

Starters



- QUASI CAPRESE** 550
Tomato, Bocconcini di Mozzarella, Avocado and Balsamic
Fitness, Sleep | Milk, Gluten, Eggs, Sulphites
- TUNA NIÇOISE** 500
Seared Tuna, Green Beans, Quail Egg, Anchovies and Edamame
Fitness | Soya, Fish
- STEAK TARTARE WELL DONE, PLEASE!** 750
Beef Tenderloin, Soy Glazed Egg Yolk, Mustard and Caper Berries
Fitness | Eggs, Soya, Gluten
- BURRATA** 650
Burrata, Parma Ham, Black Cherries and Pistachio Dukkah
Sleep | Milk, Nuts
- BONE MARROW** 450
Chia Seeds, Papaya Satini and Sourdough Soldiers
| Gluten
- ALL ABOUT THE PALM** 500
Palm Heart Fettucine, Coconut Ricotta and Coco Plum Vinaigrette
Detox |



From the Kettle

- WATERCRESS** 390
Chilled Soup of Watercress, Cucumber, Sea Grapes and Aloe Vera
Detox |
- BOULLABAISE KREOL** 700
Squid, Prawns, Reef Fish, Tuna, Clams, Mango Satini and Chilli Rouille
Fitness | Milk, Gluten, Fish, Crustacean



 Locally-inspired

All fish is caught locally in a sustainable manner
Most vegetables are grown in our organic garden

All prices are in Seychelles Rupee, inclusive of 10% service charge and 15% V.A.T



From the Land

RIB EYE STEAK 1,100

Black Angus Rib Eye, Foraging Spuds and Chimichurri
| Mustard

PORK BELLY, WIFEY'S RECIPE 900

Thai-spiced Crispy Pork Belly, Banana Jam and Broccolini
| Soya

KARI KOKO POUL 550

Free-range Chicken Curry, Coconut, Paw-paw Salad and Rice Berry Rice
Fitness |

THE CARNIVORE 2,500*

Meat-lover's Platter; Lamb Chops, Beef Burger, Peri-peri Burger, Beef Striploin,
Coquelet, Beef Tenderloin, Kurobota Pork, Sides and Sauces

| * A supplement of 1,250 applies to guests on HB and FB

BEEF CHEEKS 850

Slow Braised in Local Extra Stout, Mash Potatoes, Baby Carrots and Pickled
Walnuts

Fitness, Sleep | Sulphites

LAMB LOIN 1,000

Red Onion, Lamb Tongue Ragout, Pea Shoots, Thyme and Yuzu Jus
| Milk

TENDERLOIN 990

Grass-fed Beef Tenderloin, Oxtail Wonton, Artichokes and Black Truffle Jus
| Milk, Gluten, Eggs

From the Garden

BUTTERNUT SQUASH PANNA COTTA 600

Bitter Leaves and Herbs, Black Garlic and Fromage Blanc
Detox | Milk, Eggs

FERMENTED BUCKWHEAT 790

Buckwheat Risotto, Miso Mushrooms, Collar Greens and Taleggio
Fitness | Milk

GARDEN TEMPURA 550

Vegetables in Season, Ponzu Dipping Sauce and Wasabi Pesto
Fitness | Soya

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From the Sea

KARI KOKO TON 550
Bonito Coconut Curry, Aubergine, Brown Rice and Mango Satini
Fitness | Fish

GRILLED PRAWNS 550
King Prawns, Cilantro Butter and Romesco
Fitness, Sleep | Gluten, Crustacean, Nuts

CRAB-ONARA 900
Tagliatelle, Coconut, Blue Crab Meat, Chilli and Tobiko
Fitness | Gluten, Eggs, Crustacean

OCTOPUS 950
Octopus, Squid Ink Risotto, Saffron Aioli and Dulse
Fitness | Crustacean



OCEAN BOUNTY 2,800*
Grilled Seafood Platter, Lobster, Job Fish, King Prawns, Queen Scallops, Blue Crab Meat, Mussels, Octopus, Yellow Fin Tuna, Sides and Sauces
Fitness | Milk, Fish, Crustacean
| * A supplement of 1,250 applies to guests on HB and FB

PWASON GRIYE 1,000
Local Catch, Coquillage Kreol, Seaweed Potato and Seafood Surf
Fitness | Gluten, Fish, Crustacean



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La Pizza

Gluten-free pizza dough available on request
Vegan Emmental cheese available on request

Bianca

CARCIOFI 500
Roast Artichokes, Smoked Scamorza, Pecorino, Wild Garlic and Tapenade
Fitness | Milk, Gluten



ZUCCA 500
Butternut Squash, Wild Mushrooms, Mozzarella di Buffala, and Black Truffle
Fitness | Milk, Gluten

DOLCELATTE 500
Organic Kale, Dolcelatte Blue Cheese, Semi-dried Pomodorini and Walnut Pesto
Fitness, Sleep | Milk, Gluten, Nuts

Rossa

DIAVOLA 550
Tomato, Fior di Latte, Spicy Sausage, Black Olives and Red Onions
| Milk, Gluten

MARGHERITA 400
Tomato, Mozzarella di Buffala, Basil and Extra Virgin Olive Oil
Fitness | Milk, Gluten



FRUTTI DI MARE 550
Tomato, Ricotta Cheese, Calamari, Prawns and Smoked Tuna
Fitness | Milk, Gluten, Fish, Crustacean

SPECK 550
Tomato, Taleggio Cheese, Speck Ham and Ruccola
| Milk, Gluten

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Guilty Pleasures

CHEESECAKE 200

Bourbon Vanilla, Caramel, Gluten-free Sable and Berries

Sleep | Milk, Eggs

TORTA CAPRESE 200

Flourless Almond Cake, Chocolate Ganache, Raspberry Compote and Vanilla Ice-cream,

Sleep | Milk, Nuts

GUANAJA ENTREMET 400

Chocolate Fondant, Tonka Bean Ganache and Chocolate Sauce

| Milk, Gluten, Eggs

CLASSIC TIRAMISU 200

Italian Coffee, Savoiardi and Mascarpone Ice-cream

| Milk, Gluten, Eggs

FRUIT PLATTER 200

Seasonal Fruit Platter

Detox |

CRÈME BRÛLÉE OF THE DAY 200

Ask your Host for the Flavour of the Day

Sleep | Milk, Eggs

ICE CREAMS

Selection of Homemade Ice creams

| Milk, Eggs

SORBETS

Try our Selection of Plant-based Flavours

Detox, Sleep | Nuts

1 scoop 75

2 scoop 120

3 scoop 200

CHEESE PLATTER 800

Selection of Four Fine Cheeses with Traditional Accompaniments

| Milk, Nuts

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