

# LUNCH



## Light Bites

CHICKEN SATAY 450

Marinated Chicken, Pickled Cucumbers, Chunky Cashew and Coconut

Fitness, Sleep | Nuts, Soya

REEF FISH CARPACCIO 500

Reef Fish, Pineapple Salsa, Coconut and Tobiko

Fitness | Fish

SUMMER ROLLS 400

Summer Greens, Hard Tofu and Peanut-sesame Dipping Sauce

Detox, Sleep | Peanuts, Soya, Sesame

GRILLED OCTOPUS 850

Octopus, Green Beans, Baby Potatoes and Ají Amarillo

Fitness | Mollusc



PANI PURI 450

Green Asparagus, Garden Peas, Enoki Mushrooms and Black Truffle

Fitness | Gluten

POKE BOWL 500

Bonito Tuna, Quinoa, Edamame, Wakame, Papaya and Sesame

Fitness, Detox | Fish, Soya, Sesame

LES AILES POUL 400

Baked Chicken Drumettes, Creole Bbq Sauce and Sweet Potato Fries

|



 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 Garden

**FATOUSH SALAD** 450  
Grilled Halloumi Cheese, Tomato, Cucumber, Onion, Peppers and Pita Crisps  
Fitness | Milk, Gluten

**BEETROOT GAZPACHO** 400  
Chilled Soup of Pickled Beetroot, Blackberries, Tomato and Sourdough  
Detox | Gluten

**WATERMELON SALAD** 450  
Watermelon, Rocket, Feta Cheese, Red Onions and Pinenut Vinaigrette  
Detox | Milk, Nuts

**HAIL CAESAR !** 450  
Baby Gems, Bacon, Focaccia Croutons, Anchovies and Parmesan Cheese  
Fitness | Milk, Gluten, Fish  
Add Roast Chicken 550  
Fitness | Milk, Gluten, Fish  
Add Grilled Shrimps 750  
Fitness | Milk, Gluten, Fish, Crustacean

**ORGANIC GARDEN SALAD** 400  
Mixed Leaves, Cucumber, Apple, Tomato, Pumpkin, Lady Fingers and Fine Herb Vinaigrette  
Detox |

**SOM TUM PAPAYA SALAD** 500  
Soft Shell Crab Tempura, Pera Tomatoes, Snake Beans and Dry Shrimps  
Fitness | Crustaceans



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## From the Deli

Served With Your Choice of Garden Salad, Sweet Potato Fries or French Fries

**ROYAL QUINOA BURGER** 450

Royal Quinoa and Red Lentil Patty, Wilted Kale, Vegan Emmental Cheese

Fitness | Nuts

**SICHUAN DUCK BAO** 600

Sichuan Roast Duck, Bao Bun, Spring Greens, Hoi Sin and Sesame

| Gluten, Fish, Sesame



**PECKISH PECKER CLUB** 600

Seven-Grain Toast, Roast Chicken, Bacon, Emmental Cheese, Lettuce, Tomato and Fried Egg

Fitness | Milk, Gluten, Eggs, Mustard

**ISLAND BURRITO** 600

Local Tuna Wrap, Avocado, Jalapenos, Ginger and Creole Sour Cream

Fitness | Milk, Gluten, Fish

**CHICKEN BURGER** 600

Peri-peri Chicken Patty, Lettuce, Tomato, Gruyere Cheese, Red Onions

Fitness | Milk, Gluten, Mustard

**HUMMUS BAGEL** 600

Chickpea Falafel, Red Pepper Hummus, Chive Crème Cheese, Avocado, Tomato and Red Onions

Sleep | Milk, Gluten

**MUFFOLETTA SANDWICH** 600

Ciabatta, Salami, Prosciutto and Mortadella, Provolone Cheese, Italian Olive and Artichoke Salad

| Milk, Gluten, Mustard

**BEEF BURGER** 700

Black Angus Beef Burger, Cheddar Cheese, Dill Gherkins, Smoked Pancetta

| Milk, Gluten, Mustard



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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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# Bigger Bites



<b>CREOLE TUNA KARI KOKO</b>	550
Yellow Fin Tuna, Coconut Curry, Brown Rice and Mango Satini   Fish	
<b>PHILLY STEAK SANDWICH</b>	850
Angus Beef Steak, Onions, Green Peppers, Mushrooms and Cheddar Cheese   Milk, Gluten, Mustard	
<b>GRILLED PRAWNS</b>	550
Six King Prawns, Cilantro Butter and Romesco Fitness   Milk, Crustacean, Nuts	
<b>RISOTTO PRIMAVERA</b>	400
Carnaroli Rice, Peas, Asparagus, Carrots, Black Garlic and Pecorino Cheese Fitness   Milk	
<b>PAD THAI</b>	
Rice Noodles, Bean Sprouts, Firm Tofu, Egg and Peanuts	450
Fitness, Sleep   Soya, Peanuts, Eggs	
<b>Add Chicken</b>	550
Fitness, Sleep   Soya, Peanuts, Eggs	
<b>Add Shrimps</b>	750
Fitness, Sleep   Soya, Peanuts, Eggs, Crustacean	
<b>OCEAN BOUNTY</b>	700
Grilled Local Fish, Garden Caponata and Ratte Potatoes Fitness   Fish	



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# Guilty Pleasures

**PECAN PIE** 200

Chocolate and Pecan Pie, Seychelles Vanilla Crèmeaux  
Sleep | Milk, Eggs, Gluten, Nuts

**FELICITE MANGO** 200

Mango Compote and Coconut Dacquoise  
| Milk, Eggs, Gluten

**CHOCOLATE CAKE** 200

Flourless Dark Chocolate, Orange Confit and Lemon Sorbet  
| Milk, Eggs

**AVOCADO AND DATE BROWNIE** 200

Matcha and Yuzu Sorbet  
Fitness | Nuts

**FRUIT PLATTER** 200

Seasonal Fruit Platter  
Detox |

**CRÈME BRÛLÉE OF THE DAY** 200

Ask your Host for the Flavour of the Day  
Fitness | 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

Selection of Four Fine Cheeses with Traditional Accompaniments 800  
| Milk, Gluten, Celery



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