'**. These dishes require supplemental \$'s for all packages due to the ingredients used and/or distance they have had to travel to reach us.

The second part of this journey highlights our **Chefs' Daily Menu**

Next we showcase our **Healthy Menu**. We have crafted these dishes free from Sugar, Gluten and Dairy, and where practicable use local and Organic produce.

The largest section of this book contains our **A La Carte Menu**, which features a wide selection of dishes from around the globe.

Pricing and Billing on our Menu

All pricing applies to guests on our **Bed and Breakfast Package**, apart from Supplemental charges on the **'Premium'** and **'Seafood Specialty'** Menus which apply to **Half Board /Full Board/All Inclusive Packages**, marked as followed –

HB / FB / AI.

Please note, there will be no supplement charge for guests on our **All Inclusive PLUS package** on any of our Resort Menus

Wish To Upgrade Your Dining Package??.....

..... for a few dollars more you may wish to up-grade your package, please speak to your Guest Service Agent, who will be delighted to assist you.

本店厨师长/ 饮食主管 Chris Long 欢迎各位。

请允许我为您介绍本店 Blue Salt 餐厅 的料理。我们非常注重为顾客们准备的料理，并且为了有更多的选择，我们已经尽最大的努力，呈现出上百种料理。首先，我们的特点在于有着每日不一样，多样化的菜单。菜单的第一章包含我们的'精选'和'海鲜特产'。这些菜肴需要所有补充的原料额外\$。

这次旅程的第二部分突出了我们厨师的每日菜单

接下来我们展示了我们的健康菜单，我们制作了这些不含糖，小麦和乳制品的菜肴，并在切实可行的情况下使用本地和有机食材。

这本书最大的部分包含了我们的点菜菜单，其中有来自世界各地的各种菜肴

请注意，我们的任何度假酒店菜单上的全包 (+) 套餐将不会对客人收取额外费用

定价和计费

所有定价均适用于我们的住宿和早餐套餐的客人，除了适用于半膳/全膳/全包套餐的'高级'和'海鲜特色'菜单的补充费用，标记如下 - HB / FB / AI。

请注意，我们的任何度假酒店菜单上的全包 PLUS 套餐将不会对客人收取额外费用升级套餐需多加付费，若您有任何需要请联系您的客服代表，他们将很乐意为您提供帮助。

希望升级您的餐饮套餐??

.....再多付几美元，您希望升级套餐,请告诉您的客服代表，他将很乐意为您提供帮助。

Blue Salt

Prices are on US dollar. All prices are subject 10% service charge and 12% government taxes

Healthy Menu

健康菜单

Our healthy menu is free from Gluten, Dairy, refined Sugar and alcohol. Some dishes are raw, therefore retaining all nutrients they may otherwise be destroyed through cooking

我们的健康菜单不含，乳制品，小麦精制糖和酒精 - 有些菜是生的，因此保留所有营养素，否则会通过烹饪改变营养素含量。

Healthy starter 前菜

- Pad Thai Salad (raw, vegan) 泰式沙拉 (生的, 素食主义者)** 16
Daikon, capsicum, carrot, courgette, bean sprouts, edamame beans, spring onion, cashews, sesame seeds, coriander, thai basil, mint
Dressing – rice wine vinegar, lime, and coconut oil, chili, ginger, soy, honey, and lemongrass
辣椒, 胡萝卜, 小黄瓜, 豆芽, 豆蔻豆, 洋葱, 腰果, 芝麻, 香菜, 泰国罗勒, 薄荷 拌米酒, 柠檬, 椰油, 辣椒, 姜, 酱油, 蜜糖, 柠檬草
- Arabic Red Lentil Shorba (vegan) 阿拉伯式汤 (素食主义者)** 16
Pumpkin, carrot, ginger and lemon, flaxseed cracker
南瓜, 胡萝卜, 姜和柠檬, 饼干
- Roasted Pumpkin, Beetroot, Fennel and Pomelo Salad (vegan)** 18
烤南瓜, 甜菜根, 茴香和柚子沙拉 (素食主义者)
Watercress and pesto. (Superfood pesto – almond, walnut, kale, basil, rocket, mint, coriander, garlic coconut oil, extra virgin olive oil, lemon juice)
青菜和香蒜酱。(香菜-杏仁, 核桃, 罗勒, 香菜, 薄荷, 香菜, 大蒜, 椰子油, 特级橄榄油, 柠檬汁)
- Trio of Gazpacho Soup (raw, vegan) 西班牙凉菜汤 (生的, 素食主义者)** 18
Watermelon, asparagus and avocado, mango
西瓜/芦笋和鳄梨/芒果
- Spiced Beef Tenderloin Carpaccio (raw) 桂皮五香牛肉里脊肉 (生的)** 24
Beetroot and horseradish hummus, pickled celeriac, watercress, raw walnut flatbread
甜菜根和土豆泥, 腌菜, 芹菜根, 生核桃面包
- Hawaiian Tuna 'Poke' and Green Mango Salad (raw) 夏威夷式金枪鱼及青芒果沙拉 (生的)** 24
With Lemongrass, chili, ginger, lime and coconut
拌柠檬草, 辣椒, 姜, 柠檬汁, 椰丝

Healthy Main Course 主食

- Sweet Potato and Chickpea Curry (vegan) 红薯咖喱 (素食主义者)** 28
Carrot, pumpkin, aubergine, okra, cauliflower, tofu with turmeric rice
胡萝卜, 南瓜, 茄子, 秋葵, 花椰菜, 姜黄饭
- Konotta 'Superfood' Salad (raw, vegan) 奥特瑞格式沙拉 (生的, 素食主义者)** 28
Quinoa, spinach, watercress, rocket, chickpea, asparagus, tomato, black bean
Avocado, pomegranate, lemon dressing, garden herbs
藜麦, 菠菜, 豆瓣, 芝麻菜, 鹰嘴豆, 芦笋, 番茄, 黑豆, 鳄梨, 石榴, 柠檬酱
- Steamed Reef Fish in Banana Leaf 蕉叶蒸鱼** 32
Marinade of garlic, turmeric, ginger and lemongrass. Asian greens and miso dressing
大蒜, 姜黄, 姜和柠檬草腌料, 亚洲是蒸酱
- Sesame Seared Tuna Salad 芝麻油炸金枪鱼沙拉** 32
Soba noodles, greens, wakame, shitake mushroom, smoky chili soy dressing, spring onion
荞麦面, 蔬菜, 裙带菜, 香菇, 烟熏辣椒酱, 青葱
- Moroccan Spiced Blackened Chicken 摩洛哥式五香黑鸡** 32
Cauliflower couscous, chickpea, pumpkin, fennel, mint, parsley, coriander, lemon
花椰菜, 鹰嘴豆, 南瓜, 茴香, 薄荷叶, 芹菜, 香菜, 柠檬

Healthy dessert 甜点

- Chocolate, Nut and Caramel Tart (raw, vegan) 巧克力, 坚果和焦糖挞 (生的, 素食主义者)** 15
With Coconut ice cream
椰子雪糕

A La Carte

点菜

Starter 前菜

Pumpkin, Ginger and Coconut Soup 南瓜, 姜和椰子汤	17
Thai Coconut and Chicken Soup 泰式椰奶鸡汤	17
Spicy Tomato Gazpacho 西班牙凉菜汤 <i>Crab spring roll, avocado salsa</i> 蟹春卷, 鳄梨莎莎酱	18
Tom Yum 冬荫功汤 <i>Spicy and sour thai soup with shrimp and fish of the day</i> 泰式酸辣汤, 伴有虾和当天新鲜的鱼	20
Tomato, Avocado and Buffalo Mozzarella Salad 番茄, 鳄梨和巴弗罗芝士沙拉 <i>Cherry and sunblushed tomato, avocado salsa, basil pesto, rocket and crouton</i> 小番茄, 牛油果沙拉, 罗勒酱, 芝麻菜和烤面包快	22
Thai Beef Salad 泰式牛肉沙拉 <i>Spicy wok fried beef tenderloin, watercress, capsicum, coriander and peanuts, shrimp cracker</i> 辣味烤牛里脊肉, 西洋菜, 甜椒, 香菜和花生, 虾饼干	22
Classic Caesar Salad 经典凯撒沙拉	
Chicken 鸡肉	24
Prawns 虾	26
<i>Choose from Chicken or Prawn</i> 选择鸡肉或虾	

Main Course 主食s

Pappardelle with Roasted Capsicum, Squash and Feta 烤辣椒, 南瓜和羊乳酪的平面意面 <i>Roasted red onion, chickpea, rocket, sage pesto, garlic crostini</i> 烤红洋葱, 鹰嘴豆, 芝麻菜, 香蒜酱, 烤大蒜面包	30
Confit Slow-Cooked Duck Legs 慢煮鸭腿 <i>Braised, spiced red cabbage, potato puree, plum sauce</i> 慢炖, 五香红甘蓝, 土豆泥, 梅子酱	32
Lemon, Garlic and Thyme Marinated Chicken Breast 柠檬, 大蒜和百里香腌制的鸡胸肉 <i>Warm salad of purple potato, sweetcorn, asparagus, bell pepper, rocket, mustard aioli dressing</i> 温的紫色土豆沙拉, 甜玉米, 芦笋, 甜椒, 芝麻菜, 芥末蒜泥蛋黄酱沙拉	32
Slow Cooked Pork Belly 慢煮熟的五花肉 <i>Hoi sin, ginger, chili, wok fried asian greens, sweet potato puree</i> 海鲜汁, 生姜, 辣椒, 烤亚洲蔬菜, 甘薯泥	32

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Mushroom Risotto 蘑菇意大利烩饭	32
<i>Asparagus, goats' cheese cream, rocket, and pecorino</i>	
芦笋, 山羊乳酪, 芝麻菜, 大蒜面包	
Grilled Reef Fish of the Day 当日烤鱼	32
<i>With warm salad of new potatoes, shallots, pine-nuts, spinach and confit tomatoes</i>	
<i>lemon herb butter sauce</i>	
配有热马铃薯沙拉, 青葱, 松籽, 菠菜和香草西红柿黄油	
Maldivian Style Reef Fish 马尔代夫风味	32
<i>Fish masala, kafir lime, green chili, tomato, and coconut, steamed rice and wok fried greens</i>	
辛香料烤鱼酱, 青柠, 青椒, 西红柿, 椰子, 蒸白米饭, 炒蔬菜	
Pappardelle with Angus Beef Blade 带安格斯牛肉片的配宽面	36
<i>Ragout of slow cooked beef, red wine jus, plum tomato, pecorino, garlic crostini</i>	
蔬菜炖牛肉, 红酒酱, 李子形番茄, 意大利绵羊奶酪, 烤大蒜面包	
Angus Beef 'Rendang' 安格斯牛肉'乾咖喱牛肉'	38
<i>Braised angus beef, coconut milk, lemongrass, tamarind, chili, ginger, pilaf rice and pickles</i>	
红烧安格斯牛肉, 椰奶, 柠檬草, 罗望子, 辣椒, 生姜, 抓饭和泡菜	
Regional Cuisine 区域美食	
Paneer Butter Masala 印度式奶酪浓汁咖喱	30
<i>Tomato gravy with homemade paneer cheese</i>	
西红柿肉汁, 手工制作凝乳干酪	
Maldivian Tuna Curry 马尔代夫金枪鱼咖喱	32
<i>Fresh Maldivian tuna curry</i>	
新鲜马尔代夫金枪鱼咖喱	
Murgh Makani 印度奶油鸡	32
<i>Tandoori style chicken curry</i>	
唐杜里辛香料风格的咖喱鸡	
Black Beef Curry 黑牛肉咖喱	34
<i>Black roasted masala beef curry, lemongrass</i>	
烤黑牛肉咖喱, 柠檬草	
Iso Curry 咖喱虾	36
<i>Spicy Sri Lankan style prawn curry</i>	
辛辣斯里兰卡风味咖喱虾	

(All curries are accompanied with pickles, raita and rice 所有的咖喱都搭配榨菜, 乳酪佐料和米饭)

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Dessert 甜点

Konotta Coconut Collection (2 guests) 椰子系列 (两人份) 30

Coconut crème brulee, coconut and white chocolate mille feuille, coconut and toffee truffle coconut Jelly, coconut macaroon, coconut and white chocolate blondie, coconut ice cream
 法式椰子焦糖焗蛋, 法式椰子以及白巧克力千層酥, 椰子和焦糖巧克力松露, 椰子布丁, 椰子馬卡龍, 椰子和白巧克力布隆迪 (巧克力小方饼), 椰子冰淇淋

Tropical Fruits 热带水果 15

Passion fruit mojito sauce, lemongrass jelly, lime and mint sorbet
 百香果莫吉托汁 (含酒精), 柠檬草果冻, 青柠和薄荷冰沙 (球状)

Passion Fruit, Vanilla and White Chocolate Cheesecake 15

百香果, 香草和白巧克力芝士蛋糕
Ginger biscuit, mango sorbet
 姜汁饼干, 芒果冰沙 (球状)

Tiramisu Bombe 提拉米苏甜点 (含酒精) 16

Honeycomb, chocolate ice cream, espresso sauce
 蜂巢状, 巧克力冰淇淋, 浓缩咖啡汁

Lemon Tart 柠檬挞 15

Vanilla ice cream, dried berries, strawberry coulis, mini meringues
 香草冰淇淋, 果干, 草莓酱, 迷你法式蛋白糖霜脆餅

Selection Homemade Ice-Cream and Sorbet 选择自制的冰淇淋和冰糕 14

Choice of three homemade ice-creams-sorbets
 3 种可选手工制作冰淇淋, 或冰沙

Sago Pearl Pudding 西米露布丁 14

Palm sugar syrup and coconut milk, caramel ice cream
 椰糖, 椰奶加焦糖冰淇淋

Lychee Jelly Pudding 荔枝果冻布丁 14

Pomegranate and coconut sorbet
 石榴和椰子冰沙

Premium Dessert 额外费用甜点

Blue Salt Cheese Platter 蓝盐餐厅特制芝士拼盘 16 **6**

International selection of cheese and grape-chutney
 世界精选芝士薄脆餅, 配葡萄果酱

Konotta Chocolate Platter 岛上特制什锦巧克力 40 **15**

Recommended by Chef Chris
7 reasons to love chocolate! 7 种爱上巧克力的理由
 (For 2 guests to share) (供 2 人分享)
Coffee crème brulee 咖啡法式焦糖布丁
Chocolate fondant 巧克力熔岩蛋糕
White chocolate cheesecake with orange and ginger 白巧克力芝士蛋糕姜汁橙细丝饼干
Spicy chili and chocolate soup 辣味巧克力小杯
Dark chocolate and caramel tart 黑巧克力和焦糖馅餅
Black forest roulade 黑森林瑞士卷

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HB / FB / AI
 Supplement/补充

Premium Selection

额外费用

Starter 前菜

		<i>HB / FB / AI</i> Supplement/补充
Herb Crusted Tuna Nicoise Salad 草本生金枪鱼尼斯色拉 <i>Violet new potato, quail egg, cherry tomato, green beans, black olive</i> 新马铃薯, 鹌鹑蛋, 小番茄, 绿豆, 乌榄	25	8
Trio of Organic Duck 2 有机鸭三重奏 <i>Duck spring roll, duck liver pate and duck carpaccio, hoisin sauce</i> 鸭肉春卷和鲜鸭肉片, 配海鲜汁	28	10
Konotta Prawn and Crab Cocktail <i>Konotta</i> 虾和螃蟹鸡尾酒 <i>Romaine lettuce, avocado, mango and tomato salsa, sweet chili mayonnaise</i> 罗马生菜·鳄梨·芒果和番茄莎莎·甜辣椒蛋黄酱	28	10
Scallops and Pork Belly 扇贝和五花肉 <i>Cauliflower puree, red wine reduction, salsa verde, serrano ham crisp</i> 花椰菜奶油, 红酒酱, 欧芹酱, 火腿脆	26	8
Lobster Salad 龙虾沙拉 <i>Artichoke, new potato, asparagus, rocket and passion fruit dressing</i> 朝鲜蓟, 马铃薯, 芦笋, 芝麻菜和百香果调味汁	32	12
Angus Beef Tenderloin Stroganoff 安格斯酱牛肉里脊肉 <i>Fettuccine</i> 意大利宽面条	32	12
Oyster 生蚝		
Half Dozen Oyster 半打牡蛎 or 或	32	12
One Dozen Oyster 一打牡蛎	64	24
 (Oysters comes with asian mignonette, soy ginger and chilli, tabasco, salsa verde, Lemon) 碎葱, 胡椒粉和醋酱, 大豆生姜和辣椒, 塔巴斯科, 莎莎香蒜酱, 柠檬		

Side order 加菜可选

		<i>HB / FB / AI</i> Supplement/补充
Wok Fried Asian Greens 炒时令蔬菜	6	6
Mashed Potatoes 土豆泥	6	6
French Fries 薯条	6	6

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Main Course 主食

		HB / FB / AI Supplement/补充
Pan Seared Salmon 锅烤三文鱼	40	10
<i>Cauliflower puree, caramelized fennel, asparagus with sunblushed tomato herb and caper salsa</i> 花椰菜泥, 焦糖茴香, 芦笋, 烤番茄香草和辣椒莎莎		
Crab and Prawn Linguine 蟹和虾扁面条	40	10
<i>White wine, chili, lime, herbs, capers, tomato, garlic crostini</i> 白葡萄酒, 辣椒, 青柠, 香草, 刺山柑, 西红柿		
Duo of Australian Lamb 澳大利亚羔羊二重奏	44	12
<i>Roasted lamb loin and braised lamb shoulder croquette roasted ratatouille, crushed new potatoes, rosemary lamb jus</i> 烤羊臀部和红烧羊肩肉丸子 烤蔬菜什锦, 碎马铃薯, 迷迭香羊肉调味汁		
Soy and Ginger Duck Breast 大豆和姜鸭胸	48	18
<i>Dauphinoise potato, roast carrot, celeriac, parsnip, fennel, shallot, orange and port jus</i> 烤箱烤土豆, 烤胡萝卜, 芹菜, 欧洲防风草, 茴香, 葱, 橙的浓汁		
Black Angus Fillet Steak 黑安格斯圆角牛肉	62	32
<i>Fondant potato, mushroom ravioli, asparagus, red wine jus</i> 蘑菇馅方饺, 软方糖型马铃薯, 芦笋, 红酒调味酱		
Grilled Baramundi 烤 澳洲肺鱼	40	10
<i>Potato puree, creamed leeks, smoked pancetta, wild mushrooms red wine reduction, fried leeks</i> 土豆泥, 奶油韭菜, 烟熏培根, 野生蘑菇 红酒浓汁, 炒韭菜		
Lava Grill 岩浆 烤架		
Grilled Seafood Selection 烤海鲜	70	40
<i>Salmon, prawns, reef fish, calamari, and scallop</i> 三文鱼, 虾, 珊瑚鱼, 鱿鱼和扇贝		
Black Angus Rib-Eye (300g) 黑安格斯肋眼 (300g)	60	30
Black Angus T-bone (350g) 黑安格斯 T 骨牛排 (350g)	70	40
Whole Maldivian Lobster (800g) 马尔代夫整只龙虾 (800g)	80	40
Jumbo Prawns 对虾 (大海虾)	52	22
Tuna Steak 金枪鱼排	40	10
Surf and Turf (Lobster 400g and Beef tenderloin 125g)	70	40
冲浪和草原 (龙虾 400 克和牛里脊肉 125 克)		
All grills come with warm potato and herb salad, asparagus, shallots and confi tomato. 所有的烤架都配有, 温马铃薯和香草沙拉, 芦笋, 青葱和西红柿。		
Please select any one of the following to accompany your chosen grill 所有的烤味都配有热马铃薯, 香草沙拉, 芦笋, 青葱和西红柿。请选择以下的任何一种调味汁搭配您的食物		
<ul style="list-style-type: none"> ▪ <i>Aioli</i> 蒜泥蛋黄酱 ▪ <i>Salsa verde</i> 欧芹酱 ▪ <i>Red wine jus</i> 红酒调味汁 ▪ <i>Lemon herb butter sauce</i> 香草柠 		

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Konotta Ocean Specialties

‘海洋特色’

Please allow us 24 hours in which to prepare these dishes

请允许我们 24 小时来为您准备这些料理

Whole Baked Reef Fish 整条深海鱼

HB / FB / AI
Supplement/补充

110

50

(2 guests to share) (供 2 个人分享)

A freshly prepared 1 kilo reef fish from the Gaafu Dhaalu Atoll. Please choose one of the following cooking methods

从本环礁内所选的新鲜的 1 千克的深海鱼，请选择以下的方式进行烹饪：

Salt Crusted 盐酥

Stuffed with citrus and herbs, and baked in a salt crust 盐焗鱼-用盐加入柑橘果实和香草

Or 或

Asian Style 亚洲风格

Marinated with lemongrass, chili, ginger, garlic, soy and herbs and wrapped in banana leaf and baked

亚洲风味-用柠檬草，辣椒，生姜，大蒜，酱油，香草腌制，放在香蕉叶里进行烘烤

Served with a 2 side orders of your choice and any sauces or dips on the menu.

请选菜单上的任何 2 种配菜，而且可搭配菜单上的任何调味汁

Chilled Seafood Platter 冷海鲜拼盘

HB / FB / AI
Supplement/补充

220

150

(2 guests to share) (供 2 个人分享)

Whole Maldivian lobster and garlic prawn, calamari, crab, greenshell mussel, scallop, salmon gravlax, seared tuna, salmon tartar, reef fish ceviche and oysters.

Accompanied by warm new potato and asparagus salad, mixed leaf and garden herb salad, salsa verde, lemon butter sauce, mango and avocado salsa

柠檬、大蒜虾，一整只龙虾，乌贼，螃蟹，青耗，扇贝，三文鱼片（用盐，胡椒，小茴香等腌制），煎金枪鱼，三文鱼塔塔，酸橘汁深海鱼和牡蛎 搭配热马铃薯，芦笋沙拉，香草绿叶沙拉，柠檬黄油，芒果和牛油果沙拉。

Grilled Seafood Platter 烤海鲜拼盘

220

150

(2 guests to share) (供 2 个人分享)

Whole Maldivian lobster, lemon and garlic prawns, salmon fillet, calamari, crab, soft shell crab, scallop, seared tuna, mussels, reef fish

Accompanied by warm new potato and asparagus salad, steamed greens, mixed leaf and garden herb salad, salsa verde, lemon butter sauce.

马尔代夫一整只龙虾，柠檬和大蒜虾，三文鱼片，鱿鱼，螃蟹，软壳螃蟹，扇贝，烤金枪鱼，青耗，珊瑚鱼温的新马铃薯和芦笋沙拉，蒸蔬菜，混合香草绿叶沙拉，莎莎酱，柠檬黄油酱。

Prices are on US dollar. All prices are subject 10% service charge and 12% government taxes

Hot Beverages

HOT COFFEE

LONG BLACK DOUBLE ESPRESSO - HOT WATER	7
CAPPUCINO LATTE ESPRESSO - STEAMED MILK	7 7
MACCIATO ESPRESSO - MILK FROTH	7
ESPRESSO SINGLE ESPRESSO	5
MOCHA ESPRESSO - CHOCOCHINO - STEAMED MILK - MILK FROTH	7
HOT CHOCOLATE ITALIAN CHOCOCHINO - STEAMED MILK - MILK FROTH	7

DESSERT WINE

NV TRIVENTO 'BIRDS & BEES' SWEET NATURAL WHITE MENDOZA, ARGENTINA	13
NV FONTANAFREDDA MOSCATO D'ASTI DOCG PIEDMONT, ITALY	14

ALL INCLUSIVE PACKAGE

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