

STARTERS

EBI TEMPURA,

A large prawn in a batter, made from, cold water, soft wheat flour, eggs, baking soda powder, one can at time also add starch, oil or spices

CHICKEN GYOSA;

Eaten throughout Asia, gyozas are soft and thin dumplings, usually filled with ground meat or vegetables

MISO SOUP;

A traditional soup made out of a stock called "Dashi" into which, softened Miso paste is added. Many ingredients are added depending on the area and personal preferences; here it is served with Shiitake Mushrooms, Tofu and Spring onions

SUSHI & SASHIMI

SUSHI

A Japanese delicacy made by combining sticky rice cooked in vinegar with other ingredients such as seafood, vegetables and at time fruits, there are classical combinations such as, Spicy Tuna Maki, Prawn Tempura Maki, California Maki, Philadelphia Maki and Unagi

SASHIMI

Another Japanese delicacy, the freshest cuts of meat and fish are sliced into mouth size pieces, a very fresh dish. We propose, Yellow Fin Tuna, Salmon, Red Snapper, Octopus and Job

MAIN COURSES

BEEF OR CHICKEN TERIYAKI

The beef or chicken is cooked with a glazing splash of soy sauce, Mirin and sugar, served with a teppanyaki of vegetables and some Japanese rice.

FISH KATSUDON

Katsudon is a traditional Japanese dish made out of deep-fried breaded fish served on a bed of Japanese rice, spring onions and Shiitake mushrooms

STARTERS

BREAD FRUIT VARIATION

Breadfruit is one of the highest-yielding food plants, with a single tree producing up to 200 or more grapefruit-sized fruits per season. It has a potato-like flavor, similar to freshly baked bread. Here we propose to decline it as follows, breadfruit croquettes with chicken and cheese, breadfruit soup and breadfruit salad with prawns

ASSORTED CREOL FISH SALADS

Seychelles has some of the richest fishing ground in the world. Seychelles waters are home to an incredible variety of blue water fish species such as, marlin, red snapper, yellow fin tuna and sailfish. Smoked fish salad with green mango, fried salted fish salad and tuna with local papaya comfit.

MEDLEY OF LOCAL FLAVORS

Octopus Salad from La Digue, palm heart salad and jackfruit salad. Palm Heart is a vegetable harvested from the inner core and growing bud of certain palm trees. The jackfruit tree is a widely cultivated and popular food item in tropical regions. Octopus is by far the most popular seafood on the islands and the ones fished on La Digue are reputedly the bests

MAIN COURSES

GROUPEL

Groupers are typically having a stout body and a large mouth. They are not built for long-distance, fast swimming. They can be quite large, and lengths over a meter and weights up to 100 kg. Here served filleted with a Creole marinade, assorted mild spicy vegetables pickles and a bilimbi compote

COCONUT CURRY

Your choice between: chicken, seafood, vegetables, served with Steam Basmati Rice and Assorted of Local Chutney; Creole food has cultural influences from all the countries on the American slave trade route which makes it popular throughout the world. Creole cuisine forms a large part of traditional Seychellois cooking.

OCTOPUS AND CALAMARI

Grilled and served with Fennel, roasted root vegetables, and a garlic and lime dressing. Octopus is by far the most sought after and enjoyed seafood on the Islands, we propose that you indulge by having it as it is most commonly prepared in the Seychelles, fresh and light.