

SESSIONS

RESTAURANT
BY
HARD ROCK
HOTEL

WELCOME TO SESSIONS RESTAURANT **WHERE THE CHEFS ARE JAMMING,**
OUR BAND ROCKS THEIR FAVORITE INGREDIENTS WITH NATURAL TALENT



CHEF BASANTA KARKI

HAALU KIHINEH (HOW ARE YOU?) CHEF BASANTA IS THE NAME. LET ME INTRODUCE MYSELF - WHEN IT COMES TO USING MALDIVIAN YELLOW FIN TUNA & REEF FISH, THERE ARE NO OTHER LOCAL CHEFS THAT CAN MATCH MY SKILLS. I ALSO ENJOY GREAT SEAFOOD LIKE CRAB & PRAWNS AND "BOY" CHEF DILRUP KNOWS HOW TO CREATE WONDERS.



CHEF K.A.P DILRUP

HI I'M CHEF DILRUP. MY MUSICAL PITCH IS SWEET & DELICIOUS DUNGENESS CRAB AND PRAWNS. ALWAYS A DELIGHT FOR THE FANS AND JUST THE THOUGHT OF CREATING MY MOMENT WITH THEM JUST EXCITES ME. I ALSO LOVE THE ECHOES OF A GOOD SIZZLING STEAK AND CHEF RAJ TAKES THESE TO NEW HEIGHTS EXPERIMENTING WITH AN EPIC SESSION.



CHEF RAJ KUMAR SHRESTHA

DRUM ROLL PLEASE!!! CHEF RAJ ON STAGE. I EAT THE SAME FOOD ALMOST EVERY DAY. I HAVE MY FAVORITES LIKE THE RIB EYE STEAK AND OUR LEGENDARY BURGER. BUT NO ONE REALLY KNOWS THAT I HAVE A SOFT SPOT FOR VEGAN FOOD AS WELL, AND CHEF NEHA DELIVERS THAT AMAZINGLY.



CHEF NEHA RAJLIWAL

I AM NEHA. I PLAY THE HEALTHY CORDS WITH VEGAN DISHES. COME AND EXPERIENCE WHAT WE HAVE TO OFFER. I LIKE TO PLAY WITH INTERESTING FOOD COMBINATIONS AND THERE ARE GREAT COMBINATIONS OF FRUITS, NUTS & VEGETABLES, A WELL THOUGHT OUT SESSION. CHEF JAY AND I MAKE A WELL-BALANCED VEGAN DESSERT TOGETHER AS WELL.

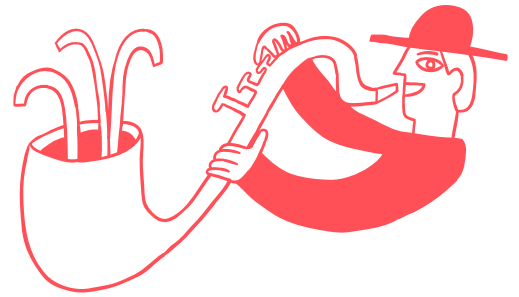


CHEF JAY NUNEZ

I LOVE TO EAT, I LOVE TO FEED PEOPLE, THE FEELING STRIKES ALL MY CORDS. I JOKED WITH MY FRIENDS THAT I WANTED TO WRITE A BOOK WHERE DESSERTS HAD TO BE EXTENSIVELY RESEARCHED SINCE I HAVE A TERRIBLE SWEET TOOTH. MY DOWNFALL IS CAKE. WHY NOT FINISH OFF YOUR SONG WITH A SESSIONS DESSERT.

YELLOW FIN TUNA

"WE TAKE PRIDE IN OUR FISHING METHODS. THE MALDIVIAN POLE AND LINE FISHING TECHNIQUES ENSURE THAT NO HARM COMES TO OUR VAST UNDERWATER ECOSYSTEM AND VARIOUS ENDANGERED SPECIES. HARD ROCK HOTEL MALDIVES ENSURES THAT EVERY SINGLE YELLOW FIN TUNA DELIVERED TO OUR GUESTS IS INDIVIDUALLY CAUGHT IN THE MOST ENVIRONMENTALLY FRIENDLY MANNER."



CHEF BASANTA KARKI

TUNA TARTAR

FRESH YELLOW FIN TUNA, LIME DRESSING, CHILI, JICAMA, AND THAI BASIL, SERVED WITH CRISP CORAL LACE TUILES.

24

POKE BOWL

SEARED TUNA, SUSHI RICE, ASIAN PICKLES, SESAME, SEAWEED, SHREDDED SLAW, AVOCADO, VELVET MAYONNAISE AND UMAMI REDUCTION. OPTIONAL SUPSTITUTE TUNA FOR TOFU.

12

TUNA SMALL

24

TUNA LARGE

12

TOFU SMALL

18

TOFU LARGE

DHON RIHA

MALDIVIAN TUNA CURRY, FLAVORS OF CURRY SPICES, COCONUT CINNAMON AND GINGER, SLOW COOKED WITH FRESH LINE CAUGHT TUNA, SERVED WITH A SIDE OF YOUR CHOICE.

18

SMALL

34

LARGE

MAS HUNI CHOICE

A TASTING OF 5 DIFFERENT TRADITIONAL MALDIVIAN FLAKED TUNA AND COCONUT SALADS, SERVED WITH PLAIN ROSHI (MALDIVIAN FLAT BREAD). LIME & CHILI / PUMPKIN / SMOKED EGGPLANT / COPIFY LEAVES / DRIED FISH



8



12



20

TUNA WRAP

SPICED SRIRACHA, SMASHED AVOCADO, RED CABBAGE SLAW, BABY SPINACH, BROWN RICE SALAD AND A HERB PESTO DRESSING.

22

GRILLED TUNA LOIN

YELLOW FIN TUNA LOIN SEARED TO PERFECTION, TOMATO & RED ONION SALAD, TOSSED GREENS AND A CITRUS VANILLA PLUM SAUCE.

38

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

1 SIDE - \$8 / 2 SIDES - \$16 / 3 SIDES - \$24

- CURRY SEASONED HAND-CUT FRIES
- LIME SCENTED JASMINE RICE
- PLAIN ROSHI (MALDIVIAN FLAT BREAD)
- BAKED SWEET POTATO
- TOMATO & RED ONION SALAD
- STEAMED SUSHI RICE



MALDIVIAN REEF FISH – FARU MAS -

“ALL OUR DAILY REEF FISH CAUGHT ARE MFA APPROVED (MALDIVIAN FISHERMEN’S ASSOCIATION). WE WORK IN HARMONY WITH THE LOCAL FISHERMEN, TO BUILD A COMMUNITY AND SUSTAINING PARTNERSHIPS WITHIN THE SURROUNDING AREA”.

CHEF BASANTA KARKI

REEF FISH CARPACCIO

THINLY SLICED WHITE REEF FISH WITH CORIANDER AND GRAPEFRUIT, HERB INFUSED OIL, CRISP SCALLIONS AND A POMEGRANATE REDUCTION.

22

GROUPER AND RED SNAPPER CIOPPINO

A LIGHT FISH STEW WITH TEXTURES OF GROUPER AND SNAPPER ENHANCED WITH TOMATO CONCASSE AND GREMOLATA TOASTS.

16
SMALL

32
LARGE

PASTA ALLA MARINARA

LIGHTLY TOSSED SPAGHETTI WITH LOCAL JOB FISH, GARLIC, CHERRY TOMATOES, CAPERS, OLIVES AND OREGANO.

14
SMALL

26
LARGE

FISH & CHIPS

BATTERED REEF FISH FILLETS WITH OUR HAND-CUT FRIES, MUSHY RUSTIC PEAS, TARTAR SAUCE AND MALT VINEGAR.

24

PAD KHAPAO PLA RAD KAOW

CRISPY MEDALLIONS OF FISH FILLET TOSSED WITH THAI FLAVORS & HOLY BASIL, FRAGRANT LIME SCENTED JASMINE RICE AND TOPPED WITH A FRIED HENS’ EGG.

16
SMALL

30
LARGE

BANANA WRAPPED FISH

GRILLED WHOLE FISH MARINATED IN GARLIC, GINGER & LEMONGRASS THEN WRAPPED IN BANANA LEAVES, SERVED WITH A SIDE OF YOUR CHOICE.

36

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

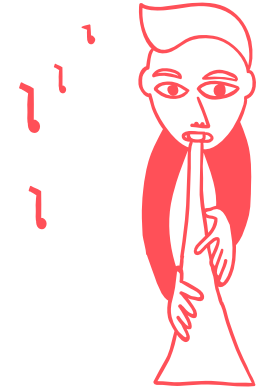
1 SIDE - \$8 / 2 SIDES - \$16 / 3 SIDES - \$24

- CURRY SEASONED HAND-CUT FRIES
- LIME SCENTED JASMINE RICE
- PLAIN ROSHI (MALDIVIAN FLAT BREAD)
- BAKED SWEET POTATO
- TOMATO & RED ONION SALAD
- STEAMED SUSHI RICE

PRAWNS

“WE USE AN ARRAY OF DIFFERENT PRAWNS, BOTH OCEAN AND FRESH WATER, FARMED AS WELL AS WILD. THEY PROVIDE A GREAT VARIETY OF CHOICES AND GREAT TASTES ACROSS THE BOARD.”

CHEF K.A.P DILRUP



LATIN STYLE PRAWN SATAY

GRILLED CORIANDER PRAWN SKEWERS TOPPED WITH A CITRUS, TOMATO & JALAPEÑO SALSA, SERVED WITH A CUCUMBER SALAD

28

GAMBAS À LA PROVENÇALE

TIGER PRAWNS SAUTÉED IN GARLIC, BUTTER, PARSLEY AND TOMATO SERVED WITH PROVENÇAL VEGETABLES.

42

BOBÓ DE CAMARÃO

BRAZILIAN PRAWN STEW ENHANCED WITH MANDIOCA, PEPPERS, GARLIC AND COCONUT OIL REDUCTION.

22

SMALL

42

LARGE

PRAWN NOODLE SOUP BOWL

A WELL BALANCED SWEET & SOUR PRAWN BROTH, EGG NOODLES, ASIAN GREENS AND SPROUTS SERVED WITH A CHILI OIL REDUCTION.

26

GRATINATED JUMBO PRAWNS

MUSTARD & PARMESAN MARINATED LARGE PRAWNS WITH GRILLED POLENTA AND RATATOUILLE.

58

CRISPY PRAWNS

COCONUT BREADED PRAWNS WITH SPICY MALDIVIAN THOUSAND ISLAND SAUCE, FRIED CURRY LEAVES, CORN ON THE COB AND SWEET POTATO FRIES.

22

SMALL

42

LARGE

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

1 SIDE - \$8 / 2 SIDES - \$16 / 3 SIDES - \$24

- VEGETABLE FRIED NOODLES
- WOK FRIED RICE
- RATATOUILLE

- BAKED SWEET POTATO
- ANCHO CHILI SEASONED CORN ON THE COB
- STEAMED SUSHI RICE

CRAB

“CRAB IS LOVED BY SO MANY CHEFS AND DINERS AROUND THE GLOBE. WE DRAW INSPIRATION FROM DIFFERENT CORNERS OF THE WORLD WHERE CRABS ARE PREPARED AND SERVED AS DELIGHTS.”



CHEF K.A.P DILRUP

SPIDER ROLL

TEMPURA SOFT SHELL CRAB, CRAB MEAT, SPICY MAYO, RED ROE, CUCUMBER AND SCALLIONS.

20

KING CRAB

GRILLED KING CRAB, GARLIC BUTTER EMULSION, CITRUS AIOLI, SERVED WITH GRAPEFRUIT & FENNEL.

58

STEAMED CRAB

GINGER AND SCALLION STEAMED CRAB CANTONESE STYLE, WITH A SCALLION SWEET SOY REDUCTION.

32



AVOCADO CRAB SALAD

STEAMED CRAB MEAT, CREAMY AVOCADO, RICH JAPANESE MAYONNAISE, ICEBERG LETTUCE, SPICED BREAD CROUTONS, CHERRY TOMATO SALAD AND CRISP BACON SERVED WITH LEMON DRESSING.

28

SRI LANKAN MUD CRAB

CHEF PERERA'S SPECIAL "JAFF NASTY LE MUD CRAB CURRY" WITH DRUMSTICK LEAVES AND COCONUT RICE.



32

48

64

BLACK PEPPER CRAB

SINGAPORE WOK-FRIED BLACK PEPPER CRAB. A SIGNATURE DISH, SIMPLE BUT SO REWARDING.



32

48

64

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

1 SIDE - \$8 / 2 SIDES - \$16 / 3 SIDES - \$24

- WOK FRIED RICE
- COCONUT RICE
- RATATOUILLE

- BAKED SWEET POTATO
- CURRY SEASONED HAND-CUT FRIES
- ANCHO CHILI SEASONED CORN ON THE COB

MEATS

"WE PRIDE OURSELVES WITH THE QUALITY OF OUR MEAT AND SOURCE FROM REPUTABLE FARMERS AROUND THE WORLD, SELECTING ONLY THE BEST "A" GRADE MEAT AVAILABLE."

CHEF RAJ KUMAR SHRESTHA



CHICKEN & BACON CLUB SANDWICH

SUCCULENT CHICKEN BREAST, LETTUCE, TOMATO, CHEESE, SMASHED AVOCADO AND CAESAR DRESSING LAYERED BETWEEN HOMEMADE BREAD SERVED WITH OUR SPECIAL SWEET POTATO FRIES.

22

SHISH KEBAB

CUMIN SPICED LAMB KEBABS GRILLED OVER AN OPEN WOOD FIRE SERVED WITH MINT SALSA, MOROCCAN SPICED FLAT BREAD, POMEGRANATE MOLASSES AND YOGURT DIPPING SAUCE.

36

SPIT ROAST CHICKEN

A ROASTED SPATCHCOCK CHICKEN SCENTED WITH LEMON AND THYME, ROASTED TO PERFECTION AND SERVED WITH OVEN BAKED POTATOES AND MESCLUN SALAD.

16

QUARTER

36

HALF

THE BURGER

THE BURGER THAT STARTED IT ALL. A JUICY ANGUS BEEF BURGER TOPPED WITH SMOKED BACON, CHEDDAR CHEESE, GOLDEN FRIED ONION RING, CRISP LETTUCE AND VINE RIPENED TOMATO.

28

NORMAL

22

3 MINI SLIDERS

14

2 MINI SLIDERS

PORK BELLY ADOBO

SLOW COOKED PORK BELLY IN THE TRADITIONAL ADOBO FLAVORS, SESAME ASIAN VEGETABLES, FRIED ONION, STICKY RICE AND A SWEET AND SOUR ADOBO REDUCTION.

24

SMALL

46

LARGE

BEEF RIBEYE STEAK

GRILLED 250G BLACK ANGUS RIB EYE STEAK, GARNISHED WITH A BEEF JUS, HAND-CUT FRIES AND TOSSED GREEN SALAD.

56

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

1 SIDE - \$8 / 2 SIDES - \$16 / 3 SIDES - \$24

- WOK FRIED RICE
- CURRY SEASONED HAND CUT FRIES
- HOMEMADE FLAT BREAD

- SWEET POTATO
- TOSSED GREEN SALAD
- ANCHO CHILI SEASONED CORN ON THE COB

PLANT BASED

"WE TAKE PRIDE IN GOING FULL CIRCLE WITH OUR HEALTH PROGRAM ALLOWING GREAT VEGAN OPTIONS AND WORKING SIDE BY SIDE WITH OUR LOCAL FARMERS FROM LOCAL ISLANDS, SUCH AS THODOOISLAND TO PROVIDE GUESTS THE BEST FRUITS AND VEGETABLES MALDIVES HAS TO OFFER."

CHEF NEHA RAJLIWAL



SPICED LENTIL SOUP

A HEARTY MOROCCAN INSPIRED TOMATO-BASED SOUP ENHANCED WITH SPICED LENTILS, CHICKPEAS, KALE AND HARISSA.

18

GRAIN SALAD

WILD RICE, RED QUINOA, FARRO, WALNUTS, DRIED APRICOTS, PECAN NUTS, POMEGRANATE SEEDS, SCALLIONS, RED ONION & CELERY WITH BASIL PESTO DRESSING.

22

BEYOND BURGER

PLANT BASED BURGER, SATISFIES LIKE BEEF, VEGAN CHEDDAR CHEESE, SLICED ONION, ICEBERG LETTUCE, PICKLES OUR SECRET SAUCE AND HAND-CUT FRIES.

26

GREEN SALAD

A WELL-BALANCED SALAD OF SHREDDED KALE, RED CABBAGE, SLICED GREEN APPLE, CELERY, QUINOA, PUMPKIN SEEDS, MACADAMIA, VEGAN PARMESAN CHEESE SERVED WITH CREAMY RANCH DRESSING.

20

TAPAS CHOICE

GRILLED MUSHROOMS, EGGPLANT TAPENADE, EDAMAME HUMMUS, FALAFEL, GUACAMOLE, BUFFALO CAULIFLOWER, SWEET POTATO FRIES, OLIVES, FRESH VEGETABLES. CHOICES SERVED WITH VEGAN MAYONNAISE, TOMATO DIP AND FLAT BREAD.



16



24



32

MANGO CURD TART

VEGAN INSPIRED OATMEAL AND DATE CRUST TART WITH MANGO AND COCONUT CURD, SERVED WITH CHOCOLATE COATED ICE CREAM.

20

SIDE DISHES

CHOOSE FROM OUR SUGGESTED SIDE DISHES TO ENHANCE YOUR MEAL EXPERIENCE.

1 SIDE - \$8.00 / 2 SIDES - \$16.00 / 3 SIDES - \$24.00

- WOK FRIED VEGETABLES
- CAULIFLOWER RICE
- MUSHY RUSTIC PEAS

- BAKED SWEET POTATO
- ANCHO CHILI SEASONED CORN ON THE COB
- CURRY SEASONED HAND-CUT FRIES

DESSERTS

“WELL-BALANCED DESSERTS WHICH SHOWCASE THE INGREDIENTS MALDIVES HAS TO OFFER, ALLOWING OUR CHEFS TO CREATE DELICIOUS DELIGHTS FOR YOUR ENJOYMENT”.



CHEF JAY NUNEZ

TROPICAL ISLAND FRUITS

A SELECTION OF EXOTIC FRUITS ENHANCED WITH AGAVE SYRUP AND SERVED WITH COCONUT AND LIME SORBET.



18



36



54

SPRING BERRIES

LACTOSE-FREE PANNA COTTA, HAZELNUT SHORT-BREAD AND MIXED BERRY SORBET

16

BANANA PECAN CHEESECAKE

SUGAR-FREE LAYER OF BANANA PECAN CHEESE-CAKE AND CHEWY BROWNIE WITH HOT CHOCOLATE FUDGE SAUCE.

18

GINGER CRÈME BRULÉE

A MILD GINGER SCENTED BRULÉE, ARECA NUT TUILLES, TONKA BEAN & POMEGRANATE SALSA.

16

PINEAPPLE PAVLOVA

PILLOWS OF SOFT PAVLOVA SERVED WITH GRAPEFRUIT CURD, AERATED CREAM, CARAMELIZED PINEAPPLE AND TOASTED PISTACHIOS.

18

KANAMADHU

TRADITIONAL MALDIVIAN PINE NUT ALMOND CAKE, EVAPORATED MILK CREMA WITH ISLAND FRUITS & COCONUT ICE CREAM.

16

ICE CREAMS & SORBETS

CHOOSE FROM OUR SUGGESTED ICE CREAMS & SORBETS TO ENHANCE YOUR DESSERT EXPERIENCE.

1 SCOOP - \$4.00 / 2 SCOOPS - \$8.00 / 3 SCOOPS - \$12.00

ARTISANAL ICE CREAMS

DARK CHOCOLATE / AMERICAN VANILLA / PISTACHINO / HAZELNUT
STRAWBERRY / COCONUT / RUM RAISIN / COFFEE / YOGHURT

ARTISANAL SORBETS

PASSION FRUIT / LIME / PIÑA COLADA / WATERMELON
MANGO-LIME / HIBISCUS / PINEAPPLE

LACTOSE-FREE ICE CREAMS

AVOCADO / VANILLA / CHOCOLATE / HAZELNUT