

## A Note to Our Guests: The Wisdom of the Table

Welcome to a day of mindful dining. The menu you are about to enjoy is not merely a collection of dishes, but a carefully curated journey that connects the soul of an **old kitchen** with the spirit of the **seven seas**, brought to life through **pure local flavors**. We have prioritized natural sourcing and traditional preparation methods to ensure every bite supports your vitality.

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### The Science of Your Meal

- **Ancient Vitality (Breakfast):** Your morning begins with **Moringa or Ginger and Coriander**, infusions used for centuries to spark metabolism and provide a nutrient-dense boost. Our handmade rotis use **Millet or Lentils**, providing slow-release energy with a low-glycemic index.
- **Coastal Balance (Lunch):** We celebrate the natural bounty of our waters with **Grilled Fish or Seafood**, rich in essential nutrients. This is balanced by **Kola Mellum**, a preparation of medicinal greens designed to provide live enzymes and minerals. To keep you hydrated, we serve **King Coconut Water**, nature's perfect electrolyte.
- **Heritage Serenity (Dinner):** As the day ends, we transition to lighter, "mild" spices to respect the body's natural evening rhythm. Our **Chicken Stew** is simmered with ginger and pearl onions to aid digestion.
- **The Golden Sleep:** Your day concludes with an elixir of **Saffron, Cumin, and Fenugreek**. This combination is designed to soothe the senses and ensure a restful night's sleep.

We invite you to savor these flavors, knowing that each ingredient has been chosen for its purity and its history.

*To your health and happiness,*

**The Management & Culinary Team**