



Buffet Lunch menu's

CYCLE #1 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Vegetable frittata
- Seared, peppered beef carpaccio
- Vegetable rice paper rolls
- Sushi with condiments
- Maldivian spiced seafood salad
- Savory rice cake

BBQ GRILL

- Marinated fish
- Tandoori chicken thigh
- Beef flank steak
- Calamari
- Grilled marinated vegetables

HOT DISHES

- Vegetarian fried rice
- Pumpkin and potato gratin
- Eggplant and okra curry with condiments
- Caponata

PASTA (Live station)

- Fussili with chorizo sausage, zucchini, red onion and olive oil

DESSERT

- Sliced tropical fruit
- Java cream tart
- Pineapple royal
- Japonaise torte
- Coffee mousse



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Resort & Spa
Solelanta Resort

CYCLE #2 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Asian spiced marinated chicken salad with crispy egg noodles
- Yellow fin tuna salad Nicoise style
- Chick pea fritters
- Sushi with condiments
- Smoke salmon
- Tabouleh

BBQ GRILL

- Fish brochette
- Herbed chicken breast
- Garlic chicken sausage
- Lamb chops
- Grilled marinated vegetables

HOT DISHES

- Baked jacket potatoes with sour cream and bacon
- Wild and basmati rice
- Beef and potato curry with condiments
- Corn on the cob

PASTA (Live station)

- Seafood and saffron risotto

DESSERT

- Sliced tropical fruit
- Chocolate cheesecake
- Lemongrass crème brulee
- Date pudding
- Mango mousse



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CYCLE #3 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Maldivian green papaya salad
- Fried tofu, bean sprouts and peanut sauce
- Spinach & blue cheese quiche
- Hommus with crisp tortilla chips
- Sushi with condiments
- Masroshi
- Smoked tuna

BBQ GRILL

- Fish fillet in banana leaf
- Chicken and pepper kebabs
- Teriyaki beef flank steak
- Lamb kofta
- Grilled marinated vegetables

HOT DISHES

- Cumin rice
- Pumpkin curry with condiments
- Panache of vegetables with coriander butter
- Potato and almond croquette

PASTA (Live station)

- Penne Bolognaise

DESSERT

- Sliced tropical fruit
- Chocolate panacotta
- Carrot cake with cream cheese frosting
- Fruit tartlets
- Berry cheese cake

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Marinated fennel salad
- “Caprese” Bruschetta
- Chapati rolls with curried potatoes
- Braised veal with tuna sauce
- Sushi with condiments
- Honey soy chicken wings
- Vegetable samosa

BBQ GRILL

- Chermoula marinated fish fillet
- Chicken thigh
- Peppered flank steak
- Calamari skewer
- Grilled marinated vegetables

HOT DISHES

- Shrimp fried rice
- Chicken curry with condiments
- Ratatouille
- Cajun potato wedges

PASTA (Live station)

- Beetroot barley risotto with artichoke and goats cheese

DESSERT

- Sliced tropical fruit
- Chocolate mousse
- Coconut tart
- Fruit jalousie
- Crème caramel



CYCLE #5 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Marinated fish in coconut cream
- Maldivian cabbage leaf and tuna salad
- Tuna and coconut crepes
- Grilled Mediterranean vegetables with balsamic reduction
- Sushi with condiments
- Seared tuna/ sword fish
- Parma ham and grilled artichokes

BBQ GRILL

- Fish steaks (darne)
- Curry spiced chicken breast
- Beef flank steak
- Minted lamb kebabs
- Grilled marinated vegetables

HOT DISHES

- Lentil rice
- Fish curry with condiments
- Corn on the cob
- Honey and sesame sweet potato

PASTA (Live station)

- Linguine carbonara

DESSERT

- Sliced tropical fruit
- White chocolate and poppy seed mousse
- Lemon lime tart
- Fruit vacharins
- Black forest cake



CYCLE #6 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Soba noodles & wakame salad
- Banana flower salad
- Mixed pepper and spinach quiche
- Babaganoush with crisp tortilla chips
- Sushi with condiments
- Beef carpaccio with beach rocket salad
- Assorted cold cuts

BBQ GRILL

- Soya & ginger fish fillet
- Chicken (kofta) on lemongrass
- Chicken and garlic sausage
- Lamb chops
- Grilled marinated vegetables

HOT DISHES

- Tomato pilaf rice
- Dhal curry with condiments
- Cauliflower tempura
- Potato and onion jam rosti

PASTA (Live station)

- Seafood spaghetti marinara

DESSERT

- Sliced tropical fruit
- Chocolate sludge cake
- Pear and frangipane tart
- Apple pie
- Tiramisu



CYCLE #7 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Prawn cerviche
- Rice paper rolls with Vietnamese dressing
- Savoury rice cake
- Gazpacho (shot glasses)
- Sushi with condiments
- Prawn and sesame toast
- Assorted cold cuts

BBQ GRILL

- Sesame crusted tuna
- Chicken breast
- Pork steak (Chinese bbq)
- Beef and bell pepper kebabs
- Grilled marinated vegetables

HOT DISHES

- Baked jacket potatoes with sour cream and bacon
- Wild and basmati rice
- Chicken tikka with condiments
- Corn on the cob

PASTA (Live station)

- Steak au poirve fettucini

DESSERT

- Sliced tropical fruit
- Carrot cake with cream cheese frosting
- Coconut tart
- Apple filo
- Chocolate and coffee mousse



CYCLE #8 LUNCH

SALADS (Live station)

- Lettuce – Romaine, radicchio, frizee and ice burg
- Tomato, cucumber, sweet corn, green beans, kidney beans, avocado, papaya
- Olives, capers, walnuts, s/d tomato, bell peppers
- Grilled chicken, ham, feta cheese, blue cheese
- Dressing – Caesar, Italian, cocktail, balsamic & EVO, Soy & sesame, Mango vinaigrette

COLD DISHES

- Savory crepes
- Thai glass noodle salad
- Caprese salad
- Vichyssoise (shot glasses)
- Sushi with condiments
- Smoked salmon and caper quiche
- Fried tofu, bean sprouts and peanut sauce

BBQ GRILL

- Fish brochette
- Herbed chicken breast
- Garlic chicken sausage
- Lamb chops
- Grilled marinated vegetables

HOT DISHES

- Cumin rice
- Pumpkin curry with condiments
- Panache of vegetables with coriander butter
- Potato and almond croquette

PASTA (Live station)

- Rigatoni with vegetable and pesto sauce

DESSERT

- Sliced tropical fruit
- Chocolate cheesecake
- Lemongrass crème brulee
- Date pudding
- Mango mousse