

SIX SENSES

CON DAO

BY THE BEACH
LUNCH MENU

HEALTHY CHOICES - THỰC ĐƠN TỐT CHO SỨC KHỎE

Our healthy menu is free from dairy products, gluten, sugar, caffeine, alcohol

PUMPKIN SOUP	200
Hot or chilled with yogurt and coriander Sugar free Local & Organic Vegan	
PAD THAI SALAD	295
With cashews, coriander, Thai basil and mint Dressing - rice wine vinegar, lime, coconut oil, chilli, ginger, soy, honey, and lemongrass Gluten free Sugar free Local & Organic Vegan Dairy free Raw	
With steamed Con Dao shrimps	525
QUINOA SALAD	350
Super food salad greens, chickpea, black bean, avocado, olive oil and lemon dressing Gluten free Sugar free Local & Organic Vegan Dairy free	
With poached chicken breast or grilled salmon	430 / 450
FISH OF THE DAY	670
Poached in coconut water with turmeric, ginger, garlic, steamed spinach, broccoli and asparagus, pilaf rice Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	
PILLARD OF CHICKEN	670
Fresh rosemary, sautéed mushrooms and garlic potatoes Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	
PAN-SEARED SALMON	670
On a bed of sautéed spinach, onion, red peppers Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	

HEALTHY SMOOTHIES

A word about detox:

The word detox should be used very carefully since detoxing, the idea that you can flush your system of impurities and leave the organs clean, is a simplification and also not a correct statement. The body's intestines, kidneys, liver, skin, lungs that are detoxifying as you read this. The body detoxifies itself naturally and what these smoothies aim to do is to make it easier for the body's natural detoxification systems to work properly. Smoothies are in general better than juices since you keep more of the fiber in the smoothie. The fiber feeds the gut bacteria which is very beneficial. For Full immersion guests reduce fruit intake and use stevia instead.

YUM YUM DETOX

Young coconut, carrot juice, ginger, turmeric, lemon leaves & juice with a pinch of salt

MINT CONDITION

Broccoli root, romaine salad, passion fruit, mango, mint, ginger & lime

BLD (BREAKFAST, LUNCH & DINNER)

Mâche salad, young coconut, lemon grass, mint leaves, cilantro, basil leaves, ginger and banana

PLANT POWER

Kale, watercress, cilantro, ginger, lime juice, pineapple and apple

A SIMPLE LIFE

Spinach, romaine lettuce, celery, pear, apple and banana

AN ORGANIC LIFE

Young coconut, spinach, ginger, banana, pear, mint leaves and a pinch of salt

Each detox smoothie 500ml is

300

Starters - Khai vị

TOM YUM CONDAO SEAFOOD	340
Spicy and sour Thai soup with cherry tomatoes and mushrooms Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	
GREEK SALAD	320
Bell peppers, cucumber, red onion, olives, capers, tomatoes shallots, feta cheese, lemon and olive oil, sea salt Gluten free Local & Organic Sugar free Soy free	
THAI BEEF SALAD	420
Spicy wok fried beef tenderloin, local herbs and peanut, shrimp cracker Gluten free Local & Organic Dairy free	
CAESAR SALAD	380
Romaine lettuce, ciabatta croutons, crispy smoked bacon, anchovies, Caesar dressing grana padano Sugar free Soy free Local & Organic	
CHICKEN TIKKA WRAP	310
Chicken fillet tikka wrap, capsicums, onion, yogurt Soy free Local & Organic	

Main - Món chính

DAL MAKHANI	525
Indian dish with black lentils, red kidney beans, tomatoes and cream served with pilaf rice and flatbread Gluten free Sugar free Soy free	
ANGUS RIB-EYE STEAK	855
With roasted potatoes and seasonal vegetables Your choice of: Red wine jus or Béarnaise sauce Gluten free Sugar free Local & Organic Dairy free	
BLACK ANGUS TENDERLOIN	1,050
With chocolate black pepper reduction Gluten free Sugar free Local & Organic Dairy free	

Burgers

Served with triple cooked skin-on chips, dressed salad and salsa

CHAR GRILLED CHICKEN

365

Toasted Ciabatta bun, Emmental cheese and smoked bacon

Sugar free | Soy free

ANGUS BEEF

450

Toasted ciabatta bun, emmental cheese, smoked bacon, caramelized onion

Sugar free | Soy free

BANH BAO BURGER

320

Vietnamese style roasted pork belly, 'Banh Bao' bread bun, fried egg

Sugar free | Soy free | Local & Organic | Dairy free

CLUB SANDWICH

365

Grilled bacon, chicken, fried egg, tomatoes, French fries

Sugar free | Soy free | Local & Organic

Pasta - Mì Ý

PENNE POMODORO

250

Tomato sauce, spinach, roasted cherry tomatoes, shallots and garlic, parmesan

Sugar free | Soy free | Local & Organic | Vegetarian

PAPPARDELLE WITH BRAISED BRISKET

600

Red wine and tomato ragout

Sugar free | Soy free

SPAGHETTI CARBONARA

540

Bacon, egg cream

Sugar free | Soy free

LINGUINE MARINARA

540

Shrimp, scallops, squid, white wine

Sugar free | Soy free | Local & Organic

PENNE ALA FUNGHI

500

With mixed mushrooms, shaved pecorino

Sugar free | Soy free | Local & Organic

SPAGHETTI AGLIO OLIO

375

Evo oil, garlic, a touch of chilli

Sugar free | Soy free | Local & Organic

MARGHERITA PIZZA

Sugar free | Soy free

PEPPERONI, CAPSICUMS AND OLIVES

Sugar free | Soy free

PRAWNS, ROASTED TOMATO, CHILI, CHORIZO, SALSA VERDE

Sugar free | Soy free

GOAT CHEESE, ROASTED RATATOUILLE, PESTO

Sugar free | Soy free

CHICKEN, CHORIZO, PEPPERS, MOZZARELLA, BLACK OLIVE

Soy free

Side orders - Món ăn kèm

ROCKET AND PARMESAN

Gluten free | Sugar free | Soy free | Local & Organic | Lectin reduced | Vegan | Dairy free

120

MESCLUN SALAD

Gluten free | Sugar free | Soy free | Local & Organic | Vegan | Dairy free

120

WOK FRIED ASIAN GREENS

Gluten free | Sugar free | Soy free | Local & Organic | Vegan | Dairy free

120

FRENCH FRIES

Gluten free | Sugar free | Soy free | Vegan | Dairy free

120

STEAMED RICE

Gluten free | Sugar free | Soy free | Local & Organic | Lectin reduced | Vegan | Dairy free

70

Ingredient list and how they can benefit you

KALE	Vitamin C < K, lowers cholesterol, beta carotene essential minerals such as magnesium and potassium
GINGER	Nausea, stomach upset, anti-inflammatory, strengthens immunity
WAKAMAME	Protein rich, iron, high in fibre, rich in vitamin B and minerals
ASPARAGUS	Along with kale, high in glutathione, a detoxifying agent
EDAMAME	High protein, low fat, high fat, essential minerals, omega fatty acids
CARROT	Beta carotene and vitamin A, good for skin, help protect liver
TURMERIC	A powerful anti-inflammatory and antioxidant Is said to improve brain function and fight against heart disease
POMEGRANATE	Help lower blood pressure, improve immunity, and lower stress levels,
WATERCRESS	Vitamin A, K, high in antioxidants, more iron than spinach and more calcium than milk
PEANUTS	B complex, iron, selenium, zinc, copper, manganese, potassium rich in protein and high in antioxidants
SESAME SEEDS	High in minerals, especially copper and manganese for anti-inflammatory and vascular health
ALMOND	Lower cholesterol, improve brain function, phosphorous, good teeth and bones Nuts 5 times a week can reduce risk of heart attack
BEETROOT	Lowers systolic blood pressure, boost stamina in sports, good for detoxification and purifying blood, rich in nutrients and fibre, rich in nutrients and fibre
PUMPKIN	Fibre, potassium and vitamin c and beta carotene
POMELO	A very good source of potassium. For blood pressure and balancing body fluids Fat burning enzyme and very high vitamin c
FENNEL	Minerals such as potassium, calcium and iron
COCONUT OIL	Good for immune system, skin and hair, rich in lauric acid that helps blood sugar
QUINOA	rich in protein, high fibre, high in magnesium, riboflavin and manganese, helping with blood sugar levels and muscle growth and repair
BLACK BEANS	Rich source of molybdenum useful in breaking down and detoxifying sulfites in foods. Eight different flavonoids with enormous antioxidant potential. Good for blood sugar regulation and good for digestive tract due to high fibre
AVOCADO	Heart healthy monounsaturated fats. A, E, D, K vitamins. Aids the absorption of other nutrients into body
SWEET POTATO	Vitamin D for immune system C and B6. Natural sugars for slow released energy, potassium, magnesium and iron
SWEET-CORN	High in soluble and insoluble dietary fibre, lutein for eye health, also to prevent the hardening of arteries
LEMONGRASS	Long used in Asia for its benefits to health including, anti-inflammatory, detoxifying, digestive health, high blood pressure, skin health and general purification
GARLIC	Incredibly nutritious, it can be used to fight the common cold, reduce blood pressure, improve cholesterol, detoxify heavy metals in the body
SPINACH	Flavanoids and antioxidants help combat many cancers and have strong anti-aging properties. Eaten everyday can improve muscle efficiency

Definitions in a nutshell

GLUTEN FREE	not containing wheat flour
SUGAR FREE	free from all refined sugars
SOY FREE	free from soy or products derived from soy beans
DAIRY FREE	free from milk, cream, butter
LECTIN REDUCED	little or no dairy, gluten, soy, yeast, tomatoes, capsicum, potato
LOCAL AND ORGANIC	locally sourced ingredients and/or organic produce
VEGETARIAN	no meat or seafood
VEGAN	free of all animal products and bi-products
RAW	not heated – retaining all nutrients

Định nghĩa tóm tắt

GLUTEN FREE	không bột mì
SUGAR FREE	không đường
DAIRY FREE	không sữa
SOY FREE	không đậu nành
LECTIN REDUCED	lượng nhỏ hoặc không có sữa, bột mì, đậu nành, men, cà chua, ớt chuông, khoai tây
LOCAL AND ORGANIC	thực phẩm sạch và xuất xứ từ địa phương
VEGETARIAN	không thịt và hải sản
VEGAN	không thực phẩm xuất xứ từ động vật
RAW	thực phẩm sống

Crystal water

To avoid transportation of bottled water and the connected carbon dioxide emissions as well plastic waste we built our own Crystal Water plant. This provides clinically pure, remineralized drinking water to all our guests and hosts. Institute Pasteur in Ho Chi Minh City ascertains our quality, safety and potability of Crystal Water once a month.

Our goal is to provide clean drinking and cooking water for the whole local community on this island. The entire profit from Crystal Water goes directly to this project. With your help in the past, we have been able to build a Crystal Water supply plant for the local Con Dao primary school and the local hospital.

You are most welcome to visit the Crystal Water installation in our resort as well as in the Con Dao primary school.

Thank you very much for your kind support!

Per bottle

120

Nước lọc

Nhằm giảm thiểu việc vận chuyển chai nước gắn liền với việc xả khí thải CO2 và chai nhựa, chúng tôi đã xây dựng nên Crystal Water Plant. Điều này cung cấp nước uống tinh khiết cho toàn thể khách và nhân viên. Viện Pasteur ở thành phố Hồ Chí Minh đã xác định chất lượng an toàn của nước uống Crystal Water mỗi tháng một lần.

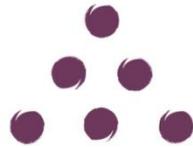
Mục tiêu của chúng tôi là mang đến nguồn nước uống và nấu ăn cho cộng đồng người dân địa phương trên đảo. Toàn bộ lợi nhuận thu về từ Crystal Water sẽ được gửi trực tiếp đến đề án này. Nhờ sự giúp đỡ từ quý khách trong thời gian vừa qua, chúng tôi đã xây dựng nên một chỗ cung ứng Crystal Water cho một trường tiểu học và bệnh viện của địa phương.

Chúng tôi cũng rất hoan nghênh được chào đón quý khách đến tham quan hệ thống máy lọc Crystal Water ở khu nghỉ dưỡng và trường tiểu học Côn Đảo.

Xin gửi lời cảm ơn chân thành đến những đóng góp của quý khách!

Giá

120



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DINNER MENU

HEALTHY CHOICES - THỰC ĐƠN TỐT CHO SỨC KHỎE

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PAD THAI SALAD	295
With cashews, coriander, Thai basil and mint Dressing - rice wine vinegar, lime, coconut oil, chilli, ginger, soy, honey, and lemongrass Gluten free Sugar free Local & Organic Vegan Dairy free Raw	
With steamed Con Dao shrimps	525
QUINOA SALAD	350
Super food salad greens, chickpea, black bean, avocado, olive oil and lemon dressing Gluten free Sugar free Local & Organic Vegan Dairy free	
With poached chicken breast or grilled salmon	430 / 450
FISH OF THE DAY	670
Poached in coconut water with turmeric, ginger, garlic, steamed spinach, broccoli, asparagus, and pilaf rice Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	
PILLARD OF CHICKEN	670
Fresh rosemary, sautéed mushrooms and garlic potatoes Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	
PAN-SEARED SALMON	670
On a bed of sautéed spinach, onion, red peppers Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	

Regional Flavors - Món ăn kiêu Châu Á

TOM YUM SOUP Spicy and sour Thai soup Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	340
THAI BEEF SALAD Spicy wok fried beef tenderloin, local herbs and peanut, shrimp cracker Gluten free Local & Organic Dairy free	420
CHICKEN TIKKA KEBAB Cucumber raita, mixed herbs salad and papadum crisp Local & Organic	390
SASHIMI AND SUSHI PLATTER Tuna, salmon sashimi, prawn nigiri, maki roll, wasabi, pickled ginger Gluten free Sugar free Lectin reduced Dairy free	450
DAL MAKHANI Indian dish with black lentils, tomatoes and cream served with pilaf rice Gluten free Sugar free Soy free	525
KUNG PAO CHICKEN Classic Chinese sweet, sour and spicy stir-fry with capsicums, peanut and steamed rice Gluten free Sugar free Local & Organic Dairy free	655
INDIAN BUTTER CHICKEN Rich yoghurt, tomato sauce, cashew nuts, pilaf rice and naan bread Gluten free Sugar free Soy free Local & Organic	675
MALAYSIAN RENDANG Angus beef, slow cooked in coconut milk, spices with steamed white rice Gluten free Sugar free Soy free Local & Organic Lectin reduced Dairy free	690

Western - Món ăn kiều Châu Âu

GASPACHO Roma tomatoes, roasted pepper Gluten free Sugar free Soy free Vegetarian	200
GOAT CHEESE SOUFFLÉ – TWICE BAKED Celery, walnuts and apple, sherry vinaigrette Gluten free Sugar free Soy free	500
FLAT BREAD WITH ROASTED GARLIC OIL With olive tapenade, pesto sauce, sun dried tomato Sugar free Soy free Local & Organic Vegan Dairy free	350
GREEK SALAD Red pepper, cucumber, red onion, Feta cheese, lemon and olive oil Gluten free Local & Organic Sugar free Soy free	320
BUFFALO MOZZARELLA SALAD Dalat cherry tomato, basil pesto, rocket and pine nuts Gluten free Sugar free Soy free Local & Organic	380
TUNA NICOISE SALAD New potato, quail egg, cherry tomato, green beans, olive Gluten free Sugar free Soy free Dairy free	425
BEEF CARPACCIO Lemon, rocket, Evo oil, Reggiano Gluten free Sugar free Soy free Local & Organic	550

Western - Món ăn kiêu Châu Âu

CHICKEN BREAST PAILLARD	595
With green beans, salsa verde Gluten free Sugar free Soy free Local & Organic	
PAN SEARED DUCK BREAST - ORGANIC	750
Pinot poached pear, red cabbage 'chou croute' Gluten free Sugar free Local & Organic Lectin reduced	
SLOW-COOKED LAMB SHOULDER	850
Braised eggplant, served with creamy Polenta Gluten free Sugar free Soy free	
SEA BASS FILLET RISOTTO	660
On a fennel, Orvieto risotto Gluten free Sugar free Soy free Local & Organic	
BAY CANH TUNA STEAK	675
Ginger, bok choy, sesame, soy Gluten free Sugar free Local & Organic Dairy free	
GRILLED SEAFOOD PLATE (Please ask for today's catch)	1,050
With saffron creamed corn, green salad Gluten free Sugar free Soy free Local & Organic	
DRY-AGED ANGUS RIB-EYE STEAK	855
Sautéed green beans, cumin roasted carrot Your choice of: Red wine jus or béarnaise sauce Gluten free Sugar free Local & Organic Dairy free	
BLACK ANGUS TENDERLOIN	1,050
King oyster and Shimeji mushrooms, shallot confit Gluten free Sugar free Local & Organic Dairy free	

Pasta - Mì Ý

PAPPARDELLE WITH BRAISED BRISKET	600
Red wine and tomato ragout Sugar free Soy free	
SPAGHETTI CARBONARA	540
Bacon, egg cream Sugar free Soy free	
LINGUINE MARINARA	540
Shrimp, scallops, squid, white wine Sugar free Soy free Local & Organic	
PENNE ALA FUNGHI	500
With mixed mushrooms, shaved pecorino Sugar free Soy free Local & Organic Vegetarian	
SPAGHETTI AGLIO OLIO	375
Evo oil, garlic, a touch of chilli Sugar free Soy free Local & Organic Vegetarian	

Sides - Món ăn kèm

ROCKET AND REGGIANO	120
Gluten free Sugar free Soy free Local & Organic Lectin reduced	
MIXED GREEN SALAD	120
From Dalat organic farms - the finest leaves in the country Gluten free Sugar free Soy free Local & Organic Vegan Dairy free	
ROASTED VEGETABLES	120
Okra, baby carrot, cabbage, broccoli, cauliflower Gluten free Sugar free Soy free Local & Organic Vegan Dairy free	
WOK-FRIED ASIAN GREENS	120
Bok choy, carrot, cabbage, broccoli, cauliflower Gluten free Sugar free Soy free Local & Organic Vegan Dairy free	
ROCK SALT BAKED POTATO	120
With sour cream and chives Gluten free Sugar free Soy free Local & Organic	

Desserts - Tráng miệng

SMASHED LEMON TART Lime sorbet and ginger syrup Local & Organic Vegetarian	250
CON DAO COCONUT CRÈME BRÛLÉE A hint of chilli, salted cashew tuile Gluten free Local & Organic	250
THIN APPLE TART Caramel sauce, vanilla ice cream Local & Organic	250
ICED LIME AND SOUFFLÉ With coconut tart, grilled pineapple Local & Organic	280
MOLTEN CHOCOLATE FONDANT With vanilla ice cream	360
PASSION FRUIT CHEESE CAKE With mango mint salsa Local & Organic	350
BANANA TARTLET With rum raisin ice cream Gluten free Soy free	250
A BOWL OF ICE CREAM AND SORBET	
THREE SCOOPS	270
SINGLE SCOOP	100
Ice-cream Vanilla, Valrhona chocolate, strawberry, green tea, mango, pina colada Local & Organic	
Sorbet Mango, passion fruit, green apple, watermelon, banana, coconut, lemon Vegetarian Dairy free	

Ingredient list and how they can benefit you

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GINGER	Nausea, stomach upset, anti-inflammatory, strengthens immunity
WAKAMAME	Protein rich, iron, high in fibre, rich in vitamin B and minerals
ASPARAGUS	Along with kale, high in glutathione, a detoxifying agent
EDAMAME	High protein, low fat, high fat, essential minerals, omega fatty acids
CARROT	Beta carotene and vitamin A, good for skin, help protect liver
TURMERIC	A powerful anti-inflammatory and antioxidant Is said to improve brain function and fight against heart disease
POMEGRANATE	Help lower blood pressure, improve immunity, and lower stress levels,
WATERCRESS	Vitamin A, K, high in antioxidants, more iron than spinach and more calcium than milk
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SESAME SEEDS	High in minerals, especially copper and manganese for anti-inflammatory and vascular health
ALMOND	Lower cholesterol, improve brain function, phosphorous, good teeth and bones Nuts 5 times a week can reduce risk of heart attack
BEETROOT	Lowers systolic blood pressure, boost stamina in sports, good for detoxification and purifying blood, rich in nutrients and fibre, rich in nutrients and fibre
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LOCAL AND ORGANIC	thực phẩm sạch và xuất xứ từ địa phương
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Crystal water

To avoid transportation of bottled water and the connected carbon dioxide emissions as well plastic waste we built our own *Crystal Water* plant. This provides clinically pure, remineralized drinking water to all our guests and hosts. Institute Pasteur in Ho Chi Minh City ascertains our quality, safety and potability of *Crystal Water* once a month.

Our goal is to provide clean drinking and cooking water for the whole local community on this island. The entire profit from *Crystal Water* goes directly to this project. With your help in the past, we have been able to build a *Crystal Water* supply plant for the local Con Dao primary school and the local hospital.

You are most welcome to visit the *Crystal Water* installation in our resort as well as in the Con Dao primary school.

Thank you very much for your kind support!

Per bottle

120

Nước lọc

Nhằm giảm thiểu việc vận chuyển chai nước gắn liền với việc xả khí thải CO2 và chai nhựa, chúng tôi đã xây dựng nên *Crystal Water Plant*. Điều này cung cấp nước uống tinh khiết cho toàn thể khách và nhân viên. Viện Pasteur ở thành phố Hồ Chí Minh đã xác định chất lượng an toàn của nước uống *Crystal Water* mỗi tháng một lần.

Mục tiêu của chúng tôi là mang đến nguồn nước uống và nấu ăn cho cộng đồng người dân địa phương trên đảo. Toàn bộ lợi nhuận thu về từ *Crystal Water* sẽ được gửi trực tiếp đến đề án này. Nhờ sự giúp đỡ từ quý khách trong thời gian vừa qua, chúng tôi đã xây dựng nên một chỗ cung ứng *Crystal Water* cho một trường tiểu học và bệnh viện của địa phương.

Chúng tôi cũng rất hoan nghênh được chào đón quý khách đến tham quan hệ thống máy lọc *Crystal Water* ở khu nghỉ dưỡng và trường tiểu học Côn Đảo.

Xin gửi lời cảm ơn chân thành đến những đóng góp của quý khách!

Giá

120