



isla retreat

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# Avi Main Menu

## ENTREES

### Fehendhoo Green Salad (V)

\$ 9

Locally Sourced Assorted Lettuce, Tomatoes, Pomegranate, Toasted Cashew nuts, Lime Vinaigrette

### Chicken Salad (D)

\$ 11

Mixed Lettuce, Grilled Chicken, Boiled Egg, Tomatoes, Olives, Balsamic Dressing

### Rich Tomato Soup (G)

\$ 9

Oven Roasted Tomato Soup served with Garlic Croutons and EVO

### Oven Roasted Mushroom Soup

\$ 9

Button Mushrooms, Crispy Leeks, Garlic Croutons

## MAIN COURSES

### Pans Seared Reef Fish (D)

\$ 11

Served with Wok Tossed Vegetables and Steamed Rice.

### Tuna and Cheese Toast (G)(D)

\$ 9

White Toast, Tuna Mayo, Cheddar Cheese, Fries

### Acqua Pazza (S)(G)

\$ 12

Poached reef fish, Tomatoes, Capers, Basil, White bread

### Grilled Prawn (G)(D)(S)

\$ 12

Spaghetti Aglio e Oglia, Lemon, Parsley

### Cajun Chicken (G)(D)

\$ 12

Penne, Pomodoro, Chili, Garlic, Basil, Parmesan

<b>Signature Bolognese(G)(D)</b>	<b>\$ 12</b>
Spaghetti, Beef ragu, Garlic, Parmesan, EVO	
<b>Cashew Chicken (G)(N)</b>	<b>\$ 12</b>
Stir Fried Chicken, Peppers, Cashew Nuts, Garlic Rice	
<b>Catch of the Day (D)(S)</b>	<b>\$ 12</b>
Grilled, Aromatic Local Spices, Crushed Creamy Potatoes, Sauteed vegetables, Lemon Beurre Blanc	

## DESSERT

<b>Coconut Mahalabia (V)(N)</b>	<b>\$ 6</b>
Coconut Pudding, Dried Mango, Toasted Coconut, Almond	
<b>Semolina Pudding (V)(N)</b>	<b>\$ 6</b>
Marinated Mango, Coconut Cream, Toasted Coconut	
<b>Chocolate French Toast (G)(D)(N)</b>	<b>\$ 6</b>
Hazelnut Milk Chocolate Sauce, Almonds, Vanilla Ice Cream	
<b>Tropical Fruit Platter (V)</b>	<b>\$ 6</b>

(V) Vegetarian, (N) Nut, (D) Dairy, (S) Seafood, (G) Gluten

*We do not provide room service; however, we can deliver the food to the room, should you wish, at a delivery charge of USD 5.*

## DRINKS MENU

Fresh Juice	\$ 7
Watermelon, Orange, Green Apple, Red Apple, Carrot Passion Fruit	
Milkshake	\$ 7
Mango Milkshake Banana Milkshake	
Soft Drink	\$ 3
Coke, Fanta Sprite, Sprite, Pepsi	
Energy Drinks	\$ 5
XL	
English Breakfast Tea	\$ 2
Illy Coffee	
Black Coffee	\$ 3
Milk Coffee	\$ 4
Packed Juice	\$ 3
Apple, Grapes, Mango, Fruit Punch	
Bottle of Mineral Water	\$ 1

# BREAKFAST MENU

## CEREALS (D)(N)

Corn Flakes, Dorset Muesli, Rice Krispies  
Milk: Full Cream or Skimmed

## PORRIDGE (D)(N)

Plain or Banana  
Condiments: Almond Flakes, Raisins, Cinnamon, Sugar  
Milk: Full Cream or Skimmed

## INDIAN (D)(G)

Masala Omelette, Paratha, Aloo Jeera, Pickles, Yoghurt

## MALDIVIAN (G)(S)

Moringa Omelette, Kulhimas (Tuna), Mashuni, Chapatti

## ENGLISH BREAKFAST (D)(G)

Juice of the Day, Two eggs your style, Sausage or Bacon, Tomato or Mushrooms, Hash Brown Potato or Baked Beans, Brown or White toast, Coffee or Tea

## TWO EGGS OMELETE

Full Egg or Egg White  
Mixed Mushrooms, Ham, Cheese, Onion, Tomato, Bell Pepper, Chili  
Served with Homemade Hash Brown

## PANCAKE AMERICAN STYLE (D)(G)

Pancake, Butter, Maple Syrup

## TROPICAL FRUIT PLATTER (V)

Seasonal selection of tropical fruits

# Haveeru Sai Menu

*(Maldivian style tea with short eats)*

*Served at Kakuni Shack from 16:00 hrs to 17:00 hrs*

## Eh'ch eh

### Hedhikaa

Bajiyaa, Gulha, Havaadhulee Bis, Cutlets, Masroshi, Rose Paan

MVR 3

## Ka'lheh

### Tea

English Breakfast Tea

MVR 5

### Flavored Tea

Masala, Bombay, Milk Tea, Strawberry

MVR 12

### Coffee

Nescafe Black

MVR 5

Ye-Ye Coffee

MVR 7

Illy – Black

MVR 20

Illy – Milk

MVR 25

Lavazza – Black

MVR 20

Lavazza – Milk

MVR 20

## Drinks

Water (500 ml)

MVR 7

Soft Drinks , Coke, Fanta, Sprite, Pepsi

MVR 20

Soft Drinks S, Coke, Fanta, Pepsi

MVR 15

XL L

MVR 35

XL S

MVR 25

100 Plus

MVR 25

Bunderberg

MVR 35

Bitter Lemon

MVR 20

Take away Box

MVR 3



## Weekly Activity Guide

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:45 - 08:00			Sunrise Fishing (\$65 PP), (\$150 Pvt)			Sunrise Fishing (\$65 PP), (\$150 Pvt)	
06:00 - 06:30		Sunrise Dolphin Cruise (\$60 PP), (\$140 Pvt)		Sunrise Dolphin Cruise (\$60 PP), (\$140 Pvt)			
07:00 - 11:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
08:00 - 09:00	Reef Snorkeling (\$35 PP), (\$90 Pvt)			Reef Snorkeling (\$35 PP), (\$90 Pvt)			Reef Snorkeling (\$35 PP), (\$90 Pvt)
08:00 - 11:00		Extended Snorkeling (\$65 PP), (150 Pvt)			Extended Snorkeling (\$65 PP), (150 Pvt)	Extended Snorkeling (\$65 PP), (150 Pvt)	
08:00 - 13:30			Three Point Snorkeling with Sand Bank Picnic Lunch (\$115 PP), (\$290) <i>(*Note)</i>				Three Point Snorkeling with Sand Bank Picnic Lunch (\$115 PP), (\$290) <i>(*Note)</i>
09:15- 12:00	Coral Garden snorkel with Sand Bank Picnic (\$75 PP), (\$175 Pvt) <i>(*Note)</i>			Coral Garden snorkel with Sand Bank Picnic (\$75 PP), (\$175 Pvt) <i>(*Note)</i>		Coral Garden snorkel with Sand Bank Picnic (\$75 PP), (\$175 Pvt) <i>(*Note)</i>	
13:00 - 15:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:00 - 15:45	Turtle/Shark Snorkeling (\$60 PP), (\$140 Pvt)	Reef Snorkeling (\$50 PP), (115 Pvt)		Reef Snorkeling (\$50 PP), (115 Pvt)	Turtle/Shark Snorkeling (\$60 PP), (\$140 Pvt)	Reef Snorkeling (\$50 PP), (115 Pvt)	Reef Snorkeling (\$50 PP), (115 Pvt)
15:30 - 16:45		Island Tour to Goidhoo with Maldivian Tea (\$25 PP), (\$60 Pvt) <i>(*Note)</i>		Island Tour to Fulhadhoo with Maldivian Tea (\$35 PP), (\$85 Pvt) <i>(*Note)</i>			Island Tour to Goidhoo with Maldivian Tea (\$25 PP), (\$60 Pvt) <i>(*Note)</i>
16:00 - 18:30	Sunset Dolphin Cruise (\$60 PP), (\$140 Pvt)					Sunset Dolphin Cruise (\$60 PP), (\$140 Pvt)	
17:30 - 18:30			Sunset Fishing & BBQ (\$65 PP), (150 Pvt)		Sunset Mocktails by the Beach		Sunset Fishing & BBQ (\$65 PP), (150 Pvt)
19:00 - 21:30	Dinner	Dinner	Beach BBQ Dinner	Dinner	Maldivian Night Dinner Buffet	Dinner	Dinner
21:00 - 22:30	Marine Talk	Quiz Night	Bonfire by the Beach with Maldivian Story Telling	Trivia Night	Boduberu	Marine Talk	Quiz Night

## Seasonal and Special Offering

Recommended Time	Excursion	Per Person	Private
06:00 - 08:00	Manta Snorkeling	\$ 65 PP	\$150.00
08:00 - 16:00	Full Day Maldivian Traditional Fishing Trip	\$100 PP (Min 6)	\$500.00
20:00 - 21:00	Swim with Glowing Planktons	\$35 PP	\$90.00
Flexible (Half day)	Spear Fishing (maximum - 4 pax)		\$500.00
Flexible (3.5 Hours)	Hanifaru Trip	\$ 150 (min 6 pax)	\$800.00

Private Excursion (PVT) is for a Maximum of 4 pax; additional guests, up to an additional 2 (total 6), will be charged 50% of the PP rate

*(\*Note) - Any Excursions that include food, Private (PVT) includes food for 2 pax only, and additional guests have to pay for the food component.*



# FREEDIVE

## COURSE:

### Molchanov Wave 1

**\$320**

*In this course, you will get all the basis of freediving and will become an autonomous freediver able to explore the underwater world comfortably. You will learn how to practice freediving safely, what happens with your body when you hold your breath, how to dive more efficiently, and how to handle freediving mentally, but also any other life situation. By the end of the course, you should be able to dive safely and comfortably between 12 and 20 meters — which is the depth limit for this course — experiencing both using fins or pulling on a rope to go down. You will also learn distance disciplines in the pool, with and without fins, focusing on technique and efficiency.*

*You also get to connect with a worldwide community through our Dashboard platform where you can access your education materials, get our weekly Base Trainings, log your badges, find freedivers near you, connect, exchange, train and learn from the best in the world.*

#### **REQUIREMENTS**

- Swim 200m unassisted, non-stop in a pool setting

#### **PASSING REQUIREMENTS**

- 1 min 30 sec static
- 30m DYNB
- CWTB & FIM 12-20m
- CWTB Buddying 6-10m
- Rescue from 6-10m

#### **STRUCTURE**

- This is a three-day course; however, we prefer in four days to give your body the rest it needs.
- It consists of one theory, two lagoon session, breathing and stretching and 3 open water session.
- Typical plan
  - Day 1, Theory and Lagoon.
  - Day 2, Open Water session
  - Day 3, Open Water session (one or two session)
  - Day 4, Last Open water session (if not done on day 3)

*Courses include all equipment (except suite), learning material, boat fees, and certification.*

## Molchanov Wave 2

**\$360**

*As a Molchanovs Wave 2 Advanced Freediver you will extend your limits further in all disciplines (up to a depth of -30m), become more proficient in no fin techniques, and learn about the monofin technique which is fastest and most powerful way to navigate the underwater world. You will learn the history of freediving, how it all started, where, why and how we got where we are now. You will dive deeper into the physics of freediving, how it affects your body, learn about Dalton's law and Henry's law, and their relation to safe freediving. You will go into detail about depth and distance dives and understand the main differences and adaptations of our bodies. You will continue your breathing education and improve the Frenzel equalization maneuver with specialized drills, tips and guidance.*

*As you progress with your technique skillset and performance, you also work further on mental training introducing mindfulness techniques tailored to different contexts. You will also be introduced to injuries related to freediving in the middle ear, inner ear, sinuses, and lungs, learn how to prevent and treat them. Safety is also brought up to a new level with details on blackouts, decompression illness, learning how to avoid them, and mastering advanced rescue techniques.*

### **REQUIREMENTS**

- Lap 1/Wave 1 certificate for Lap 2
- Wave 1 certificate for Wave 2
- OR completed crossover evaluation

### **PASSING REQUIREMENTS**

- Static 2 min 30 sec
- DYNB 50m
- DNF 35m
- CWTB & FIM 24-30m
- CNF 15m
- CWTB buddying 10-15m
- Rescue from 15m

### **STRUCTURE**

- *This is a three-day course; however, we prefer in four days to give your body the rest it needs.*
- *It consists of one theory, one lagoon session, breathing and stretching and 4 open water session.*
- *Typical plan*
  - *Day 1, Theory and Lagoon.*
  - *Day 2, 2 Open Water session*
  - *Day 3, Open Water session (one or two session)*
  - *Day 4, Last Open water session (if not done on day 3)*

*Courses include all equipment (except suite), learning material, boat fees, and certification.*

**COACHING:** 90 – 120 minutes.

*1 on 1 private training*

**\$ 150 per session**

*Group Session, Minimum 2 students*

**\$ 60 per student**

*Dry Coaching*

**\$ 30 per student**

**DEEP EQUALIZATION:**

**\$ 480 per student**

*1 week of Training*

*2 Theory Classes*

*Multiple Practice Sessions*

*4 Water Session*

**INTRODUCTION TO MOUTHFIL**

**\$200 per student**

*1 Theory*

*2 Dry Practical Sessions*

*1 Open Water Sessions*

**BREATH HOLD SESSION**

**\$ 50 per student**

*In this dry session, we will teach you how breath up properly, final breath, body scan, relaxation and. Recovery, usually this will pave way you to hold breath for 90 seconds upwards.*

**Introduction to Freedive**

**\$ 100 per student**

*Basics of freedive*

*Breath hold*

*Lagoon Session*

# For Rent

## SUP (Stand Up Paddle)

1 hour	\$ 10
Delivery / Pick up (one way) )	\$ 10
Lost or Damaged	\$320

## Bicycle

1 Hour	\$ 2
1 Day	\$ 7
3 days	\$ 15
1 Week	\$ 25
Delivery / Pick up (one way)	\$ 10
Lost or Damaged	\$85

## Snorkeling Gear

2 Hours	\$ 2
1 Day	\$ 7
3 days	\$ 15
1 Week	\$ 25
Lost or Damaged	\$50