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PARK HYATT MALDIVES™

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HADAHAA

Our Living Island

HADAHAA  
WELLBEING MENU
















We commit that our Food & Beverages venues are ISO 22000 certified, and internationally recognized as the highest food safety management system.

Should you have any specific dietary requirements or food preferences we will be more than happy to oblige. Simply speak to a member of the team for assistance creating your bespoke culinary experience.

Our dishes are freshly prepared in kitchens that handle gluten, seafood, nuts, eggs, and other food products. Should you have any specific allergies dietary requirements or concerns, we will be more than happy to assist.

Look out for these symbols to assist with your menu choice:

-  Contains Seafood
-  Contains Crustaceans
-  Contains Fish
-  Contains Nuts
-  Contains Tree Nuts
-  Contains Peanuts
-  Contains Dairy
-  Contains Eggs
-  Contains Mustard
-  Contains Gluten
-  Contains Sesame
-  Contains Soy
-  Contains Sulphites
-  Contains Pork
-  Spicy
-  Vegetarians
-  Vegan
-  Gluten-free

All prices are in US Dollars and subject to 10% service charge and 17% GST.

## WATERMELON

25

### & COCONUT GAZPACHO

*Watermelon, coconut, apple cider vinegar, cucumber, tomato sorbet*

Nutrition (est.): 134 kcal

Carbs ~18 g | Protein ~2 g | Fat ~6 g | Saturated Fat ~0.9 g

Sugars ~12 g | Fiber ~4 g | Sodium ~220 mg

## HADAHAA PAPAYA SALAD

30

*Shredded green papaya, peanuts, cherry tomatoes,  
lime & chili dressing, fish dressing*

Nutrition (est.): 172 kcal

Carbs ~17 g | Protein ~4 g | Fat ~10 g | Saturated Fat ~1.5 g

Sugars ~8 g | Fiber ~6 g | Sodium ~350 mg

## MEDITERRANEAN SALAD

30

*Radicchio, chickpea, grapefruit, pomegranate,  
feta cheese, toasted hazelnuts*

Nutrition (est.): 248 kcal

Carbs ~21 g | Protein ~9 g | Fat ~16 g | Saturated Fat ~3 g

Sugars ~7 g | Fiber ~8 g | Sodium ~310 mg

## BALSAMIC LENTIL & PEAR SALAD

30

*Green lentils, tomatoes, poached pear, red onion,  
balsamic glaze, spring onion*

Nutrition (est.): 265 kcal

Carbs ~37 g | Protein ~17 g | Fat ~5 g | Saturated Fat ~0.8 g

Sugars ~8 g | Fiber ~11 g | Sodium ~390 mg

## ROASTED BUTTERNUT BARLEY SALAD

25

*Roasted butternut squash, barley, garden leaf pesto,  
roasted onion, cherry tomatoes, chipotle*

Nutrition (est.): 282 kcal

Carbs ~42 g | Protein ~7 g | Fat ~11 g | Saturated Fat ~2.1 g

Sugars ~7 g | Fiber ~7 g | Sodium ~430 mg



## BEETROOT & GOAT CHEESE SALAD

30

*Roasted beetroot, goat cheese, beetroot vegan, mesclun*

Nutrition (est.): 301 kcal

Carbs ~19 g | Protein ~11 g | Fat ~21 g | Saturated Fat ~6.5 g

Sugars ~9 g | Fiber ~5 g | Sodium ~490 mg

## GADO-GADO SALAD

25

*Seasonal vegetables, tofu, tempeh, boiled egg, potato, peanut sauce, prawn crackers*

Nutrition (est.): ~318 kcal

Carbs ~26 g | Protein ~17 g | Fat ~18 g | Saturated Fat ~3.3 g

Sugars ~4 g | Fiber ~7 g | Sodium ~305 mg

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## BOOST YOUR BOWL

*Take your vitality to the next level by adding clean, nutrient-packed protein to any dish:*

## SLOW-ROASTED ORGANIC CHICKEN BREAST (140 g)

10

*Tender, herb-marinated, free-range chicken, slow-roasted for maximum flavor.*

Nutrition (est.): 230 kcal

Carbs 0 g | Protein ~44 g | Fat ~5 g | Saturated Fat~ 1.4 g | Sodium ~85 mg

## RESPONSIBLY SOURCED POACHED PRAWNS (120 G)

15

*Fresh, sustainably caught prawns, gently poached to perfection.*

Nutrition (est.): 115 kcal

Carbs 0 g | Protein ~23 g | Fat ~1.5 g | Saturated Fat ~0.3 g

Sodium ~170 mg



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