

The image features a vertical composition with a solid brown background. Several large, green, lanceolate leaves with prominent parallel veins are arranged around the central text. The leaves are rendered in various shades of green, from light to dark, with some showing signs of aging or damage, such as yellowing at the tips or edges. The leaves are positioned diagonally, creating a sense of movement and depth. The central text is white and consists of two lines: 'Dinner' in a bold, serif font, and 'Tec-Tec Restaurant' in a smaller, italicized serif font.

Dinner

Tec-Tec Restaurant

Creole

Mains

FROM THE REEF - JOB FISH

BAI | 690 SR

Cooked in banana leaf, local herbs marinade, green mango and coconut chutney

LOBSTER LINGUINE

1,710 SR

Dipped in local saffron sauce

CREOLE COCONUT CURRY

BAI | 690 SR

Fish, vegetables or farmed chicken served with steamed basmati rice and assorted local chutneys

OCTOPUS & CALAMARI (G)

BAI | 690 SR

Grilled and tossed with garlic and parsley, served with root vegetables and ocean bisque reduction

CHEF SPECIAL – Pwason Sesel

2,900 SR

RED SNAPPER (For 2 persons)

Marinated whole roasted red snapper in local spices, served with various sides and Creole sauces.

Subject to 24 hour advance order and fresh catch availability

Fish from this menu is sourced from local fishermen from nearby Anse La Mouche district. Seychelles' waters are healthy and provide sustainable fish sourcing all year round. We are committed to proposing local fish for our menus according to seasonality and local market availability.

(VG) Vegetarian | (A) Alcohol | (G) Gluten | (S) Spicy | (V) Vegan | (N) Nuts | (P) Pork
All prices are in Seychelles Rupees and Inclusive of Taxes & Service Charge.
BAI – Guests accommodated on a Beyond All Inclusive basis.

Asian

Mains

TERIYAKI – Japanese

Cooked with a glazing splash of soy sauce, mirin and sugar, served with a teppanyaki of vegetables and Japanese rice

Chicken

BAI | 700 SR

Angus Beef **(G)**

BAI | 1490 SR

Wagyu Beef

BAI | 2490 SR

HAKKA NOODLES – Chinese **(G)(VG)**

BAI | 600 SR

Noodles are coated with various sauces, ginger, garlic, salt and pepper, and quickly tossed in pan

CRAB WOKE – Singaporean **(G)**

BAI | 800 SR

Soft shell crab, lemongrass, jasmine rice

BLACK PEPPER LOBSTER – Chinese **(G)**

BAI | 2090 SR

Cantonese style dish, tossed in black pepper sauce

CHEF'S SPECIALS

KAENG GAI – Thai **(S)**

BAI | 750 SR

Thai chicken curry cooked in your choice of red, green or yellow paste

PAD THAI – Thai **(G)(N)**

Pad Thai is a stir-fried noodle dish commonly served as street food in Thailand

Chicken

BAI | 750 SR

Prawns

BAI | 800 SR

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Mediterranean

Mains

FROM THE GRILL

BAI | 1390 SR

Angus beef – 200 gm

Sides – grilled vegetables, fries and
sauces to your liking

LOBSTER TERMIDOR

2300 SR

Served with green asparagus and
mushroom

MIXED GRILLED

SEAFOOD PLATTER (G)

BAI | 900 SR

Served with saffron rice, grilled baby
potatoes and selection of sauces

SMOKY AUSTRALIAN

LAMB CHOPS (A)

BAI | 950 SR

Served with truffle mash, grilled
seasonal vegetables and red wine
sauce

TIGER PRAWNS (N)

BAI | 600 SR

Slow cooked prawns in olive oil, served
with pistachio and green olives

CHEF SPECIAL

SALT-CRUSTED (For 2 persons)

2900 SR

Salt-crusted whole red snapper, served
with various sides and sauces.

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fresh catch availability

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Butcher's Steaks

We welcome you to order your choice of steak at least 8 hours in advance for lunch or dinner.

Steak Menu

Beef T-Bone Steak MB 7-8 500 gms	3800 SR
Beef Tomahawk MB 7-8 1.25 kgs	4900 SR
Beef Striploin Tajima MB 7-8 250 gms	2350 SR
Beef Rib-Eye Tajima Wagyu MB 7-8 250 gms	2350 SR
Beef Tenderloin Tajima MB 7-8 250 gms	2350 SR

All steaks are served with two choices of garnish and sauce

SIDES SELECTION

Mixed green salad	250 SR
French fries	150 SR
Sweet potato fries	150 SR
Garlic baby potatoes	150 SR
Grilled vegetables	150 SR
Truffle parmesan fries	150 SR
Truffle mash	250 SR

SAUCE SELECTION

Peppercorn sauce	90 SR
Bernaise sauce	90 SR
Red wine sauce (A)	90 SR
Mushroom sauce	90 SR

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International

Starters

CALAMARI FRITTI – Italy (G)

Fried calamari served with aioli

BAI | 500 SR

MUSSELS – Ireland (A)

Olive oil, butter, shallots, garlic, parsley, fresh thyme, white wine and cream

BAI | 590 SR

OCTOPUS SOUP – Zanzibar (S)

Octopus, garlic, chili, onions, tomato, thyme, coriander and ginger

BAI | 390 SR

AGED ANGUES BEEF

TIRADITO – Peru (S)

Avocado, pickle, shallots, coriander, Tiradito sauce, chili, and spring onions

1390 SR

International

Mains

GRILLED MEAT PLATTER **2200 SR**

(for 2 persons) – South Africa

Boerewors, chicken, beef, lamb, corn on the cob and chimichurri sauce

CHICKEN SCHNITZEL **BAI | 690 SR**

- Germany (G)

Chicken, baked, baby potatoes, sour cream, mushroom gravy

ARROZ MASQUE ROS **BAI | 720 SR**

- Peru (G)

Prawns, octopus, mussel, calamari, sala, Pomodoro, coriander, smoked bell pepper, and fish velvety

WAGYU BEEF STROGANOFF **2690 SR**

- Russia (A)

Beef, mushroom, shallots, cognac served with Roscetti

Vegetarian & Vegan Inspirations

Starters

GREEN SALAD (G)

BAI | 450 SR

Romain, rocket, baby spinach, broccoli,
green beans and cucumber

QUINOA (garden base)

BAI | 450 SR

Fresh butternut, beetroot, walnuts,
pistachio, parsley, lemon vinaigrette,
garden greens

TOMATO & ROASTED BUTTERNUT BRUSCHETTA

450 SR

Fresh tomato, butternut, rocket, extra
virgin olive oil

ARABIC MEZZE

BAI | 550 SR

Hummus, labneh, baba ghanoush,
Arabic bread

VEGETABLE SOUP

BAI | 350 SR

Fresh minute made vegetable velouté

Desserts

LAVA CHOCOLATE (G)

64% Manjari chocolate, rhubarb compote and vanilla ice cream

**Please order me in advance*

BAI | 350 SR

PAVLOVA

Meringue, soursop sorbet, fresh fruits

BAI | 350 SR

OPALYS WHITE CHOCOLATE CHEESECAKE

Berries and red sauce

BAI | 350 SR

VALRHONA CARAIBE HAZELNUT PRALINE (G)

Milk chocolate mousse, praline crunch, creamy chocolate, dacquoise

BAI | 350 SR

UMALI (G)(N)

Crispy puff, sweet milk rose, nuts, raisins

BAI | 390 SR

BASBOUSA (N)

Almond basbousa, sugar syrup, nuts

BAI | 390 SR

BAKLAVA (G)(N)

Crispy phyllo, pistachio nuts, rose sugar syrup

BAI | 390 SR

KUNAFI (G)

Shredded pastry layers, creamy soft milk pudding

BAI | 390 SR

Cheese & Wine Pairings

Delicate cheese and wine pairings guided by our Sommelier.

Cheeses

EMMENTHAL

125 SR

Recommend to pair with

By the Glass: Utile Requena – Spain

‘Las Dos Cues’ Tinto

335 SR

Bottle: Morgon – France

Marcel Lapierre ‘Cuvee Tradition’ 2022

2025 SR

Sommelier Tips:

A richer, wooded Chardonnay, or a bright fruity red will pair well with a semi-hard cheese.

BRIE

125 SR

Recommend to pair with

By the Glass: Drapier Carte d’Or Brut NV

485 SR

Bottle: Alsace – France

Marc Kreydenweiss Andlau Riesling

2250 SR

Sommelier Tips:

Crisp white wines and lighter red wines.

GOAT CHEESE

125 SR

Recommend to pair with

By the Glass: Martinborough – New Zealand

Craggy Range Te muna Sauvignon Blanc 2022

290 SR

Bottle: Crémant de Loire – France

Domaine Chantemerie Covee Corentin Brut

1450 SR

Sommelier Tips:

An aromatic white wine with good acidity.

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Cheeses

MANCHEGO

250 SR

Recommend to pair with

By the Glass: Rioja – Spain

Marques de Caceres Reserve 2011

345 SR

Bottle: Ribera del Duero – Spain

Vega Sicilia ‘Alion’ 2015

1550 SR

Sommelier Tips:

This sheep’s milk cheese goes well with rich, ripe Rioja, sherry or a light and crisp white wine.

CHEDDAR

125 SR

Recommend to pair with

By the Glass: Penfolds – South Australia

Koonunga Hill Shiraz Cabernet 2019

300 SR

Bottle: Toscana – Italy

Fiori Mondo ‘Lino’ 2017

2430 SR

Sommelier Tips:

A vibrant and full-bodied red wine.

GOUDA

125 SR

Recommend to pair with

By the Glass: Bordeaux – France

Chateau Guillebot Plaisance 2021

285 SR

Bottle: Pessac Leognan – France

La Chapelle de la Mission Haut-Brion 2014

6750 SR

Sommelier Tips:

A tannic full-bodied wine.

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Cheeses

COMTE	125 SR
Recommend to pair with	
By the Glass: Champagne – France	
Champagne Drappier Carte d’Or Brut NV	485 SR
Bottle: Cotes du Jura – France	
Domaine des Ronces 2011	1890 SR

Sommelier Tips

A great match for white wines from Jura or a variety of dry white and red.

GORGONZOLA	250 SR
Recommend to pair with	
By the Glass: Porto – Portugal	
Ramos Pinto, Tawny Port 20 Ans	575 SR
Bottle: Piedmont – Italy	
Barbera d’Asti Superior, Ca’ Bianca 2019	1950 SR

Sommelier Tips:

A soft, savory red or white wine.

PECORINO	250 SR
Recommend to pair with	
By the Glass: Prosecco – Italy	
Prosecco Lamberti D.O.C Extra Dry NV	220 SR
Bottle: Marchesi Antinori – Italy	
Chianti Classico ‘Riserva’ Tenuta Tignanello 2017	2500 SR

Sommelier Tips:

A vibrant acidic wine with bright fruit flavors.

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Cheeses

OSSAU-IRATY

250 SR

Recommend to pair with

By the Glass: Cotes de Provence – France

Chateau d’Esclans Whispering Angel Rose 2022

335 SR

Bottle: Cotes de Rhone – France

Château de Tours 2015

5950 SR

Sommelier Tips:

A full-bodied red wine or a wine from Provence.

CHEESE BOARD

– SELECTION OF CHEESE (N)

1090 SR

Choose your own selection from our variety of exquisite cheeses

Served with your choice of jams, honey, dried fruit and nuts